

## Cover Story

### Biocon Academy conducts engaging webinars

Biocon Academy believes in sharing knowledge. It believes that knowledge increases by sharing & not by saving. Hence, it is a constant endeavour at Biocon Academy to have regular abrasion by rubbing and polishing our brain against that of others, enriching everyone with more knowledge.

With this belief & with an aim to reach out to a large number of students & academicians from the pharma sector, Biocon Academy organized several invigorating webinars even amidst these unprecedented times. These webinars have an unparalleled ability to have a conversation with hundreds of people from anywhere in the world.

Two of our professors; Mr. SS Easwaran & Dr Ramgopal Rao S, Academic Dean & Academic Manager conducted enlightening webinars on various topics in association with several organizations & publications. The topics of the webinars ranged from 'Career Opportunities in Biotechnology' to 'IPR for Innovation Management' to 'Microbiologist in everybody' to 'Why Train Faculty?' The purpose of these webinars was to constantly stay connected & keep the pharma & biotech students motivated in this time of crisis by sharing information about the biotech and life-sciences sector & the trends and opportunities in the industry.

Each webinar witnessed active participation from about 1000+ students & faculties across the nation. The webinars were highly insightful & enriching for the students. They took a keen interest in the discussions & participate in real-time conversations. The students have justified the webinar as being worth with their active participation. We have a series of webinars scheduled and we are planning for more in the upcoming months.

#### PG 2. MESSAGE FROM ACADEMIC DEAN

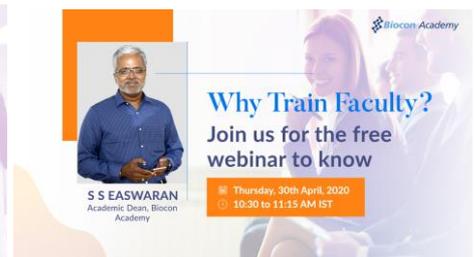
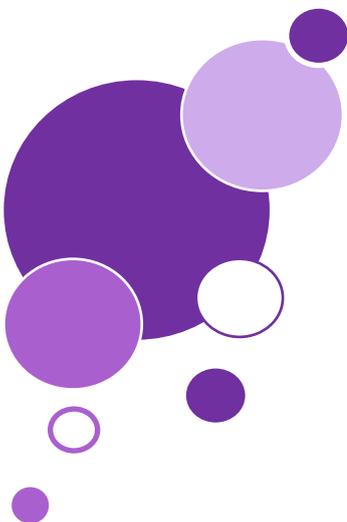
Safety measures while we enter unlock 2.0

#### PG 3. FACULTY SPEAK

Eddie Crabbe, Adjunct Professor, KGI

#### PG 4. PRO-SCHOLAR TIP

How to take care of your mental health during these stressful times?



## Message from the Academic Dean

### Safety measures while we enter unlock 2.0

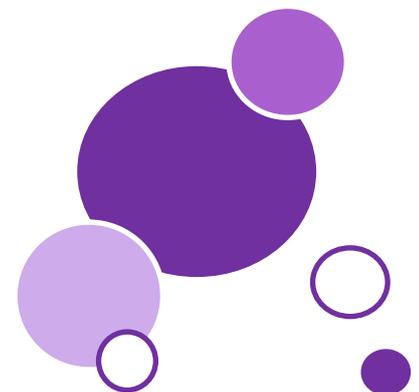
Coronavirus infection is a chain reaction and it spreads from one person to another through droplet transmission. To break this vicious chain, people need to stringently follow the personal hygienic practices & physical distancing to safeguard themselves from this disease. This is the key to restrict the spread of the virus through the transmission. Hence, the government had to declare lockdown to make sure that the spread is controlled by breaking the chain of droplet transmission thus preventing community spread

There are two elements to break the chain, one through personal hygiene practices and another through community practices. Besides, hand hygiene personal practices include wearing a mask whenever we are not alone. This prevents the droplet to get into the common air column between two persons or more. Washing hands every time after we touch a common surface that would be accessed by others will ensure that the infections don't spread to us. A basic change of our habits like using the non-dominant hand for pressing the lift buttons, pulling of pushing a door will also help to reduce the chances of self-infection. Talking about community practices, avoiding crowded, and maintaining social distance is the major among others to be followed to break the infection chain.

