



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

A BIENNIAL NEWSLETTER OF PUSHPAGIRI COLLEGE OF PHARMACY

Vol. 9 (2), 2024

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 with immense pleasure that Pushpagiri College of Pharmacy is releasing the second issue of the ninth volume of news bulletin 'PHARMA ECHO'. I am filled with pride as I reflect on the incredible strides we have made together at our pharmacy college. This institution has always been committed to fostering a dynamic environment where future healthcare professionals can grow, innovate, and make a lasting impact on the world. Our college continues to excel in preparing students for the ever-evolving field of pharmacy. From the classroom to the pharmacy lab, our students demonstrate dedication, skill, and compassion in their pursuit of knowledge and patient care. We continuously aim to strengthen our focus on excellence in education, research, and community service. I encourage our students to take full advantage of the unique opportunities available to them, whether through internships, community outreach, or research projects. The path to becoming a skilled pharmacist requires perseverance, critical thinking, and empathy, these are the qualities we strive to instill in every individual who walks through our doors. Finally, I would like to extend my heartfelt thanks to the editorial board for their efforts in capturing the spirit of our college and showcasing the accomplishments of our students and faculty.



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

FROM THE EDITOR'S DESK

First and foremost, it is my utmost privilege to be the Newsletter Editor and I sincerely thank our Principal and Management for giving me this wonderful opportunity. It gives me wholehearted pleasure to present this issue of our college newsletter, which highlights the achievements, milestones, and exciting developments within our vibrant pharmacy community. As always, the Biannual Newsletter serves as a platform to showcase the incredible work being done by our students, faculty, and staff. Our goal is not just to inform, but to inspire, and we hope that each page of this newsletter reflects the dedication and passion that our college represents. I would like to take this opportunity to express my sincere gratitude to the editorial team for their hard work and unwavering commitment in bringing this newsletter to fruition. Additionally, we are grateful to all those who have contributed their time and effort to share their works with us, making this publication a true reflection of the vibrant atmosphere within our college. I hope this edition serves as a reminder of the incredible potential within each of us to make a difference. Thank you for your continued support, and I look forward to bringing you more stories of success in future editions.



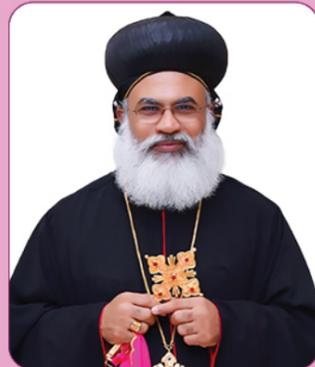
Best Wishes,
Pheba Susan Thomas
Chief Editor



PUSHPAGIRI COLLEGE OF PHARMACY

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ABOUT THE COLLEGE

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

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

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

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

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

We offer B. Pharm M. Pharm, Pharm D, Pharm D (PB) and research programmes. We provide best quality education

in Kerala with well-equipped laboratory, research lab, toxicology lab and library. Clinical training is conducted at our super speciality medical college hospital by expert team of clinicians.

We 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.

EDUCATION & RESEARCH

FACULTY

Dr. Akhila Ann Cherian

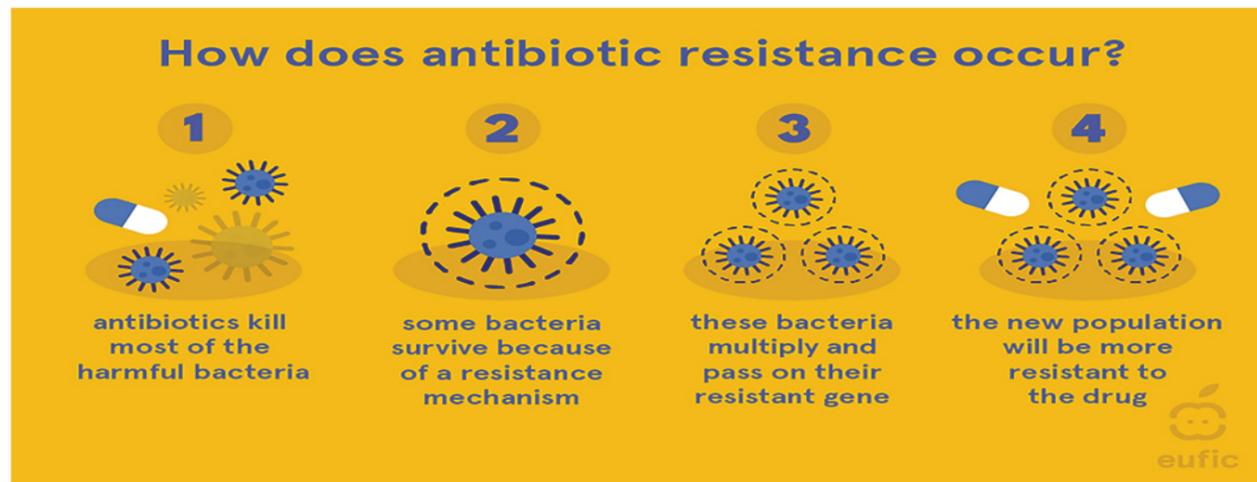
Assistant Professor
Department of Pharmacy Practice
Pushpagiri College of Pharmacy, Thiruvalla



GUARDIANS OF ANTIBIOTICS: HOW PHARMACISTS ARE LEADING THE FIGHT AGAINST AMR?

Antimicrobial resistance (AMR) is a growing global health threat, putting us at risk of losing the ability to treat common infections effectively. As bacteria evolve to resist the drugs designed to kill them, pharmacists are stepping up

as key players in the battle against AMR. Their expertise in medications, patient care, and disease management positions them as **guardians of antibiotics**, ensuring these life-saving drugs remain effective for future generations.



ROLE OF PHARMACISTS

1. Patient Education: Spreading Awareness

Pharmacists play a crucial role in educating patients about the proper use of antibiotics. Many patients still believe that antibiotics can cure viral infections like the flu or a cold. Pharmacists are often the first point of contact in healthcare, and they take the time to explain that antibiotics are only effective against bacterial infections, not viral ones. This helps prevent unnecessary prescriptions, reducing the risk of resistance development.

2. Supporting Rational Prescribing

Pharmacists collaborate closely with doctors to promote **appropriate antibiotic prescribing**. They help ensure that

antibiotics are prescribed only when necessary and that the correct drug, dose, and duration are chosen. By reviewing prescriptions, pharmacists can identify potential issues such as overuse of broad-spectrum antibiotics or misuse of treatments.

3. Monitoring Therapy and Preventing Resistance

Pharmacists are integral in **monitoring patient therapy** and managing the use of antibiotics throughout treatment. They help patients understand how to take medications correctly, track progress, and identify any signs of adverse effects. Pharmacists also ensure that patients adhere to treatment plans, preventing premature cessation or misuse of antibiotics, which can contribute to resistance.

4. Infection Control and Stewardship

Pharmacists are essential members of **antimicrobial stewardship programs** in both hospital and community

settings. These programs aim to optimize the use of antibiotics, ensuring they are only prescribed when necessary and are used in the most effective way possible.

5. Advocacy and Policy Influence

Beyond direct patient care, pharmacists also engage in **advocacy and policy development** to combat AMR. They contribute to national and global initiatives aimed at raising awareness and promoting sustainable antibiotic use. Pharmacists are involved in shaping policies that regulate antibiotic prescribing, ensuring that antimicrobial stewardship is prioritized in healthcare systems worldwide.

6. Research and Innovation

Pharmacists contribute to **research and innovation** in the field of AMR. Many are involved in clinical studies exploring new antimicrobial agents, alternative therapies, and strategies for overcoming resistance. Their expertise in drug formulation and pharmacology makes them invaluable in discovering new approaches to treating resistant infections.

