



ST PAULS PULSE

A Quarterly Newsletter

JULY-SEP

2021

PUBLISHER

 **St. Pauls**
College of Pharmacy

Approved by PCI, Affiliated to Osmania University
Accredited by NBA (UG Program) and NAAC with 'A+' Grade

Turkayamjal (V), Abdullapurmet (M), R.R. Dist.

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ST. PAULS PULSE

-An SPLP Belonging

ABOUT THE INSTITUTE

St. Pauls College of Pharmacy (SPLP) was established in the year 2007 by St. Pauls Education Society. The College is approved by PCI and affiliated to Osmania University, Hyderabad. SPLP has been accredited by NAAC A+ Grade with 3.49 CGPA(Period of Validity A. Y. 2021-22 to 2026-27), NBA for B. Pharmacy Course for the period of three years (2021-22 to 2023-24) and recognized under Section 2(f) of UGC Act, 1956. It is an ISO-9001:2015 certified institute and has MoU with Krishna Institute of Medical Sciences (KIMS), Hyderabad; pharmaceutical industries; research labs, and educational institutions (National & International). It is self-financed and offers both UG and PG programs with an approved intake of 170 + students each year as follows:100 Intake B. Pharmacy (four years),30 intake in M. Pharmacy (two years) in Pharmaceutics (15 seats) and Pharmaceutical Analysis (15 Seats), 30 intake in Pharm D (six years) and 10 seats in Pharm.D(PB, three years).



HIGHLIGHTS OF THE INSTITUTE

- NAAC Accredited A+ Grade with 3.49 CGPA.
 - NBA Accredited institution (UG Program)
 - Included Under Section 2(f) of UGC Act 1956
 - ISO Certified Institution
 - Acquired NSS Unit from Osmania University
 - NIPER -2019, All India – 1st Rank, GPAT -2019, All India – 7th Rank, TSPGECET-2019 – State 1st Rank
 - 90% of our appeared students have qualified TSPGECET -2019, out of which 23 students secured below 1000 rank.
 - TSPGECET-2020 – State 6th Rank, TSPGECET-2021 – 42 Students Qualified
 - MoU's with Pharma Industries, Universities & State Government Research Organizations
 - One among the top IPA-SF student chapter in India
 - Far ahead in crisis management during pandemic (2019-21)
 - Significant contributions to communal services from Pharm.D department
 - Placements in multinational companies
 - Successful Conduction of national & international level competitions for faculty and students
 - Student governance & student centric education
 - Strong Mentoring system
 - Research and Innovation Eco-System
- Organization of need based workshops, conferences & seminars (blended)



PATRONS

Mr. K.Sudhir - Correspondent & chairman

Mr.T.Raghava Reddy - Secretary

Co-PATRONS

Dr.B.Chandra Shekar - Principal & Professor, St. Pauls College of Pharmacy

Editorial Board

Editor-in-Chief : Dr.M.Kirammai M.Pharm, Ph.D, DIM

Vice- Principal & Professor

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Dr. K. Venu Madhav, Professor

Assistant Editor : Mrs. P. Naga Haritha, Assistant Professor

Dr Anusha Joel, Assistant Professor

STUDENT CO-ORDINATORS

STUDENT	COURSE & YEAR
A. Prathiba Reddy	Pharm-D 5th year
Avinash Kadam	B Pharm 4th year
Vanga Harshika	Pharm-D Intern
N.Anusha	Pharm-D Intern
P. Sai Ram	Pharm-D 4th year
Sainath Chary Gannoji	Pharm-D 3rd year
Soujanya Durishetty	Pharm-D 3rd year
Nimisha Vegiraju	B Pharm 2nd year
N. Venkata Bhargavi	B Pharm 3rd year
G. Akshitha Reddy	Pharm-D Intern
P. Sanjana	B Pharm 3rd year



AIMS OF THE INSTITUTE

VISION

To be the most reliable source for education, teaching, research in pharmaceutical and allied sciences to serve the needs of the healthcare system.

MISSION

To train and develop the students into professional pharmacists through innovative teaching-learning and research with the objective of student centric education.

QUALITY POLICY

Nurturing the students with quality education and overall development in pharmacy and allied fields through dedicated faculty & state-of-art infrastructure.



