

# GURU NANAK INSITUTE OF PHARMACEUTICAL SCIENCE AND TECHNOLOGY

*157/F Nilgunj Road, Kolkata, West Bengal, 700114*

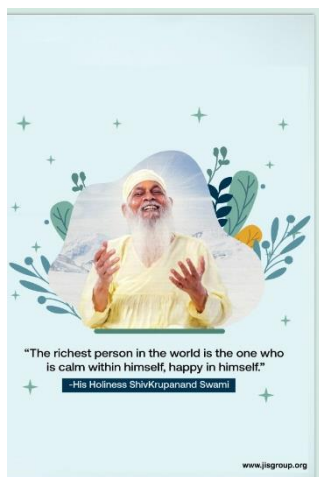


*Capacity Development and  
Skill Enhancement activities*

*2020-21*

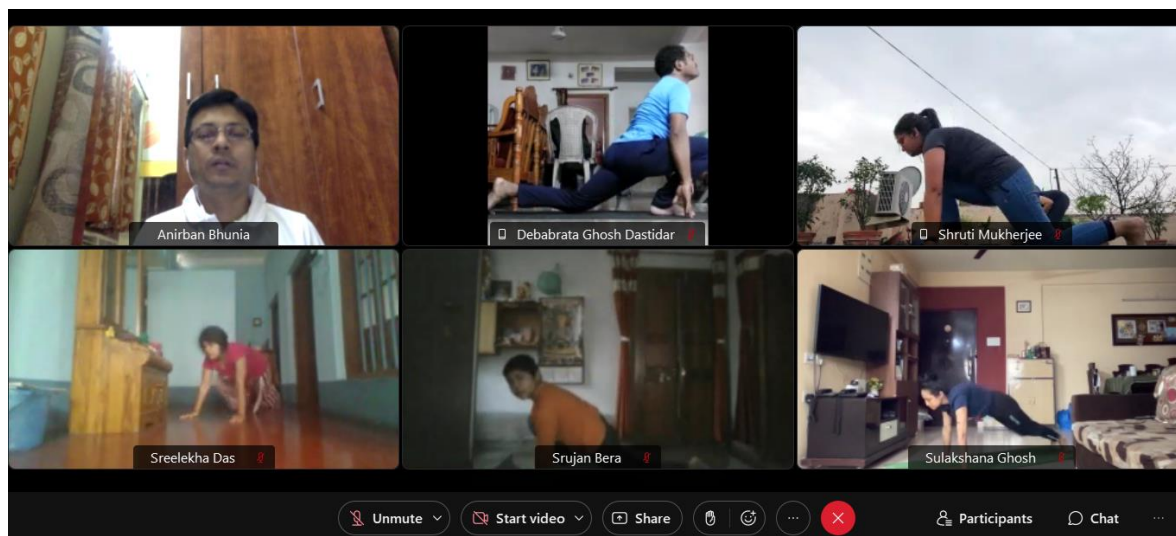
## FIT INDIA CAMPAIGN

The Himalayan Meditation, West Bengal, and the Nabachetana Yoga and Meditation Club of Guru Nanak Institute of Pharmaceutical Science and Technology had organized an Online Workshop on Yoga and Himalayan Meditation – as part of FIT INDIA CAMPAIGN-2020



The program was inaugurated with the gracious presence of Prof. (Dr.) Abhijit Sengupta, Director, GNIPST; and Prof. (Dr.) Lopamudra Datta, Principal, GNIPST; Prof. (Dr.) Anirban Bhunia, Pramukh Acharya, Himalayan Meditation, West Bengal; Ms. Mumpa Deshmukhya, Pramukh Acharya (Joint), Himalayan Meditation, West Bengal. Students, faculty members,

and sadhaks from different parts of India had joined this Spiritual Ceremony conducted every day from 7:00 am to 8 am. About 245 number of students enrolled during the year.



Preparatory movements, eye exercises, 40 yogasanas, and several pranayama techniques had been demonstrated. The details are given below.

