



**COLLEGE OF PHARMACEUTICAL
SCIENCES, DEHRADUN**

Affiliated to Veer Madho Singh Bhandari Uttarakhand Technical University

Approved by Pharmacy Council of India | Established 2018



THE PHARMA CHRONICLE

Volume II · Issue 2

February 2024 – July 2024

— A Record of Events, Achievements & Milestones —

FROM THE CEO'S DESK

A Message to the GNCPS Community · August 2022 – January 2023



As we present the inaugural issue of our college newsletter, I feel a profound sense of pride in the collective achievements of our institution. Over the past six months, from August 2022 to January 2023, Guru Nanak College of Pharmaceutical Sciences has witnessed remarkable growth and dynamic engagement across academic, cultural, and social domains. From insightful seminars on pharmaceutical research and workshops on intellectual property, to vibrant celebrations of our national and cultural heritage, energetic sports events, and meaningful community outreach initiatives, this period truly reflects the spirit and dedication of our academic community.

I extend my sincere appreciation to the editorial team for their dedication and creativity in bringing together this publication. Their efforts have ensured that our collective accomplishments are thoughtfully documented and shared.

— Mr. Bhupinder Singh Arora, CEO

FROM THE PRINCIPAL'S DESK

A Message to the GNCPS Community · February 2024 – July 2024



February to July 2024 will stand out as a period marked by the maturation of several initiatives that were seeded in earlier semesters. Our cultural programmes reached new levels of ambition, our research activities advanced in depth and sophistication, and our students brought home increasing recognition from external competitions. This issue thoughtfully documents those months and their achievements. I am especially pleased to note the rising participation of our students in events—clear evidence that the college's commitment to preparing graduates for broader platforms is bearing fruit. I extend my congratulations to the faculty mentors whose guidance drives these accomplishments, and to the student leaders who turn vision into meaningful action. Together, you continue to strengthen Guru Nanak College of Pharmaceutical Science as a vibrant and thriving institution.

— Dr. S. Duraivel, Principal

FROM THE EDITOR'S DESK

Issue 4 · February 2024 – July 2024



February to July 2024 was a semester of quiet consolidation, with many projects reaching fruition and many preparations being laid for the year ahead. This fourth issue documents that period with an eye on the continuities as much as the headline events. Students who led events in earlier issues reappear here as organisers and winners — a pattern of development that is gratifying to watch across successive newsletters.

— Ms. Kriti Dabral, Editor

ABOUT THE COLLEGE

Guru Nanak College of Pharmaceutical Sciences, Dehradun

Guru Nanak College of Pharmaceutical Sciences, Dehradun, was established in 2018 under the aegis of the Northern Institute of Management & Studies Society. The College is affiliated with Veer Madho Singh Bhandari Uttarakhand Technical University and is approved by the Pharmacy Council of India. Situated in Jhajhra on the Chakrata Road in Dehradun, Uttarakhand, the institution offers Pharmacy programs designed to produce graduates who are technically competent, ethically grounded, culturally rooted, and professionally ready.

The College's vision is to create a progressive learning environment inspired by Guru Nanak Dev Ji's teachings, focusing on 'Learning by Doing,' providing practical experiences, and making quality education accessible to all.

Its mission is to integrate modern technology into its curriculum to promote practical and industry-relevant learning. It is committed to supporting female students and physically challenged individuals by providing necessary resources and encouraging entrepreneurial initiatives. The institution strives to maintain a team of experienced faculty members while also involving industry experts in its management to ensure quality education and professional exposure. It offers scholarships to diverse groups of students and extends its support to nearby villages by providing free educational opportunities. Additionally, it focuses on guiding students toward successful careers in employment, research, entrepreneurship, and higher studies. The institution also encourages research and development in the field of affordable generic medicines, working towards accessible healthcare solutions based on a no-profit-no-loss approach.

The College's PEO's are as follows

PEO1: Graduates will demonstrate comprehensive knowledge in pharmaceutical sciences, integrating multidisciplinary learning, Indian Knowledge Systems, and ethical practices to address contemporary healthcare challenges.

PEO2: Graduates will engage in advanced research, innovation, and collaborative projects that contribute to sustainable drug development, regulatory compliance, and translational healthcare solutions.

PEO3: Graduates will be equipped with 21st-century skills, digital fluency, and entrepreneurial mindset to thrive in diverse pharmaceutical sectors including industry, academia, and public health.

PEO4: Graduates will uphold values of equity, sustainability, and community engagement, contributing to responsible healthcare practices and environmental stewardship.

PEO5: Graduates will evolve as ethical leaders and lifelong learners, committed to continuous professional development, policy advocacy, and global best practices in pharmacy.

