

JULY 2025

VOL. 01

MALWANCHAL MIRROR

QUATERLY BULLETIN



Index

Institute of Pharmacy


*Our mission was never just to teach or to treat.
It was to empower, to uplift, and to lead change.*

**Shri Suresh
Singh Bhadoria**

Chairman,
Index Group of Institutions

TOP
EVENTS OF
JULY 2025

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From the desk of Principal ...

It gives me immense pleasure to present the inaugural edition of the Pharmacy Bulletin of our institute. This bulletin marks a significant milestone in our journey toward academic excellence, innovation, and community engagement in the field of pharmaceutical sciences.

Pharmacy is a dynamic and vital branch of healthcare, constantly evolving with new research, technologies, and therapies. As we launch this bulletin, our aim is to showcase the achievements, ideas, and aspirations of our students, faculty, and researchers. This platform will serve not only as a record of academic and co-curricular milestones but also as a source of inspiration for all.

I congratulate the editorial team and all contributors for their dedication and creativity. Let this publication be a reflection of our commitment to knowledge, ethics, and service to society. Together, let us continue to build a culture of learning, innovation, and excellence in pharmacy education.

-Dr. Javed Khan Pathan

(Principal, Index Institute of Pharmacy)



CAMPUS NEWS

Seminar on Emerging Trends in Pharma Sector Enlightens Students

The Index Institute of Pharmacy, under Malwanchal University, hosted a seminar titled "Current Trends and Opportunities in the Pharma Sector" on 12th April 2025. Dr. Neha Sharma, a prominent academician, addressed the growing demand for skilled professionals and evolving career opportunities in the pharmaceutical industry. The session highlighted the importance of technical

knowledge, soft skills, and digital literacy. Enthusiastic participation from students and faculty, along with interactive Q\&A sessions, made the event highly engaging. The seminar successfully bridged the gap between academics and industry, inspiring students to explore diverse opportunities in pharma research and development.



Did You Know?

- The word "pharmacy" comes from the Greek word "pharmakon," meaning drug or remedy.
- India is known as the "Pharmacy of the World," being one of the largest producers and exporters of generic medicines globally.
- The first college of pharmacy in India was established in Madras in 1899.



CAMPUS NEWS

World Environment Day Celebration at Index Institute of Pharmacy

On June 5, 2025, Index Institute of Pharmacy celebrated World Environment Day with great enthusiasm under the theme "Beat Plastic Pollution." The event aimed to raise awareness about environmental protection and the harmful effects of plastic waste. Principal Dr. Javed Khan Pathan addressed the gathering, emphasizing the need for

sustainable practices. A special plantation drive was launched, where students committed to planting 50 trees within the campus. Faculty and students actively participated, promoting eco-friendly habits. The event reinforced our collective responsibility to protect the environment and work towards a cleaner, greener, and plastic-free future.

Did You Know?

- World Environment Day is celebrated on June 5 every year in over 150 countries worldwide.
- The day was established by the United Nations in 1972 during the Stockholm Conference on the Human Environment.
- Forests cover 31% of the planet but are disappearing at the rate of 10 million hectares per year.



WORLD ENVIRONMENT DAY
5th June 2025

Theme for 2025:
"Beat plastic
pollution"

प्रकृति की रक्षा ही
हमारी सुरक्षा है।

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INDEX INSTITUTE OF PHARMACY



CAMPUS NEWS

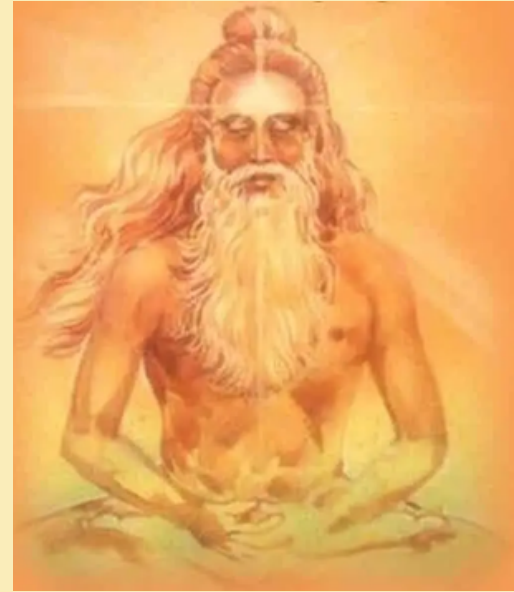
World Yoga Day Observed at Index Institute of Pharmacy

On June 21, 2025, Index Institute of Pharmacy proudly celebrated World Yoga Day at the open ground of the Department of Physiotherapy & Paramedical, Malwanchal University, Indore. Embracing the theme "Yoga for One Earth, One Health," the event underscored the vital connection between individual well-being and planetary health. Despite intermittent rain, students and faculty actively

participated, performing asanas including Halasana, Chakrasana, and Shirsasana. The occasion was graced by SDM Gopal Verma and Honorable Chairman Shri Suresh Singh Bhadoria, who appreciated the holistic spirit of yoga. Principal Dr. Javed Khan Pathan highlighted yoga's role as a lifestyle fostering physical health, mental clarity, and spiritual harmony.



