



PUSHPAGIRI COLLEGE OF PHARMACY THIRUVALLA

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PHARMA ECHO

A BIENNIAL NEWSLETTER OF PUSHPAGIRI COLLEGE OF PHARMACY

Vol. 10 (1), 2025

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 joy and pride that Pushpagiri College of Pharmacy unveils the first issue of the tenth volume of our news bulletin, PHARMA ECHO. As an institution committed to excellence, we have always envisioned Pushpagiri College of Pharmacy as more than just a place of academic learning. It is a thriving ecosystem where curiosity is encouraged, innovation is nurtured, and the next generation of healthcare professionals is empowered to lead with knowledge, skill, and compassion. Over the years, we have witnessed consistent growth—in our academic offerings, in research initiatives, and in the impact our students and faculty make both within and beyond the college walls. Our students continue to be the heart of this institution. Whether engaging in rigorous academic work, conducting innovative research, or participating in community service, they exhibit a rare blend of dedication, empathy, and drive. These qualities are essential in the evolving landscape of pharmacy, where professionals must not only be knowledgeable but also adaptive and patient-centered. As we move forward, our focus remains steadfast on providing a well-rounded education that prepares students to meet real-world challenges with confidence and integrity. I urge all our students to take full advantage of the diverse learning opportunities available—from internships and research projects to outreach programs and co-curricular activities. Each experience is a stepping stone in shaping your future as a pharmacist and as a responsible contributor to society. This issue of PHARMA ECHO captures the essence of what makes our college community unique, the spirit of collaboration, the pursuit of excellence, and the shared vision of creating a healthier tomorrow. I would like to extend my heartfelt appreciation to the editorial board for their meticulous effort in bringing together the achievements, voices, and stories that define our journey. Let this issue be both a celebration of what we've accomplished and a source of inspiration for the road ahead. Thank you all for being an integral part of our continued growth and success.



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

FROM THE EDITOR'S DESK

It is a great honor for me to serve as the Newsletter Editor, and I extend my heartfelt thanks to our Principal and Management for entrusting me with this opportunity. I'm delighted to present this edition of our college newsletter, which captures the accomplishments, milestones, and dynamic spirit of our pharmacy community. The Biannual Newsletter continues to be a platform for celebrating the remarkable efforts of our students, faculty, and staff. Beyond sharing updates, our aim is to inspire—and we hope every page reflects the enthusiasm and dedication that define our institution. I would also like to express my sincere appreciation to the editorial team for their tireless efforts and dedication in bringing this edition to life. A special thanks goes to everyone who contributed content, making this publication a true reflection of our vibrant college environment. May this edition serve as a reminder of the impact we can all make. Thank you for your continued support—I look forward to sharing more success stories in the issues to come.



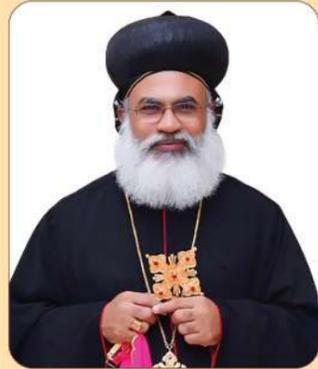
With Regards,
Pheba Susan Thomas, Chief Editor



PUSHPAGIRI COLLEGE OF PHARMACY

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CHIEF PATRON



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Prof. Dr. Santhosh M. Mathews
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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

Mrs. Jisha B.

Assistant Professor
Department of Pharmaceutics
Pushpagiri College of Pharmacy, Thiruvalla

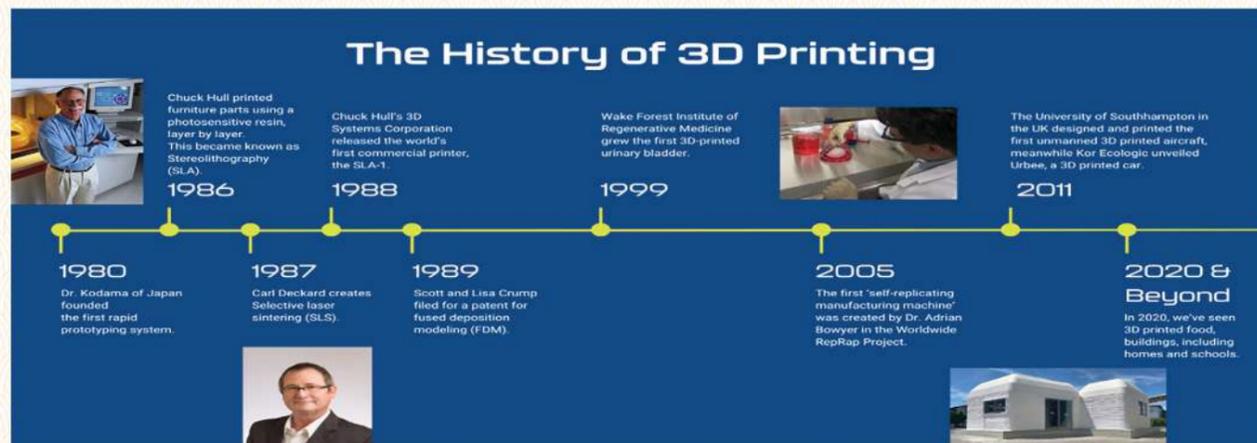


3D PRINTING IN PHARMACEUTICS: CUSTOMIZING MEDICINE LAYER BY LAYER

In recent years, 3D printing—also known as additive manufacturing—has moved far beyond its industrial roots to find a place in modern medicine. Within pharmaceuticals, 3D printing has emerged as a revolutionary tool for drug formulation and delivery, offering unprecedented control over the shape, structure, dose, and release profile of medications. The shift from mass production to personalized, on-demand fabrication represents a significant evolution in pharmaceutical science—one that aligns closely with the growing emphasis on precision medicine.

WHAT IS 3D PRINTING IN PHARMACEUTICS?

3D printing involves creating objects layer by layer based on a digital model. In pharmaceuticals, this allows for the production of complex dosage forms that would be impossible to manufacture using traditional methods. Different 3D printing techniques—such as Fused Deposition Modeling (FDM), Inkjet Printing, Selective Laser Sintering (SLS), and Stereolithography (SLA)—are used depending on the nature of the drug and the desired characteristics of the final dosage



form. The first FDA-approved 3D-printed drug, Spritam® (levetiracetam), marked a milestone in 2015. It utilized ZipDose® technology to create a highly porous tablet that dissolves rapidly in the mouth, ideal for patients with difficulty swallowing.

WHY 3D PRINTING MATTERS IN PHARMACEUTICS?

1. **Personalized Dosing** - Patients metabolize drugs differently due to genetics, age, weight, and comorbidities. 3D printing enables dose customization at the point of care, minimizing the risk of under- or overdosing.

2. **Polypharmacy Solutions** - In elderly or chronically ill patients who take multiple medications daily, 3D printing allows for polypills—single tablets that combine several drugs with compartmentalized release profiles.

3. **Tailored Release Profiles** - Drugs can be printed with multi-layer or core-shell designs that allow controlled, sustained, or pulsatile release—essential for conditions like hypertension or diabetes.

4. **Improved Patient Compliance** - Customizable flavors, shapes, and colors can make medications more appealing, especially in pediatric and geriatric populations. Imagine

a chewable tablet shaped like a child's favorite animal, containing just the right dose.

5. **On-Demand Manufacturing** - In remote areas or disaster zones, 3D printers could be used to manufacture essential medicines on-site, reducing dependency on global supply chains.

PHARMACEUTICAL 3D PRINTING

METHODS:

Fused Deposition Modelling

This technology is used for implants, zero-order release tablets, and formulations that include polymers.

Thermal Inkjet Printing TIJ

TIJ can avoid heat by relying on voltage, so it can be used to print heat-sensitive medications.

Inkjet Printing

Powder is applied as a substrate, using variable layers and drug combinations. The ink is sprayed in various droplet sizes, drying to provide a solid dosage form.

Direct-wise

A 3D microstructure is created through a pattern-generating device. A computer-controlled translational stage guides the process.

Zip Dose

Personalised 3D printed medicines with a high drug-load are produced using porous material. The procedure relies on high dissolution and disintegration levels.

Vat Photopolymerization

Light-induced polymerization uses light irradiation to cure liquid resins in layers for controlled release. Two-dimensional layers are cured into a hardened 3D structure



CHALLENGES AND CONSIDERATIONS

Despite its promise, several challenges need to be addressed:

- **Regulatory Uncertainty:** Regulatory frameworks for 3D-printed drugs are still evolving. Issues around validation, quality control, and reproducibility must be resolved.
- **Stability and Compatibility:** Not all active pharmaceutical ingredients (APIs) are stable at the temperatures or conditions used in 3D printing.
- **Cost and Scalability:** While ideal for small batches or personalized medicine, current technology may not be suitable for large-scale production due to cost and speed limitations.
- **Training and Infrastructure:** Widespread adoption would require training healthcare professionals and setting up new infrastructure, particularly in hospital or pharmacy settings.