THE PERIOD AT A GLANCE

February 2024 – July 2024

The period documented in this issue — February 2024 – July 2024 — represented a particularly vibrant chapter in the life of Guru Nanak College of Pharmaceutical Sciences, Dehradun. Across the semester, the institutional calendar was populated with events ranging from carefully-curated research seminars to student-led cultural festivals, from health-awareness camps to inter-class sports tournaments. Each of these events, documented in detail across the pages that follow, contributed in its own way to the rounded education that the College strives to offer.

Equally significant was the calibre of recognition our students earned at external competitions, carrying the Guru Nanak name to inter-institute, regional, and national platforms. These wins are celebrated with pride in the Awards section of this issue, and they serve as beacons of inspiration for students yet to take that first competitive leap. Taken together, the events and achievements of this semester reflect a campus in full, confident motion.

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Events & Activities

Events from February 2024 – July 2024

A chronicle of the seminars, workshops, celebrations, sports tournaments, and cultural programmes that shaped our campus life during this period.

Chess & Checkers Meet

A vibrant campus thrives on the energy of sports, and the Chess & Checkers Meet exemplified this spirit. Students actively engaged in strategic gameplay, supported their peers, and celebrated each move with enthusiasm. Organised by the Sports Club, the event attracted around 45 participants and emphasized logical thinking and mental agility. The College strongly upholds the belief that academic excellence should be complemented by recreational and intellectual activities, making such events an essential part of student life. Beyond competition, the event encouraged patience, focus, and decision-making under pressure. It also fostered a sense of camaraderie among participants, strengthening peer connections. Such activities contribute to the overall cognitive and emotional development of students.



Seminar on patient counseling skills development

Meaningful academic growth is enhanced when students interact with experts beyond their regular classrooms. The seminar on patient counseling skills development created such an opportunity, featuring expert guidance by Dr. C. Subramaniam. The session combined structured delivery with interactive discussions, focusing on effective counseling techniques and improving patient adherence. Such initiatives strengthen the connection between theoretical learning and real-world pharmaceutical practice, while helping students gain clarity, confidence, and professional insight. Students were encouraged to actively participate and share their perspectives during the discussion.

The seminar also highlighted the importance of communication skills in ensuring better healthcare outcomes. It ultimately reinforced the pharmacist's role as a key link between medicine and patient care.



Social Entrepreneurship Contest

Entrepreneurship plays a vital role in transforming innovative ideas into practical solutions, especially within the pharmaceutical domain. The Social Entrepreneurship Contest encouraged students to think critically, evaluate their ideas, and learn through peer interaction. Organised by the Entrepreneurship Club with participation from over 45 students, the event focused on solving social challenges through innovative approaches.

It reflects the College's continued emphasis on nurturing entrepreneurial thinking among students. Participants were guided to align their ideas with real-world needs and societal impact. The contest also promoted teamwork, creativity, and structured problem-solving. Such initiatives inspire students to become change-makers in both healthcare and society.



Startup Finance Quiz

Understanding financial concepts is essential for aspiring entrepreneurs, and the Startup Finance Quiz provided students with a platform to test and enhance their knowledge. Conducted by the Entrepreneurship Club with participation from 40+ students, the event promoted financial literacy and analytical thinking. Through this initiative, students explored the financial aspects of startups while engaging in a competitive yet educational environment.

The quiz format made learning interactive and engaging, encouraging quick thinking and accuracy. Participants gained exposure to key financial terms, budgeting strategies, and investment concepts. This knowledge equips them with practical skills necessary for entrepreneurial success.



Women's Day Program

The Women's Day Program celebrated the invaluable contributions of women within the College community. Organised by the Cultural Club and attended by around 95 participants, the event highlighted themes of equality, empowerment, and inclusivity. Such programmes reinforce the institution's commitment to fostering a supportive and balanced campus environment where opportunities are accessible to all.

The event also served as a platform to acknowledge achievements and inspire future leaders. Participants engaged in activities that promoted awareness and dialogue on gender issues. It strengthened the collective commitment to building an equitable academic culture.



Yoga for work-life balance

Recognising the importance of mental and physical well-being, the College organised a session on yoga for work-life balance under the guidance of Mrs. Yashika Uniyal. The session introduced students to practical techniques for managing stress and maintaining a healthy lifestyle. Focused on wellness and mindfulness, this initiative forms part of the College's broader effort to promote holistic development alongside academic achievement.

Students learned breathing exercises, relaxation methods, and daily wellness routines. The session encouraged them to incorporate these practices into their everyday lives. It highlighted the importance of self-care in sustaining long-term academic and professional performance.