MESSAGE FROM EMINENT PERSONALITY

Dr. Karthik Rakam
CEO and Co – founder of Avenida Innovations



Namaste all

I am Dr. Karthik Rakam, CEO and Co – founder of Avenida Innovations and founding director of Kairos R and D Solutions. It gives me joy writing the foreword for St. Pauls Pulse, a quarterly newsletter published by St. Pauls college of Pharmacy.

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” – Anaïs Nin, writer

Right from my first visit to the college in 2018 to today, I have been a witness to the persistent effort’s college has taken to blossom into an institute of excellence. It is heartening to see the efforts translate into results and the tremendous progress it has made in the journey. As an organization, Avenida, we were fortunate to be part of this journey by working on initiatives like initiating a patent cell, campus to corporate program. We are excited to incubate few ideas at the upcoming business incubator centre.

The contents of the newsletter will introduce the readers to diverse activities the college has done in the past quarter which will help the readers get insights about career opportunities, guidance, community outreach that can be undertaken etc.

Associating with the college has inspired us to think big and gave confidence that it is possible to achieve results with relentless efforts. I am sure the readers will experience the same after going through the newsletter.

I appreciate the leadership of St. Pauls for taking this initiative and encouraging the faculty and students to compile this wonderful newsletter. Editorial board and student coordinators deserve a special congratulations. Keep up the good work of spreading knowledge and inspiration.



BEYOND CLASSROOM

INDUSTRIAL VISIT TO ANNORA PHARMA (21st AUG)

Practical knowledge is a very essential part of education. St. Pauls college of pharmacy is glad to have organised an industrial visit to Annora Pharma pvt.ltd,Hyderabad . This visit was very much helpful for students who visited, as they were able to expand their knowledge in this field.



CAMPUS PLANTATION PROGRAMME-(6th SEPT)

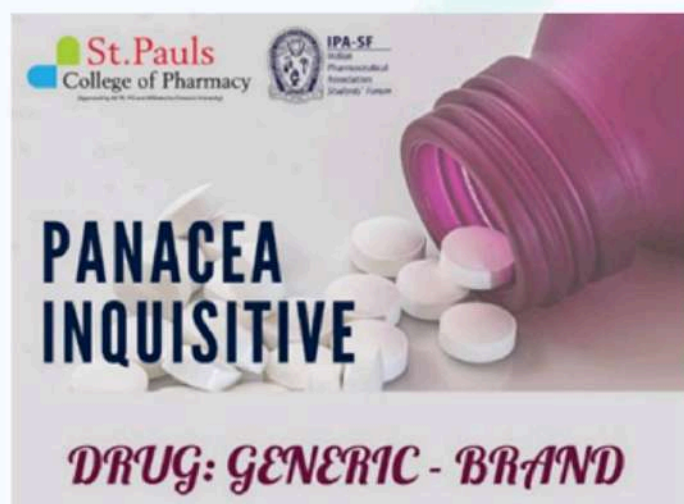
St.pauls college of pharmacy in coordination with NSS cell organised a Campus Plantation Programme on the Theme: " THE KEY TO GREENER PLANET IS IN YOUR HANDS". The enthusiastic students planted saplings within the campus as a small effort to contribute to greener world.



IPA-SF ACTIVITIES

PANACEA INQUISTIVE (GENERIC NAME-BRAND NAME)

Under panacea inquisitive which was initiated on 19th august 2020, the IPASF-ST PAULS student chapter now provided information on the available brands for the generic drugs in India in all available dosage forms to improve the knowledge of people to enable them to purchase any brand available in the nearby pharmacies according to their convenience.



EMPAGLIFLOZIN

CATEGORY: Anti-Diabetic
(Oral hypoglycemic agent)

TABLET :

TAB. GIBTULIO (10mg)
TAB. JARDIANCE (10mg)



VANCOMYCIN

CATEGORY: Glycopeptide Antibiotic

TABLET:


TAB. VANCOMYCIN (500mg)

CAPSULE:

CAP. VANLID (250mg)



FOCUS POINT



St. Pauls
College of Pharmacy

IPA-SF
Indian Pharmaceutical Association
Students' Forum

FOCUS POINT

ABNORMALITY CHECK

SERUM CREATININE

NORMAL RANGE

MEN: 0.9 to 1.3 mg/dL

WOMEN: 0.6 to 1.1 mg/dL



ABNORMALITIES

- Low Serum creatinine levels may be a sign of liver disease, muscle disease, excess water loss, etc.
- High Serum creatinine levels may be a sign of drug toxicity, kidney infection, diabetes, high blood pressure, heart diseases.