FUTURE DIRECTIONS

The future of 3D printing in pharmaceuticals is closely tied to the broader movement toward patient-centric healthcare. Ongoing research is exploring the use of:

- **Bioprinting** for tissue engineering and regenerative medicine
- **Smart polymers** that respond to environmental cues
- **Artificial Intelligence** to optimize print parameters and design
- **Wearable printers** for transdermal drug delivery systems

As digital health technologies become more integrated with pharmaceutical care, 3D printing offers a tangible way to bridge the gap between innovation and individual patient needs. Academic institutions play a crucial role in advancing this field—through interdisciplinary research, development of novel printable formulations, and curriculum updates to prepare the next generation of formulation scientists. Collaborations between pharmaceuticals, materials science, and biomedical engineering departments can accelerate innovation, while partnerships with industry can help translate lab discoveries into clinical applications.

3D printing in pharmaceuticals is not just a technological trend—it is a paradigm shift in how we think about medicine. As this field matures, it holds the potential to democratize access, enhance treatment precision, and redefine the pharmacist's role in medication preparation. In a future not far from now, patients may no longer pick up mass-produced tablets from the pharmacy but instead receive digitally prescribed, 3D-printed medicines, made just for them—layer by layer.

Kevin T. Chacko

Pharm. D Intern
Pushpagiri College of Pharmacy, Thiruvalla



STUDENT

THE SILENT RESPIRATORY VIRUS: HUMAN METAPNEUMO VIRUS (HMPV)

Human metapneumovirus (HMPV) is a relative newly described virus. It was first isolated in 2001 and currently appears to be one of the most significant and common human viral infections. Retrospective serologic studies demonstrated the presence of HMPV antibodies in humans more than 50 years earlier. Although the virus was primarily known as causative agent of respiratory tract infections in children, HMPV is an important cause of respiratory infections in adults as well. Almost all children are infected by HMPV below the age of five; the repeated infections throughout life indicate transient immunity. HMPV infections usually are mild and self-limiting, but in the frail elderly and the immunocompromised patients, the clinical course can be complicated. Since culturing the virus is relatively difficult, diagnosis is mostly based on a nucleic acid amplification test, such as reverse transcriptase polymerase chain reaction. To date, no vaccine is available and treatment is supportive.

PATTERN OF HMP VIRUS

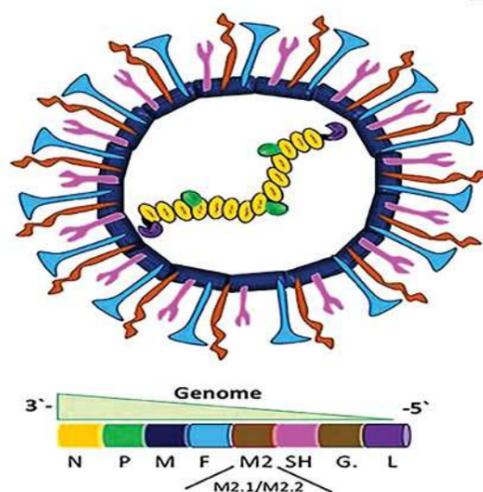
HMPV is an enveloped, non-segmented, negative-stranded virus that belongs to the subfamily Pneumovirinae. The HMPV genome (nearly 13 kb) contains eight genes that encode nine proteins, namely nucleoprotein (N), phosphoprotein (P), matrix protein (M), fusion protein (F), matrix-2 proteins (M2-1 and M2-2), small hydrophobic (SH) protein, glycoprotein (G), and large (L) polymerase protein. According to the genetic features of the F and G genes, HMPV strains prevalent worldwide could be classified into four genotypes (A1, A2, B1 and B2), and further divided into six lineages (A1, A2a, A2b, A2c, B1, and B2). It is spread by infectious respiratory droplets. Severe infection with HMPV has been associated with premature birth, immunocompromised status, and underlying chronic pulmonary, neural, or heart disorders.

Surface Proteins

- SH: Viroporin protein
- G: Glycoprotein
- F: Fusion protein

Internal Proteins

- M: Matrix protein
- N: Nucleoprotein
- P: Phosphoprotein
- L: RNA Polymerase
- M2.1 protein
- M2.2 protein



Protein roles in the immune system evasion

G protein: Inhibition of the IFN-I type and viral replication

SH protein: Inhibition to the NF-κB pathway

M2.1 protein: Associated with the pathogenesis and the viral replication

M2.2 protein: Inhibition of the cellular responses dependent on MAVS

EPIDEMIOLOGY

In 2001, human metapneumovirus was first identified in the Netherlands causing clinical symptoms in children, however serological studies demonstrated that this pathogen was

already circulating in the Netherlands in 1958. Although infections with HMPV may be reported year-long, peak infection of HMPV in the northern hemisphere occurs in late winter and early spring, but infection can be found globally

across all continents. The four different subgroups A1, A2, B1, B2 have not been known to cause varying levels of severity of infection compared to one another. In addition, there is not a predominance of one strain versus the others.

HMPV is more commonly found in the pediatric population, predominately in children less than 2 years of age with an average age of 22 months. Approximately 90 to 100% of children are infected by HMPV by the age of 5 to 10 years old according to seroprevalence studies. About 5 to 10% of pediatric hospitalizations are a result of HMPV causing acute lower respiratory tract infections. On average, children who are less than 6 months of age with HMPV infection were three times as likely to be hospitalized compared to children between the ages of 6 months to 5 years.

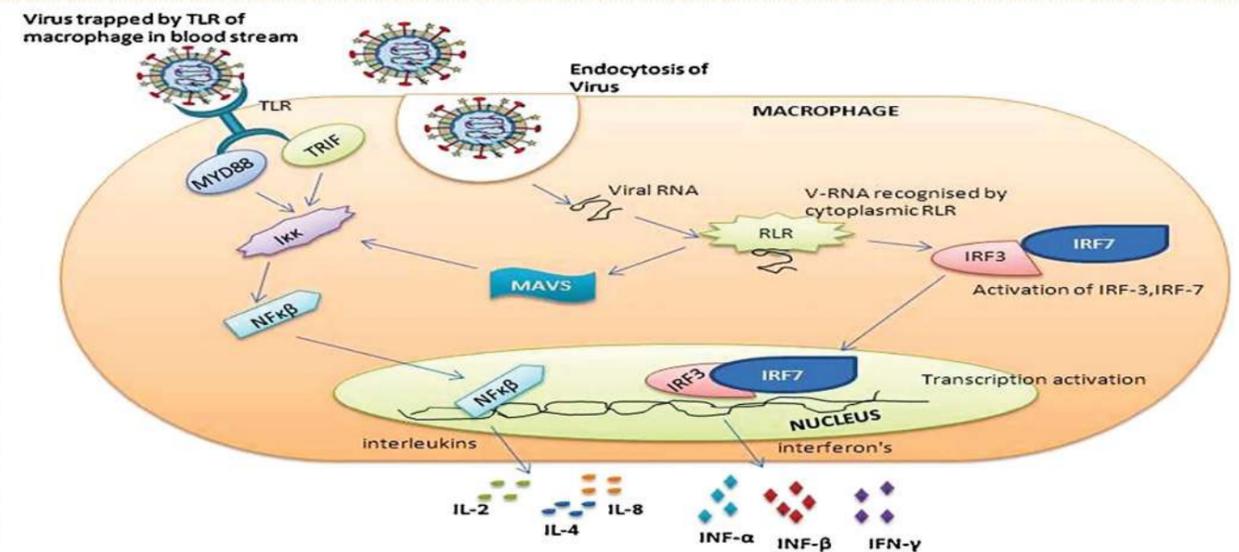
PATHOPHYSIOLOGY

Human metapneumovirus is spread from person to person via respiratory droplets. The incubation period of HMPV ranges between 3 to 5 days and varies between individuals. After inoculation within the nasopharyngeal mucosa, the virus

can rapidly spread into the respiratory tract. HMPV contains approximately eight genes that code for nine different proteins responsible for infecting host cells. With the help of the attachment glycoprotein (G), the fusion glycoprotein (F) is responsible for transmembrane fusion by binding itself to integrins on host cell surfaces in order to facilitate entry into the host cell. Subsequently, the viral nucleocapsid enters the host cell's cytoplasm and undergoes replication. HMPV induces the response of various chemokines and cytokines such as IL-6, IFN-alpha, TNF-alpha, IL-2, and macrophage inflammatory proteins leading to peribronchiolar and perivascular infiltration and inflammation. The inflammatory process also results in monocyte and lymphocyte influx within the airway endothelium. These responses combined lead to pulmonary inflammation causing the respiratory manifestations of cough, mucous production, fever, dyspnea.

CLINICAL MANIFESTATIONS OF HMPV INFECTION

Human metapneumovirus (HMPV) causes both upper respiratory tract infections (Persistent cough along with mucus



Molecular events in the pathogenesis of HMPV infection

production, Runny or stuffy nose, Throat pain, Mild to moderate fever, Headache, Sense of tiredness or malaise) and lower respiratory tract diseases (Wheezing: high pitch whistling sound while breathing, Shortness of breath or difficulty in breathing, Chest Retraction, Exacerbations of asthma and COPD: HMPV increases the severity of asthma and COPD). Bronchiolitis: It is a common lung infection caused by viruses in children and infants. There is an inflammation of small airways (bronchioles) in the lungs that causes difficulty in breathing. It causes swelling and mucus formation in the bronchioles. Bronchitis: It is an inflammation of airways in the lungs (lining of the bronchial tubes). It may be acute or chronic. Pneumonia an inflammation of the lungs that affects small air sacs called alveoli. Air sacs are filled with mucus or pus.

