



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

A BIENNIAL NEWSLETTER OF PUSHPAGIRI COLLEGE OF PHARMACY

Vol. 8(2), 2023

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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PRINCIPAL'S MESSAGE



It is a matter of great pride and satisfaction for PUSHPAGIRI COLLEGE OF PHARMACY to bring out the eighth volume of News Letter '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 achievement of our college. The College has made tremendous progress in all areas academic, non-academics relevant to staff and students. I am confident that this issue of News Letter will send a positive signal to all who are interested in the profession of Pharmacy based activities. I congratulate the Editorial Board of this News Letter who have played wonderful role in accomplishing the task in record time. Also my heartfelt Congratulations to staff members and students for their fruitful effort.

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

FROM THE EDITOR'S DESK



It gives me an immense pleasure to launch the next issue of our college newsletter PHARMA ECHO. The wide spectrum of articles and activities in different sections gives me a sense of pride that our students and staff possess creative potential and original thinking in ample measures. Each article is entertaining, interesting and absorbing. I applaud the contributors for their stimulated thoughts and varied hues in articles contributed by them. Commendable job has also been done by the Editorial Board in planning for and producing the Newsletter. My congratulations to the team who took the responsibility for the arduous task most effectively. I am hopeful that this small piece of technical work shall not only develop the taste for reading among students but also develop a sense belonging to the institution as well. I thank God Almighty for the blessings showered to make this newsletter a reality.

With Regards,
Julie Mariam Joshua
Chief Editor



PUSHPAGIRI COLLEGE OF PHARMACY

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Director, Institutions



Prof. Dr. Santhosh M. Mathews
Principal

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 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.

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Roshny Elsa Roy

Pharm D Intern
Pushpagiri College of Pharmacy, Thiruvalla

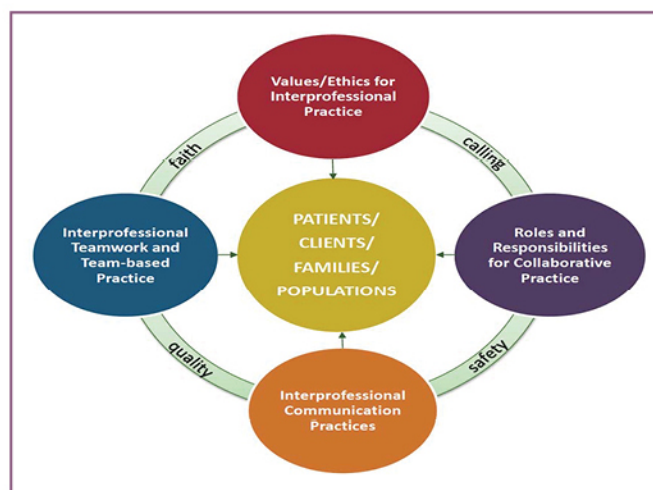
INTER-PROFESSIONAL COLLABORATION OF PROFESSION OF PHARMACY- AN OVERVIEW

The environmental effects of pharmaceuticals are not well known among health-care providers, including pharmacists. Experience demonstrates that informing physicians and other prescribers will contribute to modification of practices affecting the emission of Active Pharmaceutical Ingredients (API) into the environment. Pharmacists are well-positioned to increase awareness of these environmental issues by informing local physicians, nurses and home health-care providers. Besides the therapeutic effects, pharmacists are also in a good position to discuss environmentally friendly choices with the prescribers and patients and to inform them about the impact of prescribing small quantities (starter packages) when starting a medication, and the benefits of unit-dose or unit-of-use dispensing. There are many possibilities for collaboration among health-care providers. Even though the issues surrounding the release of pharmaceuticals and their metabolites into the environment is relatively unknown by the various providers, there is an interest when the issues are presented to them. The national pharmaceutical associations are in a good position to take the lead in these issues by informing other organizations and producing material for articles and local presentations for use by their members.

SUSTAINABLE PRESCRIBING:

The studies revealed that many medicines could be prescribed at lower doses than indicated on the label and still achieve therapeutic endpoints. Lower-dose prescribing is a viable means of reducing the ultimate excretion of APIs into sewage as well as reducing the incidence of leftover medications that might be disposed to sewers (partly as a result of lowering the occurrence of dose-related adverse events in patients).

Eco-Directed Sustainable Prescribing is an approach to pollution prevention that could also result in substantial collateral benefits for health care. These potential collateral benefits include: improving therapeutic outcomes, reducing patient expense, minimizing medication wastage (and thereby the subsequent need for disposal), and reducing morbidity and mortality from accidental poisonings caused by improperly stored or disposed medications. Imprudent drug use (inappropriate, non-optimal selection of a specific medication and the use of unnecessarily excessive doses) is a



major aspect of escalating national health care costs - which, overall, consumes an unsustainable 17% of gross domestic product on global average. Eco-Directed Sustainable Prescribing could play a role in reducing a portion of this drain on the economy and at the same time protect the environment, improve healthcare, and prevent avoidable human poisonings.

The collective effort aids in identifying potential environmental risks and promoting best practices for reducing the ecological impact associated with drug development and manufacturing. Sharing data about pharmaceutical products' environmental footprint equips decision-makers with the knowledge required to make informed choices, leading to the design of greener drugs and the implementation of more effective waste management strategies. Ultimately, these collaborative initiatives align the progress of pharmaceutical advancements with the principles of environmental stewardship and society's overall well-being. The pharmaceutical industry can make substantial environmental contributions by embracing sustainable strategies such as green chemistry, waste reduction, and energy efficiency, responsible sourcing, eco-friendly packaging, and EPR while ensuring global access to vital medications. Real-world examples illustrate the industry's capacity to navigate sustainability through innovation, collaboration, and a firm commitment to environmental responsibility.

TRACHOMA : ERADICATING BLINDNESS

Trachoma, a neglected tropical disease, is the primary cause of infectious blindness worldwide originating in Egypt and has been extensively documented in ancient China and Mesopotamia and throughout history. It is caused by the obligatory intracellular bacteria known as *Chlamydia trachomatis*. Direct or indirect contact with an infected person's ocular or nasal discharge causes transmission of the infection. When infected it may initially cause your eyes and eyelids to become slightly irritated and itchy. Subsequently, you eyelids become puffy and pus starts coming out of the eyes. The World Health Organization (WHO) states that 1.9 million people have lost their vision due to trachoma and it still continues to be a public health concern.

