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PHARMA ECHO

The News Bulletin of Pushpagiri College of Pharmacy

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Affiliated to KUHS, Thrissur and approved by AICTE and PCI, New Delhi

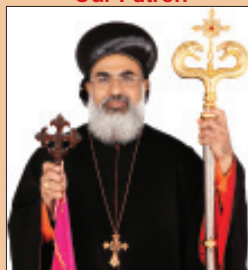
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Our Patron



H.G. Rev. Dr. Thomas Mar Koorilos
Metropolitan Archbishop of Tiruvalla
Catholic Archdiocese of Tiruvalla

Vision :

"We care.....
God cures....."

Mission :

To work towards a knowledge society with a life in abundance, through science and technology, improving health care of our immediate community, state, country and the world at large.



Rev. Dr. Shaji Mathews Vazhayil
(CEO, Pushpagiri Group of Institutions)

FROM THE PROGRAMMES ADVISOR



I am very pleased to share that the Fifth volume of pharma echo is being released. This highlights the academic and research activities of Pushpagiri College of Pharmacy. It is an embodiment of the students towards the knowledge based activities. It reflects the college activities which excels quality, identity, recognition, & also maintains high academic standards to disseminate the light of pharmaceutical education & congratulating the faculty and students for rendering their expertness & skillness to make this successful.

Prof. Dr. Lincy Joseph,
Organizing secretary

FROM THE EDITOR'S DESK

I am extremely grateful to the lord almighty in enabling us to publish the Pharma Echo Fifth Volume. This news letter is an evidence that, our college gives opportunity for students to exhibit talents. It is a montage of creations and successful accomplishments of the Pushpagiri College of Pharmacy. On this auspicious occasion; I heartily congratulate everyone who toil hard on the stage and behind the curtain to make this into a reality. We put fifth Pharma Echo first volume.

Ms Bincy K. Chacko

"SOLACE" An International Seminar on Cardiovascular Diseases



Ms. Christy. K Jose

International seminar on cardiovascular diseases-"Solace" was organized in Pushpagiri College of Pharmacy at Mar Theophilos Annexe A/C Auditorium on 10th-11th May 2017. There were five scientific sessions led by eminent speakers from various reputed organizations, abroad and India viz. Dr. Justinne E. Guyton, St. Louis County Department of Public Health, Berkeley, USA, Dr. Jared Sheley, Southern Illinois University, Edwardsville School of Pharmacy, Illinois, Dr. Sajan Ahmad, Dept. of Cardiology, Pushpagiri Medical College Hospital and Dr. Kiran, Dept. of Cardiology, Pushpagiri Medical College Hospital, Tiruvalla A total of 700 delegates including 182 external delegates from various Pharmacy colleges inside and outside Kerala attended the seminar. There were delegates from around 31 Pharmacy colleges all over India. The principal, Prof. Dr. Mathew George welcomed the guests. It was followed by presidential address by Rev. Dr. Cherian Thazhamon, Vicar General, Arch diocese of Tiruvalla. CEO's Message by Rev. Dr. Shaji Mathews Vazhayil, CEO, Pushpagiri Group of Institutions was followed with the Inaugural Address by Dr. B. Suresh, Vice Chancellor, JSS University, Mysore, President, Pharmacy Council of India, New Delhi. Inauguration of the seminar was performed by Dr. B. Suresh., Dr. M D Karvekar, Executive council member, Pharmacy Council of India and Shri. B. Rajan, President, Kerala State Pharmacy Council addressed the gathering. Director's Message was conveyed by Rev. Fr. Aby Vadakkumthala, Director, Pushpagiri Medicity. Prof. Dr. Lincy Joseph conveyed organizing secretary's message. Vote of thanks was presented by Ms. Naina Betsy Allen, Chairperson, College Union.

Our Patron

Rev. Dr. Thomas Mar Koorilos
Metropolitan Archbishop of Tiruvalla

CEO

Rev. Dr. Shaji Mathews Vazhayil

Chief Advisor &

Director of Academics & Research

Rev. Dr. Mathew Mazhavancheril

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Rev. Fr. Aby Vadakkumthala

Director, Medicity

Prof. Dr. Mathew George

Principal

Prof. Dr. Lincy Joseph

PG in charge

Ms. Bincy. K. Chacko

Staff Editor

SOLACE 2017



Dr. Jared Sheley and Dr. Justinne E Guyton- Foreign Speakers, USA of Solace 2017 with our Director, Rev. Fr. Aby Vadakumthala , Principal Prof. Dr. Mathew George and PG in charge Prof. Dr. Lincy Joseph.

With Dr. B Suresh, President, Pharmacy Council of India, New Delhi & Vice chancellor, JSS University, Mysore



Speakers and delegates during the inaugural session of Solace 2017



Dr. B Suresh, President, Pharmacy Council of India, New Delhi and Vice chancellor, JSS University, Mysore delivering the inaugural address.....



