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# NEWSLETTER

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**EU**

**ERA UNIVERSITY**

Era University, Sarfarazganj, Hardoi Road, Lucknow - 226003, U.P., India.

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### Message from Chief Editor:

Scarlet, yellow, amethyst, pink, amaranth and mauve sheaves

She carries all colours in her basket

Mellow is her voice

Over-brimming with dulcet tones

Her enchanting appearance

An admirable visage

And a cascading crown

Carries them away to an unknown land

The land of nirvana

A transcendence from the ordinary world

Welcoming the summer season at the Era University lush green Campus, sprawling with flowers in full bloom and greenery all around. It is an ambience which provides solace and food to the mind and soul. With beautiful surroundings and a culture of conscientious students and faculty members, this year's issue of the newsletter boasts of new benchmarks, not only in the arenas of research and academics but also of recognizing larger goals of spirituality and transcendence.

Organizing workshops and guest lectures by National and International dignitaries and adding new dimensions to existing curriculum, such as starting the unique Department of Happiness are the events in spotlight. The Department of Happiness aims at motivating students at Era University to be happy within and spread happiness around them and to enable them to realize their own potential of inner well-being.

The Nutrition Mela, International Women's Day, World Mental Health Day and World Pharmacist Day drew special attention to new investigation and analyses in their significant areas of specialization. With all these events and more, this issue of the newsletter not only celebrates the scholarly achievements in this academic year, but also heralds the beginning of path-breaking areas of future research and development.

**Dr. Rupali Mirza**  
Editor-in-chief

### Message from Sub-Editor:

Times today are stressful-many of us are anxiously, almost continuously scrolling through news updates, rationing supplies, counting figures of those affected, cured or dead. Simultaneously, whether employed or currently unemployed wondering how to utilise time or how to work from home. A new life-style has thus emerged where carrying sanitizer and donning a mask is not only the in-thing but normal.

Notwithstanding the pandemic raging the continents and the world trying to adjust and live with this new normal, it's imperative that the mind is kept occupied through creativity and good readings. This besides diverting us from the macabre thoughts invading our minds will assist in keeping negativity at bay, energising our brain and relaxing us in the process.

So folks, with this noble thought we present before you our yearly newsletter. Our singular aim is to help our readers de-stress and venture through an informative, educative and creative compilation. All courses that count- MBBS, Pharmacy, Sciences, Liberal Education, and Allied & paramedical - are voiced in a delectable, multifarious assortment — a binding vine of perennial growth and development of Era University.

Past one year has been pretty rewarding and eventful. Two new courses, Department of Happiness and Department of Personalized medicine with unique curriculum took shape and started functioning. The year also witnessed a number of events — An international conference on Personalized Medicine: Concept and Role players and development of the State of the art medical facility for the victims of Covid-19. Further, to strengthen the researchers MoUs were entered into with prestigious research institutes like CSIR-CDRI, research papers were published in International and national journals of high impact factor and financial support was received from prestigious agencies like ICMR.

At Era we are committed to health care services. When people were complaining about government's recommendation of staying safe at home, our medical professional were working day and night to ensure the arrangements and facilities for those who were not so lucky. Our seamless planning and tireless efforts ensured that not only the patients returned home but also that no medical staff was affected by the deadly Corona virus.

I am hopeful that the esteemed readers would find the journal rewarding as it reports a glimpse of our sincere efforts and serves as a verdant landscape of scientific, technical and literary outpourings that support teaching and research for the sake of exposure and expansion.

**Take care and stay safe**

**Dr. Mohini Chaurasia**  
Chief Sub-Editor



**NATIONAL AND INTERNATIONAL  
CONFERENCES/WORKSHOPS/CME/  
SEMINARS ORGANIZED BY ERA  
UNIVERSITY**

**Two-day International conference on  
“Personalized Medicine: Concept and Role  
Players”**

Two day International conference on “Personalized Medicine: Concept and Role Players” (IPMCRP-2020) was jointly organized by the Department of Personalized and Molecular Medicine, and Era College of Pharmacy, Era University, Lucknow on February 19, 2020 and February 20, 2020. The aim of the conference was to bring together basic scientists and clinicians on one platform so that whatever research is being carried out in the laboratories may be translated for better patient care in the hospital. An exciting and informative scientific program was prepared by the scientific committee in which excellent interactive sessions by experts were conducted. Many learned experts from the country and abroad shared their experiences and talked about the latest research and technologies in the field of Personalized Medicine.

The participants of the conference experienced a breath of learning and continuing education opportunities. More than 300 delegates attended the conference. As part of the conference, one day hands on pre-conference workshops on RT-PCR were also organized on February 18, 2020 in which more than 15 faculty members, residents and students participated.

The conference was inaugurated by Prof. R. K. Dhiman, Director, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow at the Mini Auditorium of Era University, Lucknow. Prof. Farzana Mahdi, Hon'ble Vice Chancellor, Era University, presided over the inaugural function which was also graced by Prof. Abbas Ali Mahdi, Head, Department of Biochemistry, King George's Medical University, Lucknow, Prof. Hari Sharma, from Netherland Prof. Lindsey Brown from Australia, Prof. M. M. A Faridi, Principal, Dean and Chief Medical Superintendent of Era University, Lucknow and Prof. Ali Ahmad, Dean, Faculty of Pharmacy, Era University, Lucknow. The conference Souvenir and CD was also released by Prof. R. K. Dhiman, Director, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow during the inaugural function.

Some of the prominent speakers on the first day were Prof. G. K. Singh, Head, Department of Orthopaedics who delivered his Plenary lecture on “*Linking Gene to Drug Response*” followed by Prof. Lindsey Brown from Australia who spoke on “*Tropical Foods for Metabolic Syndrome*” in which he explained how tropical functional foods can be utilized for prevention of Metabolic Syndrome. Thereafter, Dr. Neetu Singh from Cytogenetics unit of Centre for Advance Research, King George's Medical University, Lucknow in her lecture on “*Nutrigenomics in Clinical Practice-Gene, Food and Cytogenetic Diagnosis*” discussed about how nutrition and genes can be collectively taken into account for better health. Prof. Pradeep Kumar G from Rajiv Gandhi Centre for Biotechnology, Trivandrum spoke on “*Identification of Molecular Markers of Male Factor Subfertility*” in which he discussed about the protein chip he has developed for the detection of male Infertility. Dr. Ayesha Ahmad, Department of Obs & Gynae, Era University Lucknow delivered her lecture on “*Multidisciplinary PCOS Clinic: The Way Forward*”. She discussed about how personalized medicine approach can be applied to women suffering from PCOS for optimising their health by detecting early stages of disease, instituting appropriate interventions and identifying prevention strategies based on individual molecular, and genomic profile. Dr. Binu Kumar from CSIR-Institute of Genomics and Integrative Biology, Delhi presented his work on Wilson's disease and explained the role of *ATP7B* gene mutation in the causation of Wilson's Disease.

