

WIDHILIKA SINGH

Lecturer

School of Pharmaceutical Sciences

Faculty of Pharmacy

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Qualifications

- Pursuing Ph D (Pharmaceutics) from Integral University, Lucknow
- M. Pharm in Pharmaceutics from Integral University, Lucknow
- B. Pharm from Gautam Buddha Technical University, Lucknow

Seminars and Workshops Attended

- ✓ Seminar on the topic “Challenges in Drug Development and Research- A Proactive Approach” held on 21 -22nd March 2013 in United Institute Of Pharmacy, Naini, Allahbad.
- ✓ Scientific and technical workshop on “Animal Experimentation” on 6 -7 April 2013 at Hygia Institute of Pharmaceutical Education and Research, Lucknow.
- ✓ Participated in workshop on “Fluidized Bed Processor and Spheronization” on 22nd March 2014 at Hygia Institute of Pharmaceutical Education and Research, Lucknow.
- ✓ Seminar on the topic “Second International Symposium on Dendrimer in Nanodrug Delivery” on 14th and 15th June, 2014 at Central Drug Research Institute, Lucknow.
- ✓ International Pharmaceutical Conference on Nanoformulations and Translational Research “Small Getting Bigger” organized by Department of Pharmaceutical Sciences on 2nd and 3rd Feb 2015 at Babasaheb Bhimrao Ambedkar University, Lucknow.
- ✓ Seminar on “Role of Pharmacist in Health Care System” on the occasion of Pharmacist Day on 25th Sept. 2014 at Faculty of Pharmacy, Integral University, Lucknow.
- ✓ National Conference on “Novel Tools and Treatment Approaches in Health Care System” on 3rd March 2015 at Faculty of Pharmacy, Integral University, Lucknow.
- ✓ “Faculty development programme” during 16th-29th January 2018 conducted by Entrepreneurship Development Institute of India, Ahmedabad at MCSCET, Lucknow.
- ✓ Certificate course on “Advanced Spectroscopic techniques (NMR, HPLC, LC-MS, UV/IR)” from 20th August to 16th November 2018 conducted at CSIR-CDRI, Lucknow.
- ✓ Pre- event on “Types of Patent in India” on 16th January 2021 conducted by Turnip Innovations Pvt. Ltd. (Online)
- ✓ National Level Workshop on “Personality Development and Effective Professional Communication” on 25th January 2021 at Umpapati Madhav College of Pharmacy, Amroha. (Online)

- ✓ National webinar “Career Exploration in Pharmacy” on 15th May 2021 at Spectrum Hi College of Pharmacy, Sultanpur, Uttar Pradesh, India.
- ✓ National webinar “ Stress Management in Covid Era” on 24 April 2021 at Spectrum Hi College of Pharmacy, Sultanpur, Uttar Pradesh, India.
- ✓ Awareness quiz on International Day Biological Diversity on 22 May 2021 at Department of Applied Science & Humanities, Rajkiya Engineering College, Ambedkar Nagar, UP. (Online)
- ✓ International e-Symposium on “Health and Well-Being” on 26th June 2021 to 30 June 2021 at Veer Bahadur Singh Purvanchal University, Jaunpur, Uttar Pradesh, India.
- ✓ International FDP on Communication Skills; Theory & Practices on 14-25 June 2021, Department of Languages, Integral University, Lucknow, India.
- ✓ Webinar on “IPR Strategy and Cleantech Innovation on 16 July 2021 by Turnip Innovations.
- ✓ Webinar on “How to teach using case studies” on 27 August 2021 by Emerald Publishing.
- ✓ National Level Quiz on Cyber Security on 22 Jan 2022 at Integral University, Lucknow, India.
- ✓ Professional Development Programme on “Research Methods” on 16-30 November 2021 by Faculty of Education, Integral University, Lucknow, India.
- ✓ Faculty development Programme on India’s Policy and Prospects to Achieve Sustainable Development Goals from 13-26 July 2022 organized by Faculty of Law in association with IQAC, Integral University, Lucknow, India
- ✓ Online symposium on Gender Equality and Health Promotion in Women held on 22-23 August 2022 organized by Faculty of Pharmacy and Women’s Study Center, Integral University, Lucknow, India
- ✓ Participated in Pharma Anveshan 2024 held on National Pharmacy Education Day, 6th March 2024 organized by Faculty of Pharmacy, Integral University, Lucknow, India.

Posters Presented

- ✓ Presented a poster titled ”Pathogenesis and Glycemic Management of Type II Diabetes” in National Conference “ Challenges in Drug Development and Research- A Proactive Approach” held on 21st – 22nd March, 2013 in United Institute Of Pharmacy, Naini, Allahbad.
- ✓ Presented a poster titled “Pharm. D, its scope and institutions in India and Abroad” on the occasion of Pharmacist Day on 25th Sept. 2014 at Faculty of Pharmacy, Integral University, Lucknow.
- ✓ Presented a research paper entitled “Oral Nanoemulsion like a Transporter for competent release of Metformin” in International Pharmaceutical Conference on “ Nanoformulation and Translational Research: Small Getting Bigger organized by Department of Pharmaceutical Sciences on 2nd and 3rd Feb 2015 at Babasaheb Bhimrao Ambedkar University, Lucknow.
- ✓ Presented a poster entitled “Zoonosis: An Emerging Epidemic Crisis” in National Conference on Novel Tools and Treatment Approaches in Health Care System on 3rd March 2015 at Faculty of Pharmacy, Integral University, Lucknow.

