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# SPER TIMES

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**[An Official News Magazine of Society of Pharmaceutical Education & Research™]**



**Dedicated to our Founder President  
[Society of Pharmaceutical Education & Research™]**



***Mrs. Sudha Nagaich***

***[15<sup>th</sup> February 1960-17<sup>th</sup> January 2013]***



# SPER TIMES

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Journal of Advanced Pharmaceutical Technology & Research (JAPTR) (ISSN: Print-2231-4040, Online-0976-2094), an international indexed peer-reviewed research journal is the official publication of the Society of Pharmaceutical Education & Research™ (SPER). The Journal is available in both print and online (electronic) edition.

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The Journal is published quarterly (in the last week of March, June, September and December).



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## Scope of the Journal

This Journal publishes original research work, reviews, short communications, case report, ethics forum, education forum and letter to editor that contribute significantly to further the scientific knowledge related to the field of Pharmacy i.e. Pharmaceuticals, Pharmacology, Pharmacognosy, Pharmaceutical Chemistry.

Journal of Advanced Pharmaceutical Technology & Research (JAPTR) hopes that Researchers, Research scholars, Academician, Industrialists etc. would make use of this journal publication for the development in the field of Pharmaceutical science and advanced technology related to Pharmacy profession.

## Regulars

Editorial	- 5
News Dosage	- 6
Article	- 9
Researcher Corner	- 16



# EDITORIAL

Dear Friends,

I am very delighted to share with you that Society of Pharmaceutical Education and Research [SPER] is now going to organize its 4<sup>th</sup> Annual International Conference & Exhibition under the theme **“Pharmaceutical Innovations for Global Excellence: Ignite, Invent, Implement”** at Vedanta Auditorium, DIT University, Dehradun [Uttarakhand] India on February 27-28, 2015.

The conference has been organized in collaboration with “DIT University, Dehradun” and supported by the Knowledge partner “IFTM University”, Moradabad (U.P.). The conference is supported by IPA [Education Division], APTI, Bangalore, IPGA, New Delhi, IHPA, New Delhi & Society of Pharmacognosy, Bhopal and sponsored by various reputed industries/organizations.

SPER had already been celebrated grand success of its three successive conferences viz. 1<sup>st</sup> Annual conference at Delhi Institute of Pharmaceutical Science and Research, New Delhi on 23 June 2012, 2<sup>nd</sup> Annual Conference at Jamia Hamdard, New Delhi on 9<sup>th</sup> March 2013 and 3<sup>rd</sup> Annual Conference at Lovely Professional University [LPU], Punjab on 08<sup>th</sup> March 2014. This conference will be organized with an aim to provide an insight full regarding the present transforming global scenario and vital requisite to improve the level of pharmacy education that can rise up and keep a breath with standards of our speedy developing pharmaceutical industry.

This two day international conference & exhibition will bring together many of the international and national professionals and health care experts to discuss various prospects and share their views for achieving global excellence through pharmaceutical innovations and thus will prove to be a landmark event in the relevant areas. It basically aims to make our young budding pharmacist updated about the latest technologies in research and development of Pharmacy discipline. I would like to invite you on this occasion and attend our conference which will present a great value and an excellent opportunity to meet industry experts and learn about the latest technologies. The conference is going to give everyone valuable occasions for faster professional advancement, corporate success and would provide wonderful everlasting memories. I on behalf of entire local organizing committee invite you all to participate in the SPER 4<sup>th</sup> Annual International Conference & Exhibition 2015.

With Warm Regards,

**Dr. Upendra Nagaich**  
**M.Pharm., Ph.D., FSPER**  
**Organizing Secretary**

**SPER 4<sup>th</sup> Annual International Conference & Exhibition 2015**

Secretary, Society of Pharmaceutical Education & Research [SPER]

Editor, Journal of Advanced Pharmaceutical Technology & Research [JAPTR]

Editor-in-Chief, SPER Times

## SPER INNOVATIVE RESEARCH AWARD CONFERRED UPON MD. RAGEEB

Md. Rageeb Md. Usman is conferred with "SPER Innovative Researcher Award" and given by Dr. Mohd. Syafiq, Dean, Faculty of Pharmacy and Health Science, University of Kuala Lumpur, Malaysia, Prof. (Dr.) Ramesh Kanwar, Vice-Chancellor, Lovely Professional University, Punjab and Dr. Upendra Nagaich, Secretary, SPER at 3<sup>rd</sup> Annual Conference on Recent Trend in Pharma Industry: Bridging the Gaps in Pharmaceutical Education held at Lovely Professional University (LPU), Phagwara, Punjab, Organized by SPER on 8 March 2014.

