



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

Vol. 7(1), 2022

A BIENNIAL NEWSLETTER OF PUSHPAGIRI COLLEGE OF PHARMACY

I am happy and proud to know that the college is bringing out another volume of the newsletter "PHARMA ECHO". We have made tremendous progress in all areas of academic and non-academic activities relevant to staff and students. The College has achieved another milestone in successfully completing second cycle of NAAC accreditation. A News Letter is like a mirror which reflects the clear picture of all sorts of activities undertaken by various committees of the college. The faculty, staff and the students have included all the events that were organized in the college in the last few months. I am sure that this newsletter will be informative and resourceful. I congratulate the Editorial Board of this News Letter who have played wonderful role in accomplishing the task in time. Also my heartfelt Congratulations to all staff members and students for their fruitful effort.

Best Wishes,
Prof. Dr. Santhosh M. Mathews
Principal

PRINCIPAL'S MESSAGE



OUR VISION

We Care.... God Cure...

OUR MISSION

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

At the outset I deem it a privilege to be the Newsletter Chief Editor and be a part in making this Newsletter a reality. It gives me immense pleasure to launch the seventh volume of PHARMA ECHO. I would like to take this opportunity to extend my heartfelt gratitude to my entire team of PHARMA ECHO who have strived hard to bring this newsletter on time. The Biennial Newsletter focuses on bringing the academic activities of all the departments, committees and the college to forefront. We are immensely thankful to the management for giving support, encouragement in this endeavor. Last but not the least we are thankful to all the authors who have contributed their articles for the newsletter. Any suggestions or criticism on the newsletter would be most welcome.

With Regards,
Julie Mariam Joshua
Chief Editor

FROM THE EDITOR'S DESK



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ABOUT THE COLLEGE

Pushpagiri College of Pharmacy is one of the member institution of Pushpagiri Medical Society, Thiruvalla. Pushpagiri Medical Society is owned and managed by Catholic Archdiocese of Thiruvalla, Kerala, a Christian Charitable Society registered under the societies act. Pushpagiri Medical Society is pioneers in healthcare in central Kerala providing its services since 1949.

The society is having a 900 bedded Medical College Hospital, a Dental College, a Pharmacy College, a Nursing College, Centre for Virology, Pushpagiri Research Centre and College of Allied Health Sciences to impart medical education at graduate and post graduate levels.

As a part of providing academic excellence to various academic interfaces, we have collaborations and MoUs with various institutions and universities.

Pushpagiri College of Pharmacy is one of the reputed Pharmacy Colleges in Kerala. It was established in the year 2004.

The college is approved by Pharmacy Council of India, and affiliated to Kerala University of Health Sciences.

We offer B. Pharm M. Pharm, Pharm D, Pharm D (PB) and research programmes. We provide best quality education in Kerala with well-equipped laboratory, research lab, toxicology lab and library. Clinical training is conducted at our super speciality medical college hospital by expert team of clinicians.

We are the first accredited pharmacy institution in Kerala with NAAC 'A' grade. Students from our institution are been placed in reputed hospitals and industries across India and abroad.

INSTITUTIONAL HIGHLIGHTS

- Excellent ambience for teaching, learning, research and extracurricular activities.
- RMC for nurturing research (animal house, medicinal garden).
- Nature Club.
- Participation in NIRF.
- NSS Unit.
- Placement Cell.
- Wi-Fi enabled campus, Separate Pharm D Block.
- Separate hostel facilities for boys and girls within the campus.
- Well-established Clinical Pharmacy division in the medical college hospital with NABH and NBA accreditation.
- Committed PhD registered faculties.



