

CLINICAL NEWSLETTER

July-October, 2025

Vol.3

DIVINE COLLEGE OF PHARMACY, SIWAN, BIHAR



Hands on Training:

CPR TRAINING

A special CPR training session was conducted by Dr. M. S. Ahmad, renowned cardio-diabetologist, on World Pharmacist Day 2025. Students and faculty received hands-on guidance on life-saving resuscitation techniques. The session enhanced emergency response skills and highlighted the crucial role of pharmacists in community health and patient safety.

WORLD PHARMACIST DAY

- CPR Training
- Health Camp
- Nukkad Natak
- Webinar
- Novel Drugs Approval 2025 (USFDA)
- News Cut

INSIDE STORY

CHIEF- EDITOR

Dr. Shambaditya Goswami
Principal, DCOP

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HEALTH CAMP

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To commemorate World Pharmacist Day 2025, a comprehensive Community Health Camp was organized on 26 September 2025 by our institution. The event aimed to promote public health awareness and provide essential health-screening services to the community. The camp was graciously inaugurated by the Principal of Divine College of Pharmacy (DCOP), along with distinguished leaders from DIT, DIMS, DPS, and the respected Chairman. Their presence motivated the students, faculty, and healthcare volunteers who worked tirelessly to make the event a grand success. A wide range of health-assessment services were provided free of cost, including:

- General Patient Information & Medical History Recording
- Height & Weight Measurement
- BMI Calculation
- Random Blood Sugar Testing
- Blood Pressure Monitoring
- SpO₂ Measurement

More than 200 participants from the surrounding community attended the camp and benefited from the screenings. Students from pharmacy and allied health sciences actively assisted in conducting tests, guiding patients, and spreading awareness about preventive healthcare.

The camp not only strengthened the bond between the institution and the community but also highlighted the critical role of pharmacists in promoting public health. It successfully reflected this year's World Pharmacist Day theme and emphasized the importance of accessible health services.



NUKKAD NATAK: DRUG ADDICTIONS

Nukkad Natak: Awareness with a message. Students performed a powerful Nukkad Natak for Drug Addiction awareness. (24th September, 2025) in Divine Technical Campus, Siwan, Bihar

WEBINAR

DIVINE COLLEGE OF PHARMACY, BIHAR
In association with
INDIAN PHARMACY GRADUATES' ASSOCIATION-IPGA
(Bihar State Branch)




WEBINAR

**"MEDICATION ADHERENCE AND THE PHARMACISTS'
CONTRIBUTION TO BETTER OUTCOMES"**

INVITED DIGNITARIES

CHIEF GUEST

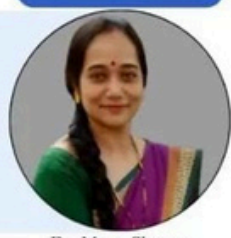
Dr. Atul Nasa
President, IPGA
Pro Vice Chancellor
SGT University, Haryana

GUEST OF HONOUR

Dr. Arun Garg
General Secretary, IPGA
Vice-Chancellor, MVN
University, Haryana

GUEST OF HONOUR

Dr. Binod Kumar
President, IPGA
Bihar State Branch

EMINENT SPEAKER

Dr. Manu Sharma
Associate Professor
Banasthali Vidyapith
Rajasthan


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26 SEPTEMBER
2025


2:30 PM
onwards

PATRON

Mr Subhash Chand Prasad
Chairman
Divine Group of Institutions

CONVENER

Dr. Shambaditya Goswami
Principal
Divine College of Pharmacy

COORDINATOR
Ms. Soumya Pathak
Assistant Professor
Divine College of Pharmacy

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The Divine College of Pharmacy, Siwan (Bihar) successfully organized a webinar on —Medication Adherence and the Pharmacist's Contribution to Better Outcomes|| on 26th September 2025 at onwards 2:35 PM through the Google Meet platform. The event was held under the banner-ship of the Indian Pharmacy Graduates' Association (IPGA) and witnessed the participation of more than 100 students, faculty members, and pharmacy professionals from across the country.

The objective of the webinar was to highlight the critical role pharmacists play in improving medication adherence, explore real-world challenges, and discuss innovative strategies and technologies that can transform patient care.

Novel Drug Approvals for 2025 (USFDA)

Drug Name	Active Ingredients	Date of Approval	Use
Komzifti	ziftomenib	11/13/2025	To treat adults with relapsed or refractory acute myeloid leukemia with a susceptible nucleophosmin 1 mutation who have no satisfactory alternative treatment options
Kygevvi	doxecitine and doxribtimine	11/3/2025	To treat thymidine kinase 2 deficiency in patients who start to show symptoms when they are 12 years old or younger
Lynkuet	elinzanetant	10/24/2025	To treat moderate-to-severe vasomotor symptoms due to menopause

NEWS CUT

The dirty air you're breathing is raising your blood sugar

Studies show a clear link between pollution and insulin resistance, which may be quietly driving India's diabetes burden

Anuja Jaiswal@timesofindia.com

Every winter, as North India vanishes under a thick, grey haze, the talk turns to burning throats and breathless mornings. But beyond the obvious symptoms, another crisis is quietly unfolding in our bloodstreams. Doctors now warn that the air we breathe may be raising blood sugar levels, and worsening India's diabetes burden.

