

CLINICAL NEWSLETTER

Jan-Jun, 2026

Vol.4



DIVINE COLLEGE OF PHARMACY, SIWAN, BIHAR

Welcome to this month's edition of our newsletter. We are excited to share the latest updates, achievements, and activities from our institution. This issue highlights our continuous efforts toward academic excellence, innovation, and student development.

We appreciate the dedication of our students and staff who contribute to making our organization a vibrant learning community. Your enthusiasm and hard work inspire us to grow stronger every day.

We hope you enjoy reading this edition and stay connected for more updates.

NATIONAL PHARMACY WEEK 2025

The celebration of World Pharmacists Day concluded on a proud and motivating note, highlighting the vital role pharmacists play in strengthening healthcare systems and improving patient outcomes. The program successfully emphasized the importance of pharmacists as accessible healthcare professionals who ensure the safe and effective use of medicines.



MEDICINAL GARDEN VISIT

The educational visit to Dayanand Ayurvedic Medical College and Hospital provided students with a comprehensive understanding of traditional healthcare practices and their integration with modern medical systems. The visit served as an excellent opportunity to explore the principles and applications of Ayurveda in real-life clinical settings.

During the visit, students observed various departments such as OPD, IPD, Panchakarma unit, pharmacy, and herbal garden. They gained knowledge about different Ayurvedic therapies, preparation of herbal medicines, and the use of natural ingredients in treatment.



HIGHLIGHTS OF THE MONTH

- ▶ Awareness on Misuse and Overuse of Antibiotics
- ▶ Awareness Program on "World Leprosy Day"
- ▶ Celebration of World "Cancer Day"
- ▶ International Day of Persons with Disabilities.

CHIEF- EDITOR

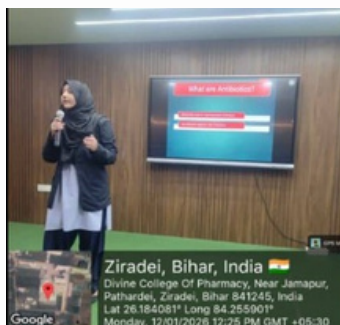
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AWARENESS ON MISUSE AND OVERUSE OF ANTIBIOTICS



The awareness program on the misuse and overuse of antibiotics aims to educate the public, patients, and healthcare professionals about the serious consequences of irrational antibiotic use. One of the primary outcomes is increased awareness regarding antibiotic resistance, a growing global health threat where common infections become difficult or impossible to treat.

Through this program, participants gain knowledge about when antibiotics are necessary and when they are not, such as avoiding their use in viral infections like the common cold or flu. It promotes responsible behavior, including completing prescribed courses, avoiding self-medication, and not sharing medicines with others.

AWARENESS PROGRAM ON "WORLD LEPROSY DAY"



The awareness program organized on World Leprosy Day resulted in significant improvements in public knowledge, attitudes, and practices regarding leprosy. One of the major outcomes was the reduction of stigma and misconceptions associated with the disease. Through educational sessions, people learned that leprosy is a curable infectious disease and not a curse or hereditary condition, which helped in promoting a more positive and supportive attitude toward affected individuals.

Another key outcome was the promotion of free treatment availability. Participants were educated about Multidrug Therapy, which is provided free of cost by government health services. This increased confidence among patients and their families, ensuring better treatment adherence and prevention of disabilities.

WORLD CANCER DAY



The celebration of World Cancer Day ended on a positive and inspiring note, creating greater awareness among participants and encouraging a stronger commitment toward cancer prevention and treatment. The program effectively emphasized the significance of early diagnosis, maintaining a healthy lifestyle, and seeking timely medical care to reduce the impact of cancer.

Through informative sessions, awareness campaigns, and engaging discussions, participants developed a better understanding of major risk factors, early symptoms, and preventive strategies. The activities helped in spreading accurate information and motivated individuals to take proactive steps for their health.

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



The celebration of International Day of Persons with Disabilities concluded on an inspiring and empowering note, reinforcing the importance of inclusivity, equality, and respect for individuals with disabilities. The program successfully highlighted the need to create a barrier-free environment where every person, regardless of ability, can participate fully in society.