ETIOLOGY

Chlamydia trachomatis, a member of the Psittacosis-Lymphogranuloma-Trachoma (PLT) group, causes trachoma. Currently, there are 11 chlamydia serotypes: A, B, Ba, C, D, E, F, G, H, J, and K. Serotypes A, B, Ba, and C are linked to blinding or non-blinding trachoma, while serotypes D-K are linked to non-blinding trachoma. Trachoma arises in places with inadequate personal and family hygiene. Lack of water, the absence of restrooms or latrines, poverty, flies, being near cattles, and crowding are only a few of the many factors that are connected to the spread of trachoma.

PREVALENCE

The most impoverished and rural regions of Africa, Central and South America, Asia, the Western Pacific, and the Middle East are home to the majority of Trachoma cases. As of June 2022, there were 41 nations where trachoma remained a public health concern, affecting an estimated 125 million people. However, Africa is the most affected continent and the one through the most rigorous control measures.

PATHOPHYSIOLOGY

Trachomatis can be acquired through direct contact with an infected person's eyes or nose or through indirect contact,

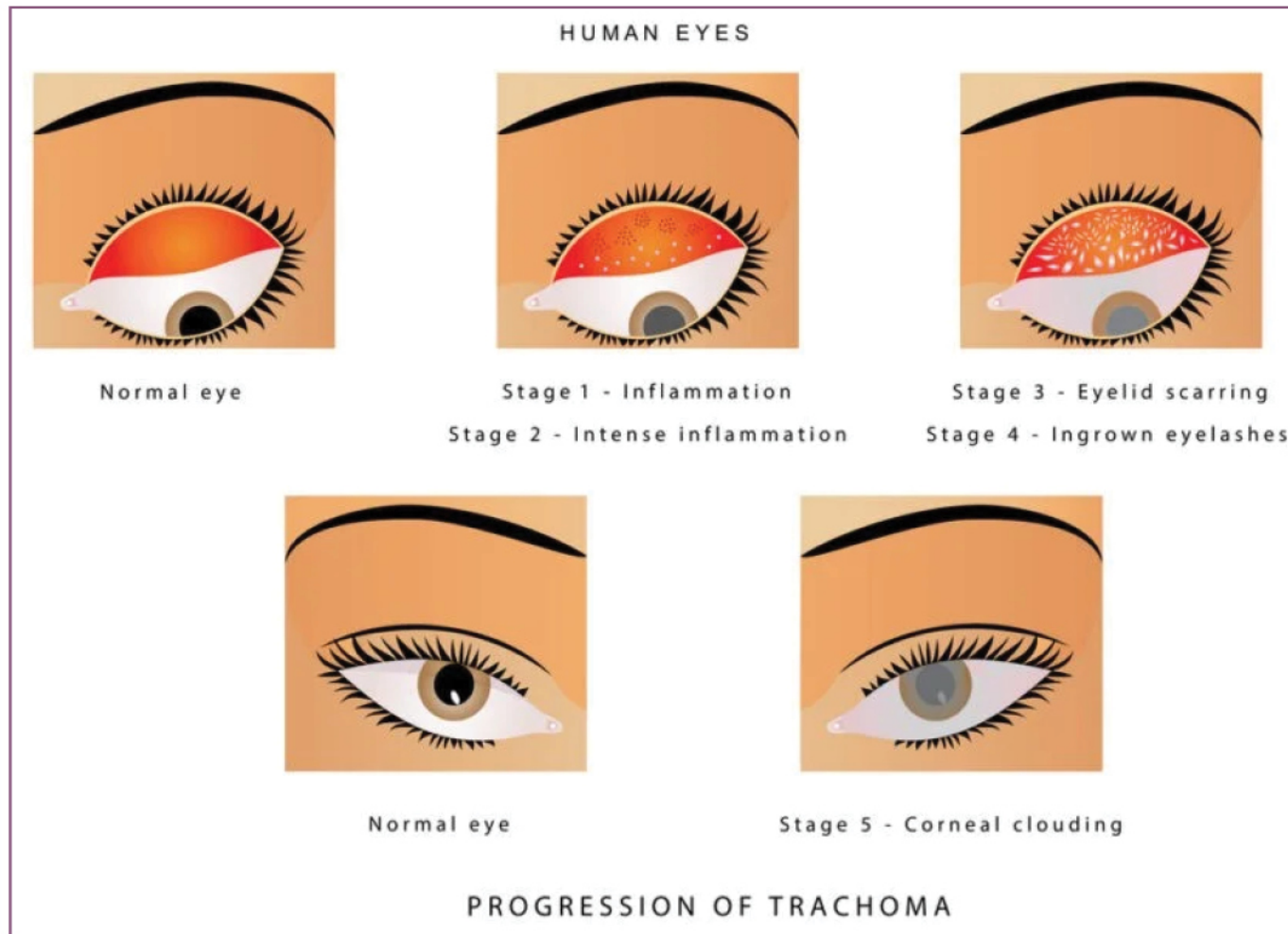
including coming into contact with clothing or flies that have come into contact with an infected person's eyes or nose. It then causes inflammation leads to tarsal plate scarring and turning in of the eyelashes due to lymphocytic and monocytic infiltration with plasma cells and macrophages in follicles. Prolonged inflammation brought on by recurrent conjunctival reinfection results in conjunctival scarring. The cornea becomes damaged, scarred, and blinded as a result of the lashes rubbing on it. Atrophy of the conjunctival epithelium, goblet cell loss, are all linked to scarring. However, over time, this high inflammation generates scarring, which then causes contraction and buckling of the upper lid's tarsal plate, resulting in entropion (inward turning of the eyelid margin) and trichiasis (eyelashes turn inward) resulting in chronic pain and light intolerance may result in corneal ulcer. If left untreated, irreversible opacities arise, causing blindness or visual impairment.

SIGNS AND SYMPTOMS

Young children are more vulnerable to the disease. However, the condition progresses slowly, and the most painful symptoms may not appear until adulthood. Its symptoms include mild itching and irritation of the eyes and eyelids, eye discharge containing mucus or pus, eyelid swelling ,Light sensitivity (photophobia),eye pain, eye redness, vision loss, swollen eyelids, trichiasis (misaligned eyelashes),swelling of lymph nodes in front of the ears, sensitivity to bright lights, increased heart rate, further leading to ear, nose, and throat complications.

