



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

A BIENNIAL NEWSLETTER OF
PUSHPAGIRI COLLEGE OF PHARMACY

Vol. 7(2), 2023

Principal's Message



I am happy to know that the college is bringing out another issue of the college newsletter "PHARMA ECHO". The newsletter has emerged as a valuable source to share information about our college with our stakeholders, alumni, staff and students about the development and achievements of our college. I am sure that this newsletter will be informative and resourceful. I am glad to welcome alumni, students and faculties with more interest in bringing the article with more bright concepts and innovative ideas in the next issue. I wish all the success to "PHARMA ECHO" and hope that this culture of releasing newsletter continues forever.

Best Wishes, **Prof. Dr. Santhosh M Mathews** (Principal)

From the Editor's Desk



Warm greetings to the readers!!

I have great pleasure and satisfaction to introduce another issue of our college newsletter "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 at the 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 especially our fellow alumni members. I hope you will enjoy reading this issue. Any suggestions or criticism on the newsletter would be most welcome. Wishing you all a happy reading experience.

With Regards, **Julie Mariam Joshua** (Chief Editor)

OUR VISION

"We Care... God Cures"

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.

INSIDE THIS ISSUE

- ❖ EDUCATION & RESEARCH
- ❖ IQAC INITIATIVES
- ❖ NSS PROGRAMMES AND ACTIVITIES
- ❖ STAFF & STUDENTS PARTICIPATION
- ❖ CELEBRATIONS @ PCP
- ❖ PLACEMENT AND CAREER GUIDANCE
- ❖ "Ad Meliora" - PHARM D GRADUATION
- ❖ EVENTS @ PCP
- ❖ PROUD MOMENTS
- ❖ ACADEMIC EXCELLENCE
- ❖ INTRODUCING NEW FACULTIES

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 1200 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 have completed the second cycle of NAAC accreditation successfully. 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.
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EDUCATION & RESEARCH

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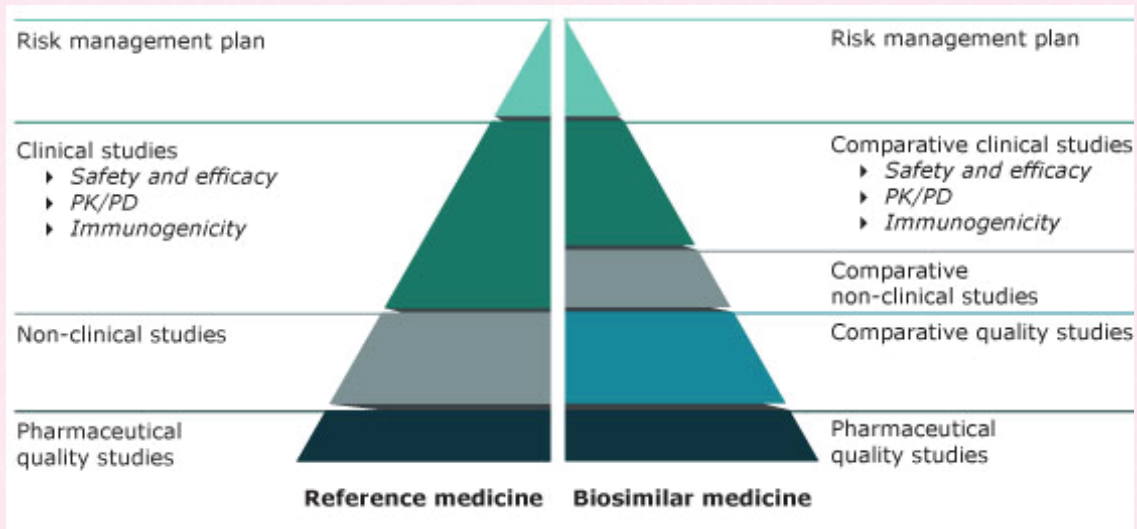
Associate Professor
Department of Pharmacology
Pushpagiri College of Pharmacy, Thiruvalla



BIOSIMILARS: AN OVERVIEW

A biosimilar is a biological medicine highly similar to another already approved biological medicine (the 'reference medicine'). Biosimilars are approved according to the same standards of pharmaceutical quality, safety and efficacy that apply to all biological medicines. Biological medicines offer treatment options for patients with chronic and often disabling conditions such as diabetes, autoimmune disease, and cancers. Biological medicines contain active substances from a biological source, such as living cells or organisms (human, animals and microorganisms such as bacteria or yeast) and are often produced by cutting-edge technology. Most biological medicines in current clinical use contain active substances made of proteins. These can differ in size and structural complexity, from simple proteins like insulin or growth hormone to more complex ones such as coagulation factors or monoclonal antibodies.