Your doctor may suggest a creatinine blood test to assess your creatinine levels if you show signs of kidney disease. These symptoms include: fatigue and trouble sleeping, a loss of appetite, swelling in the face, wrists, ankles, or abdomen, lower back pain near the kidneys, changes in urine output, etc

“Reading furnishes the mind only with materials of knowledge, it is thinking that makes what we read ours” so, We IPASF ST. PAULS student chapter introduced a new program named FOCUS POINT where information regarding one selected topic was given for a whole month. Every Saturday of the month, information on the selected topic was posted in all our social media handles. This was initiated on 8th may 2021 and continued till 28th august 2021.

HÆMOGLOBIN

NORMAL RANGE

Men- 13.5 to 17.5 g/dl

Women- 12.0 to 15.5 g/dl



ABNORMALITIES

- Low Hb levels may be a sign of Different types of anemia, Iron deficiency, Liver diseases, Cancer, and other diseases.
- High Hb levels may be a sign of Lung disease, Heart disease, Polycythemia vera, etc.

Your doctor may suggest the test if you have signs and symptoms of anemia, which include weakness and dizziness, or any other inherited blood disorder.

SGOT

FULL FORM

Serum glutamic-oxaloacetic transaminase

NORMAL RANGE

8-45 Units/L



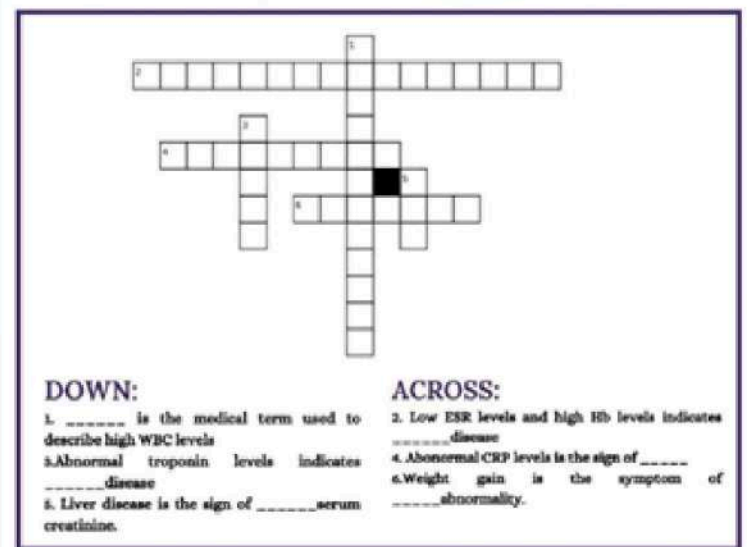
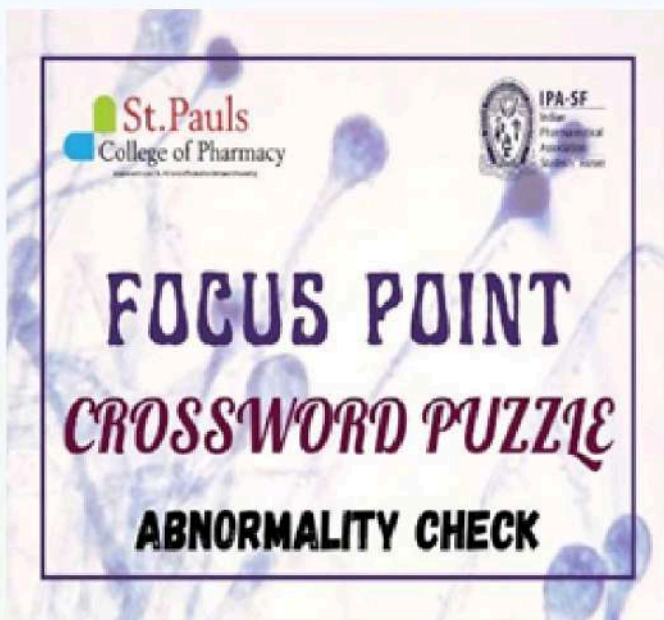
ABNORMALITIES

- Higher levels of SGOT indicate liver damage and damage to other organs like muscles, heart, brain, and kidneys.