Conclusion: The Frontline Defenders

Pharmacists are integral to the fight against antimicrobial resistance. Their knowledge, skills, and patient-centered approach make them critical players in the prevention, education, and management of antibiotic use. Whether educating patients, supporting rational prescribing, or advocating for better policies, pharmacists are at the forefront of the battle to preserve the power of antibiotics.

Antibiotic resistance occurs when bacteria change to protect themselves from an antibiotic. The more we use antibiotics, the more chance bacteria have to become resistant to them.



What health professionals can do:



1 Consider any safe alternatives to an immediate antibiotic prescription



2 Prescribe in accordance with therapeutic guidelines, and where possible use diagnostics to inform treatment decisions



3 Talk to your patients about the importance of appropriate antibiotic use and the dangers of antibiotic resistance



4 Give your patients advice on how to manage symptoms without antibiotics



5 Apply best practice infection prevention and control



6 Talk to your patients about how to prevent infections and their spread (e.g. vaccination, good hygiene and hand washing)

The fight against AMR is ongoing, but with pharmacists leading the charge, we can ensure that antibiotics remain effective tools for saving lives, today and in the future.

STUDENT

Geena Johnson

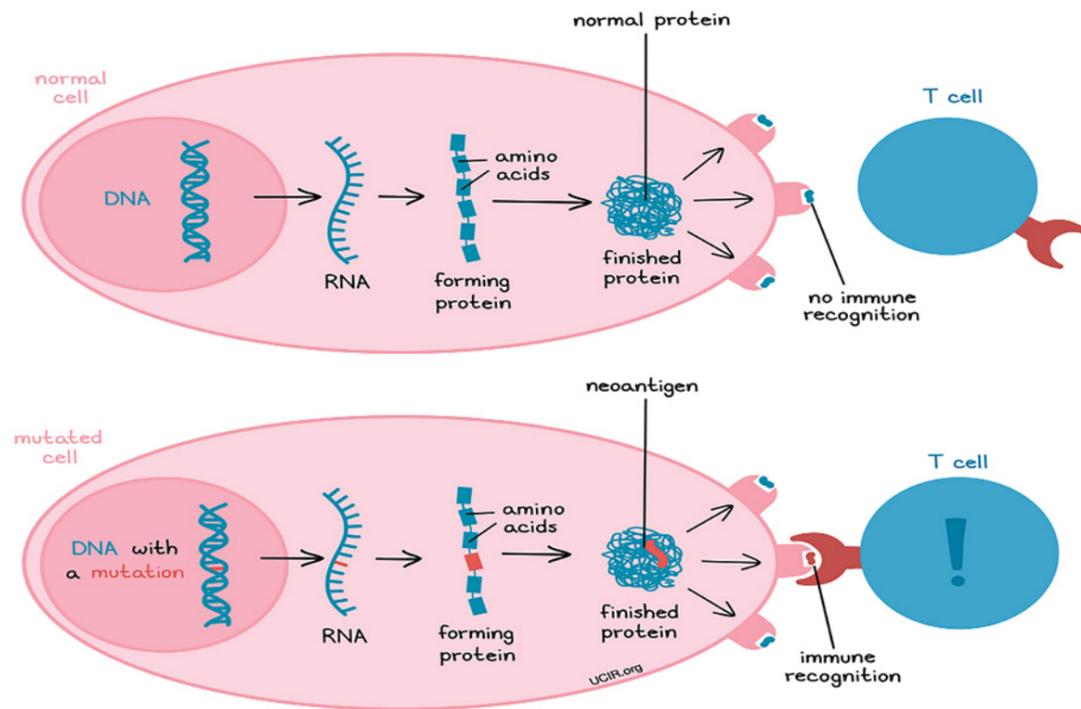
Eighth Semester, B.Pharm
Pushpagiri College of Pharmacy, Thiruvalla



NEOANTIGENS IN CANCER THERAPY: CHALLENGES AND PROSPECTS

A novel protein develops on cancer cells when specific mutations happen in tumour DNA. Neoantigens might significantly contribute to the body's ability to generate an immune response against cancerous cells. Neoantigens employed in vaccines and various forms of immunotherapy are currently being explored for the treatment of several cancer types.

Because they are perceived as non-self, neoantigens elicit an immune response that is immune to peripheral and central tolerance. The sophisticated development of next-generation sequencing and bioinformatic technologies has enabled the rapid identification and prediction of tumour-specific neoantigens. As potential predictors of tumour survival prognosis and immune checkpoint blockade responses,



highly immunogenic and tumour-specific neoantigens offer new targets for tailored cancer immunotherapies in contrast to tumour-associated antigens. Understanding the mechanism behind the neoantigen-induced anti-tumour immune response and expediting the neoantigen-based immunotherapies process will help in the development of cancer therapies.

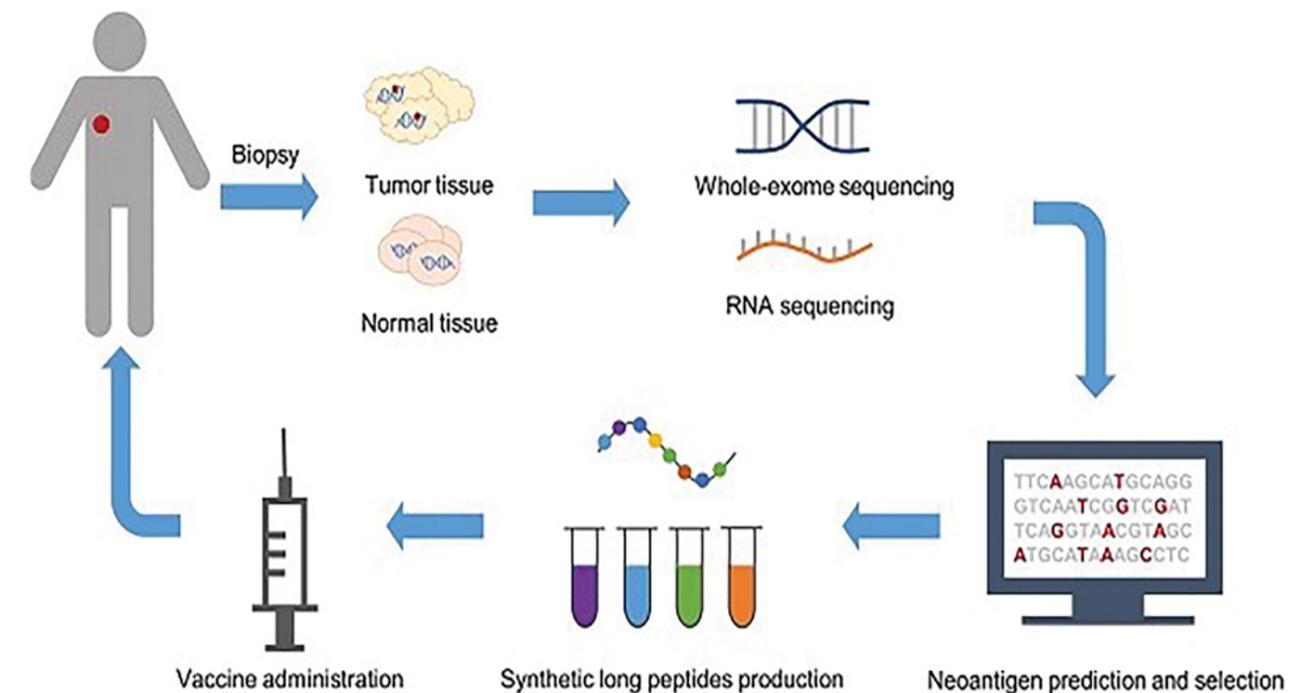
Challenges in Cancer Therapy

Neoantigen-based cancer immunotherapy vaccines are promising due to their ability to target tumor cells and activate the immune system. However, these vaccines face several challenges, including identifying and choosing neoantigens in diverse tumors, which can be computationally demanding and error-prone. Resistance development is another concern, as cancer cells may develop defences against immune recognition, diminishing the effectiveness of vaccines. Some tumors may downregulate Major Histocompatibility Complex (MHC) molecules, making neoantigens less visible to T cells. Memory T cell activity is often inhibited by the immunosuppressive tumor microenvironment, jeopardizing long-term immunity maintenance. Combinatorial therapies are needed to increase efficacy, as an objective response was obtained by approximately 55% of patients when a neoantigen vaccine was combined with an immune checkpoint inhibitor (anti-PD-1 therapy), compared to only 20% when the vaccine was used alone. The logistical and manufacturing complexity of creating customized vaccines is another technical obstacle. Tumor immune escape is another concern, as cancer cells develop strategies to avoid immune detection and destruction. Antigen loss occurs when tumor cells stop expressing or reduce the expression of specific neoantigens. Genetic alterations or