ADMINISTRATION

CHIEF PATRON



**H.G. Most Rev.
Dr. Thomas Mar Koorilos**
METROPOLITAN ARCHBISHOP
OF THIRUVALLA



**PUSHPAGIRI
COLLEGE OF PHARMACY**



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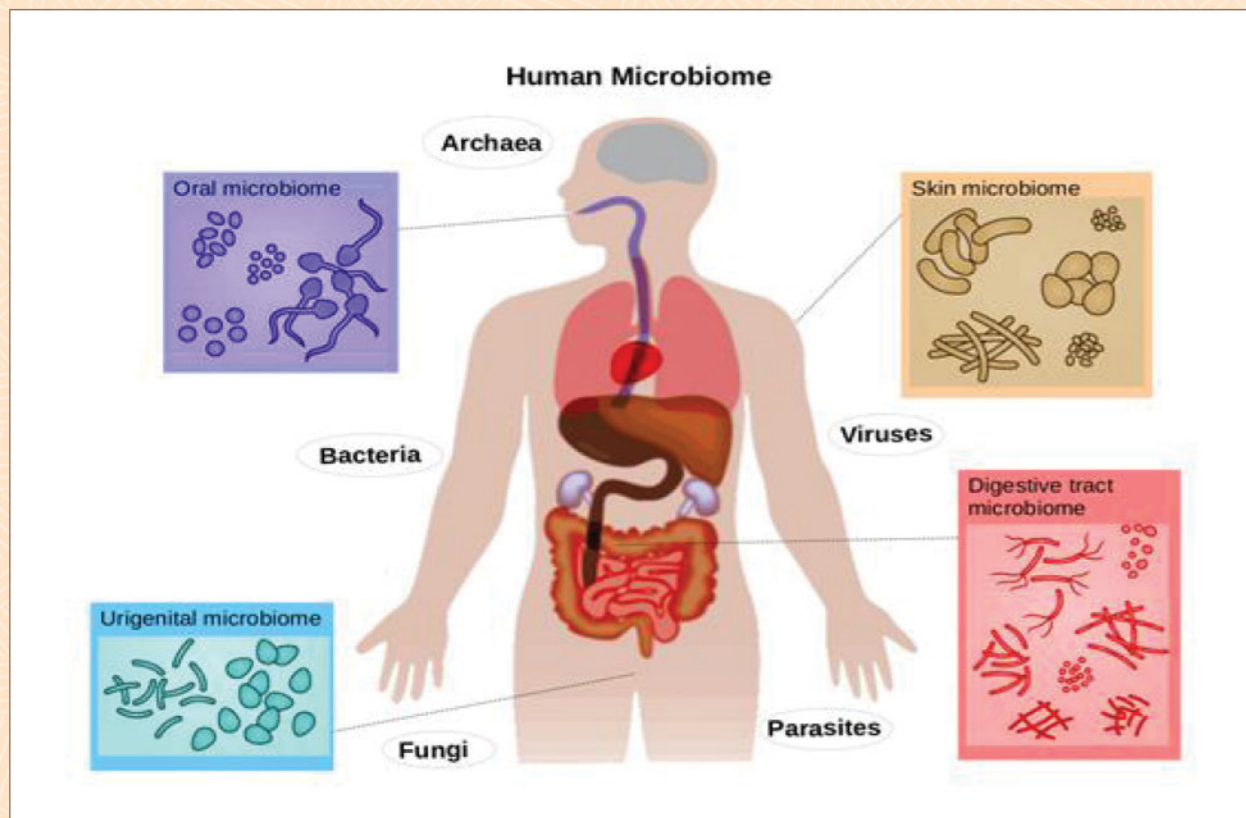
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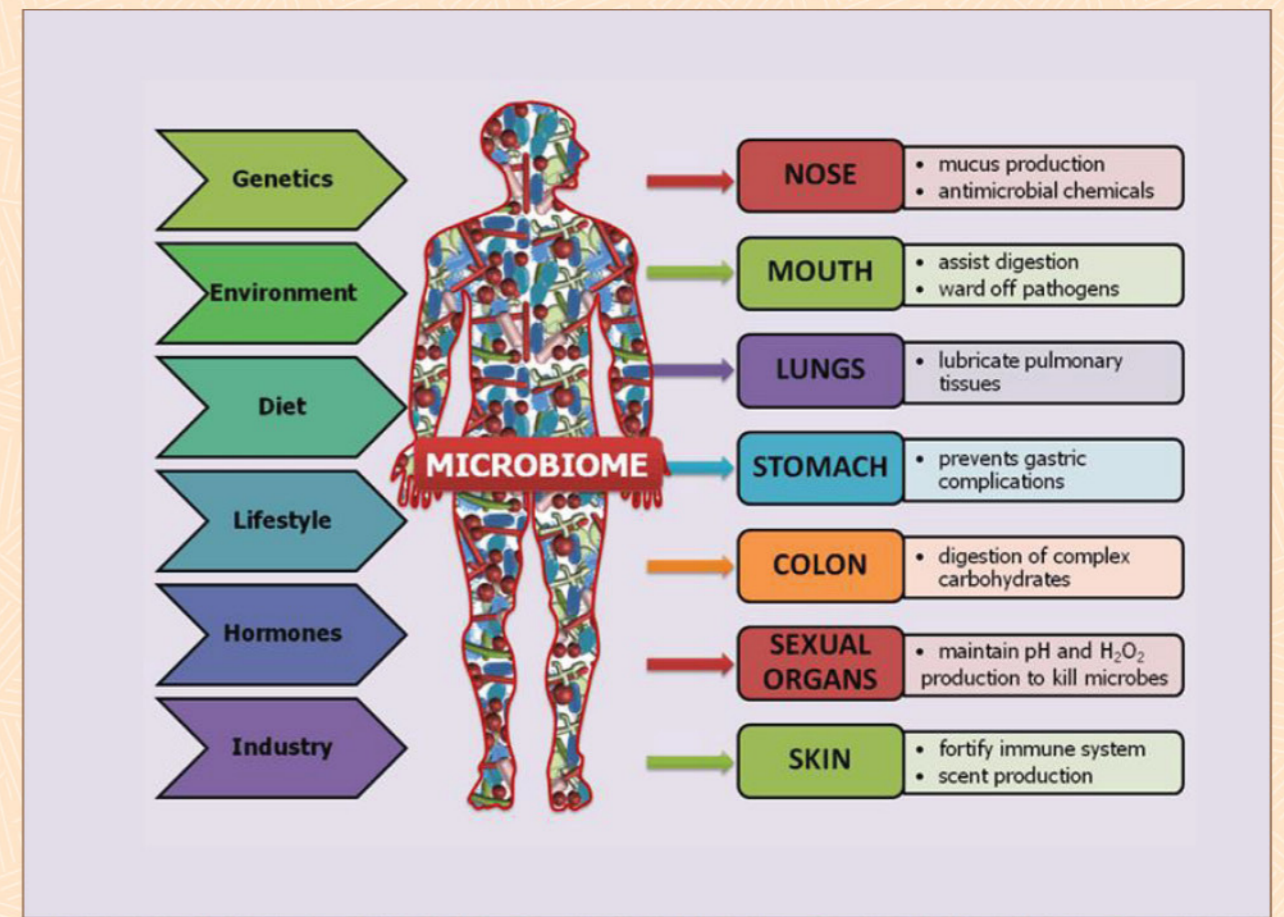
HUMAN MICROBIOMES



The microbiome is the community of trillions of microorganisms (such as fungi, bacteria and viruses) that exists in a particular environment. In a healthy person, these “bugs” coexist peacefully, with the largest numbers found in the small and large intestines but also throughout the body. The microbiome is even labelled a supporting organ because it plays so many key roles in promoting the smooth daily operations of the human body.

In humans, the term is often used to describe the microorganisms that live in or on a particular part of the body, such as mouth, skin, gastrointestinal tract and

urogenital tract. These groups of microorganisms are dynamic and change in response to a host based on environmental factors, such as exercise, diet, medication and other exposures. These microbes are both helpful and potentially harmful. Most are symbiotic (where both the human body and microbiota benefit) and some, in smaller numbers, are pathogenic (promoting disease). In a healthy body, pathogenic and symbiotic microbiota coexist without problems. Microbiota stimulate the immune system, break down potentially toxic food compounds, and synthesize certain vitamins and amino acids including the B vitamins and vitamin K.



The microbiome works in harmony with various organs in the body and aids in the proper functioning of a human being. For example, microbes living on the surface of the skin guard against invasion from opportunistic bacteria and pathogens. These microbes also help in healing wounds, fortifying the immune system and producing volatile signalling molecules essential for communication within the body and the nervous system.

