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THE SHRIRAM EDITION: JAN-2025
BULLETIN
Monthly News Letter

**Aarambh
2K25**

**Republic Day
celebrations**

**Clean Campus
Campaign**

**Gwalior Vigyan
Mahotsav 2025**

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Activity -Express to Impress:An engaging activity was conducted for B. Tech I Semester students to shed away their fears of speaking. It aimed to enhance their communication skills to foster future leadership. The initiative focused on the importance of effective communication as a cornerstone of leadership, emphasizing skills such as active listening, clarity, and empathy. Participants were encouraged to practice these skills through interactive sessions, which included role-playing and group discussions. The event aimed to empower students to express their ideas confidently and collaborate effectively with peers. Feedback from attendees highlighted an increase in their understanding of how communication influences team dynamics and organizational success. This initiative is part of a broader strategy to cultivate leadership qualities among students early in their academic journey. Prof. Alka Chaturvedi organized this. Around 80 students participated in it

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Glimpses of
Express to Impress
an activity to
Enhance Communication Skills



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Workshop on the Essential Public Speaking Skills : On January 08, 2025, A workshop was conducted for B. Tech I Semester students focusing on essential public speaking skills. The session emphasized the importance of mastering various skills to enhance effective communication. The Key Skills covered were confidence, clarity and conciseness, body language, eye contact, voice modulation, and audience engagement. The Speaker highlighted that confidence is foundational in Public Speaking. It stems from thorough preparation and familiarity with the material, which helps the speakers to engage their audience effectively. The session concluded with practical exercises on topics like girl child education, women empowerment. Professor Alka Chaturvedi conducted the session.

Glimpses of
TRAINING SESSION
 on
Public Speaking
 By Trainer- Prof. Alka Chaturvedi
 Dean, Training and Development

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The Fresher's Party at Shri Ram Institute of Information Technology (SRIIT) in Gwalior, titled Aarambh 2K25, was a vibrant celebration marking the beginning of the academic journey for new students. On January 03, 2025, the event brought together students and faculties in a festive atmosphere filled with music, dance, and entertainment. The event featured various performances, including dance and singing competitions, showcasing the fresher's talents. The event's highlight was the crowning of Mr. and Ms. Fresher, adding a competitive yet fun element to the festivities. Participants enjoyed a delicious lunch, which concluded the day on a high note, fostering camaraderie among students and creating lasting memories as they embarked on their college experience together.



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National Youth Day Celebration: National Youth Day, was celebrated to honor the birth anniversary of Swami Vivekananda, a key figure in promoting youth empowerment in India. This year's celebrations reflected a commitment to fostering a sense of responsibility and leadership among the youth of SRGOC. The Guest Speaker Shri Shihan Paritosh Sharma motivated the students and talked about the importance of hard work and overcoming challenges in life. An insightful debate competition was organized on the topic 'Should the youth focus on physical fitness for mental health'. Around 20 participants put forth their views in front of the august gathering. The Judges were Prof. Jitender Kirar and Prof Alka Chaturvedi. The Winners were: The first prize - Ms Anjali Yadav CS 1year Second- Dhanraj Sikarwar ME 2 year Tarun of B.Pharm pharmacy and III prize - Prasun Rajawat Cs1year. The winners were given certificates and medals by the dignitaries. Prof Vikas Basant, Quintet Head gave the vote of thanks. This Program was very well organized by the Shiksha Club of SRGOC. Congratulations to Dr. Rashmi Tomar, Head Shiksha Club, and her team.



Guest Lecture - "Role and Responsibilities of a Pharmacist."

A guest lecture was organized on 13 January at SRCP Hall for the students and faculty members Dr. Prateek Jain, Principal of Adina College of Pharmacy, delivered an insightful lecture on the "Role and Responsibilities of a Pharmacist." He emphasized that pharmacists are essential healthcare professionals who ensure the safe and effective use of medications, going beyond mere dispensing to include patient education and counseling on drug interactions and side effects. Dr. Jain highlighted the importance of pharmacists to optimize medication therapy. The event was coordinated by Dr. Saloni Jain.