He is Assistant Professor of Pharmacognosy, Smt. S. S. Patil College of Pharmacy, North Maharashtra University, Maharashtra, India. For the past 6 years, he has been actively involved in Pharmaceutical Education in the areas of Teaching and Research. He has published 1 book entitled "Appraisal on Nephroprotective Herbal Plants" and 3 books are communicated. He is published more than 51 review and research papers in various indexed

peer reviewed national and international journals with having good impact factor. He also presented more than 97 oral and poster presentations and participated more than 145 national and international scientific occasions. He is a life member of various Pharmacy professional associations (SPER, APTI, IPA, IHPA, ISP, APP, ICPHS, RHS, ABAP and IGPA). He is State Representative of Society of Pharmaceutical Education and Research (SPER), Associate Editor of SPER Times, President of Indian Pharmacist Association (IPA) and Research Scholar Hub (RSH) Maharashtra State Branch, Associate Editor of Tyagi Pharmacy Association (TPA), Editor in Chief of Annual Magazine "PHYSIC-2014" of Smt. Sharadchandrika Suresh Patil College of Pharmacy, Chopda, Maharashtra, India. He is examiner of various universities. He is elected as a fellow life member of Indian Congress of Pharmacy and Health Science and editorial board member of more than 69 journals and Reviewer/ Referee of more than 25 peer reviewed journals.



## A voluntary blood donation camp was organized by Laureate Institute of Pharmacy, Kathog, on 4<sup>th</sup> May 2014

A team from Dr. Rajendra Prasad Medical College and Hospital, Tanda, blood bank conducted the camp, wherein 50 Students came forward to donate blood. Dr Vikar Nayyar, Incharge, Department of Transfusion Medicine, said that if the younger generation pledge and come forward to give blood voluntarily, there will be no dearth of blood worldwide. He added that requirements of safe blood were increasing and regular voluntary blood donations were vital for blood transfusion services. He applauded the efforts of the organizers in encouraging the Students and conducting the camp. Institute's Director Dr. Ran Singh and Principal Dr. M. S. Ashawat have appreciated all the students for the success of blood donation camp. Large numbers of students participated in the camp. Programme officer, Mr. Amit Sharma and Mr. Ankaj said that there was no side effect of blood donation so everyone should donate the blood to save lives.



## Society of Pharmaceutical Education & Research [SPER]

### 4<sup>th</sup> Annual International Conference & Exhibition 2015 [SPER 2015]

**"Pharmaceutical Innovations for Global Excellence: Ignite, Invent, Implement"**

**Vedanta Auditorium, DIT University, Dehradun [Uttarakhand] India**

**February 27-28, 2015**

All accepted abstract will be published in the special issue of SPER Times.

Last Date for Abstract Submission [Oral & Poster]:  
31<sup>st</sup> October 2014

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SPER 4<sup>th</sup> Annual International Conference & Exhibition 2015

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With an aim to increase awareness towards environment, the Ahmedabad based Cadila Pharmaceuticals Ltd is going to celebrate 'World Environment Day' by launching an unique 'Save

Paper Campaign' to reduce the consumption of paper at its various premises.

"At Cadila Pharmaceuticals, we firmly believe in preserving our environment and have taken various initiatives to make the world greener. Every year, we have been carrying out various awareness activities. This year, besides a tree plantation drive, we have designed a campaign to make employees aware about reducing the consumption of paper in form of print outs and photocopies and urge them to be conservative when it comes to printing documents." said, Dr. Rajiv Modi, Chairman and Managing Director, Cadila Pharmaceuticals Ltd.