modifications to antigen presentation machinery, such as the loss of MHC molecules, may cause this loss, preventing the immune system from recognizing and targeting tumor cells. The effectiveness of neoantigen vaccines is also significantly influenced by patient-specific factors, such as genetic variation, age, medical interventions, or other conditions.

Future Prospectives

Due to several clinical reports that have shown the strong clinical impact of adaptive immune responses against these Tumor-Specific Antigens (TSAs) in cancer patients, immune responses that target neoantigens have attracted a lot of attention in recent years. From a prognostic function in checkpoint inhibition to compelling clinical outcomes in individual patients following adoptive cell transfer, the influence of neoantigen targeting culminates in the recent success of customized neoantigen vaccines in patients with melanoma. These results today give hope that the objective of tailored immunotherapy is finally within reach after a string of unsuccessful vaccination attempts. However, a number of challenges remain that must be addressed and resolved soon in order for neoantigen-targeting immunotherapies to be widely used in humans. Neoantigen-directed immunotherapies for cancers, such as adoptive cytotoxic T lymphocyte (CTL) transfer or vaccinations, face high selection pressure, leading to the evolution of escape variants. The most common escape mechanism is the loss of global MHC expression, which can result in complete abrogation of tumor recognition by cytotoxic T cells. To avoid this, neoantigen-directed immunotherapies should be carefully designed to avoid the selection of resistant



subclones and ensure successful vaccination. Combining neoantigen vaccines with chemotherapeutic regimens can enhance vaccine efficacy and break local immunotolerance. The spectrum of neoantigens should include driver mutations in genes with essential functions in tumor cell vitality, proliferation, or metastasis. Combining neoantigen-directed immunotherapy with surgery or alternative cytoreductive means is critical to minimize the risk of resistant tumor cells. Strategies targeting neoantigens could be of therapeutic value even in neoadjuvant settings.

Conclusion

In the upcoming decades, the development of new treatments that target neoantigens will transform cancer care by realizing the promise of individualized, customized care. Combination therapies are best suited for vaccinations, especially when combined with checkpoint inhibitors. However, they can also be used in conjunction with radiation therapy, chemotherapy, surgery, and both locally and loco regionally ablative operations.

ALUMNI

Dr. Jewel Mariyam Varghese

Alumni (2018-24 Pharm.D Batch)
Clinical Pharmacist
Believers Church Medical College Hospital



PHARMACOGENOMICS: A PROMISE TOWARDS PERSONALISED MEDICINE

Imagine walking into a clothing store and selecting the perfect fit—neither too tight nor too loose. While a size larger or smaller might also work, we naturally choose the one that fits best. This analogy illustrates a key point that must be remembered by all health professionals, “Right drug at the right dose and right frequency to the right person for the right duration”.

Traditional prescribing practices often involve administering a standard dose of medication to most patients. However, this one-size-fits-all approach can be problematic. For some individuals, the standard dose may be too high, leading to adverse effects, while for others, it may be too low, resulting in therapeutic failure.

INTERNATIONAL CONFERENCE 'PCP INTERCON 2024'



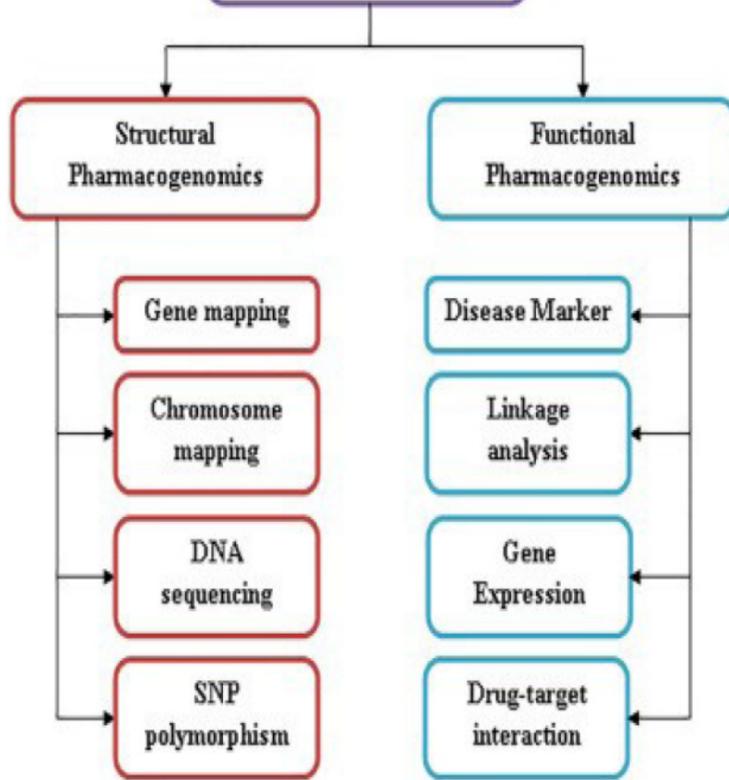
An International conference 'PCP INTERCON 2024' was organized by the Department of Pharmacy Practice on 11th of July 2024 at Mar Theophilus Annexe Auditorium, Pushpagiri College of Pharmacy, Thiruvalla. The event was based on the theme 'Relevance of Nutritional Values and Health Outcomes in Patient Care'. The aim of the conference is to bring together academicians and researchers from all areas of pharmaceutical sciences and to provide the participants with the much needed insight about the significance of nutrition in various health conditions. The programme started with seeking almighty's blessings through prayer song and the gathering was extended a gracious welcome with a graceful dance by the second year Pharm D students. The inaugural session begun with welcome address by Dr. Malini S., Vice Principal-Administration & Organizing Secretary of PCP INTERCON. She extended her warm welcome to esteemed guest, eminent speakers, principals of all other colleges, faculty members, and participants. The presidential address was delivered by Prof. Dr. Santhosh M. Mathews, Principal, Pushpagiri College of Pharmacy. The session was further graced by the chief guest Rev. Dr. Mathew Mazhavancheril, Director-Research, Pushpagiri Group of Institutions & MACFAST, Thiruvalla. In his inaugural address, he highlighted the importance of research and encouraged all the participants to make utmost use of today's international conference. The dignitaries inaugurated the function by lighting the lamp and invoked the divine blessing. The inauguration session concluded with a vote of thanks by Dr. Jeenu Joseph, Vice Principal – Academics & Vice

Chairperson of the conference. A total of 350 national and international registered delegates participated in the event.