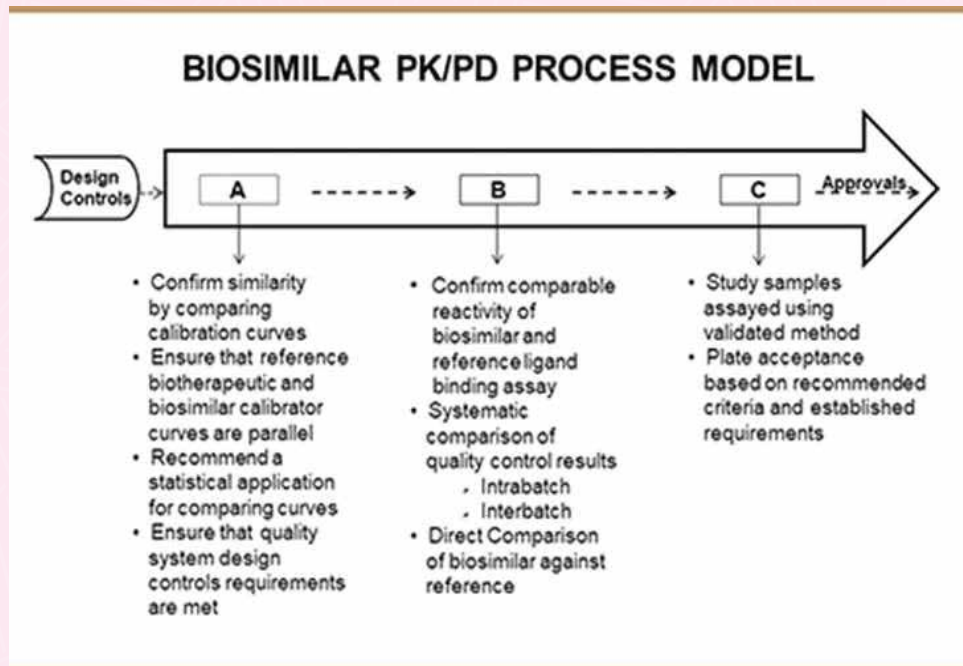
A biosimilar is a biological medicine highly similar to another biological medicine already approved (called 'reference medicine') in terms of structure, biological activity and efficacy, safety and immunogenicity profile (the intrinsic ability of proteins and other biological medicines to cause an immune response). The EU approved the first biosimilar in 2006. A biosimilar is not regarded as a generic of a biological medicine. This is mostly because the natural variability and more complex manufacturing of biological medicines do not allow an exact replication of the molecular micro-heterogeneity. Developers of biosimilars are required to demonstrate through comprehensive comparability studies with the 'reference' biological medicine that the biological medicine is highly similar to the reference medicine, notwithstanding natural variability inherent to all biological medicines; there are no clinically meaningful differences between the biosimilar and the reference medicine in terms of safety, quality and efficacy. This allows avoiding the unnecessary repetition of clinical trials already carried out with the reference medicine. Biosimilar competition should improve patient access to safe and effective biological medicines with proven quality. Biosimilars can only be authorised once the period of data exclusivity on the 'reference' biological medicine has expired. In general, this means that the biological reference medicine must have been authorised for at least eight years before another company can apply for approval of a similar biological medicine. Comparison of data requirements for approval of a biosimilar versus the reference medicine.



Biosimilars and generics differ not only in size, stability, and characterization, but also in how they are made, how they behave over time and their mode of action. A lot of debate has been brewing about the comparisons between generics (which must be identical to their reference products) and biosimilars (which have a natural degree of variability, like with all different lots of the same biologic). Many in the pharmaceutical and biotech industries often refer to generics as small molecule drugs and to biologics and biosimilars as large molecule drugs - meaning the molecules used as the active substances are either small (which for generics means they are synthesized by chemical reactions between different organic and/or inorganic compounds) or large (meaning they are composed of more than 1,000 amino acids and can be produced via modified cells of microorganisms, such as bacteria, yeast or in mammalian cell lines).

Biologics and biosimilars manufacturers must ensure consistency, quality, and purity by

ensuring that the manufacturing process remains substantially the same over time, whereas a small molecule manufacturer can change the manufacturing process extensively and analyse the finished product to establish that it is the same as before the manufacturing change. Because of the complexity of biosimilars and the difficulty of manufacturing them, the cost of any given biosimilar is generally higher than the cost of a generic. And even as more biosimilars come to market and create more competition for costly biologics, the price difference between biosimilars and their reference products may never be as wide as the price difference between generics and their reference products. In order to show that a proposed biosimilar is highly similar to a licensed reference product, the sponsor submits analytical studies demonstrating similarity to the reference product, animal studies (including toxicity assessment), and one or more studies in at least one clinical indication for use to demonstrate purity, potency, and safety of the proposed biosimilar.



Biosimilars are safe and effective treatment options for many illnesses such as chronic skin and bowel diseases (like psoriasis, irritable bowel syndrome, Crohn’s disease, and colitis), arthritis, kidney conditions, and cancer. Biosimilars increase access to lifesaving medications at potentially lower costs. Biosimilars are forecasted to deliver more than \$133 billion in aggregate savings by 2025. More importantly, the total savings to patient out-of-pocket costs, based on the current biologics with approved biosimilars, are estimated to reach up to \$238 million.

Many experts believe that biosimilars are essential to the future of healthcare because they lead to greater competition and innovation in the market, causing prices to drop and allowing greater access to the medication for patients — wherever in the world they may be. In a competitive biosimilars market, pharmaceutical companies can leverage the learnings gained from the original biologics drug and create therapeutically superior products — referred to as bio betters or bio superiors. Patients will therefore have better access to better drugs.