Did You Know?



Maharishi Patanjali Father of Yoga

Maharishi Patanjali is revered as the father of yoga for systematizing and codifying the ancient yogic traditions into the Yoga Sutras, a foundational text of classical yoga philosophy. Believed to have lived around 2nd century BCE, his work outlines the Eight Limbs of Yoga (Ashtanga Yoga)—a comprehensive path to physical, mental, and spiritual well-being.



Faculty Corner

Scope of Research in Pharmacy

Pharmacy is a dynamic and evolving field that plays a vital role in healthcare by ensuring the safe and effective use of medications. The scope of research in pharmacy is vast and multifaceted, covering various scientific, clinical, technological, and societal aspects. With rapid advancements in medical science, biotechnology, and artificial intelligence, pharmaceutical research continues to expand, offering new possibilities for drug development, patient care, and public health.

One of the most critical areas of pharmacy research is drug discovery and development. This involves identifying new drug molecules, often using advanced techniques such as computer-aided drug design, high-throughput screening, and molecular modeling. Medicinal chemistry and pharmacognosy play a significant role in discovering compounds from both synthetic and natural sources. Once a promising compound is identified, extensive research is conducted to assess its pharmacological properties, efficacy, and safety.

Dr. Abhilasha Bakshi

Assistant Professor
Index Institute of Pharmacy



Pharmacy practice research examines the role of pharmacists in healthcare delivery. Topics such as medication adherence, health literacy, patient counseling, and pharmacist-led interventions are commonly explored. This research contributes to improving the quality of healthcare services and enhances the pharmacist's role as a healthcare provider. Moreover, pharmacy research supports public health initiatives by studying access to medicines, vaccine distribution, and chronic disease management.

The scope of research in pharmacy is extensive and continues to grow as science and technology advance. It encompasses everything from the initial stages of drug discovery to patient-centered care and health policy. With its interdisciplinary nature and impact on global health, pharmacy research holds immense potential to address current and future healthcare challenges. As such, it remains a promising and rewarding field for researchers, professionals, and society at large.

Faculty Corner

The Crucial Role of Medicinal Chemistry in Pharmacy

Medicinal chemistry is a vital discipline at the intersection of chemistry, pharmacology, and biology. It focuses on the design, synthesis, and development of chemical compounds that have therapeutic potential. As a core area of pharmaceutical science, medicinal chemistry plays a crucial role in discovering and optimizing new drugs to treat diseases and improve human health.

One of the primary roles of medicinal chemistry is in the discovery and design of new drug molecules. Medicinal chemists use knowledge of molecular structure, chemical reactivity, and biological interactions to create compounds that can target specific proteins, enzymes, or receptors in the body. The process often involves structure-activity relationship (SAR) studies, which help optimize a molecule's efficacy and safety.

Ms. Priyanka Rawat

Assistant Professor

Index Institute of Pharmacy



Medicinal chemistry is central to modern approaches such as:

- Targeted therapy in cancer and autoimmune diseases
- Rational drug design using computer modeling (in silico chemistry)
- Green chemistry practices for environmentally safe drug synthesis
- Bioconjugation and hybrid molecules for multifunctional drugs

These approaches are transforming the way we think about and develop medications. In the pharmaceutical industry, medicinal chemists are at the forefront of R&D, working in teams to bring new therapies from the lab to the market. In academia, their research advances our fundamental understanding of disease mechanisms and molecular interactions.

Medicinal chemistry is a cornerstone of modern drug development. Its crucial role in designing safer, more effective, and targeted therapies continues to transform global healthcare. By integrating chemistry with biology and pharmacology, medicinal chemistry not only helps treat existing diseases but also paves the way for innovative treatments for future health challenges.

Faculty Corner

Importance of Pharmacology

Pharmacology is the branch of biomedical science that deals with the study of drugs, their sources, chemical properties, biological effects, and therapeutic uses. It plays a vital role in modern medicine and healthcare by providing the foundation for understanding how medications work and how they can be used safely and effectively to treat diseases. The importance of pharmacology extends across multiple fields, including medicine, pharmacy, nursing, dentistry, and research.

One of the core contributions of pharmacology is explaining how drugs interact with the body (pharmacodynamics) and how the body processes drugs (pharmacokinetics). This knowledge helps healthcare professionals determine the right drug, dose, route, and frequency for each patient. Without pharmacology, the safe and effective use of medications would be largely guesswork.