Through awareness activities, discussions, and cultural programs, participants gained a deeper understanding of the challenges faced by persons with disabilities and the importance of providing equal opportunities in education, employment, and healthcare. The event also emphasized the role of communities, institutions, and policymakers in promoting accessibility and protecting the rights and dignity of all individuals.

NATIONAL SCIENCE DAY



The celebration of National Science Day concluded on an inspiring and informative note, highlighting the importance of science and innovation in everyday life. The program successfully created awareness about the contributions of scientists and the role of scientific thinking in national development.

Through activities such as exhibitions, quizzes, seminars, and model presentations, participants gained a deeper understanding of scientific concepts and their practical applications. The event encouraged students to develop curiosity, critical thinking, and a problem-solving attitude. It also emphasized the importance of research and innovation in addressing global challenges and improving quality of life.

The celebration provided a platform for young minds to showcase their talents, exchange ideas, and learn from each other. It also motivated students to pursue careers in science and contribute to technological advancement.

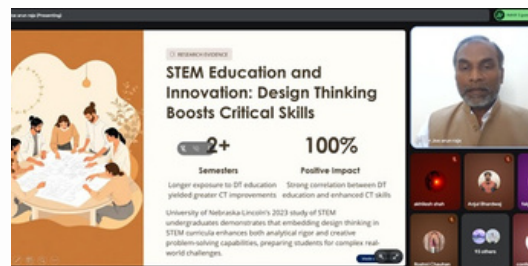
FIELD VISIT TO PHC



The visit to the Primary Health Centre (PHC) gave students meaningful hands-on exposure to how rural healthcare services operate. It played an important role in connecting classroom learning with actual medical practice. During the visit, students explored different units such as outpatient departments, immunization services, maternal and child health sections, and the pharmacy.

Students developed a better understanding of the duties and responsibilities of healthcare professionals, including doctors, nurses, and pharmacists. They also learned about the execution of national health programs, vaccination plans, and methods used for disease prevention at the community level. The visit emphasized the importance of effective patient counseling, accurate record-keeping, and ensuring the availability of essential medicines.

WORKSHOP



The session on "Research Impact through Critical Thinking and Innovative Design" delivered by Dr. Joe Arun Raja proved to be highly insightful and transformative for participants. The program emphasized the importance of integrating critical thinking with innovative design approaches to create meaningful and impactful research outcomes.

Dr. Joe Arun Raja highlighted how critical thinking enables researchers to question assumptions, analyze problems deeply, and develop evidence-based solutions. He encouraged participants to move beyond traditional methods and adopt creative design strategies that focus on real-world applications. Through practical examples and case discussions, the speaker demonstrated how innovation in research design can enhance problem-solving capabilities and improve the quality and relevance of research findings.

WEBINAR ON AGENTIC AI IN CLINICAL RESEARCH



The webinar on "Agentic AI in Clinical Research", presented by Prof. Mujeebuddin Shaik and Ms. Uma Priya, offered a clear and insightful overview of how advanced AI technologies are transforming modern clinical research.

The session explained that agentic AI refers to intelligent systems capable of independent decision-making and continuous learning. These systems can greatly improve the speed, accuracy, and efficiency of clinical trials. The speakers discussed key applications such as patient selection, data processing, study design improvement, and real-time tracking of clinical studies. Participants understood that the use of such AI tools can minimize human errors, shorten research duration, and enhance the quality and consistency of data.

Novel Drug Approvals for 2026 (USFDA)

Drug Name	Active Ingredients	Date of Approval	Use
Icotyde	Icotrokinra	3/17/2026	To treat moderate-to-severe plaque psoriasis in patients 12 years and older who weigh at least 40 kg and who are candidates for systemic therapy or phototherapy
Lynavoy	Linerixibat	3/17/2026	To treat cholestatic pruritus associated with primary biliary cholangitis
Yuwiwel	Navepegritide	2/27/2026	To increase linear growth in pediatric patients 2 years and older with achondroplasia with open epiphyses
Loargys	Pegzilarginase	2/23/2026	To treat hyperarginemia in adults and pediatric patients two years and older with Arginase 1 Deficiency, in conjunction with dietary protein restriction
Bysanti	Milsaperidone	2/20/2026	To treat schizophrenia and to treat manic or mixed episodes associated with bipolar I disorder
Adquey	Difamilast	2/12/2026	To treat mild to moderate atopic dermatitis
Zycubo	Copper histidinate	1/12/2026	To treat Menkes disease