A poster-making session was also organized in which more than 30 students participated and presented their work.





**Workshop on “Consequences of Environmental Change and Imbalances”**

Department of Liberal Education, Era University, organized a workshop on “Consequences of Environmental Change and Imbalances” on September 16, 2019. The workshop started with the Inaugural Function graced by the Hon'ble Pro-Vice-Chancellor, Prof. Farzana Mahdi, Dean, Faculty of Science and Arts. Prof. A. K. Srivastava and Head of the Department of Liberal Education, Prof. Meeta Ghosh. The resource person of the workshop was Dr. Venkatesh Dutta, Associate

Professor, Department of Environmental Science, Babasaheb Bhimrao Ambedkar University, Lucknow. The objective of the workshop was to inform and update students about the present global environmental crisis, which to a great extent is created by human activities and their enormous ecological footprint.

Hon'ble Pro-Vice-Chancellor, Prof. Farzana Mahdi was the Chief Guest who delivered her thought-provoking address regarding environmental issues to all the guests and students present on the occasion. She also announced the introduction of small scale recycling projects involving students of the university.

The convener and the organizing secretary of the workshop were Dr. Priyanka Ghosh, Assistant Professor of Geography and Environmental Science and Dr. Shazia Fatima, Faculty of Exercise Science and Health Promotion respectively. The program was also graced by faculty members of Liberal Education, Dr. Rupali Mirza, Dr. Ipsita Sarkar, Dr. Madhu Pandey, Ms. Yashi Verma, Ms. Hershika Verma, Ms. Hansa Johri, Mr. Saurabh Tiwari, Ms. Sana Jafri, Dr. Ghazala Zaidi and Ms. Somya Makhija.







**Professor Shahabuddin Khan's Lecture on Participation of JNK Pathway in Cancer Development**

Professor Shahabuddin Khan, Director of the Pathophysiology Core Facility, Translational Research Institute, Hamad Medical Corporation, Doha, Qatar, delivered a lecture on the participation of JNK pathway in cancer development. He further provided insights on how natural herb 'sanguinarine' can mitigate the effect of JNK pathway in carcinoma. Prof. Abbas Ali Mahdi, Ex- Vice Chancellor, Era University was the chief-guest for the program. The talk was attended by several faculties, M.D.s and undergraduate students. The guest lecture was organized by the Department of Stem Cell Biology & Regenerative Medicine.



**Visit of Hon'ble Prof. Thakur Singh Powdyel, Former Minister of Education, Bhutan**

With the objective to motivate students at Era University to be happy within and spread happiness around them and to enable them realize their own potential of inner well-being, the Department of happiness invited Honorable Prof. Thakur Singh Powdyel, the Former Minister of Education, Bhutan, as a Chief Guest to Era University, for a special talk on the vibrant topic "Happiness" on November 17, 2019. Prof. Powdyel belongs to the pioneer group that has done radical work in the area of happiness and well being in Bhutan. During the interactive session with the Nursing and Pharmacy students, he informed that the government of Bhutan was the





first to speak about the GNH (Gross National Happiness) Index, which was the subjective indicator of well-being to be used as a primary measure to guide the government.

Prof. Abbas Mahdi motivated the students by saying that “By teaching happiness, we have managed to touch the pulse of the present society that is striving to spread the "feel-good" factor and highlight the urgent need for identifying real happiness that comes from inner peace, rather than, from attaining luxuries of life.”



### **NUTRITION MELA**

A Nutritional Mela was organized by Era College of Nursing on November 21, 2019. The theme of the programme was “New Tradition is Good Nutrition.” Dr. Prof. Abbas Ali Mahdi, HOD, Biochemistry KGMU and former Hon'ble Vice Chancellor of Era University, Lucknow was the Chief Guest. The present Hon'ble Vice Chancellor Dr. Prof. Farzana Mahdi and Principal Era Medical College Dr. Prof. M. M. Faridi were the guests of honour for the event. Different types of therapeutic diets were prepared and prescribed by M.Sc. Nursing, B.Sc. Nursing, P.B.B.Sc. Nursing, GNM & ANM students. Heads from other departments were also invited and around 700 students participated in the Mela. Appreciation from the Chief Guest and Guests of Honour

was received with gratitude by the Principal, Faculty and Students of Era College of Nursing.

### **Lecture on Faith, Belief and Happiness by Justice Shabihul Hasnain**

A special lecture on Faith, Belief and Happiness was organized on September 28, 2019 by the Department of Happiness at Era University, Lucknow. The concept of introducing happiness as a course is the brain child of Prof. Abbas Ali Mahdi. The main objective behind launching this Department is reaching happiness to every person around us. At Era, happiness is important because the nurses, doctors, staff and students are surrounded by a lot of pain, suffering, agony and tension. Only if they are happy deep inside, will they be able to spread it amongst others around them. Prof. Farzana Mahdi, The hon'ble Vice Chancellor, congratulated Prof. Abbas Ali Mahdi and Prof. Meeta Ghosh for executing this pilot course on Happiness at Era University. Justice Shabihul Hasnain from the High Court was the Guest of Honour who conducted a thought provoking lecture on Faith, Belief and Happiness. He quoted extensively from the Shrimad Bhagvad Gita, the holy Qur'an and the Bible and related their relevance with happiness in our lives. His speech was enlightening, very well received and applauded by the audience. Prof. S.Z.H. Zaidi, special guest faculty from Amity University also gave his views on inculcating happiness in one's life.

The welcome address was delivered by Dr. Rupali Mirza. Prof. Meeta Ghosh introduced Justice Shabihul Hasnain and Ms. Hansa Johari gave the vote of thanks. Others present on the occasion were; Dean Sciences, Prof. Arvind Kumar Srivastava, Principal, College of Pharmacy, Era University, Dr. Mohini Chaurasia, Faculty members from Department of Liberal Education, Department of Skill Development and Department of Happiness.





### **Guest Lecture by Dr. Saif Ahmad from Barrow Neurological Institute, USA**

The department of Stem Cell Biology and Regenerative Medicine organized a talk by Dr. Saif Ahmad, Barrow Neurological Institute, USA, who spoke about the involvement of C3 receptor in brain endothelial cells protection against oxygen glucose deprivation. The occasion was graced by the presence of chief-guest, Prof. Rizwan-ul-Haque, Head, Department of Life Sciences, Central University of South Bihar. Several faculties and students from undergraduate and postgraduate courses attended the talk.