MOLECULAR DIAGNOSTIC METHODS FOR HMPV DETECTION

RT-PCR (Reverse transcription polymerase chain reaction) assays have been widely applied for viral molecular detection, including HMPV. Generally, the genomic regions with high sequence homology of HMPV, such as the F and N genes, are employed as molecular markers for developing the RT-PCR methods, and these targeted regions can be used for genotype analysis.

RT-QPCR (Real-time quantitative reverse transcription polymerase chain reaction) is a highly sensitive, accurate, and efficient technology, which has been widely used for detecting

viral nucleic acids. Usually, RT-qPCR methods provide higher sensitivity, and lower probability of contamination compared to the conventional RT-PCR methods, thus which is designed as the gold standard diagnostic approach.

RAA(Recombinase-aided amplification) is a newly invented thermostatic amplification method, which can be performed with easy operation processes, simple equipment, and high amplification efficiency, and has been widely applied in field diagnosis of different pathogens.

Mngs(Metagenomic next-generation sequencing) is an emerging high-throughput diagnostic method that has been widely employed for virus genome sequencing, identification of novel pathogens, and other research. When novel pathogens emerge, traditional detection methods (such as RT-PCR and RT-qPCR) might not be able to identify these new pathogens, while the mNGS can identify unknown or emerging pathogens.

MANAGEMENT OF HMPV INFECTION

No specific FDA approved antiviral therapy is currently available for human metapneumovirus (hMPV) infection. Routine treatment includes symptomatic care, with respiratory support when required. Ribavirin, which has broad antiviral activity, has been shown to have activity against hMPV in vitro. Additionally, treatment with ribavirin in hMPV-infected cotton rats demonstrated decreased viral replication in the lungs and decreased pulmonary inflammation.

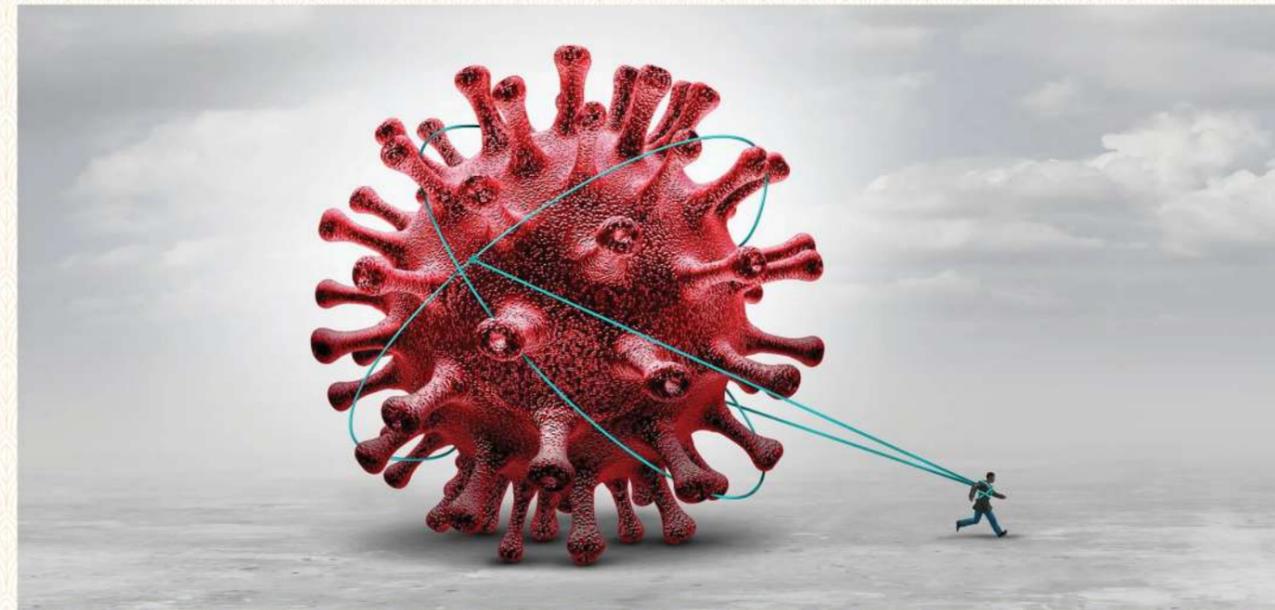
Case reports have supported oral ribavirin therapy with concomitant intravenous immunoglobulins (IVIG) for improving symptoms in immunosuppressed persons. IV ribavirin was used in an adult immunocompromised population with

uncertain benefits. However, the use of ribavirin in any viral infection remains controversial, and no randomized controlled trials were conducted to assess the benefits of ribavirin.

Treatment focuses on relieving symptoms and providing supportive care. Infective people can take over-the-counter medications, such as pain relievers, decongestants, and cough suppressants. Medications such as acetaminophen or ibuprofen can be used to reduce fever and alleviate body aches. Oxygen therapy can be given if we have a hard time breathing. IV fluids can be given to stay hydrated. Steroids can reduce inflammation and might ease some of the symptoms. Most people recover from HMPV infection within 7 to 10 days. However, there have been some studies about the possibilities of using ribavirin, immunoglobulin, fusion inhibitors, and small interfering ribonucleic acids to treat and control HMPV infection

HUMAN METAPNEUMO VIRUS vs COVID-19

Human metapneumovirus and COVID-19 are both contagious respiratory illnesses with similar symptoms – a runny nose, coughing, a fever, congestion, a sore throat, and shortness of breath. They spread in similar ways too. In their most serious forms, both can lead to hospitalization. But unlike COVID-19, there isn't antiviral therapy or a vaccine to treat HMPV. HMPV is a seasonal virus, typically appearing in winter and spring, as opposed to COVID-19, which can sometimes circulate year-round due to the development of new variants. Studies have shown that incidences of HMPV increased three-fold in certain countries after the COVID-19 pandemic. When COVID-19 prevention measures were in full effect, people were less exposed to all types of respiratory illnesses. After these measures eased, respiratory illnesses like HMPV surged.



The other terminologies used for Long COVID include long-haul COVID or post-acute sequelae of SARS-CoV-2 (PASC), and Chronic COVID syndrome.

Long COVID has begun to gain the public's attention as some previously COVID-19 infected patients began reporting a unique constellation of symptoms.

CHARACTERISTIC	DESCRIPTION
Occurrence	Develops after asymptomatic, mild, or severe SARS-CoV-2 infection
Onset	May persist continuously from initial infection or emerge weeks to months after recovery
Demographics	Impacts individuals of any age, health status, disability, socioeconomic status, gender, sexual orientation, race, ethnicity, or geographic location
Impact on pre-existing conditions	Worsens existing health issues or manifests as a new condition
Severity	Varies from mild to severe, may resolve within months or last for extended periods
Diagnosis	Based on clinical evaluation; no definitive biomarker currently exists
Impact on daily life	Significantly hinders ability to work, attend school, manage family responsibilities, and address self-care. It has substantial emotional and physical effects on patients and their families.

CAUSES

While the exact underlying mechanism of Long COVID remains unknown, effective treatments remain elusive and research is ongoing, researchers and clinicians have proposed several theories, including:

- **Viral persistence:** This theory suggests that after the immune system eliminates the SARS CoV 2 (the virus that causes COVID-19), some remnants survive in one or more organs, and it continues to stimulate an immune response. The immune response may damage tissues and result in chronic inflammation, leading to Long COVID symptoms.
- **Reactivation of latent viruses.** Some viruses may remain in the body in an inactive, or dormant, state,

these inactive viruses can reactivate, which may cause Long COVID symptoms.

- **Autoimmune response.** According to this theory, the immune system produces antibodies that target and attack a person's own organs and tissues.
- **Organ damage.** This theory holds that the symptoms of Long COVID are due to damage to organs and or tissues caused by the body's immune response to SARS-CoV-2 infection.

RISK FACTORS FOR LONG COVID

While anyone who has been infected with COVID-19 can develop Long COVID, studies have shown that some groups of people are more likely to develop Long COVID than others, this includes:

ALUMNI

Dr. Santhra Ann Saji
 Alumni (2018-24 Pharm.D Batch)
 Clinical Pharmacist

LONG COVID

The COVID-19 pandemic left an indelible mark on society. Even though the World Health Organization declared an end to COVID-19 as a global health emergency in May of 2023, it continues to tally a toll on humans and our way of life. Although the pandemic is in the rear view mirror, for some who had COVID-19, the negative health consequences continue to loom large.