DIAGNOSIS

A physical examination or the submission of an ocular bacterial sample to a laboratory for analysis are the two methods used to diagnose trachoma. Ocular sample is collected by numbing your eyes and then swabbing the surface. If trachoma is the cause of the eye infection, it will be revealed by the laboratory test. An examination of the eyes will reveal the following in more severe cases of trachoma such as inwardly twisted



eyelashes, new blood vessel growth in the cornea, and scarring on the inside of the upper eyelid.

TREATMENT

WHO recommends “S.A.F.E.” strategy to eradicate trachoma as a public health issue. This strategy consists of the following:

- Surgery for trichiasis
- Antibiotics to clear *Chlamydia trachomatis* infection
- Facial cleanliness
- Environmental improvement to reduce transmission.

Early occurrences of trachoma can be effectively treated with antibiotics. Azithromycin is mostly used to eradicate the infection, as it only needs to be taken once orally, despite its high cost, Pfizer, the manufacturer, donates it through the International Trachoma Initiative but more advanced cases may require surgery. Eyelashes realignment occurs when the doctor makes an incision in the scarred lid and rotates your eyelashes away from your cornea during eyelid rotation surgery, also known as bilamellar tarsal rotation. The process slows down the development of corneal scarring and might help stop further eyesight loss. Corneal transplantation is a viable option if the clouding of your cornea appears to be bad enough to affect your vision.

PREVENTION

Although there isn't a vaccination for trachoma, it can be prevented by:

- Good hygiene such as hand washing could help in stopping the reinfection.
- Reducing populations can help to eliminate a source of transmission.
- Disposing of human and animal waste properly.
- Improved access to water by having a fresh water source nearby can help improve hygienic conditions.
- Avoid visiting infection prone areas.
- Avoid contact with infected individuals.

WHO still continue to keep a close eye on the formerly endemic countries who had implemented the SAFE strategy such as Benin, Cambodia, China, Gambia, Ghana, Iraq, Islamic Republic of Iran, Lao People's Democratic Republic, Malawi, Mali, Mexico, Morocco, Myanmar, Nepal, Oman, Saudi Arabia, Togo and Vanuatu in order to detect and, if required, prevent any reappearance of the illness. WHO's target to control, prevent, eliminate and eradicate NTDs (Neglected Tropical Diseases) within 2030 cuts down human and economic burden hence enhancing human resources and paving a way for a prosperous global community.

ALUMNI



Dr. Orvil Elishwa Gogy

Alumni (2016-2022 Pharm D batch)
Clinical Pharmacist
VPS Lakeshore Hospital, Ernakulam

PROCRASTINATION: VICE OR VIRTUE ?

At some point in our life, we put over several jobs for later, this is what is called Procrastination. It's not some inborn talent, it is something we develop as we are too lazy to complete the assigned tasks.

Generally, researchers claim that procrastination can be sanguine when it comes to creativity but, as for productivity it can be detrimental.



Procrastination is an occasional phenomenon that none of us fails to do but definitely loves to do. What in turn is procrastination? Scientifically it is the deliberate, objectionable delay of things despite the consequences anticipated.

WHY PROCRASTINATE ??

Active procrastinators have a propensity for delaying the tasks as they can work under a pressurized condition and do better.

Traditional or passive procrastinators are continually being hampered with the inefficacy to make a decision and are not able to regulate themselves when it comes to completing a task.

Active procrastinators are found to be more creative than passive procrastinators.

Many a time people tend to procrastinate as a hasty remedy to get through the stress due to certain tasks, but delaying a stressful task can, in turn, prolong the time we think about it, consequently increasing the stress associated with it, that is, in the long run, procrastination escalates stress.

Oftentimes we use procrastination as a coping mechanism to avoid anxiety-ridden conditions, but it may not be effective all the time, creating appalling effects.



They have a tendency to self-blame, knowing that they won't be able to complete the given task, rendering the circumstance even more stressful.

PROCRASTINATION AMONG STUDENTS

Now, all of us has been a student in some stage of our life, some are still enjoying and exploring the vast opportunities and benefits of that life while others both reminisce and regret that long lost life. But let's keep in mind that some way or the other we are always learning or we will always be a student till the end.

Anyone can procrastinate, in fact we all are procrastinators, but in the life of a student it can be pivotal and in some cases detrimental. Be that as it may, how does a student procrastinate? And what all effects does it have?

HOW?

Imagine we put off a much important task, which might take a lot more time and attention to do the smaller ones which is quite easy to do, or the situation is that, we plan to do a topic research but ended up watching a movie thinking we can do the research later, these are all procrastination.



When there is no clarity on the given job or not enough time or have another commitments we end up keeping that job for later, but make sure no to do that because that is procrastinating and it is not going to have a propitious outcome.

WHAT HAPPENS NEXT?

Often times, the students, they feel guilty for not doing their work on time, that is after finishing the work that they put off for too long, there comes ideas and approaches by which they could have made the result better, only if they had more time, which in fact they would have had if they didn't procrastinate.

Student life is all about stress, so why add on to that? that is when they procrastinate a certain work, they would be all happy and relaxed at first, but, when the deadlines approach they become all stressed to do everything last minute, that can have ruinous effects on both their academic and social life .

Time management is the key for a disciplined life, however, in this scenario there is no such thing, we reschedule and reschedule the most complicated ones for later and end up looking at a big pile of demanding works that is to be done.

When it's the time to learn, we have to do so, doing the complex ones without procrastinating will give us more time to look into it and learn more from it, if that's not the case, then we have to rush the last minute and cook up something that we don't know anything about.

HOW TO OVERCOME PROCRASTINATION?

Carry out the tasks for a short period of time: Rather than being distracted by doing the wrong assignments, which will delay the right things too, do the right thing for a short period thereby, avoid getting tired of it. So, make sure to start the right thing at the right time.



- Short deadlines: Break down the tasks, set short deadlines, subjugate the urge to procrastinate.
- HARD ONES FIRST!! : Wrap up the hard ones first while we are fresh and enthusiastic, so there is less chance to procrastinate.
- Steer clear of any distractions that can keep you away from completing the task.
- Face your fears: Never let your fears take over your capabilities, often procrastination occurs as we are too afraid to face the difficulties certain tasks put forward.
- Reward yourself: Congratulate yourself even for accomplishing the smallest tasks, for the effort contributed, this will help us to finish it efficiently.
- Develop a To-Do list: Start by creating a To-Do list and prioritize it to complete the important and hard ones first.