**\* Preparatory Movements Before Practicing Yogasanas \***

Preparatory movements (type 1-12)

**\* Suryanamaskar \***

10 steps of Suryanamaskar

**\* Asanas from Sayan sthiti (Supine position) \***

1. Uttanpadasan (ekpad)
2. Uttanpadasan (dwipad)
3. Pawanmuktasan
4. Vipritkarani
5. Sarvangasan
6. Matsyasana
7. Markatasan
8. Shavasana

**\* Asanas from Viprit sayan sthiti (Prone position) \***

1. Ardha Shalvasana
2. Purno Shalvasana
3. Saralhasta Bhujangasana
4. Karnahasta Bhujangasana
5. Katihasta Bhujangasana
6. Dhanurasan
7. Makarasan

**\* Asanas from Baithak sthiti (Sitting position) \***

1. Swastikasan

2. Padmasan
3. Padmasan Yogmudra (type -1)
4. Padmasan Yogmudra (type -2)
5. Parvatasana
6. Sharanagata Mudra
7. Vajrasan
8. Vajrasan yogmudra type-1
9. Vajrasan yogmudra type-2
10. Ardha Paschimatanasan
11. Paschimatanasan (Full)
12. Gomukhasan
13. Shasankasan
14. Vakrasan (Type -1)
15. Ardha Matsyendrasan
16. Ardha Titliasan
17. Titliasan

**\* Asanas from Danda sthiti (Standing position) \***

1. Tadasan
2. Tiryak Tadasan
3. Ekpad Vrikshasan
4. Vrikshasan
5. Veerasan

**\* Relaxing and joint releasing movements \***

1. Nauka sanchalan
2. Chakki chalana
3. Toe bending
4. Padasanchalan (cycling)

**\* Eye exercises \***

1. Splashing Water
2. Palming
3. Blinking
4. Sideways Viewing
5. Front- Sideways Viewing
6. Rotational Viewing
7. Up- Down Viewing
8. Near- Distant Focusing
9. Nasikagra Drishti (Nosetip Gazing)
10. Trataka

**\* Pranayam \***

1. Fast breathing (Type 1, 2, 3, 4, 5 and 6)
2. Deep breathing – both nostrils (1:2)
3. Deep breathing – alternate nostrils (1:1), (1:1.5) and (1:2)

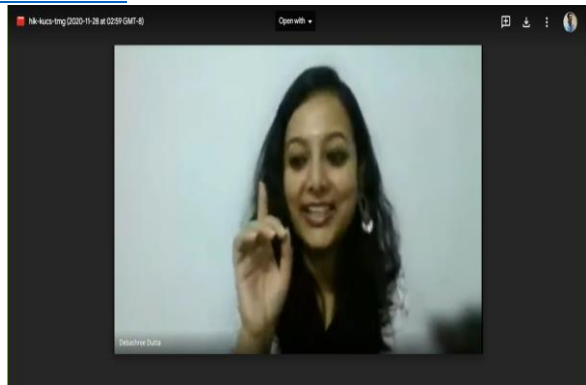
## Mind Engineering Program

Mind Engineering Program org. by CELEBRATING LIFE FOUNDATION & GNIPST-

Dated 28.11.2020 at 2.00 pm onwards.

About 151 number of students enrolled during the year.

[https://drive.google.com/file/d/1fc-CXJB6oYV5gNBw311oH9-C1qt\\_lzU/view?userstoinvite=d.dolondutta@gmail.com&ts=5fc5cf51](https://drive.google.com/file/d/1fc-CXJB6oYV5gNBw311oH9-C1qt_lzU/view?userstoinvite=d.dolondutta@gmail.com&ts=5fc5cf51)