Your doctor may suggest this test if you are experiencing symptoms like fatigue, weakness, a loss of appetite, nausea, vomiting, swelling of your abdomen, yellow skin or eyes, which is called jaundice, dark urine.



Topics covered included detailed information about covid vaccinations, mucormycosis(black fungus), candidiasis(white fungus), abnormality check of various laboratory investigations like hematological tests, renal function tests, hepatic function tests and electrolytes along with innovative crossword puzzles to challenge the knowledge of the public. The information provided included the normal ranges of the various laboratory investigations, indications in case of abnormalities along with characteristic clinical presentations in which the tests are advised.



COMPETITIONS/ WEBINARS

NATIONAL PHARMACOVIGILANCE WEEK (WEBINAR)



St.Pauls
College of Pharmacy
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NATIONAL PHARMACOVIGILANCE WEEK 2021
Under the flagship of Indian
Pharmacopoeia Commission & Pharmacy Council of India
17th – 23rd September 2021

NATIONAL LEVEL QUIZ COMPETITION
PRIZES:
2 CASH PRIZES & CERTIFICATES
for all the participants
17th September 10AM Onwards

NATIONAL LEVEL WEBINAR
In association with Pharmacoon Society for Pharmacy
Practice (PSPF) On
TOPIC: THE PHARMACOVIGILANCE LIFE CYCLE
SPEAKER:
Dr. Manoj Swaminathan
MBS, MPH, MBGA
Founder & Director, Vigiserve Foundation.
Certificates will be issued for all the participants
18th September 11AM Onwards

PATRONS
Mr. K Sudhir
Chairman & Correspondent,
St Pauls College of Pharmacy
Mr. T Raghava Reddy
Secretary,
St Pauls College of Pharmacy

CO-PATRONS
Dr. B Chandra Shekar
Professor & Principal
St.Pauls College of Pharmacy

ORGANIZERS
Dr. M Kiranmai
Vice Principal/Professor
St.Pauls College of Pharmacy
Dr.Karthik Rakam
Founder Pharm Doctors,
Director, Pharmacoon Society for
Pharmacy Practice

Student Coordinators
For Quiz
P. Sarvam 9440870461
For Webinar
P. Saranya 9177642334

Coordinators
Quiz:
Dr. Somnath De
988547303
Dr. Kezla Som
948942302

Webinar:
Mrs. Naga Haritha
809993230

QR Codes:
Quiz link
Webinar link

Pharmacovigilance refers to the science and activities relating to the detection, assessment, understanding, and prevention of adverse effects and other drug-related safety problems. St.Pauls College of Pharmacy as part of National Pharmacovigilance week-2021 organized a National Quiz and Webinar from 17th to 23rd september on the topic “ The pharmacovigilance life cycle”.

Dr. Manoj Swaminathan, founder and director, Vigiserve foundation was the eminent speaker of the webinar. The organizers of the webinar were Dr.Kiranmai, Vice Principal, Professor, St.Pauls college of Pharmacy and Dr.Karthik Rakham, Director, Pharmacoon Society for Pharmacy Practice. The webinar was lead by Mrs.Naga Haritha, professor, St pauls college of pharmacy. Participation certificates were provided to all participants and two cash prizes were awarded to the winners.



FRESCO 2021(ART COMPETITION)

Speak with art when words are Apart. On the Occasion of WORLD PHARMACIST DAY, 25th September 2021, St. Pauls College of Pharmacy in association with CliMed Solutions and IPA-SF Organized an International Art Competition on the THEME: The Accomplished Pharmacist: Before & After Covid-19. The Competition was open for all international students & Professionals of Pharmacy. the organizers of the competition were Dr.M.Kiranmai, professor & vice-principal, St.pauls college of pharmacy, Mr.Arjit Singh, CEO and cofounder CliMed Solutions and Mrs.Pragna Ella, IPA-SF chair person.



The poster features the St. Pauls College of Pharmacy logo, a caduceus symbol, and logos for CliMed and IPA-SF. The central text reads 'FRESCO 2021 International Level Art Competition On the occasion of WORLD PHARMACIST DAY 25th September 2021'. It includes a list of patrons, co-patrons, organizers, and coordinators, along with the theme and participation details.

