



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

A BIENNIAL NEWSLETTER OF
PUSHPAGIRI COLLEGE OF PHARMACY

Vol. 8(1), 2023

Principal's Message

It is a moment of immense pride that Pushpagiri College of Pharmacy is releasing its 8th volume of news bulletin "PHARMAECHO". It reflects the current college activities which outclass the excellence, identity, recognition and also maintains high scholastic principles to disseminate the light of Pharmaceutical education. I am sure that this newsletter will be informative and resourceful. I take this opportunity to appreciate the scrupulous efforts of the editorial team towards this initiative. I wish them all success.
Best Wishes, **Prof. Dr. Santhosh M Mathews** (Principal)



From the Editor's Desk

I am very contented to share that the eighth volume of "PHARMAECHO" is being released. It is of creation and successful accomplishment of Pushpagiri College of Pharmacy. I would like to take this opportunity to appreciate and thank all who incalculably hard for this venture into reality. 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. Involving gods blessing upon this credible venture, we put forth for your reading and kind reviews. I hope you will enjoy reading this issue

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.

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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.

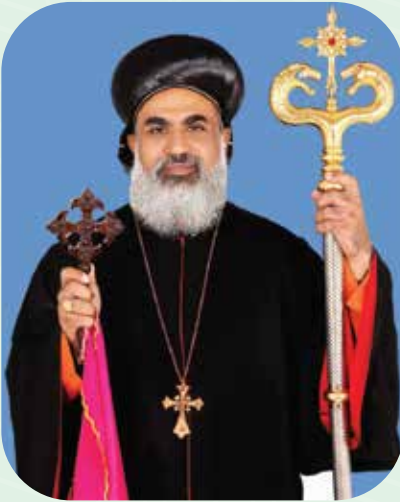
The society is having a 1200 bedded Medical College Hospital, a Dental College, a Pharmacy College, a Nursing College, Centre for Virology, Pushpagiri Research Centre and College of Allied Health Sciences to impart medical education at graduate and post graduate levels. As a part of providing academic 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

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EDUCATION & RESEARCH

FACULTY

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M.Pharm., Ph.D., PGDHM
Professor & Head,
Department of Pharmaceutics,
Pushpagiri College of Pharmacy, Thiruvalla



FROM SEA TO MEDICINE: EXPLORING ANTICANCER POTENTIAL IN MARINE NATURAL PRODUCTS

Drug discovery from marine natural products has enjoyed a renaissance in the past few years. Oceans cover more than 70% of the Earth's surface and host huge species diversity. Of the 35 animal phyla identified taxonomically, 34 are found in the marine environment, and many of these are found only in marine media. The first living organisms appeared in the sea more than 3500 million years ago, and as a result, these organisms have undergone the longest evolutionary period. Marine natural drug products are a diverse group of chemical compounds that are derived from various marine organisms, including bacteria, fungi, algae, sponges, corals, mollusks, and other marine invertebrates as shown in fig.1. These compounds have garnered significant attention from researchers due to their potential applications in various fields, including pharmaceuticals, biotechnology, agriculture, and materials science. Marine natural products are known for their unique chemical structures and often possess novel biological activities that

make them valuable resources for drug discovery and other industrial applications. Many of these compounds exhibit antimicrobial, antiviral, anticancer, anti-inflammatory, antifungal, and anti-parasitic properties. They can also be used in the development of nutraceuticals, cosmetics, agrichemicals, and materials with specialized properties. Marine natural products have provided important lead compounds for the development of drug and therapeutic agents, has opened up new avenues for drug discovery and developments. Material supply is the main drawback for drug development of MNPs because they are obtained from natural sources, usually in only very small amounts. Total chemical synthesis or semisynthesis is the most useful technique to solve this supply problem. Alternatively, biotechnological medicine. techniques can be employed in some cases, such as large-scale fermentation of the producer microorganism or the cultivation of invertebrates, although this has proven more difficult.

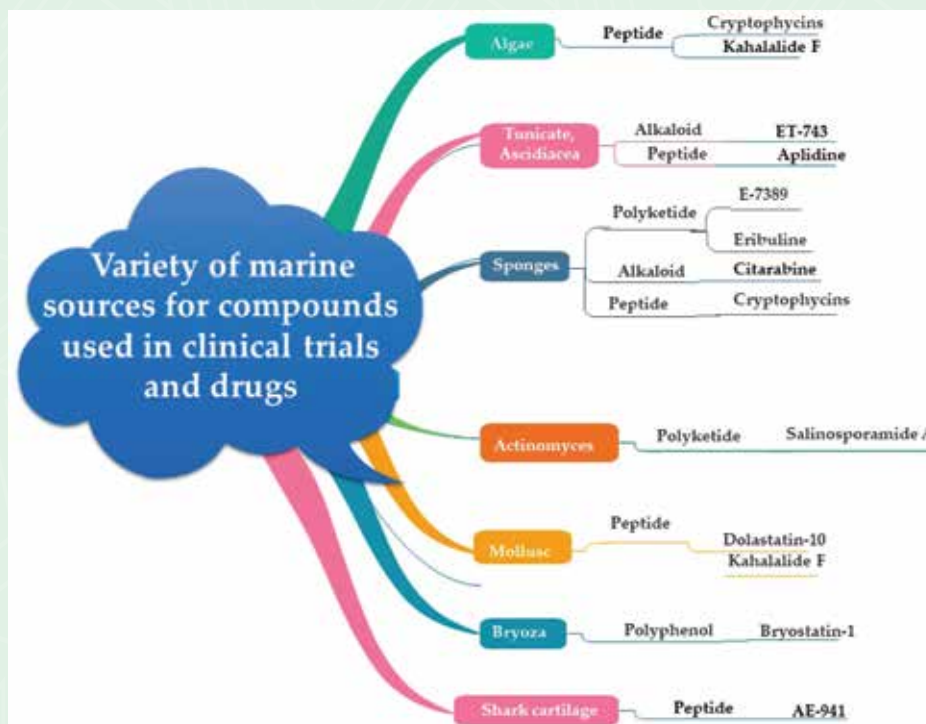
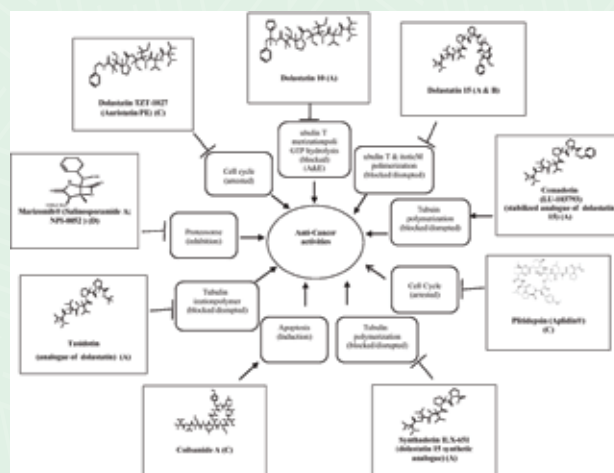