Even after the world has transitioned to a post-pandemic

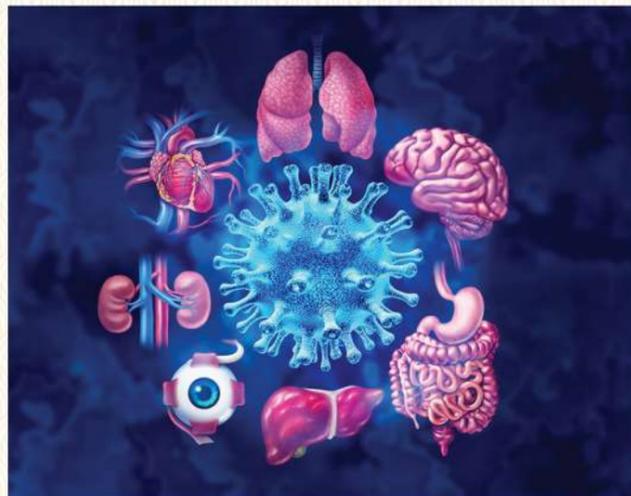
phase, the threat of Long COVID, a condition that persists after recovery from acute COVID-19, remains a serious health risk.

Long COVID is defined as an infection associated chronic condition that emerges after a SARS-CoV-2 infection and persists for at least 3 months. It can manifest as a continuous, relapsing and remitting, or progressive state that impacts one or more organ systems.

- Women
- Hispanic and Latino people
- People who have had repeated SARS-CoV-2 infections.
- People who have experienced more severe COVID-19 illness, especially those who were hospitalized or needed an intensive care
- People with underlying health conditions such as diabetes, asthma, or obesity and adults who are 65 years or older
- People who did not get a COVID-19 vaccine
- People who had multisystem inflammatory syndrome (known as MIS-C) during or after COVID-19

CLINICAL MANIFESTATIONS

Symptoms of Long COVID may include:



- Fatigue
- Weakness
- Brain fog (problems concentrating or thinking)
- Headaches
- Tremor
- Heart palpitations
- Dizziness upon standing
- Symptoms that worsen after physical or mental activity (known as post-exertional malaise, PEM)
- Gastrointestinal symptoms including stomach pain, diarrhoea, and or constipation
- Loss of smell or taste
- Thirst (for instance, dry mouth)
- Chronic cough
- Changes in sexual function
- Chest pain, tightness, or pressure
- Hearing problems, including hearing loss or ringing in the ears (tinnitus)

COMPLICATIONS

Some people, especially those who had severe COVID-19, may experience multi-organ effects or autoimmune conditions

lasting weeks, months, or even years after COVID-19 illness. Multi-organ effects can involve many body systems, including the heart, lungs, kidneys, skin, and brain. As a result of these effects, people who have had Long COVID may be more likely to develop new or worsening of health conditions such as:

- Diabetes
- Heart conditions
- Blood clots
- Neurological conditions

DIAGNOSIS

There are no laboratory tests that can determine if the symptoms or conditions are due to Long COVID. A positive SARS-CoV-2 test is not required for a Long COVID diagnosis. However one may consider a diagnosis of Long COVID based on:

- Health history
- A previous diagnosis of COVID-19 by a positive test, symptoms, or exposure
- A health examination

Clinical evaluations and results of routine blood tests, chest X-rays, and electrocardiograms may be normal in someone with Long COVID. Initially, providers should treat the patient's symptoms, with consideration given to other potential diseases. If the symptoms persist without resolution, providers should suspect Long COVID. Confirming Long COVID involves ruling out other post-viral conditions and disorders.

TREATMENT

Long COVID treatment which continues to evolve, varies based on each patient's symptoms and requires an individualized approach to ensure optimal function and improved quality of life. As a result, treatment of Long COVID should be tailored to a patient's specific symptoms or conditions, including FDA-approved or over-the-counter medications and holistic support for the patient throughout their illness.

Symptom based treatments and therapies may help people with Long COVID this includes:

Fatigue: Patients may be taught strategies for "Pacing, Planning, Prioritizing, and Positioning" activities, sometimes known as the "4 Ps." They may also be advised to participate in activities they can do based on their level of fatigue, include light aerobic exercises and gradually increase the intensity of the exercises over the weeks.

Respiratory symptoms: The most commonly reported Long COVID symptoms include pulmonary complications, most patients may present with these symptoms with or without radiological abnormalities. Pulmonary function tests can help reveal decreased lung capacity and decreased forced vital capacity, Definitive treatment options for these anomalies include pulmonary rehabilitation therapy, anti-fibrotic agents,

corticosteroids, NSAID's and inhaled therapeutic agents. Patients may need to use a pulse oximeter to monitor blood oxygen saturation levels regularly.

Cardiac symptoms: Cardiovascular complications associated with Long COVID can be improved with traditional therapies such as cardiac rehabilitation and medications such as beta blockers, ACE- inhibitors anti-arrhythmic drugs to control specific symptoms.

Neurological symptoms: For patients with memory impairment, treatment might involve neurologic rehabilitation. Some people may find the use of memory aids, such as calendars and planners, useful in managing tasks and schedules.

Psychological symptoms: Traditional treatment approaches such as cognitive behavioural therapy, selective serotonin reuptake inhibitors, mood stabilizers and anti-anxiety medications have proven beneficial for patients with psychological symptoms associated with Long COVID others may involve counselling, support groups, and medications to manage depression, anxiety, or other conditions.

Sensory symptoms: Most commonly overlooked symptoms of Long COVID are anosmia (loss of smell) and ageusia (loss of taste), these symptoms often disrupt the quality of life of patients due to a loss of appetite, weight loss, alterations in eating habits and changes in food preferences. Interventions

that can help improve these symptoms include changing food textures and colours which can stimulate the trigeminal nerve and brain activity. Olfactory training with intense aromas may facilitate a return of the sense of smell.

Insomnia and sleep symptoms: Treatment may involve counselling on sleep hygiene, including keeping a consistent sleep schedule, avoiding naps, getting adequate exercise, limiting caffeine consumption, and avoiding alcohol and nicotine around bedtime. Patients may also be taught relaxation techniques.

Understanding Long COVID helps one to recognize the disease and ensure timely and appropriate management for the disease. For a healthcare provider, it helps to deliver compassionate, comprehensive, and high-quality patient care and provide better patient education about Long COVID, its long-term effects, and the importance for ongoing treatment.

As the term Long COVID is not well defined and the definition continues to change, it is crucial to continue researching the long-term effects of COVID-19 to better understand how to treat and prevent Long COVID. The emergence of Long COVID has posed significant challenges to patients and healthcare workers alike; hence it is important to improve our current diagnostic and treatment approaches and research efforts to ensure benefit for the society, instill hope for the future and help all to heal from the tragedies of this global pandemic.

IQAC INITIATIVES

INTERNATIONAL COLLABORATIVE PROGRAMME FOR ACADEMIC OPPORTUNITIES

HEARTY WELCOME TO DELEGATES FROM SOUTH WALES UNIVERSITY UNITED KINGDOM



Prof. Carolyn Wallace



Prof. David Pontin



Michelle Thomas



Anitha Livingstone



PUSHPAGIRI COLLEGE OF PHARMACY
MEDICITY - THIRUVALLA, KERALA



As a part of ongoing commitment to Internationalization and academic excellence, Pushpagiri College of Pharmacy had the honor of hosting a distinguished delegates from the University of South Wales, United Kingdom. The event witnessed the gracious presence of esteemed guests including Professor Carolyn Wallace, Professor David Pontin, Anitha Livingstone. The formal gathering commenced with a warm welcome address by Dr. Malini S, HOD, Department of Pharmacy Practice, who expressed her heartfelt greetings to the visiting faculty and highlighted the significance of global academic partnerships in pharmacy education. Mrs. Bincy K

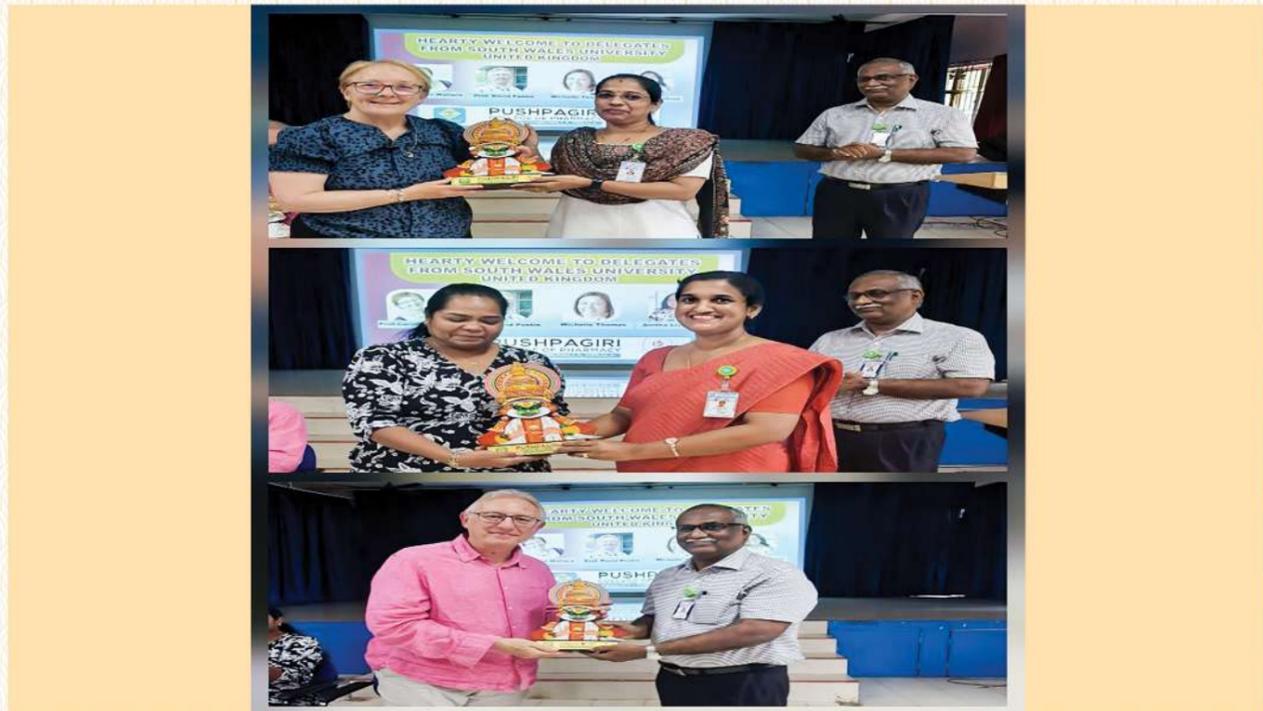
Chacko, IQAC Coordinator, presented a brief overview of the institution, emphasizing its achievements, infrastructure, and commitment to clinical pharmacy practice. Her words set the tone for the enriching academic exchange that followed by a video presentation about our college.

