

LIST OF PODCAST : CHATRA SAMVIDHI ON SPOTIFY (2024-2025 up to 31st December)

S.NO	TITLE	CONTENT DESCRIPTION	LINK ON SPOTIFY
1.	Insights of Malaria - Narayana Pharmacy College-Chatra Samvidhi	Insights of Malaria - Narayana Pharmacy College-Chatra Samvidhi by Aravind Sreevatsav of 1st Bpharm Podcasting about Malaria - its Insights	https://open.spotify.com/episode/4bjKUz6XccuIdmRhsJswSI?si=42hkT3OoTL2rhQJYPrEfkQ
2.	Beyond the Grades: Embracing Your True Potential	In this Chatra Samvidhi podcast episode, we explore how to shift focus from worrying about marks to embracing the learning journey. Discover the value of skills beyond grades, the importance of personal growth, and strategies for managing academic stress. Remember, your worth is defined by more than just numbers. By O.PREETHI FINAL YEAR Bpharmacy student	https://open.spotify.com/episode/0BIvJ4o3puwIdD3LJfmf36?si=SqOpVV2PR62hyy-Ts6rR8Q
3.	Insights of Malaria - Narayana Pharmacy College-Chatra Samvidhi	Insights of Malaria - Narayana Pharmacy College-Chatra Samvidhi by Aravind Sreevatsav of 1st Bpharm Podcasting about	https://open.spotify.com/episode/1FPQW9gfO41sau9fEpUcWu?si=wgTDPB4pQKyntm21W6lQJg

4.	Clashing cures : understanding therapeutic incompatibility	<p>Malaria - its Insights</p> <p>Therapeutic incompatibility a dangerous drug interaction occurs when two or more medications ,treatments or substances interact in a way that reduces their effectiveness or increases the risk of advcrse reactions that lead to reduced therapeutic benefits,increasedtoxicity,en hanced side effectasb by M Saheel Ahmed of 1st b pharm , Narayana pharmacy college,Nellore</p>	<p>https://open.spotify.com/episode/7h4bfzqYFoyV3kC3PNw8RJ?si=nnu054YZTqCmLJL965w6KA</p>
5.	Mental health medications	<p>mental health medications description: Observing the effects of mental health medications involves monitoring both the therapeutic outcomes and potential side effects. This process includes tracking improvements in mood, behavior, and daily</p>	<p>https://open.spotify.com/episode/4wx9uexSMg1YN72y1H8eWR?si=xNeAUisQRpKg6IN00qhTAG</p>

		<p>functioning, as well as identifying any adverse reactions such as drowsiness, weight gain, or emotional changes. Close collaboration with healthcare providers is essential for adjusting treatment plans, ensuring the medication's effectiveness, and promoting long-term mental well-being. Regular follow-ups and self-assessment are also key in this observation process.</p> <p>Author :sumanohar of first pharmd, Narayana Pharmacy College</p>	
6.	Drug discovery	<p>Drug discovery description: Drug discovery in clinical trials accelerates the development of new medications by evaluating their safety and efficacy. This process leads to innovative treatments for various diseases, improving patient outcomes. The societal impact includes enhanced public health,</p>	<p>https://open.spotify.com/episode/0okPCEXLPJLJvQ0SITBEgj?si=R-A9lThXS0uBniqF1XxDhw</p>

		<p>extended life expectancy, and reduced healthcare costs, contributing to overall well-being.</p> <p>Author: Prem Sai of 3rd year bpharmacy, Narayana Pharmacy College</p>	
7.	Empathy and compassion in mental health care	<p>The <i>Chatra Samvidhi</i> podcast at Narayana Pharmacy College presents "Empathy and Compassion in Mental Health Care," focusing on the essential role of understanding and kindness in supporting mental well-being. This episode highlights how empathy fosters trust and compassion promotes healing, enhancing the effectiveness of mental health care. Author : P. Afrid khan of pharmd first year</p>	<p>https://open.spotify.com/episode/4sYINHSoracMmVFditIv1U?si=DGs9MSCKQvyltKgDTgmw5g</p>
8.	Job Opportunities After B.Pharmacy	<p>Podcast on the <i>Chatra Samvidhi</i> audio channel at Narayana Pharmacy College explores various job opportunities after completing a B.Pharmacy course. The episode covers career paths in</p>	<p>https://open.spotify.com/episode/4gcAvgTAFS1r1xnfgD9JS7?si=ioizLz-FS0GB66Nw1DsVtA</p>

		<p>pharmaceutical industries, clinical research, hospital pharmacy, government roles, and entrepreneurship, providing students with insights to guide their career decisions.</p> <p>Author : R. Prem Sai of 3rd B.pharmacy</p>	
9.	Non verbal communication in mental health	<p>Non-verbal communication plays a crucial role in mental health, as it helps convey emotions and feelings beyond words. Facial expressions, body language, eye contact, and gestures provide important cues about a person's mental state. For mental health professionals, being attuned to these signals is essential for understanding patients who may struggle to articulate their thoughts verbally. Students can be sensitized to recognize signs of distress or discomfort through non-verbal cues, fostering empathy and creating a supportive environment. Awareness of</p>	<p>https://open.spotify.com/episode/26cHGyhFR1gZSRFwTjZyVZ?si=6sp-0kBfQUaym7QejDH_wg</p>