Honouring the chief guest by Rev. Dr. Shaji Mathews Vazhayil, CEO, Pushpagiri Group of Institutions



Dr. B Suresh, PCI president inaugurating SOLACE 2016 by lighting the lamp



Unveiling of NAAC 'A' grade certificate during SOLACE 2016



Honoring the foreign speaker Dr. Jared Sheley, USA by Rev. Fr. Aby Vadakumthala, Director, Pushpagiri Medicity



Dr. Justinne E. Guyton during the scientific session of Solace 2017



Dr. Sajan Ahmed, Cardiologist of Pushpagiri Medical College Hospital leading a session in Solace '17



PCI President Dr. B Suresh interacting with PCP staff.....



Our Professors with foreign speakers.....



Poster evaluation by Dr. Justinne E. Guyton.....



Foreign speakers from USA with our Academic & Research Director Rev. Dr. Mathew Mazhavercheril.....



Foreign speakers from USA with teaching faculties of PCP

HONOURING OUR ACADEMIC & RESEARCH DIRECTOR.....



Director (Academics and Research) Rev. Dr. Mathew Mazhavercheril was honored for his prestigious post doctoral fellowship from France during Solace 2017.

PROUD ACCOMPLISHMENT OF OUR LEADER



Prof. Dr. Mathew George, Principal at Mercy Hospital, Chicago...

It's a proud and sweet victory of the institution that our Principal, Prof. Dr. Mathew George has conferred Post Doc in clinical pharmacy from Illinois University, USA. He is a renowned researcher in Pharmacology and published numerous research articles in various reputed national & international journals. He had also presented many research papers in top universities all over the world. He worked for various international universities as eminent professor. In addition, he is an active member of many pharmaceutical organizations and also the author of different books in the field of pharmacy.

PLACEMENT DRIVE – LIFE PHARMACY, DUBAI & GLAXOSMITHKLINE PHARMACEUTICALS (GSK) Pvt Ltd.



Mrs. Jyothilakshmi

A Placement Drive was organized by Pushpagiri College of Pharmacy on 8th February 2017 at Mar Theophilos Annexe Auditorium largest medical retailer group of Life Pharmacy, Dubai . The interview was to be done by the delegates of Suhail Manpower agency, Trivandrum.

About 52 students from different colleges (Pushpagiri college of pharmacy, Amrita school of Pharmacy, SME, Nanda college of pharmacy, Sree devi college of pharmacy, Bapuji college of pharmacy, KMCH) had come to attend the interview.

Another placement drive was organized on 9th June 2017 at Mar Theophilos Annexe Auditorium by the multinational company Glaxosmithkline Pharmaceuticals Pvt Ltd. Mr. Siva Subramaniyam (HR Executive), Mr. Manish (Senior HR Manager), Mr. Ravinder (Regional Training Manager), Mr. Velmurugan (Area Business

Manager) and Mr. Harinarayanan (Regional Manager) were the guests of the function.

It gives us immeasurable pleasure to report that around 58 students had actively participated in the interview which includes the 4th year B.Pharm students of Pushpagiri college of pharmacy and four students from other pharmacy colleges of Kerala as well.

As a part of selection process the students had to go through three different rounds of interview prior to reaching the final stage. Out of 11 short listed candidates, 4 candidates were from Pushpagiri College of Pharmacy.



Group discussion during campus recruitment by Life Pharmacy, Dubai



Presenting memento to GSK delegates



Introductory session during campus recruitment by GSK

PROFESSORS AT LEADERSHIP DEVELOPMENT CONCLAVE

Prof. Dr. Mathew George, Principal and Prof. Dr. Lincy Joseph, PG in charge at Leadership development conclave organized by IACP in association with Pharmacy Council of India, New Delhi at Thiruvananthapuram on 1st -3rd May 2017.



Prof. Dr. Mathew George, Principal and Prof. Dr. Lincy Joseph, PG in charge with speakers at Leadership Development Conclave

BASIC LIFE SUPPORT

Ms. Mincy Mathew

Indian Institute of Emergency Medical Services (with American Heart association) conducted a class cum hands on training in Basic Life Support at Pushpagiri College of Pharmacy on 20th March 2017.

Fr. Aby Vadakkumthala, Director, Medicity campus inaugurated the function. Mr. Salaudeen, senior instructor, IIEMS gave away the felicitation.

The class included theory and practical sessions. Through these sessions, all the participants were able to learn the skills of high quality cardio pulmonary resuscitation (CPR) for victims of all age groups. Participants were enabled to respond quickly and confidently in any emergency situation. The session was led by five instructors. Every participant attended and passed the exams and secured certificates.



Inauguration of Basic Life Support (BLS)



Through the Practical sessions of BLS

PHARM D INTERNSHIP PROGRAMME

Our first batch of Pharm D interns have selected for doing their internship programme in sixth year at various multi-speciality hospitals viz. FORTIS HOSPITAL, BANGALORE, FORTIS HOSPITAL, NEW DELHI and JAYPEE HOSPITAL, NEW DELHI.



Our Pharm D interns at FORTIS Hospital, Bangalore.....