The scientific session began with the talk of Dr. Seeba Zachariah, Clinical Assistant Professor and Professor of Pharmacy Practice, Gulf Medical University, Ajman, UAE. Dr. Elsy Abraham, Principal, Nazareth College of Pharmacy, Othra, chaired the session and gave a brief introduction regarding the topic and Dr. Christy K Jose co-chaired the session and introduce the speaker among the delegates. The first session was based on the topic "Clinical Pharmacy Nutritional Counselling in Ischemic Heart Diseases". She shared her professional experiences in her respective fields and mainly focused on various nutritional recommendations for Cardiovascular Disease Prevention. The session was quite informative and useful.

The second session was taken by Dr. Dixon Thomas, Associate Dean Clinical and Professor of Pharmacy Practice, Gulf Medical University, Ajman, UAE. Dr. Subash Philip - Vice Principal - Dr. Joseph Mar Thoma Institute of Pharmaceutical Sciences & Research, Kattanam chaired the session and gave a brief introduction regarding the topic and Dr. Shirley John co-chaired the session and introduce the speaker. The session was based on the topic 'Scientific Reasons for Nutritional Counselling in Kidney Diseases'. He emphasized the nutritional recommendations for Kidney Disease and explained the dietary counselling to improve the nutritional status. Dr. Malini S. and Dr. Jeenu Joseph honoured the

Role of Pharmacogenomics in Drug Development



which connects laboratory findings with clinical practice—often referred to as “bench to bedside and bedside to bench”—becomes essential. Pharmacogenetics and pharmacogenomics are promising tools within this translational framework.

Consider the example of gefitinib, an epidermal growth factor receptor (EGFR) tyrosine kinase inhibitor used in treating non-small cell lung carcinoma (NSCLC). Research has shown that gefitinib has a 27% response rate among Japanese patients with NSCLC, compared to a 10% response rate among Caucasian patients. Further investigations revealed mutations in exons 18, 19, and 21 of the ATP-binding pocket of the tyrosine kinase domain of the receptor, which allow gefitinib to interact effectively with the tyrosine kinase. These mutations were more prevalent in Japanese patients, which explains their higher response rate compared to the predominantly wild-type population in Caucasians.

If a “bench to bedside” approach were applied, researchers could identify patients with these mutant tyrosine kinases across different malignancies, beyond NSCLC, and evaluate the efficacy of gefitinib within these subgroups. If effective in these genetically enriched populations, further evaluations could be pursued to enable tumor type-specific drug registrations. Conversely, if these subgroups do not respond, it would suggest that a broader population with the same anatomical

location (e.g., head and neck carcinoma) might also not respond. Alternatively, if a new molecule were designed with improved binding characteristics specific to either the wild-type or mutant subtypes, pharmacogenomic profiling could guide its testing in appropriate groups at the time of diagnosis. Pharmacogenomics has the potential to significantly reduce healthcare costs by decreasing the number of adverse drug reactions, failed drug trials, the time it takes to approve new drugs, the duration of medication regimens, and the number of medications needed to find an effective therapy. It can also mitigate the effects of diseases through early detection and targeted treatment.

However, challenges remain, such as the complexity of identifying gene variations that influence drug response, the limited availability of alternative drugs, and the lack of incentives for pharmaceutical companies to develop multiple pharmacogenomic products.

Despite these challenges, pharmacogenomics represents a groundbreaking advance in medical history, poised to revolutionize healthcare for the benefit of humanity.

Pharmaceutical companies have traditionally followed this uniform dosing system, regardless of how well or how poorly the patient responds to the medication. But just as one size doesn't fit all in clothing, the same principle holds true for drug therapy. This is where the field of pharmacogenomics comes into play. Pharmacogenomics, stemming from the terms pharmacology and genomics, examines how an individual's genetic makeup influences their response to drugs. Since each person has a unique set of genes, their response to a given medication can vary significantly. Some may require a lower dose to achieve the desired therapeutic effect, while others may need a higher dose. The most common genetic variations in humans are known as single nucleotide polymorphisms (SNPs). It is estimated that there are approximately 11 million SNPs in the human population, with an average of one every 1,300 base pairs.

Genetic variations can influence drug responses in several ways: by affecting the metabolism of the drug, by altering the likelihood of experiencing adverse effects unrelated to the drug's primary action, or by modifying the effectiveness of the drug target. This is where translational medicine,



resource persons by presenting the memento. The event further progressed with the declaration of the winners of e-poster presentation which was held during the conference.

The e-poster presentations were evaluated by different evaluators from various fields of pharmacy. Participation certificates for delegates from various colleges were distributed by the organizing committee. Feedback responses

were shared by the external delegates during the session. All the participants were thankful to the management for the plethora of information which was provided in the session and helping them utilize their time in a very useful manner. The conference was concluded with the National Anthem. The cooperation and sincere commitment of every committee was evident and their support and hard work was commendable.



EARN WHILE LEARN PROGRAMME

Pushpagiri College of Pharmacy in association with Pushpagiri Medical College Hospital launched a new concept of 'Earn While Learn' programme which was inaugurated on 25th of September 2024 (World Pharmacist Day) at Senate Hall, PMCH. Along with this short term certificate Add-on Programmes were implemented for Pharm D interns. The

first course "Drug store Management" was established by Department of Pharmacy Practice.

The inaugural ceremony commenced at 1.00 pm by invoking blessings from the almighty by the college choir. Prof. Dr. Santhosh M Mathews welcomed the gathering and pointed out the Pharmacist's role in healthcare, and their contribution



to the community. Rev. Fr. Aby Vadakkumthala, Director-Pushpagiri Group of Institutions presided the programme. Rev. Dr. Biju Varghese Payyampallil, CEO-Pushpagiri Group of Institutions inaugurated the programme by lighting the lamp. The inaugural speech highlighted the need of add-on programmes and also mentioned about additional skills and

knowledge that are offered through these courses. Felicitation was given by Dr. Abraham Varghese, Medical Director - Pushpagiri Medical College Hospital. Dr. Malini S, Vice Principal & HOD, Pushpagiri College of Pharmacy proposed the vote of thanks. The Programme ended with the National Anthem.



SEVANAHASTHAM: A HELPING HAND TO CHANGE LIVES



WORLD HEART DAY



The World Heart Day was organized on September 28th 2024 by the Department of Pharmacology in association with NSS Unit and IQAC. The World Heart Day is marked worldwide on 29th September every year to raise awareness about cardiovascular disease (CVD) and to encourage action to prevent, detect and manage it. The theme of 2024 was "Use Heart for Action". To emphasize this theme, and to highlight that cardiovascular diseases is one of the leading cause for mortality worldwide due to lack of awareness about the cardiovascular health and certain lifestyle habits, an awareness program was organized at Peringara Grama Panchayat. Third

Year Pharm.D students participated in this program. Faculty of Pharmacology department and students visited around 20 houses along with Mrs. Shyarmala Sunil, Ward Member, Peringara Grama Panchayat. The participants educated them how to take care of heart health. Students distributed leaflets and explained more about heart diseases, including signs, symptoms and prevention. They also informed that the importance of treating the heart diseases at initial stage is very crucial. The awareness program was informative to the public and ended with a word of thanks to each and every one who participated.

ONCOAWARE 2024

A Cancer Awareness program was conducted by the Department of Pharmacy Practice, Pushpagiri College of Pharmacy, in association with IQAC and NSS unit on National Cancer Awareness Day on November 7th, 2024, to raise awareness and educate students and the community on cancer prevention and early detection.

The program was held at Mar Theophilus Annexe Auditorium-Pushpagiri College of Pharmacy, Thiruvalla from 11 am-to 12:30 p.m. The event was chaired by Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy, Dr Jency Joy C, Associate Professor, Department of Oncosurgery, Pushpagiri Medical College Hospital, Thiruvalla, Dr. Antony Chethipuzha, Spiritual Director, Dr Malini S, Vice principal-administration and Dr. Jeenu Joseph, Vice principal-academics.