### **Induction Programme for faculties of Allied Health Sciences, Paramedical Sciences and Nursing at Era University**

An "Induction Programme" for students of Allied Health Sciences, Paramedical Sciences and Nursing was conducted on September 23, 2019. This programme was for the fresh batch of students of the year 2019 diploma courses of Era University at Main College Auditorium, Era's Lucknow Medical College & Hospital. The program was coordinated by Dr. Ghazala Zaidi, Faculty of Allied Health Sciences and office of Registrar, Prof. Anu Chandra.

The students and accompanying parents and guardians were welcomed by Dr. Sumit Asthana, HOD, Dept. of Physiotherapy, followed by an address by the Anti-Ragging Committee, Chairman & Chief Proctor Prof. P.K. Sharma. He announced the rules and regulations to be followed at Era University and their importance and long term implications in life. Thereafter, Col. (Dr.) Arvind Singh, Medical Superintendent, explained the infrastructure and departments of Hospital and its rules.

A motivational speech was given by Prof. G.K. Singh urging students to enjoy academics and look forward to a bright future. Col. (Ms.) Reena Bhowal, Dean, Faculty of Nursing also addressed the students and showered blessings on them. She emphasized on the ideals of 'karma', 'sadbhawna', 'nishthaa' and 'vishwas' along with skills to be developed for healthcare personnel. The students were also addressed by the Deputy Dean, Faculty of Paramedical Sciences, Dr. Nishi Tandon who highlighted the importance of teamwork in healthcare, which is the need of the hour and asked the students to learn and do their assigned roles sincerely.

Finally, Hon'ble Vice-chancellor Prof. (Dr.) Farzana Mahdi addressed the students, throwing light on the achievements of Era University, its futuristic outlook and ambitions and urged the students to utilize the conducive teaching atmosphere. She welcomed the students and blessed them for a bright future. The programme was concluded with the vote of thanks by the Coordinator, Dr. Ghazala Zaidi. The students enjoyed refreshments and thereafter, were directed to register themselves for biometric attendance system and instructed to attend a week's orientation regularly.





**Face-Painting, Mehendi and Mobilography competitions organized by the Creative Arts Club**

The Creative Arts Club, Era University, organized Face-Painting, Mehendi and Mobilography competitions on November 29, 2019. The coordinators for the event were Dr. Madhu Pandey, Assistant Professor of Psychology and Ms. Hershika Verma, Faculty of Fine Arts, Department of Liberal Education. The Face-Painting competition was based on the theme of “Fantasies, Fairy Tales and Environment”. The theme for Mobilography competition was “Campus Life and Expressions”. The hon'ble Vice Chancellor, Prof. (Dr.) Farzana Mahdi graced the occasion and appreciated the students for their efforts and talent.

This competition gave an opportunity to the students of Era University to showcase their talents and to develop their extracurricular activities. The program was also graced by the faculty members of the department of Liberal Education, Dr. Meeta Ghosh, Dr. Rupali Mirza, Dr. Shazia Fatima, Dr. Ipsita Sarkar, Dr. Priyanka Ghosh, Ms. Yashi Verma, Ms. Hansa Johri, Mr. Saurabh Tiwari, Ms. Sana Jafri, Dr. Ghazala Zaidi, Mr. Mohit Kapoor and Ms. Somya Makhija.



**Workshop entitled 'Permanand' organized by Department of Happiness, Era University**

A Workshop entitled 'Permanand' was organized by the Department of Happiness on February 24, 2020, 11a.m. onwards in the Mini Auditorium, Era University. Professor Manju Agrawal, Dean Student Welfare, Amity University, Lucknow campus conducted the workshop. This workshop aimed at making students happy and it comprised of activities which students participated in and enjoyed. The resource person discussed several ways and means to stay happy. The students found the workshop very informative and enriching. They liked the balloon activity and Dr. Manju's



experiment on water. It was indeed a very well executed workshop and the participants enjoyed it thoroughly. Prof. Meeta Ghosh and Dr. Farha Bano from Department of Happiness, Era University, were the main organizers.



### **World Pharmacist Day Celebration**

Era college of Pharmacy, Era University celebrated World Pharmacist Day on September 25, 2019. The purpose of the event was to spread awareness regarding the role of Pharmacy professionals in health care. The occasion was graced by the presence of Dean, Era college of Pharmacy, Dr. MohiniChaurasia, Vice Principal, all the faculty members and more than 300 students were present on the occasion. Students enthusiastically participated in the 'Procto- Quirea' (Quiz Competition) and 'Pharma-Crafteria' (Model exhibition) organized during the event.



### **International Women's Day 2020**

On the occasion of International Women's Day, to recognize the valuable contribution of women in our society, Era University organized a felicitation ceremony to honour and emphasize the valuable role of women. The ceremony took place in the Mini Auditorium, University Building on March 7, 11:00 a.m. onwards. The main theme of the program was to celebrate the uncelebrated, 'the unsung heroes of Era's.

Amongst a long list of the oldest women employees of the institution, some names were

nominated for felicitation. The list of award winners included, Preeti, Shanti, Tara Devi, Anuradha, Juli Rizvi, Pushpa Verma and Nusrat Fatima. The hon'ble Vice Chancellor, Prof. Farzana Mahdi encouraged and felicitated these women for their contribution towards society.

The program started with the lamp lighting ceremony, followed by a cultural program that included poetry recitation, a short skit and solo-song performances by University students on women empowerment and emancipation. The skit was directed by Ms. Yashi Verma. Screening for music performances was done by Dr. Sheeba Rizvi, Dr. Rupali Mirza, Ms. Swati Joshi and Dr. Priyanka Ghosh. The poetry recitation was prepared under the guidance of Mr. Saurabh Tiwari. The program was anchored by Ms. Hansa Johari, Mr. Saurabh Tiwari and Chandrakiran. The entire program was organized under the supervision and guidance of Dr. Rupali Mirza. However, all the members of the Creative Arts Club worked in their own capacities for making the program a success. A poster-making competition was organized by the Creative Arts Club on the topic, "Safety and Security of women" on March 6, 2020. Selection of the prize winning posters was done on the basis of creativeness, expressiveness and the information they provided. The poster-making competition was organized by Dr. Madhu Pandey and Dr. Shazia Fatima.