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Empowering students for safer roads
A Driving License Camp was organized by the Women Empowerment Cell at SRIIT Seminar Hall at SRIIT. It was graced by our honorable Guest Ms. Archana Parihar, RTO Morena .She encouraged the students with her experience and expertise . Dr. Pavan Agarwal, Director SRIIT gave the welcome address .Dr Alka Pradhan proposed the Vote of Thanks. Prof Alka Chaturvedi Coordinated the program efficaciously. 120 girls deposited their documents and their learning licenses were made .

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**Driving License
CAMP 2K24**

12th December 2024
Time: 12:00 noon to 2:00 pm

**Guest
Smt. Archana Parihar**
Regional Transport Officer
(RTO), Morena

Only For Girls

Organised By:
Women Empowerment Cell, SRIIT

Coordinator
Prof. Alka Chaturvedi

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Excursion - Mitavali & Padavali
On January 21, 2025, Shriram College of Pharmacy boarded on an exciting excursion to Mitavali and Padavali, exploring their rich historical significance and stunning architecture. The journey included visiting the Chausath Yogini Temple, known for its elaborate carvings and engineering marvels designed for rainwater harvesting. Participants enjoyed a blend of adventure and learning, capturing memorable moments amidst the lush landscapes. This trip not only highlighted the cultural heritage of Madhya Pradesh but also fostered camaraderie among the vibrant minds of the college. Overall, it was a perfect day of discovery and bonding.

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Exploring Mystical
Mitavali & Padavali
AN ADVENTURER'S ESCAPE

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Shri Ram College of Pharmacy honored by the Joint Collector and CMHO, Morena,
 Shri Ram College of Pharmacy in Morena was recently recognized for its exceptional contributions to the field of education. The honor was presented by the Joint Collector and Chief Medical and Health Officer (CMHO) of Morena, highlighting the college's commitment to excellence in pharmaceutical education. This accolade reflects the institution's dedication to producing skilled professionals who can meet the challenges of modern healthcare. The event was celebrated with enthusiasm, emphasizing the college's role in fostering innovation and quality in pharmaceutical sciences. This recognition reinforces the college's mission to contribute positively to society through education and research. Congratulations to Dr. Vinay Jain and his meticulous team.



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**ShriRam College of Pharmacy
 Honored for Excellence
 by Joint Collector and CMHO, Morena**

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Workshop - Mastering the Art of Presentation
 The workshop titled "Mastering the Art of Presentation: Essentials of MS PowerPoint for Success," was led by Mr. Rohit Batra, HR at ShriRam College of Pharmacy on January 9, 2025. The session emphasized hands-on practice, allowing participants to engage directly with PowerPoint features to enhance their presentation skills. Mr. Batra shared essential techniques for designing effective slides, including the use of visuals, concise text, and structuring content logically to maintain audience engagement. The trainer also focused on audience engagement, feedback mechanism, skill development. Overall, the training was well-received, highlighting the importance of effective presentation skills in today's competitive landscape. Around 100 students benefitted from the workshop.



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**Highlights of
 Workshop
 Mastering the Art
 of Presentation:
 Essentials of
 MS PowerPoint
 for Success**

Training By:
Mr. Rohit Batra
 Manager: CRC & HR, SRGOC

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Visit to Hospital

Students of D.Pharm from Shriram College of Pharmacy enhanced their practical knowledge through a visit to the Government District Hospital in Morena, Madhya Pradesh, scheduled on Friday, January 10, 2025. This initiative aimed to provide students with first-hand experience in a clinical setting, bridging the gap between theoretical learning and real-world application. The visit was an exclusive opportunity for students to observe hospital operations and interact with healthcare professionals. Such experiences are vital for developing competencies essential for their future careers in pharmacy. Students were encouraged not to miss this valuable opportunity to expand their understanding of the healthcare environment.


Expert talk on Exploring trends and opportunities in the pharma sector.