The event was gathered by HODs, Professors, teaching and non-teaching staff, sisters, and B pharm and Pharm D students.

The program began with a prayer song by the college choir. Dr Akhila Ann Cherian, Assistant Professor, Department of Pharmacy Practice delivered a warm welcome address, inviting all attendees to participate in the day's proceedings. Rev. Fr. Antony Chethipuzha officially inaugurated the event with an inspiring speech that highlighted the importance of cancer awareness.

The highlight of the morning session was an awareness class led by Dr. Jency Joy C, who provided valuable insights on "The Fight against Cancer-Bridging the Care Gap". The session was impactful and well-received, sparking reflection among attendees.



To conclude, Rani Manju, Associate Professor, Department of Pharmacy Practice delivered a vote of thanks, followed by the national anthem.

In the afternoon, students from 5th Pharm D took the awareness campaign to the community at Peringara Grama panchayath-ward 6 under the supervision of Mrs. Rani Manju and Dr Akhila

Ann Cherian. Starting at 2:00 pm, they visited 30 households, distributing informative leaflets and engaging in conversation about cancer prevention. This outreach allowed students to directly interact with community members, enhancing the impact of the awareness campaign. The students returned to campus by 3:30 pm, concluding the day's activities.



BASIC LIFE SUPPORT (BLS) PROGRAMME

Basic Life Support (BLS) training program was organized by Department of Pharmacy Practice in association with Indian Institute of Emergency Medical Services (IIEEMS), Kottayam on 29th & 30th of November 2024 at the college auditorium for first and second year Pharm.D and B.Pharm students.

The program started with prayer song. Dr Malini S, programme coordinator and HOD, Dept. of Pharmacy Practice welcomed the gathering and introduced the IIEEMS team. Mrs.

Alice Joseph - BLS instructor & Senior Manager-Business Development, delivered a key note address on the BLS program.

Mr. Jino Ninan - Instructor & Operation Manager IIEEMS, Mrs. Jancy Joseph - Instructor, NS Believers Church Medical College Hospital, Mr. Rajashekar - Senior Instructor and Mr. Midhun Raj - Instructor & EMT Manager led the training program on both days.



BLS guidelines were provided to the students prior to the course which highlighted 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 were trained 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 choking in adults and infants.

After successful completion students received the Basic Life Support certificate. The program was informative and got excellent feedback from the students.

NSS ACTIVITIES

ANTI RAGGING DAY

PUSHPAGIRI COLLEGE OF PHARMACY
THIRUVALLA

ANTI-RAGGING DAY

THEME:
UNITE AGAINST RAGGING

- OATH TAKING
- SKIT PRESENTATION

SAY NO TO RAGGING

17.08.2024, 03.00 PM | MAR THEOPHILOS ANNEXE AUDITORIUM

ORGANIZED BY,
DEPARTMENT OF PHARMACEUTICS IN ASSOCIATION WITH IQAC & NSS

The Department of Pharmaceutics in association with the NSS unit and IQAC organized Anti-Ragging Day on 17th August 2024 at college Auditorium. Ragging is a serious issue that can have long lasting effects on students. It's crucial for

educational institutions, students and society to work together to eliminate this harmful practice. Third Year Pharm. D students performed skit and Anti-Ragging oath was taken by all the students to make the campus a 'Ragging Free campus'.



As part of this, several competitions such as essay writing and slogan writing were also conducted on the theme 'Say No to Ragging'.

All students of Fourth Semester B Pharm, Sixth Semester B Pharm and Third Year Pharm D participated in this Program. Teaching and Non-Teaching staffs also attended this function. Together we can create a culture of respect, kindness and solidarity.



INTERNATIONAL GIRL CHILD DAY

PUSHPAGIRI COLLEGE OF PHARMACY
MEDICITY CAMPUS, PERUMTHURUTHY

INTERNATIONAL GIRL CHILD DAY 2024
THEME: "GIRLS' VISION FOR FUTURE"

Contest:
"Versification"

Date: 09.10.2024
Time: 12.00 to 12.45pm
Venue: Library

Organised by
Department of Pharmaceutics
in association with IQAC & NSS

The Department of Pharmaceutics in association with IQAC and NSS Unit conducted a contest on Versification as part of International Girl Child Day Celebration at Pushpagiri College of Pharmacy on October 9th 2024. The celebration focused on promoting gender equity and freedom for girl child. The contest was based on the theme 'Girls Vision for Future'. The participants from all batches were included for the contest. The contest provided an opportunity to display their talent and knowledge in writing. The winners for the contest were Anshika Mishra (VI Semester B.Pharm), Aleena Rachel Roy (IV Semester B.Pharm) and Geena Johnson (VIII Semester B.Pharm). This celebration served as a reminder of the importance of educating a girl child to create a vision for her bright future.



ALOKAH STUDENTS' UNION ACTIVITIES

INDEPENDENCE DAY 2024

PUSHPAGIRI COLLEGE OF PHARMACY
PERUMTHURUTHY P.O. THIRUVALLA

INDEPENDENCE DAY Celebration

14.08.2024, 3 PM | MAR THEOPHILOS ANNEXE AUDITORIUM

COMPETITIONS

- QUIZ
- TABLEAU

The 78th Independence Day Celebrations was held on 14th August 2024 at Mar Theophilos Annexe Auditorium. The program began with a prayer song led by the college choir seeking the blessings of God. Alana Elizabeth Mathew, Arts Secretary, welcomed the gathering. A minute of silence was observed which was led by Abhived Jayaraj, Chairman, remembering the people who lost their lives and families in the Wayanad disaster. Various competitions were conducted to boost our spirit and unity.



Firstly, a quiz competition was conducted with 5 teams. The quiz masters were Dr. Kameswaran R, Associate Professor, Department of Pharmacy Practice and Dr. Ragisha Francis, Professor, Department of Pharmaceutical Chemistry.

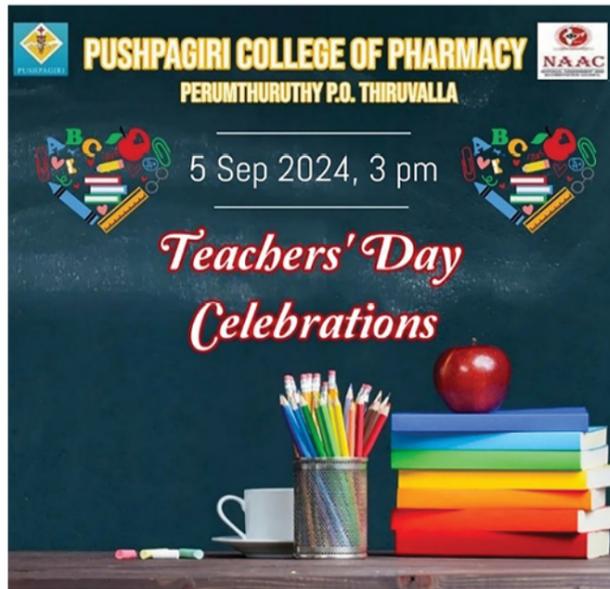
A tableau competition was also held judged by Ms. Neethi Shaju, Assistant Professor, Department of Pharmacology and Mrs. Divya V, Assistant Professor, Department of Pharmaceutical Chemistry. The tableau competition showcased various moments of our struggle to reach independence, instilling a sense of pride and gratitude for all the freedom fighters who fought for our nation.



The program ended with a word of thanks by Betsy Elsa Biju, Joint Secretary. The results were announced following the vote of thanks. VI Semester B.Pharm bagged the first prize followed by Pharm.D Interns and III Year Pharm.D for quiz competition. III Year Pharm.D bagged the first prize for tableau. The second prize was shared by II Year Pharm.D and II Semester B.Pharm. Pharm.D interns won the third place for tableau. The program concluded with the National Anthem.