There is a special eye-screening program on the occasion of International Women's Day in the Department of Optometry which will be scheduled for one week for all the women working in Era campus. The eye screening will be carried out by final year optometry students. The supervision of this screening will be done under HOD Optometry, Ms. Ragni Mishra and faculties; Mr Sunil Kr Gupta, Mr Ali Saeed, Ms. Debasree , Mr. Prateek Sharma and Ms. Shubhangi Shukla.

Era College of Nursing celebrated International Women's Day on March 7, 2020. All the students and faculty of Era College of Nursing actively participated in the program. They organized a street play and a debate competition on the topic, "I am Generation Equality: Realizing Women's Rights". All the programs and performances were appreciated and encouraged by the hon'ble Vice Chancellor, Prof. Farzana Mahdi and the Registrar, Prof. Anu Chandra.



### Visit of students of Era College of Pharmacy to CSIR-CDRI

Students of Era College of Pharmacy visited CSIR-CDRI on September 25, 2019. The latter is a dream institute for any research aspirant to work at. The main aim of this visit was to provide them an exposure of research set-up, motivate them towards research in pharmaceutical sciences and apprise

them with the career opportunities in drug discovery.

During the visit, students interacted with eminent scientists and also got an opportunity to witness 'OPEN DAY' celebration which included demonstration of various experiments in the area at clinical studies, formulations, molecular biology and chemistry. The visit was very helpful for the students as they came to know about the strengths and applications of pharmacy in the area of health care.



### Ali Day Celebration at Era University

Era University observed Ali Day on March 7, 2020. The program was organized by the students. Maulana Ali Ameer Rizvi, Head of an Educational Organization 'Deen-Aur-Hum', delivered a lecture on '*Maula Ali as a role model*'. He highlighted the characteristics and habits of Maula Imam Ali as well as his style of life which made him the symbol of 'Justice and Spirituality'. His actions inspired the non-believers as he inspired and showed the way to attain the most desirable things in life; justice and spirituality to attain happiness in life. Justice in his view was to place everything in its rightful place. Dr. Zeeshan Ali Kazmi, another orator emphasized on following the characteristics of Maula Ali, who was also known for his universal knowledge and humility.



Maulana Agha Akhtar John Sahele delivered a speech on the topic “*Science and Islam*”. He enlightened the audience on the amalgam of Science and Islam and emphasized on the fact that truly great personalities live forever as an inspiration, and knowing the true character of Maula Ali will lead to many solutions of today's human conflicts. This celebration was done with distribution of sweets and cutting of cakes. The speakers were also felicitated on this day.



### **Three-day CME and Workshop on “Research Methodology & Biostatistics**

The Department of optometry under the umbrella of Era University and under the guidance of our Hon'ble Vice Chancellor Dr. (Prof) Farzana Mahdi organized three days CME & Workshop on “Research Methodology & Biostatistics”, on the theme “*Theory and Application of Biostatistics using SPSS Software*” from March 2 to March 4, 2020.

The session began with the introduction on biostatistics by Ms Sushmita Rai, Statistician and Editorial Secretariat of India, Journal of Gastroenterology, SGPGIMS, Lucknow which was followed by the lecture of Dr. Aanchal A Awasthi, Asst. Prof. Amity Institute of Public Health, and Amity University Noida in which she spoke on data types, graphical representation and

characteristics of frequency distribution. Thereafter, felicitation ceremony started with the welcome address by Dr. (Prof) Farzana Mahdi, Vice Chancellor, Era University, which was presided over by Prof. Dr. S. Riaz Mehdi Dean Paramedical Sciences, Era University, Dr Tasleem Raza, Examination Controller, EU, and our eminent speakers Ms. Sushmita Rai and Dr. Aanchal AAwasthi.

The session finally concluded with a computer workshop on SPSS under the guidance of Ms. Sushmita Rai and Dr. Aanchal AAwasthi.



### **World Mental Health Day**

World Mental Health Day is celebrated on October 10 every year with the overall objective of raising awareness of mental health issues around the world. The aim is to promote mental health advocacy and educating the public on relevant health issues.

On occasion of World Mental Health Day, a CME was organized at Era Medical College by Department of Psychiatry on the theme “Suicide Prevention”. Prof. Farzana Mahdi, Hon'ble Vice Chancellor was the Chief Guest and Prof. A.K. Roy was the Guest of Honour. Prof. Anju Agarwal chaired the CME session. Dr. Shantanu Bharti Gupta, Dr. A.K. Roy, Mrs. Reema Sinha and Dr. A.Q. Jilani inaugurated the CME.

Dr. Abhinav Pandey, Associate Professor at Hind Medical College, Barabanki was the guest speaker. Dr. A.Q. Jilani was faculty speaker and delivered an elaborate talk on the topic “Burden of Suicide”. Dr. Pandey enlightened the audience about suicide prevention. A Poster competition was organized on suicide prevention, in which 10 Undergraduate students took part followed by prize distribution for winners. The event was concluded with the vote of thanks by Dr. Shantanu Bharti Gupta. The underlying theme that was addressed by the speakers highlighted the message that we have mental health just as we all have physical health. The speakers motivated the audience for making efforts towards reducing the stigma related to mental health and fear of judgment that stops people from talking or getting help for mental health.

The organization for the event was done by joint efforts of residents of Psychiatry; Dr. Talha, Dr. Rashi Jha, Dr. Saloni, Dr. Sheetal, , Dr. Abhinav Shekhar, Dr. Seshan, Dr. Arish Khan and Dr. Abhinav Sharma.



### **COVID-19: ERA'S BATTLE AGAINST THE GLOBAL THREAT**

A special report by Dr. Saliha Rizvi, Assistant Professor, Department of Biotechnology

The world at present is dealing with one of the toughest pandemic of all times that has brought life to a halt. This pandemic is called 'Corona virus Disease of 2019 (COVID-19)' whose beginning was marked at end of the year 2019 in Wuhan city of China. It was declared a pandemic and a public health emergency of International concern by World Health Organization in March, 2020. While this pandemic wreaks havoc across much of the globe, the health care workers are working day and night putting their life at risk to battle the surge in COVID-19 infections.

Era's Lucknow Medical College and Hospital is one among those few hospitals that had been approved for admitting and treating COVID-19 cases. The Medical, Nursing, paramedical and administrative teams of our institution along with other staff is effortlessly working 24/7, serving their sole purpose to save humanity against this global threat. Various innovative equipment to safeguard the health of our medical practitioners like Virus Secure Booths (for patient examination), Remote Control Dashboards for remote monitoring of COVID-19 patients vitals have been engineered by Era doctors. Specialized ventilators whose settings can be controlled and adjusted via mobile phone by the doctor without going into patients' ward are being used in the hospital.