Remember, Procrastination is not something to be afraid of, just don't let it get in your way to conquer the world. It's okay to put off certain events for later, still, make sure to complete it creatively within the time limit. Take into consideration the fact that rescheduling something for the future can create a great difference as well as consequences, seeing that, today is not tomorrow and we won't be the same tomorrow, a lot can change in a short span of time. Remember "Hard work is 99% perspiration and 1% inspiration. In outline, don't let your fears lead to procrastination, Face it Conquer it!!

CONVOCATION 2023

'REGALIS 2023' - M PHARM GRADUATION

Pushpagiri College of Pharmacy, Tiruvalla organized the graduation ceremony "Regalis 2023" on 01/08/2023 for the 2020-2022 batch of M Pharm Students. The function commenced with a prayer song by the college choir. Mrs Jeenu Joseph, Vice principal welcomed the gathering. The presidential address was delivered by Prof. Dr Santhosh. M. Mathews, Principal, Pushpagiri College of Pharmacy. The function was officially inaugurated by lamp lighting ceremony. Rev. Fr Aby Vadakkumthala, Director, Pushpagiri Group of institutions delivered the graduation message.



The inaugural function was followed by Graduation ceremony, the most awaited and charming event of the day. The esteemed presence of the parents enriched the event. The students received the Graduation certificate and medal from Rev. Fr Aby Vadakkumthala, Director and Prof. Dr Santhosh M. Mathews, Principal. Pharmacist Oath was given by the Vice principal to all the graduates who pledged the oath as a solemn attestation of truth. The best academic performers of each departments were selected; from Pharmaceutical chemistry Department Ms. Joshny Varghese, from Pharmacology Department, Ms. Gifty Ann Alex and from Pharmacy Practice Department, Ms. Juby Omana Biju. The best academic performers were honoured with a memento by the PTA and cash prize from Staff welfare.



The PTA president addressed the gathering after the graduation ceremony and gave a felicitation speech. The college union Chairman Mr. John Rajan felicitated the

gathering. A representative from the graduates Ms. Anitta Susan Mathew addressed the gathering with a speech of gratitude. Mrs. Malini.S, Academic Co-ordinator delivered the vote of thanks.

The college students union made a cultural programme after the official function which made the function more colourful and illuminating. The graduation ceremony concluded with the National anthem. A love feast was also arranged by the graduates.

'AESIRA 2023' - PHARM D GRADUATION



welcomed all the dignitaries, invitees, parents, faculty and graduands with a compendious speech and bouquets. The Presidential & benedictory address was proposed by H.G. Most Rev. Dr. Thomas Mar Koorilos followed by keynote address by Shri. Jacob Punnose IPS. The graduation function was officially inaugurated by lighting the lamp by the dignitaries. An emphasising speech was given by the chief guest Dr. Padma Gurumadhva Rao which was an inspiration for all the graduates. She declared the graduation day open and in her inaugural address she congratulated all the graduands and their parents. Then the certificate distribution ceremony to the graduates commenced. After the distribution of certificates, the Pharmacist Oath was taken by the graduates which was recited by Mrs. Jeenu Joseph (Vice principal-Academics). The best academic performer and outgoing student for Pharm D 2017-23 batch was Mrs. Ashma Francis and she is honoured with the memento. Graduates were honoured for getting first prize for onappattu competition "Ponnona Nirav" organized by Radio Macfast 90.4. The chief guest officially released the eighth volume of college news bulletin 'PHARMA ECHO' and

handed over the first copy to Rev. Fr. Aby Vadakumthala, Director-Institutions. Felicitation address for the function were given by Mr. Robin Peter (PTA President) and Mr. John Rajan (Chairman, Students Union-Dyuthi). Representative of the graduate, D r. Manjima S. (Pharm D) and on behalf of parents, Mr. Johnson Joseph (Father of Dr. Jelyn Johnson) delivered the speech of gratitude. Parents expressed joyful gratitude to the faculty and the management in molding their wards as professionals in the course of study in our Institution. Finally, the ceremony of transition of students into further phases of their lives was concluded with a vote of thanks by Mrs. Jeenu Joseph (Vice principal-Academics) and ceremony officially ended at 5.30pm with the national anthem and photo session. To make the graduation day more meaningful, students and graduands dedicated a sequence of cultural and cherished the moments.

Pushpagiri College of Pharmacy has organized graduation ceremony of Pharm D 2017-23 batch and Pharm D (PB) 2020-23 batch on 28th September 2023 at Aesira Conclave, Medicity Campus at 3pm. The celebrations started with the academic procession in which the dignitaries namely H.G. Most Rev. Dr. Thomas Mar Koorilos, (Patron, Metropolitan Archbishop of Thiruvalla), Shri. Jacob Punnose IPS (Principal Advisor, Pushpagiri Medical Society & Institutions), Dr. Padma Gurumadhva Rao (Sr. Advisor-Dean, RAK College of Pharmacy, Ras Al Khaima, UAE), Rev. Fr. Jose Kallumalickal (CEO, Pushpagiri Group of Institutions), Mr. Robin Peter (PTA President), Prof. Dr. Santhosh M Mathews (Principal, Pushpagiri College of Pharmacy), Rev. Fr. Aby Vadakumthala (Director-Institutions, Pushpagiri Medical Society) and Mrs. Jeenu Joseph (Vice Principal-Academics) were ushered into the venue. The dignitaries adorned the dais and the function started with the prayer song by college choir. The Principal

NEW BATCH INAUGURATION

INDUCTION AND ORIENTATION CEREMONY OF FIRST PHARM D AND B.PHARM 2023-24 ACADEMIC YEAR

The Induction and orientation ceremony of freshers was conducted on 25th of October 2023 at Mar Theophilus Annexe Auditorium, Pushpagiri College of Pharmacy, Thiruvalla. The Programme were organised to welcome and provide a general guidance to the students. Along with students around 250 people attended the Programme.

The inaugural function of the session 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, Principal, Pushpagiri College of Pharmacy. He welcomed everyone to the occasion. Rev. Fr. Aby Vadakumthala, Director Institutions gave the presidential address and he pointed out the importance of the academic and non-academic sessions, maintenance of discipline to the fresh batch of Students. Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri Group of Institutions, officially inaugurated the function and delivered the benedictory address. CEO, Principal, Director, Vice Principals, Faculty,



Guardian and Student representatives together lightened the lamp. Following the inauguration, Mr. Robin Peter, PTA President and Mr John Rajan, Students Union Chairman delivered the felicitations and wish all the success to the students. Mrs. Jeenu Joseph, Vice Principal, convey vote of thanks to the gatherings followed by National Anthem. The orientation sessions resumed after a coffee break. During the session, Principal introduced the general guidelines and instructions to be followed by the Students.