Fig 1: Variety of marine sources for compounds used in clinical trials and drugs

Cytotoxic and anticancer properties account for the majority of biological activity reported for MNPs. Approximately 28,500 marine natural products (MNPs) had been identified, even though many factors that contribute to new discoveries and the difficulties associated with translating marine-derived compounds into clinical trial. The anticancer cytarabine (ara-C) and the antiviral vidarabine (ara-A), were the first US Food and Drug Administration (FDA)-approved drugs (1969 respectively) derived from two natural arabino-nucleosides. Cytarabine is still in use today, but vidarabine has been discontinued in the US and in Europe. and 1976, Overall, marine organisms continue to be a valuable and intriguing source of potential anticancer agents, and ongoing research in this field holds promise for the development of new treatments for cancer as shown in fig. 2. Not all anticancer compounds that enter clinical trials ultimately become approved therapies.



In conclusion, marine natural drug products represent a captivating frontier in pharmaceutical research, offering a treasure trove of potential therapeutic agents. As technology advances and our understanding of marine ecosystems deepen, it is likely that we will continue to uncover remarkable compounds from the sea that could transform the landscape of medicine and improve human health.

STUDENT

Ms. Dona George

Fifth Year Pharm D

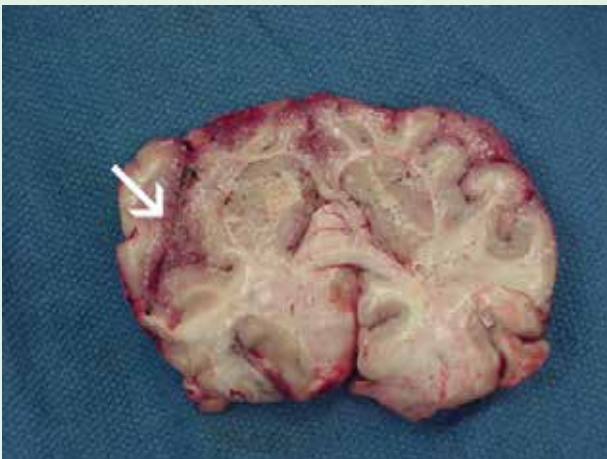
Pushpagiri College of Pharmacy, Thiruvalla



AMEBIC MENINGOENCEPHALITIS

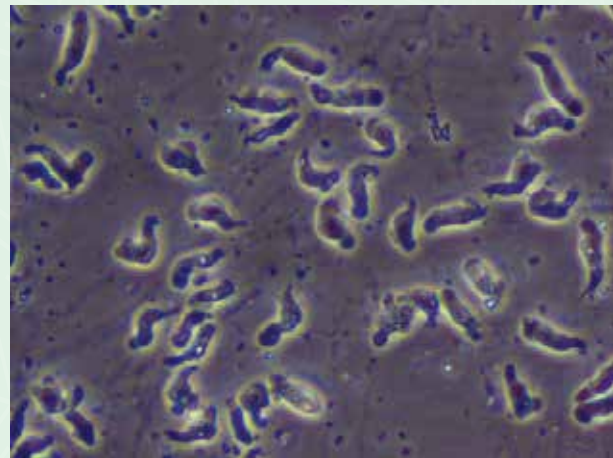
Amebic encephalitis is a rare but lethal central nervous system infection caused by free-living amoebae found in freshwater, lakes, and rivers. There are two types of amebic encephalitis, namely primary meningoencephalitis (PAM) and granulomatous amebic encephalitis (GAE).

In humans, there are four main genera of amoebas that can cause disease, namely *Naegleria* (only *Naegleria fowleri*), *Acanthamoeba* (several species), *Sappinia* (only *S. pedata*), and *Balamuthia* (only *Balamuthia mandrillaris*).