An expert talk was organized on 28 January 2025 for the students of SRCP. The guest speaker Dr. Punit k. Dwivedi. Group director of Oxford International College & Indore international college, Vice chancellor took up a very informative and interactive session on 'Unlocking Possibilities in Pharma!'. Dr. Neha Sharma, a career coach enlightened the students with her expertise. Around 180 students benefitted from it. The Coordinator of this event was Prof. Rajveer singh Rajpoot

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Highlights of
Insightful Hospital Visit
to
Government District Hospital, Morena




A Special Initiative for D.Pharm Students

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Unlocking Possibilities
Trends and Opportunities in the Pharma Sector



A Collaborative Session
with Oxford International College,
Indore (M.P.)

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Seminar - Good Documentation Practices

On January 22, 2025, an insightful seminar on Good Documentation Practices focusing on the ALCOA and ALCOA+ Paradigm was led by Mr. Rohit Batra. This seminar aimed to educate participants on the principles of good documentation, emphasizing the importance of data integrity and compliance in regulated industries. Attendees learned how to ensure that documentation is Attributable, Legible, Contemporaneous, Original, and Accurate, which are essential characteristics for maintaining data integrity. The workshop also covered practical strategies for implementing these practices effectively within their organizations, highlighting the critical role of documentation in quality management systems.

Gwalior Vigyan Mahotsav 2025

The Gwalior Vigyan Mahotsav 2025, themed "Igniting Minds, Inspiring Innovations," was a significant event organized by Vigyan Bharati in collaboration with ABV-IIITM and sponsored by ShriRam Institute of Information Technology. It was scheduled on January 20-21, 2025. This festival aimed to foster innovation and excellence in science and technology. The event emphasized the importance of scientific inquiry and innovation. It served as a platform for students and enthusiasts to demonstrate their scientific prowess and innovative ideas. It aligned with national efforts to popularize science and technology among youth, thereby nurturing future leaders in these fields. Prof Sandeep Singh along with the students participate in it. The Gwalior Vigyan Mahotsav 2025 promised to be an inspiring event that not only ignites curiosity but also cultivates a culture of excellence in scientific endeavors.

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**GWALIOR
 VIGYAN MAHOTSAV 2025**

*Igniting Minds,
 Inspiring Innovations*




Organized by: Vigyan Bharti at IIITM Gwalior

Proudly Sponsored by
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Sports Hall at SRIIT Inaugurated -

A step towards empowering youth through sports! Swami Vivekanand Sports Hall was inaugurated on 08 January 2025 at SRIIT- for an inspiring action and honoring legacy. The hall serves as a tribute to Swami Vivekananda's ideals, promoting physical fitness and discipline among youth, which are essential for personal and societal development. The initiative is part of a larger movement to empower young individuals by encouraging participation in sports, thereby instilling values such as teamwork, leadership, and resilience. The sports hall is expected to provide various facilities that support both indoor and outdoor sports, enabling students to train and compete at different levels. The hall was inaugurated by our Hon. Secretary Shri Harendra Sharma, E.O Shri Avinash Sharma, Director Shri Pavan Agarwal, Principal Shri Vinay Jain, graced the occasion. Congratulations to Shri Govind Sharma for an initiative for the betterment of students.

"Prestigious Honor!"

Celebrating the Recognition of Director SRIIT, Dr. Pavan Agarwal, Principal SRCP, Dr Vinay Jain and First Year Coordinator Dr. Anamika Upadhyay by Dainik Bhaskar! This recognition not only honors the individuals but also enhances the reputation of SRIIT and SRCP as leading institutions in their respective fields. It reflects the quality of leadership and academic excellence that the institute strives to maintain. This event marks a proud moment for our institute, showcasing their contributions to education and display leadership in the academic community.