Ms Mansi Gehlod

Assistant Professor
Index Institute of Pharmacy



Pharmacology plays a central role in the discovery and development of new drugs. Researchers use pharmacological principles to identify potential therapeutic compounds, test their effects in the laboratory, and evaluate their safety and efficacy through clinical trials. Breakthroughs in pharmacology have led to the development of life-saving drugs for conditions such as cancer, HIV/AIDS, heart disease, and diabetes.

Pharmacology is a cornerstone of modern healthcare. It connects the worlds of science and medicine, ensuring that drugs are developed, tested, and used in a manner that is safe, effective, and ethical. As new challenges in healthcare emerge, from antibiotic resistance to chronic disease management, pharmacology will remain a critical field in advancing medical science and improving human health.

Student's Corner

The Story of Dronacharya Award Winner Karnam Malleswari

Karnam Malleswari, an Indian weightlifter, is a shining example of determination and hard work. Born in a small village in Andhra Pradesh, Malleswari rose to prominence with her exceptional skills and dedication.

Malleswari's achievements are remarkable. She won a bronze medal at the 2000 Sydney Olympics, becoming the first Indian woman to win an Olympic medal. Her success inspired a generation of young athletes in India.

Malleswari's story teaches us that with hard work, perseverance, and a strong will, we can overcome obstacles and achieve greatness. Her journey shows that even from humble beginnings, we can rise to great heights with dedication and passion.

Malleswari's story inspires us to believe in ourselves and strive for excellence. Her achievements show that with determination and hard work, we can achieve our goals and make a mark in our chosen field.

Hard work is the bridge between goals and accomplishments.

Dreams, no matter how big, require effort to become reality.

Regular effort builds mental toughness, patience, and perseverance.

You develop a strong work ethic, which becomes a lifelong asset.

People who work hard often become role models for others.

Your dedication can encourage friends, family, or teammates to do the same.

Success that comes from hard work tends to be more lasting and meaningful.

It teaches you how to overcome failures and bounce back stronger.

Anjali Yadav

B. Pharma 2nd Year

Index Institute of Pharmacy



Student's Corner

Importance of Education

Education plays a vital role in shaping individuals, communities, and entire nations. It is more than just learning facts—it's about developing the ability to think critically, solve problems, and contribute meaningfully to society. Here's why education is so important.

Education plays a key role in the social development of individuals and societies. It not only imparts knowledge but also shapes values, behaviors, and attitudes that help build stronger, more inclusive communities. Here's how education contributes to social growth.

The main purpose of education is to empower individuals with knowledge, skills, and values. It shapes how we think, reason, and behave. Education helps us become independent, responsible citizens who can make informed decisions. It also nurtures creativity, critical thinking, and problem-solving—skills that are essential in today's complex world.

Educated citizens are more likely to vote, follow laws, and engage in community service. Education builds awareness of rights, responsibilities, and democratic values. Education lowers crime rates, improves public health, and reduces child labor and early marriages. It helps individuals make better life decisions, improving overall well-being. Education plays a vital role in an individual's personal growth. It helps people discover their interests and talents while building self-confidence and discipline. Through education, individuals learn how to communicate effectively, collaborate with others, and become lifelong learners. It opens up opportunities for better careers, financial stability, and an improved quality of life.

As Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world." Therefore, investing in education and ensuring access for all should be a top priority for any nation aiming for long-term progress.

Yashvi Panchal

B. Pharma 1st Year

Index Institute of Pharmacy



Student's Corner

Pharmacy is Multidisciplinary

Pharmacy is much more than simply dispensing medicines. It is a dynamic and evolving field that brings together science, healthcare, technology, and communication. As such, pharmacy is a truly multidisciplinary profession that integrates knowledge from various domains to improve patient care, ensure drug safety, and contribute to medical innovation.

Role of Healthcare and Clinical Knowledge

Pharmacists play a vital role in patient care, making knowledge of medicine, pathology, and clinical therapeutics essential. Understanding how different diseases are treated, how drugs interact with each other, and how they affect specific populations (e.g., elderly, children, or pregnant women) is critical for safe and effective practice.

Involvement of Technology and Informatics

With advances in health informatics, digital health, and pharmacy automation, pharmacists now use software systems for electronic prescriptions, drug databases, and patient monitoring. Knowledge of data analysis, information technology, and AI in healthcare is becoming increasingly important in modern pharmacy.

Ensuring Safe Use of Medicines

One of the most important roles of pharmacy is to ensure the safe and accurate use of medications. Pharmacists check prescriptions for errors, advise on proper dosage, and educate patients about possible side effects or interactions. This reduces the risk of harmful drug reactions and improves treatment outcomes.

Promoting Research and Innovation

Pharmacists and pharmaceutical scientists are involved in research and development of new drugs. Their work helps discover better treatments, improve existing medicines, and ensure drugs are safe and effective through clinical trials and testing.



Muskan Upadhyay

B. Pharma 4th Year

Index Institute of Pharmacy

MALWANCHAL MIRROR



AFFILIATIONS & ACCREDITATIONS



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