MOTIVATIONAL PROGRAMME FOR FRESHERS



A Motivational programme for freshers was conducted on 8th of November 2023 at Mar Theophilus Annexe Auditorium, Pushpagiri College of Pharmacy, Thiruvalla. The Programme were organised for the new batches of BDS, BSc Nursing, Pharm D and B. Pharm students. Around 250 Delegates participated in the Programme.

The inaugural function of the session was held at 10.00 am with the prayer song by

the College choir and the Welcome address was given by Mrs. Preethu P John, Associate Professor, Department of Pharmacology. She welcomed the Guests, Resource Person, and delegates who arrived to attend the session. Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy give the presidential address and he pointed out the importance of a motivational class for the fresh batch of Students. Rev. Fr. Aby Vadakkumthala, Director, Pushpagiri group of institutions inaugurated the function and he mentioned the importance of setting life goals and the steps to be taken to achieve those goals. Principal, Director, Vice Principals, Faculty and Student representatives together lightened the lamp. Following the inauguration, Dr. Sunil, Vice Principal, Pushpagiri College of Dental Sciences wish all the success to the students.

Mrs. Sreekavya B, Assistant Professor, Department of Pharmaceutics introduce the Speaker to the gatherings. It was followed by the Motivational session. Mr. Joseph Chacko, Life coach and Mentor was the Chief resource person for the session. He selected the topic "Discover the diamond in you" for his presentation. During his session he mainly focussed on the importance of developing Self-confidence and self-esteem in the present generation .The session was quite interesting and motivating. Rev. Fr. Aby Vadakkumthala and Dr. Santhosh M. Mathews honoured the Chief Resource Person by presenting a Memento. Dr. Malini S, Vice Principal-Administration, convey vote of thanks to the gatherings and the sessions end up with National anthem.

IQAC INITIATIVES

"PCP INTERCON 2023": AN INTERNATIONAL SEMINAR



An International Seminar "PCP INTERCON 2023 was conducted on 8th of August 2023 at Mar Theophilus Annexe Auditorium, Pushpagiri College of Pharmacy, Thiruvalla. The Seminar were organised by the Scientific Committee under the guidance of Prof Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy. Dr. Shirley John, Chairperson, Mrs.Preethu P John as Vice Chairperson, Mrs. Saira Susan Varghese as the General Convenor, Mrs. Bincy K Chacko, and Mrs. Anjana M.N were the convenors for the various committees. Around 150 Delegates participated in the Seminar.

The inaugural function of the Conference was held at 02.00 pm with the prayer song by the College choir and the Welcome address was given by Mrs. Preethu P John, Vice Chairperson of the Seminar. She welcomed the Guests, Resource Persons, and delegates who arrived to attend the conference. Dr. Jimmy Jose, Associate Professor College Consultancy and Collaborative Services Officer, University of Nizwa, Sultanate of Oman, Dr. Santhosh M Mathews, Principal, Mrs. Jeenu Joseph, Vice Principal, Dr. Shirley John, Prof and HOD, Department of Pharmacology together

lightened the lamp. Following the inauguration Mrs. Bincy K Chacko, Associate Professor, Department of Pharmaceutics introduce the Subject and Speaker to the gatherings. It was followed by the scientific session. Dr. Jimmy Jose, Associate Professor, College Consultancy and Collaborative Services Officer, University of Nizwa, Sultanate of Oman was the Chief resource person for the session. He selected the topic "Nocebo Effects in Medication Safety" for his presentation. During his session he mainly focussed on the Impact of nocebo effect in Clinical trials and Clinical practice, Mechanism behind nocebo response, Its Ethical considerations and how to minimize Nocebo effects and its future directions and finally a discussion session were provided to the delegates to share their queries and doubts with the resource person. The session was quite informative and useful. Dr. Santhosh M. Mathews and Dr. Shirley John honoured the Chief Resource Person by presenting a Memento and Certificate. Mrs. Saira Susan Varghese, Convenor, convey vote of thanks to the gatherings and the sessions end up with National anthem. The International Conference "PCP INTERCON 2023" was quite informative and a fruitful.

SEVENAHASTHAM: A HELPING HAND TO CHANGE LIVES

KAITHANGU-CHARITY PROJECT



The Department of Pharmacy Practice in association with IQAC-'Sevanahastham' conducted a "Charity Project-Kaithangu" as part of National Cancer Awareness Day at Peringara Grama Panchayath, Ward no-6 on 07.11.2023, 10 am. The programme commenced with a prayer song by Pharmacy Practice faculties. Prof. Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy) welcomed the gatherings followed by the benedictory address by Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medicity).

The charity project is officially inaugurated by the Director-Institutions by handing over the collected amount to 13 cancer patients. Following the inauguration, felicitation address was proposed by Shri. Soman Thamarachalil (Pulikeezhu Block Member) and Mr. John Rajan (Students union Chairman). Dr. Malini S (Vice principal, Administration & General Convenor) conveyed the vote of thanks followed by National Anthem. This charity project helped the students to create health awareness as well a concern for their fellow beings.

NSS ACTIVITIES

Swatchhata Hi Seva

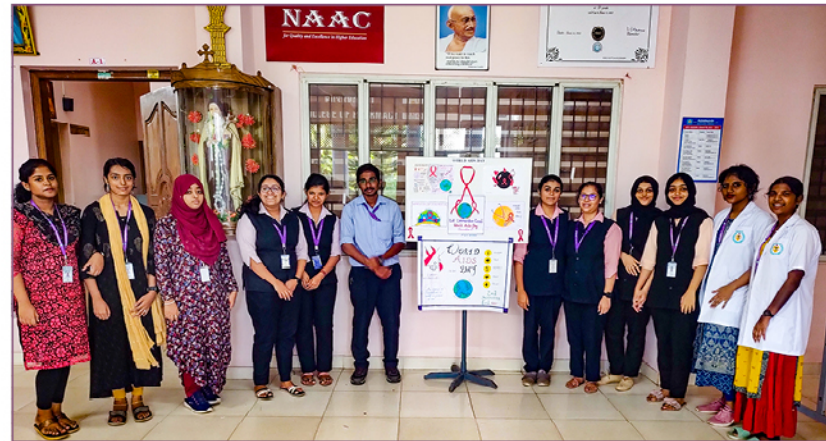


The NSS week was celebrated from 24/09/2023 to 03/10/2023 to strengthen the unity among community. The aim of the NSS is to inculcate the social welfare thoughts in the students and to provide services to the society. The NSS unit of Pushpagiri College of Pharmacy organized activities on 30/09/2023 as a part of the celebration. About 20 student volunteers

participated in the group activities. The programme commenced by welcoming all the volunteers by the programme officer followed by a brief description on the significance of NSS day and the need of Swatchhata Hi Seva cleaning in a society. As a part of the waste free Kerala mission, active campus cleaning activities were done by the student volunteers. The aim of the cleaning activities is to eradicate the garbage and waste and to achieve clean campus or zero waste campus. The need of protecting the nature from the calamities and radiation is another mission for the day. As a part of this saplings were planted in the college premises and the maintenance activities for their proper growth. It was a great experience for the volunteers to be part of a great mission on the day.