Era has donated some Virus Secure Booths to other government hospitals engaged in COVID- 19 treatment. We have also developed an online consultation application for other patients by the name of 'Digi Doctor' where the patient can take appointment with our medical practitioner and get treatment through telemedicine. Apart from this the research team of our institute in collaboration with the dieticians is extensively engaged in identification of dietary molecules which could act as therapeutic agents against COVID-19 to plan a daily diet chart for each patient following a personalized approach.

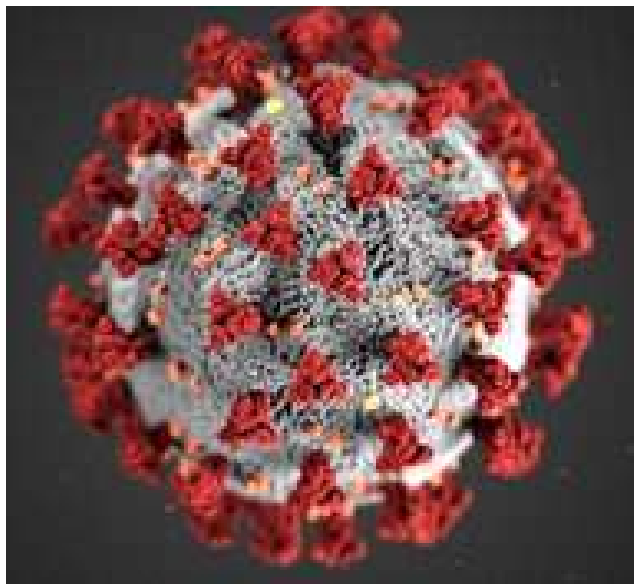
The dedication and hard work of our entire team of Era's Lucknow Medical College resulted in successful treatment of COVID-19 patients admitted to our hospital who were cured and tested negative for the disease. This is a new disease and daily analysis of information on both current and new cases is rapidly changing our understanding and posing newer challenges. What we can do is to sincerely follow the instructions of health care advisories and stay hopeful for a better tomorrow.

This new illness is caused by a previously unknown virus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2). The disease basically comes with mild flu-like symptoms which in 20% cases progresses to a severe form resulting in pneumonia, respiratory failure and death. This virus shows a high rate of human-to-human transmission primarily spreading through respiratory droplets produced from coughs or sneezes within a range of 1.8 meters from the infected person.

Global reports until May 19, 2020, confirm approx. 4.78 million confirmed cases of COVID-19 worldwide along with 318 thousand mortalities



and 1.78 million recoveries in patients with confirmed infections. The biggest challenge faced by the world in fighting this pandemic is that clinical trials are under way to find a treatment and a vaccine for COVID-19 and at present we have no targeted treatment for combating this virus. Several countries, including India, have enforced strict, unprecedented lockdowns lasting unto months, encouraging people to stay at home to decrease the rate of disease spread.



#### CMEs conducted by Era University

1. CME and Workshop on Research Methodology & Biostatistics March 3, 2020 and March 4, 2020 organized by Department of Optometry and Vision Science, Era University.
2. Department of Pharmacology, Era's Lucknow Medical College, Era University organized CME on "Current Management in Epilepsy and Role of New Drug Brivaracetam in the treatment paradigm on June 27, 2019.
3. Department of Obst. & Gyne. In collaboration with the department of Personalized and Molecular Medicine, ELMC & H organized CME programme on Polycystic Ovarian Syndrome on September 24, 2019.
4. Department of Psychiatry organized CME on Mental Health Promotion and Suicide Prevention on World Mental Health Day on October 10, 2019.

#### Extramural Grant Year 2020:

- Development of Pembrolizumab based Cancer-Immunotherapy combined with Cisplatin Loaded Nano-Carrier System for Oral Cancer chemotherapy by Dr. Saurabh Srivastava,

Assistant Professor, Era College of Pharmacy, Era University, sponsored by Indian Council of Medical Research (ICMR), New Delhi.

- Anticancer potential of active compounds from pulp extracts of Indian phalsa (*Grewia asiatica* L.) fruits against human oral squamous cell carcinoma and their possible mechanisms by **Dr. Sahabjada, Assistant Professor**, Department of Biotechnology, sponsored by Indian Council of Medical Research (ICMR), New Delhi.

#### Faculty Intramural Research Projects Approved by Institutional Ethics Committee 2019

- A Controlled Study of Serum Lipid Profiles & Hs-CRP in Patients of Depression. **Dr. Shantanu Bharti**, Department of Psychiatry.
- Maternal Iron Deficiency Anemia & Its Effect on Iron Stores in New Born. **Dr. Shivani Singh**, Department of Obst & Gynae.
- Impact on Quality of Life in Family Members of Vitiligo Patients. **Dr. Soumya Agarwal**, Department of Dermatology.
- Gynaecological Disorders of Adolescent Girls Attending OPD at Tertiary Care Hospital.
- **Dr. Garima Maurya**, Department of Obst & Gynae.
- Muco-cutaneous Manifestations of chronic kidney disease with or without haemodialysis. **Dr. Soumya Agrawal**, Department of Dermatology.
- Association of ADMA, Lp-PLA2 and OxLDL with incidence and severity of coronary artery disease. **Dr. Farzana Mahdi**, Department of Biochemistry.
- Development and evolution of artificial intelligence (AI) Algorithms to interpret chest x-rays for presence of pulmonary tuberculosis, **Dr. Rajendra Prashad**, Department of Pulmonary Medicine.
- Ginkoba Ginseng Combination Therapy Versus Methylcobalamine on Quality of Life in Chronic Tinnitus. **Dr. Syed Mohd Faiz**, Department of E.N.T.
- Association of hearing loss and lead toxicity in a north Indian tertiary care hospital. **Dr. Anuja Bhargava**, Department of E.N.T. Prevalence of sexual dysfunction in male patients with alcohol dependence: A cross-sectional study. **Dr. Anju Agarwal**, Department of Psychiatry.
- Intraocular pressure, Ocular Biometric Parameters and RNFL Thickness Changes in

Migraine, **Dr. Pragati Garg**, Department of Ophthalmology.