Throwball Tournament

The Throwball Tournament brought together students in a spirited display of teamwork, discipline, and sportsmanship. Organised by the Sports Club with participation from 70 students, the event particularly encouraged female involvement in sports. Beyond competition, it helped students develop resilience, coordination, and leadership skills, reinforcing values that extend well beyond the playing field.

The matches were marked by enthusiasm and healthy rivalry among participants. Students learned the importance of cooperation and strategic play. Such sporting events contribute significantly to physical fitness and mental strength.



Research seminar on Orientation to Entrepreneurship for Aspiring Pharmacists

With pharmacy evolving into a multidisciplinary field, the seminar on entrepreneurship orientation encouraged students to think beyond traditional career paths. Attended by 59 participants, the session guided students in presenting ideas, analysing market potential, and assessing financial feasibility. The initiative highlighted the importance of innovation and entrepreneurial thinking in shaping modern pharmacy careers.

Students also gained insights into startup ecosystems and business planning. The session inspired participants to explore independent ventures and research-based enterprises. It played a key role in broadening their professional outlook.



Industrial Visit — Retail Medical Store

Practical exposure plays a key role in bridging theory and application. The industrial visit to a retail medical store, led by Mrs. Yashika Uniyal, provided students with firsthand insights into professional practices. The experience enabled participants to connect classroom knowledge with real-world operations, while also helping them better understand career opportunities in the field.

Students observed dispensing practices, inventory management, and patient interaction. The visit enhanced their understanding of regulatory and ethical considerations in pharmacy practice. It also motivated them to apply their knowledge in practical settings.



Cultural Quiz

The Cultural Quiz offered students an engaging platform to test their knowledge and compete in a structured environment.

Organised by the Cultural Club with participation from 65 students, the event encouraged learning through competition. While winners earned recognition, all participants benefited from the exchange of ideas and enhanced awareness.

The quiz fostered curiosity and encouraged students to expand their general knowledge. It also helped improve confidence and quick decision-making abilities. Such activities contribute to well-rounded intellectual development.



Seminar on Development of Entrepreneurial Skills in Pharmacy Students

Guest-led sessions continue to enrich the academic environment, and this seminar on entrepreneurial skill development was a strong example. Conducted by Mr. Saithjeet Arora, the session introduced students to contemporary ideas and practices in entrepreneurship. It reinforced the importance of adaptability and continuous learning in a rapidly evolving professional landscape.

Participants were encouraged to think innovatively and take calculated risks. The session also focused on practical aspects of starting and managing ventures. It inspired students to view entrepreneurship as a viable career pathway.



Zumba Fitness Session

Promoting a healthy lifestyle, the Zumba Fitness Session combined exercise with enjoyment, engaging around 120 students. Organised by the Sports Club, the session highlighted the importance of cardiovascular health and active living. It also reflected the College's philosophy that well-being is a fundamental aspect of professional and personal success.

The energetic session boosted morale and encouraged active participation from students. It provided a refreshing break from academic routines. Such initiatives help in maintaining a balanced and healthy campus environment.



Dance & Music Fiesta

The Dance & Music Fiesta celebrated creativity and cultural expression, bringing together performers and audiences in a lively atmosphere. Organised by the Cultural Club with participation from 110 students, the event provided a platform for showcasing artistic talent. Such programmes contribute to personality development, confidence-building, and collaborative learning.

Students explored diverse forms of artistic expression and cultural heritage. The event fostered creativity and strengthened interpersonal connections. It also added vibrancy and inclusivity to campus life.



Computer skills for pharmacy students

As technology becomes increasingly integral to pharmacy practice, the session on computer skills equipped students with essential digital competencies. Led by Dr. C. Subramaniam, the programme focused on practical applications and hands-on learning. It enabled students to better understand the role of technology in modern pharmaceutical careers.

Participants gained exposure to relevant software tools and data management techniques. The session improved their efficiency and technical confidence. It prepared them for the digital demands of the healthcare and pharmaceutical industries.



Induction Sports Orientation

The Induction Sports Orientation introduced new students to the vibrant sports culture of the campus. Organised by the Sports Club with participation from 140 students, the event encouraged teamwork, enthusiasm, and active involvement. It reinforced the College's belief in maintaining a balanced academic environment that includes physical activity as a core component.

The event helped freshers integrate into campus life with ease. It also promoted discipline, sportsmanship, and active participation from the very beginning. Such initiatives lay the foundation for a healthy and engaging student journey.



FACULTY CORNER

Voices from the Teaching Community

The faculty of Guru Nanak College of Pharmaceutical Sciences brings together decades of collective experience in pharmaceutical education, research, and industry practice. In this feature, we share brief perspectives from members of our teaching community on the semester that has been — what stood out, what surprised them, and what they carry forward into the next.