The visit was attended by all faculty members and Pharm D Interns, who enthusiastically participated in the interactions with the delegates. The presence of Dr. Betsy A Jose, Asst. Professor, Community Medicine, PMCH added academic depth to the gathering.



During the program, the honoured guests shared insights into the advanced pharmacy practice models followed in the UK and explored possibilities for collaborative research, student exchange, and curriculum development. Their observations and feedback were both encouraging and inspiring for the faculty and students alike. The session proved to be a valuable platform for sharing international best practices and exploring future academic partnerships. The enthusiasm and curiosity of the students and the staffs reflected the college's

readiness to expand its global academic foot print. The visiting delegates were presented with a memento by principal Dr. Santhosh M Mathews and Vice Principals, symbolizing the spirit of hospitality and rich heritage of Kerala. The event concluded with a vote of thanks by Dr Jeenu Joseph, Vice Principal Academics, marking the beginning partnership between Pushpagiri College of Pharmacy and University of South Wales.



CANCER DAY

WORLD CANCER DAY

CANCER AWARENESS CAMPAIGN

03.02.25 & 04.02.25

- POSTER COMPETITION
- FLASH MOB
- LEAFLET DISTRIBUTION

**UNITED
BY
UNIQUE**

ORGANIZED BY
DEPARTMENT OF PHARMACOLOGY, IQAC & NSS UNIT
IN ASSOCIATION WITH
JOY ALUKKAS, TIRUVALLA

TOGETHER,
ALL OF OUR
ACTIONS MATTER



As a part of the World Cancer day Department of Pharmacology, IQAC and NSS Unit in association with Joy Alukkas organized a Cancer Awareness Campaign on 3rd and 4th February 2025. A Poster Making Competition was conducted on 3rd February. On 4th February the students presented a flash mob followed by the leaflet distribution. The programme was inaugurated

by Mr. Shelton Raphel, Manager, Joy Alukkas, Tiruvalla. Alokha students union members and First Semester B Pharm students actively involved in distributing the leaflets to create awareness among the public on the importance of Cancer day. Mrs. Preethu P John, Program Coordinator and other faculties have attended the program.



COMMUNITY & OUTREACH PROGRAM

SEVANAHASTHAM: A HELPING HAND TO CHANGE LIVES

WORLD LEPROSY DAY



കുഷ്ഠരോഗ ബോധവൽക്കരണം & സാമൂഹിക സേവന പദ്ധതി - 2025

കൈതൊഴി

2025 ജനുവരി 30, വ്യാഴം

സ്ഥലം: പെരിങ്ങര ഗ്രാമപഞ്ചായത്ത് വാർഡ് 6

Organized by Department of Pharmaceutics In association with IQAC and NSS unit



Department of Pharmaceutics in association with IQAC and NSS unit jointly organized a Community Awareness Program on 30th January 2025 in Peringara Panchayat Ward 6 as part of World Leprosy Day. Fifth Pharm.D students actively involved in preparing the leaflets and creating awareness

about the disease to the villagers. A kit including essential items was distributed as part of social service by the NSS Unit. Mrs. Shyarmala Sunil - Ward member, Mrs. Deepthi Mathew - Program Coordinator, Mrs. Anju V. - NSS Coordinator and other faculties participated in the program.



MOTHER'S DAY CELEBRATIONS 2025

THEME: Celebrating multi faceted motherhood.

VENUE: WARD 6 ,PERINGARA GRAMAPANCHAYAT

DATE: 12.05.2025

TIME: 3.00PM-4.00 PM

ORGANIZED BY: DEPARTMENT OF PHARMACEUTICAL CHEMISTRY IN ASSOCIATION WITH NSS & IQAC

MOTHERS DAY

Department of Pharmaceutical Chemistry in association with IQAC and NSS Unit conducted Mother's Day celebration on 12th May 2025 at Ward 6 of Peringara Gramapanchayat. The theme of 2025 "Celebrating multifaceted motherhood" acknowledges the role of mothers in diverse areas and different roles. The ward member Mrs. Shyarmala Sunil welcomed the gathering. Mrs. Anju V, NSS Nodal Officer coordinated the program and addressed the gathering. Faculty members of Pharmaceutical Chemistry department and NSS Staff Coordinators participated in the program. The First Year Pharm.D student volunteers performed to commemorate the



day and spent time with the mothers. The mothers in the ward were presented with set mundu as an appreciation of their motherhood on this special day. The mothers and family



members accompanied them and enriched the day with their performance and participation. The program ended with refreshments.

WORLD BLOOD DONOR DAY

PUSHPAGIRI COLLEGE OF PHARMACY Medicity Campus, Perumthuruthy

WORLD BLOOD DONOR DAY 2025

Theme: Give Blood, Give Hope, Together we save lives

Organized by Department of Pharmacy Practice in association with NSS & SSGP

The Department of Pharmacy Practice in association with N.S.S Unit & SSGP, observed World Blood Donor Day at Mar Theophilos Annexe Auditorium, Pushpagiri College of Pharmacy on 13th of June 2025. The theme of World Blood Donor Day for 2025 "Give blood, give hope: together we save" was a reminder of how each donation saves lives and fosters communal solidarity. The program Co-ordinator, Dr Akhila Ann Cherian, welcomed the gathering. The program was officially inaugurated by Rev. Dr. Antony Chethipuzha, Spiritual Director, Pushpagiri Medicity Campus. Dr Santhosh M. Mathews, Principal, felicitated the gathering, which was



followed by an awareness session by Dr. Maglin Monica Lisa Joseph Tomy, Senior Resident, Immunohematology and Blood Transfusion Medicine, Pushpagiri Medical College Hospital, Thiruvalla. The session addressed the importance of donating blood to those in needs including the advantage it gives to the body, which motivated all the students to actively

participate in the blood donation camp. Dr Malini S, Vice Principal and HOD, Department of Pharmacy Practice, gave the vote of thanks. A Blood donation camp was conducted at the auditorium following the inaugural session by the Blood Bank team, PMCH. 74 people including both the students and staffs registered to donate blood.

NSS ACTIVITIES

7 DAY NSS CAMP

The NSS unit of Pushpagiri College of Pharmacy organized a seven-day Special Camp from 28th February to 6th March 2025, with a series of meaningful activities aimed at promoting social responsibility, teamwork, and leadership among the volunteers. The camp was a perfect blend of learning, service, and community engagement.

The camp inauguration took place on 28th February 2025 at St. Mary's Syriac Malankara Catholic Community Hall, Vengal. The function was graced by Dr. Ajithsen C.R, NSS Co-ordinator, IHRD Cell, and Associate Professor, College of Engineering, Chengannur, as the chief guest. Felicitations were offered by Rev. Dr. Antony Chethipuzha, Spiritual Director, Medicity Campus, Dr. Santhosh M. Mathews, Principal, and Mrs. Anju V., NSS Programme Officer. Dr. Ajithsen also led an inspiring orientation session on the duties and transformation of NSS volunteers, emphasizing leadership through interactive games and discussions.



The second day began with a workout session, followed by an energizing ice-breaking session by Mr. Biju Mavelikkara, Infotainment Social Facilitator and Deputy Director, NITER, Trivandrum. The theme "Wake, Rise and Unite" motivated the volunteers to work together as a team. Afternoon sessions included magazine preparation, games, and news reading, which enhanced creativity and participation





On the third day, volunteers began with group yoga to refresh their minds and bodies. The main activity was a health survey in the adopted village, where students visited households, conducted interviews, and provided counselling on medication adherence and healthy living. The evening witnessed craft discussions and cultural programs, bringing enthusiasm and togetherness. The fourth day focused on blood donation awareness, where students performed a drama depicting the importance of timely blood donation during emergencies. The afternoon was devoted to craft making using waste materials, fostering creativity and sustainability. Volunteers also participated in news reading, magazine writing, and short debates on social topics.