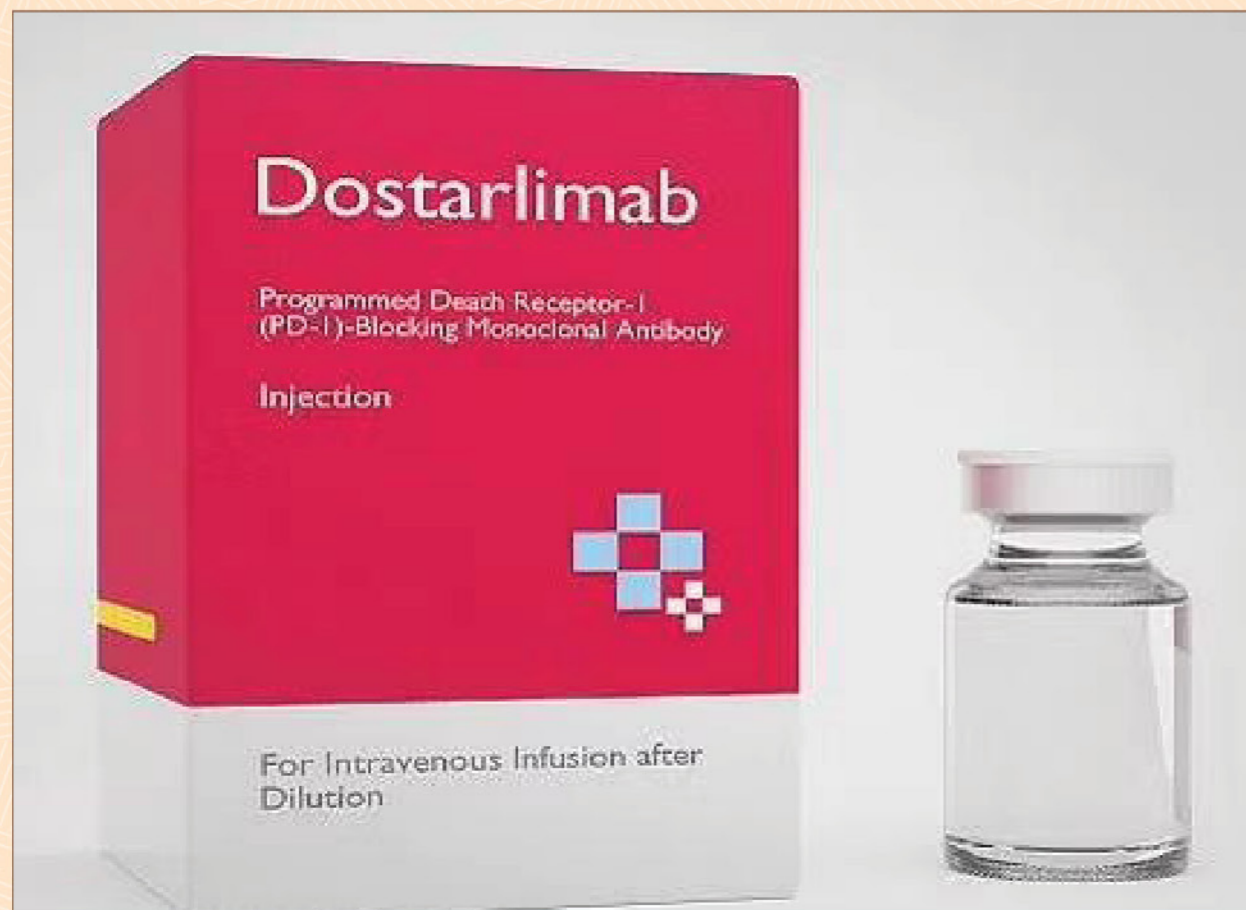
The gut, which harbours the highest amount of microbes, would not be able to carry out its digestive duty without microbial assistance. Sugars like table sugar and lactose (milk sugar) are quickly absorbed in the upper part of the small intestine, but more complex carbohydrates like starches and fibers are not as easily digested and may travel lower to the large intestine. There, the microbiota help to break down these compounds with their digestive enzymes. The fermentation of indigestible fibers causes the production of short chain fatty acids (SCFA) that can be used by the body as a nutrient source but also play an important role in muscle function and possibly the prevention of chronic diseases, including certain cancers and bowel disorders. Clinical studies have shown that SCFA may be useful in the treatment of ulcerative colitis, Crohn’s disease, and antibiotic-associated diarrhoea. Over recent years the gut microbiome in particular has been linked to a plethora of diseases and conditions, from diabetes to autism and anxiety to obesity.

This invisible organ is modulated by disparate factors including parental genetics, geography, food and lifestyle. Although microbiome finger-printing is in its infancy, it is clear that an individual living in an urban area will house a different microbial community relative to a rural inhabitant. The identification of each microbial constituent and its role will enable the classification of each individual according to his or her microbe type; this has the potential to be as revolutionary as the discovery of blood groups in the twentieth century. Microbial fingerprinting would result in a seismic shift in health quality and delivery. Manipulation and enrichment of select microbial communities — referred to as microbiome engineering - would improve health, rejuvenate organs, enhance character traits and lead to more effective medications.

In addition, microbe-supplemented creams for skin diseases and microbe-fortified nutritional supplements are already being routinely touted as personalized cures. The tracking of microbes and their metabolites may become a common molecular strategy to identify individuals and even their behaviours. Although this expansive invisible organ was visualized only recently, the unravelling of its functions, coupled with the understanding of its origins, could lead to major changes in health care, health education, nutrition and personal traits.