Last year, the employees at Cadila Pharmaceuticals had taken a pledge to save water and power, plant more trees, stop using plastic bags and save paper. Taking it forward, the company is running a sustained mail campaign that conveys the impact on environment, arising out of the simple, yet indiscriminate use of paper at their various office premises. Through its Save Paper campaign- the company intends to drive home the point and motivate its employees to be conscious of the environment and print only if necessary. Just a simple conscious act by each and everyone at Cadila Pharmaceuticals, will contribute in doing their bit for the environment and thereby conserving trees, water and reducing harmful Co<sub>2</sub> emissions.

Apart from this, the company is going to organize a tree plantation drive at their Bhat Corporate Campus. Similar kind of activities will also be done at Ankleshwar facility like tree plantation, environment -related poster display and quiz competition. At Dholka manufacturing facility, apart from the tree plantation drive, an award would be presented for 'Green Person of the Year'. On this special day, the company will also organise quiz and drawing competitions and give award to its employees for taking best initiatives for environment protection.



## About Cadila Pharmaceuticals Limited:

With a turnover of Rs 1200 crore, Cadila Pharmaceuticals is one of the largest privately held pharmaceutical companies in India, headquartered at Ahmedabad, Gujarat. Over the last six decades, it has been developing and manufacturing pharmaceutical products and selling and distributing these in over 50 countries around the world. An integrated healthcare solutions provider with pharmaceutical product basket, it caters to over 45 therapeutic areas that include cardiovascular, gastrointestinal, analgesics, haematinics, anti-infectives and antibiotics, respiratory agents, anti-diabetics and immunologicals. It has more than 7,000 employees across the globe. Cadila Pharmaceuticals was the first Indian company to get IND approval by USFDA for clinical trials to be conducted in India. Subsequently, the company has filed 5 INDs with the USFDA.



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## INTRODUCTION

Rational use of drugs is “the appropriate, timely use of drug(s), for an ailment which is properly diagnosed by the physician & prescribed by the physician in a right dosage of right regimen & right duration of treatment. Any violation of any of these elements (dosage, regimen, duration) constitutes the irrational or misuse of drug(s).

## Objectives of irrational drug use

- 1) Identify the magnitude and nature of inappropriate drug utilization in several settings.
- 2) Understand the adverse impacts of inappropriate use of drugs.
- 3) Describe the factors that influence the clinical decision-making process in drug use.

## Reasons for irrational drug use

- 1) Easy accessibility to prescription drugs.
- 2) Easy access to OTC drugs.
- 3) Prescription only drugs are available without doctor's prescription.
- 4) Advice by friends, relatives & persons on medicines.
- 5) Even when people have a valid prescription, they decide (by themselves), whether to buy the drugs or not, whether to buy all items on the prescription (only some), decide what items are important.
- 6) Patients also decide, whether & when to take medicines, when to continue taking them if side effects occur or symptoms disappear.
- 7) Promotional material, advertisements in news papers, TV, Radio.
- 8) False, misleading claim, switch campaigns & commercial promotion.
- 9) Financial.
- 10) The prescribers have lack of knowledge & experiences.

## Most frequently Misused Drugs

- 1) Drugs which are used as self-medication without doctor's advice.
- 2) Drugs which are overly used either potent drugs for small ailments, or high dose of a potent drug to get quick relief.
- 3) Drugs which are used for something else.
- 4) Drug which are used not according to the regimen.

## Categories of Drugs which are Misused

### 1. Antibiotics

Penicillins, Ampicillin, Amoxycillin etc.

### 2. Musculo skeletal & NSAIDS

Dextropropoxyphene, Aspirin, Ibuprofen etc.

### 3. Drugs Acting on CNS

Diazepam, Barbiturates, Imipramine etc.

### 4. Drugs Acting on G.I. Systems

Antacid, Lubricants, Antidiarrhoeals etc.

### 5. Drugs Acting on Respiratory Systems

Bromhexine, Salbutamol, Codeine etc.