The fifth day featured an impactful awareness session on substance abuse and stress management, led by Dr. Derrick Johnson and his team from Pushpagiri Medical College. The session shed light on maintaining a stress-free, healthy lifestyle. Fun games and group activities later in the day

strengthened the bond among volunteers. On the sixth day, NSS volunteers took part in a community cleaning drive at a local bus stop and later visited "Abhayabhavan" old-age home near Muthoor.



They donated essential items and funds collected during the camp, interacted with the residents, and presented cultural



performances. The experience left a deep emotional impact, reminding the volunteers of their social responsibility.



The final day, held on 6th March 2025, featured the valedictory ceremony at the college campus. The event was presided over by Rev. Dr. Antony Chethipuzha, along with the vice



principals Dr. Jeenu Joseph and Dr. Malini S. The camp report was presented by Mrs. Anju V., and certificates were distributed to all participants. The highlight of the day was the



release of the NSS Magazine, which captured all activities and reflections from the camp. The day concluded with a medicinal garden initiative, organized jointly with the Nature Club, where students planted various medicinal plants on campus.

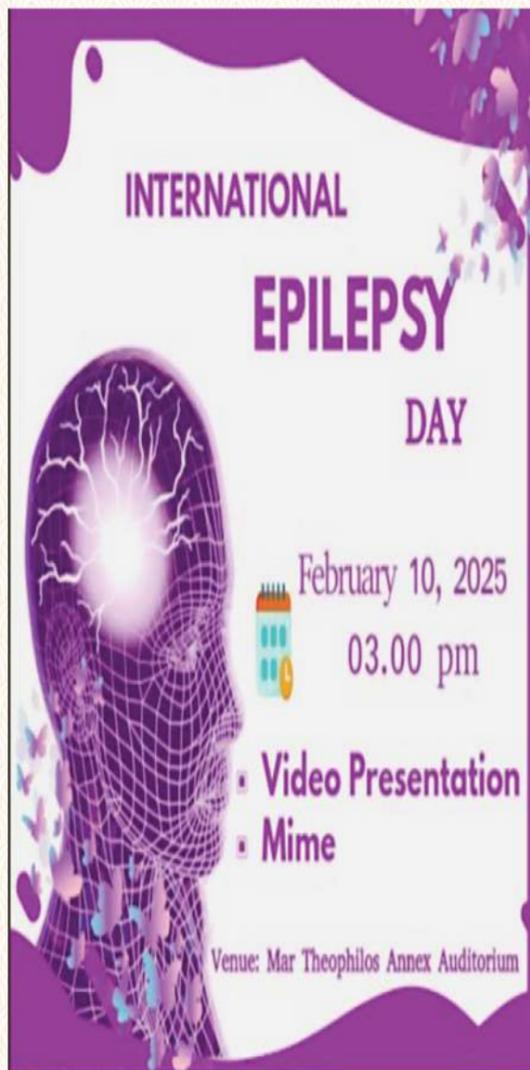


The NSS Special Camp 2025 was a resounding success, nurturing leadership, compassion, and civic awareness among volunteers. Through their collective efforts, the students not only served the community but also imbibed the true spirit of NSS.

RHEUMATOID ARTHRITIS AWARENESS DAY

As part of Rheumatoid Arthritis Awareness Day, Department of Pharmaceutical Chemistry in association with IQAC and NSS unit has conducted a leaflet preparation competition on 5th February 2025. The event aimed to enhance students' awareness and creativity in disseminating information about rheumatoid arthritis—its causes, symptoms, and management. A total of thirteen teams enthusiastically participated, preparing informative and visually appealing leaflets highlighting various aspects of the disease and its treatment approaches. The entries were evaluated based on creativity, content accuracy, and presentation. The best-performing teams were recognized and prizes were awarded to acknowledge their efforts. The program was coordinated by Dr. Christy K Jose, HOD, Department of Pharmaceutical Chemistry.





INTERNATIONAL EPILEPSY DAY

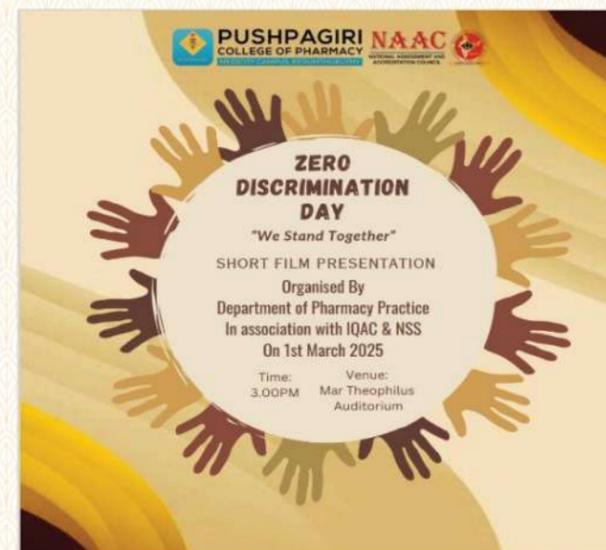
Department of Pharmacology in association with IQAC and NSS Unit organized a video presentation and mime on February 10, 2025 as a part of creating awareness on International Epilepsy Day. The video presentation summarized about the causes, symptoms, diagnosis & treatment for epilepsy. Second Pharm.D students enacted a mime which communicated about the Do's and Don'ts in concern with epilepsy disease. Mrs. Neethi Shaju, Program Coordinator and other faculties attended the program along with students from St. Thomas School Thirumoolarupam and Second Pharm.D students of PCP.



As part of International Day of Women and Girls in Science 2025, Department of Pharmaceutical Chemistry in association with IQAC and NSS Unit organized an elocution competition on February 13, 2025. Students from B Pharm and Pharm D classes were participated and the winners were awarded.

The participants showcased their confidence, expressions and communicative talents and made the event vibrant. The program was coordinated by Dr. Ragisha Francis, Department of Pharmaceutical Chemistry.

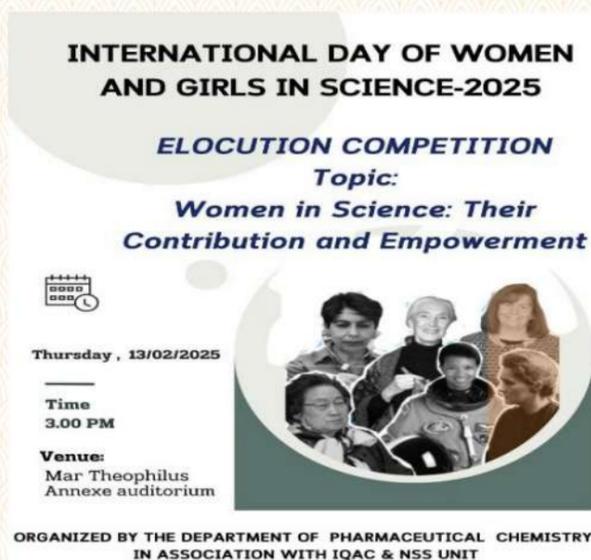
ZERO DISCRIMINATION DAY



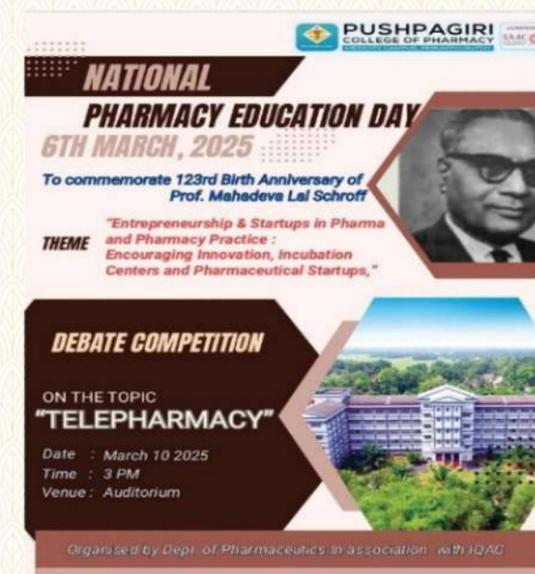
On March 1, 2025, the Department of Pharmacy Practice, in collaboration with IQAC and the NSS Unit, screened a short film that highlighted the various forms of discrimination that exist in society as part of International Zero Discrimination Day 2025. The program was attended by First Year, Second Year

and Fifth Year Pharm D students. The Fifth Year Pharm D participants' leadership demonstrated their abilities and self-assurance, adding energy to the occasion. Mrs. Rani Manju, Department of Pharmacy Practice organized the event.

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE



NATIONAL PHARMACY EDUCATION DAY



As part of National Pharmacy Education Day, Department of Pharmaceutics in association with IQAC conducted a debate competition on 10th March 2025. Students of First

year Pharm.D, Second year Pharm D and Fifth semester B Pharm participated in the competition. Second year Pharm D students won first prize. Dr. Anjana M N was the coordinator.