WORLD AIDS DAY

Every year December first was observed as the World AIDS Day. The theme of this year AIDS day is "Let communities lead" highlighting the fact that programmes and initiatives perform better when driven by the most impacted communities. As a part of this the students of Pushpagiri College of Pharmacy have done a poster presentation on the importance of observation of the day. The awareness generation on the day was done using various display informations regarding HIV in the notice board. The student volunteers participated in the poster presentation and identified the importance of awareness on the same.



NEET (NOT IN EMPLOYMENT, EDUCATION OR TRAINING) SURVEY



A NEET Survey was conducted to understand the youth not in formal education or regular employment or training. The survey was conducted in the adopted village and the NSS student volunteers of Pushpagiri College of Pharmacy actively participated in distribution and filling the forms. The ward member Mrs. Syarmila Sunil and the Asha workers helped to identify the specific houses in the village with unemployed or uneducated youth coming under the age group of 15-29 yrs. The volunteers were split into various groups and conducted the survey carrying 33 questions. All the 10 villagers participated in the survey were women and the main reason behind their unemployment or non-education is the burden of care or marriage factor. The villager's co-operated to the survey and the NSS Volunteers performed the survey well and was a great community centered activity.

INTERNATIONAL GIRL CHILD DAY

The NSS unit of Pushpagiri college of Pharmacy celebrated the International Girl Child Day on 13th October 2023. The programme was conducted in association with students union of the college. The programme commenced at 3.00 pm with prayer song by the college choir. Mrs. Anju. V, NSS programme officer welcomed the gathering and expressed the importance of the day. The theme of this year 'International Day of Girl Child' is "Invest in Girls Rights: Our Leadership, Our Wellbeing". The importance of the day was made aware to the student community by a skit by the NSS volunteers. The skit truly signifies that the girls should get an opportunity to lead by putting them in the forefront of change efforts, by hearing to their voices, responding to their asks and welcoming them in decision



making spaces. The student volunteers made the day extraordinary by passing this message to the community. The programme concluded with a vote of thanks by Mrs. Divya. V, coordinator of NSS followed by the National Anthem.

CELEBRATIONS

INDEPENDENCE DAY CELEBRATION

On 15th August 2023, Dyuthi Students' Union of Pushpagiri College of Pharmacy in association with Joy Alukkas Foundation, conducted 77th Independence day celebration at Joy Alukkas, Thiruvalla. The welcome address was given by Rev. Fr Aby Vadakkumthala Director, Pushpagiri Group of Institutions and the inaugural address was given by Prof. Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy. During the program 'Flag Hoisting Ceremony' was conducted followed by Flashmob of 2nd year Pharm D and 2nd Sem B pharm. This was followed by Independence Day celebration at Pushpagiri College of Pharmacy and National flag was hoisted by Principal, Prof. Dr. Santhosh M. Mathews and Rev.Fr. Aby Vadakumthala, Director, Pushpagiri Group of Institutions.



AARAVAM 23: ONAM CELEBRATION



The DYUTHI Students Union's Aaravam 23 Onam Celebration on August 19th, 2023, was a vibrant display of cultural richness and community spirit. The event commenced with an enthralling batch entry, showcasing the diverse talents of the student body. Union Chairman John Rajan and Rev.Fr. Aby Vadakumthala, Director Institutions graced the occasion with their inspiring addresses. Dr. Santhosh M. Mathews, Principal extended warm felicitations, emphasizing the cultural significance of Onam. The festivities included traditional games such as idli eating, sack race, and tug of war, adding a sense of fun

performances, captivating the audience and adding vibrancy to the celebration.

The day concluded with the symbolic Kalashakott, symbolizing unity and gratitude among participants. As the event drew to a close, gratitude poured out to all contributors, organizers, and sponsors, whose efforts made Aaravam 23 Onam 2023 an unforgettable celebration, embodying the essence of unity and festivity within the students.

and camaraderie. The highlight, the sumptuous Onasadhya feast, filled the college auditorium with the aroma of Kerala cuisine, fostering a sense of togetherness and tradition.

Following the feast, the anticipation soared with a lucky draw, bringing an element of excitement to the event. Students showcased their talents through captivating cultural

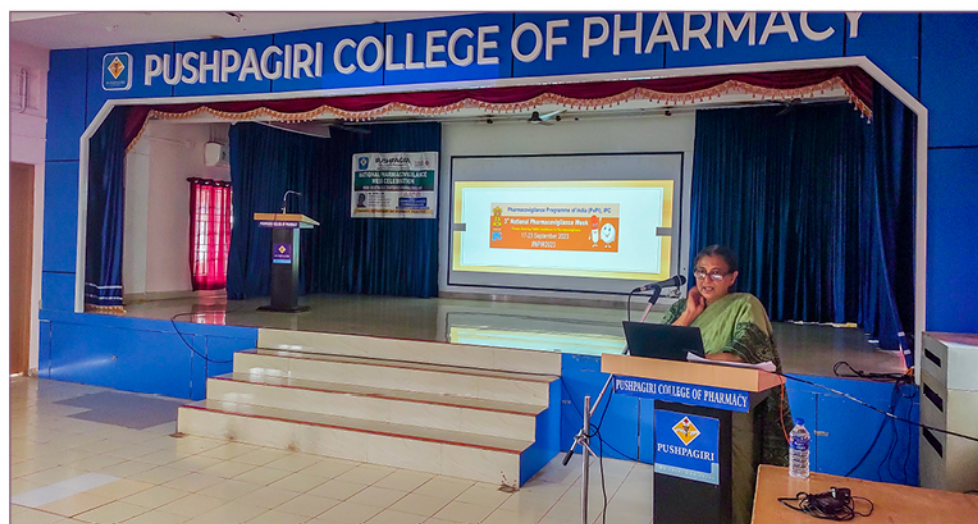
TEACHERS DAY CELEBRATION



The DYUTHI Students Union of Pushpagiri College of Pharmacy conducted Teachers Day Celebration at Pushpagiri College of Pharmacy on September 5th 2023. Esteemed figures like Rev.Fr.Aby Vadakumthala, Director, Pushpagiri Group of Institutions and Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy graced the occasion with their inspiring addresses, underscoring the importance of the day. The Dyuthi Students Union conveyed appreciation to all teachers,

