



ST PAULS PULSE

A Quarterly Newsletter

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PUBLISHER

 **St. Pauls**
College of Pharmacy

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

INDEX

S.NO	TOPICS	PAGE NO
1.	ABOUT THE INSTITUTE	1-2
2.	VISION AND MISSION	3-4
3.	EDITOR MESSAGE	5-6
4.	SHARPENING MINDS	7
5.	BEYOND CLASS ROOM	8
6.	EVENTS	9
7.	AWARENESS PROGRAMMES	10-14
8.	ACHIEVEMENTS	15
9.	IPA-SF	16



ST PAULS PULSE

An SPLP Belonging

ABOUT THE INSTITUTE

St. Pauls College of Pharmacy was established in 2007, approved by AI India Council for Technical Education (AICTE), Pharmacy Council of India (PCI), New Delhi and affiliated to Osmania University, Hyderabad. NBA for B. Pharmacy Course for the period of three years (2021-22 to 2023-24). The college is situated in a serene and beautiful campus which is conducive for imparting quality education, helpful for the growth of knowledge and career building. The College has provided excellent credentials in the field of Pharmacy Education with a clear focus on the peaceful learning environment and sophisticated infrastructure.



HIGHLIGHTS OF THE INSTITUTE

- ISO Certified Institution.
- Acquired NSS Unit from Osmania University.
- NBA for B. Pharmacy Course for the period of three years (2021-22 to 2023-24).
- 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).



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 methods 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 and state-of-art infrastructure.



EDITORIAL BOARD

- Editor in Chief : Dr. Kiranmai Mandava, Vice Principal,
St Pauls College of Pharmacy.
- Associate Editors : Dr. P. Sunil Kumar Chaitanya
Dr. K. Venu Madhav
- Assistant Editor : Mrs. Naga Haritha
Mrs. P. Jagruthi

STUDENT EDITORIAL MEMBERS

STUDENT	COURSE & YEAR
Pachala Sai Ram	Pharm-D 5th year
P. Sanjana	B Pharm 4th year
Soujanya Durisheety	Pharm-D 4th year
G. Anand Goud	B Pharm 4th year
Pitla Soujanya	B Pharm 3rd year
Sainath Chary Gannoji	Pharm-D 4th year
V. Nimisha	B Pharm 3rd year
Balraman Ramya	Pharm-D 3rd year
Rachana Jha	B Pharm 2nd year
N. Venkata Bhargavi	B Pharm 4th year
Najiha Abdul Raheem	Pharm-D 5th year
Yahthika Sangam	B Pharm 4th year



EDITOR MESSAGE

STOP AVASCULAR NECROSIS FROM EATING AWAY YOUR BONES

Avascular necrosis is a disease that results from the temporary or permanent loss of blood supply to the bone. When blood supply is cut off, the bone tissue dies and the bone collapses. If avascular necrosis happens near a joint, the joint surface may collapse. This condition may happen in any bone. It most commonly happens in the ends of a long bone. It may affect one bone, several bones at one time, or different bones at different times. Reducing the amount of cholesterol and fat in the blood might help prevent the vessel blockages that can cause avascular necrosis. Medications that open blood vessels might increase blood flow to the affected bone. In its earliest stages, AVN may have no symptoms, but as the disease progresses it typically becomes very painful. At first, it might only hurt when you put pressure on the affected bone. Then, pain may become constant. If the bone and surrounding joint collapse, you may have severe pain that makes you unable to use your joint. The time between the first symptoms and bone collapse can range from several months to more than a year.

- Fewer than 1 million cases per year (India).
- Treatment can help, but this condition can't be cured.
- Requires a medical diagnosis.
- Lab tests or imaging always required.
- Chronic can last for years or be lifelong. Avascular necrosis may be the result of the following:
 - Injury
 - Fracture
 - Damage to blood vessels
 - Long-term use of medicines, such as corticosteroids
 - Excessive, long-term use of alcohol, Specific chronic medical conditions.



-Prevention:

To reduce the risk of avascular necrosis and improve general health:

- Limit alcohol: Heavy drinking is one of the top risk factors for developing avascular necrosis.
- Keep cholesterol levels low: Tiny bits of fat are the most common substance blocking blood supply to bones.
- Monitor steroid use: Make sure your health care provider knows about your past or present use of high-dose steroids. Steroid-related bone damage appears to worsen with repeated courses of high-dose steroids.
- Don't smoke: Smoking narrows blood vessels, which can reduce blood flow.
- Exercises that involve the entire lower limb, such as squats on both legs at the same time, or just on one leg, will be prescribed. Exercises that work the muscles while in standing are most effective for improving daily activities such as walking and stair climbing.

-Caring for Avascular Necrosis at Home:

- Rest: Stay off the joint. This can help slow damage. You might need to hold back on physical activity or use crutches for several months.
- Exercise: A physical therapist can show you the right moves to get range of motion back in your joint.