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CliMed
Research Solutions

IPA-SF

FRESCO 2021
International Level Art Competition
On the occasion of
WORLD PHARMACIST DAY
25th September 2021

PATRONS:
Mr. K.SUDHIR
Chairman & Correspondent
Mr. T. RAGHAVA REDDY
Secretary

CO-PATRONS:
Dr. B.CHANDRA SEKHAR
Professor & Principal

ORGANIZERS:
Dr. M.KIRANMAI - Professor & Vice-Principal
Mr. AJIT SINGH - Co-Founder & CEO CliMed Solutions
Mrs. PRAGNA ELLA - IPA-SF Chair-Person

Faculty Coordinators
Dr. Sneha
Dr. Suhera Sahi
Mrs. Jagruthi

Student Coordinators
Vidhya-6302744993
Anand-9603053136
Ramya-8790686097

Drawing And Painting
THEME: The Accomplished Pharmacist:
Before And After Covid-19
Participation is open to all
Pharmacy Students and Professionals
Link is Active from: 17th Sep to 22nd Sep, 2021



AWARENESS

SARCOMA AWARENESS MONTH-JULY

St. Pauls College of Pharmacy is keen in raising awareness on Sarcoma Awareness Month, as it is a perfect opportunity to raise vital awareness and funds for sarcoma. Sarcoma is a rare, soft-tissue cancer made up of many “subtypes” because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels—the body’s “connective tissue”).

St. Pauls
College of Pharmacy



SARCOMA AWARENESS MONTH

**YOU'RE NOT ALONE.....
LET'S MAKE SARCOMA KNOWN!**

AIM

**SARCOMA IS AN UNCOMMON
CANCER AND STILL CONSIDERED AS
“FORGOTTEN CANCER”**



**THE MAIN AIM IS TO FURTHER HIGHLIGHT
THE EXTRAORDINARY CHALLENGES THAT
SARCOMA PATIENTS FACE AND THE NEED
FOR MORE SARCOMA RESEARCH AND
BETTER SARCOMA THERAPIES.**



TYPES OF SARCOMA

IT IS A TYPE OF A TUMOUR THAT DEVELOPS IN CONNECTIVE TISSUE SUCH AS BONE, CARTILAGE OR MUSCLES.

There are two main types of Sarcoma

1. Soft tissue sarcoma



2. Bone sarcoma

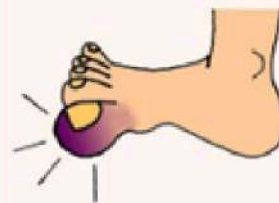


DID YOU KNOW?

Sarcomas can often be overlooked and are hard to diagnose.

It is extra important for parents to be attentive towards any of these possible signs of Sarcomas:

1. Pain on and off in the affected area, which may be worse at night.
2. Swelling, may start 2 weeks after pain.



WORLD HEPATITIS DAY-28th JULY

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"Hepatitis Can't Wait"
Get Tested. Treatment could Save your Life.

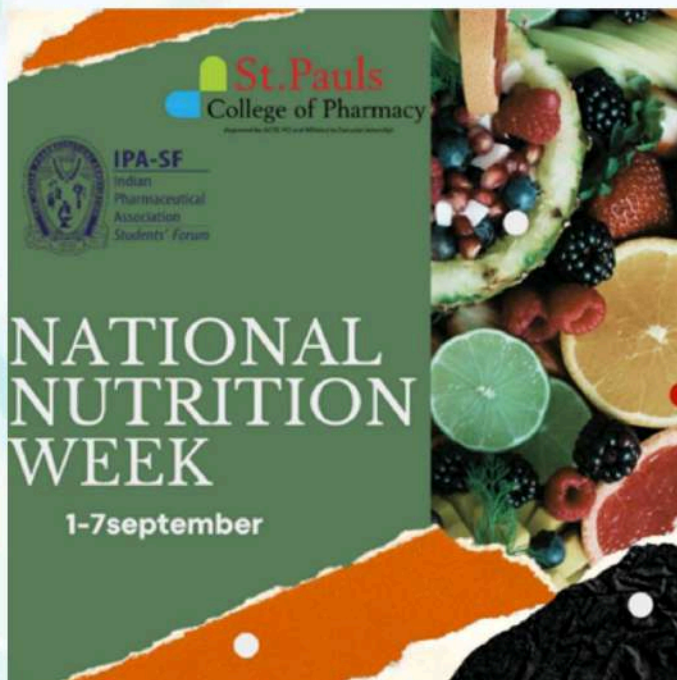
WORLD HEPATITIS DAY
28th July 2021

World Hepatitis Day (WHD) takes place every year on 28 July bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change. In 2021 the theme is "Hepatitis Can't Wait". On WHD, 28 July, we call on people from across the world to take action and raise awareness of hepatitis because Hepatitis Can't Wait.