ETIOLOGY

Primary amebic meningoencephalitis (PAM) is caused by *Naegleria fowleri*, a thermophilic, free-living amoeba that lives in temperatures above 30 C and can tolerate temperatures up to 45 C. This protozoan parasite is found in the soil and freshwaters, such as ponds, lakes, rivers, streams, hot springs, and unchlorinated swimming pools. Risk factors for infection include swimming, diving, waterskiing, surfing, and exposure to hot springs. The use of tap water for nasal irrigation has also been reported as a risk factor for the disease.



Granulomatous amebic encephalitis (GAE) is a subacute to chronic infection of the CNS caused by *Acanthamoeba* species such as *A. culbertsoni*, *A. polyphagia*, *A. castellani*, *A. astroonyxis*, *A. hatchetti*, *A. rhyssodes*, *A. divionensis*, *A. lugdunensis*, *A. lenticulata*, and *A. haely*, and *B. mandrillaris*. *Acanthamoeba* is found in soil as well as brackish water, sewage, and humidifiers.

PATHOPHYSIOLOGY

PAM occurs in healthy young individuals exposed to warm freshwater. *Naegleria fowleri* infects susceptible individuals when contaminated water enters the body through the nose. Trophozoites penetrate the olfactory mucosa, cross the cribriform plates, and ultimately reach the olfactory bulb and cause the inflammatory reaction and the parenchymal damage associated with PAM. GAE occurs when the infective form of *Acanthamoeba*, the trophozoites, enters the body through the eyes, nasal passages, and respiratory tract or ulcerated skin.

Once it gains entry, the parasite invades the central nervous system by hematogenous dissemination resulting in GAE. Once in the central nervous system, the parasite stimulates abscess and focal granuloma formation. Disseminated disease, skin disease, and keratitis can also occur.

HISTORY AND PHYSICAL SYMPTOMS

Patients with PAM typically present acutely with fever, severe headache, photophobia, nausea, vomiting, behavioural abnormalities, seizures, and altered mental status. A history of olfactory and taste abnormalities is frequently associated with PAM. On physical examination, meningismus and cranial nerve palsies can be seen. The disease progresses rapidly with increased intracranial pressure leading to uncal herniation and death.

The clinical presentation of GAE differs from that of PAM considerably. GAE presents as a subacute to chronic disease process with weeks to months of progressive headache, low-grade fevers, visual disturbances, behavioural abnormalities, and focal neurologic deficits. Ultimately, the patient develops increased intracranial pressure, seizures, coma, and death. Among patients with HIV, focal neurologic lesions mimicking toxoplasma encephalitis have also been reported.

SIGNS AND SYMPTOMS

Stage 1

Severe frontal headache
Fever
Nausea
Vomiting

Stage 2

Stiff neck
Seizures
Altered mental status
Hallucinations
Coma

DIAGNOSIS

Lumbar puncture for cerebral spinal fluid (CSF) analysis is the primary diagnostic tool for PAM, whereas tissue diagnosis is essential for GAE. Laboratory findings suggestive of PAM include leukocytosis. CSF red blood cells are usually seen, and hemorrhagic fluid is seen as the disease progresses. Hypoglycorrhachia and elevated protein are characteristic. The diagnosis can also be made by using laboratory testing for *Naegleria fowleri* nucleic acid in CSF, biopsy, or tissue specimens or *Naegleria fowleri* antigen in CSF, biopsy, or tissue specimens. Moderate granulomatous inflammation with prominent vascular involvement is typically present on brain biopsy.

CSF parameters show mild pleocytosis with lymphocytic predominance, high protein concentration, and low or normal glucose concentration. Head computed tomography (CT) scanning or magnetic resonance imaging (MRI) should precede lumbar puncture if clinical signs of focal CNS involvement or elevated intracranial pressure (ICP) are present. Magnetic resonance imaging of the brain shows the presence of single or multiple space-occupying lesions with ring enhancement. Computed tomography may show progressive hydrocephalus, meningeal thickening, pseudotumoral or multifocal ring-enhancing lesions.

TREATMENT

Although most cases of primary amebic meningoencephalitis (PAM) caused by *Naegleria fowleri* infection have been fatal, Primary amebic meningoencephalitis (PAM) is treated with a combination of drugs, often including Amphotericin B, Azithromycin, Fluconazole, Rifampin, Miltefosine, and Dexamethasone.

ALUMNI

Ms. Merlin Biju John

Alumni (2019-2021 M Pharm batch)
Assistant Professor
Department of Pharmaceutical Chemistry,
Dr. Joseph Mar Thoma Institute of Pharmaceutical
Sciences & Research, Alappuzha



NIPAH VIRUS: Kerala's Continuing War

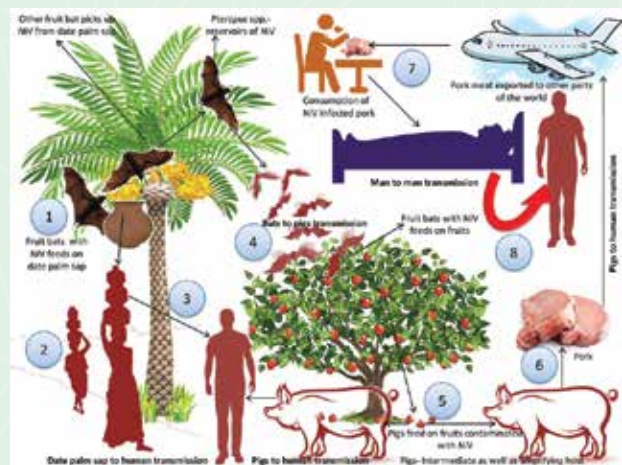
The World Health Organization (WHO) has designated the Nipah virus, a member of the paramyxoviridae family, as a "virus of concern". The Nipah virus infection is a zoonotic disease that can spread from person to person, through contaminated food, or directly from animal to human. It can cause a variety of ailments in infected individuals, including asymptomatic (subclinical) infection, acute respiratory disease, and deadly encephalitis but due to its high mortality rate, contagiousness, and by the absence of a vaccine, the Nipah virus has been classified by the WHO as a worldwide epidemic. Additionally, it has been added to the list of outbreak hazards that are taken into account first and foremost in research and development efforts.