- Awareness and Perception regarding Eye donation in the patients of North India, **Dr. Pragati Garg**, Department of Ophthalmology.
- Effect of Dietary Modification on Patients of Allergic Rhinitis: A Pilot Study. **Mr. Mohsin Ali Khan**, Chancellor, Era University, Lucknow.
- Thyroid peroxide Antibody and Obstetrics Outcome in Euthyroid Antenatal Women: A correlative study, **Dr. Sharique Ahmad**, Department of Pathology.
- Anticancer potential and molecular mode of action of flavonoids against human oral cancer cell lines. **Dr. Aparna Misra**, Department of Biochemistry.
- Hepatoprotective and antioxidant effect of Nigella Sativa seed extract in Ethanol induced Liver damage. **Dr. Afroz Abidi**, Department of Pharmacology.
- Effects of pre-donation coagulation profile of blood donors on the quality of fresh frozen plasma, **Dr. S. Riaz Mehdi**, Department of Pathology.
- Association of Vitamin D Receptor (FokI and BsmI) Gene Polymorphism with clinical parameters in women with Fibromyalgia Syndrome, **Dr. Ghizal Fatima**, Department of Biotechnology.
- Correlation of Platelet Indices (mean platelet volume, platelet count and platelet distribution width) with clinical (PELOD2 SCORE) and laboratory parameter (CRP) in septic pediatric intensive care patients, Dr. Pranjali Saxena, Department of Pediatrics.
- Mutation Screening of BCR-ABL kinase domain in Tyrosine kinase inhibitor resistant chronic myeloid leukemia cases, Dr. Syed Tasleem Raza, Department of Biochemistry.
- Prevalence of Domestic Violence Amongst Pregnant Population in a tertiary Hospital and its Perinatal Outcome, Dr. Fareha Khatoon, Department of Obst & Gynae.
- Association of OCT1 gene with T2DM and responses to metformin therapy, Dr. Farzana Mahdi, Department of Personalized Medicine.
- Nail features in new born early neonates, Dr. Soumya Agarwal, Department of Dermatology.

- Study of post-operative surgical site infections in obstetrics and gynaecological surgeries at Era's Lucknow Medical College and Hospital, Dr. Savita Chandra, Department of Obst & Gynae.
- Premature Graying of Hair and Osteopenia, Dr. Soumya Agarwal, Department of Dermatology.
- AUB (Abnormal Uterine Bleeding) and Women's Health, Dr. Amrita Singh, Department of Obst & Gynae.
- Deranged liver enzymes in pregnancy and maternal and fetal outcomes, Dr. Savita Chandra, Department of Obst & Gynae.
- Diabetes Awareness among Patients attending teaching Health Facility of North India – A Cross Sectional Study, Dr. Shweta Rajpal, Department of Community Medicine.
- Psychiatry comorbidities in patients with Dhat Syndrome, Dr. Anju Agarwal, Department of Psychiatry.
- Knowledge, Attitude and Practices of Medical students regarding National Maternal and Child Health Program and Immunization, Dr. Lily Singh, Department of Pediatrics.
- Clinical Significance of Gall Bladder Involvement in children with acute hepatitis, Dr. Shrish Bhatnagar, Department of Pediatrics.
- Study of knowledge and awareness about the childhood B vaccination in parents of the children attending out-patients services in Era's Lucknow Medical College, Lucknow, Dr. Chhavi Nanda, Department of Pediatrics.
- Association of IGF-1, Insulin and testosterone with serum PSA level and severity of prostate cancer, Dr. Anu Chandra, Department of Biochemistry.

#### **Books Published by Faculty in the Year 2019**

- Handbook on Adverse Drug Reactions in TB treatment, published by Prof. Rajendra Prasad, Publisher Jaypee Brothers.
- Clinical Allergy, published by Prof. Rajendra Prasad, Publisher Jaypee Brothers.
- Techniques for Extraction, Isolation, and Standardization of Bio-active Compounds from Medicinal Plants, published by Dr. Mohammad Faheem Khan, Publisher Springer.
- Antidiabetic Effect of Edible Plants and Phytochemicals, published by Dr. Mohammad Faheem Khan, Publisher Discovery Publishing House.



- Naturally Occurring Coumarins in Anticancer Drug Discovery, published by Dr. Mohammad Faheem Khan, Publisher Discovery Publishing House.
- Anticarcinogenic and Chemopreventive Effects of Various Phytochemicals of Cruciferous Vegetables, published by Dr. Mohammad Faheem Khan, Discovery Publishing House.
- Molecular biomarker and urinary bladder cancer (UBC), published by Dr. A. N. Srivastava, Publisher Springer.
- Medicine Update-2019, Pre-existing diabetes in pregnancy versus gestational diabetes: difference in management, published by Dr. Jalees Fatima, Publisher Jaypee Brothers.
- Genetic predisposition to complications of diabetes, published by Dr. Jalees Fatima, Publisher, Jaypee Brothers.
- RSSDI Diabetes 2019, Nonalbuminuric renal disease in diabetes: is it a separate entity?, published by Dr. Jalees Fatima, Publisher, Jaypee Brothers.
- Insulin in elderly, published by Dr. Jalees Fatima, Publisher, Jaypee Brothers.
- Dystopia, published by Dr. Rupali Mirza, Publisher, Educreation Publishing.
- Approach to solitary pulmonary nodule, published by Dr. Vaibhav Shukla, Publisher Jaypee Brothers.
- Tobacco and cancers, published by Dr. Vaibhav Shukla, Publisher Evangel Publications.

### **ACADEMIC AWARDS AND ACHIEVEMENTS**

#### **Faculty Achievers:**

Dr. Jamal Fatima, Professor & HOD, Department of General Medicine was conferred with Fellowship of International Medical Science Academy by Royal College of Physician and surgeons of Glasgow, UK. She also received the Fellowship Award from RSSDI.

Dr. S. Priya, Asstt. Professor, Department of General Medicine achieved Second prize in Free Paper Presentation by ACO India Chapter Conference on Study of Vitamin D Status in patients of Dilated Cardiomyopathy in Lucknow.

Dr. Rajendra Prashad, Professor & HOD, Department of TB & Chest was honoured by Government of India for his contribution in yoga & naturopathy in Yoga & Naturopathy Teacher

Association, Lucknow. He was honoured by Dronacharya Award for his distinguished services in pulmonary medicine by the Institute of Global Brotherhood, New Delhi. Dr. Rajendra Prashad was awarded by Life Dedicated Service Award and Excellence Award for his outstanding performance by the Institute of Brotherhood, New Delhi. He has also received Lifetime Achievement Award for his lifetime contribution in Bronchology & Pulmonary Interventions.

Dr. Vikas Trivedi, Professor, Department of Orthopaedics was conferred with AO Truma Fellowship by AO organization Davos, Switzerland. He was also conferred with fellowship of American College of Surgeon, Chicago, USA.

Dr. Afroz Ahmed Khan, Asstt. Professor, Department of Orthopaedics was conferred with fellowship of International College of Surgeon, USA. He was also conferred with awarded fellow of International College of Nutrition. He was awarded with fellow of International Medical Science Academy.