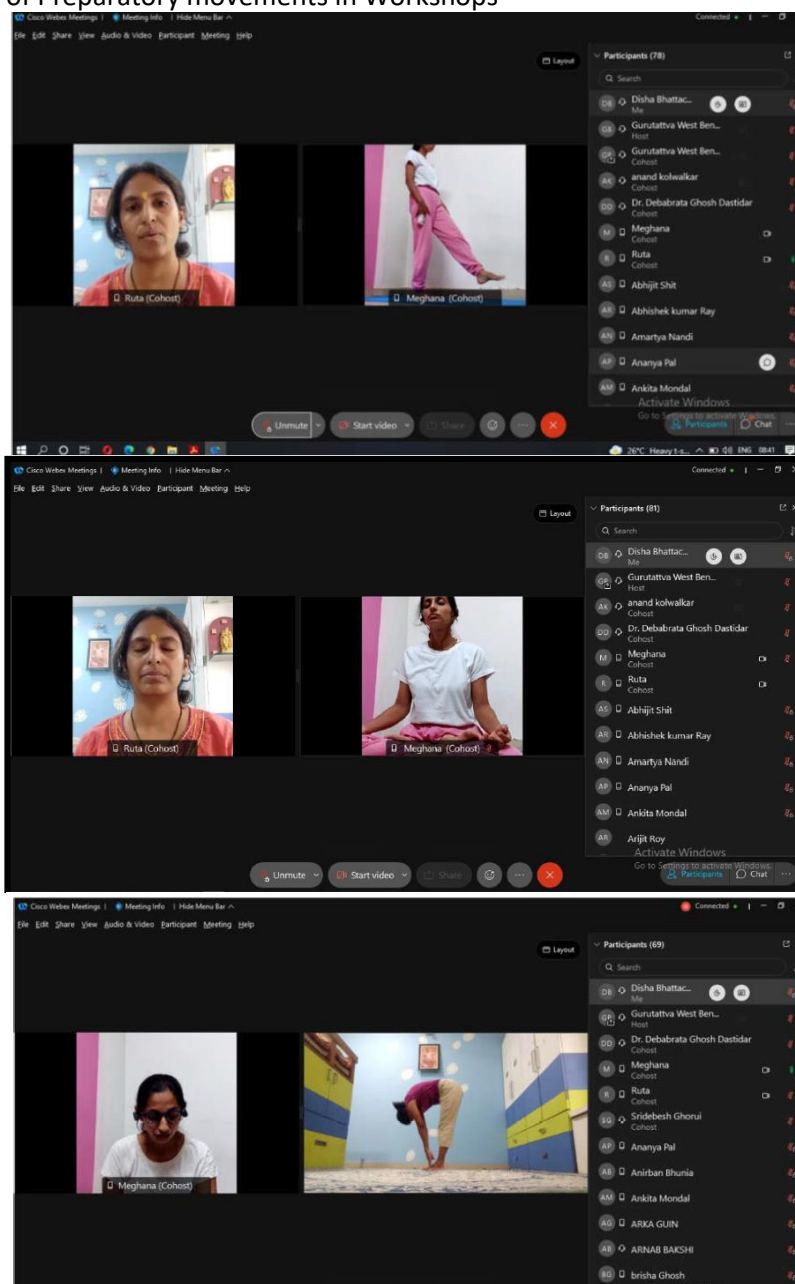


Timestamp	Username	Total score	Full Name	Stream & Year (Ex. B.Pharm 1st Year)	Stream & Year (Ex. B.Pharm 1st Year) [Score]	Stream & Year (Ex. B.Pharm 1st Year) [Feedback]	Roll No.	Roll No. [Score]	Have you Enjoyed the program?	Have you Enjoyed the program? [Score]	Have you Enjoyed the program? [Feedback]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Score]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Score]	Any Question to CELEBRATING LIFE FOUNDATION- you want to learn about... [Feedback]	This type of Mind Engineering program are always good to participate. [Score]	This type of Mind Engineering program are always good to participate. [Score]	This type of Mind Engineering program are always good to participate. [Feedback]
1																	
2	2020/11/2 gnbp2020.0.00 / 0		Akash Padia	B. Pharm	-- / 0		2	-- / 0	Yes	-- / 0		No	-- / 0		Strongly agree	-- / 0	No
3	2020/11/2 gnbp2020.0.00 / 0		Mrinmoy Biswas	B pharmac	-- / 0		41	-- / 0	Yes	-- / 0		No	-- / 0		Agree	-- / 0	No
4	2020/11/2 gnbp2020.0.00 / 0		Popy Sultana	Yes	-- / 0		44	-- / 0	Yes	-- / 0		No	-- / 0		Neutral	-- / 0	No
5	2020/11/2 gnbp2020.0.00 / 0		Debtanu Bhattacharyy	B.pharma	-- / 0		25	-- / 0	Yes	-- / 0		How to de	-- / 0		Strongly agree	-- / 0	Not
