



FROM THE EDITOR'S DESK

DR. SADIA KASHIF FACULTY OF PHARMACY, ZIAUDDIN UNIVERSITY

Greetings, Esteemed Readers,

It is with immense pleasure and pride that We present to you another edition of PHARMA VISION. Within these pages, you will uncover a tapestry of achievements, innovation, and inspiration that collectively define the spirit of our university community. As we delve into the narratives that unfold, we celebrate the relentless pursuit of excellence that characterizes Ziauddin University. We also extend our heartfelt appreciation to the diligent

contributors, writers, photographers, and creative minds who have shaped this newsletter into a vivid reflection of our university's ethos. As we navigate these ever-evolving times, let us embrace the strength of our unity, the power of our collective wisdom, and the promise of a brighter future. Together, we continue to mould the legacy of Ziauddin University and its unwavering commitment to shaping compassionate, skilled, and visionary leaders.

DEPRESSION, A PSYCHOLOGICAL DISORDER AFFECTING THE YOUNG GENERATION

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Depression is a fast-growing disease in the young, especially college and university students. It is a condition that affects the individual's feelings, thoughts and increases negativity. It is a psychological disorder that, if left untreated, becomes worse. In normal conditions, there is sometimes a feeling of hopelessness, but when it occurs frequently, it is termed depression. According to WHO, this psychiatric disorder is rising day by day globally without any restriction of developed or developing countries, so there is a need for effective management of this condition. It produces a lousy impact on a person's productivity at the workplace and also damages social life. The affected person may exhibit different signs and symptoms of cognitive and autonomic nervous system disorders, and if neglected, the condition may lead to life demolition. Depression may cause anxiety, sleep and appetite problems in affected



persons. Negative feelings are also generated, such as low confidence, comparison with others, and feeling neglected by other family members.

Pakistani University students face pressures from the financial crisis, uncertain future, lack of counseling, and demands to perform well in studies by parents and society, which leads to depression. A recent study shows that 42.66% of Pakistani university students have depressive symptoms. There is an intense need to develop career counseling and mental health services at university campuses.

Common Symptoms of Depression

Depression can influence anyone, even those who live in generally perfect circumstances. Various episodes of depression may arise in different cases. Amid these episodes, the appearance of other symptoms happens most days. These indications consist of feelings of pity, mournfulness, vacancy or sadness, a sudden occurrence of anger, annoy-



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ARTICLES

ance or irritation even over small things, undefined physical disorders such as headache or stomach upset, back pain, losing concentration or contentment in nearly all of the regular activities, for instance, relationships, hobby or sports, sleeping disorder which may include insomnia or too much sleepy, drowsiness, lethargy yet it takes more effort or exertion on doing small chores, reduction in appetite and decrease in weight or a rise in craving of food and gaining weight, nervousness, impatience or uneasiness, hindrance in thoughts, communication or actions, self-blaming on past failures, the feeling of being rejection, lack in concentration, remembering and decision making, frequent or recurrent thoughts of death, continual or regular death instincts and thoughts and attempts toward suicide. These symptoms are rather severe and may cause trouble in everyday life for people with depression, in their studies, workplace, relationships, and social gatherings. Such persons may experience feelings of unhappiness and wretchedness without knowing the actual reason.

Modes of Treatment:

Depression is treated by medications, psychotherapy, or sometimes by a doctor or psychiatrist. Both are involved as illness varies from person to person.

Medications:

Anti-depressants are used for relieving and reducing symptoms in different types of depression by balancing the

chemical disturbance of neurotransmitters in the brain, which are responsible for developing a state of depression.

Some main types of antidepressants are selective serotonin reuptake inhibitors, serotonin and norepinephrine reuptake inhibitors, Tricyclic antidepressants, Monoamine oxidase inhibitors, Noradrenaline and specific serotonergic antidepressants.