INTERNATIONAL WOMENS DAY

PUSHPAGIRI COLLEGE OF PHARMACY
MEDICITY CAMPUS, PERUMTHURUTHY

INTERNATIONAL WOMEN'S DAY

You can go as far as your dreams allow you

ESSAY WRITING COMPETITION

Topic:
Empowered women, Empower the world- A call for accelerating gender equality

Organised By
Department of Pharmaceutical Chemistry
In association with IQAC & NSS
On 7th March 2025

Time: 2.00 pm Venue: College Library

Whatever you do, be different



In the Spirit of International women's Day celebrated on 8th March every year, the Department of Pharmaceutical Chemistry in association with IQAC and NSS organized an Essay writing competition on the topic- Empowered Women, Empower The World-A Call For Accelerating Gender Equality on 7th March 2025 for the students of B.Pharm & Pharm.D and the winners were awarded. The main object of this competition

was to create an awareness among the students about the importance of empowering women, ensuring their safety, and eliminating discrimination in all its forms. All the students actively participated in the competition with full enthusiasm. The competition was coordinated by Mrs. Mincy Mathew, Department of Pharmaceutical Chemistry.

WORLD AUTISM AWARENESS DAY

WORLD AUTISM AWARENESS DAY
APRIL, 02 2025

in association with,
PRATHEEKSHA CHILD DEVELOPMENT CENTER, THIRUVALLA

Awareness Class
Poster Presentation

Venue
Senate Hall, Pushpagiri medical college hospital

Date:
1 APRIL 2025

Time:
09:30 AM - 12:30 PM

Speaker
Dr. Manju George Elanjickal
Professor and Incharge of CDC

Don't bully, don't alienate them, invite them to play together

ORGANIZED BY DEPARTMENT OF PHARMACOLOGY, IQAC & NSS UNIT



As a part of World Autism Awareness Day, a program was held on April 1, 2025, at the Senate Hall, Pushpagiri Medical College Hospital. It was organized by Pratheeksha Child Development Center in association with Dept. of Pharmacology, Pushpagiri College of Pharmacy. The awareness session was led by Dr Manju George Elanjickal Professor & Head of CDC and Dr. Maria Robert, Fellow in Developmental and Behavioural Pediatrics and was followed by interactive session. During the event, cultural programs were performed by Fifth Pharm D students. In addition, a Zumba dance and health check up were offered for the audience which contributed to the lively and inclusive atmosphere of the day.

WORLD INTELLECTUAL PROPERTY DAY

PUSHPAGIRI COLLEGE OF PHARMACY, THIRUVALLA

WORLD INTELLECTUAL PROPERTY DAY 2025

THEME:
"IP and Music: Feel the Beat of IP"

Speaker : Adv. Robit Oommen Chetticad

25-04-2025 Venue: Mar Theophilus Annexe Auditorium

2:30 PM

Organised by: Department of Pharmacy Practice
In association with IQAC and NSS



As part of the observance of World Intellectual Property Day, the Department of Pharmacy Practice, in association with IQAC and the NSS Unit of Pushpagiri College of Pharmacy, organized an interactive session on 25th April 2025. The

session was led by Adv. Rohit Oommen Chetticad, who provided valuable insights into the importance of intellectual property rights and their relevance in the field of pharmaceuticals. The session offered students an engaging platform to understand various aspects of patents, trademarks, and copyrights, and their role in fostering innovation. B.Pharm and Pharm.D students actively participated in the session, making it both informative and interactive. The program was coordinated by Mrs.

Archana Vijay, Assistant Professor, Department of Pharmacy Practice, whose efforts contributed to the successful conduct of the event.

WORLD ASTHMA DAY

WORLD ASTHMA DAY

THEME: "MAKE INHALED TREATMENTS ACCESSIBLE FOR ALL"

05TH MAY 2025
MAR THEOPHILUS ANNEXE AUDITORIUM
@ 3 PM

DR. MIDHUN M
Dept. of Respiratory Medicine
Pushpagiri Medical College Hospital

ORGANIZED BY DEPT. OF PHARMACEUTICS
In association with IQAC & NSS



In connection with World Asthma Day, the Department of Pharmaceutics, in association with IQAC and the NSS Unit of Pushpagiri College of Pharmacy, organized a scientific session on 5th May 2025. The session was led by Dr. Midhun M, Department of Respiratory Medicine, Pushpagiri Medical College Hospital, who delivered an insightful talk on the management and prevention of asthma. The session provided

an excellent learning opportunity for students to understand the pathophysiology, triggers, and recent advances in asthma therapy. All Pharm.D students actively participated in the program, making the event informative and engaging. The program was coordinated by Mrs. Bincy K. Chacko, Associate Professor, Department of Pharmaceutics.

WORLD YOGA DAY



INTERNATIONAL YOGA DAY 2025
21st JUNE 2025

MGM School Ground, Thiruvalla

07.30am to 09.00 am

In association with PRANAVAM YOGA CENTRE THIRUVALLA

ORGANIZED BY:
Dept. of Pharmacy Practice
IQAC, NSS & SSGP



Department of Pharmacy Practice in association with Pranavam Yoga Centre, IQAC, NSS and SSGP conducted a Yoga Session on 21st June 2025 at MGM School Auditorium in connection with International Yoga Day 2025. The program was officially inaugurated by His Grace Rev Dr. Geevarghese Mar Coorilos, Metropolitan of Niranam Diocese of Malankara Jacobite Syriac Orthodox Church. Yoga Session was led by M G Dillep, Director and Yoga Instructor, Pranavam Yoga

Centre, Thiruvalla. As a part of the mega yoga event organized by the Pathanamthitta District Olympic Association, students and staff from Pushpagiri College of Pharmacy, members of Pranavam Yoga Centre and TMM College of Nursing actively participated, showcasing their commitment to physical and mental well-being through yoga. Mrs Merin. T. Koshy, Assistant Professor, Dept. of Pharmacy Practice coordinated the program.

ALOKAH STUDENTS' UNION ACTIVITIES

ETHNIC DAY 2025



As part of the Ethnic Equality Month celebrations, the Alokah Students' Union organized a vibrant Cultural Fest on 6th February 2025. The event served as a platform for students to showcase the rich diversity of cultures from various parts of the world through music, dance, and traditional attire. Each group presented unique cultural performances, creating a colorful and engaging experience that celebrated unity in diversity. The performances were truly a visual treat for the spectators, reflecting the spirit of inclusiveness and cultural harmony among students.

SPORTS MEET (INFINITO) 2025



The Pushpagiri College of Pharmacy organized its annual Sports Meet – Infinito 2025 from 18th to 25th February 2025. The inaugural ceremony, held on 25th February 2025, was a grand celebration of athletic spirit and unity. The day commenced with an impressive march past led by the Sports Secretary, Ms. Saniyya T. S., followed by the torch lighting ceremony, which was shared among the four house members as a symbol of true sportsmanship and team spirit. The welcome address was delivered by the Sports Secretary. The event was inaugurated by Rev. Fr. Dr. Antony Chethipuzha, Spiritual Director, Pushpagiri Medicity Campus. The ceremony concluded with a vote of thanks proposed by Mr. Abhidev

Jayaraj, Chairman, Alokah Students' Union. The function was graced by Dr. Santhosh M. Mathews, Principal, Dr. Jeenu Joseph, Students' Union Staff Advisor, Mrs. Neethi Shaju, General Convenor, and other faculty members. A special moment of pride was the felicitation of Mr. Sreehari P. N., a Seventh Semester B. Pharm student, for securing first prize in the 2000-meter walking competition at the university level. The week-long sports events witnessed remarkable teamwork, sportsmanship, and camaraderie among participants, making Infinito 2025 a memorable and spirited celebration of physical excellence and unity.

ARTS FESTIVAL (HORIZON) 2025



The ALOKAH Students' Union of Pushpagiri College of Pharmacy organized the much-awaited Arts Fest – *Horizon* 2025, a vibrant celebration of creativity, talent, and cultural



expression. The festival commenced with a lively **Curtain Raiser and Oath-Taking Ceremony** on 22nd March 2025, setting an enthusiastic tone for the days ahead.



This was followed by a series of **offstage events** held from 24th to 29th March 2025, and **onstage competitions** conducted on 5th, 7th, and 8th April 2025. *Horizon* 2025 was officially inaugurated by Rev. Dr. Mathew Mazhavancheril, *Director, Medicity Campus*. The events were marked by exceptional

organization, enthusiastic participation, and overwhelming support from the faculty and audience. The arts fest concluded on a high note, leaving behind **unforgettable memories and a renewed appreciation for artistic and cultural pursuits.**



VIMUKTHI MISSION PROGRAMS

WORLD HEALTH DAY



World Health Day was organised by the Vimukthi Committee in association with NSS, PTA and Alokah Students Union at Pushpagiri College of Pharmacy on 07th April 2025, aligning with the global initiative to promote health and well-being for all. This year's celebration focused on spreading awareness about healthy living and the dangers of drug abuse. The event began with a welcome address by Principal Prof. Dr. Santhosh M Mathews, who highlighted the importance of health in every aspect of life—physical, mental, and emotional. A special emphasis was placed on raising awareness about the growing

problem of substance abuse among youth and the importance of saying no to drugs. The highlight of the program was the "Say No to Drugs" pledge, where all students, teachers, and staff stood together and vowed to lead a drug-free life. The pledge was led by Mrs. Archana Vijai, Vimukthi Coordinator, and participants promised to stay away from drugs and addictive substances, promote a healthy and active lifestyle and encourage peers to make positive choices. The event was a meaningful step toward empowering students to take charge of their well-being and to create a healthier, drug-free future.