Joining the dots

Recent studies and clinical observations have started connecting the dots between pollution and diabetes. These microscopic pollutants — thinner than a strand of hair — enter the body through the lungs and travel through the bloodstream. "Fine particulate matter like PM2.5 and other pollutants act as endocrine disruptors," says Dr V Mohan, Chennai-based diabetologist. "They interfere with insulin's action in the liver and muscles, and can directly damage the pancreatic beta cells that produce insulin. When insulin production falls and resistance rises, blood sugar levels go up, paving the way for diabetes."

It also triggers systemic inflammation and oxidative stress. "Pollution activates immune and inflammatory pathways in the body," Dr Mohan explains further. "Markers such as C-reactive protein, interleukin-6 (IL-6), and TNF-alpha are elevated in individuals exposed to high pollution. This reduces insulin sensitivity." The result is a slow but steady metabolic imbalance that can eventually manifest as Type 2 diabetes. "This is not a lung issue alone; this is a whole-body issue," he warns.

Adding to national burden

The warning comes at a time when India is already grappling with one of the highest diabetes loads in the world. According to the International Diabetes Federation, India



had around 89.8 million adults (aged 20-79) living with diabetes in 2024 — up from 61 million in 2011 — making it the second-most affected country after China. The figure is projected to cross 134 million by 2045 if current trends continue.

“Many patients experience higher glucose readings and fatigue during smog-heavy months. In those living with diabetes, this can make sugar control more difficult, and increase risk of heart and kidney complications

Dr Saptarshi Bhattacharya, ENDOCRINOLOGIST

Double whammy

Dr Saptarshi Bhattacharya, senior consultant, endocrinology, Indraprastha Apollo Hospitals, says the link is being noticed in real-life clinical data as well. “Many patients experience higher glucose readings and fatigue during smog-heavy months. In those living with diabetes, this can make sugar control more difficult and increase the

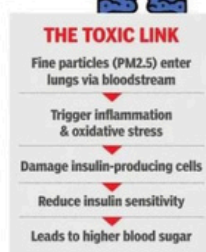
risk of heart and kidney complications.” He notes that air pollution acts as a double-edged sword, directly affecting metabolism and indirectly altering lifestyle patterns. “During high-pollution periods, people cut down on outdoor activity. That means less physical exercise and more weight gain. It becomes a perfect setup for worsening blood sugar.”

Rural toll

For decades, urban India has shown nearly double the diabetes prevalence of rural areas. The assumption was that urban lifestyles — richer diets, sedentary habits, and higher stress — were primarily to blame. But doctors say rural India isn't immune either. “Indoor air pollution from cooking fuels such as biomass and firewood contributes to oxidative stress and prediabetes,” says Dr Anoop Misra, chairman, Fortis CDOT Centre for diabetes, obesity and cholesterol. “So, India faces a double burden — urban smog and rural smoke. Both are silently damaging the body's ability to process sugar.”

Beyond sugar spikes

While much of the research about the effects of pollution comes from the US and China, Indian evidence is growing. A landmark cohort study



of nearly 12,000 adults from Delhi and Chennai (2010-2017) found that every 10 micrograms of PM2.5 per cubic metre of air increase was associated with a 22% higher risk of developing Type 2 diabetes.

Separate collaborative studies between the Madras Diabetes Research Foundation (MDRF) and the Centre for Chronic Disease Control (CCDC) in Delhi have shown independent associations of air pollution with not just diabetes but also hypertension, and abnormal lipid levels. “Our research shows that higher PM2.5 exposure increases the risk of both metabolic and cardiovascular diseases,” says Dr Mohan.

Air quality in Delhi has plummeted into the “Severe” category with a current AQI around 270. Fine particulate matter and vehicle-emissions now blanket the city, posing grave health risks to all residents. Children, the elderly and those with respiratory or cardiovascular conditions are especially vulnerable. Prolonged exposure can trigger asthma, chronic bronchitis, reduced lung function, and increased heart disease. Indoor protection, masks when outdoors and limiting exercise in open air are strongly advised. Without urgent emission-control measures and broader public awareness, Delhi's pollution crisis threatens to undermine the health of millions.

By Anuja Jaiswal in Times of India Health today explains the link between air pollution and type 2 diabetes.