

SHREENATH **PHARMA** *MAGAZINE*

Volume 1, Issue 2, July 2019



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From The Editor's Desk

Dear Readers,

Shreenath Pharma Magazine has come up with its second issue. This issue covers the interview of Ms Sushmita Vazirani who explains her views on MBA as a career after Pharmacy. This issue also highlights some recent news update in the pharmacy world. There is update with upcoming events on a talk regarding 'Pharmaceutical Community of Knowledge' on 12 th August at the Sci-Tech Centre ACG, Mumbai. Would like to thank all the team members and contributors for this issue

Read the magazine further to know more about the updates and request you to contribute for the upcoming issues.

Happy Reading!

Forum Jalundhwala

Editorial Team: Atharva Magdum
Sahil Bhatia
Ravi Kukreja
Mayur Khiyani
Along With Pharmacad & Pharmocracy

Generic Cinacalcet Hydrochloride tablets launched in the US market

Aurobindo Pharma, Cipla, . Lupin, Piramal Enterprises (through its partner Slate Run Pharmaceuticals LLC) have launched generic cinacalcet hydrochloride tablets in the US market after being approved by the United States Food and Drug Administration (U. S. FDA). The tablets have been launched in the strength of 30 mg, 60 mg and 90 mg. These are the generic therapeutic equivalent version of Sensipar, a branded drug marketed by Amgen Inc. Piramal received a favourable US district court ruling which states that Piramal generic version does not infringe any of the asserted claims of Amgen Patent No. 9,375,405. Amgen has filed an appeal which is currently pending in the US Court of Appeals for the Federal Circuit.



The drug is indicated for the treatment of secondary hyperparathyroidism (HPT) in adult patients with chronic kidney disease (CKD) on dialysis; hypercalcemia in adult patients with parathyroid carcinoma; and severe hypercalcemia in adult patients with primary HPT who are unable to undergo parathyroidectomy.

Pharma on the Stock Market

Nifty Pharma is outperforming, up over 2 percent led by Glenmark Pharma, Aurobindo Pharma, Sun Pharma, Lupin, Piramal Enterprises, Divis Labs, Cipla and Cadila Healthcare.

Glenmark - Torrent shake hands over Diabetes Drug

Drug makers Glenmark Pharmaceuticals and Torrent Pharmaceuticals said they have agreed upon a non-exclusive sub-licensing agreement to co-market diabetes drug Remogliflozin Etabonate in India. Glenmark will manufacture and supply Remogliflozin while Torrent will market the drug under its own trademark ;Zucator; in India.

The companies aim to improve patient access to the latest, globally- researched and approved sodium glucose co-transporter-2 (SGLT2) inhibitor by providing an effective, high quality and world-class treatment option to patients in India, and abroad in countries in the Middle East and Africa.

EU ban on antibiotics in farming

In an outstanding, almost revolutionary move the European Parliament on October 25th approved a ban on preventive mass medication in animals using antibiotics or other drugs. This new legislation, targeted to bring down the overuse of antibiotics in animal production and ultimately halt the spread of drug resistance from animals to humans, was passed by over 97 per cent of the European Parliament. The use of antibiotics for non-therapeutic use in food-animal production and its contribution to antimicrobial resistance (AMR), an urgent public health priority, is well established. Nearly 70 per cent of the antibiotics produced in the US are used in livestock.

Apart from treating diseases, antibiotics are also used for mass disease prevention and growth promotion. Mass medication is often used as a substitute to proper farm hygiene and sanitation, bio security and also to handle effectively stressful rearing situations in intensive animal farming practices.

Even as the EU has put an end to non-therapeutic antibiotic use, things have remained almost stagnant in India. There have only been deliberations and rumours, and no action to restrict Antibiotic Growth Promoters (AGP) in feed that is widely available with manufacturers, veterinary medicine dealers, or even sold online.