NATIONAL NUTRITION WEEK(1ST -7th SEPT)

St. Pauls college of pharmacy celebrated national nutrition week to spread awareness about good nutrition, and health. The National Nutrition Week is scrutinized in India from 1st September to 7th September. Many people require active growth and massive development in their lives, so it is necessary to eat a balanced diet regularly. The theme of National Nutrition Week 2021 is 'Feeding right from the start'. This year the government wants to lay stress on the importance of child nutrition and how kids can benefit from a nourishing diet. A balanced diet nourishes the body from top to toe, in and out. It is that component that keeps all bodily functions in check and maintains the cycle of wellbeing.



Tips to fulfil nutrition requirements:

1. Exercise portion control
2. Try to include more vegetables and lean meat in your diet, limit sugars
3. Cut down on the salt intake
4. Go for lean meat instead of red meat
5. Include protein in every meal
6. Enjoy a maximum of three cups of coffee a day
7. Avoid sugary drinks
8. Drink alcohol in limited quantities
9. Include more nuts in your diet
10. Do not starve yourself in the name of dieting



WORLD FIRST AID DAY (11th SEPT)

World First Aid Day is celebrated to bring awareness among the people about the importance of first aid. First Aid counts as any emergency treatment or medical assistance given to an injured or unwell person, before normal medical aid can arrive. While being life-saving, knowledge of basic First Aid is incredibly important. First Aid is essential for all human life.



BE PREPARED AND ACT FAST

The Golden hour

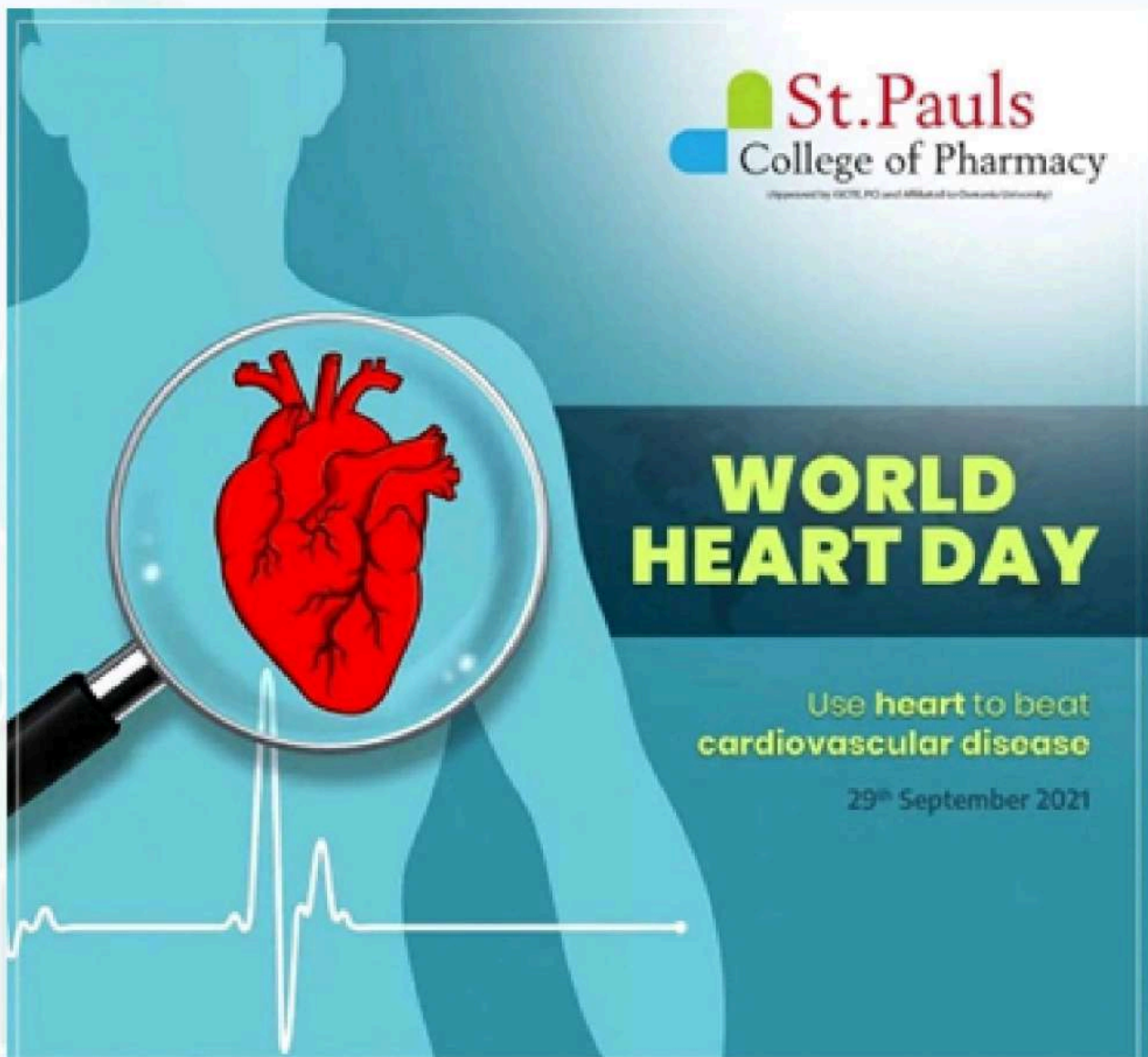
The first 60 minutes of the care the patient receives directly affects the outcome. It is very important especially in cases of traumatic injuries as this golden hour plays an important role in deciding the morbidity and mortality of the patient.