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Inspiring Action Honoring Legacy
Swami Vivekanand Sports Hall
Unveiled at SRIIT



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Congratulations



Prestigious Honor
Celebrating the Recognition of SRIIT, SRCP Leaders,
and Anamika Ma'am by Dainik Bhaskar

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Republic Day celebrations

Republic Day celebrations at SRGOC was marked by vibrant festivities and the enthusiastic participation of NCC cadets. The event, held on January 26, 2025, showcased a spirit of patriotism and pride among students and faculty alike. Hon. Secretary Shri Harendra Sharma unfurled the National Flag to symbolize India's transition to a democratic republic and its commitment to the constitution. Speeches were given by E.O Avinash Sharma, Director SRIIT, Dr. Pavan Agarwal, Principal SRCP Dr. Vinay Jain. The highlights of the festivities included -The NCC cadets parade. They played a significant role in the celebrations, demonstrating their commitment to service and discipline. Their involvement added a sense of honor and respect to the event. The celebrations fostered a sense of community within the college, bringing together students, faculty, and local residents to celebrate the nation's Republic Day. The event not only commemorated the significance of Republic Day but also highlighted the dedication of SRGOC in promoting values of patriotism and community service among its students. The day ended after celebrations and sweets distribution.

Parent teacher discussion

A Parent teacher discussion was organized exclusively for B. pharma 1st year students on 24-01-25. It was coordinated by Prof. Sarvesh Bhargava in SRCP.



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CLEAN CAMPUS CAMPAIGN - Six Day Event: The Eco Club of SRGOC organized a six-day campaign from January 13 to January 18, 2025, aimed at promoting environmental awareness and cleanliness among the college community. Each day of the event focused on a unique theme designed to engage participants and foster a sense of responsibility towards the environment.

Day I - WE PROMISE DAY: The campaign commenced with "WE PROMISE," where participants pledged to uphold environmental values and commit to sustainable practices. This day emphasized personal accountability in maintaining a clean and green environment. They took a pledge to keep their campus clean and green. Students of B.Tech I Sem participated in it. Around 100 students pledged in it. Prof Alka Chaturvedi Coordinated this event with Quintet Head Prof. Vikas Basant.

Day II - SAATHI HAATH BADANA: On the second day, titled "SAATHI HAATH BADANA," the focus was on collaboration and teamwork. Faculty members and students engaged in group activities that highlighted the importance of working together to achieve common environmental goals, reinforcing the idea that collective efforts can lead to significant change. They took oath to make their Institute a healthy and happy place to live in. Around 200 people participated in it. Prof Alka Chaturvedi Coordinated this with Prof Lata Sisodia and Prof Shivam Tomar.

Day III – MAKE TECHNOLOGY YOUR PARTNER: Day three, "MAKE TECHNOLOGY YOUR PARTNER," introduced innovative solutions for environmental challenges. The students used technology to spread awareness to educate participants and community members on using technology effectively for waste management and conservation efforts, showcasing how modern tools can aid in creating a sustainable future. Students of BBA II year and B.Com II year participated in it. Mr Somit and Mr Vikas Basant coordinated along with Prof Alka Chaturvedi.



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Day IV – WE ARE THE WARRIORS:The fourth day, "WE ARE THE WARRIORS," aimed to inspire participants to take an active stance against environmental degradation. Activities included Cleaning the campus campaigns that empowered students to become advocates for eco-friendly practices within their communities. The SRGOC Fraternity stepped ahead to make this mission a success and promised to take it up at regular intervals. Around 250 students and faculty members stepped ahead and participated in it to make this event a success. This event was organized by Prof.Alka Chaturvedi , Prof.Shivam and Prof.Lata Sisodia. Thanks to Prof. Vikas to make it happen .

Day V – SENSITIZATION OF WORKPLACE CAREGIVERS:On day five, "SENSITIZATION OF WORKPLACE CAREGIVERS," was initiated. The focus shifted to educating staff and caregivers about environmental issues. This initiative aimed to equip them with knowledge and strategies for promoting sustainability within their respective roles at SRGOC. A Talk was given by Professor Alka Chaturvedi , Games were organized for the workers and they were honoured for their meticulous efforts. Around 20 Caregivers were honoured. Dr.Anamika Upadhyay and Dr.Alka Pradhan graced the occasion and gave the prizes to the winners .Prof Vikas Basant, Prof Shivam and Prof. Lata Sisodia arranged for the smooth conduction of the event . Thanks to Director SRIIT Dr.Pavan Agarwal for his mentorship and guidance.