Unlock2.0 should be taken with a pinch of salt. Unlock does not mean "back to normal" or "business as usual". Unlock should be understood as a staggered release. When the government announces relaxation in terms of extended operations time, some forms of travel, etc. is not only to give the opportunity to the people to feel better but also to increase the cash flow and stabilize economic conditions. It is very important to realize that the smallest relaxation will impact in a big way given the size of the population. This brings us to the point of being vigilant, responsible, and positive. Staying vigilant is to do with becoming aware of the route of infection and its spread and behave accordingly. Responsible behavior includes sharing the right set of information among friends and relatives. Staying positive is the most important aspect irrespective of infected or not. Everybody has their own ways of absorbing facts, by seeing numbers and statistics, quality of life of recovered people, hearing out from people who have gone through the treatment and recovered, etc. Whatever be the choice, it is suggestible to keep the stigma aside and continue to stay safe will eventually lead us to the literal meaning of Unlock 2.0.



**MR SS EASWARAN  
ACADEMIC DEAN,  
BIOCON ACADEMY**



## ALUMNI SPEAK



**SHARON D'SILVA**  
**BIOCON KGI CERTIFICATE**  
**PROGRAM IN BIOSCIENCES,**  
**BATCH 3**

*"The academy provided an environment that fostered advanced learning & prepared us for the pharmaceutical industry."*

**Shanon D'Silva** was a student of the Batch 3 Biocon- KGI certificate program in Bioscience. Prior to joining the academy, she worked as an Assistant Professor, teaching Chemical Engineering to undergraduate students at BMS College of Engineering (Bangalore), National Institute of Technology Karnataka (NITK, Suratkal) & Nitte Engineering College (Mangalore). She is a Fifth University Rank holder in B.E. Biotechnology from the Visweswaraya Technological University, Belgaum. Her Educational Qualification is M.Tech in Chemical Plant Design (Chemical Engineering) from NITK Suratkal & B.E. in Biotechnology from P.A. College of Engineering. She has also published a technical paper in the International Journal of Dispersion Science.

She has worked at Mylan Labs & Biocon Limited as a Quality Assurance Professional. Her areas of expertise are Document Management System, Quality Management system, preparing SOP, audits, technical document reviews, computer system validation, training personnel & project management.

Read her blog where she describes about the learnings at Biocon Academy and how it is helping her at the workplace: [Click Here](#)

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## Faculty Speak

*"To overcome this pandemic, the scientific community must deliver a vaccine to prevent infection and/or anti-viral drug(s) to treat infected patients. Thankfully, several groups have successfully sequenced and published the SARS-CoV-2 virus genome since the virus emerged in late 2019."*

Dr Eddie Crabbe has more than 12 years of experience in aerobic and anaerobic fermentation process development for recombinant protein and bioenergy production, technology transfer, and manufacturing support. Currently, he is working in Avid Bioservices in Tustin, California in Process Development as a Senior Director. Prior to this, he has worked at Allergan in Irvine, California as a Senior Scientist in Biologics Development Process Sciences.

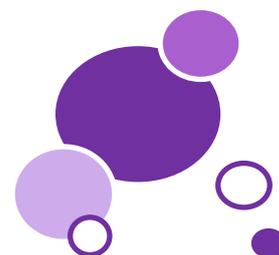
Eddie has a Ph.D. in Food Science and Technology (Microbial Biotechnology option) from Kyushu University, Fukuoka, Japan and holds a BS (honors) and an MPhil in Biochemistry from the University of Ghana. He has also undertaken post-doctoral studies in methane steam reforming to hydrogen Tonen General Corporation (an Exxon Mobil affiliate in Saitama, Japan) and lysine production by a thermo-tolerant bacillus species from methanol in Professor Mike Flickinger's Lab in the Biotechnology Institute at the University of Minnesota, St. Paul.