Reference:<http://www.mondaq.com>
<http://www.pharmatutorjournal.com>
Newscut App

Merger of two giants

The EU approved the merger of the consumer healthcare activities of pharmaceutical giants GlaxoSmithKline and Pfizer that produce over-the-counter medicines.

The European Commission has approved, under the EU Merger Regulation, the acquisition of Pfizer Consumer Health Business by GlaxoSmithKline. The decision is conditional upon the global divestment of Pfizer's topical pain management business carried out under the ThermoCare brand.

Nice approves drug combination to delay breast cancer progression

Patients with advanced breast cancer can now access ribociclib with fulvestrant, a promising life-extending drug combination, through the Cancer Drugs Fund (CDF).

The draft guidance suggests ribociclib, also known as Kisqali made by Novartis, used with fulvestrant as an option for people with hormone receptor-positive, human epidermal growth factor receptor 2 (HER2)-negative, locally advanced or metastatic breast cancer who have had previous endocrine therapy. According to the clinical trial results, the combination of ribociclib with fulvestrant delays the progress of the disease time, compared with fulvestrant alone. Taken once-daily orally (pill), the treatment works by inhibiting proteins in cancer cells and thus preventing them from multiplying. It is expected to help up to 5,300 women who have already undergone endocrine treatment.

MOLECULE OF THE MONTH

You may rely on this molecule every morning to actually feel woken up... it's been used the human race for so many years boosting the energy and getting one out of a yester night's lethargy, to get one properly functional and in their senses. Yes, it's caffeine.

Caffeine is a central nervous system stimulant of the methylxanthine class. It is the world's most consumed psychoactive drug. It is legal and unregulated in nearly all parts of the world. Caffeine causes insomnia, nervousness, stomach irritation, nausea and vomiting, increased heart rate and respiration and other side effects. Larger doses may cause headache, anxiety, agitation, chest pain and ringing in the ears.

Caffeine is the most widely consumed central-nervous-system stimulant. Three main mechanisms of action of caffeine on the central nervous system have been described.

Mobilization of intracellular calcium and inhibition of specific phosphodiesterases only occur at high non-physiological concentrations of caffeine. The only likely mechanism of action of the methylxanthine is the antagonism at the level of adenosine receptors. Caffeine increases energy metabolism throughout the brain but decreases at the same time cerebral blood flow, inducing a relative brain hypoperfusion. Caffeine activates noradrenaline neurons and seems to affect the local release of dopamine.

Many of the alerting effects of caffeine may be related to the action of the methylxanthine on serotonin neurons. The methylxanthine induces dose-response increases in locomotor activity in animals. Its psychostimulant action on man is, however, often subtle and not very easy to detect. The effects of caf-

feine on learning, memory, performance and coordination are rather related to the methylxanthine action on arousal, vigilance and fatigue. Caffeine exerts obvious effects on anxiety and sleep which vary according to individual sensitivity to the methylxanthine. However, children in general do not appear more sensitive to methylxanthine effects than adults. The central nervous system does not seem to develop a great tolerance to the effects of caffeine although dependence and withdrawal symptoms are reported.

HOW CAFFEINE KILLS MOSQUITOES...

In 2003, a study showed that used coffee grounds and caffeine could kill off the larvae of *Aedes Aegypti* by blocking their development from becoming adult mosquitoes. The insects also could not develop resistance to caffeine.




You can try this at home

- ☑ Collect coffee grounds in a jar and allow them to age for at least 25 days. Aged coffee is more effective at killing larvae than fresh coffee.
- ☑ Sprinkle coffee grounds around garden plants and trees where water accumulates to prevent mosquito larvae from thriving in stagnant water.
- ☑ Add 3 tablespoons of coffee grounds per every cup of stagnant water to kill active mosquito larvae. Do not add coffee to water bodies where other animals thrive.

Reference: <https://www.ncbi.nlm.nih.gov/>

-A. MAGDUM



Adopt AWaRe:
Handle antibiotics
with care.

AWaRe-Ness

The excessive use of antimicrobials has led to the development of Antimicrobial Resistance that threatens a century of medicinal advancements.