INTERNATIONAL DAY AGAINST DRUG ABUSE



On the occasion of the International Day Against Drug Abuse and Illicit Trafficking 2025, the Vimukthi Committee of Pushpagiri College of Pharmacy, in association with NSS, SSGP, and IQAC, organized an awareness reels creation and pledge-taking ceremony on 26th June 2025. The initiative aimed to raise awareness about the harmful effects of drug abuse and to promote a drug-free society. Pharm.D interns actively participated by creating impactful awareness reels and taking a solemn pledge to stand against drug abuse and illicit trafficking. The program was coordinated by Mrs. Archana Vijai, Coordinator – Vimukthi Committee, whose dedicated efforts ensured the successful conduct of the event.

NATURE CLUB ACTIVITIES



WORLD EARTH DAY POSTER COMPETITION

WORLD ENVIRONMENT DAY 2025
 THEME : ENDING PLASTIC POLLUTION

FORMAL OPENING AND SET UP OF PLASTIC BOTTLE COLLECTION BOOTH

DATE: 05.06.2025 **TIME: 3.30PM**

ORGANIZED BY : DEPARTMENT OF PHARMACOLOGY
 IN ASSOCIATION WITH IQAC, NSS UNIT & NATURE CLUB



PLASTIC BOTTLE COLLECTION BOOTH INSTALLATION



TREE PLANTATION DRIVE



VISIT TO JAWAHARLAL NEHRU TROPICAL BOTANICAL GARDEN & RESEARCH INSTITUTE

FAREWELL B.PHARM 2020-24 BATCH



The farewell ceremony for the B.Pharm 2020–2024 batch was held on 1st February 2025 at 10:30 a.m. in the Mar Theophilus Annexe Auditorium. The event marked a memorable conclusion to the academic journey of the outgoing students and was filled with warmth, gratitude, and celebration.

The function was presided over by Prof. Dr. Santhosh M. Mathews, Principal of Pushpagiri College of Pharmacy, and



was inaugurated by Rev. Fr. Aby Vadakkumthala, Director of Institutions. The gathering was further blessed with words of inspiration and felicitation by Rev. Fr. Dr. Antony Chethipuzha, Spiritual Director. One of the major highlights of the event was the distribution of institutional certificates to the graduating students, recognizing their successful completion of the course.



In a moment of pride, Ms. Rensu Varghese was honored with the Best Outgoing Student Award for her outstanding performance and exemplary conduct throughout the course. She received a memento from the college, a cash prize from



the Parent-Teacher Association (PTA), and a scholarship sponsored by Easy Link Academy in appreciation of her achievements.



Adding to the academic significance of the day, a Handbook of Industrial Safety, prepared by the outgoing batch under the guidance of Dr. Krishnarajan D, was officially released during the ceremony. The effort reflected the students' commitment to



professional growth and contribution to the field of pharmacy. The college also took pride in recognizing Ms. Harija S. Nair, Assistant Professor, who was honored with a memento for securing the First Rank in M.Pharm (Pharmaceutics) at the



University level, a remarkable academic achievement that brought laurels to the institution.

As a gesture of heartfelt appreciation, the outgoing students presented mementos to the Director and Principal as tokens of their gratitude for their constant support, guidance, and

encouragement. The formal proceedings were followed by a love feast organized for the students, their parents, and faculty members, creating a joyful atmosphere of togetherness. The event culminated in vibrant cultural performances by the students, which added color and liveliness to the occasion, making it a truly memorable day for everyone present.

UPSKILLING PROGRAM BY LSSSDC



The Pharmacy Council of India (PCI), in collaboration with the Life Sciences Sector Skill Development Council (LSSSDC) and the Ministry of Skill Development and Entrepreneurship (MSDE), organized an upskilling and certification training program under the funding support of Pradhan Mantri Kaushal Vikas Yojana (PMKVY) 4.0. This initiative was hosted at Pushpagiri College of Pharmacy, one of the 14 officially approved training centres in the state of Kerala.

The training program was designed to span 30 hours and was conducted over four days, from 17th January to 20th January 2025. It aimed to enhance the skill sets of participants in



accordance with national standards and sector-specific requirements.

The program commenced with a formal inaugural ceremony held at the Mar Theophilus Annexe auditorium. The function was presided over by Rev. Fr. Aby Vadakkumthala, Director of Institutions. The event was inaugurated by Dr. Aju Joseph Kurian, Assistant Drugs Controller of Kollam. Dignitaries including Dr. Santhosh M. Mathews (Principal, Pushpagiri College of Pharmacy), Mrs. Syarmala Sunil (Ward Member, Peringara Grama Panchayat), Dr. Christy K Jose (Single Point of Contact - SPoC), and Mrs. Preethu P John (Certified Trainer) also addressed the gathering, offering their insights and support for the initiative.



A total of 30 trainees, including faculty members of the college, participated in the program. The training was conducted in strict adherence to the guidelines and protocols provided



by the relevant authorities, ensuring quality and compliance throughout. The session began with a pre-assessment and orientation, setting the stage for the days to follow.



Each day included structured assessments, interactive group activities, and practical sessions aimed at reinforcing learning outcomes. The final day culminated with a final assessment, which was administered by a designated representative of the Pharmacy Council of India. This comprehensive training



program served as a significant step in equipping pharmacy professionals with updated knowledge and practical skills, further aligning them with national competency standards in the pharmaceutical sector.



EVENTS @ PCP



**10TH INTERNATIONAL CONFERENCE ON CLINICAL PHARMACY (CPCON-2025)
"TRANSFORMING PHARMACY PRACTICE FOR VALUE BASED CARE MODELS" AT MANIPAL UNIVERSITY**



**FAREWELL TO REV. FR. ABY VADAKKUMTHALA,
DIRECTOR INSTITUTIONS**



HEARTY WELCOME TO THE NEW DIRECTOR REV. FR. DR. MATHEW MAZHANVANCHERIL



UNVEILING HANDBOOK ON INDUSTRIAL SAFETY BY DEPARTMENT OF PHARMACEUTICS



RELEASE OF NINTH VOLUME, SECOND ISSUE OF COLLEGE NEWS BULLETIN 'PHARMA ECHO'



2nd KERALA PHARMACY CONGRESS KPC 2025 AT CARITAS COLLEGE OF PHARMACY



FAREWELL TO SR. ANN FDSHJ, HOSTEL WARDEN ST. ALPHONSAS GIRLS HOSTEL



13th INTERNATIONAL CONFERENCE BIORADIANCE 2025 AT PUSHPAGIRI INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE

HONORS & AWARDS



MR. SREHARI P. N. WON THE GOLD MEDAL FOR 20,000M WALK DURING KUHSINTERZONE ATHLETICS



OUR FIRST YEAR PHARM.D STUDENTS BAGGED THE THIRD PLACE IN REELS COMPETITION CONDUCTED AS PART OF THE 2nd KERALA PHARMACY CONGRESS KPC 2025 @ CARITAS COLLEGE OF PHARMACY

CONGRATULATIONS



Ms. HARIJA S NAIR
M PHARM 2nd RANK
KUHS
DIRECTOR , PRINCIPAL & STAFF



MS. HARIJA S. NAIR SECURED FIRST RANK IN M. PHARM PHARMACEUTICS AT UNIVERSITY LEVEL



DR. ANJANA M. N., DEPARTMENT OF PHARMACEUTICS WON THE SECOND PLACE IN ORAL PRESENTATION DURING THE 13th INTERNATIONAL CONFERENCE BIORADIANCE 2025 @ PUSHPAGIRI INSTITUTE OF MEDICAL SCIENCES AND RESEARCH CENTRE



EVA JACOB OF FIRST YEAR PHARM.D WON THE PRIZE FOR LIVE QUIZ CONDUCTED DURING THE 2ND KERALA PHARMACY CONGRESS KPC 2025 @ CARITAS COLLEGE OF PHARMACY



B. PHARM 2020-24 BATCH SECURED 100% RESULT



MS. BINTA ELSA JOHN WON THE THIRD PRIZE IN YOUTH PARLIAMENT ELOCUTION COMPETITION AT DISTRICT LEVEL AND PARTICIPATED IN STATE LEVEL COMPETITION

INTRODUCING NEW FACULTY



Dr. Nisha Mary Joseph

Dr. Nisha Mary Joseph, Professor, Department of Pharmaceutics joined Pushpagiri College of Pharmacy on 13th March 2025. She completed her Ph.D from Bundelkhand University, Jhansi and has a total of 24 years of teaching experience.



PUSHPAGIRI COLLEGE OF PHARMACY

Medicity, Perumthuruthy, Thiruvalla - 689 107, Kerala.

Ph : 0469-2645450 / 7902260905, 9946546517 (Principal), E-mail : pharmacycollege@pushpagiri.in, www.pushpagiri.in

**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)**

OUR SPECIALITIES

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