6	2020/11/2 gnbp2020.0.00 / 0		Souvik Banerjee	B. Pharma	-- / 0		69	-- / 0	Yes	-- / 0		.	-- / 0		Agree	-- / 0	
7	2020/11/2 gnbp2020.0.00 / 0		Ankita Majumder	B pharm 1	-- / 0		5	-- / 0	Yes	-- / 0		No	-- / 0		Neutral	-- / 0	No
8	2020/11/2 gnbp2020.0.00 / 0		Imran khan	b.pherm 1	-- / 0		32	-- / 0	Yes	-- / 0		No	-- / 0		Agree	-- / 0	
9	2020/11/2 gnbp2020.0.00 / 0		Sahil Akhter Molla	B.Pharm 1	-- / 0		52	-- / 0	Yes	-- / 0		No	-- / 0		Agree	-- / 0	
10	2020/11/2 gnbp2020.0.00 / 0		Rohit Ghosh	B. nharma	-- / 0		88	-- / 0	Yes	-- / 0		No	-- / 0		Agree	-- / 0	Hel



## Yoga, Physical fitness, Health and Hygiene

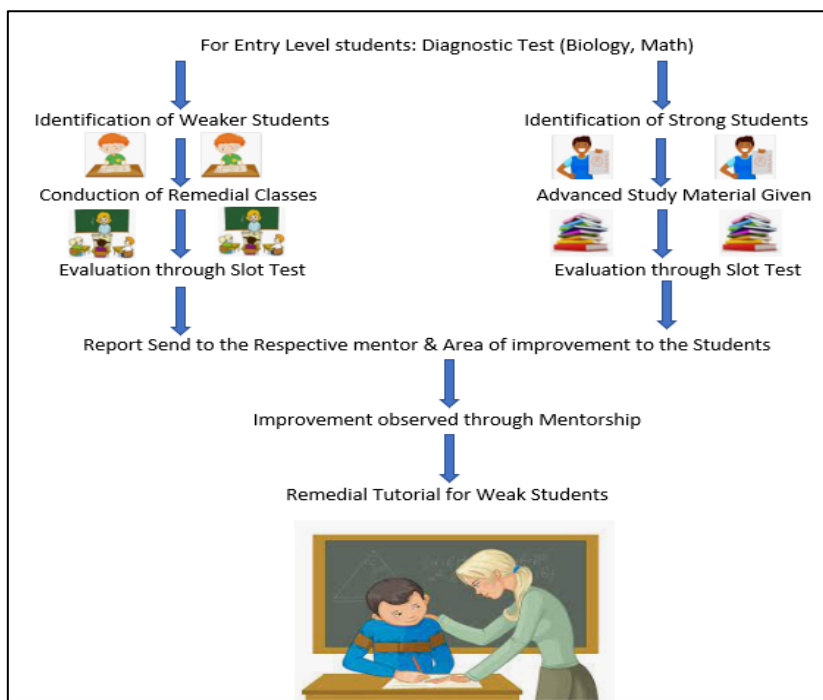
### Demonstration of Preparatory movements in Workshops



From the Day 1 to Day 6, there were discussions on 8 steps of Yoga, different steps of Pranayama and many different asanas and their importance. Also we gained knowledge about the relation and working of these chakras in our healthy state of body and mind. The workshop was concluded with the valedictory speech by Mrs. Mampa Desmukhya, Pramukh Acharya, Himalayan Meditation, West Bengal

Institute practiced the Flipped teaching based on students' level of comprehension, classroom observation, interaction, and continuous and periodic assessments are used as a measuring system to assess the learning levels of the students.