ANTIMICROBIAL STEWARDSHIP: MANAGING ANTIBIOTIC RESISTANCE

Antibiotics have transformed the practice of medicine, making once lethal infections readily treatable. Like all medications, antibiotics have serious adverse effects on patients who are unnecessarily exposed to antibiotics placing them at a risk of developing adverse effects with no benefits. The misuse of antimicrobials particularly antibiotics has contributed to Antimicrobial Resistance (AMR), a serious threat to public health. Antimicrobial Resistance (AMR) occurs when bacteria, viruses, fungi and

respond to medicines making infections harder to treat and also increasing the risk of spreading of disease leading to severe illness and death. As a result of drug resistance, antibiotics and other antimicrobial medicines have become ineffective and infections have become increasingly difficult or even impossible to treat. In order to combat this, Antimicrobial stewardship (AMS) programmes, have been implemented in many hospitals and outpatient facilities to optimize antimicrobial use and ensure access to effective therapy.



Antimicrobial stewardship (AMS) is a coordinated program that promotes the appropriate use of antimicrobials (including antibiotics), improves patient outcomes, reduces microbial resistance, and decreases the spread of infections caused by multidrug-resistant organisms. An effective Antimicrobial stewardship program with appropriate drug selection, dosing, route of administration and duration of antimicrobial therapy coupled with comprehensive infection control program has shown to limit the emergence and transmission of antimicrobial resistant pathogens

THE AIM OF AN AMS PROGRAMME IS:

- ▶ To optimize the use of antibiotics.
- ▶ To promote behavioural changes in antibiotic prescribing and dispensing practices.
- ▶ To improve the quality of patient care and outcomes.
- ▶ To save on unnecessary health-care costs.
- ▶ To reduce the chances of further emergence and spread of AMR.
- ▶ To prevent antimicrobial drug-related toxicity.
- ▶ To prolong the lifespan of existing antibiotics.
- ▶ To limit the adverse economic impact of AMR.
- ▶ To enforce the best-practices among health-care professionals regarding the rational use of antibiotics.

Overview of the WHO AWaRe groups and essential antibiotics on the WHO EML⁵⁰

ACCESS GROUP

This group includes antibiotics and antibiotic classes that have activity against a wide range of commonly encountered susceptible pathogens while showing lower resistance potential than antibiotics in Watch and Reserve groups. Access antibiotics should be widely available, affordable and quality-assured to improve access and promote appropriate use.

Selected Access group antibiotics (shown here) are included on the WHO EML as essential first-choice or second-choice empirical treatment options for specific infectious syndromes.

Amikacin	Cefazolin	Nitrofurantoin
Amoxicillin	Chloramphenicol	Phenoxymethylpenicillin
Amoxicillin + clavulanic acid	Clindamycin	Procaine benzylpenicillin
Ampicillin	Cloxacillin	Spectinomycin
Benzathine benzylpenicillin	Doxycycline	Sulfamethoxazole + trimethoprim
Benzylpenicillin	Gentamicin	
Cefalexin	Metronidazole	

WATCH GROUP

This group includes antibiotics and antibiotic classes that have higher resistance potential and includes most of the highest priority agents among the Critically Important Antimicrobials (CIA) for Human Medicine and/or antibiotics that are at relatively high risk of selection of bacterial resistance. Watch group antibiotics should be prioritized as key targets of national and local stewardship programmes and monitoring.

Selected Watch group antibiotics (shown here) are included on the WHO EML as essential first-choice or second-choice empirical treatment options for a limited number of specific infectious syndromes.

Azithromycin	Ciprofloxacin
Cefixime	Clarithromycin
Cefotaxime	Meropenem
Ceftazidime	Piperacillin + tazobactam
Ceftriaxone	Vancomycin
Cefuroxime	

RESERVE GROUP

This group includes antibiotics and antibiotic classes that should be reserved for treatment of confirmed or suspected infections due to multi drug-resistant organisms, and treated as "last-resort" options. Their use should be tailored to highly specific patients and settings, when all alternatives have failed or are not suitable. They could be protected and prioritized as key targets of national and international stewardship programmes, involving monitoring and utilization reporting, to preserve their effectiveness.

Selected Reserve group antibiotics (shown here) are included on the WHO EML when they have a favourable risk-benefit profile and proven activity against "Critical Priority" or "High Priority" pathogens identified by the WHO Priority Pathogens List, notably carbapenem-resistant Enterobacteriaceae.

Ceftazidime + avibactam
Colistin
Fosfomicin (intravenous)
Linezolid
Meropenem + vaborbactam
Plazomicin
Polymyxin B

The AWaRe classification of antibiotics was developed to support Antibiotic stewardship efforts at local, national and global levels. In this classification antibiotics are classified into three groups as Access, Watch and Reserve. It is a useful tool for monitoring antibiotic consumption, defining targets and monitoring the effects of stewardship policies that aim to optimize antibiotic use and curb Antimicrobial Resistance.

IMPLEMENTING AMS INTERVENTIONS:

- ▶ Adjusting doses - In cases where Antibiotics are prescribed in the wrong dose (overdosing or under-dosing).
- ▶ Monitoring antibiotic levels when indicated.
- ▶ Reviewing antibiotic therapy at 48-72 hours and regularly thereafter in hospitalized patients, and in appropriate situations in the community.
- ▶ Switching antibiotics from intravenous to oral administration as soon as possible when indicated (according to guidelines).
- ▶ Changing antibiotics, ideally to a narrower spectrum (de-escalation) or broader (escalation) spectrum, based on microbiology results and clinical condition.
- ▶ Stopping antibiotics if there is no evidence of infection, based on clinical findings and investigations.