HOW IT SPREADS?

It spreads through direct contact with diseased animals, like pigs or bats, or their bodily fluids (such as blood, urine, or saliva) or consuming food items that have been tainted with an infected animal's bodily fluids (such as fruit contaminated by an infected bat's) or by close contact with a NiV-positive individual or their bodily fluids (such as blood, urine, or droplets from the nose or mouth). Once it infects humans, human-to-human transmission may also occur

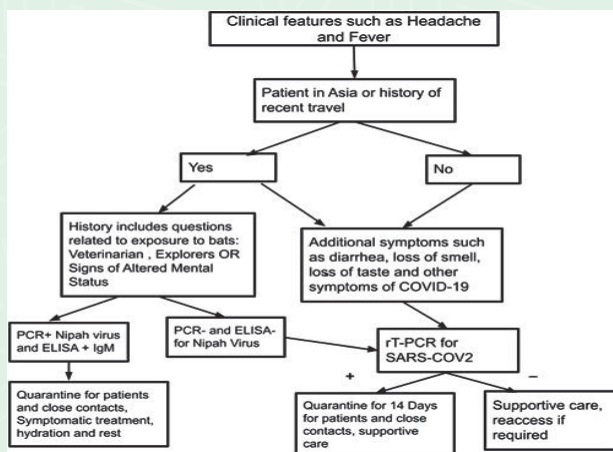
HOW IT STARTED?

Nipah virus (NiV) was found in 1999 following an outbreak of sickness in pigs and humans in Malaysia and Singapore. Nearly 300 human cases and over 100 fatalities were the outcome of this outbreak, which also had a significant economic impact due to the killing of more than 1 million pigs in an effort to contain it. Nipah Virus was first reported in India, in 2001. It has caused four devastating outbreaks in Kerala. The first outbreak of Nipah virus in Kerala was from Kozhikode district on 19th May 2018 and Kozhikode district has had three of Kerala's four Nipah outbreaks in 2018, 2021, and 2023; the fourth outbreak, which occurred in 2019, occurred in Ernakulam district. It's a public health concern since it infects a wide variety of animals and continues to cause fatalities and serious illness in humans.



WHAT ARE ITS SIGNS?

Three types of Nipah virus cases have recently been found in Kerala which are: asymptomatic infections, acute respiratory infections, and fatal encephalitis. The incubation period (the time from infection to the start of symptoms) lasts between 4 and 14 days. However, it has also been recorded that incubation can last up to 45 days. Initially the infected patients develop symptoms such as fever, headaches, muscle pain, vomiting and sore throat. As the disease condition advances the patient develops severe respiratory problems, encephalitis, seizures or even may go into coma within 24 to 48 hours, as per WHO.



HOW CAN IT BE PREVENTED?

Since NiV spreads from person-to-person and due to lack of a vaccine to treat the target NiV, it's a necessary to prevent its spreading by:

1. Regularly washing your hands with soap and water.
2. Staying away from infected pigs or bats.
3. Avoid going to places where bats are known to roost.
4. Avoid consuming or drinking anything that might have been contaminated by bats such as fruits that has been found on the ground or fruits with signs of bat bites should be discarded
5. Stay away from those infected by NiV
6. Raising awareness about the signs, symptoms, and risk of NiV among populations at higher risk

Standard infection control procedures can aid in preventing person-to-person spread in hospital settings during an outbreak. All the person must take these precautions seriously since, if infected, they run the risk of dying and spreading the disease to others. Lastly as we still continue to fight against Nipah it's our human greed that has caused rampant destruction of forest forcing the animals to venture into human settlements causing an increase in the emergence of diseases.

HOW CAN IT BE DETECTED?

During the acute and recovery phases of the illness, Nipah virus infection can be identified using clinical history. Polymerase chain reaction (RT-PCR) using bodily fluids and enzyme-linked immunosorbent assay (ELISA) for antibody detection are the two main tests.

HOW CAN IT BE TREATED?

There are currently no drugs or vaccines that has been developed to treat Nipah virus infection. NiV can only be treated with supportive care, such as rest, hydration, and by providing symptomatic treatment. Symptomatic treatment includes use of Acetaminophen and/or ibuprofen to treat pain and fevers; and anti-seizure drugs such benzodiazepines, levetiracetam, and/or phenytoin may be administered to reduce seizures brought on by acute encephalitis and keep neurological symptoms under control. Respiratory symptoms are treated by using dextromethorphan, dexamethasone, ipratropium, or salbutamol inhalers or nebulizers

IQAC INITIATIVES

“PCP PHARMACON 2023” “Recent Advances in Pharmaceutical sciences and research”



A National Conference “PCP PHARMACON 2023” was conducted on 28th of April 2023 at Mar Theophilus Annexe Auditorium, Pushpagiri College of Pharmacy, Thiruvalla. The Registration for the PCP PHARMACON 2023 was through online till 25th April 2023. Spot registration was also available. Various committees were organised under the guidance of Prof Dr. Santhosh M Mathews as the chairman of the conference. Dr. Christy K Jose, Vice Chairperson, Mrs. Preethu P John as Organising secretary and Mrs. Bincy K Chacko as the General Convenor. Mrs. Mincy Mathew, Mrs. Anjana M N, Mrs Anju V, Mrs. Jeenu Joseph, Mrs. Deepthi Mathew, Mrs. Julie Mariam Joshua, Dr. Nithin Manohar R, Mrs Malini S were the convenors for the various committees. The mode of payment of Rs 500/-(*Students) and Rs.600 (Research Scholars and faculties) for registration was through Google Pay or by Direct Cash Payments.