- ❖ Online Academic resources ([http://112.133.209.26:82/Forms/frmLogin.aspx?branch\\_id=9](http://112.133.209.26:82/Forms/frmLogin.aspx?branch_id=9)) are made available to strengthen the knowledge-base of the students. Students are encouraged to participate in seminars, conferences, and workshops to gain knowledge as part of co-curricular activities.
- ❖ The faculty takes a keen interest while ordering books for the library and ascertains that the library collection of books caters to the needs of both slow and advanced learners.
- ❖ The library also ensures accessibility to computer facilities and the internet for the online material, extends its timings and provides an atmosphere for conducive learning to both slow and advanced learners (<https://www.gnipst-pc.ac.in/library-aims-and-objective.php>).
- ❖ The faculty facilitates students to publish their articles in renowned peer-reviewed journals and also guide advanced learner for Intellectual property right.
- ❖ The mentorship system as practiced by the institute also provides an added benefit to both slow and advanced learners.
- ❖ Institute-sponsored Coursera courses and MOOCS courses allow students for special Programmes.
- ❖ Remedial classes are conducted for slow learners.
- ❖ Special classes are also arranged for advanced learner for preparing Competitive exam like GPAT.



Flow Diagram of Diagnostic Test

Special classes are also arranged for advanced learner for preparing Competitive exam like GPAT.

# GURU NANAK INSTITUTE OF PHARMACEUTICAL SCIENCE AND TECHNOLOGY



GURUNANAK INSTITUTE OF PHARMACEUTICAL SCIENCE AND TECHNOLOGY  
PANDELA, MOORPUR, KOLKATA-700114

Ref. No. GNPT/2404/Admission/18/2020-21  
NOTICE  
Date: 12/01/2021

Mode: Online  
(Effective from: 01 Jun 2021)

Time Table for B PHARM 1<sup>st</sup> YEAR 1<sup>st</sup> SEM, 2020 (Special class)

Period/Time	1	2	3	4	5	6	7	8	9
Monday	Microbiology & Biotechnology (2)							Medical Chemistry (2)	
Tuesday	Pharmacognosy (2)							Pharmacology (2)	
Wednesday								Pharmacology (2)	
Thursday								Pharmacology and Lab (2)	
Friday	Medical Chemistry (2)							Medical Chemistry (2)	

Pl. Dr. Pranita Saha, D.D. Dr. Debdutta Ghosh Debbarma, Mr. M. Samara Roy, Dr. Anirban Roy, Dr. Ananya Bhattacharya, Dr. S. Debnigra Kundu Sen, Dr. Dipanjan Mandal