RESPONSIBILITIES OF PHARMACISTS IN AMS PROGRAMMES:

Pharmacists are an integral part of the stewardship team and have an important role in tackling Antimicrobial Resistance and they do so by:

Promoting Optimal Use of Antimicrobial Agents

- ▶ By aiding in appropriate selection, optimal dosing, rapid initiation, proper monitoring and de-escalation of antimicrobial therapies (prescription surveillance).
- ▶ Operating a multidisciplinary, concurrent Antimicrobial stewardship program that uses patient outcomes to assess the effectiveness of antimicrobial use policies throughout the health system.
- ▶ Working with the microbiology laboratory personnel to ensure that appropriate microbial susceptibility tests are reported on individual patients in a timely manner.
- ▶ Utilizing information technology to enhance Antimicrobial stewardship through surveillance, utilization and outcome reporting.

Reducing the Transmission of Infections

Pharmacists should participate in efforts to prevent or reduce the transmission of infections among patients and health care workers by:

- ▶ Participating in the Infection prevention and control Committee.
- ▶ Establishing internal pharmacy policies, procedures, and quality-control programs to prevent contamination of drug products prepared in or dispensed by the pharmacy department.
- ▶ Encouraging the use of single-dose packages of sterile drug products rather than multiple-dose containers.

- ▶ Recommending proper labelling, dating, and storage of sterile products and multiple-dose sterile-product containers (if used).
- ▶ Encouraging routine immunization of hospital staff and others who impact the patient care environment, and promoting periodic screening for selected transmissible diseases.
- ▶ Collaborating in the development of guidelines for risk assessment, treatment, and monitoring of patients and health care workers who have been in contact with persons with a transmissible infectious disease.

Conducting and Participating in Educational Activities

- ▶ Conducting clinical conferences, providing newsletters, and other types of educational forums for health professionals on topics such as antimicrobial use and resistance, decontaminating agents, aseptic techniques and procedures, and sterilization methods.
- ▶ Educating and counselling inpatients, ambulatory care patients, home care patients, and their families and caregivers regarding adherence to prescribed directions for antimicrobial use, storage and handling of medications and administration devices.
- ▶ Participating in public health education and awareness programs aimed at controlling the spread of infectious diseases.
- ▶ Providing exposure to antimicrobial stewardship and infection prevention and control practices through extensive training for practicing health-system pharmacists, students, residents, and research fellows.

Antimicrobial Resistance is one of the major clinical, public health and economic issues facing our generation. The global nature of this problem means that no one country can act in isolation. Pharmacists should support clear governance arrangements to facilitate leadership, engagement and accountability for actions to combat Antimicrobial Resistance through effective communication, education, training and implementation of effective Antimicrobial stewardship practices to ensure appropriate and judicious prescribing, dispensing and administering of antimicrobials. Antibiotic stewardship cannot function without a pharmacist given the extensive knowledge necessary for appropriate utilization of antibiotics. Thus pharmacists have a great responsibility to take prominent roles in Antimicrobial stewardship.

Ms. Keziya Elizabeth Jacob
Alumni (2017-2021 B Pharm batch)
Pharmacist, Believers Church Medical
College Hospital, Thiruvalla



ROLE OF PHARMACISTS IN COMBATING NON-COMMUNICABLE DISEASES



According to WHO, non - communicable diseases (NCDs), also referred to as chronic diseases, are diseases of long duration and are the result of a combination of genetic, physiological, environmental and behavioural factors. The main types of NCDs are cancer, diabetes, cardiovascular diseases (heart attack, stroke and congestive heart failure) and chronic respiratory diseases (such as asthma and chronic obstructive pulmonary disease). These diseases disproportionately affect people in low and middle-income countries where more than three quarters of global NCD deaths occur.

The effective use of pharmacists' knowledge and skills have been shown to improve the delivery of healthcare services. In recent times, pharmacists are actively involved in many facets of healthcare delivery ensuring safe and quality use of medicines, promoting public health, health, providing primary healthcare services and palliative care. Some of the potential areas where pharmacists can contribute substantially to combat NCDs are discussed below.

A. Screening and Monitoring NCDs

Pharmacists are already making significant contribution to the healthcare system by screening and monitoring the progression of NCDs in patients. Studies in many countries show that community pharmacists are adequately capable and ideally placed to screen for different conditions including diabetes, asthma, COPD, breast cancer and bowel cancer among many others. There is sufficient evidence that pharmacist – led monitoring programs contribute to the prevention and management of NCDs

B. Patient counselling on medication adherence

One of the best ways to improve medication adherence for patients with NCDs is patient medication counselling/education, which is an important means for achieving pharmaceutical care. It is defined as providing medication related information orally, in written form, or using other reasonable demonstration tools for patients or caregivers, on topics like direction of use, advise on side effects, precautions, and storage conditions, diet and lifestyle modifications. The goal of counselling, particularly for patients with NCDs, is to provide information directed at encouraging safe and appropriate use of medications, thereby improving therapeutic outcomes.