The details of delegates were consolidated College wise and the distribution of Conference kit was done at the registration counter.

The inaugural function of the Conference was held at 10.00 am with the prayer song by the College choir and the Welcome address was given by Prof. Dr. Santhosh M Mathews, Chairman of the conference. He also gave a brief introduction regarding the scope of the conference.



Chief Guest, Honourable MLA, Shri Mathew T. Thomas, inaugurated the National conference. During his inaugural speech he mentioned about the current social importance of the field of pharmacy and he also wish all the success to the conference. All the guest together lightened the lamp. Following the inauguration Hon. MLA, Shri Mathew T Thomas releases the Biannual College News Letter "PHARMA ECHO" by giving a copy of the issue to Fr. Aby Vadakkumthala, Director Institutions. Mrs. Preethu P John, Organizing Secretary convey the Vote of thanks to the gatherings.

The inaugural sessions were followed by the Scientific sessions. Session 1 mainly focussed on Industrial Aspects of Pharmacy field. Dr. Thomas Kurian, Associate Professor, College of Pharmaceutical Sciences, Kottayam, chaired the session and gave a brief introduction regarding the topic and Dr. Christy K Jose cochaired the session and introduce the speaker among the delegates. Abraham Jacob, Associate Director, Novartis Health Care Pvt Ltd was the chief resource person for the session. He selected the topic "A Preview into the developments in the Pharma field" for his presentation. During his session he mainly focussed on the recent advances in the pharmacy field and during the discussion session many delegates share their queries and doubts with the resource person. The session was quite informative and useful.

Session 2 was regarding the importance of research in Pharmacy. Dr. Beena P, Principal, KVM College of Pharmacy, chaired the session and gave an introduction regarding the topic and Mrs. Mincy Mathew co-chair the session and introduce the speaker among the gatherings Dr. Rinku Mathappan, Director, RED 2green Industrial Sciences was the chief resource person for the session. During her presentation she gave an idea regarding the

basic concepts of research, about research proposals and topic selection and provide a brief idea regarding Ph.D. Admission Process. It was a quite inspiring and useful session for the delegates.

Session 3 was regarding the clinical aspects and importance of clinical pharmacists. Dr. Paul Jacob, Associate Professor, SME Kottayam, chaired the session and gave an introduction regarding the topic and Mrs. Bincy K Chacko, was the cochair for this session and she introduce the speaker among the delegates. Dr. Anita Ann Sunny, Pharm D, BCPS was the chief resource person for the session. She selected the topic "Beyond the Horizon: Neurology Clinical Pharmacy Specialists" for her discussion. The session mainly covers the importance of neurology clinical Pharmacist and the advances in both neurology and clinical Pharmacy. It was a quite informative and useful session for the delegates.

Oral and E poster presentations for the delegates were also carried out and are evaluated by the Distinguished Professors.

Scientific sessions were followed by the Valedictory function. Mrs. Jeenu Joseph welcomed all to the valedictory function. Feedback responses were shared by the external delegates during the session. Prizes for the Oral and e-Poster presentation was distributed. Participation certificates were distributed among the delegates. Dr. Santhosh M Mathews, Pricipal, concluded this conference by conveying gratitude to all those who become the part of this conference and the sessions end up with National anthem.

The cooperation and sincere commitment of every committee was evident and their support and hard work was commendable.

BASIC LIFE SUPPORT (BLS) TRAINING PROGRAM



Basic Life Support training program organized by IEMS, Kottayam was organized by IQAC on 17th & 19th May 2023 at our college auditorium for B Pharm, Pharm D and M Pharm Students. On 20th May, the course offered by American Heart Association was given to Pharm D Interns, fifth semester B Pharm and Faculties. The program started with prayer song on all days and Principal, Prof. Dr Santhosh M Mathews welcomed the whole team members. The training was given by a team of eleven members which included Physician from Emergency Medicine, Pushpagiri Medical College Hospital, Thiruvalla and the team leader was Mrs. Alice. BLS guidelines were provided to the students prior to the course which high lightened a set of clinical interventions for immediate emergency management of cardiac arrest, and other life-threatening medical emergencies as well as knowledge and skills to apply those interventions. During the course, the students got training in essential skills individually, as part of a team and as a team leader in different learning stations based on stimulated clinical scenarios.

The students learned the basic of resuscitation like chest compressions, adult and infant breaths, management of ch oking in adults and infants.

At the end of the BLS training course by American Heart Association students appeared for a written and practical test to evaluate the knowledge on clinical for the emergency management of life threatening conditions. The students who successfully completed the course were provided with American Heart Association Basic Life Support certification card. The program was very informative and got excellent feedback from the students as well as faculty.