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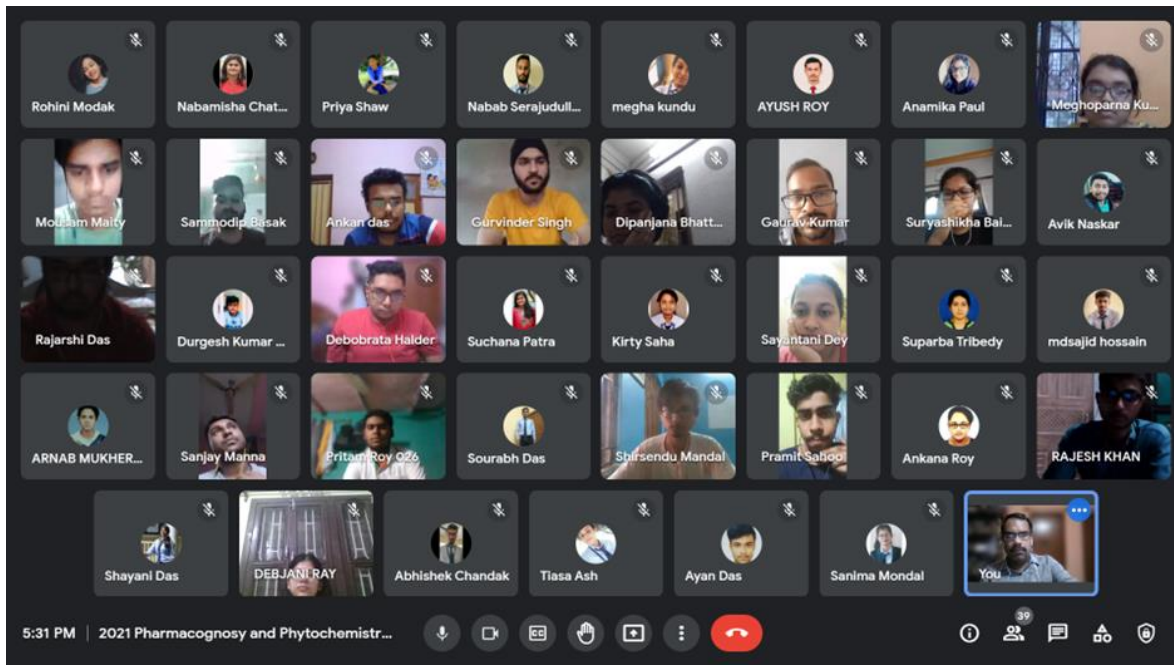
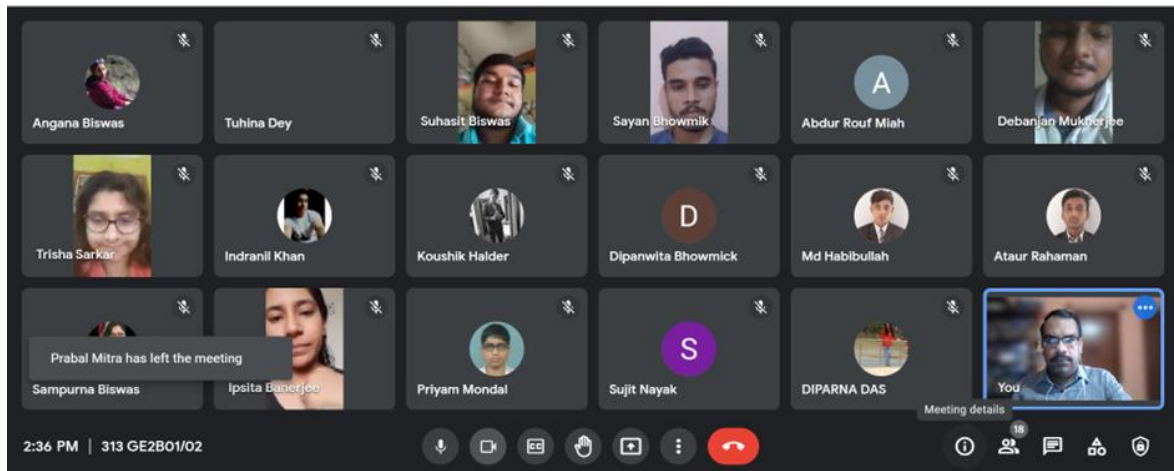
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Mode: Online

Time Table for B PHARM 1<sup>st</sup> YEAR 1<sup>st</sup> SEM, 2020 (Special class)

Period/Time	1	2	3	4	5	6	7	8	9
Monday	Pharmacology (2)							Pharmacology and Pharmacognosy (2)	
Tuesday								Pharmacology (2)	
Wednesday								Pharmacology (2)	
Thursday	Medical Chemistry (2)							Pharmacology and Pharmacognosy (2)	
Friday	Medical Chemistry (2)							Medical Chemistry (2)	

