



PA COLLEGE OF PHARMACY

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A QUARTERLY NEWS BULLETIN

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Editorial Insight

Message From Chief Editor

Rajiv Gandhi University of Health Sciences is one of the top Indian Universities offering best medical and allied health sciences programs. The university, constituted by Govt. of Karnataka, under Karnataka act 1994; encompasses all health related programs, and administered across the state. At present, the university has about 1700 colleges affiliated, of which, around 120 are Pharmacy institutions. P.A. College of Pharmacy is proud to be affiliated to Rajiv Gandhi University of Health Sciences, Karnataka. The university is conducting semester examinations in this month of June 2024 across the state. The examinations are uniformly conducted through its approved exam centers. Each exam center is monitored by CCTV and zoom cameras for any malpractices. Question papers are released through dedicated web portal, and only authorized personal can download questions papers only 15 minutes prior to the examination. A squad/ observer is appointed in every center to observe and report any malpractice in the center, while a centralized team also watches the exam activity in the university through cameras. The university always open to adopt newer and innovative initiatives to better its activity. Therefore, it is now experimenting on paper-less examination system, where, students are given electronic writing pad and stylus to write their examination in place of paper. The student will have liberty write any length of answer for a question without paper. Thus paper wastage is prevented which is a step towards environment friendly atmosphere. Each question will have its space for answering the question. The writing pads will open by finger print of the student and retina scanning. Question paper during the examination is released exactly on time and pad closes on exact time, thus removing any bias in the extra time for the students to write their examination. Thus the authentication of student, time of release of paper, end of exam times etc., becomes highly accurate. It is highly beneficial for the students, as they have least chances of missing a question. They can erase a wrong answer and re write. Additionally, the students get tools like pen color, scale for measurement, insert diagrams, like circle, triangle, square etc built-in in the pad. The students will be trained to write their examination on electronic pad well before examination so as to ensure student acceptability and ease in writing examination.

It will be a great achievement for a large university like RGUHS if the digital examination is implemented successfully. We congratulate in advance for the green initiative and with best of Luck.

Dr. Saleemulla Khan

Principal, PA College of Pharmacy

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In today's fast-paced world, the quest for wellness and health has never been more critical. While the concept of wellness can vary, it is generally understood as the state of being in good health, both physically and mentally, and often involves proactive steps toward maintaining or improving one's overall well-being. Health, traditionally defined as the absence of disease, now encompasses a broader definition, including physical, mental, emotional, and even spiritual health. Achieving wellness and maintaining good health is not a one-size-fits-all journey, but there are universal principles that can guide us toward a healthier life.

The Pillars of Wellness and Health

1. Physical Health:

Physical health is the foundation of wellness. It involves maintaining a strong and healthy body through proper nutrition, exercise, adequate sleep, and regular medical check-ups. To keep the body in peak condition, one should focus on:

- **Nutrition:** A balanced diet provides the body with essential nutrients, such as vitamins, minerals, and macronutrients. Consuming a variety of fruits, vegetables, lean proteins, whole grains, and healthy fats fuels the body and supports immune function, energy production, and overall health.

- **Exercise:** Regular physical activity, such as walking, running, yoga, or strength training, helps in maintaining cardiovascular health, bone density, and muscle mass. Exercise is also vital for weight management, reducing the risk of chronic diseases like diabetes, and improving mental health by boosting mood-enhancing chemicals like serotonin and endorphins.

- **Sleep:** Restorative sleep is crucial for both physical and mental rejuvenation. Adults should aim for 7-9 hours of sleep per night to support cognitive function, immune system health, and emotional stability. Sleep disorders and irregular sleep patterns can lead to fatigue, stress, and weakened immunity.

- **Preventative Care:** Regular health screenings and vaccinations help in detecting and preventing health issues before they become severe. Early detection of diseases like cancer, diabetes, or heart disease can significantly improve the prognosis and quality of life.

2. Mental Health:

Mental health is an integral component of overall wellness. Good mental health encompasses emotional well-being, the ability to manage stress, and a positive outlook on life. Mental wellness can be fostered by:

- **Stress Management:** Chronic stress is one of the leading causes of mental health issues like anxiety and depression. Mindfulness practices, such as meditation, deep breathing, and yoga, can help in reducing stress and promoting relaxation.

- **Emotional Resilience:** Developing emotional resilience involves understanding and managing emotions, maintaining perspective during tough times, and seeking help when needed. Cultivating a support system of friends, family, or mental health professionals is essential for emotional well-being.

- **Cognitive Engagement:** Keeping the mind sharp through continuous learning, mental exercises, or engaging in hobbies like reading or puzzles can improve memory, attention span, and overall cognitive health. Staying mentally active also helps in preventing age-related cognitive decline.