Dr. Kiranmai Mandava
Vice Principal



SHARPENING MINDS

TASK CLASS ROOM TRAINING (13-18 DEC)

St.Pauls College of Pharmacy in association with TASK has organized an industrial visit to Reichindra Pharma Ltd on 18/12/2021. The visit was helpful for 3rd B Pharmacy students in expanding their knowledge of Pharma industry and its organizational set up.

St. Pauls College of Pharmacy is happy to announce that collage has organized TASK - Mahindra Pride Classrooms training from 13th - 18th December, 2021 which has helped the students to improve their Presentation skills, Employability Skills , Professional Communication skills & Personality development.

Thanks to TASK and Naandi Foundation for their thoughtful efforts towards upgrowth of higher education institutions.



TASK WINNERS

St. Pauls College of Pharmacy is happy to share the snaps of winners (Best Performers & Best Transformation) @ TASK-Mahindra Pride Classrooms training held from 13th-18th Dec, 2021. Best performance by all B Pharmacy 4th year students. Thanks & Regards to St Paul's Management, Principal, TASK and Naandi Foundation for their efforts.



BEYOND CLASS ROOM

FIELD VISIT-MANCHAL (14 DEC)

A field visit to village Manchal was conducted in association with UBA and IIC to identify the problems and facilitate interaction with village secretaries and VRO on Sep 9 2021. The visit revealed the village issues and need of upgradation in village development plans.



EVENTS

ORIENTATION DAY (25 DEC)

St. Pauls welcomed all first year students and parents to a three day Orientation Program on 27-29th December 2021. This event enlightens the budding Pharma Aspirants. Eminent speakers shared their experiences to boost the confidence in first year Pharma students. Various club activities are conducted to create an amicable atmosphere among the students and to explore their talents.



AWARENESS

WORLD QUALITY WEEK (8-12 NOV)

World Quality Week, the CQI's flagship brand awareness campaign, celebrates the quality management profession. This year, from 8-12 November, our focus is on quality role in sustainability and its environmental, social and governance (ESG) impact.

ESG factors are rapidly taking priority on business agendas and there's a growing awareness of how much these factors affect both decision-making and stakeholder value.

The theme of this year's celebration is "Sustainability: improving our products, people and planet".

St. Pauls
College of Pharmacy
(Approved by PCI, Affiliated to Osmania University)

IPA-SF
Indian
Pharmaceutical
Association
Students' Forum

**WORLD
QUALITY WEEK**

NOVEMBER 8-NOVEMBER 12

“
**THEME- SUSTAINABILITY: IMPROVING OUR
PRODUCTS, PEOPLE AND PLANET**

**World Quality Week 2021 is your opportunity to
celebrate your quality achievements, and
recognize those that uphold trust to sustain and
improve performance every day of the year.**

WORLD QUALITY WEEK 2021 CQI | IRCA



WORLD PNEUMONIA DAY (12 DEC)

Pneumonia is the single biggest infectious killer of adults and children – claiming the lives of 2.5 million, including 672,000 children, in 2019. Deaths from COVID-19 will add two million more in 2020, bringing the total to more than four million. No other infection causes anywhere near this burden of death. This year, World Pneumonia Day, on 12 November 2021, is held during COP 26 – the UN Climate Change Conference. This is a critical moment to bring together the health, air quality and climate community to tackle the biggest infectious killer on the planet. Air pollution is the leading risk factor for death from pneumonia across all age groups. Almost a third of all pneumonia deaths were attributable to polluted air, killing around 749,200 in 2019. Household air pollution contributed to 423,000 of these deaths while outdoor air pollution contributed to 326,000 deaths.



WORLD PNEUMONIA DAY
November'12



DIABETES DAY (14 DEC)

World Diabetes Day was created in 1991 by IDF and the World Health Organisation to respond to growing concerns over an alarming rise of diabetes cases. This day has since become a United Nations' declared holiday, with UN Resolution 61/225 coming into effect in 2006. The purpose of this day is to raise awareness of a condition that millions of people all around the world live with every day.

Diabetes is a chronic disease in which the body cannot produce enough insulin to control glucose levels. There are two kinds of diabetes, Type 1 requires daily administration with injection or pump; while type 2 can be managed by maintaining a good diet and in some people medication can be required.



NATIONAL PHARMACY WEEK (21-27 NOV)

St. Pauls College of Pharmacy is celebrating 60th National Pharmacy Week in association with IPASF St.Pauls student chapter. On the Occasion of National Pharmacy Week, 21st -27th November, St Pauls has organized an INTER COLLEGE Competition and was open for all the students & professionals of Pharmacy across India with the:

THEME:

"Pharmacist: An Integral part of Health Care

“ Winning is something, but participation is everything .”



National seminar

Winners-

Session-1 by: Dr. Noor Shaik, Pharm D
{intern, vice-president}

Topic: Anti-microbial stewardship programme.

Session-2 by: Ms. B. Sowmya, PharmD 5th year {IPASF-St. Pauls}

Topic: Adjuvant therapy:- one amongst a strategy in combating AMR

Session-3 by: Ms. Sai. Rasagaya, Pharm-D
{intern, ASN College of Pharmacy IPASF}

Topic: Current scenario of anti-biotic usage.