		<p>non-verbal communication helps reduce misunderstandings and promotes deeper connections in both personal and professional relationships.</p> <p>P. AHMED KHAN PHARMD FIRST YEAR</p>	
10.	<p>Role of medication in mental health treatment</p>	<p>Medication plays a vital role in mental health treatment by helping to manage symptoms of conditions like depression, anxiety, bipolar disorder, and schizophrenia. It can restore chemical imbalances in the brain, offering individuals stability and improving their quality of life. Medications such as antidepressants, antipsychotics, and mood stabilizers enable people to engage more effectively in therapy and daily activities, thus promoting overall mental well-being.</p> <p>From a societal health perspective, treating mental health conditions with medication reduces the</p>	<p>https://open.spotify.com/episode/4G2FV6RzSGQwwbfJUeAMVL?si=2rJyksbyRVeP2BPtZ04DKg</p>

		<p>burden on healthcare systems and enhances productivity. By improving individuals' functioning, it helps decrease social isolation and stigma, fostering a healthier, more inclusive society. Early and effective medication management can also prevent more severe complications, contributing to the overall public health objective of reducing the impact of mental health disorders on families and communities</p> <p>Author -Touhid Ahmed, PharmD first year</p>	
11.	crude drugs and applications of pharmacy in crude drugs	<p>Topic: crude drugs and applications of pharmacy in crude drugs</p> <p>Podcast channel: chatrasamvidhi</p> <p>Author: premsai 3rd pharmacy</p> <p>Description: "Crude drugs are natural substances derived from plants, animals, or minerals used in their raw form in the</p>	<p>https://open.spotify.com/episode/0koHAolQywe07XkrfOHbkU?si=ueuGqp-ESMK979pE2ORIIQ</p>

		preparation of medicines. This podcast explores their significance in pharmacy, covering their extraction, processing, and diverse applications in drug formulation. Discover how crude drugs lay the foundation for modern pharmaceuticals."	
12.	Controlled release tablets and its latest trends	<p>Topic: Controlled release tablets and its latest trends</p> <p>Author: Nandini of 3rd Bpharmacy</p> <p>Podcast channel: chatrasamvidhi</p> <p>Description: "Controlled release tablets are designed to release medication at a predetermined rate, enhancing therapeutic effects and improving patient compliance. This podcast delves into their mechanisms, benefits, and the latest trends, including advancements in polymer technology and innovative delivery systems that are transforming how drugs are</p>	https://open.spotify.com/episode/3AsTEFc7CYCiV4K1x7zQc?si=oevzjhARReK PfQ0zxGTvBA

		administered in modern healthcare."	
13.	Cosmetics and its insights the science behind beauty	<p>Topic: cosmetics and its insights the science behind beauty</p> <p>Author: Jahnavi of 3rd bpharmacy</p> <p>Description: "Explore the science behind beauty in this podcast focused on cosmetics. We delve into the formulation of skincare and makeup products, the role of active ingredients, and the latest trends in cosmetic technology. Uncover the secrets of how science enhances beauty, providing insights into the world of innovative skincare solutions."</p>	https://open.spotify.com/episode/0CrJZ4yBaQeDZ6ldtFjDt6?si=YD0ZRut7T9SCp4ur_GFT7Q
14.	Pilot plant scale up	<p>Author: Vyshnavi of 4th bpharmacy</p> <p>Topic: pilot plant scale up</p> <p>Description: This episode of Chatra Samvidhi, hosted by Vyshnavi from B. Pharmacy, dives into the importance of Pilot Plant</p>	https://open.spotify.com/episode/08jPVSQceIDTUqjHYWLc5y?si=aZXWAFY0T62KXxHnDCE21Q

		Scale-Up in pharmaceuticals. Listeners learn how this stage transitions lab concepts into large-scale production, ensuring safety, consistency, and quality. Discover the challenges, steps, and benefits that make this phase critical for successful drug manufacturing.	
15.	EMPOWERING DIABETES MANAGEMENT: EXPERT INSIGHTS	<p>Description on diabetes</p> <p>Title:EMPOWERING DIABETES MANAGEMENT:EXPERT INSIGHTS</p> <p>Author:P Layana and N Bhavya of 3rd Pharm D</p> <p>Description: Join us on world diabetes day as we explore the complexities of diabetes ,debunk common myths and share inspiring stories of management and triumph.so lets dive in to it.</p>	https://open.spotify.com/episode/5yAeWyGyflkz4gErFtPwnb?si=DbJ9dU8iTg2kyNv7hdtzHw
16.	NATIONAL PHARMACY WEEK	<p>Title: NATIONAL PHARMACY WEEK - think health think pharmacy</p> <p>Author: Prem Sai of third B.</p>	https://open.spotify.com/episode/1S2BKOqkWu1FjWISTmQS3X?si=t2eLm1PPQeCIX_NzjGjQjg

		<p>Pharmacy Description: Pharmacists play a vital role in healthcare by ensuring safe medication use and patient care. On National Pharmacy Week, chatrasamvidhi podcast highlights their contributions, innovations, and impact on public health. Join us to celebrate their dedication and explore their essential role in building healthier communities.</p>	
17.	Awareness on Pneumonia	<p>Author: Rohith of 3rd bpharmacy Podcast channel: advayachittah Description: On this episode of chatrasamvidhi , Rohith from 3rd B.Pharmacy raises awareness about pneumonia in recognition of World Pneumonia Day, November 12th. He discusses the causes, symptoms, and prevention of this serious yet preventable disease, aiming to inform listeners on how to protect themselves and their</p>	<p>https://open.spotify.com/episode/00vEW6GRmhHzU515dTpaxN?si=uEjOoKywT8GbFgb65_6big</p>

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