- 01** Assess the extent of victim injury, Treat the victim wounds
- 02** Check the pulse, breathing and keep him warm
- 03** Call for an Ambulance, Don't feed the victim
- 04** Perform life saving activities like CPR or EAR
- 05** Suspect if there is any Spine Injuries



WORLD HEART DAY(29th SEPT)

Every year on the 29th of September, World Heart Day is celebrated to raise awareness of cardiovascular disease, including heart disease and stroke, which are the World's leading cause of death claiming 18.6 million lives each year, accounting for 31% of all fatalities worldwide, according to the World Health Organization. The day also highlights the actions that individuals can take to prevent and control cardiovascular disease(CVD).



CELEBRATIONS

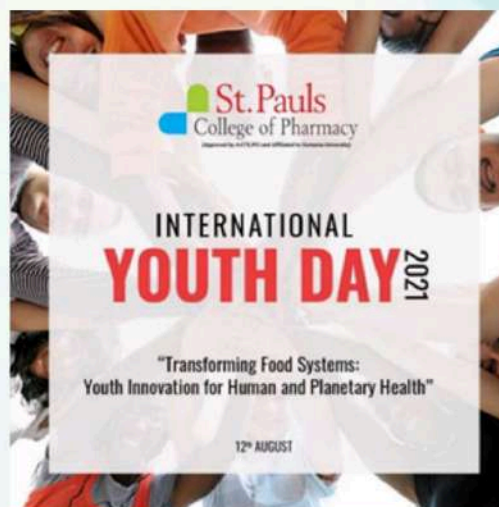
WORLD NATURE CONSERVATION DAY(28th JULY)



Every year, 28th July is celebrated as World Nature Conservation Day in different countries of the world. On this occasion the students of St.Pauls college of pharmacy were educated on the importance of conservation flora and fauna from the natural environment of the earth.

INTERNATIONAL YOUTH DAY(12th AUG)

The st.pauls family celebrated International Youth Day which is observed on August 12th every year. On this day governments and citizens across the world come together to recognise and bring attention to the problems faced by the youth.