"A pharmacy graduate is not merely a technician — they are a custodian of public health. Every seminar, every workshop we organise is designed with that larger purpose in mind, to shape graduates who understand both the science and the service aspect of our profession."

— Dr. S. Duraivel

Principal

"Watching students evolve over the semester — from tentative first-year participants to confident event organisers — is the most rewarding part of teaching. Our job is to create opportunities; they do the growing themselves, and the speed at which they grow never ceases to amaze me."

— Mr. Kashif Hussain

Associate Professor, Pharmaceutics

"Research projects at the undergraduate level do more than produce a thesis; they produce independent thinkers. Seeing our students pose their own questions, design their own experiments, and defend their own conclusions is watching future pharmaceutical scientists in formation."

— Mr. Abhishek Bharti

Assistant Professor, Pharmaceutics

CAMPUS LIFE GALLERY

Moments from February 2024 – July 2024

A campus is, at its best, a mosaic of moments — the shared laugh in a corridor, the quiet concentration of a laboratory, the roar of a sporting victory, the hush of a research presentation. The pages that follow invite readers to see this semester through a gallery of such moments.



STUDENT VOICES

Reflections from the GNCPS Student Community

A college newsletter would be incomplete without the voice of its students. In this section we share brief reflections from our students – on what the semester meant to them, on the events that left a mark, and on the friendships and learning that defined their time on campus during this period.

"What I carry away from this semester is not just the knowledge but the confidence. The Research Club workshops taught me to read a scientific paper critically, and I now feel ready to contribute my own research to the literature."

— Aastha Singh-Final Year Student, B. Pharm

"The cultural events on campus gave me a chance to discover sides of myself I didn't know existed. I signed up for a dance performance as a dare and ended up helping coordinate three more. GNCPS has a way of drawing the best out of its students."

— Abhishek Awasthi - Third Year Student, B. Pharm

"The industry visits and seminars from external experts opened my eyes to the many career paths in pharmacy. I came to college thinking of one profession; I am leaving this semester with awareness of at least five."

— Sashikant Verma -Second Year Student, B. Pharm

"My induction at GNCPS set the tone for everything that followed. Seniors welcomed us warmly, faculty members were approachable, and by the end of the first week the campus felt like a second home."

— Rishikesh -First Year Student, B. Pharm

ALUMNI CORNER

Reflections from the Extended GNCPS Family

Our alumni carry the spirit of Guru Nanak College into every workplace and every professional community they join. In this feature we share brief messages from alumni who graduated in earlier batches and are now practising pharmacy in various capacities across India and abroad. Their reflections remind current students that the journey from B. Pharm to professional pharmacist is as much about character as it is about curriculum.

"The patient-counselling sessions at college felt like minor exercises at the time, but in my current role at a multi-specialty hospital they turn out to have been the most valuable training I received. The faculty's insistence on empathy and clarity has defined the kind of pharmacist I have become."

—Tanshvi Chauhan - GNCPS Alumna, Hospital Pharmacy

"Looking back, the research methodology workshops at GNCPS were far ahead of what most undergraduate programmes offer. Arriving at my first R&D job with an actual understanding of literature review, experimental design, and publication ethics put me several steps ahead of my peers from other institutions."

— Naveen Rawat - GNCPS Alumnus, Pharmaceutical Industry R&D

"The IPR and regulatory seminars on campus may have seemed dry at the time, but they planted seeds that grew later. Today I work in regulatory affairs at a leading pharma company, and I owe that career to the foundational exposure I received at GNCPS."

— Abbas Alam - GNCPS Alumnus, Regulatory Affairs

LOOKING AHEAD

What the Coming Semester Holds

As this issue goes to press, preparations are already underway for the next semester, which will bring fresh cohorts, fresh events, and fresh opportunities for growth. Our calendar includes continued sessions of the Research Club with a focus on advanced research methodology, regular Entrepreneurship Club events designed to stretch student thinking on venture creation, Sports Club tournaments that keep the competitive spirit alive across all four batches, and Cultural Club programmes marking the festivals and national days that punctuate the academic calendar.

Faculty members will continue to deliver research seminars on cutting-edge topics; guest speakers from the pharmaceutical industry, regulatory agencies, and academia will visit the campus through the Industry-Academia engagement cell; and students will participate in external competitions that carry the name of Guru Nanak College to the regional and national stage.

Readers of this newsletter can expect the next issue to document those months with the same care and warmth they have come to expect. Until then, we invite every member of the GNCPS family to engage enthusiastically with the opportunities the campus continues to offer.

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Disclaimer

The content of this newsletter is compiled from institutional records, event reports, and inputs from faculty and student coordinators. While every effort has been made to ensure accuracy, the editorial team welcomes corrections and suggestions for future issues.

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“We learn from failure, not from success!”

— Bram Stoker

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