The World Health Organisation has launched a global campaign urging governments to adopt a tool to reduce the development of microbial resistance towards antimicrobials, adverse events and costs.

The Essential Medicines List made and maintained by the WHO containing medications considered to be most effective and safe to meet the most important needs in a health system. as per the new tool, classifies antibiotics into three groups ; - Access, Watch , and Reserve - and specifies which antibiotics to use for the most common and serious infections, which ones should be available at all times in the healthcare system and those that must be used sparingly or preserved and used only as a last resort.

This move is aimed towards increasing the proportion of global consumption of antibiotics in the Access group to at least 60% and to reduce use of antibiotics in Watch & Reserve groups. The Access group lowers the risk because "narrow spectrum" antibiotics target specific micro organisms. They are cost efficient and are available in generic formulations. This is a dynamic move and an essential one as "Antimicrobial resistance

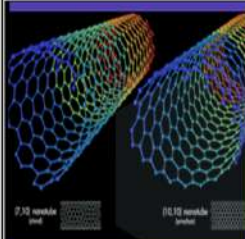
poses to be one of the most urgent health risks of our time and threatens to undo a century of medical progress" said Dr. Tedros Ghebreyesus. WHO Director-General also added, " All countries must strike a balance between ensuring access to life saving antibiotics and slowing drug resistance by reserving the use of some antibiotics for the hardest-to-treat infections. I urge countries to adopt AWaRe, which is a valuable and practical tool for doing just that." Currently estimated that more than 50% of antibiotics in many countries are used inappropriately such as for treatment of viruses when they only treat bacterial infections or use of the wrong antibiotics, thus contributing to antimicrobial resistance. Mostly seen in hospitalized patients due to development of resistance, antibiotics stop working effectively, more expensive treatments and hospital admissions are needed, a lap on the already stretched health budget.

<https://adoptaware.org/>

-A.MAGDUM

Articles 101

FULLERENES: THE CARBON BALL OF PHARMACEUTICAL SCIENCES

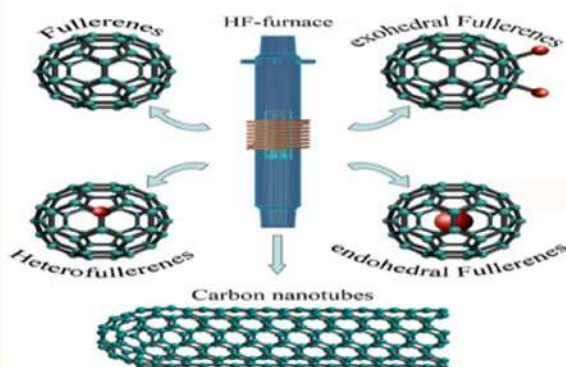


ABSTRACT

Fullerenes are allotropes of carbon appearing as bulky ball. It was discovered by Buckminster Fuller. Owing to its widely studied structure and chemistry the present article throws light on immense and impactful uses of fullerenes in pharmacy.

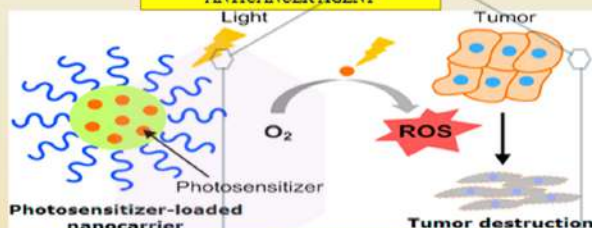
- From being used as a pharmaceutical aid, diagnostic aid to as a therapeutic agent itself, fullerenes have proven to be a versatile molecule. Hence fullerenes have various applications in field of pharmacy.
- Fullerenes have excellent anticancer activity being extremely selective to cancerous cells. Owing to its high molecular weight it can be used in delivery systems of hydrophobic molecules.
- Silica bound fullerenes can enhance efficiency of extraction by preventing loss of phytoconstituents unlike that of conventional silica. Salt forms of fullerenes have proven to be antibacterial as tested on twenty strains of microorganisms.
- In addition fullerenes have been reported to be anti-apoptotic owing to their TGF induced ROS neutralizing capacity.
- Hence fullerenes have been proven to be a boom for various aspects of medical sciences.