C. Medication Therapy Management (MTM)

This is provided by pharmacist with the aim of optimizing drug therapy and improving therapeutic outcomes for patients, often in collaboration with healthcare professionals. Medication therapy management involves 5 core components: medication therapy review, personal medication record, medication related action plan, intervention and or referral, and documentation and follow up. MTR is a systematic process of collecting patient medication related information which occurs during pharmacist patient encounter.

D. Improved access to quality and affordable medicines

Pharmacists can play a pivotal role in providing quality medicines for patients with NCDs from the industrial pharmacy point of view, through continue research and development into the special needs of patients with NCDs. These may include technologies for customising their medication in order to suit the special needs for individual patient.

The role of pharmacists in combating NCDs can never be overemphasized. Pharmacists can actively play dual roles in this direction, through both prevention and treatment of NCDs. However, there are challenges in achieving the full potential of pharmacists' knowledge and skills in the low- and middle-income countries where the burden of NCD is higher. These challenges include low pharmacist manpower and underutilization of pharmacists' potentials in such countries.

IQAC INITIATIVES

NATIONAL WORKSHOP "SCIENTIFIC EXCELSIA -2022"

A two day national workshop Scientific Excel-sia-2022, titled, "Recent Trends in Scientific Publications and Research Methodology" was conducted on 22nd and 23rd July 2022. The workshop was conducted as part of Faculty development programme. Total number of delegates were 45, including the PG students. The main objective of the workshop was to introduce the recent trends in research methodology and how to make successful and productive scientific publications. The resource persons of the workshop were Dr. M.K Unnikrishnan, Professor, NGSIM Institute of Pharmaceutical Sciences, NITTE University, Mangalore Dr. Anilkumar, Vice Principal, College of Pharmaceutical Sciences, Cheruvandoor, Kottayam and Dr. Madhu.C.Divakar, PPG College of Pharmacy (Director CD Remedies), Coimbatore.

The inaugural session commenced at 9.30 am on day 1 with the prayer song by college choir followed by welcoming the resource persons to the National Workshop. The programme introduction was given by Mrs. Anju.V, Assistant Professor and Convenor of National workshop. The function was officially inaugurated by lighting the lamp by resource persons, Principal and the organizing committee members. The scientific session commenced with a pretest for assessing the knowledge of delegates on research methodology, followed by the scientific session by Dr. M.K. Unnikrishnan, which gave insight to past and present knowledge systems and the ethics involved in research publications. The whole afternoon was dedicated to a hands-on session led by Prof. Dr Anilkumar on the various research tools.



Based on the hands on session, group task were assigned to the participants, which were to be presented during the presentation of group task on the second day of the workshop

The second day scientific session started at 9.00 am with a silent prayer. The two fore noon sessions were by Dr. M.K.Unnikrishnan and Dr. Madhu.C.Divakar on Scientific Writing and Funding agencies & Research Grants respectively.

The Research tools, hands on session was continued by Dr. Anil Kumar. The afternoon session began with the group task presentation by the group leaders, followed by the post-test. The pre and post test results were evaluated by the resource persons, revealed the efficacy and success of the 2 day workshop. During the valedictory function, Dr. Shirly John, General Convenor of the workshop, summarized the event,

and conveyed vote of thanks, followed by feedback from the delegates. The guests were honored by the Principal Prof. Dr Santhosh M. Mathews. The certificates for all the participants were distributed and the workshop came to close with the National anthem.

MONKEYPOX AWARENESS PROGRAMME

A public & community awareness program on monkey pox was organized by the Department of Pharmacy Practice in association with N.S.S Unit on 19th & 20th of August 2022. The first day public awareness programme was organized at 10.00 am in KSRTC Bus Terminal, Thiruvalla. The programme commenced with the welcome address by Prof. Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy and the inaugural address was delivered by Shri. Jose Pazhyadom (Vice Chairman-Thiruvalla Municipality). A leaflet prepared by Department of Pharmacy Practice

highlighted the history, symptoms, diagnosis, prevention as well as the treatment options for monkey pox was unveiled by Vice Chairman & handover to the general public. Felicitation for the program was delivered by Shri. Mathews Chalakuzhy (Counsellor, Thiruvalla Municipality). The inaugural function was concluded with vote of thanks by Dr. Nithin Manohar R, (NSS coordinator & vice principal). As part of awareness programme, fifth Year Pharm D students performed a flash mob in front of KSRTC bus terminal.



A community awareness programme was organized in the next day at Community hall, Peringara Gramapanchayath. The programme commenced at 10.00am with a prayer song by Kudumbasree members of Peringara Gramapanchayath. The welcome address was delivered by Prof. Dr. Santhosh M Mathews (Principal, Pushpagiri College of Pharmacy)



followed by the presidential address from Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medical Society). Mrs. Latha Kumari (Junior health inspector, Peringara Gramapanchayath) inaugurated the programme. During her inaugural address, leaflet was also distributed to the



audience. Felicitation for the program was delivered by Mrs. Sharmila Sunil (Ward member, Peringara Gramapanchayath) & Mrs. Ambily Reji (ASHA worker, Peringara Gramapanchayath). The inaugural function ended up with the vote of thanks delivered by CDS coordinator, Peringara Gramapanchayath. Followed by inaugural function,

flash mob was performed by fifth Year Pharm D students. Students and faculties visited around 40 nearby houses of the panchayat and counselled the community about various aspects of monkeypox. The feedback was collected from the community and they also encouraged the students to conduct this kind of awareness programmes in future.

