

Department of Biochemistry

Report

“Chronotherapeutics: An Important Aspect of Molecular Pharmacology”

Date: 23/02/2024

Resource person: **Dr. Saniya Jawed**
Assistant Professor
PESU Institute of Pharmacy
PES University

Venue: Seminar Hall – 1

No. of participants: 120

A guest lecture, titled- **“Chronotherapeutics: An Important Aspect of Molecular Pharmacology”** was organised by the Department of Biochemistry, Mount Carmel College, Autonomous, on the 23rd February 2024. The esteemed speaker was Dr. Saniya Jawed, an expert in the subject and assistant professor at the PESU Institute of Pharmacy.

Ms. Pranjali of second year M.Sc Biochemistry introduced Dr. Jawed to the audience which comprised several students of various Life Science combinations – Biochemistry, Lifesciences, Biotechnology and Chemistry. Dr. Jawed began her lecture with an interactive round, inquiring how familiar the audience was with the topic of chronotherapy. With the help of a simple and illustrious presentation, she explained to the audience how timing was crucial in treatment under chronotherapy. The key was to administer therapeutic drugs in tandem with the patients' circadian rhythm such that, the most severe symptoms were dealt with the most effective dosage.

The audience learned how the kinetics and dynamics of bodily enzymes and hormones aided with therapy. Examples such as administering anti-depressants in tandem with the sleep-wake

cycle, and medication for asthma having a stronger prescribed dosage at nighttime, made the talk more relevant. To summarise the lecture, Dr. Jawed displayed an engaging video.

Thereafter, the floor was opened for questions which were reflective of the audience's curiosity about chronotherapy. **Dr. Myrene D'Souza**, Co-ordinator and Associate Professor, Department of Biochemistry organized and moderated the session. **Dr. Kavita Singh**, Dean – Research and Publications shared her feedback at the end of the session. **Ms. Madhulika** of second year, M.Sc Biochemistry delivered the vote of thanks. All in all, the lecture proved to be most informative and was received extremely well by the students. It seems some pills in time, do indeed, save nine.







Mount Carmel College, Autonomous

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Department of Biochemistry
organizes

Chronotherapeutics: An important aspect of Molecular Pharmacology

FRIDAY, 23 FEB

12:00 PM

VENUE: SEMINAR HALL - 1

SPEAKER

DR. SANIYA JAWED

ASSISTANT PROFESSOR
PESU INSTITUTE OF PHARMACY
PES UNIVERSITY