SEVANAHASTHAM: A HELPING HAND TO CHANGE LIVES



Pushpagiri college of pharmacy is an institution that always keeps social transformation and social justice well give the individual prosperity and success. In 2022, IQAC of the college institutionalised their efforts under a well-coordinated initiative titled 'Sevanahastham'. As part of this, various events were organized every year to educate and help the society through continuous community engagement and extending support

DIABETIC MEDICAL CAMP

Department of Pharmacy Practice & N.S.S Unit in association with British Biologicals conducted a Diabetic Medical Camp at Peringara Grama Panchayath and Health check-up for staff at Pushpagiri College of Pharmacy on 25th of February 2023. Medical Camp mainly focused on Fat Monitoring, Glucose Monitoring, Blood Pressure Monitoring and Diet Counselling. The programme commenced at 10.00 am by invoking blessings from the Almighty through college choir. The College principal, Prof. Dr. Santhosh M Mathews formally welcomed the gathering and Rev. Fr. Aby Vadakumthala, Director - Pushpagiri group of Institutions in his presidential address high lightened the importance of medical camp.



The inaugural speech was given by Shri. Soman Thamarachalil (Pulikeezhu Block Member) and felicitation done by Mrs. Ragini Biju (CDS Kudumbashree Unit) and Mrs. Ambili (Asha worker- Peringara

Panchayath). The event started off with health talks about Lifestyle Disorders and its Management strategies by Mrs. Runa Cherian (Zonal Dietician) followed by Medical Camp and House visit by the students of sixth year



Pharm D. Diet counselling was done by dieticians of British Biologicals. Nearly 100 members were participated in the camp. Mr. Anil Sekhar, RBM, British biologicals Stated that they are interested in Medical camp and also, they offered future co operations for conducting further camp. The NSS Co-ordinator, Dr Nithin Manohar R proposed the Vote of Thanks. The Medical camp was a great success by the combined effort of the Organizing Committee with strong support from Prof. Dr. Santhosh M Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director-Institutions, Dr Nithin Manohar (Vice Principal), Mrs

Malini S (Programme Convener and Associate Professor, Dept. of Pharmacy Practice), Mrs Rani Manju, Mrs Archana Vijay, Mrs Julie Mariam Joshua, Mrs. Pheba Susan Thomas and the ASM and Medical Representatives of British biologicals.

NSS-PROGRAMMES & ACTIVITIES

“DHYUTHI” NSS RESIDENTIAL CAMP

A Seven days residential camp “Dhyuthi” was conducted from 20th February 2023 to 26th February 2023 at Pushpagiri Medicity Campus to enlighten the young minds. 121 student volunteers actively participated in this programme. Registration for the students was started at 8.00 am at the reception counter. The inauguration ceremony was done by Fr. Varghese Manalel, spiritual director followed by a felicitation address by Prof. Dr. Santhosh. M. Mathews, Principal, Pushpagiri College of Pharmacy. An orientation class based on our theme was conducted followed by various activities like awareness on cleaning, yoga, orphanage visit, Nature club activities seminars on drug safety and lifestyle diseases.



INTERNATIONAL WOMEN’S DAY

Women’s Day Celebrations 2023 was organized by Department of Pharmaceutical Chemistry in association with IQAC on 10th March 2023. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The main aim is to raise awareness about the status and dignity of women among the students. The function was conducted as a remembrance of International Women’s Day on 8th March with the theme “Innovation and Technology for Gender Equality” and to honour women.

The function was officially inaugurated by our Chief resource person Dr Achamma Alex, Retd Associate Professor & Principal, Christian College, Chengannur. The inaugural address was on the topic "Is an empowered women, a complete women" signifying the importance of women in each corner of life. Student's raised their queries on the topic and sweets were distributed as a remembrance of the day to cherish the moment.



INTERNATIONAL YOGA DAY

International Yoga Day 2023 was organized by Department of Pharmaceutical Chemistry in association with NSS Unit and IQAC on 21st June 2023. The Theme of this year Yoga Day is "Yoga for Vasudaiva Kutumbakam" for unifying the humanity and to consider world as one. The Yoga day programmes commenced at 7.00 am with a yoga session to students by 'Pytric School of Yoga' to rejuvenate their mind and body. It was a one hour yoga training session. The participation of students union "Dyuthi" was appreciated. More than 30 students participated for the session in which most of them were hostel inmates. The venue of the session is on Foyer space near to Pushpagiri college of Dental sciences. A poster making competition was conducted as a part of yoga day based on the theme "Yoga in daily life". The best two posters were selected and cash awards were distributed to the winners.



WORLD NO-TOBACCO DAY

N.S.S Unit & IQAC in association with the Department of Pharmacy Practice observed World No Tobacco Day at Pushpagiri College of Pharmacy auditorium on 31th of May 2023. The theme of World No Tobacco Day for 2023 "We need food, Not Tobacco", is an opportunity to raise awareness on the harmful and deadly effect of tobacco use. The programme commenced at 11.00AM by invoking blessings from the almighty through college choir.



Mrs Merin. T. Koshy welcomed the gathering. The session was taken by Mr. M K Venugopal, Preventive Officer, Excise Range Thiruvalla. In his speech, he pointed out how the society now a days has accepted this harmful consumption as a normal practice and the strong need to break this consumption. The programme convener Mrs Archana Vijay proposed the vote of thanks. The Programme ended with the National Anthem.

The Observance of World No Tobacco 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, Mrs Jeenu Joseph (Vice Principal), Dr Nithin Manohar (Vice Principal), Mrs Merin. T. Koshy, Assistant Professor (programme convener) Dept. of Pharmacy Practice, Mrs Archana Vijay (Assistant Professor (Programme Co-ordinator) Dept. of Pharmacy Practice and all the members in the Department of Pharmacy Practice, Pushpagiri College of Pharmacy Thiruvalla.