NSS PROGRAMMES AND ACTIVITIES

WORLD BLOOD DONOR DAY

A Blood Donation camp was organized by the NSS unit of Pushpagiri College of Pharmacy in association with the Department of Pharmacy Practice at the Blood centre in Pushpagiri Medical College Hospital in connection with "World Blood Donor Day".



The inaugural function was introduced by Dr Santhosh M Mathews and was followed by the welcome address which was done by Dr Jomin George Joseph, Assistant Professor. Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri Group of Institutions inaugurated the camp officially and keynote address regarding the importance of blood donation was given by Dr V P Sasidharan, Professor & HOD, Department of Immuno Haematology & Blood Transfusion Medicine at Pushpagiri Medical College Hospital.

Felicitation to the blood donation camp was given by Rev. Fr. George Valiaparambil , Director, Pushpagiri Medical college and Dr. Nithin Manohar R, HOD, Department of Pharmacy Practice which was followed by the vote of thanks by Mrs. Archana Vijai, Assistant Professor, Pushpagiri College of Pharmacy. Voluntary blood donation was performed by Pharm D students from VI, V and II year and the camp was adjourned at 11 30 am.

RABIES AWARENESS PROGRAMME

N.S.S Unit organised Rabies awareness programme on 26th of September 2022 at Mar Theophilus Annexe auditorium. The theme of World Rabies Day for 2022 "One health, Zero death" mainly focus to raise awareness about the world's deadliest infectious disease and bring together partners to enhance prevention and control efforts worldwide. The programme commenced at

2.00pm by invoking blessings from the almighty through college choir. The programme convener Mrs Sreekavya B, Assistant Professor, Dept. of Pharmaceutics formally welcomed the gathering and high lightened the need to raise awareness about the serious viral disease that affects the health.



The programme started off with health talks about Rabies by Dr Roon Mariam Mathai, Veterinary Surgeon, Veterinary dispensary, Peringara. The section detailed about prevention and management strategies of Rabies followed by interactive section for students. The section was very interesting and informative. The programme coordinator Mrs Merin. T. Koshy proposed the vote of thanks. The programme ended with the National Anthem. The Awareness programme was

a success by the combined effort of the NSS unit members with strong support from Prof. Dr. Santhosh M Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director-Institutions, Dr Nithin Manohar (Vice Principal- Administration & NSS Nodal officer), Mrs Jeenu Joseph (Vice Principal- Academics), Mrs Sreekavya B (programme convener and Assistant Professor, Dept. of Pharmaceutics), Mrs Merin. T. Koshy (Programme Co-ordinator and Assistant Professor, Dept. of Pharmacy Practice).

STAFF & STUDENTS PARTICIPATION

INTERNATIONAL & NATIONAL CONFERENCES



'PharmaNEST 3.E', a two days International Conference on 'Professional Development and Advanced Training in Artificial Intelligence driven Drug Design, Discovery and Development' held at JSSCP, Ooty



'ClinPharma-2022', one day International Conference on Patient Care held at Ezhuthachan College of Pharmaceutical Sciences, Trivandrum



'Sanjo Pharma Medica 2k22', one day National Seminar on Current Perspectives in Pharmaceutical Stability testing & Drug regulations held at Sanjo College of Pharmaceutical Sciences, Palakkad

INDUSTRIAL VISIT



Industrial Visit - KSDP Alapuzha



Industrial Visit - Megasys Biotek Pvt Ltd, Thrissur

REFRESHER COURSE



Refresher course held at KUHS, Thrissur on Research and Innovative Technologies for Pharmacy Practice Faculties

PAPER PRESENTATIONS BY FACULTIES



Oral Presentations by Mrs. Malini S (Associate Professor, Department of Pharmacy Practice) & Mrs. Archana Vijay (Assistant Professor, Department of Pharmacy Practice)



Oral Presentations by Mrs. Anjana M. N (Associate Professor, Department of Pharmaceutics) & Mrs. Sreekavya B (Assistant Professor, Department of Pharmaceutics)

KUHS SOUTH ZONE ARTS FESTIVAL



Student Participation in KUHS South Zone Arts festival held at Government Medical College, Trivandrum

SPORTS 2022



Inter Pushpagiri Football Match at Pushpagiri Medical College



All Kerala Inter Collegiate (Pharmacy) Football tournament held at Moulana College of Pharmacy, Perinthalmanna



PCP Sports Meet 2022



ANTIDRUG AWARENESS CAMPAIGN





BODHYAM 2022- Lahari Virudha Quiz competition held at Pushpagiri College of Nursing, Thiruvalla



Students Participation in Lahari Virudha Seminar held at KUHS, Thrissur

PUSHPAGIRI DAY 2022



64th Anniversary Celebration of Pushpagiri Medical College

CELEBRATIONS @ PCP

INDEPENDENCE DAY 2022

Pushpagiri College of Pharmacy in association with NSS unit has celebrated the 75th Independence Day as "Azadi Ka Amrit Mahotshav" on 12th August 2022 with great patriotic fervour and zeal. On this special occasion, the programme started with welcome address by the Principal Prof. Dr. Santhosh M Mathews. The Principal addressed the gathering appealing to their nationalistic spirit and urging them to take pride in being an Indian and fulfilling one's duty with responsibility. This was followed by the Presidential Address by Rev. Fr. Aby Vadakkumthala Director Institutions, Pushpagiri Group of Institutions. The programme was inaugurated by Shri Mathen C Joseph, President, Peringara Gramapanchayath. In his inaugural address, he highlighted the importance of this year's theme "Azaadi ka Amrit Mahotsava" Nation First, Always First'.