Oral Presentation

- ✓ Menatetrenone (Vitamin K2): A Restorative Therapy for Osteoporosis in 4th International Siirt Conference on Scientific Research held on 17-17November, 2023 organized by Siirt University and IKSAD Institute, Turkiye.

Abstract

- ✓ 'Zoonosis: An emerging epidemic crisis' in Asia Pharma 2016 on July 11-13, 2016 at Kuala Lumpur, Malaysia.
- ✓ 'Synergistic Effects of Potassium Supplementation and Menatetrenone in Osteoporosis Management: A Comprehensive Exploration' in International Conference on Novel Paradigms in Pharmaceutical Sciences; An Approach for Healthier World held on 9-10 March 2024 organized by Faculty of Pharmacy, Integral University, Lucknow, India.

Project

1. Title: Topical Nanoemulsion–gel preparation of Terpinen-4-ol for the effective treatment of Onychomycosis.

Duration: Dec 2014-May 2015

Guide: Dr. S.P. Singh, Assistant Professor, Integral University, Lucknow.

2. Title: Comparative study of different brands of Metronidazole tablets available in local market of Lucknow.

Duration: Jan 2013 – May 2013.

Guide: Mr. Saroj Kumar, Assistant Professor, G.I.P.S., Lucknow.

Book Chapters

Singh Widhilika, Kushwaha Poonam. Chapter 2: Liposome-Mediated Drug Delivery: Recent Developments and Challenges. Nova Science Publishers.

Review Article

Singh Widhilika, Singh Satya P, Akhtar Juber, Kamal Mehnaz. Tea Tree Oil: Its uses and Applications. *International Journal of Progressive Pharmacy*, 2015; 1(1): 45-50.

Singh Widhilika and Kushwaha Poonam. Potassium: A Frontier in Osteoporosis. *Hormone and Metabolic Research*, 2024

Research Article

Singh Widhilika, Kushwaha Poonam, Kushwaha Shom. Assessing the Compatibility of Menatetrenone with Excipients: A Spectroscopic Approach and Implication in Drug Formulation Development. *Drug Research*, 2024.

Lab works and instruments handled

Managed Pharmaceutics, Pharmacognosy, Inorganic Pharmaceutical Chemistry, Analysis Laboratory and Pharmacy Practice Laboratory.

✓ Friability Apparatus

✓ Disintegration Apparatus

- ✓ pH meter
- ✓ Weighing Balance Calibration
- ✓ Hand Operated Single Punch Machine
- ✓ Rotary Tablet Compression Machine
- ✓ Paddle Type Dissolution Apparatus
- ✓ UV- Vis Spectrophotometer
- ✓ IR Spectrophotometer
- ✓ High Performance Liquid Chromatography

Academic Experience

Total Academic Experience: 7 years 11 months

- ✓ Have been active member of Hostel Management Committee and Library Management Committee in Saroj Institute of Technology and Management, Lucknow (Affiliated to AKTU, Lucknow).
- ✓ Active External Examiner during theory and practical exams conducted by AKTU.
- ✓ Coordinator of ramp walks in Disha- fest at Dr. MC Saxena College of Pharmacy (MCSCOP), Lucknow (Affiliated to AKTU, Lucknow).
- ✓ Documentation handled- Attendance record, fee structure record, online filling student data, parent student coordination through calls and emails and other official works.
- ✓ Lab Management: (Equipment SOP preparation, Requirement list generation, Instrument maintenance, Lab records, and overall aspects of laboratory)
- ✓ Departmental Alumni Coordinator at School of Pharmaceutical Sciences (SPS), Integral University, Lucknow from November 2020 to February 2023.
- ✓ Departmental Activity Coordinator since November 2020 at SPS.
- ✓ D. Pharm First Year Course Coordinator since February 2023 at SPS.
- ✓ Organizing committee member (Stage Committee) in International Conference on Novel Paradigms in Pharmaceutical Sciences; An Approach for Healthier World held on 9-10 March 2024 organized by Faculty of Pharmacy, Integral University, Lucknow, India.

Subjects Taught

Social Pharmacy, Hospital Pharmacy, Drug store and Business management, Health education and Community Pharmacy, Human Anatomy and Physiology, Pharmacognosy, Professional Communication.

Guest Speaker (as Resource Person)

Guest Speaker at *Tirupati College of Engineering, Mohanlalganj, Lucknow* on the occasion of National Pharmacy Week 2023, October 21.

Computer Skills

Course on Computer Concepts (CCC)
Knowledge of working on MS-Office- Word, PowerPoint, Excel