Our Pharm D interns at JAYPEE Hospital, New Delhi...



Our Pharm D interns at FORTIS Hospital, Noida.....

 **PUSHPAGIRI** COLLEGE OF PHARMACY
We care God cures

NAAC Accredited with "A"
 Cordially invite your presence for the
 Inauguration & Orientation Ceremony of
 1st B. Pharm & 1st Pharm.D 2017-18 Batch
**Inauguration and
 Orientation Ceremony**
 Date: 03 August 2017, Time: 11.00 AM
 Venue: Pushpagiri College of Pharmacy Auditorium

Presidential Address

Chief Guest



Rev. Dr. Shaji Mathews Vazhayil
 (CEO, Pushpagiri Group of Institutions)

Dr. M.D. Karvekar
 (Executive Council Member
 Pharmacy Council of India, New Delhi)

Felicitations



Rev. Dr. Mathew Mazhuvancheri
 Post Doc (France)
 (Director-Academics & Research
 Pushpagiri Group of Institution)

Rev. Fr. Aby Vadakkumthala
 (Director, Medicity)

Prof. Dr. Mathew George
 Post Doc (USA)
 (Principal, Pushpagiri
 College of Pharmacy)

ACADEMIC EXCELLENCE

- **GPAT winners** - **Anjana Saju, Riji Mary Rari, Sofia Kurian, Sneha R** of IV B Pharm has qualified the GPAT exam and became eligible for higher studies in top universities.
- **IPC women's forum** – **Ms. Kiran Susan Ivan** of IV B Pharm has awarded prize in women's forum during IPC 2016 held at Andhra University.
- **Best outgoing student** – **Ms. Sneha Ann George** was selected as the Best outgoing student 2016-'17.
- **Pharmaceutics endowment award** - **Ms. Archana R** has secured highest marks in the subject Pharmaceutics and was selected for the Endowment award 2016-'17.

Going through various ventures



National Environment Day



Nature Club activities



South Indian Bank Digital Awareness Programme



Student's orientation programme



Safety of women-A Workshop Conducted by Kerala Police Women Cell

Review Article

DUCHENNE MUSCULAR DYSTROPHY



Mrs. Neethu Mohan

Duchenne muscular dystrophy (DMD) is a genetic disorder characterized by progressive muscle degeneration and weakness. It is one of nine types of muscular dystrophy. DMD is caused by the absence of dystrophin, a protein that helps keep muscle cells intact. Symptom onset is in early childhood, usually between ages 3 and 5. The disease primarily affects boys, but in rare cases it can affect girls.

SIGNS & SYMPTOMS



CAUSES

DMD is caused by the absence of dystrophin, which is an important muscle protein that hold muscles together by maintaining the structure of muscle cells. The dystrophin gene is carried on the X-chromosome. Boys have only one X-chromosome, making them more susceptible to dystrophin damage, as they lack a second X-chromosome to make up for the damaged gene.

DIAGNOSIS

- **Creatinine kinase (CK)** - When elevated CK levels are found in a blood sample, it indicates that muscle is being destroyed by some abnormal process, such as a muscular dystrophy or inflammation. A very high CK level suggests that the muscles themselves (and not the nerves that control them) are the likely cause of the weakness, although it doesn't tell exactly what the muscle disorder might be.
- **Genetic testing**- It involves analyzing the DNA of any cells (usually blood cells are used) to see whether there is a mutation in the dystrophin gene, and if so, exactly where it occurs.

- **Muscle biopsy**- If DNA testing fails to find the mutation, a muscle biopsy test may be performed. A small sample of muscle tissue is extracted using a biopsy needle. The key tests performed on the biopsy sample for DMD are immunocytochemistry and immunoblotting for dystrophin. These tests provide information on the presence or absence of the protein. Absence of the protein is a positive test for DMD. Where dystrophin is present, the tests indicate the amount and molecular size of dystrophin, helping to distinguish DMD from milder dystrophinopathy phenotypes.

FDA APPROVED EMFLAZA (DEFLAZACORT) FOR DMD

In February 2017, FDA approved deflazacort for the management of DMD. It is a corticosteroid prodrug, whose active metabolite, 21-desDFZ, acts through glucocorticoid receptor to exert anti-inflammatory and immunosuppressive effects.

The administration of deflazacort with food does not affect the absorption and bioavailability of the drug. Deflazacort is rapidly converted to active metabolite 21-desDFZ by esterases after oral administration. It is further metabolized by CYP3A4 to several other inactive metabolites. Urinary excretion is the predominant route of elimination and is completed by 24 hours post dose. Half life of the drug is about 1.1 to 1.9 hrs.

DOSE 0.9 mg/kg/day PO qDay.

The most common side effects include facial puffiness (Cushingoid appearance), weight gain, increased appetite, upper respiratory tract infection, cough, extraordinary daytime urinary frequency (pollakiuria), unwanted hair growth (hirsutism) and excessive fat around the stomach (central obesity).

RESEARCH PUBLICATIONS

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