MOTHER'S DAY

Mother's day is a special day and an occasion celebrated across the world. On this day, we try to express our love, honor, respect and gratitude to our mother. As a part of the celebration on May 16th 2023, Department of Pharmacology Pushpagiri College of Pharmacy, Thiruvalla in association with NSS organized an Old Age home visit to Abhaya Bhavan, Thiruvalla. Around 40 mothers were the inmates of Abaya Bhavan



During the visit, after the prayer song, Mrs Sumi James, Convenor addressed the gathering and mentioned about the responsibilities of everyone to honor and protect our mother. Students performed the cultural programs before the inmates and also encourages the inmates to unveil their talents. Many of them made use of this opportunity. As a token of honor we presented a Gift pack to all the inmates, which was a very joyful moment for them. Mrs Shanthi, Director of Abhaya Bhavan, Thiruvalla expressed their gratitude to all whom visit there. The program was blissful and glorious.



NATURE CLUB ACTIVITIES

WORLD WATER DAY



On 22nd March 2023, World Water Day was organized by Nature club in association with IQAC and Department of Pharmacognosy in Pushpagiri College of Pharmacy. The programme was started by 3.15 pm and was held in Mar Theophilos Annex Auditorium was commenced with a prayer song by the college choir. It was followed by the welcome speech given by Dr. Rajkumar, HOD, Department of Pharmacognosy. The speech was given by Alina Elizabeth Mathew, second year Pharm D student about the importance of water.

World Water Day 2023 on how we should conserve water followed by a meaningful Mime performed by Third year Pharm D students about the accelerating change. A poster competition was also conducted on 21st March 2023. The prize distribution was also there for the winners. The programme was ended up with the vote of thanks delivered by Ms. Anju A Varghese. The programme was a motivating and informative one for the students and to the gatherings.

WORLD ENVIRONMENT DAY

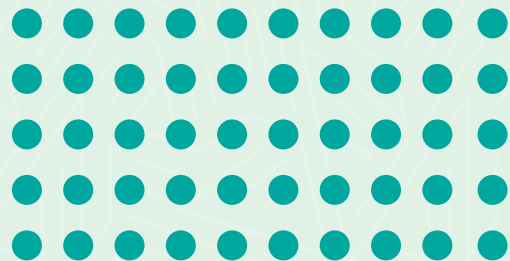
The world environment day is celebrated every year on 5th June to raise global awareness to take positive environmental action to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment friendly activities. Nature club in association with IQAC and Department of Pharmacognosy celebrated Environment Day on June 5th to inspire the youth to take appropriate measures for ecosystem restoration of degraded habitat.



As part of World Environment Day, planting of saplings was carried on in the college premises. Rev. Fr. Aby Vadakkumthala inaugurated the ceremony by planting a tree. He addressed the students, giving a beautiful environmental day message. Following the inaugural ceremony, Principal Prof. Dr. Santhosh M. Mathews motivated students to participate in the energy saving challenge by making them aware of the need for using the resources wisely. He also discussed about the significance of tree plantation for preserving biodiversity and climate control besides providing the basic needs of life on Earth.

We have established Nature Club for environmental education, conservation and protection of biodiversity on the campus. It is the center for nurturing of knowledge, enlisting the co-operation of volunteers and the inflow plough of new ideas and their implementation. The students and staffs were enthusiastic in their participation and gave special attention to the trees and medicinal plants planted.

As part of our unwavering commitment to environmental stewardship, we have meticulously organized a series of activities and events designed to foster heightened awareness and promote sustainable practices. Through these concerted efforts, we endeavor to empower our community, inspiring them to become conscientious environmental custodians. By synergistically channeling our knowledge, dedication, and resources, we aim to create a transformative impact, cultivating a greener and healthier future for the generations to follow.



EVENTS @ PCP



Student's Union Election 2023



"Dhyuthi" - Student's Union Inauguration



Young Innovators Programme (YIP)-2023



UK delegates visit



Ms. Julie Mariam Joshua, Assistant Professor, Department of Pharmacy Practice presented an outline on various Pharmacy courses & its curriculum during UK delegates visit



Release of official news bulletin of Pushpagiri College of Pharmacy
PHARMAECHO-7th edition, IInd volume



Farewell to Mrs. Shilpa S Kurup
(Assistant Professor, Department of Pharmaceutical Chemistry) &
Mrs. Jyothilakshmi V Nair
(Assistant Professor, Department of Pharmaceutics)



Inauguration & Orientation of 2022-23 Academic year



Lecture by Dr. A Prakash, Professor, Dept. of Pharmacology on Thesis writing



Blessing of the college campus by Reverend fathers

FRESHER'S DAY 2023



HORIZON 2K23-PHARMA ARTS FEST



COLLEGE DAY CELEBRATION-TARANG 23



STAFF & STUDENTS PARTICIPATION



Professional Student's Summit 2023



Excellentia'23-A Symposium on NAAC Accreditation



State Level NSS PO's meet organised by State NSS Cell, Govt. of Kerala

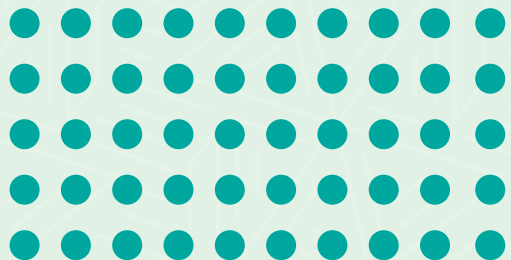
STAFF WELFARE CELEBRATIONS



PROUD MOMENTS



Pharm D interns grabbed first place in Autism Day stall Competition held in Pushpagiri Medical College Hospital. They are honoured by Ms. Safna Nazarudeen, Sub Collector Thiruvalla





Pushpagiri Medicity Campus got First prize in Vegetable Garden and second prize in Flower Garden competition during Pushpamela 2023



Ms. Binta Elsa John, fourth Year Pharm D student selected for Youth Parliament Programme

ACADEMIC EXCELLENCE



Fifth year Pharm D students (2018-2024 batch) secured 100% results in university examination



M Pharm students (2021-2023) secured 100% results in university examination

GPAT QUALIFIERS



Ashni Vahab



Anakha S.