TEACHERS DAY 2024

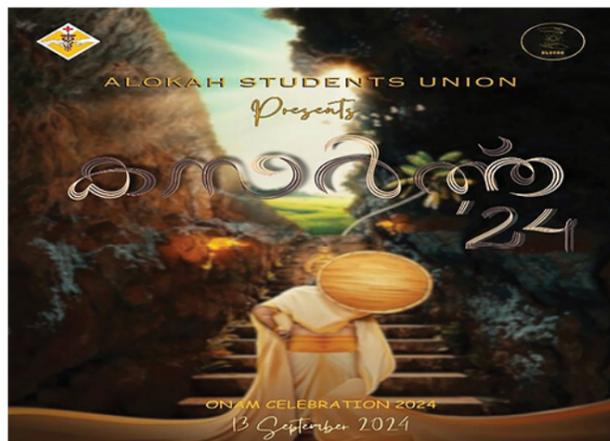


Pushpagiri College of Pharmacy held a grand celebration for Teachers Day 2024 on 5th September 2024 at 3 pm. Students of the college wished their teachers by decorating a board with their personal wishes for all teachers.



The event opened with a prayer song by the college choir. After which, Andrew P Thomas, Vice Chairperson of Alokah Students Union welcomed everyone. The Presidential Address was given by Director-Institutions, Rev. Fr. Aby Vadakkumthala. Achen emphasized the significance of the day expressing his appreciation for the hard work of the faculty. The thought for the day was shared by Betsy Elsa Biju, Joint Secretary and a token of love was presented to all faculty acknowledging their dedication and contributions. The celebration wound up with the speech by Principal, Prof. Dr. Santhosh M Mathews in which he emphasized on the importance of teacher student relationship. Vote of thanks was conveyed by Nina Sam, General Secretary expressing gratitude to the organizers, participants and attendees for making the event a grand success.

KASRTH 2024



Onam celebrations started with Pookalam competition on 12th September 2024. The Alokah Students Union held 'Kasrth 2024' Onam Celebration at Pushpagiri College of Pharmacy on 13th September 2024. The day commenced with the Batch Entry Competition, showcasing the creativity of the students. Dressed in traditional attire all the batches entered the venue setting a festive tone and symbolising the spirit of Onam.

A meeting was conducted chaired by esteemed members of the college, Director-Institutions, Rev. Fr. Aby Vadakkumthala, Principal, Prof. Dr. Santhosh M Mathews, Chairman, Abhidev Jayaraj and other officials of Alokah students union.

After the meeting, the Idli Eating competition kicked off. Afterwards, students performed the graceful Thiruvathira



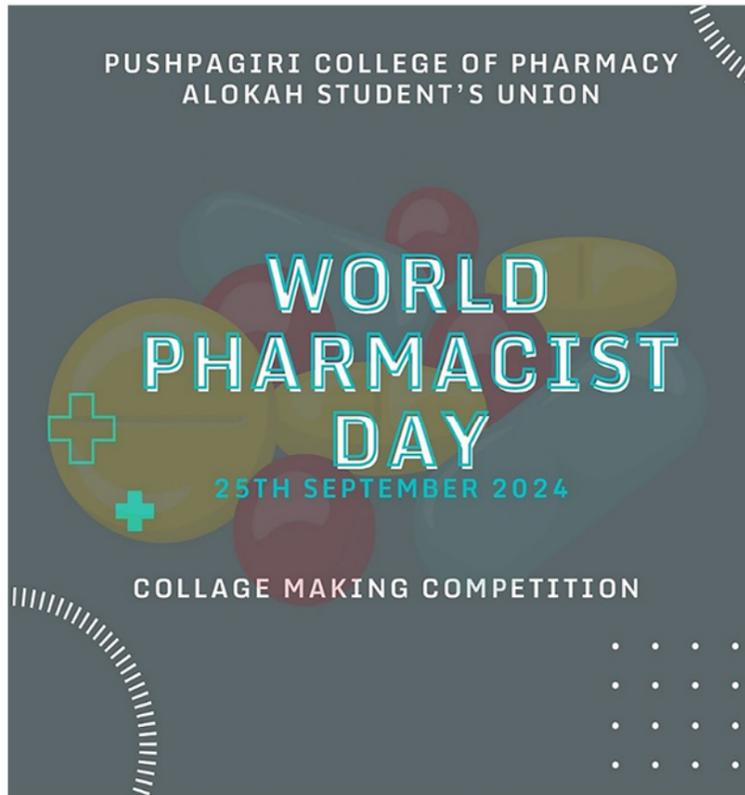
followed by Onapattu competition where students showcased their vocal talents and filled everyone with nostalgic memories of Onam.

The Minute to Win It game added an element of fun and excitement. Students also performed captivating batch performances adding vibrancy to the celebration. Post lunch activities began with Uri Adi competition and the day ended with thrilling Vadamvalli.



The event concluded with the prize distribution ceremony and Onamadhuram was served to all attendees. The program a resounding success, the hardwork and dedication of both organizers and participants made the event truly memorable. It was a vibrant and well-coordinated event, filled with enthusiasm and cultural pride.

PHARMACIST DAY 2024



Aloka Students Union conducted a Collage Making Competition as part of World Pharmacist Day at Pushpagiri College of Pharmacy on 25th September 2024. The contest was based on the theme of 2024 'Pharmacists: Meeting global health needs'. This theme recognizes the important role pharmacists play in addressing health challenges, especially in underserved communities. The participants from all batches were included for the contest. The contest provided an opportunity to display their artistic skills. The first place was secured by VI Semester B.Pharm and the second place by IV Year Pharm.D.