Dr. Vipin, Asstt. Professor, Department of Orthopaedics was conferred with fellowship in arthroplasty and received Gold Medal, Joint master clinic.

Dr. Nadan Mishra, Asst. Professor, Department of Orthopaedics was conferred with fellowship in Sports Medicine Arthroplasty.

Dr. Abhishek Pandey, Senior Resident, Department of Orthopaedics was conferred with fellowship of International College of Surgeon, USA.

Dr. PK Sharma, Professor & HOD, Department of Anatomy achieved the Certificate of Honour as guest lecturer in Purarbhavan.

Dr. Ghizal Fatima, Asst. Professor, Department of Biotechnology achieved Travel Bussery Award in 2nd AMRS Conference, Basra, Iraq. She was also honoured by Young Scientist Award in APCH, Australia. She was conferred with young investigator fellowship award in Brisbane. AIIMS Rishikesh honoured her with Young Scientist Award in international conference of chronomedicine. Dr. Ghizal Fatima was conferred with fellowship of International College of Nutrition. She won Travel Award in Young Scientist cadre of Japanese society of anti-aging medicine Yokohama, Japan.

Dr. Vineetakhare, Professor, Department of Microbiology achieved Archana Ayyagiri Junior

Scientist Best Paper Award for Antimicrobial Resistance at 15th UPUK MICRCON, Lucknow.

Dr. Priyanka Shukla, Associate Professor, Department of Microbiology, won First position for best poster in UPUK MICROCON.

Dr. Lekha Laxmi Pradhan, Junior Resident, Department of General Medicine achieved first position for the paper presentation in ACP India Chapter Conference, Lucknow.

Dr. Mohd Shoaib Raza, Junior Resident, Department of General Medicine achieved second position in Gastroenterology and Hepatology quiz competition, Allahabad.

Dr. Anurag Shukla, Junior Resident, Department of General Medicine achieved second position in Gastroenterology and Hepatology quiz competition, Allahabad.

Dr. Sana Sajid, Junior Resident, Department of General Medicine achieved third prize in free paper presentation organized by RSSDI UPCON, Meerut.

#### **Student Achievers:**

Dr. Tanya Tripathi, Junior Resident 3, Department of Pathology won 1st Prize in association with GSTM1 & GSTT1 for gene polymorphism and 2nd Prize for the poster presentation in metaplastic carcinoma breast in International conference & workshop by "ONCO-4" Haematology & Pathology.

Dr. Amina Maqbool, Junior Resident 3, Department of Pathology achieved 1st Prize for poster presentation in Colonic metastasis with sarcomatoid transformation and 2nd Prize for paper presentation on immunohistochemical expression of human telomerase in oral cancer in the International Conference by "ONCO-4" Haematology & Pathology.

Dr. Garima Singh, Junior Resident 3, Department of Anaesthesia, achieved 1st position for the paper

presentation in airway category by RSACP Conference, Rahtak.

Dr. Moniza Ilyas, Junior Resident 2, Department of Pathology, won 3rd Prize for the poster presentation on medullary carcinoma breast in the International Conference by "ONCO-4" Haematology & Pathology. She also achieved consolation prize for the paper presentation on expression of stem cell marker by IHC.

Dr. Sudarshan Gogoi, Junior Resident 2, Department of Pathology, achieved 3rd Prize for poster presentation on synovial fluid analysis in the International Conference by "ONCO-4" Haematology & Pathology.

Dr. Swapnil Agrahari, Junior Resident, Department of Obst. & Gynae, secured 1st position for paper presentation in the International Conference by "ONCO-4" Haematology & Pathology.

#### **Research Publication:**

In 2016, the leading British journal Lancet reported that just 4.3% of medical institutions in India were publishing more than 100 research articles a year. It also stated that the research published by these institutes made up 40% of the total publications done by Indian medical institutes. According to an article published in The Times of India in April, 2016, 332 out of the 576 medical institutes have failed to produce even a single research paper.

Since 2012, Era's Lucknow Medical College & Hospital is consistently publishing more than 100 research articles in the National and International peer-reviewed journals and also Era's Lucknow Medical College & Hospital has the honour of being amongst the top 4.3% of Indian Medical Institutes that are most actively contributing in the field of medical research.



## RESEARCH AND ACADEMIC PROGRESS:

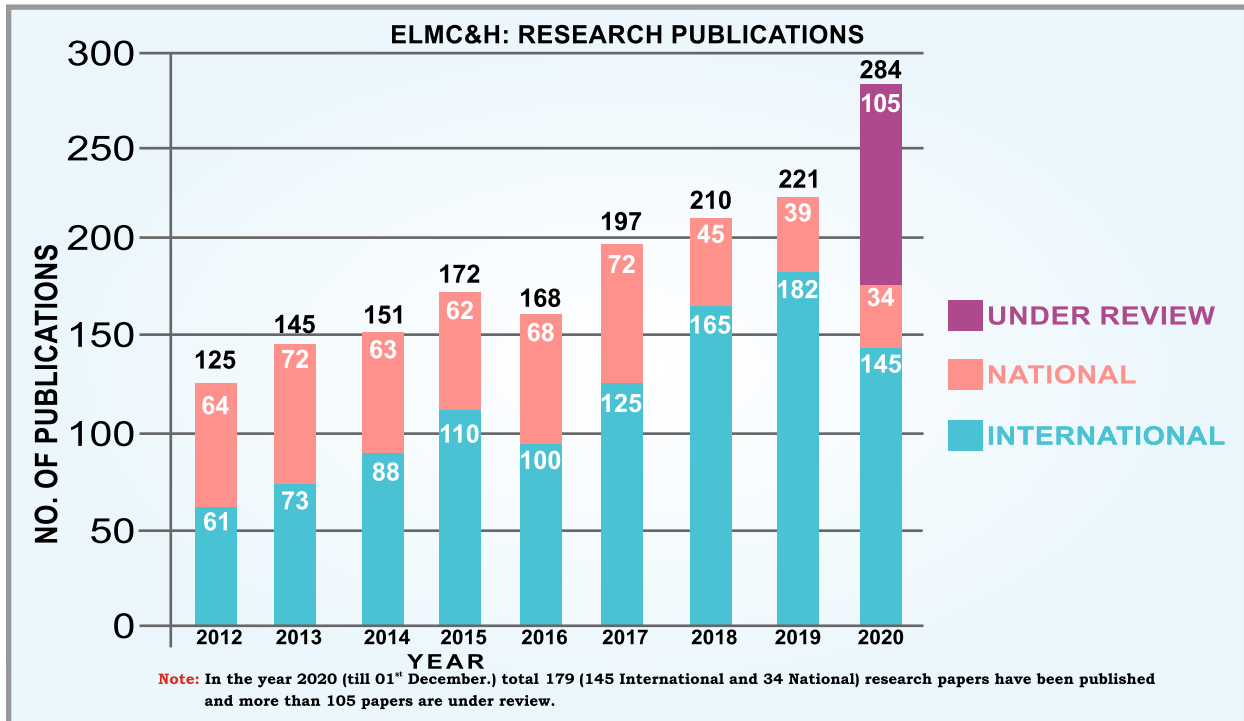
### Leading to India Today, The Week Hansa Research & Outlook Survey 2020

#### EXCELLENCE IN RESEARCH

In 2016, the leading British journal *Lancet* reported that just 4.3% medical institutions in India were publishing more than 100 research articles a year. It also stated that the research published by these institutes made up 40% of the total publications done by Indian medical institutes.