Speaking on this occasion, he encouraged all staff and students to hoist Tricolour in their homes to mark the 75th year of India's Independence. Felicitation address was delivered by Smt Santhamma R Nair (Vice President, Peringara Gramapanchayath) & Syarmala Sunil (Member Peringara Gramapanchayath). To celebrate the 75th India's independence, the government of India aims to hoist 200 million Tricolours to mark the special occasion, to make this possible Central government has launched the "Har Ghar Tiranga" campaign from August 13 to August 15. The main aim of the event was to inculcate patriotism and a sense of pride toward the nation among students and staff. In this regard, national flags were distributed to all staff members of Pushpagiri College of Pharmacy for participating in "Har Ghar Tiranga"



campaign from August 13 to 15. The inaugural function was concluded with vote of thanks by Dr. Nithin Manohar R, (NSS coordinator & Vice Principal).



As part of “Har Ghar Tiranga” campaign, national flags were distributed to all community pharmacies at Thiruvalla under the leadership of Principal & NSS coordinator. The campaign was inaugurated by Shri. Shibu Varghese, President YMCA, Thiruvalla at Amal Medicals and flag was handed over to Shri. George John Cheriyl. The programme was came to an end by 5.30 pm.

WORLD PHARMACISTS DAY 2022

Students Union in association with N.S.S unit organized World Pharmacists Day Celebrations at Mar Theophilus Auditorium, Pushpagiri College of Pharmacy on 24th September 2022 at 9.00 am keeping the theme “Pharmacy United In Action For A Healthier World”. The morning session started with Poster competition followed by Face painting and Caption writing. All the competitions were conducted based on the Pharmacists Day Theme 2022.



The inaugural session was started at 1.00 pm with a prayer song by the college choir. Programme



Co-ordinator Ms. Neethi Shaju (Assistant Professor, Dept. of Pharmacology & Member, N.S.S Unit) delivered the welcome address. The Students Union Chair Person Ms. Carrel Tom delivered the presidential address which was followed by inaugural address by Dr. Grace Mary John, Pharm.D, BCIDP (HOD, Department Of Clinical Pharmacy, Believers Church Medical College Hospital, Thiruvalla). Mrs. Jeenu Joseph (Vice Principal Academics) delivered the felicitation speech. An honouring ceremony for all the pharmacists, Rev Fathers

and Rev Sisters was conducted and Fr. Aby Vadakkumthala (Director, Pushpagiri group of institutions) graced the occasion. The programme was highlighted by a seminar on the topic "Pharmacy United against Antimicrobial Resistance" by Dr. Grace Mary John. The session was inspirational and interactive. Cultural events were conducted which was followed by prize distribution. The session came to an end with the vote of thanks by Ms. Santhra Ann Saji (PG university counsellor)



ONAM & TEACHERS DAY 2022



Onam, a unique festival of Kerala was celebrated in Pushpagiri College of Pharmacy on 12th September 2022. The students made a beautiful Pookalam in the entrance. The program commenced with the welcome speech by Kevin Stanley (General Secretary, Students union-2022) following Presidential address by Ms. Carrel Tom (Chairperson, Students Union-2022). Prof Dr Santhosh M. Mathews, Principal delivered the felicitation address. He

wished all the students and others a Happy Onam. He said that the festival like Onam unites everyone and develops fraternity.



Teacher's day is celebrated as a tribute to the valuable contribution made by teachers to the society by imparting knowledge and enlightening and shaping the career of students. During this program, all teaching staff were honoured on behalf of Teacher's Day and prizes were distributed to

the groups that bagged prizes in Pushpagiri Onam Celebration competitions: Pookalam team (1st prize) and Group song team (3rd prize). Onam song was performed by the staff. Onam celebration included flashmob by various batches, competitions like Musical Chair and Tug of War. Everyone joined in the celebration by wearing traditional attire. Ms. Krishna S (Arts secretary, Students Union 2022) thanked the gatherings. Onasadhya was arranged by the Students Union as part of the celebration.