DAY VI – COMMUNITY SERVICES:On the final day, "COMMUNITY SERVICES," involved outreach activities where participants engaged with local communities. This day highlighted the importance of extending environmental efforts beyond the campus, fostering a sense of community responsibility towards maintaining a cleaner environment. The six day event was organized by Prof Alka and head , Team Srsthi, Prof. Shivam and Prof Lata Sisodia ensured that it was well executed under the mentorship of Prof. Vikas Basant, Quintet Head , SRGOC. Thanks to the management, Directors for their constant guidance and support in making things happen. Congratulations Team Srsthi!



Make Technology Your Partner



We are Warriors



Sensitization of workplace caregivers

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Celebrations - Patang and Prakash Parv

SRGOC Celebrated Lohri and Makar Sankranti bringing together a tinge of vibrant traditions and rich cultural heritage in India. Lohri and Sankranti were celebrated on January 14, 2025. It marked the end of winter and the beginning of the harvest season, with SRGOC family gathering around bonfires to sing, and dance. Initially, we had worship and bon fire. The customs were performed by Mr Rohit Batra, Ms Goldy Dhawan along with the dignitaries. Then we had bonfire. Next Ms Sristhi, BBA III Year presented a beautiful dance performance. Games were organized by Prof Alka Chaturvedi for the faculty members. Kite flying was initiated by our Hon. Secretary Shri Harendra Sharma Ji. The presence of E.O. Shri Avinash Sharma, Director, SRIIT, Shri Pavan Agarwal, Principal SRCP, Shri Vinay Jain Sir added vibrance to the day and the event. The Program was initiated, planned, and very well executed by Sanskrit and Srijan Clubs of SRGOC. All the faculty members and students enjoyed the festive celebrations. Congrats to the heads and their teams for the same. Mr. Vikas Basant Quintet Head gave the Vote of thanks.

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**Highlights of
Festive Fervor Unites SRGOC**



**Lohri & Makar Sankranti
Celebration**
By Sanskriti & Srijan Club

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PUBLICATIONS

Proposal for book publication - accepted by CRC
 A book proposal on " Infertility 4.0: AI- Driven Advances in Reproductive Health"* has been accepted by CRC Press(Taylor and Francis Group) Congratulations to the authors for their great achievement .Dr. Pankaj Sharma, Prof Aditi Bhardwaj, Prof Harish Sharma and Dr. Vinay Jain

"Research Article published"

A research article on High salt-induced Hypertensive activity and Evaluation of antihypertensive activity of sateria glauca in Ethanolic Extract in "Frontiers in Health Informatics" by Vinay jain , Prof Feran singh and Ms Anjali Kushwaha. Congratulations on your Achievement .

"Research Article Published"

"Congratulations on the publication of the research article on "Nano technology Perceptions" by ,Dr. Vinay Jain, Dr. Saloni Jain, Prof Ravindra Mishra and Sana Fatima

Call for Book Chapters

Infertility 4.0: AI-Driven Advances in Reproductive Health

CRC Press
Taylor & Francis Group

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 Abstract Submission Date
 10th February 2025
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 28th February 2025
 Full Chapter Submission
 15th March 2025
 Camera Ready Submission
 20th May 2025

There are no processing charges.

**Authors are requested to submit their original work on infertility4.0@gmail.com
 Chapters that are written should be plagiarism free.**

High Salt-Induced Hypertensive activity and Evaluation of antihypertensive activity of Sateria glauca in ethanolic extract