TYPES OF MODIFICATIONS

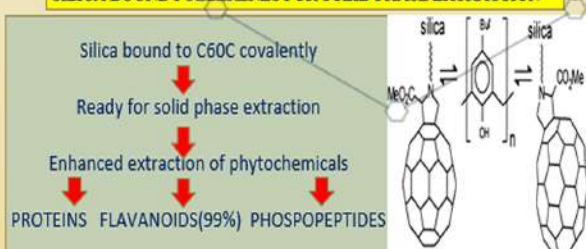


APPLICATIONS

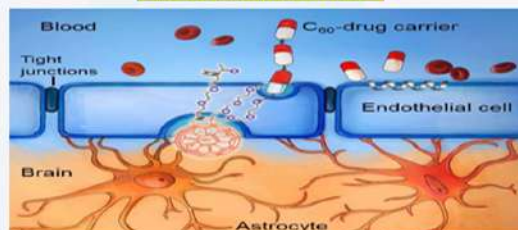
ANTICANCER AGENT



SILICA BOUND FULLERENES FOR SOLID PHASE EXTRACTION



DRUG DELIVERY SYSTEMS



ANTI MICROBIAL AGENT

Salt forms of fullerenes like including their quaternary ammonium derivatives have proven to be excellent antimicrobial agent

Salt form imparts hydrophilicity and C60 molecule imparts lipophilicity

Enhanced bacteria cell penetration

Effective against 20 strains of microorganisms including *staphylococci*, *streptococci*, *enterococci*, *K. pneumoniae*, *S. typhi*, etc

MARKETED PREPARATIONS

C60 COCONUT OIL

Sun Guard Fullerene

- Sunscreen
- Foundation
- Base

C60 OLIVE OIL

Radical Sponge

- All items

LipoFullerene

- Cream
- Oil cream
- Oil base products

Moist Fullerene

- Cream
- Milky lotion

Vail Fullerene

- Foundation
- Other make-up products

Fullerene Serum

Radical Sponges

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3. Genuth, Iddo; Yaffe, Tomer (February 15, 2006). "Protecting the soldiers of tomorrow". *IsraelCast*.
4. Erik Salge (12 February 2014). "How Real is 'RoboCop'?"

To get more access on the research, Go to link below

<https://drive.google.com/file/d/1-PL-QHiIMj7vyv2CN-y17xIAxJak7BP4/view?usp=drivesdk>

Articles 101

The molecule maybe be a hollow sphere, ellipsoid, tube or many other shapes and sizes. But a fullerene is an allotrope of carbon whose molecule consists of carbon atoms connected by single and double bonds so as to form a closed or partially closed mesh with fused rings of five to seven atoms. Fullerenes with closed mesh topology are informally denoted by their empirical formula C_n , where n is the number of carbon atoms. However, for some values of n there maybe more than one isomer.

Examples of fullerenes in popular culture are numerous. Fullerenes appeared in fiction well before scientists took serious interest in them. In a humorously speculative 1966 column for New Scientist, David Jones suggested that it may be possible to create giant hollow carbon molecules by distorting a plane hexagonal net by the addition of impurity atoms.

Fullerenes had been predicted for some time but only after their accidental synthesis in 1985 which was named buckminsterfullerene, were they detected in nature and in outer space. The molecule has peeked the curiosity of many and is causing a great buzz in the research industry. Lalwani et al. published a comprehensive review on fullerene toxicity in 2013 and concluded that very little evidence gathered since the discovery of fullerenes indicates that C_{60} is toxic. The toxicity of these carbon nanoparticles is not only dose and time dependent but also depends on the method of administration, functional groups attached and the type.

Here we have an article yet again revolving around this mystery particles, helping us understand its pharmaceutical uses and more...