by distributing roses, symbolizing student respect and gratitude to the teachers. The gesture resonated deeply with the educators. The event concluded with the Arts Secretary's extending heartfelt thanks, acknowledging the collective efforts that make the institution a nurturing environment for learning and growth. This celebration served as a reminder of the invaluable role that teachers play in shaping minds and fostering the next generation of leaders and citizens.

NATIONAL PHARMACOVIGILANCE WEEK CELEBRATION



The programme commenced at 1.30 pm by prayer song by the college choir to invoke blessings from God almighty. Mrs. Julie Mariam Joshua, Assistant Professor, Pushpagiri College of Pharmacy, formally welcomed the gathering. The section was taken by Dr. Shirly John, Professor & Head, Department of Pharmacology, Pushpagiri College of Pharmacy, Thiruvalla on the topic "Communication channels in Pharmacovigilance". In her speech, she highlighted about adverse drug effect, need of reporting, scope of PV, to improve the quality of

patient life. She also discussed about the future and various communication channels in Pharmacovigilance. The Vote of Thanks was proposed by Mrs Archana Vijay, Assistant Professor, Department of Pharmacy Practice. The function was concluded with the National Anthem. The "National Pharmacovigilance week" celebration was a success by the combined effort of the organizing committee with strong support from Prof. Dr. Santhosh M. Mathews, Principal and all the members in the Department of Pharmacy Practice.

"National Pharmacovigilance week" is celebrated in every year with a motto to create an awareness about the importance of adverse drug reaction reporting amongst public and healthcare professionals. This year's National Pharmacovigilance Week Celebration was organized in our college by Department of Pharmacy Practice in association with IQAC on 23rd September 2023, Saturday 1.30 pm in Mar Theophelos Annexe Auditorium. The theme suggested for this year's National Pharmacovigilance Week was "Boosting Public Confidence in Pharmacovigilance".

WORLD PHARMACISTS' DAY CELEBRATION



World Pharmacist Day is celebrated globally on 25th September every year. This day is celebrated to create awareness about the role of Pharmacist in improving health. This day was an initiative of International Pharmaceutical Federation (IPF) along with the council of this organization. This year's theme is "Pharmacy strengthening health systems." Pushpagiri College of Pharmacy has celebrated World Pharmacist Day on 25th September 2023 in Mar theophilos annexe auditorium. The celebration function was held at 3.00 pm. Mrs. Bincy K. Chacko, Associate Professor, Pushpagiri College of Pharmacy formally welcomed the dignitaries and guests. The Presidential Address was given by Prof. Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy followed by the inaugural address by Rev. Fr. Aby Vadakkumthala

Director- Institutions, Pushpagiri Medicity. The lamp lighting ceremony was delightfully done by the dignitaries on the dice. Pharmacist's message was rendered by Sr. Nirmal Jose, Pharmacy In charge of Pushpagiri Medical College Hospital, Thiruvalla. In her speech, she mentioned that, Pharmacists are the experts of medicines and emphasized the role of Pharmacist for a healthier world. During the function, Sr. Nirmal Jose is honoured by Rev. Fr. Aby Vadakkumthala and gift of token is presented to Pharmacists from Pushpagiri Medical College Hospital by Principal, Prof. Dr. Santhosh M. Mathews. The felicitation address was done by Mr. John Rajan, Chairperson, College student's union. At last, the vote of thanks for the function was delivered by Mrs. Jeenu Joseph, Vice Principal-Academics.

In association with IQAC, a quiz competition, 'PHARMA BLIZZ 2023' was also organized to evaluate student's perception on technical aspects of Pharmacy and also the current affairs. Each team was presented with two participants. The quiz competition was comprised of four rounds: first round-General Knowledge, second round-Current Affairs, third round-Pharmaceutical Sciences and fourth round-Rapid Fire. The quiz masters for the competition were Mrs. Anju V. and Mrs. Rajisha Francis. Fourth year Pharm D bagged the first prize and fourth semester B Pharm bagged the second prize. The event was concluded with prize distribution to the quiz winners by Mrs. Anju V, Associate



Professor, Department of Pharmaceutical Chemistry. The programme ended with national anthem. The efforts and dedication of Principal, Staff and students made the event a grand success.

NATIONAL PHARMACY WEEK CELEBRATIONS

National Pharmacy Week is observed in the third week of November every year to recognize and acknowledge the vital role played by pharmacists in the healthcare setting. 62nd National Pharmacy Week-2023 was organized by Pushpagiri College of Pharmacy from 27th November to 2nd December 2023. This year's NPW theme was "Join pharmacists to ensure patient safety". The objective of celebrating this week is to acknowledge all pharmacists for their valuable contributions and to make our healthcare system more robust and holistic with the active engagement of future pharmacists. Several events were scheduled to spread information, such as awareness rally, blood donation camp, rangoli competition and awareness talk.



The inaugural ceremony was held on 27th November 2023 in the college entrance. The program commenced with the prayer song by the college choir. Dr. Malini S (Vice Principal-Administration) welcomed all the esteemed guests for the day. During her address, she also emphasized on the importance of ensuring patient safety and how careful and competent a pharmacy professional should become in providing quality services to the patient. The presidential address was delivered by Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medicity) followed by keynote address by Prof. Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy). Shri. Soman Thamarachalil (Block member-Peringara Grama Panchayat) officially inaugurated the celebrations. In his inaugural address, he enlightened the gathering regarding the incomparable role of pharmacists in challenging situations and that there is immense potential in the pharma sector to excel in the future. Following the inaugural speech, felicitation address was rendered by Mrs. Syarmila Sunil (Ward member-Peringara Grama Panchayat). A flash mob was also performed by seventh semester B Pharm students followed by the vote of thanks by Mrs. Jeenu Jospheh (Vice Principal-Academics).