Dostarlimab: The miraculous cancer cure

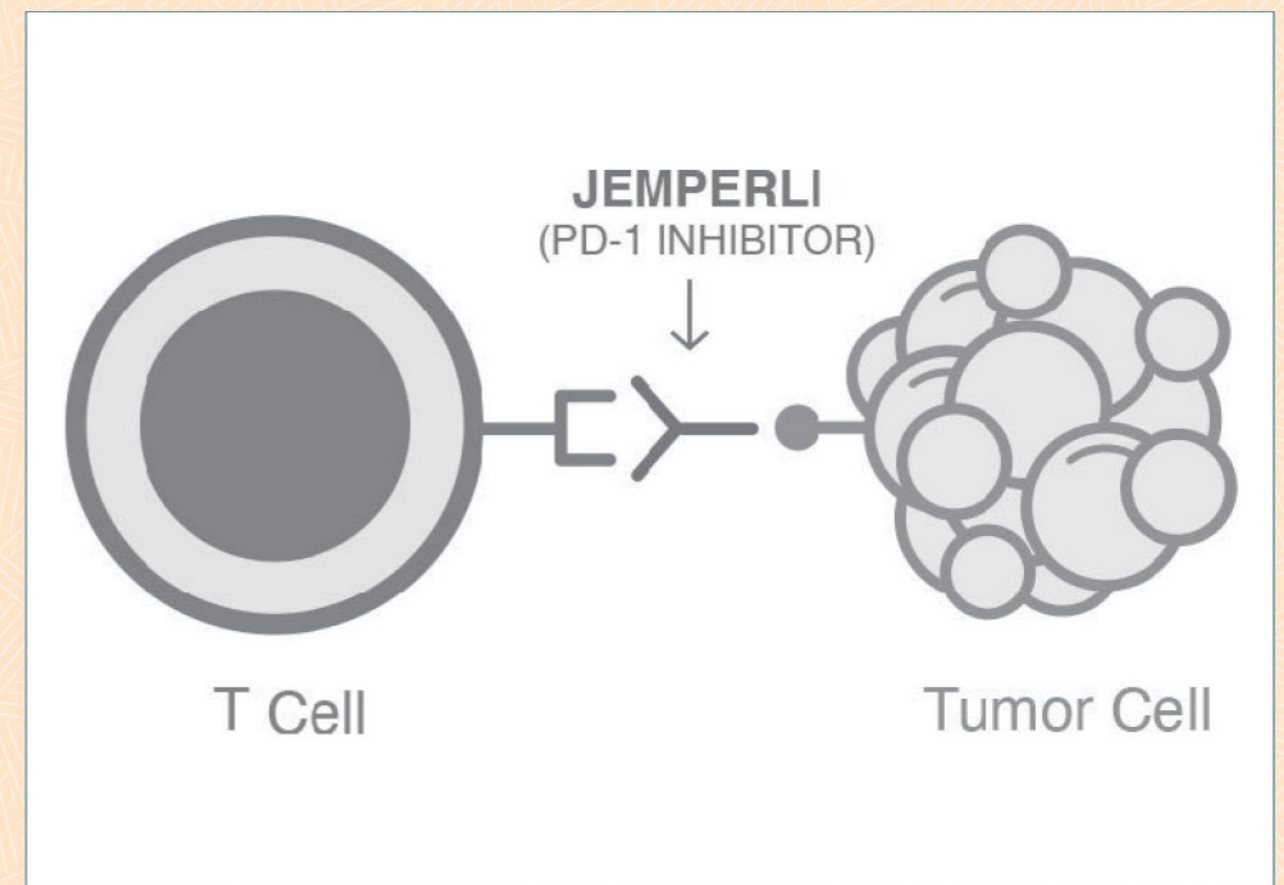


"A monster more insatiable than the guillotine" quotes Dr Sidharta Mukherjee about cancer from his book; The Emperor of all Maladies. In a very small trial held in New York, there is news that the monster has finally been tamed for the very first time.

A small-scale clinical trial comprising 12 colorectal cancer patients conducted by Memorial Sloan Kettering Cancer Center, Manhattan, New York, experienced a miraculous escape from the horrendous disease during the entire trial

by using Dostarlimab (an anti-PD-1 monoclonal antibody) that was seen to remove tumours from the patients after taking the drug for six months. All of the individuals were subjected to a series of medical tests, including a physical examination, endoscopy, bioscopy, PET scans, and MRI scans, and none of the results revealed any evidence of the tumour.

Dostarlimab is a monoclonal antibody whose target is PDCD1 :- Programmed Cell Death Protein -1 which is a



protein on the surface of T and B cells that has a role in regulating the immune system's response to the cells of the human body by down-regulating the immune system and promoting self-tolerance by suppressing T cell inflammatory activity. This prevents autoimmune diseases, but it can also prevent the immune system from killing cancer cells

PD-1 is an immune checkpoint and guards against autoimmunity through two mechanisms. First, it promotes apoptosis (programmed cell death) of antigen-specific T-cells in lymph nodes. Second, it reduces apoptosis in regulatory T cells (anti-inflammatory, suppressive T cells)

Dostarlimab therefore works by inhibiting the PDCD1 which otherwise would have suppressed T cell inflammatory function and thereby prevent immune destruction of cancer cells.

Dostarlimab sold under the brand name Jemperi; produced by pharma giant GlaxoSmithKline is a monoclonal antibody used as a medication to treat endometrial cancer. It belongs to the drug class of anti neoplastics; which are a broad class of drugs used in the treatment of cancer. Intravenous route of administration is followed for dostarlimab. The main aim of monoclonal antibody drugs like Dostarlimab, Pembrolizumab are to block molecules that cancer cells need to grow, flag cancer cells for destruction by the body's immune system, or deliver harmful substances to cancer cells.

The clinical trial was published by a team of 32 researchers on June 5, 2022, in one of the most prestigious medical journals "New England Journal of Medicine."

The study's original goal was to see if the drug Dostarlimab, in combination with routine chemoradiotherapy and surgery, was an effective treatment for advanced mismatch repair-deficient stage II or III rectal adenocarcinoma.

The results were nothing sort of a medical miracle because the cohortly small test population showed 100% efficacy as the tumour traces could not be found even with repeated screening with use of biopsies and all other diagnostic tests known to oncologists.

Dr. Andrea Cercek, a co-author of the paper and an oncologist at the Memorial Sloan Kettering Cancer Centre in New York, explained to CNN that "Dostarlimab works by unlocking the body's natural immune system to fight cancer. When we give immunotherapy like with dostarlimab, it ramps up the immune system so that it sees cancer and gets rid of it," she added. "What's remarkable here is that it eliminated cancer. The tumours just vanished."

This trial though a promising ray of hope lacks mainly in the size of the test population. Since the trial had both beneficiary and satisfactory results it is hoped that further investigation on this medical miracle will broaden its use in therapy.

NAAC PEER TEAM VISIT

National Assessment and Accreditation Council (NAAC) Peer team visited Pushpagiri College of Pharmacy, Thiruvalla on 8th and 9th June 2022 for the second cycle of NAAC assessment. NAAC Peer Team comprised of Prof. Navin Sheth (Chairperson, NAAC Peer Team), Prof. Vijay Juyal (Member Coordinator, NAAC Peer Team) and Dr. Sohan Chitlange (Member, NAAC Peer Team). The Peer Team inspected the college in connection with Assessment and Accreditation. We extravagantly welcomed the NAAC peer team in Kerala traditional way. The assessment procedures commenced with the presentation by the Principal, Prof. Dr. Santhosh M. Mathews about the college, following which a meeting was conducted with all Head of Departments. The peer team verified the data and files during the presentation. The team then visited various departments, laboratories, instrumentation room, computer lab, library, animal house, botanical garden etc. There was also a meeting with the governing body of the institution held at Pushpagiri Medical College hospital followed by visit to Department of Pharmacy Practice in the hospital. The Team later visited and verified the facilities of sports, gymnasium, playground, hostel and canteen etc. Separate interaction sessions with

all stakeholders (students, alumni, parents, and staff) was also conducted. The interaction with the IQAC coordinator and various criterion heads was carried out in the Quality Assessment Cell. The students organised a spectacular cultural programme on 8th June 2022 at 06.00pm in honour of the peer team visit. The two-day visit concluded with an exit meeting held in the college auditorium on 9th June 2022 at 04.30pm, during which the NAAC peer team chairperson gave his observation and hoped that the implementation of the recommendation would enable the college to excel in the coming years. The members of the entire team also expressed their happiness and satisfaction about the performance of the college. They also suggested a few necessary steps for future development of the college. Peer team report was handed over to Principal, Prof. Dr. Santhosh M. Mathews & Mrs. Bincy K. Chacko, IQAC Coordinator. The vote of thanks was proposed by IQAC Coordinator, in which wholehearted gratitude was expressed to the peer team members and also appreciated the sincere efforts of all staff and students in the successful completion of peer team visit.