FULLERENE : THE CARBON BALL OF PHARMACEUTICAL SCIENCES

N. KHAN, P. JAIN, T. BHOGLE AND N. KURUP*

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Abstract

Fullerenes are allotropic form of carbon appearing as bulky ball. It was discovered by Buckminster Fuller. Owing to its widely studied structure and chemistry the present article throws a light on immense and impactful uses of fullerenes in pharmacy. From being used as a pharmaceutical aid to as a therapeutic agent itself, fullerenes have proven to be a versatile molecule. Hence fullerenes have various applications in field of pharmacy. Fullerenes have excellent anticancer activity being extremely selective to cancerous cells. Owing to its high molecular weight it can be used in delivery systems of hydrophobic molecules. Silica bound fullerenes can enhance efficiency of extraction by preventing loss of phytoconstituents unlike that of conventional silica. Salt forms of fullerenes have proven to be antibacterial as tested on twenty strains of microorganisms. In addition fullerenes have been reported to be anti-apoptotic owing to their TGF induced ROS neutralizing capacity. Fullerenes are widely accepted as therapeutic agent, pharmaceutical aid as well as diagnostic tool. Hence fullerenes have been proven to be a boom for various aspects of medical sciences.

Schedule G

- ☑ Schedule G mentions a list of substances to be taken only under supervision of a registered medical practitioner.
- ☑ Medicines listed as schedule G medicines carry on the label a Caution- "It is dangerous to take this preparation except under medical supervision."
- ☑ This is conspicuously printed and surrounded by a line within which there should be no other words.
- ☑ It is necessary to make a proper bill of sale.
- ☑ Records of purchase and sale of these medicines must be maintained for a minimum period of 2 years.
- ☑ Most of these drugs are hormonal preparations

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Hydroxycarbamide

Hydroxycarbamide, also known as hydroxyurea, is a medication used in sickle-cell disease, chronic myelogenous leukemia, cervical cancer, and polycythemia vera. In sickle-cell disease it increases hemoglobin and decreases the number of attacks. It is taken by mouth

**L
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Common side effects include bone marrow suppression, fevers, loss of appetite, psychiatric problems, shortness of breath, and headaches. There is also concern that it increases the risk of later cancers. Use during pregnancy is typically harmful to the baby. Hydroxycarbamide is in the antineoplastic family of medications. It is believed to work by blocking the making of DNA.

Testolactone

This medication is an antineoplastic agent, prescribed for breast cancer in postmenopausal women. It works by blocking the production of estrogen.

Redness of the skin, increase in blood pressure, tingling, uneasiness, pain, swelling in the extremities, tongue inflammation, loss of appetite, nausea and vomiting.

Other examples of drugs that fall under schedule G- L-asparaginase, Bleomycin, Busulfan, chlorambucil, chlorthiazide, chlorpropamide, doxorubicin, ethosuximide, Metformin, Mercaptopurines, Carbutamide, Primidone

Reference: https://www.google.co.in/search?ei=x-S43XYWNNM_prQHZwZmYDQ&q=schedule+g+drugs&oq=schedule+g&gs_l=psy-ab.3.0.0i7118.0.0..5817366...0.0..0.0.0.....0.....gws-wiz.un-WgZlIB6E

TALK THE TALK

Sushmita Vazirani

RESEARCH ANALYST, CRISIL

STRATEGY HEAD & FACULTY, MBA PHARMACAD

IIM INDORE

Gold Medalist - B.Pharm at Bombay College of Pharmacy ,National Runners up - Tata Steel-a-thon 2018 ,Winner - ITC Interrobang 2018 ,National Finalist - Asian Paints Canvas Campus Finalist - HUL LIME, IVP FinValley, Optum PRIME

In the industry, would you for your purpose hire a Core MBA or A Pharma MBA candidate?