3. Social Wellness:

Humans are inherently social creatures, and social connections are fundamental to health. Studies show that people with strong social networks live longer, are more resilient to stress, and are less likely to experience mental health issues. To enhance social wellness:

- **Build Relationships:** Regular interaction with friends, family, and peers can improve emotional health and provide a sense of belonging. Volunteering, participating in community activities, or simply keeping in touch with loved ones can create meaningful connections.

- **Communication:** Open and honest communication builds stronger relationships. Effective communication helps in resolving conflicts, expressing needs, and fostering understanding between individuals.

4. Spiritual Wellness:

Spiritual health does not necessarily relate to religious beliefs but is often defined as a sense of purpose, meaning, and connection to something larger than oneself.



Spiritual practices like meditation, prayer, or spending time in nature can provide inner peace and perspective, helping individuals navigate life's challenges with greater resilience and calm.

5. Environmental Wellness:

The environment we live in can have a significant impact on our health. Environmental wellness involves creating a healthy, sustainable living space, both physically and mentally. This can include:

- **Physical Environment:** Ensuring your surroundings are clean, safe, and conducive to health can reduce stress and promote well-being. This includes having access to clean air, water, and safe shelter.
- **Sustainable Living:** Making environmentally conscious choices, such as reducing waste, recycling, and using natural products, contributes to a healthier planet and a more balanced life.

Integrating Wellness into Daily Life

The key to wellness is making it a part of everyday life. Rather than viewing health as a destination, it's essential to see it as a continuous journey, where small, sustainable changes can lead to long-term benefits. Here are some tips for incorporating wellness into your daily routine:

- **Set Realistic Goals:** Start with small, achievable goals, such as drinking more water, walking for 30 minutes a day, or practicing mindfulness for 10 minutes each morning.
- **Consistency Over Perfection:** Wellness is not about perfection; it's about consistency. Be kind to yourself and remember that setbacks are a natural part of the process. What matters is getting back on track and making choices that support your well-being.
- **Create Healthy Habits:** Habits form the foundation of long-term change. By focusing on daily practices such as preparing healthy meals, scheduling time for exercise, or setting boundaries to reduce stress you can make wellness a part of your lifestyle.
- **Seek Balance:** Wellness is about balance balancing work with leisure, activity with rest, and socializing with solitude. Achieving harmony in these areas can lead to a more fulfilling and healthful life.

Conclusion

Wellness and health are deeply interconnected, and achieving a state of complete well-being requires a holistic approach that addresses physical, mental, emotional, social, spiritual, and environmental health. By taking small, consistent steps toward better habits, anyone can improve their overall quality of life and enjoy the benefits of a balanced, healthy lifestyle. Wellness is not just about avoiding illness but living a life filled with vitality, purpose, and joy.



"Wellness is not a medical fix but a way of living – a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever."
- Greg Anderson



Sl No.	Drug Name	Active Ingredient	Approval Date	FDA-approved use on approval date*
1	Zevtera	ceftobiprole medocartil sodium	4/3/2024	To treat certain bloodstream infections, bacterial skin and associated tissue infections, and community-acquired bacterial pneumonia
2	Lumisight	pegulicianine	4/17/2024	To use as an optical imaging agent for the detection of cancerous tissue
3	Anktiva	nogapendekin alfa inbakicept-pmln	4/22/2024	To treat bladder cancer
4	Ojemda	tovorafenib	4/23/2024	To treat relapsed or refractory pediatric low-grade glioma
5	Xolremdi	mavorixafor	4/26/2024	To treat WHIM syndrome (warts, hypogammaglobulinemia, infections and myelokathexis)
6	Imdelltra	tarlatamab-dlle	5/16/2024	To treat extensive stage small cell lung cancer
7	Rytelo	imetelstat	6/6/2024	To treat low- to intermediate-1 risk myelodysplastic syndromes
8	Iqirvo	elafibranor	6/10/2024	To treat primary biliary cholangitis in combination with ursodeoxycholic acid
9	Sofdra	sofpironium	6/18/2024	To treat primary biliary cholangitis
10	Piasmy	crovalimab-akkz	6/20/2024	To treat paroxysmal nocturnal hemoglobinuria
11	Ohtuvayre	ensifentrine	6/26/2024	To treat chronic obstructive pulmonary disease

ORPOUCHE VIRUS DISEASE - CUBA

The Oropouche virus (OROV) is an arbovirus primarily transmitted to humans through the bite of infected midges, particularly those of the *Culicoides paraensis* species. The virus is also sometimes transmitted by mosquitoes. It causes Oropouche fever, a febrile illness similar to dengue fever, characterized by symptoms such as high fever, headache, joint and muscle pain, and a rash. In some cases, the disease can progress to more severe neurological conditions, though this is rare.