Welcoming NAAC Peer Team Members



NAAC Exit Meeting



PCP'ians during the NAAC Peer team visit

YOUNG INNOVATORS PROGRAMME (YIP)



On 25th February 2022, the Mar Theophilos Annexe auditorium hosted the Young Innovators Programme (Kerala Development & Innovative Strategic Council, K-DISC) Prof. Dr. Santhosh M. Mathews (Principal) delivered an eloquent welcoming address. Rev. Fr. Aby Vadakkumthala (Director-Institutions) officially opened the ceremony with a benedictory speech and a lamp lighting ceremony. Mr Jinto Sebastian (District Programme Executive, K-DISC) conducted the scientific session on YIP.

The session was detailed about the registration & idea submission on YIP. After the scientific session, there was an open forum for students to create groups & submitting their ideas in YIP. Mr. Jinto Sebastian and his volunteers guided the students for registration and uploading their ideas. 34 B Pharm students, 82 Pharm D students & 21 M Pharm students were participated in the programme. As a token of our sincere gratitude, memento was presented to Mr Jinto Sebastian (District Programme Executive, K-DISC). Mrs Sreekavya B. (YIP coordinator) offered the vote of gratitude. The National Anthem brought the end of the programme.

GRADUATION CEREMONY - "REGALIS"



Pushpagiri College of Pharmacy, Thiruvalla organized the Graduation ceremony 'REGALIS' on 15th January, 2022 for the PHARM D 2014-2020 batch and M PHARM 2019-2021 batch. The programme started with prayer song by 1st semester M. PHARM students, followed by Welcome Speech by Prof. Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy. Rev. Fr. Aby Vadakkumthala (Director, Pushpagiri Medicity) delivered the Presidential address.

Honourable Chief Guest Rev. Dr. Cherian Kottayil enlightened the audience with Inaugural address, followed by Lighting of the lamp by the dignitaries. Rev. Fr. George Valiyaparambil



Former Administrator- Pushpagiri Medical College Hospital blessed the graduates with felicitation.

Further on the list was the most significant event – Passing the light of Knowledge. All the graduating students in their graduation dress received the light of knowledge from the guest, director, and principal. It was a moment that really added charm to the atmosphere with a sense of achievement.

Pharmacist oath was given by Dr. Nithin Manohar R., Vice Principal – General Affairs. He expected everyone to achieve pinnacle of success with positive framework of mind. By

the time the ceremony came to an end, Dr. Christy K. Jose, Vice Principal – Academic Affairs delivered vote of thanks in the form of blessing.

Two representatives of the graduates Dr. Thomas Saju (Pharm D) and Ms. Feba Mariyam (M Pharm) promised to

maintain the Honour, Integrity and Dignity of their profession by delivering their graduation speech. To make the graduation day more meaningful students of 1st semester M Pharm dedicated a sequence of cultural and cherished the moments. Graduation day was concluded with the National Anthem and Photo Session.

IQAC INITIATIVES

STAFF & STUDENT ENRICHMENT PROGRAM

“Let’s Be Smarter for a Better Tomorrow”



On March 5th 2022, Internal Quality Assurance cell (IQAC) of Pushpagiri College of Pharmacy organized a staff & student enrichment program at Mar Theophilos Annexe Auditorium. The main aim of this programme was to familiarize the faculties and students about the present trends in the education system. The programme started with the prayer by staff choir. Dr. Santhosh M. Mathews (Principal) delivered an eloquent welcoming address. The Presidential address was given by Rev. Fr. Aby Vadakkumthala (Director-Institutions). After the inaugural session, the resource person Dr. Alex George, Assistant Professor, Department of Education, St Thomas College of Teacher Education, Pala started the session for students at 10.30 am. He handled the session on ‘Let’s Be Smarter for a Better Tomorrow’. Around 86 students from first B. Pharm & Pharm D batches took part. During the session, the speaker discussed on the basic idea of concept of education and learning. He highlighted the importance of learning and gave an idea about domains of learning i.e. cognitive, affective, psychomotor and interactive. He shared his knowledge with participants using power point presentation, videos and various techniques. The session helped the students to express their thoughts

through interactions and created awareness among them. The first session ended with feedback at 1:30pm.

The second session of the day commenced after lunch at 2:00 pm, the staff of PCP actively participated in the session. He started his discussion on methods of teaching, objectives of teaching i.e. general objectives and specific objectives of syllabus, importance of media and interpersonal relationship among employees. He also highlighted the importance of communication and information process in the teaching field. Then he discussed about how to create interest among the students. He explained to the participants how to use body language and eye contact in the classroom while teaching the subject. The session came to an end at 4.30 pm with feedback from faculties. Rev. Fr. Aby Vadakkumthala handed over a memento to the resource person as a token of appreciation.



Dr. Alex George presented a book titled “Education for future” penned by him to the NAAC coordinators expressing his gratitude. The session was very informative and all the participants enthusiastically participated in the session. The IQAC is really thankful to Dr. Alex George for taking out time for Pushpagiri College of Pharmacy and enriching us with his valuable knowledge.

SEVANAHASTHAM: A HELPING HAND TO CHANGE LIVES



programmes with the purpose of educating and helping the society through continuous community engagement and extending support.

As a part of the World Malaria day celebrations, a community awareness program was organized in Peringara gramapanchayat by the N.S.S Unit in association with the Pharmacy Practice Department of Pushpagiri College of Pharmacy on 30th of April 2022 at 09.00am.

The Flag off Ceremony was held at the college entrance and program coordinator Mrs. Malini S, Associate Professor, Department of Pharmacy Practice gave the welcome address. Followed by the welcome address, Prof. Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy delivered the presidential address which emphasized on the importance of community awareness for malaria. World Malaria Day theme for this year “Harness innovation to reduce the malaria disease burden and save lives” was introduced by Mrs. Pheba Susan Thomas, Assistant Professor, Department of Pharmacy Practice. Felicitation for the program was delivered by Mrs. Syarmala Sunil, Peringara panchayat ward member. Finally, the Chief Guest, Mr. M. Naushad, Excise Circle Inspector, Government of Kerala gave the inaugural address and officially flagged off the program.

Pushpagiri College of Pharmacy is an institution that always keeps social transformation and social justice well above the individual prosperity and success. One of the core values of the institution is “social commitment”. The college believes that higher education institution has responsibility to all its stakeholders and it can be fulfilled only through continuous community engagement and fostering the social responsibility of the students and teachers. In 2022, IQAC of the college institutionalised these efforts under a well-coordinated initiative titled “Sevanahastham”. The college is actively planning to conduct various community outreach



The community awareness program commenced at 09.30am. The Final year Doctor of Pharmacy students conducted the community awareness program in the ward under Mrs. Syarmala Sunil, Peringara panchayat ward member. A total of 24 students and 6 faculty members divided into 3 groups and visited 108 homes in the ward.