Anjali Joy



Hima J.

“DHYUTHI”: SEVEN DAYS NSS RESIDENTIAL CAMP



PUSHPAGIRI
COLLEGE OF PHARMACY
MEDICITY, PERUMTHURUTHY, THIRUVALLA



ദ്യുതി
പ്രത്യാശയുടെ കിരണങ്ങൾ

SEVEN DAYS RESIDENTIAL CAMP

20/02/2023 - 26/02/2023

ORGANISED BY



NATIONAL SERVICE SCHEME
NO.NSS/SFU/PNT/KUHS/7



Inauguration of “DHYUTHI” seven days NSS residential camp



Visit to house of divine providence, Kunnamthanam



Nature club activities in connection with NSS residential camp

INTRODUCING NEW FACULTIES



Dr. S. Sarojini
Professor & Head, Department of Pharmaceutics

Dr. S. Sarojini joined in Pushpagiri College of Pharmacy on 01st July 2023 and has a teaching experience of nearly 25 years. She completed her PhD from 'Prist University' in 2013 and Master of Pharmacy from 'Annamalai University' in 1996.



Dr. D. Krishnarajan
Professor, Department of Pharmaceutics

Dr. D. Krishnarajan joined in Pushpagiri College of Pharmacy on 12th July 2023 and has a teaching experience that nearly spans 27 years. He completed his PhD from 'Sunrise University' in 2015 and Master of Pharmacy from 'Kakatiya University' in 2006.



Dr. Kameswaran R.
Professor, Department of Pharmacy Practice

Dr. Kameswaran R. joined in Pushpagiri College of Pharmacy on 01st July 2023 and has a teaching experience of nearly 10 years. He completed his PhD from 'PAHER University' in 2019 and Master of Pharmacy from 'The Tamil Nadu Dr MGR Medical University' in 2013.



LIST OF PUBLICATIONS

1. Anjana M N *et al.* A retrospective study on the trends of analgesic utilization in common musculoskeletal disorders in geriatric population. *IJBPAS* 2022;12(8):3481-3489.
2. Anna Shyla *et al.* A review on *Calycotris floribunda* Lam: The lifesaver, 2022; *WJPPS* 12(3):651-654.
3. Devika Ramanan *et al.* *Allamanda cathartica*: The yellow bloom; An overview of pharmacological activities, *WJPPS* 2023;12(3): 665-673.
4. Jain K Jose *et al.* Harnessing the potential of *Canarium strictum* Roxb. A comprehensive analysis. *WJPPS* 2023;12(3):674-690.
5. Jino P Thomas *et al.* Role of oxidative stress in peptic ulcer, gastritis and ulcerative colitis. *WJPPS* 2023;12(3):691-703.
6. Manju B K *et al.* *Jasminum multiflorum* (Burm.) Andr - a promising drug for future, *WJPPS* 2023;12(3):704-714.
7. Rani K Cherian *et al.* Advanced screening methods for testing nephrotoxicity, *WJPPS* 2023;12(3):1426-1446.
8. Prabina Priyan *et al.* An overview of acute kidney injury. *WJPPS* 2023; 12(3):1447-1459.
9. Sona Elizabeth *et al.* A review on plants and phytoconstituents as antiulcer agents. *WJPPS* 2023;12(3):1460-1472.
10. Gifty Ann Alex *et al.* Methods for screening antiurolithiatic potential. *WJPPS* 2023; 12(3):1473-1493.
11. Anitta Susan *et al.* A detailed review on the botanical description and pharmacological activities of *Acacia catechu*. *WJPPS* 2023;12(4):302-313.
12. Geethu M Nair *et al.* A review on *Myxopyrum serratum* A.W.Hill – A promising medicinal plant. *WJPPS* 2023;12(4):314-325.
13. Reyan Anna *et al.* *Hemigraphis colorta* (Blume): An emerging traditional herb, *WJPPS* 2023;12(4):326-337.
14. Sandra Varghese *et al.* Phytochemical and pharmacological properties of *Tabernaemontana alternifolia* L. A valuable medicinal herb, *WJPPS* 2023;12(4):338-353.
15. Sangeetha G A *et al.* A review on chemical profile, traditional uses and pharmacological properties of *Eryngium foetidum* L. A flavoured culinary herb, *WJPPS* 2023;12(4):354-368.
16. Jubi Omana Biju *et al.* A review on pathophysiology and management of post-menopausal osteoporosis in orthopaedic department. *WJPPS* 2023; 12(4):1222-1238.
17. Ashley Rajan *et al.* Type II diabetic foot ulcer: management a guide to Pharmacist, *WJPPS* 2023;12(4):1239-1254.
18. Ashmi Salam *et al.* Anticholinergic drug therapy in patients with over active bladder condition, *WJPPS* 2023;12(4):1254-1273.



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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 Pushpagiri Medical College Hospital**