Nagging neck & back pain? It may be overnight sleep strain

That's how 6-8-hour stress on joints, discs, nerves and muscles shows up

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HOW YOU SLEEP MATTERS, NOT JUST HOW MUCH YOU DO

Sleeping on side: It's the most recommended. It keeps neck and spine aligned, helps one breathe better, reduces snoring and acid reflux.

Sleeping on back: Maintains neutral spine. Reduces knee and lower back pain with right pillow and knee support, but can worsen sleep apnea.

Sleeping on stomach: Makes neck twist, puts strain on lower back.

Headache: Shared nerve pathways make upper neck stiffness trigger cervicogenic headache felt in temples or forehead.

Back pain: As muscles, connective tissues run from neck down the spine, neck tightness can increase strain on upper and lower back, causing widespread pain.

Silent strain on spine: Doctors say such cases are increasingly common, with poor sleep ergonomics quietly contributing to chronic neck and back pain. "Sleep position plays a significant role in spinal pain, especially in chronic or recurrent conditions," says Dr Rajesh Malhotra, former head of orthopaedics at AIIMS Delhi. "Poor positioning over 6-8 hours creates stress on joints, discs, nerves and muscles."

Don't ignore: Daily neck or back pain. Stiffness lasting more than 30-60 mins. Tingling or numbness. Pain radiating to arms or legs.

NECK PAIN CAN ALSO CAUSE...

and resolve as blood flow and nerve function normalise. But repeated poor alignment over months can aggravate underlying conditions such as cervical spondylosis or even a slipped disc. Doctors say morning stiffness is often posture-related if it eases within 15-30 minutes of movement. But persistent symptoms — especially stiffness lasting more than 30-60 minutes, ongoing pain or numbness — may signal conditions such as arthritis and shouldn't be ignored, stresses Dr Kumar. Distinguishing the type of pain is key: muscular pain is typically dull and localised while nerve-related pain is sharper, may radiate along the arm or leg, and is often accompanied by tingling, numbness or weakness. "Persistent neurological symptoms, especially pain travelling to limbs, weakness, or difficulty in movement need a doctor's attention," he says.

Good posture, bad posture

Sleeping on the stomach is most harmful as it twists the neck and strains the lower back, explains Dr Malhotra. "One should aim to maintain a neutral spine — preserving natural curves of the neck and back, with the head, shoulders and hips aligned."

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Dr Rajesh Malhotra, ORTHOPAEDIC SURGEON

SLEEP POSTURE MATTERS FOR SPINAL HEALTH

Neck and back pain are often linked to daily activities, but experts suggest that sleeping posture can be an equally important factor. Spending 6-8 hours in an improper sleeping position may place continuous stress on the spine, muscles, joints, and nerves, resulting in morning stiffness, headaches, and persistent discomfort. Maintaining a neutral spinal alignment during sleep is essential for preventing such problems.

Medical experts recommend side sleeping as the most favorable position because it supports proper alignment of the neck and spine. Back sleeping can also be beneficial when combined with appropriate pillow and knee support. In contrast, sleeping on the stomach may strain the neck and lower back due to unnatural twisting of the spine. The use of a medium-height pillow and a supportive mattress further contributes to spinal health and improved sleep quality. Persistent symptoms such as prolonged pain, numbness, tingling, or pain radiating to the arms and legs should not be ignored and may require medical evaluation.

COURTESY: THE TIMES OF INDIA (HEALTH FEATURE) | EXPERT INSIGHTS FROM ALL INDIA INSTITUTE OF MEDICAL SCIENCES (AIIMS NEW DELHI) AND LEADING MEDICAL SPECIALISTS.