### 6. Hormones

Estrogen, Progestin etc.

### 7. Vitamins

It is most 'popular' misused class of drugs, which are prescribed by General physicians (GP).

### Self Medication & Prescription

1) Medication product can generally be divided in two separate categories, prescription & non prescription medicine. This classification may differ from country to country. The national authorities must assure that medicines, categorized as non prescription medicine, are sufficiently not to be safe & harmful to health.

2) Prescription medicine are those which are only available to individual on prescription from a physician following a consultation, prescription medicine are not safe for use except under the supervision of physician because of toxicity.

3) Self medication is the use of a registered or monographed medicine legally available without a physician.

4) The safety, efficacy & quality of non prescription medicine must be proved according to the same principle as prescription medicine.

### Role & Responsibility in Self Medications

1) In self medicine the individual bear primary responsibility for the use of self medication product, special caution must be exercised when vulnerable group such as children, elderly or pregnant women.

2) If individual choose to use self medication, they should be able

-To recognize the symptoms they are treating.

-To determine that their condition is suitable for self medication.

-To follow the direction for use of the product as provided in the product labeling.

3) All parties involved in self medication should be aware of the benefits & risk of any self medication product.

4) Manufacturers in particular are obliged to follow the various code or regulation already in place.

### Conclusion

Promoting the rational use of drug will result in improved quality, increase accessibility of drug & better quality of life for the community. Drug & medicine information centers are useful medium to disseminate drug information because they are independent of outside influences. Thus the information provided by the drugs information centers is unbiased, evidenced-base & current that will lead to improved patient outcome.

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SPER Times is postured to deliver a distinctive audience from academia and industry who will urge your products. The targeted group comprises of Pharmacy Students & Young professionals working in pharmacy profession and allied field.

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# SPER Women's Forum (Women's Division)

SPER-WF is an international forum for Women's across the Pharmacy profession under the aegis of Society of Pharmaceutical Education & Research [SPER].

**A woman is the full circle. Within her is the power to create, nurture and transform-Diane Mariechild.**

The SPER-WF advances research across careers, cultures and continents by connecting the world's most preeminent women of significant and diverse achievement. The SPER-WF brings together an unprecedented global membership to exchange ideas, to learn and inspire, and to promote better research and development for a changing world.

It contributes to improve the status of Pharmacy profession as well to fuel the potential of recent graduates and young pharmacists, as enthusiastic agents of professional and social change while abiding the highest professional and ethical standards.

We advance women's leadership through our core concept which provides personal and professional enrichment to our members. The society expands and extends the contribution of women leaders through participation in various research and development activities.

The SPER WF Annual award is a unique initiative to encourage women to explore and fulfill their potential through the pursuit of research in education and to enhance their capacities to provide productive and supportive service to field of Pharmacy profession.

## Aims & Objectives:

1. Undertakes action research directly contributing to women's mobility, capacity building, leadership skills, entrepreneurship, empowerment etc.
2. Collaborates with other organizations working for the cause of gender equality and women empowerment.
3. Builds Capacity the women and girls focusing on literacy, education, widening opportunities for employment, training etc.
4. Provides consultancy to various institutions working with women and child development.

## The SPER-WF Mission

To enable all women pharmacists to realise their full potential and raise their profile by being educationally and socially active.

## SPER Women's Forum (Women's Division) Council

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LATE MRS. SUDHA NAGAICH

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Prof. (Dr.) Oluwatoyin A. Odeku

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Prof. (Dr.) Roopa S. Pai

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# SPER

Women Forum  
[SPER-WF]

Awards



## SPER-WF Eminent Teacher Award

SPER-WF eminent teacher award is a prestigious award given to a women member of the Society who has made distinguished / outstanding contribution towards the advancement of pharmaceutical education and the activities of SPER.

The SPER-WF eminent teacher award should include the certificate and the memento.

## SPER-WF Young Scientist Award

SPER-WF young scientist award is a prestigious award given to a women member of the Society who has made distinguished / outstanding contribution towards research & development and the activities of SPER.

The SPER-WF young scientist award should include the certificate and the memento.