PLACEMENT AND CAREER GUIDANCE



Career Guidance by Eazy Link Academy



Campus Placement Drive by GlaxoSmithKline Pharmaceuticals



Career Guidance Seminar on Opportunities in Malta

“Ad Meliora” - PHARM D GRADUATION

Pushpagiri College of Pharmacy, Thiruvalla organized the Graduation ceremony ‘Ad Meliora’ on 19th September, 2022 for the PHARM D 2016-2022 batch in Vijaya International Convention Centre, Thiruvalla. The programme started with prayer song by 5th year PHARM D students, followed by Welcome Speech by Prof. Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy. H.G. Most Rev. Dr. Thomas Mar Koorilos (Patron, Metropolitan Archbishop of Thiruvalla)



delivered the Presidential address. Hon-ourable Chief Guest Shri. P.. Suresh (Former Vice Chancellor, Kerala Kalamandalam) enlightened the audience with Inaugural address, followed by Lighting of the lamp by the dignitaries. Rev. Fr. Dr. Issac Parappallil (Vicar General, Archdiocese of Thiruvalla) 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, Vice Principal, Mrs. Jennu Joseph - Academic Affairs delivered vote of thanks in the form of blessing. Representative of the graduate, Dr. Blessy Sara Kurian (Pharm D) promised to maintain the Honour, Integrity and Dignity of their profession and on behalf of parents, Mr. Monsy Thomas (Parent) delivered their graduation speech. To make the graduation day more meaningful students Pushpagiri College of Pharmacy dedicated a sequence of culturals and cherished the moments. Graduation day was concluded with the National Anthem and Photo Session.

EVENTS @ PCP



Inauguration of Students Facility Centre



Inauguration of Solar Power System @ Medicity Campus



Farewell to Ms. Seetal James (Assistant Professor, Dept. of Pharmacology), Dr. Jomin George Joseph (Assistant Professor, Dept. of Pharmacy Practice), Ms. Christeena Mary John (Assistant Professor, Dept. of Pharmaceutical Chemistry) & Mrs. Lissy S (Assistant Professor, Dept. of Pharmacognosy)



Farewell to Mr. Arun Varghese, Senior Staff member Administrative Department



Release of PHARMA ECHO VIth Volume, Biannual newsletter of Pushpagiri College of Pharmacy



Tour Programme of 2019-2025 Pharm D batch

PROUD MOMENTS

BEST ORAL PRESENTATION AWARD

Mrs. Ragisha Francis, Assistant Professor, Department of Pharmaceutical Chemistry won the best oral presentation award in the '3rd International Conference On Applications Of Natural Compounds, Nano Materials, Oncolytics in Cancer Biology & Biotechnology (ICANNOCB-22)' organized by School of Life Sciences & Association of Cancer Education & Research (ACER), B.S. Abdur Rahman Crescent Institute of Science & Technology, Chennai, India in association with Purdue University, USA on 27th & 28th October 2022





Prof. Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy) chaired a session during International Conference held at JSSCP, Ooty



Mrs. Malini S (Associate Professor, Department of Pharmacy Practice) co-chaired a session during International Conference held at JSSCP, Ooty



Mrs. Bincy K Chacko (Associate Professor, Department of Pharmaceutics) was presented with 'Gem of Pushpagiri' award during Pushpagiri Day



Pushpagiri College of Pharmacy bagged first prize in Radio MACFAST 90.4 Onapattu competition

ACADEMIC EXCELLENCE



Best Academic Performer of 2016-2022 Pharm D batch - Ms. Soubhagya Surendran



Best Outgoing Students of 2016-2022 Pharm D batch, Mr. Nikil K. Mathew & Ms. Megha Annie Jose



Best Academic Performer of 2019-2022 Pharm D (PB) batch Ms. Rachel Johnson

Introducing New Faculties



Mr. Jaspheer Stalin S, M Pharm.,
Associate Professor, Department of Pharmacology

Mr. Jaspheer Stalin S joined in Pushpagiri College of Pharmacy on 1st June 2022 and has a teaching experience that spans nearly 9 years. He completed his Masters in Pharmacology from Sankaralingam Bhuvanawari College of Pharmacy, Sivakasi, Tamil Nadu in 2013.



Dr. M Rajkumar M. Pharm, Ph.D
Professor & HOD, Department of Pharmacognosy

Dr. M Rajkumar joined in Pushpagiri College of Pharmacy on 22nd June 2022 and has a teaching experience of 20 years. He completed his Ph.D from Department of Pharmaceutical Technology, Jadavpur University, Kolkata in 2012 and Masters in Pharmacognosy from Vel's College of Pharmacy, Chennai, Tamil Nadu in 2003.



Dr. A Prakash M. Pharm, Ph.D
Professor, Department of Pharmacology

Dr. A Prakash has joined as Professor ,Pushpagiri College of Pharmacy on 31st August 2022 and has a teaching experience that spans nearly 15 years. He has completed his Ph.D from National Institute of Technology Calicut in 2014 and Masters in Pharmacology from KMCH College of Pharmacy, Coimbatore, Tamil Nadu in 2008. He is engaged with Post Graduate teaching and research



Dr. Nikil K Mathew, Pharm D
Assistant Professor, Department of Pharmacy Practice

Dr. Nikil K Mathew joined in Pushpagiri College of Pharmacy on 6th October 2022. He has completed Doctor of Pharmacy from Pushpagiri College of Pharmacy in 2022. He is employed as Clinical coordinator for all the hospital based programs at Pushpagiri medical college hospital.



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**Approved by Govt. of Kerala, Pharmacy Council of India and
affiliated to Kerala University of Health Sciences (KUHS)
Accredited by National Assessment and Accrediation Council (NACC)**



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 at a Pushpagiri Medical College Hospital