Traditional Herbal Medicine:

In many countries, different herbs are commonly used to treat depression. In Asia, traditional medicines, lemon balm, lavender, Cinnamon, Banafsha, Echium, Aloysia and Citrus, have been used to treat depression, while Passionflower, Valerian, Saffron, Rose and other herbs are used to treat anxiety. A study showed that Mexican traditional therapists used 92 plant species to treat depression. These herbs are used as herbal teas, sometimes prepared from single or multiple herbs for treating depression and anxiety. Hot and cold baths of these herbs are also recommended.

Conclusion:

Whatever the cause of depression, it must be taken seriously and not left untreated. Any preferable method mentioned above may be adopted to manage this destructive disease and to save our youth.

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FACULTY OF PHARMACY LIST OF POSTGRADUATE STUDENTS (M. PHIL. & PH.D.) JANUARY - JUNE 2023

S.No.	Enrollment #	Name	Department	Year of passing
1	9-5/2017/009	Ms. Anum Arif	MPhil - Pharmacology	2nd Jan. 2023
2	9-5/2016/005	Muhammad Asad Mehdi	MPhil - Pharmacy Practice	22nd May, 2023
3	9-4/2018/010	Dr. Zehra Ashraf	Ph.D - Pharmacy Practice	3rd March, 2023

EVENTS

PICNIC IN DREAMWORLD RESORT

Leisure Club, Faculty of Pharmacy, Ziauddin University, organised a memorable picnic at Dream World Resort on 23rd May 2023.



AL TAKBEER QUIZ COMPETITION 2023

We are proud to announce that Mr. Rizwan Khan and Mr. Muhammad Husnain, 4th-year Pharmacy students from Ziauddin University, have secured the 4th position in the Al Takbeer Quiz Competition 2023, organised by Pakistan Quiz Society at Nazeer Hussain University on 3rd June.



PHARMACY EDUCATION VISION IN 2035

Ziauddin Faculty of Pharmacy arranged an informative seminar on June 21st, 2023, entitled "Pharmacy Education Vision in 2035". It was very informative and reflected Pharmacy education in light of newer technologies.



GOOD MANUFACTURING PRACTICE IN PHARMACEUTICAL INDUSTRY

Department of Pharmaceutics arranged a Lecture on "Good Manufacturing Practice in Pharmaceutical Industry" on May 25th, 2023. The guest speaker was Syed Faiyaz-ul-Husaini.

Mr. Faiyaz is a dedicated professional who oversees practice of good manufacturing and maintains high-quality control standards for raw materials and packaging. Currently, he is a Technical Manager at Sante Pvt Limited. He helped students by guiding how to practice GMP in the Pharmaceutical Industry.



EVENTS

SINDH RESEARCH AND TECHNOLOGY SHOWCASE, 2023



Dr. Tasawer Baig, Dr. Samina Sheikh, and Dr. Aisha Jabeen of the Faculty of

Pharmacy represented Ziauddin University in the Sindh Research and Technology

Showcase 2023 on May 2023, organised by Sindh HEC at Expo Centre, Karachi.

SCIENTIFIC WORKING MODULE EXHIBITION

The Department of Pharmacy Practice and Pharmaceutics, Faculty of Pharmacy, Ziauddin University, organised a scientific working module exhibition on 19th May 2023. This exhibition aimed to exchange knowledge of medication dispensing with an appropriate method and within biopharmaceutical parameters between 3rd and 4th Professional Pharmacy students.



PROBLEM-BASED LEARNING COMPETITION

Problem-based learning is a student-centered pedagogy in which students learn through solving a problem. The Faculty of Pharmacy, Ziauddin University, organized a problem-based learning competition on 18th May 2023.



A SEMINAR ON THE EFFECTS OF ASHWAGANDHA ON SKIN



Skin problems and treatments are always a concern in every era, on which Dr. Younsa Fazal has done an excellent

session. The Department of Pharmacognosy, Ziauddin University, is glad to organise an informative session

on the "Effect of Ashwagandha on the Photoaged Skin" on May 26th, 2023. The session has benefited our students a lot.