## SPER-WF Innovative Researcher Award

SPER-WF innovative researcher award is a prestigious award given to a women member of the Society who has made distinguished / outstanding contribution towards the development of new technology and the activities of SPER.

The SPER-WF innovative researcher award should include the certificate and the memento.

## SPER-WF Young Teacher Award

SPER-WF young teacher award is a prestigious award given to a women member of the Society who has made distinguished / outstanding contribution towards pharmaceutical education & research and the activities of SPER.

The SPER-WF young teacher award should include the certificate and the memento.

## SPER-WF Best Student Award

SPER-WF best student award is a prestigious award given to a student women member of the Society who has made outstanding performance throughout the year and the activities of SPER.

The SPER-WF best student award should include the certificate and the memento.

SPER  
Women Forum  
[SPER-WF]  
Awards

## Eligibility Criteria

The nominee should be a life member of the society.

## Nomination Procedure

Each year the Hon. Secretary shall publish a NOTICE inviting nominations from the Members of the Society. The Notice inviting nominations shall also be published on the official website of SPER.

## Selection Procedure

The Hon. Secretary shall send copies of all nominations received to all members of the CEC to evaluate the nominations and on the basis of the recommendation received by the CEC members. The Hon. Secretary of SPER shall announce the names of Awardees at the meeting of the CEC. The decision as announced by the Hon. Secretary shall be final, conclusive and binding. NO correspondence will be entertained nor any clarification be furnished to the nominator and / or nominee.

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**4<sup>th</sup> Annual International  
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**Pharmaceutical Innovations for  
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**February 27-28, 2015**

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## DST FELLOWSHIPS

### BETTER OPPORTUNITIES FOR YOUNG SCIENTISTS IN CHOSEN AREAS OF SCIENCE AND TECHNOLOGY [BOYSCAST]

The BOYSCAST programme of DST provides opportunities to the young Indian scientists/ technologists below the age of 35 years, who hold regular positions in recognized Science & Technology institutes in India, to visit reputed institutions abroad, interact with scientists there, get exposure to latest research techniques and conduct R&D in frontline areas of Science & Technology. Under the BOYSCAST programme, fellowships of three to twelve months duration are provided every year to the selected young Indian scientists for conducting research/undergoing specialized training in reputed overseas research laboratories/ institutes. It is envisaged that the expertise gained by these young scientists/technologists during the fellowship period will lead strengthening of the national programmes in these areas as well as further generation and spread of expertise at the national institutes.

#### ELIGIBILITY:

Young Indian scientists/technologists who fulfill the following conditions can submit application/proposal for award of BOYSCAST fellowship:

(I) Academic Qualifications: Master's Degree in Engineering /Technology or equivalent or M.D. in Medicine or equivalent with research experience or Ph.D. in Science/Engineering /Pharmacy or equivalent.

(ii) Age: Upto 35 years (as on 1<sup>st</sup> April, 2010). The applicants belonging to SC/ST/OBC and women candidates may be allowed relaxation in the age limit upto 5 years.

(iii) Employment: A regular position in a recognized S&T institution/university/college. Applications from persons holding temporary positions such as research fellows or

research associates etc. will not be considered. Candidate must be officially sponsored (their application to be formally forwarded) by the employer/head of the institution or agency with commitment to depute them for research /training under BOYSCAST programme. Forwarding note merely stating that above would be considered only after award of fellowship will not be considered by DST.

(iv) Place of work: The fellow should be accepted by a foreign academic/scientific/technological institution, which is internationally recognized as an outstanding institution where major work in the identified area is in progress. There should be willingness of the foreign institution to accept and extend necessary support to the candidate for the work proposed. The Professor/scientist with whom the fellow intends to work should be a research worker of repute. The candidate should himself/herself correspond with their proposed host institution/Professor abroad for placement.

(v) Young scientists and technologists actively engaged in research and having established credibility in the proposed area of work will be preferred.

(vii) The institute to which the candidate belongs, should have either already initiated major research activities in the chosen area or should have immediate plans to initiate such programmes, based on the expertise of the individual and proposed training abroad.