Various topics like vector control measures, disposal of stagnant water and clinical manifestations of malaria were addressed. The students actively took part in educating the public and ensured that all doubts regarding malaria were clarified. The team returned at 11.00am after successful completion and refreshments were provided at the college.

NSS - PROGRAMMES AND ACTIVITIES

INTERNATIONAL WOMEN'S DAY

N.S.S Unit in association with the Department of Pharmaceutical chemistry organized Women's day Celebrations at Pushpagiri College of Pharmacy on "International Women's Day, 8th of March 2022 at 2.30 pm. Keeping the theme gender equality today for a sustainable tomorrow the programme was highlighted by a seminar on topic 'Women-You are Valued'.



The inaugural session started with prayer by the college choir. Programme Convener Mrs. Jinijith S. Assistant Professor, Department of Pharmaceutical Chemistry, gave the welcome address. The college Principal Dr. Santhosh M. Mathews delivered the presidential address with Women's day message followed the inaugural address by Fr. Aby Vadakkumthala (Director- Pushpagiri Institutions).

Women's day felicitations were offered by Mr. Franklin Francis (Branch Manager- Jolly Silks, Thiruvalla) Mrs. Syarmala Sunil (Ward member-Peringara Grama Panchayath) and College NSS-Unit Coordinator Dr. Jomin George Joseph (Assistant Professor, Dept. of Pharmacy Practice).

The women staff who achieved mile stones in their profession and the senior women members who were retired from their active services last year were honored

in the event. The sisters who has been taking care of the girl's hostel were also acknowledged and honored.

The inaugural ceremony came to an end with vote of thanks by Programme Coordinator Mrs. Ragisha Francis (Assistant Professor, Dept. of Pharmaceutical Chemistry)

The scientific session was commenced with

the resource person introduction by organizing secretary Dr. Christy K. Jose (Vice Principal, Pushpagiri College of Pharmacy). The chief resource person Mrs Sara Cherian (Youth for mission, Thiruvalla) with her strong mind and great skills delivered a motivational talk on topic: 'Women-You are Valued'. The session was inspirational and interactive.

The International Women's day celebration was a success by the combined effort of the organizing committee with strong support from Fr. Aby Vadakkumthala, Director-Pushpagiri Institutions, Prof. Dr. Santhosh M. Mathews, Principal, Rev. Dr. Christy K. Jose (Vice Principal), Dr. Nithin Manohar (Vice Principal) Dr. Jomin George Joseph (NSS Coordinator) and all the members in the Department of Pharmaceutical Chemistry, Pushpagiri College of Pharmacy Thiruvalla.

NATIONAL VACCINATION DAY

On March 16th 2022, National Vaccination Day was organized by NSS Unit in association with Department of Pharmacology. The event mainly focused on increasing awareness about the need of vaccination in the present scenario among society. The programme was started by 9.30 am and was held in Mar Theophilos Annexe Auditorium. Principal, Prof. Dr. Santhosh M. Mathews presided the

function. The programme was commenced with a prayer song by the College choir. It was followed by the Welcome speech given by Mrs. Preethu P. John, Convenor, National Vaccination Day 2022. Prof. Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy delivered the presidential address. Fr. Aby Vadakkumthala addressed the gathering. Mrs. Bindhu Jayakumar, Chairperson, Thiruvalla



Municipality inaugurated the function. She appreciated the entire team especially the NSS for organizing such an event, for raising awareness among society regarding vaccination. The inauguration ceremony was accompanied by lighting of the lamp. Dr. Shirley John, HOD, Department of Pharmacology introduced the guests to the gatherings. The Chief Guest for this event was Dr. Felix Johns MBBS, MD, Professor and HOD, Dept of Community Medicine, Pushpagiri Medical College Hospital, Thiruvalla. Dr. Felix spoke about the need to raise awareness about vaccination and its importance. He pointed out that vaccination plays an important role in public health and people have realized it during the COVID 19 pandemic when vaccination was the only way to protect ourselves from deadly disease. Dr. Jathavedus Mohanlal PG resident, Dept. of Community Medicine, Pushpagiri Medical College Hospital presented the topic related to vaccination

and the need to get immunized. During his presentation he discussed from the beginning such as development of a vaccines, its storage, transportation, vaccine vial monitors and also explained about the adverse events following immunization, its various types and also discussed about COVID vaccines and its importance in the present pandemic conditions. The presentation was quite informative and useful. Followed by the presentation session by the resource person, there was an open interactive session, during which many students raised their doubts to the resource person and he discussed in detail with them and cleared their doubts. The programme ended up with the vote of thanks delivered by, Mrs. Sumi James, Coordinator, National Vaccination Day 2022, followed by the National Anthem. The programme was a motivating and informative one for the students and to the gatherings

WORLD TUBERCULOSIS DAY



N.S.S Unit in association with the Department of Pharmacy Practice observed World Tuberculosis Day at Pushpagiri

College of Pharmacy main entrance on 24th of March 2022. The theme of World TB Day for 2022 "Invest to end TB. Save lives" mainly focuses on the need for investments and resources that are required to eradicate this disease.

The programme commenced at 9.00am by invoking blessings from the almighty through college choir. The College Principal Dr. Santhosh M. Mathews formally welcomed the gathering and delivered the presidential address highlighted the need to raise awareness about the serious bacterial disease that affects the health of the lungs. The inaugural speech was given by Fr. Aby Vadakkumthala (Director-Pushpagiri Institutions).

The event started off with health talks about TB by Ms Dhil Thomas (2nd Year Pharm D. student) followed by musical skit by the students of second year Pharm D. The

performance showcased by students were very impressive. The programme Convener Mrs. Merin. T. Koshy proposed the vote of thanks. The inaugural ceremony ended with the National Anthem.

The Observance of World Tuberculosis Day was a success by the combined effort of the organizing committee with strong support from Prof. Dr. Santhosh M. Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director-Pushpagiri

Institutions, Dr. Christy K. Jose (Vice Principal), Dr. Nithin Manohar (Vice Principal), Dr. Jomin George Joseph (NSS Coordinator), Mrs. Merin. T. Koshy (Programme Convener and Assistant Professor, Dept. of Pharmacy Practice) Ms. Julie Mariam Joshua (Programme Co-ordinator and Assistant Professor, Dept. of Pharmacy Practice) and all the members in the Department of Pharmacy Practice, Pushpagiri College of Pharmacy Thiruvalla.