According to an article published in *The Times of India* in April, 2016, 332 out of the 576 medical institutes have failed to produce even a single research paper.

**Since 2012, Era's Lucknow Medical College & Hospital is consistently publishing more than 100 research articles in the National and International peer reviewed journals and also Era's Lucknow Medical College & Hospital has the honour of being amongst the top 4.3% Indian Medical Institutes that are most actively contributing in the field of medical research.**



### A TOP RANKING MEDICAL INSTITUTE - SURVEY -2020

Since 2013, Era's Lucknow Medical College and Hospital (ELMC&H) is consistently being ranked amongst India's top medical colleges in surveys done by *The Times of India*, *India Today*, *The Week* and *Outlook India*.

The average age of 24 colleges ranked up to 25 is 82.41 years old whereas Era's Lucknow Medical College and Hospital is 18 years old as by outlook survey 2019.

ELMC is in fact the youngest private institute to have been ranked amongst the top medical colleges of India.

In the year 2019, Era's Lucknow Medical College and Hospital (ELMC&H) has achieved top most rankings in various standard surveys across India.

Era's Lucknow Medical College have once again secured Top Rank in the Surveys Conducted by *India Today*, *Outlook* and *The Week* in 2020 as a Top Ranking college in India among both Government and Private Medical Colleges.

At Era we have always worked for the cause and never for the praise. Such accolades only motivate us to do even better. Great team work has brought us this far and will take us further.

All of this is due to ELMC's culture of research, innovation and quality.



## ERA'S LUCKNOW MEDICAL COLLEGE & HOSPITAL

**RANKED AMONG TOP MEDICAL COLLEGES OF INDIA**





Ranked **3<sup>rd</sup>** among  
Emerging Medical Colleges in India



Ranked **3<sup>rd</sup>** among  
Private Medical College of North Zone in India



Ranked **10<sup>th</sup>** among  
Private Medical College in India



Among **Top 30** Government and  
Private Medical Colleges in India



# ERA UNIVERSITY

ONLINE CLASSES & APP BASED TEACHING METHODOLOGY  
WELL-EQUIPPED HOSPITAL FOR HEALTHCARE TRAINING

Era's Lucknow Medical College and Hospital has consistently been ranked among India's top medical colleges

## RESEARCH OPPORTUNITIES AVAILABLE FOR STUDENTS

### INTERNATIONAL ACADEMIC & RESEARCH COLLABORATIONS



### NATIONAL ACADEMIC & RESEARCH COLLABORATIONS



## COURSES OFFERED

### MEDICAL

- M.B.B.S
- M.D & M.S (in 19 subjects)
- PDCC / Fellowships

### NURSING

#### DIPLOMA

- Auxiliary Nursing & Midwifery (A.N.M. 2 Yrs)
- General Nursing & Midwifery (G.N.M. 3 Yrs)

#### BACHELOR OF SCIENCE (B.Sc.)

- Bachelor of Nursing (B.Sc. 4 Yrs)
- Post Basic Bachelor of Science in Nursing (P.B.B.Sc. 2 Yrs)

#### MASTER OF SCIENCE (M.Sc.)

- Medical Surgical Nursing
- Paediatrics Nursing
- Obstetrics and Gynaecology Nursing
- Psychiatric Nursing
- Community Health Nursing

### LIBERAL ART & SCIENCES

- Multidisciplinary B.A. / B.Sc.

### MANAGEMENT

- Master in Hospital Administration (MHA)

### PHARMACY

- D.Pharma
- B.Pharma

### SCIENCES

#### BACHELOR OF SCIENCE (B.Sc.)

- Nutrition
- Health Science
- Biotechnology

#### MASTER OF SCIENCE (M.Sc.)

- Food & Nutrition

### COMPUTER SCIENCE

- Bachelor in Computer Application (B.C.A. 3 Yrs)
- B.C.A. with PG Diploma in (4 Yrs)
- Game Design & Development
- Animation & Multimedia
- VFX & Rotoscopy
- UI Design & Development

### MEDICAL & ALLIED SCIENCES

#### DIPLOMA

- C.T. / M.R.I. Technician
- Cardiology Technician
- Medical Laboratory Technician
- Operation Theatre Technician
- Dialysis Technician
- X-Ray Technician
- Optometry Technician
- Anesthesia and Critical Care Technician
- Audio and Speech Therapy Technician
- Tuberculosis Programme Management and BCG Technician
- Respiratory Technician
- Minimal Access Surgery Technician
- Neonatal Care Technician
- Orthopaedic and Plaster Technician
- Orthotic and Prosthetic Technician
- Emergency and Trauma Care
- Intervention Radiology
- Physiotherapy
- Nutrition and Health Education

#### BACHELOR OF SCIENCE (B.Sc.)

- Optometry
- Radiological Imaging Techniques
- Physiotherapy
- Medical Laboratory Techniques

#### MASTER OF SCIENCE (M.Sc.)

- Radiological Imaging Techniques
- Medical Laboratory Techniques
- Optometry
- Physiotherapy
- Medical Physiology
- Medical Biochemistry
- Medical Microbiology
- Medical Pharmacology
- Medical Anatomy

### Ph.D PROGRAMMES

- Medical Anatomy
- Medical Biochemistry
- Medical Microbiology
- Medical Physiology
- Medical Pharmacology
- Molecular Medicine
- Pathology
- Biotechnology
- Biochemistry
- Neuroscience
- Nursing
- Pharmacy
- Physiotherapy
- Public Health
- Food & Nutrition
- Molecular Biology and Genetics
- Nanoscience and Nanotechnology
- Stem Cell Biology and Regenerative Medicine

Era University Innovating its way through COVID-19

The First Indian University to establish the Department of Happiness

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