#### GUIDELINES GOVERNING THE PROGRAMME:

(I) The individual availing this fellowship would be called as BOYSCAST FELLOW.

(ii) The fellow will be entitled to the following:

(a) Fellowship amount of US \$ 3000 (or equivalent in other foreign currency) per month for the period of stay (maximum duration being twelve months) at the host institute abroad.



(b) Cost of air passage in economy class by Air India from the place of working in India to the place of the overseas host institute and back by shortest route.

© One time contingency grant of Rs.15,000/- if the fellowship duration is upto six months and Rs.20,000/- if the fellowship duration is more than six months.

(d) Fellow will also be permitted to travel within host country to attend conferences or visit other institutes of interest with the approval of the Guide at the host institute and as per DST rules.

The Fellow will be entitled to a grant of US \$ 600 (or equivalent in other foreign currency) for fellowship duration upto six months and US \$ 1200 (or equivalent in other foreign currency) for fellowship duration beyond six months for this purpose.

(iii). Rules governing payment of salary, leave, medical, gratuity, GPF and pension etc. of the Organisation/Institution /University to which the fellow belongs would continue to be applicable.

**Contact person:**

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Scientist-G

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# *JAPTR Most Cited Article Award*

The JAPTR most cited article award was created by the central executive council (CEC) members to recognize and support research based on citation analysis by encouraging and assisting individuals in the field of pharmacy, medical and allied sciences with their research. Citation analysis is broadly defined, including but not limited to analysis using resources developed by Thomson Reuters. Because of the limits proposed by timing considerations, the award may be made for top three cited articles. Researchers will be selected to receive citation awards in recognition of their outstanding contribution to research. JAPTR most cited article award is a prestigious award given to the corresponding author who has published the article in Journal of Advanced Pharmaceutical Technology & Research [JAPTR]. Each year, the award will be given in the annual conference of "Society of Pharmaceutical Education & Research" [SPER]. The award is given on the recommendation of the CEC.

## Eligibility Criteria for JAPTR most cited article award

The awardee should be the corresponding author of an article published in JAPTR.

## Selection Procedure

The Hon. Secretary, SPER along with the Executive Editor, JAPTR will consider all the articles published in JAPTR along with their citations and The Hon. Secretary of SPER shall announce the names of Awardees at the meeting of the CEC. The decision as announced by the Hon. Secretary shall be final, conclusive and binding. NO correspondence will be entertained nor any clarification will be furnished to the authors.

The JAPTR most cited article award should include the certificate and the memento.





# Society of Pharmaceutical Education & Research™ (SPER)

Society of Pharmaceutical Education & Research™ (SPER) is a scientific, educational and professional non-profit organization committed to promote the highest professional and ethical standards of pharmacy and to work for the growth, development and betterment in the field of pharmacy. It is a registered Society under the M.P. Society Registrickaran Adhiniyam, 1973, No. 44 of 1973.

## OBJECTIVE

- The objectives of the society are cultivation and promotion of the study and practice of Pharmaceutical/Medical/Allied sciences education & research.
- To promote social contacts among pharmacists of the country.
- To undertake and promote scientific and pharmaceutical research activities related to pharmaceutical education & research.
- To edit and publish, research journals related to the field of pharmacy for nourishing, spreading and promoting the research scholar and academicians.
- To arrange seminars, symposia, conferences, lectures and exhibitions to focus on pharmacy profession through publications.
- To provide a platform to discuss various issues related for the growth and development of pharmacy profession.
- To honour eminent academicians, researchers and young scientists engaged for the upliftment of pharmacy profession.

## VISION :

To promote research in pharmacy and allied disciplines, with particular reference to the current development in the field;

For the advancement of pharmacy in the country; and to collect, evaluate, disseminate and to employ the knowledge acquired for the benefit of the country.

## MISSION

To work continuously with pharmacy institutions and pharmaceutical research industries for the growth and advancement of pharmacy profession.

Website: [www.sperpharma.org](http://www.sperpharma.org)

E-mail: [secretary@sperpharma.org](mailto:secretary@sperpharma.org)

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