He is an Adjunct Professor for Biocon KGI Certificate Program in Biosciences where he teaches Fermentation Science and Technology to the students. He is one of the favorite professors of the students.

Read his article where he talks about 'How Bioprocess Engineering can help to fight the pandemic through vaccine development?' [Click Here](#)



**DR EDDIE CRABBE**  
**ADJUNCT PROFESSOR, KECK**  
**GRADUATE INSTITUTE,**  
**CALIFORNIA, USA**





[A repurposed drug, Itolizumab, is one of the newest treatments for Covid-19 approved in India. The DCGI recently approved it as a novel biologic therapy for restricted emergency use.](#)

[Know more: https://bit.ly/zZIYoll](https://bit.ly/zZIYoll)

## EVENTS AND HAPPENINGS – GLIMPSES OF VIRTUAL SESSIONS



Online Pre-Launch mentoring session for our students of Batch 17 Biosciences Program

# Be HEALTHWISE

## Try the new version of Keto

**A diet which is fun to adapt and no holding back on your favorite food!**

The ketogenic diet is a low-carb, high-fat diet that offers many health benefits. This reduction in carbs puts your body into a metabolic state called ketosis. There are varieties of Keto diets that you can follow.

**Here are few health benefits of keto-diet:**

- Helps lose weight
- Aids in prediabetic and diabetic conditions
- Improves heart health
- Slows down the risk of cancer
- Slows the progression of Alzheimer's disease
- Reduces seizures in epileptic children
- Improves the symptoms of Parkinson's disease
- Controls the conditions of Polycystic Ovary Syndrome/PCOD
- Reduces concussions and aid recovery after brain injury
- Helps to improve acne

**Do's & Don'ts**

- Majority of your diet should depend on foods such as meat, tofu, fish, eggs, unsalted butter, nuts, seeds, avocados and plenty of low-carb veggies & plant-based healthy oil.
- Avoid carb-based foods like grains, sugars, legumes, rice, potatoes, candy, dairy products, juice and even sugary fruits.

**Easy Keto Suggestions:**

- Almond milk chia pudding served with your favorite nuts & berries
- Roasted mushroom served with grilled cheese chicken/tofu
- Omelet/ scrambled eggs served with mix salads
- Spanish omelet served with grilled vegetables spiced with herbs & cheese

## How to take care of your mental health during these stressful times?

Mental health is as important as your physical & emotional health. Covid-19 has led to a catastrophic event around us and it is causing anxiety and stress in everyone. Besides following the precautionary measures for our physical well-being, ensuring a healthy mind is equally important in these unprecedented times.

After nearly 3 months of lockdown, physical distancing and individuals being quarantined, it has been a time of mental stress and agony for families, daily wage laborers, citizens and young people. This has been an overwhelming experience for everyone and is leading several people to suffer from mental health disorders, alcohol addictions, loneliness and despair during this challenging time.

**Here are few tips for you which will help you cope-up with the anxiety and reduce your stress hormones:**



Minimize the screen-time



Plan for an exercise routine & healthy diet



Spare time to meditate



Limit the consumption of alcohol & cigarette



Reach out to the therapist or a counsellor in times of mental unrest



Stay connected with your friends & family



Take social media breaks



Limit the use of media and be mindful of what you read



Maintain positivity around



Engage in your hobbies

**Keep up with Biocon Academy:**



For suggestions and feedback, please write to us at:

[educonnect@bioconacademy.com](mailto:educonnect@bioconacademy.com)

Know more about us: [www.bioconacademy.com](http://www.bioconacademy.com)