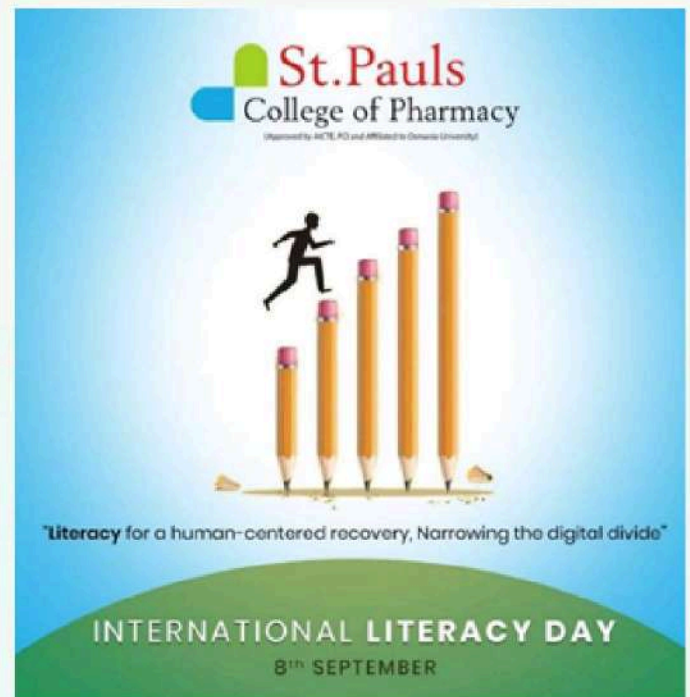
INDEPENDENCE DAY (15th AUG)



Independence Day is celebrated annually in India commemorating the nation's independence from the United Kingdom on 15 August 1947. St.Pauls college of pharmacy celebrated Independence Day by honouring the struggles of many bravehearts who fought for the country's freedom.

INTERNATIONAL LITERACY DAY (8th SEPT)

International Literacy Day is an international observance, celebrated each year on 8th September. The theme was "Literacy for a human-centered recovery, Narrowing the digital divide". The aim of this day is to highlight the importance of literacy to individuals, communities and societies.



INTERNATIONAL DAY OF PEACE (21st SEPT)

International Peace Day is observed every year on September 21st . It's a day to work towards global harmony and World peace. "Peace cannot be kept by force;it can only be achieved by understanding". Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.



WORLD PHARMACIST DAY (25th SEPT)



St.pauls college of pharmacy celebrated world pharmacist day on 25th september. The World Pharmacist Day theme 2021 was "Pharmacy: Always Trusted For Your Health". "Access to Pharmacist is Access to Health" . Trust is a central part of all human relationships and a fundamental element of social capital. Trust is also essential to health care: there is a significant association between trust in healthcare professionals and health outcomes for patients.



PLACEMENTS

AUROBINDO RECRUITMENT DRIVE (21st AUG)

Placing progressive efforts together with TASK (Telangana Academy for Skill and Knowledge) has resulted in Pool Campus AUROBINDO Recruitment Drive organized by St Pauls College of Pharmacy on 21st August, 2021.

Eight students got selected out of which Three were from St Pauls College of Pharmacy. The placement drive was coordinated by Aurobindo HR team and TASK coordinators Mrs Sravani and Ms Lavanya. By TPO, Dr Sunil Kumar Chaitanya Principal, Dr B Chandrashekhar Vice-Principal, Dr Kiranmai Mandava St Paul's College of Pharmacy.



STUDENT ACHIEVEMENTS

PGECET

Whether it is class room or online teaching, ST PAULS students never give up. Pandemic doesn't stop them from achieving noticeable ranks in recent TS PGECET results. Kranthi gupta secured 23rd rank and Naushiba fatima secured 96th rank.

BEST LOGO & SLOGAN WINNER(IPA-CPD)

St.Pauls Student once again has knocked the doors of success. Mr Sainath of Pharm-D 4th year won the Best Prize in Anti-microbial Stewardship Initiative's LOGO and SLOGAN Design Competitions 2021. This is truly a well deserved accomplishment.



FIND US ON

St Pauls College of Pharmacy

Website: www.stpaulscollege.ac.in

Gmail address: info@stpaulscollege.ac.in

Facebook: St Pauls College of Pharmacy

Instagram: [st.paulscollegeofpharmacy](https://www.instagram.com/stpaulscollegeofpharmacy)

Linked in: St Pauls College of Pharmacy

Twitter: [CollegePauls](https://twitter.com/CollegePauls)

YouTube Channel:

www.youtube.com/channel/UCfBYQB9V2gMNOgi3M-fi_hQ

IPASF-STPAULS CHAPTER

Gmail address: ipasfstpauls@gmail.com

Facebook: [ipasf St Pauls Chapter](https://www.facebook.com/ipasfStPaulsChapter)

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