WORLD AUTISM AWARENESS DAY



On April 2nd 2022 World Autism Awareness Day was organised by NSS unit in association with Department of Pharmacology of Pushpagiri College of Pharmacy. The event mainly focused on increasing awareness about autism and autistic people. The programme was started by 2:00pm and was held in Mar Theophilus Annexe Auditorium. The programme was commenced with a prayer song by the college choir. It was followed by the Welcome speech given by Ms. Iyrin Abraham, Convenor, World Autism Awareness Day 2022. It was then followed by a short awareness video presentation about Autism. The video included general information about autism, about autistic people, their features, their strength etc. The video also showcased some talented people and the help that we can do for them. It also gave an awareness about how autistic people can be included in the workplaces in this post pandemic world.

Speaker introduction for the event conducted by Dr. Shirley John, HOD, Department of Pharmacology. The speaker for the event was Mrs. Mizpah Mijares Yong, a Malaysian based engineer and a social activist. The speaker made a video of herself and her daughter where she shared her real life experiences and also story of her daughter Steffi, who is autistic, which was presented to the audience. With her talk, she enlightened the students and all other present in the audience that how profession are plays a pivotal role in the life of people and family with special needs. The session was concluded with a song by Mizpah's daughter Steffi. The programme ended with vote of thanks delivered by Ms. Sherly Eapen, Coordinator, World Autism Awareness Day 2022, followed by the National Anthem. The programme was motivating and informative for the audience.

WORLD HEALTH DAY

On April 7th 2022, "World Health Day" awareness programme was organized by the NSS Unit in association with the Department of Pharmacology. The event was based on this year's WHO theme- "OUR PLANET, OUR HEALTH". The event mainly focused on increasing awareness about the importance of saving the Earth, and thereby our health. The

programme commenced with a prayer song by the college choir at 2:30pm in Mar. Theophilus Annexe Auditorium. It was followed by the welcome address delivered by Ms. Seethal James M, Convenor, World Health Day, 2022. Mrs. Emily James, Associate Professor, Department of Pharmacology delivered the introductory talk about health



and its relevance in the current scenario which was followed by a presentation on this year's theme by Ms. Anna Shyla Mathew of second semester M. Pharm- Pharmacology. She pointed out the significance of the theme in the current pandemic situation, the environmental issues and solutions to tackle the problems. A musical skit was also played by PG students, Department of Pharmacology which emphasized on saving our planet; mother Earth. Further, the

results of poster competition organized by the Department of Pharmacology on April 2nd in association with the 'World autism awareness day programme were announced. The program concluded with the vote of thanks delivered by Ms. Sherly Eapen, Coordinator, World Health Day 2022, followed by the National Anthem. The program was an informative one for the students.

WORLD INTELLECTUAL PROPERTY DAY



N.S.S Unit in association with the Department of Pharmaceutics organized a one day seminar as a part of World intellectual Property day celebrations held at

Pushpagiri College of Pharmacy on 29th of April 2022 at 11.30 am. Keeping the IP and youth innovating for a better future, the programme was highlighted by a presentation on the topics demonstrating the importance of copyrights, trademarks, patents, designs and geographical indications. The IPR Day celebrations were intended to acknowledge the brilliance, ingenuity, curiosity and courage of people who are driving change in our world and shaping our common future.

The inaugural session started with prayer by the college choir. The college principal Dr. Santhosh M. Mathews delivered the welcome address by offering fresh insights into the role of innovation in Pharmaceutical sector. Fr. Aby Vadakkumthala (Director-Pushpagiri Institutions) delivered the presidential address which was followed by

the inaugural address from our chief guest, Adv. Job Michil Hon. MLA- Changanacherry.

The scientific session was commenced with the resource person introduction by General Convenor, Anjana M.N. (Assistant Professor, Pushpagiri College of Pharmacy). The chief resource person Mr. Aneesh V. Pillai (Assistant Professor, School of Legal Studies, CUSAT, KOCHI) hosted a powerpoint presentation to raise the awareness of how patents, copyright, trademarks and designs impact on daily life, to learn about the role that intellectual property rights play in encouraging innovation and creativity.

The seminar came to an end with vote of thanks by Programme Convenor Mrs. Jyothi Lakshmi V. Nair (Assistant Professor, Dept. of Pharmaceutics)

The World Intellectual Property day celebration was a success by the combined effort of the organizing committee with strong support from Prof. Dr. Santhosh M. Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director- Pushpagiri Institutions, Dr. Christy K. Jose (Vice Principal), Dr. Nithin Manohar (Vice Principal) Dr. Jomin George Joseph (NSS Coordinator) and all the members in the Department of Pharmaceutics, Pushpagiri College of Pharmacy Thiruvalla.

MOTHER'S DAY



Mother's Day Celebrations "Amor Materno 2022" is organized by N.S.S Unit in association with the Department of Pharmaceutical Chemistry on 7th May 2022. The function was conducted to honour the mothers of Pushpagiri College of Pharmacy and to bless the occasion with their presence.

The programme commenced at 11.30 am by a prayer song by college choir to invoke blessings from God Almighty. Mrs. Anju V. (Assistant Professor & Convener) Mother's

Day formally welcomed the gathering and Dr. Christy K. Jose (Vice Principal and General Convener) of the meeting delivered the presidential address enumerating the significance of celebrating Mother's Day. The function was formally inaugurated by Smt. Santhamma R. Nair, Vice President, Peringara Grama Panchayat with her sweet words followed by a cake cutting to cherish the moment. Peringara Grama Panchayat Member Smt. Syarmala Sunil



also chaired the function. Rev. Fr. Aby Vadakkumthala (Director, Pushpagiri-Institutions) has done the felicitation address and made the occasion blissful. Prof. Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy) delivered the felicitation address and made the event a grand success with his moral support.

As a token of our love and gratitude, Dr. Christy K. Jose, Vice Principal, Pushpagiri College of Pharmacy honoured Smt. Santhamma R. Nair & Syarmala Sunil with a Mother's day gift. All the mothers representing Pushpagiri College of Pharmacy was honored by presenting Mother's day gift.

The inaugural function was followed by a video presentation sharing lovely moments of all mothers of PCP family with their children as a remembrance of the Day.

The Vote of Thanks was proposed by Mrs. Divya. V. (Assistant Professor & Co-ordinator) of Mother's Day Celebration. The event was more beautiful with blessings from Spiritual Director, Rev. Fr. Varghese Manalel and Rev. Sisters. The inaugural function was followed by a lovely lunch " Mom's Buffet". Sharing and distribution of prepared food by all the staff members of Pushpagiri College of Pharmacy made the event more memorable.