The proximity of midge vector breeding sites to human habitations is a significant risk factor for OROV infection. Prevention strategies are based on control or eradication measures against the arthropod vectors and personal protection measures. Vector control measures rely on reducing midge populations through the eradication of breeding sites, achieved by reducing the number of natural and artificial water-filled habitats that support midge larvae, thereby reducing the adult midge populations around at-risk communities. Personal protection measures rely on prevention of midge bites using mechanical barriers (mosquito nets), insect repellent devices, repellent-treated clothing and anti-mosquito repellents. Chemical insecticides such as deltamethrin and N,N-Diethyl-meta-toluamide (DEET) have been demonstrated to be effective in controlling *Culicoides* and *Culex* species.



Events

SOCIAL ACTIVITY

Blood donation

The Students of B Pharm and D Pharm donated their blood in the Blood donation camp was conducted on 07.05.2024 by PA Group of Institutions.



ACHIEVEMENTS

P.A college of Pharmacy 28 students and 05 faculties (Ms.Nishmitha,Ms.Shravya, Ms.Nizabh,Dr.Soureen and Ms.Nahida) participated in 6th national level conference on innovative practice in clinical practice and patient safety held at Srinivas college of Pharmacy Mangalore in association with IPA local batch Mangalore on 17th and 18th May.

Total 24 colleges and 16 different universities participated in this national conference and

PACP grabbed prize in scientific and non scientific competition which are as follows:

- 1.Ms.Nishmitha (associate professor department of pharmaceuticals)grabbed first prize in poster presentation competition PG category
- 2.Mr.Roshan Puthige secured first place in poster presentation UG category
- 3.Mr.Muhammad Sahil Ismail secured second place in PIL making competition
- 4.Mr.Muhammad sahil Ismail,Munavar Sahil, Roshan Puthige and Aashura of IV B.pharm secured third place in Quiz.
- 5.PACP secured 3rd place in photography competition.

Congratulations!



Events

INSTITUTIONAL NEWS

FIELD VISIT

The college organized a field visit to 'SHOBHAVANA' medicinal garden and Alva's Pharmacy for students to improve their practical knowledge. The visit involved 35 students and 5 staff members, who visited Alva's Pharmacy, Mijar, where they interacted with officials about the institute and its manufacturing unit. The students learned about the compounding, dispensing, and packaging units, as well as the process flow and quality assurance department. The students also visited 'SHOBHAVANA', a certified organic plantation with 2500 varieties of medicinal plants spread across 100 acres. The students were introduced to various species of medicinal plants and their contributions to therapeutics. The officials of Alva's Pharmacy were impressed by the students' curiosity and interest in learning about the various departments under the manufacturing unit and the uses of medicinal plants. The students felt enriched after visiting both centers.



D PHARM RESULTS 2024

I D PHARM



Salmath Thasneema B
77.2%



Fathimath Zulfa
73%



Ayishath Shakira T
71.3 %

II D PHARM



Shamseena Banu
78%



Amina Safa U
75%



Fathima Jumana
73.7%

Congratulations!



ACHIEVEMENTS

Faculty Corner



Dr. Rajisha K, HOD, Department of Pharmacognosy, has successfully completed the NPTEL certification course In biosciences in the month of April 2024.



Congratulations Ms Nishmitha for Securing the first place in poster presentation competition, entitled "Formulation and evaluation of herbal face mask containing Nano sponges loaded with Carotenoid extract of Phoenix dactylifera in 6th IPCTPS 2024 national Conference on innovative practices in clinical training and patients safety held at Srinivas college of Pharmacy on 17th and 18th may 2024.



NPTEL-AICTE Faculty Development Programme

(Funded by the Min., Govt. of India)



This certificate is awarded to

NISHMITHA

for successfully completing the course

Research Methodology

with a consolidated score of **72 %**

Prof. Andrew Thiagaraj
NPTEL Coordinator
IT Madras



(Feb-Apr 2024)

Roll No: NPTEL2AGE215561400112

Duration of NPTEL course: 8 Weeks

The candidate has studied the above course through MOOCs mode, has completed online assignments and passed practical exams. This certificate is a lifetime document for promotion (after C&C as per AICTE guidelines dated 19th Nov 2023, under its online selection promotion scheme). E-M: AICTE / NPTEL FDP through MOOCs / 2023

Congratulations Ms Nishmitha for Completing NPTEL 8 week's online certification course on 'Research methodology' by IT Madras. From 19 February 2024 to 12 April 2024.

Congratulations!