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Abstract:
 This study sought to assess, using a rat model, the antihypertensive effects of Sateria glauca (SG) ethanolic extract. Hypertension was caused over the course of six weeks by adding 6% NaCl to the diet. Here we divide rats into four groups (Group 1, Group 2, Group 3 and Group 4), each group having four rats. Group 1 was treated with high salt intake in water and food. Group 2 was exposed with 6% NaCl and treated with drug telmisartan (Which is an antihypertensive drug 10 mg/kg). Group 3 and 4 were experimental groups, where hypertension was induced using 6% NaCl, followed by daily oral administration of segregated dose of SG (100 mg per kg and 200 mg/kg body weight respectively for five weeks). The treatment shows significant decrease in blood pressure (systolic 139.99 mmHg), heart rate and have diastolic response at hypertensive rats. It shows that the SG extract is dose dependent. These results highlight the potential of SG as an effective antihypertensive agent in managing salt-induced hypertension.
Keywords: Hypertensive, Sateria glauca in ethanolic extract, antihypertensive, salt intake, OECD, diastolic blood pressure, systolic blood pressure.

Introduction:
 High blood pressure, medically referred to as hypertension, is a persistent effect where pressure of blood against the artery walls is elevated. Systolic and diastolic measures are used to evaluate this. The OECD guidelines states that a systolic pressure of more than 140 mmHg and a diastolic blood pressure of more than 90 mmHg are indicative of hypertension. [1] Blood pressure measurement may be greatly impacted by variables such body size, gender, and age. Other related to the "silent killer", hypertension typically presents no noticeable symptoms until it causes damage to vital organs. Research studies demonstrated effective correlation of cardiovascular disease and blood pressure levels. Although effective medications are available, only about one-third remain successful in maintaining (BP) blood pressure. Research shows that a reduction of just 5 mmHg in systolic blood pressure can decrease overall mortality by 7%, underscoring the importance of exploring additional strategies to manage and lower blood pressure. [2] Although substantial progress has been made in preventing, diagnosing, treating, and managing high BP, it still a major issue. Studies suggest that complementary and alternative medicine (CAM) could provide valuable support in hypertension management. Over the last two decades, there has been a growing acceptance of CAM practices among both patients and healthcare professionals, with herbal medicines emerging as a widely adopted form of alternative therapy globally. Herbal remedies have historically contributed significantly to the discovery and development of modern drugs. However, many plants remain insufficiently studied for their therapeutic potential, posing immense possibilities for future drug development. [3] *Sateria glauca* (family: Fabaceae), commonly referred to as silver grass, is a resilient perennial grass known for its adaptability to various

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"Evaluation of Sun Protection Factor (SPF) of Common Fruit and Vegetable Extracts Using UV-Visible Spectroscopy": An Herbal Approach

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Skin cancer is one of the many skin conditions brought on by excessive ultraviolet (UV) radiation exposure. Sunscreen is essential for preventing sun damage since it contains UV filters. Because sunscreen absorbs or reflects UV rays, it shields the skin from UV-induced damage. However, prolonged exposure to physical and chemical UV filters can have a number of negative impacts on the environment and skin. Because of their antioxidant qualities and UV absorption, natural ingredients like fruit and vegetable extracts have been emphasized in sunscreen formulations. By measuring the sun protection factor (SPF), total phenolic content, and antioxidant activity of fruits and vegetables, this study seeks to assess their potential application as photo-protective agents. The SPF of five vegetable samples – tomato, brinjal, ginger, sweet potato, and onion – and five fruit samples – guava, mango, sapodilla, dragon fruit, and apple – was examined. The spectrophotometric method was used to measure the photoprotective activity, and the Maroué equation was used to calculate the results. The Folin-Ciocalteu method and the DPPH radical scavenging assay were used to evaluate the antioxidant activity and phenolic content of each sample, respectively. There was a moderate association between TPC and DPPH ($r = 0.46, p > 0.05$), a weak correlation between SPF and TPC ($r = 0.02, p > 0.05$), and a substantial correlation between SPF and concentration ($r = 0.95-0.99, p < 0.05$). The study demonstrates the potential for adding a number of specific plant extracts to sunscreen formulations.

Keywords: SPF, Total phenolic content, plant extract, photoprotective,

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Khushi Kumari
MBA, II Year

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Position: Relationship Manager (R.M.)



Saloni Sheikh
MBA, II Year

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Shivani Pachauri
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Position: Business Development Executive



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