Well, I believe this completely depends upon the job role and the company hiring. Most companies do prefer Core MBA graduates as they have been hiring students from a certain set of colleges for ages. Pharma MBA is still perceived to be relatively new, yet now you can see a lot of pharma companies hiring Pharma MBA graduates these days due to the knowledge and comfort that these students have with the sector. A pharma company, especially one that is located in Mumbai will definitely want to hire Pharma MBA graduates for sales/marketing roles. I think few more years down the line the course has a lot of potential.

What is the scope of a pharmacy student who has done an MBA?

You have a plethora of opportunities after doing an MBA. Sales, marketing, general management, operations, consultancy and of course if there is someone like me, finance is an option too.



There is always a perception amongst students that sales is the only job after an MBA for a pharma student but that is definitely not the case. Given the right college and enough guidance, a pharmacy student can definitely get into any field he/she wishes to. You just need the passion to do so.

You have been working in the industry for a few months now. What is your overall experience? Do you feel that you are biased against because of age or gender?

Oh, my experience has been amazing. In just 2 months, I have already learned so much. It is not about pharmacy, but it is something that will definitely help me in the future and is allowing me to venture beyond my comfort zone.

“A pharma company , especially one located in Mumbai will definitely want to hire Pharma MBA graduates for sales/marketing roles. I think few more years down the line the course has a lot of potential”

Bias? Definitely not. I am sure women are treated equal in most offices now and I have never faced any issue regarding this in my career. In fact, I have seen women work really hard and succeed really well. Not just that, but they are also being appreciated for their work just like any man would be. And age has again never been a problem. I have colleagues 10-15 years elder to me treating me as equals. We don't even have the 'Sir' or 'Ma'am' culture anymore. It is just the respect for one another that counts.

We saw that you have also done publications. Was the shift to a non-science postgraduation programme always planned?

I do like to stay as close to pharma as I can and so I did as much as I could during my MBA stint at IIM by working on journals. The shift from Pharma to MBA was never planned. In fact, like most others, I was still confused between research and management in my third year. But I had great professors, mentors in college who guided me to the right path and here I am, definitely gratified with my decision. I believe that things work out for themselves, you just have to see the right signals and go ahead with it. The only important thing is whatever you choose, make sure you give your best.

We saw your LinkedIn profile and were impressed by your B.Pharm achievements. What made you choose an MBA over an M.Pharm?

I love pharmacy and the achievements were just by-products of my journey. I did enjoy lab work, but I knew that is not something I want to do in the long term. I knew my personality was more of a fit in the corporate world, I wanted to manage and lead. Even the Best Student awards that I received had more to do with my personality than my rank. That's how I chose MBA - by figuring myself out, what I want from life, how do I want to create an impact. And I could have never been able to do it so smoothly without my professors at BCP. Guidance is really important when it comes to making such decisions

You are certified in blockchain basics. Is it applicable in the industry? Since a noticeable trend has been marked in sales.

Blockchain is the "in" trend now. All major firms are looking to use blockchain and are trying to analyse its various applications. Healthcare companies like United Health Group (UHG) and others who handle a load of data of their clients/patients are looking to use blockchain for easier and quicker solutions. A lot of companies have already started pilot use of blockchain especially in the United States. Since it provides confidentiality and is a more secure way to handle data. It definitely helps a lot to adhere to HIPAA regulations and that is why blockchain is something that will definitely impact our industry in the future.

"The shift from Pharma to MBA was never planned. Like most others, I was confused between research and management. I believe that things work out for themselves, you just have to see the right signals and go ahead with it."

It is often seen that people facing deadlines undergo a lot of stress to meet the deadline. How do you manage through such scenarios?

I think stress is the best way to go about your work. It releases cortisol into your body, you're more alert and active. I am sure most of us work quicker right before our deadlines. It's the same for me. I love the kind of stress my work brings because once the work is done, the relief and satisfaction that follows is just something else. It's more rewarding that way. I am sure the same doesn't work for all. The only advice I can give is when a deadline is near, make a quick plan, jot it down, time it out and work on it. Listen to music and work as hard as you can.