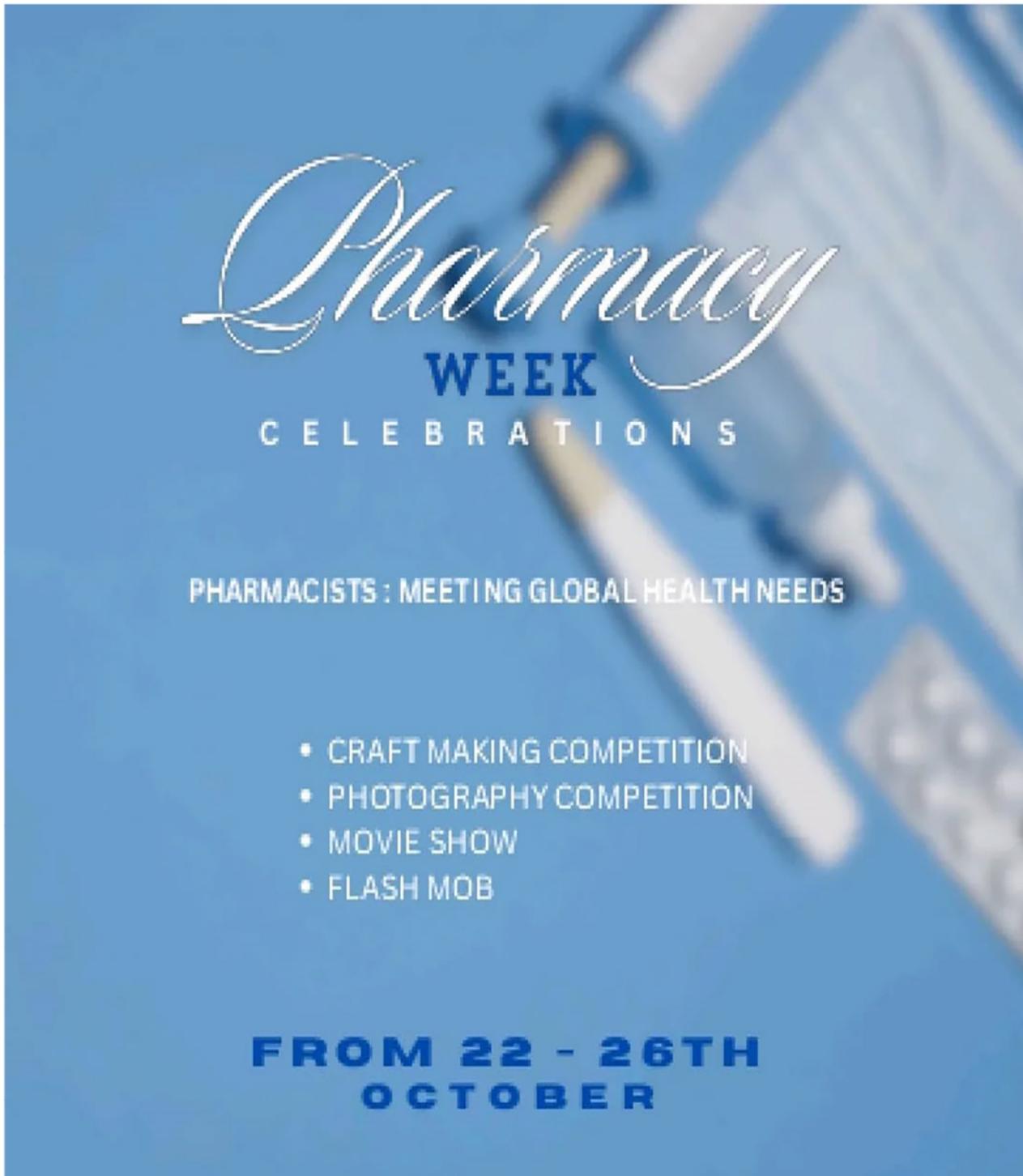


COLLAGE WHICH WON FIRST PLACE



COLLAGE WHICH WON SECOND PLACE

PHARMACY WEEK 2024



- CRAFT MAKING COMPETITION
- PHOTOGRAPHY COMPETITION
- MOVIE SHOW
- FLASH MOB

The Pharmacy week 2024 was celebrated at Pushpagiri College of Pharmacy from 20th October to 26th October, 2024. On behalf of the same, various programs were conducted in the college. A movie show was held on 22nd October 2024 from 3:30 pm to 5pm at Mar Theophilus Annexe Auditorium.

The movie played was "CONTAGION" which is an English film based on a pandemic. The movie show was attended by the students of I Year Pharm.D, I Semester B.Pharm, VI Semester B.Pharm and VIII Semester B.Pharm.



An online photography competition was conducted on the topic "OUT OF FOCUS ". The photographs were submitted by various students and the first prize was secured by Bright

Roy of VI Semester B.Pharm, second prize by Alosius Rajan of I Year Pharm.D and third prize by Noufiya Nazarudeen of VI Semester B.Pharm.



PHOTO CAPTURED BY BRIGHT ROY WHICH WON THE FIRST PLACE



PHOTO CAPTURED BY ALOSIOUS RAJAN WHICH WON THE SECOND PLACE



A flash mob was performed by VIII Semester B.Pharm students and a theme dance was performed by Third Year Pharm.D students on 30th October, 2024.



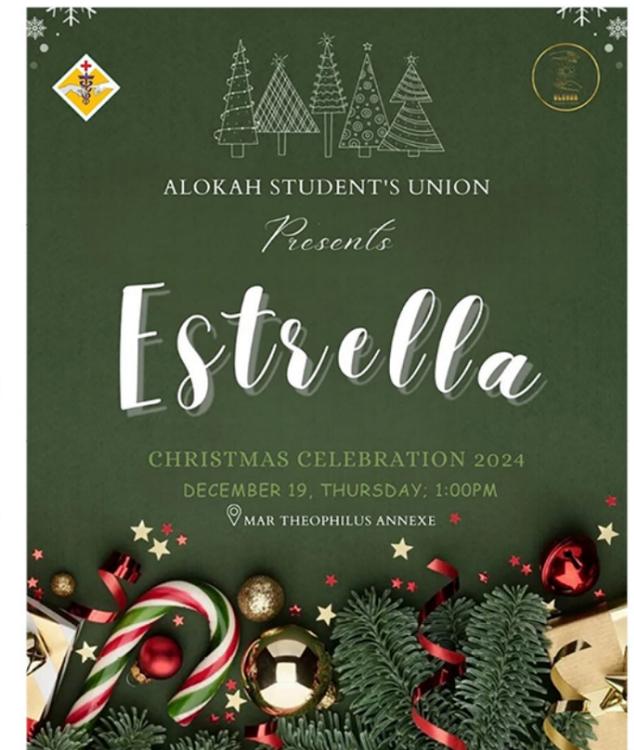
ESTRELLA 2024

The Alokah Students Union conducted the Christmas program "Estrella 2024" at Mar Theophilus Annex Auditorium on 19th December 2024. The program commenced with the welcome address by the Chairman Mr. Abhidev Jayaraj. Rev. Dr. Antony Chethipuzha, Spiritual Director, delivered the Christmas message. Inauguration of the first Add-On Courses was held on this occasion. Dr. Santhosh M. Mathews, Principal, introduced the course details. The first program of the Certificate Course in Drug Store Management, by Department of Pharmacy Practice was inaugurated by the director Rev. Fr. Aby Vadakkumthala. The first copy of the course materials was received by PharmD intern Mr. John Rajan.



Carol song, Dancing Santa, Floor Decorations, and Card Making competitions were held in connection with Christmas celebrations. Various cultural performances showcasing the talents of our students, added vibrancy to the event.

The program concluded with a special message from Santa. Vote of Thanks was expressed by Ms. Alisha Mariam Roy, the Vice Chairperson of the Students Union.



VIMUKTHI MISSION PROGRAMS

PLACEMENT CELL ACTIVITIES

AWARENESS PROGRAM ON DRUG ABUSE

Vimukthi Mission Programme was organised by the Mukthi committee in association with the Excise Department at Pushpagiri College of Pharmacy on 20/07/24. Excise Circle Inspector, Mr. Shameer Khan A, presided and Adv. Jose Kaleekkal, Vimukthi Mission Pathanamthitta District Coordinator was the chief resource person. Rev. Fr. Aby Vadakumthala (Director- Institutions), Rev. Dr. Antony Chethipuzha (Spiritual Director), Prof. Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy), Mrs.

Archana Vijai (Asst. Professor, Coordinator, Mukthi committee, Pushpagiri College of Pharmacy) and Dr. Sharlene Sara Babu (Additional Professor and Coordinator Mukthi committee, Pushpagiri College of Dental Sciences) spoke on the occasion. As a token of gratitude, Excise Circle Inspector, Mr. Shameer Khan A and Adv. Jose Kaleekkal were honoured. BDS, B.Pharm and Pharm D students participated in this programme.



An awareness program on drug abuse was conducted by Vimukthi Mission PCP in association with Excise Department, Thiruvalla Circle, at Pushpagiri College of Pharmacy on Monday, 11th November 2024. Mr Anu Prasad S., Civil excise officer, Excise circle office and Mr. Madusoodhanan,

Preventive officer, Excise range office, Thiruvalla were the chief resource persons of the programme. Prof.Dr.Santhosh M Mathews, Principal, Mrs.Archana Vijai, Coordinator, Vimukthi Mission PCP and Mrs Rani Manju Associate Professor, Dept. of Pharmacy Practice were spoke on the occasion. Staff, B.Pharm and Pharm D students participated in the programme.



CAMPUS PLACEMENT DRIVE - APOLLO HOSPITALS ENTERPRISE LIMITED

Apollo Hospitals Enterprise Limited in Association with Placement cell conducted Campus placement drive for the post of Pharmacist/ Clinical Pharmacist on 06.09.2024.