A rangoli competition was conducted on 29th November 2023 at 3.00 pm in college auditorium. Students were actively took part with a lot of energy and creativity. They made beautiful

rangolis to express the theme of the week, which was "Join Pharmacists to ensure patient safety." This theme aimed to make people aware of how important pharmacists are in keeping patients safe. The event was a big success and second year Pharm D bagged the first place.

As part of Pharmacy week celebration, a blood donation campaign was organised on December 1st 2023. It was conducted in association with IQAC and NSS unit of the college. The camp commenced at 9.30 am and more than 50 student volunteers participated in the camp. The



programme was officially inaugurated by Rev. Fr. Aby Vadakkumthala Vadakkumthala (Director-Institutions, Pushpagiri Medicity). Prof. Dr. Santhosh. M. Mathews (Principal, Pushpagiri College of Pharmacy) welcomed the gathering. A team from Pushpagiri Medical College hospital under the leadership of Dr. Felix conducted the camp. The need of blood donation was clearly explained to the students. The campaign was followed by health day talk by Mrs. Lathakumari, Junior Health Instructor. She mainly focussed on the major contagious disease spreading in monsoon season and its prevention methods. Mrs. Anju V (Associate Professor, Department of Pharmaceutical Chemistry) conveyed the vote of thanks followed by National Anthem.

On the occasion of Pharmacy week, a rally was also organized on 2nd December 2023, 9.30 am from medicity campus to Perumthuruthy. The rally was intended to sensitize the stakeholders and send a strong message to society regarding the role of Pharmacists in delivering proper health care facilities with special reference to drug administration and patient counselling. Rally was flagged off by Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medicity). About 350 students participated in the rally with slogans and posters. The celebrations came to an end with a career oriented programme by Eazy link academy at 3.00 pm for final year B. Pharm and Pharm D students. Principal congratulated all students and faculty members for their tireless efforts in the successful organisation of the one week programme.

CELESTE 23: CHRISTMAS CELEBRATION



The CELESTE Christmas Celebration, held on December 16, 2023, was a vibrant culmination of festive joy and community spirit. Kicking off with an inaugural ceremony graced by Director, Institutions Rev. Fr. Aby Vadakkumthala and distinguished speakers including Principal Dr. Santhosh M.

Mathews and Dyuthi Students Union Chairman John Rajan. The event set a spirited tone. Carol songs ushered in students to the auditorium, where creativity and festivity flourished through events like the floor decoration competition, Dancing Santa contest, and soul-stirring Carol Song competition. The traditional Kalashakott adorned with Carol songs added cultural depth to the festivities. Culminating by 1 PM, the celebration left indelible memories of unity and joy. Participants showcased talent and camaraderie, fostering a sense of community amidst the holiday cheer. CELESTE 2023 not only embraced the essence of Christmas but also epitomized values of togetherness and compassion. The event's success was a testament to the collaborative efforts of organizers, participants, and attendees, who united in spreading the spirit of Christmas. As the echoes of laughter and melody faded, CELESTE 2023 remained a cherished memory of shared joy and festive celebration.

ACTIVITIES @ PCP



INAUGURATION AND BLESSING OF PARKING AREA FOR STAFF



VISIT FROM STUDENTS AND FACULTY OF GOVT. VHSS ARANMULA



TOUR PROGRAMME OF 2020-2024 B.PHARM BATCH



TOUR PROGRAMME OF 2020-2026 PHARM.D BATCH



PHARM.D STUDENTS BAGGED THE FIRST PRIZE FOR ONAPPATTU COMPETITION "PONNONA NIRAV" ORGANIZED BY RADIO MACFAST 90.4

STUDENT PARTICIPATION



KUHS B ZONE SPORTS TOURNAMENT HELD AT KOTTAYAM



'EVOLVIA': KUHS SOUTH ZONE ARTS FEST HELD AT KOLLAM



'VIMUKTHI MISSION': LEGAL AWARENESS TRAINING PROGRAMME HELD AT CATHOLICATE COLLEGE, PATHANAMTHITTA



MEDEX'23 – ALL KERALA MEDICAL EXHIBITION HELD AT GOVERNMENT MEDICAL COLLEGE, KOTTAYAM

JINGLE AND MINGLE '23 INTER-PUSHPAGIRI INSTITUTIONS CHRISTMAS COMPETITIONS



BAGGED SECOND PRIZE FOR CAROL SINGING, THIRD PRIZE FOR SANTA'S ARRIVAL AND TREE DECORATION COMPETITIONS

PROUD MOMENTS

PHD AWARDED



Mrs. Malini S.
HOD, Department of Pharmacy Practice

Mrs. Malini S. HOD, Department of Pharmacy Practice has been awarded Doctor of Philosophy (PhD) in Pharmacy from Vinayaka Mission University on October 2023



Mrs. Jeenu Joseph
Department of Pharmacognosy

Mrs. Jeenu Joseph, Department of Pharmacognosy has been awarded Doctor of Philosophy (PhD) in Pharmacy from Kerala University of Health Sciences on December 2023



Mrs. Ragisha Francis
Department of Pharmaceutical Chemistry

Mrs. Ragisha Francis, Department of Pharmaceutical Chemistry has been awarded Doctor of Philosophy (PhD) in Pharmacy from Pacific University on December 2023

KUHS RANK HOLDER



Ms. Gifty Ann Alex
Department of Pharmacology

Ms. Gifty Ann Alex, Department of Pharmacology, secured second rank in KUHS M. Pharm Degree Examination, August 2023

ACADEMIC EXCELLENCE

M PHARM ACADEMIC PERFORMERS (2021-2023 BATCH)



MS. GIFTY ANN ALEX – BEST ACADEMIC PERFORMER, DEPT. OF PHARMACOLOGY



MS. JOSHNY VARGHESE – BEST ACADEMIC PERFORMER, DEPT. OF PHARMACEUTICAL CHEMISTRY



MS. JUBI OMANA BIJU – BEST ACADEMIC PERFORMER, DEPT. OF PHARMACY PRACTICE

BEST PHARM D ACADEMIC PERFORMER & OUTGOING STUDENT (2017-2023 BATCH)



MS. ASHMA FRANCIS



PUSHPAGIRI COLLEGE OF PHARMACY

Medicity, Perumthuruthy, Thiruvalla - 689 107, Kerala.

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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 Accreditation Council (NAAC)**



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**