WORLD NO TOBACCO DAY



On May 28th 2022, World No Tobacco Day was organized by NSS Unit in association with Department of Pharmacology. The event mainly focused on increasing awareness about the tobacco and its complications. The programme was started by 2.00 pm and was held in Mar Theophilos Annexe Auditorium. The programme was commenced with a prayer song by the college choir. It was followed by the subject introduction given by Mrs. Sumi James, Convenor, World No Tobacco Day 2022. The main highlight of the programme was the Quiz Competition. A preliminary round written test for quiz competition was conducted on May 21st. Each team was represented by two participants. Four teams from First Semester B. Pharm, Second Year Pharm D, Third Year Pharm D., and Fourth Year Pharm D. were selected for the final round. The quiz competition comprised of four rounds: First

round - General Knowledge, Second round - Tobacco and its harmful effects, Third round - Pharmacy/Pharmacology, Fourth round - Current Affairs. The quiz masters for the competition was Ms. Iylin Abraham, and Ms. Sheryl Eapen and scorers were Mrs. Anjana George, and Ms. Neethi Shaju. The quiz competition was very informative and interesting. The First Prize winner for the competition was second Year Pharm D. and the Second Prize winner was First Semester B. Pharm. The event was concluded with prize distribution ceremony by Dr. Nithin Manohar R., Vice Principal, and Dr. Shirley John HOD, Department of Pharmacology, and Mrs. Emily James. The programme ended up with the vote of thanks delivered by, Ms. Seethal James M., followed by the National Anthem. The programme was a motivating and informative one for the students and to the gatherings.

FIRE AND SAFETY AWARENESS PROGRAM



NSS Unit in association with the Department of Pharmaceutical chemistry organized Fire and Safety awareness program at Pushpagiri College of Pharmacy on 13th May 2022 at 2:00 pm.

The inaugural session started with prayer by the college choir. Programme convener Mrs. Shilpa S. Kurup, Assistant Professor, Department of Pharmaceutical Chemistry, gave the welcome address. Prof. Dr. Presannakumaran, HOD, Department of Pharmaceutical Chemistry, General Convener of the program gave a programme introduction.

Mr. Joseph Thomas, the Fire Safety Officer at Pushpagiri Medical College Hospital, presented an awareness and demonstration workshop. He provided an informative presentation on fire safety, including usage of fire extinguishers on emergency conditions.

Prof. Dr. Presannakumaran, HOD, Department of Pharmaceutical Chemistry, General Convener of the program honoured the speaker with a memento. The inaugural ceremony came to an end with vote of thanks by programme coordinator Ms. Christeena Mary John (Assistant Professor, Dept. of Pharmaceutical Chemistry). The fire and safety awareness program was a success by the combined effort of the organizing committee with strong support from Prof. Dr. Santhosh M. Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director-Pushpagiri Institutions, Dr. Christy K. Jose (Vice Principal), Dr. Nithin Manohar (Vice Principal) Dr. Jomin George Joseph (NSS Coordinator) and all the members in the Department of Pharmaceutical Chemistry. Pushpagiri College of Pharmacy Thiruvalla.



song by the College choir. It was followed by the Welcome speech given by Mrs. Lissy S., Convener, World Earth Day 2022. The subject introduction was given by Mrs. Jeenu Joseph, General Covener, World Earth Day 2022 on how we should conserve our earth and mother nature followed by a meaningful musical skit performed by Third Year Pharm. D students about the effects of global warming and how we as responsible citizens can try to reserve the effect of it. After the musical skit, Mrs. Syarmala Sunil, Member, Peringara Panchayat felicitated the gathering. She appreciated the entire organizing committee especially the Department of Pharmacognosy for organizing such events, for raising awareness among society and also students regarding the importance of protecting our mother planet. She also appreciated Third Year Pharm. D students for the relevant musical skit which reminds the role of young generations in today's pandemic. The programme ended up with the vote of thanks delivered by Mrs. Anju A Varghese, Co-ordinator, World Earth Day 2022, followed by the National

Anthem. After the programme, a small tree plantation event started which was inaugurated by Mrs. Shyarmala Sunil, Member, Peringara Panchayat by planting a sapling in the medicinal garden of Pushpagiri College of Pharmacy. The saplings were sponsored by Joyalukkas Foundation and Mr. Shelton V. Raphel, Mall Manager, Joyalukkas, Tiruvalla, Rev. Fr. Aby Vadakkumthala, Director-Pushpagiri Institutions, Rev. Fr. Varghese Manalel, Spiritual Director, Prof. Dr. Santhosh M Mathews, Principal, Dr. Christy K. Jose, Vice Principal- Academics and Dr. Nithin Manohar R., Vice Principal-Administration, Dr. Prasannakumaran P. N., HOD, Department of Pharmaceutical Chemistry, Dr. Shirley John, HOD, Department of Pharmacology and the committee members had also planted saplings to make the event fruitful. At the end of the program all pledged to do as much as possible and to produce less waste. The programme was motivating and informative one for the students and to the gatherings.

NATURE CLUB ACTIVITIES

WORLD EARTH DAY



On 22nd April 2022, World Earth Day was organized by Department of Pharmacognosy in association with Joyalukkas, Tiruvalla and NSS unit of Pushpagiri College of Pharmacy. The event was coordinated under Nature Club of Pushpagiri College of Pharmacy and it was mainly focused on increasing awareness about the need of planting trees among the students and the society. The programme was started by 11.30 am and was held in Mar Theophilos Annex Auditorium. The programme was commenced with a prayer

EVENTS @ PCP



Inauguration of B. Pharm Batch Farewell



2017-2021 B Pharm Batch Farewell



Farewell to Mrs. Emily James (Associate Professor, Department of Pharmacology) & Mrs. Jinijith S. (Assistant Professor, Department of Pharmaceutical Chemistry)



Horizon 2022- Pharma Arts Fest & College Day Celebrations



Tour programme of 2017-2021 B Pharm batch



Release of PHARMA ECHO Vth volume by Shri. Jacob Job, IPS General Manager HR & PR Pushpagiri Medical College Hospital

ACADEMIC EXCELLENCE



Best Outgoing students of 2017-2021 B Pharm Batch
Ms. Keziya Elizabeth Jacob & Mr. Subith Shaji



Best Academic Performer of 2017-2021 B Pharm Batch - Ms. Shini Jose



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affiliated to Kerala University of Health Sciences (KUHS)**

Accredited by National Assessment and Accreditation Council (NAAC) with "B" Grade



COURSES OFFERED

**B PHARM
PHARM D
PHARM D (PB)
M PHARM (PHARMACY PRACTICE)**

OUR SPECIALITIES

**Easily accessible by MC Road
Hostel Facility available within the campus
Clinical training @ Pushpagiri Medical College Hospital**