Pl. Dr. Pranita Saha, D.D. Dr. Debdutta Ghosh Debbarma, Mr. M. Samara Roy, Dr. Anirban Roy, Dr. Ananya Bhattacharya, Dr. S. Debnigra Kundu Sen, Dr. Dipanjan Mandal, Dr. Ananya Bhattacharya







# Guru Nanak Institute of Pharmaceutical Science and Technology (GNIPST)

## REPORT

### One week long Online Finishing School

(Organized by Scientific Committee of GNIPST)

Greetings from **Guru Nanak Institute of Pharmaceutical Science and Technology.**

One week long **Online Finishing School** was organized by the Scientific Committee of **Guru Nanak Institute of Pharmaceutical Science and Technology (GNIPST)** for the UG and PG students of Pharmacy and Life Science from **Aug 03, 2020 to Aug 09, 2020.**

This initiative was taken to inculcate the ethos & culture of the Pharmaceutical Industry among our students. and to emphasize that the students should develop professional skills in addition to their curricular knowledge.

This Finishing School program was comprised of 7days - 14 sessions, covering variety of aspects including Research and development, Formulation Development, Regulatory Affairs, quality assurance & Quality control, Production & Manufacturing, Sales & Marketing, Medical writing, Training & Development for technical skills and norms and so on.

Many of successful **our Alumni** was joined the program as speakers and delivered very informative and effective session in such a wonderful way that they became the inspiration in front of the current students for their future profession.



**Dr. Somsubhra Bhattacharya**

Fellow, Sanford Health  
South Dacota, USA

**Date : 3rd Aug, 2020**



**Mr Surjit Singh**

Graduate fellow ABRC ACADEMIA SINICA,  
Taiwan

*Two of our Successful Alumni as Speaker*

This One-week Online program aimed to enrich the student participants with real time knowledge of various aspects of Pharmaceutical and Life Science profession in today's world.

The program started with two of our successful alumni **Dr. Somsubhra Bhattachara** and **Mr. Surjit Singh**. Both collated their best content on careers for researchers in Pharma and Biotechnological drug discovery and explained the opportunity and how to face transition between academia, alongside tips from those working successfully in the field.



**Ms. Susmi Sen**

QC Officer, Macleods Pharmaceutical Ltd

Date : 4th Aug, 2020



**Mr Sanjay Mishra**

The Plant Head,CIPLA, Baddi Unit,

*Successful Alumni of GNIPST as speaker*

The second day program aimed to enrich the participants for quality management for the pharmaceutical and biotechnological industries, the alumni speaker **Ms. Susmi Sen** explored the opportunity for Pharma and Life Science graduate and postgraduate for opting the key quality and compliance carrier.

The eminent speakers **Mr. Sanjay Mishra** explored various Scopes, Trends, and Advancements over there. His lecture was not only limited to that, the speakers have highlighted the respective fields and the opportunities therein during current post COVID new normal era as well.



*Snapshot of the Student's Participation*

Pharmacovigilance, also known as drug safety, plays a vitally important role in assessing the risk/benefit of pharmaceutical products and ensuring that they are safe for use in patients.



**Ms Shayeri Nandy**

Senior Safety Analyst, Covance  
India Pharmaceuticals Pvt Ltd

Date : 6th Aug, 2020



**Mr. Debesh Das**

National Sales Manager (Sales Head),  
Emcure Pharmaceuticals Ltd

*Successful Alumni of GNIPST as speaker*

“A career in Pharmacovigilance (PV) is exciting with a well-defined career path”- based on these themes the third day program was started by one of our alumni speakers **Ms. Shayeri Nandi**, where she explained the carrier opportunity challenges and future direction for PV. On same day, the eminent speakers **Mr. Sanjay Mishra**, explained about the carrier in Pharma sale and marketing.



**Mr Suraj Kumar Chand**

PRODUCT SPECIALIST, NOVONORDISK INDIA

Date : 7th Aug, 2020



**Dr. Chirantana Sengupta Sarkar**

Team Lead, Medical Communications, Docplexus

*Successful Alumni of GNIPST as speaker*

In every session more than **120 participants** were present and many of them interacted with the speakers after their webinars to clarify their doubts.