B.Pharm and Pharm.D Graduates, Pharm.D Interns and Seventh Semester B.Pharm students participated in this programme.



SEMINAR – CAREER PROSPECTS IN PHARMACY PROFESSION

A seminar on Career Prospects in Pharmacy Profession was conducted by the Placement Cell in association with IQAC on 7th December 2024 at the college auditorium.

Ms. Reshma Mariam Raju, Center Head, Kottayam branch, who gave an idea about the different opportunities in medical coding.

The first session was on Career Awareness of Medical Coding by Transorze Academy, Kottayam. The session was led by

The second session was on Global career opportunities and placement options for Pharmacy Graduates by Eazylink



Academy, Thrissur. The session was led by Mr. Sony Akkare, Founder and Executive, Director, Eazylink Academy, who explained about the current and future opportunities for Pharmacy graduates abroad at various levels and its requirements.



The participants actively involved in the interactive session. Final B.Pharm, Pharm.D & Pharm.D interns attended the seminar. Mrs. Deepthi Mathew (Placement Cell Coordinator), Mrs. Jisha B. & Mrs. Sumi James (Convenors) spoke on the occasion.

ESPOIR 2024 – PHARM.D GRADUATION



Pushpagiri College of Pharmacy has organized graduation ceremony of Pharm D 2018-24 batch and Pharm D (PB) 2020-23 batch on 3rd August 2024 in Medicity Campus at 10.30am. 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), Dr. Vinod V Thomas (Registrar- Evaluations, Manipal Academy of Higher Education), Rev. Fr. Dr. Biju Varghese (CEO, Pushpagiri Group of Institutions), Mr. Robin Peter (PTA President), Rev. Fr. Aby Vadakumthala (Director-Institutions, Pushpagiri Medical Society), Prof. Dr. Santhosh M Mathews (Principal, Pushpagiri College of Pharmacy), and Dr. Malini.S

(Vice Principal-Academics), Dr. 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 College Principal, Prof. Dr. Santhosh M Mathews expressed condolences to the people suffered in Wayanad landslides. The Vice Principal, Dr. Jeenu Joseph welcomed all the dignitaries, invitees, parents, faculty and graduates with a compendious speech and bouquets. The Presidential & benedictory address was proposed by H.G. Most Rev. Dr. Thomas Mar Koorilos. The graduation function was officially inaugurated by lighting the

lamp by the dignitaries. An emphasising speech was given by the Chief Guest Dr. Vinod V Thomas which was an inspiration for all the graduates. He declared the graduation day open and in his inaugural address he congratulated all the graduates 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 Dr. Malini. S (Vice Principal-Administration).

The best academic performer and outgoing student for Pharm D 2017-23 batch was Ms. Gloriya John and Ms. Santhra Ann

Saji respectively. Both were honoured with the memento and cash prize. As a token of our sincere gratitude, mementos were presented to all the dignitaries. Felicitation address for the function were given by Mr. Francis George (MP, Kottayam) and Mr. Robin Peter (PTA President). Representative of the graduate, Dr. Santhra Ann Saji. (Pharm D) delivered the speech of gratitude. Finally, the ceremony of transition of students into further phases of their lives was concluded with a vote of thanks by Mrs. Mrs. Rani Manju (Associate Prof, Programme Convenor) and ceremony officially ended at 1.00 pm with the national anthem and photo session



OPENING CEREMONY AND ORIENTATION PROGRAM OF FIRST PHARM.D AND B.PHARM 2024-25 ACADEMIC YEAR

The opening ceremony and orientation program of fresher's was conducted on 14th of October 2024 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 350 people attended the Programme.

The inaugural function of the session was held at 10.30 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 Vadakkumthala, Director Institutions give 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 Dr. Fr. Biju Varghese Payyampallil, CEO, Pushpagiri Group of Institutions delivered the benedictory address. The function was officially inaugurated by Shri. Ashad, DySP Thiruvalla Circle and he motivated the gathering through his inaugural address. Chief Guest, Shri. Ashad S, DySP, CEO, Principal, Director, Vice Principals, Guardian, and Student representatives together lightened the lamp.



Following the inauguration, Mr. Robin Peter, PTA President and Mr. Abhidev Jayaraj, Students Union Chairman delivered the felicitations and wish all the success to the students. The 9th volume of newsletter Pharma Echo was released during the



session. Mrs. Jeenu Joseph, Vice Principal, conveyed vote of thanks to the gatherings. The orientation sessions resumed after a coffee break. During the session, Principal introduced the general guidelines and instructions to be followed by the Students.



Oath Taking Ceremony of Alokah Students Union

EVENTS @ PCP



Release of Ninth Volume, First Issue of College News Bulletin 'Pharma Echo'



Freshers Day SPERANZA '24 Was Conducted By 1st Pharm.d And 1st Semester B.pharm 2024-25 Batches



Industrial Visit of 2021-2025 B. Pharm Batch



Our Faculty Members received 'Legends of Pushpagiri' Award from Hon'ble District Collector Mr. Prem Krishnan IAS for securing Ph.D. in Pharmacy on the occasion of 66th Pushpagiri Day Celebrations on 01st October 2024.

PROUD MOMENTS



Ms. Dona George & Ms. Rosmi Tijo Paul (Pharm.D Interns) Won the First Place for Quiz Competition as part of World Bioethics Day Celebrations at Pushpagiri Medical College Hospital



PCPIANS Won the Second Place in Carol Singing Competition Held at Pushpagiri Medical College Hospital as part of 2024 Christmas Celebrations



Ms. Ann Tintu Thomas & Ms. Sneha Lissue Antony (Pharm.D Interns) Won the Second Place E-Poster Competition held during National Pharmacovigilance Week 2024 Organized By IPASF of College of Pharmaceutical Sciences, Govt. Medical College, Kottayam & IPA Kerala State Branch



Mr. Jobin Joy received 'Good Samaritan' Award from Hon'ble District Collector Mr. Prem Krishnan IAS on the occasion of 66th Pushpagiri Day Celebrations on 01st October 2024

PHD AWARDED



Mrs. Ragisha Francis

Mrs. Ragisha Francis, Assistant Professor, Department of Pharmaceutical Chemistry has been awarded Doctor of Philosophy (Ph.D.) in Pharmacy from Pacific University, Rajasthan on January 2024



Mrs. Anju A. Varghese

Mrs. Anju A. Varghese, Associate Professor, Department of Pharmacognosy has been awarded Doctor of Philosophy (Ph.D.) in Pharmacy from Annamalai University, Tamil Nadu on December 2024

INTRODUCING NEW FACULTY



Dr. Akhila Ann Cherian

Dr. Akhila Ann Cherian, Assistant Professor, Department of Pharmacy Practice joined Pushpagiri College of Pharmacy on 23rd September 2024. She has completed her Doctor in Pharmacy from Nazareth College of Pharmacy, Othara in 2024



Mrs. Christa J. George

Mrs. Christa J. George, Assistant Professor, Department of Pharmacology joined Pushpagiri College of Pharmacy on 18th November 2024. She has completed her Masters in Pharmacology from St. Joseph's College of Pharmacy, Cherthala in 2015



Ms. Harija S. Nair

Ms. Harija S. Nair, Assistant Professor, Department of Pharmaceutics joined Pushpagiri College of Pharmacy on 19th November 2024. She has completed her Masters in Pharmaceutics from Nazareth College of Pharmacy, Othara in 2024



Mrs. Haritha H. Kumar

Mrs. Haritha H. Kumar, Assistant Professor, Department of Pharmacology joined Pushpagiri College of Pharmacy on 25th November 2024. She has completed her Masters in Pharmacology from St. Joseph's College of Pharmacy, Cherthala in 2024



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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**