As Told to S. Bhatia

Upcoming Events

79th FIP World Congress of Pharmacy and Pharmaceutical Sciences **Abu Dhabi, United Arab Emirates** 22-26 September 2019



New horizons: Navigating winds of change *New technologies, new roles, new opportunities for pharmacy*

Do you want to be inspired to take on new roles and be prepared for success in a world of change? Wherever you practise, FIP can help you stay ahead of the game so that you can provide the best care for patients.

As we develop new skills to manage new technologies such as robotics and the digitalisation of health care, it is important that we do not compromise quality and safety.

Come to the Abu Dhabi congress, which will help you develop the knowledge and attitudes to adapt to emerging new roles through networking with pharmacists and scientists from all areas of practice and from all around the world.

WELCOME TO ABU DHABI

Abu Dhabi is a modern, cosmopolitan city with an ancient heritage where respect for the past informs the present and shapes the future. There are historic buildings, engaging tours and a packed calendar of events covering the arts, culture, sports and trade. Visitors will encounter a diverse emirate, with deserts, beaches, oases and mountains, and there are ultra-modern malls and small souk-like stores to cater for their every (tax-free) shopping need.

CONGRESS STREAMS:

A > New trends in science, practice and education

Focuses on new technologies, digitalisation of health care, robotics, individualisation of therapy, the provision of education via virtual classrooms, integrating science and practice in teaching, communication, people-centred care, and ethical challenges.

B > New roles, opportunities and responsibilities

Examines pharmacists' roles and the roles of individuals, looks at new services and the skills required to advance them, and highlights the importance of education and of collaboration not only with pharmacy colleagues but also with other health-care professionals.

C > Health now! Responding to the challenges of today

Recognises that challenges can be faced by looking at new research, ethical considerations, new values, access to health, health systems, sustainability, environmental sustainability, non-communicable diseases, empowerment of patients, empowerment of women, quality and assessment.

D > Targeting special interests

Looks at special interests in the different fields of pharmacy and pharmaceutical sciences.



ABU DHABI 2019
FIP WORLD CONGRESS
22-26 September

Please find more information:
abudhabi2019.congress.pharmacy

Note
Some congress sessions are accredited for continuing education. Check our website.

Upcoming Events



AAPS Western India Mumbai Discussion Group



Is pleased to invite you to a talk on
“Pharmaceutical Community of Knowledge”
 By

Dr. Ajaz Hussain

President of National Institute for Pharmaceutical Technology and Education (NIPTE)

On Monday 12th August 2019 at 2.30 pm.

Venue: SciTech Advanced Learning Centre Auditorium

No. 7, Prabhat Nagar, Patel Estate, Jogeshwari (West) Mumbai 400102.

**RSVP your name, affiliation and contact number to
 leena.amanna@acg-world.com**



Program :

- | | |
|-----------------|---|
| 2.30- 3.00 pm | Tea & Registration |
| 3.00 – 3.15 pm | Welcome address & Introduction by Mr. Ajit Singh
Director SciTech Centre |
| 3.15 – 4.15 pm | Talk by Dr. Ajaz Hussain |
| 4.15 to 4.30 pm | Q&A |
| 4.30 to 5.00 pm | Committee Formation for the
Western India Mumbai Discussion Group |
| 5.00 – 5.30pm | Networking & High Tea |



Certificate Diploma Course in

- 1) Pharmacovigilance
- 2) Digital Marketing

Course Commences in Last Week August 2019.

For more details Contact:

9833472166/9619573372

pharmacad.mumbai@gmail.com

www.pharmacad.in

Be A Part of the Change. Be, Team PHARMACAD.

IPA CONVENTION 2019

Dates

14 th - 15 th September 2019

Venue

New Delhi

Theme

**Pharma RIA, Collaborating Academics,
Industry and Regulators to create a
winning ecosystem**

Organised By

**IPA New Delhi
State Branch**

Vol. 1, Issue2, July 2019 **14**



*“We could never learn to be
brave and patient, if there
were only joys in the
world”*

-Helen Keller

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