On fourth day, the program aimed to enrich the participants for Pharma sale and marketing by one of another alumni member **Mr. Suraj Kumar Chand** whereas eminent speaker **Dr. Chirntana Sengupta Sarkar** talked about Medical writing as Carrier.



**Mr Deepak Ranjan Patra**  
Team leader, Titan Pharmaceutical Ltd

Although in earlier days, GNIPST organized such Finishing school for the final and prefinal year students of UG & PG students at college campus, however this time the endeavour was successful for the 1<sup>st</sup> time at virtual platform with participants from both GNIPST as well as outsider.



**Dr. Subrata Chakraborty**  
Sr. Director Technical Services and Sterile subject matter expert , Cipla

**Date : 8th Aug, 2020**



**Dr. Biswajit Bhunia**  
General Manager Formulation Development Services at Mylan Laboratories Limited (R&D Hyderabad)

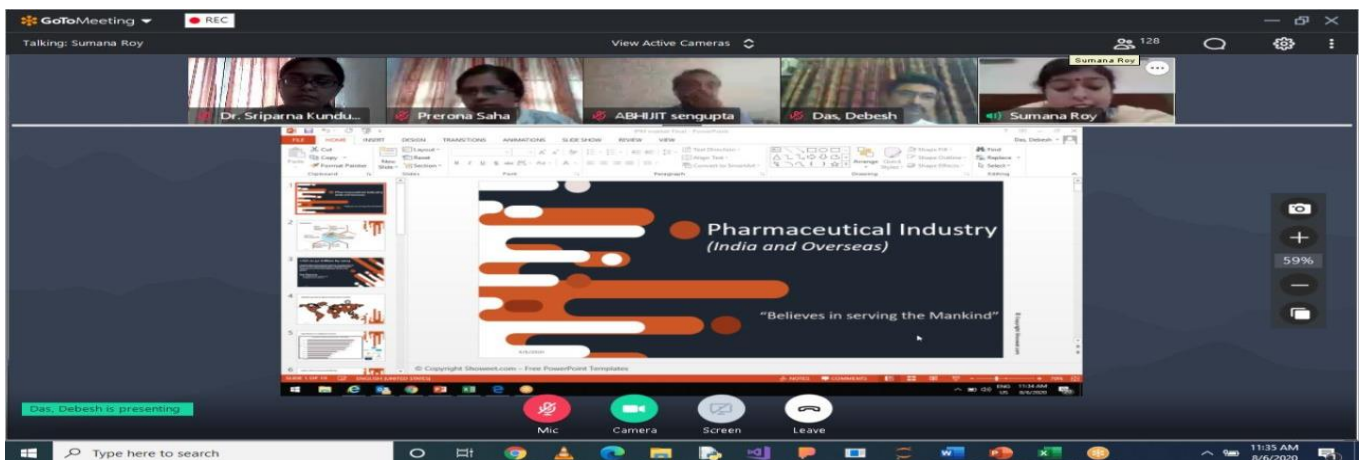
At the final day we have taken the Snap with all the participants as well as the live feedback from them regarding the program. It disclosed that they have enjoyed the session and have been enriched by this session through the webinars as well as discussions after the webinars..



**Date : 9th Aug, 2020**  
**Time: 11:00 AM**

**Mr. Lalit Pradhan**

**Operations Management and Technical training, MACLEODS PHARMACEUTICALS LTD.**



*Snapshot of the Speaker while delivering Lecture*

We believe that this program has framed a roadmap of the professional life of pharmacy & Life science streams in front of the graduate and post graduate participant students for their future days ahead and we look forward for such sessions in future days as well.

All the sessions of the program were facebook live streamed and few session views even crossed 200.

It was really a great endeavour from not only the Scientific committee rather from all the faculty members of GNIPST to make the first-time virtual Finishing School program to acquire a grand success.

*\*\*\*\*\* END OF REPORT \*\*\*\*\**