Session-4 by: Mr. N. Prakash Pharm-D 5th year {Sri Indu College of Pharmacy IPA-SF}

Topic: Role of pharmacist in combating the anti-microbial resistance.



60th NATIONAL PHARMACY WEEK CELEBRATIONS
Theme: "Pharmacist: An Integral Part of Health Care"
November 21st - 27th, 2021.

INTER COLLEGE COMPETITION
Eligibility: All Pharma Peers
Creation of Alphabetical Table on
Theme: "Pharmacist: An Integral Part of Health Care"

Please refer above image for creation of Alphabetical table with the given theme

PATRONS	CO-PATRONS	ORGANIZER
Mr. K. SUDHIR Chairman & Correspondent	Dr. B. CHANDRA SHEKAR Professor & Principal	Dr. M. KIRANMAI Professor & Vice Principal
Mr. T. RAGHAVA REDDY Secretary		Registration link 
Faculty Coordinators	STUDENT COORDINATORS	Prepare the table and go for registration Opens on 17 th November 2021 Closes on 21 st November 2021
Dr. Somnath De Dr. Sneha Thakur Mrs. P. Naga Haritha 8069903220	Pachala Sai Ram 9440870481 P.Sanjana 9177642334	

Slogan writing



Winners:

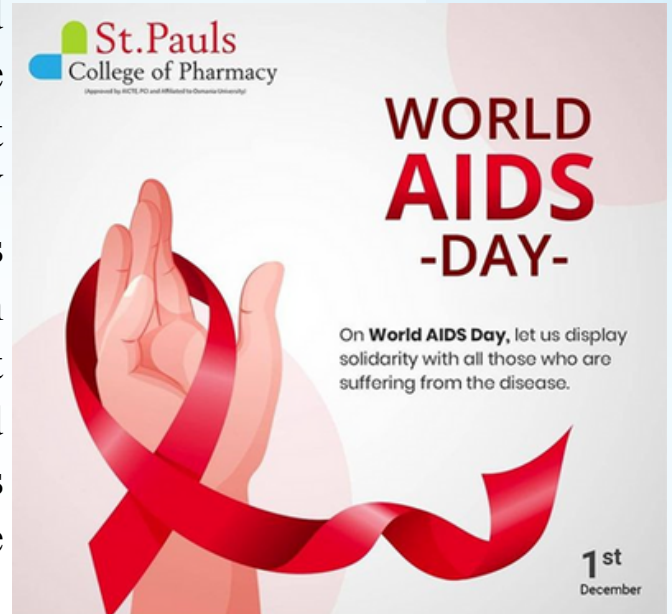
Sumaya Fatima
(B.Pharmacy III)



AIDS DAY (1 DEC)

This World Aids Day and let us install more hope to fight against all odds in their lives.

Every year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with and affected by HIV and to remember those who lost their lives to AIDS. The inequalities which perpetuate the AIDS pandemic are not inevitable; we can tackle them. This World AIDS Day, UNAIDS is urging each of us to address the inequalities which are holding back progress in ending AIDS.



The “Equalize” slogan is a call to action. It is a prompt for all of us to work for the proven practical actions needed to address inequalities and help end AIDS.

ACHIEVEMENTS

COLLABORATION WITH AVENIDA (18-19 DEC)

St. Pauls College of Pharmacy is pleased to be collaborating with Avenida: The Changing World of Healthcare for Organizing a Conference on 18th-19th Dec 2021. Conference with Eminent Speakers to enlighten the students with career opportunities in abroad and Avenida.

A session for interaction with speaker is organized followed by certificate distribution.



ACCREDITATION WITH NBA (31 DEC)



Proud Moment - St. Pauls. B. Pharmacy program is now accredited by the prestigious National Board of Accreditation(NBA).

An honor to the management, Principal, HoDs, Faculty, Non-Teaching Staff, Students, Parents, Alumni, Employers and all the other associated organizations of St. Pauls College of Pharmacy.

IPA-SF

A grand welcome to our New Council IPA-SF St. Pauls chapter (2021-22) to work together for the society and to empower the fellow students with great and kind initiatives. We thank the ex-council members for the relentless work .

IPA-SF ST.PAUL'S STUDENT CHAPTER

MENTORS

Dr. M. KIRANMAI	PROFESSOR, PHARMACEUTICAL CHEMISTRY
Dr. SOMNATH DE	PROFESSOR, PHARMACOLOGY
Mrs. P. NAGA HARITHA	ASSISTANT PROFESSOR, PHARMACEUTICS
Dr. KEZIA K SAM	ASSISTANT PROFESSOR, PHARMACY PRACTICE

MEMBERS OF THE COUNCIL 2021-22

CHAIRPERSON PACHALA SAI RAM	PHARM-D 5 YEAR
VICE-CHAIRPERSON P. SANJANA	B.PHARM 4 YEAR
HON. SECRETARY SOUJANYA DURISHEETY	PHARM-D 4 YEAR
JT. SECRETARY G. ANAND GOUD	B.PHARM 4 YEAR
TREASURER PITLA. SOUJANYA	B.PHARM 3 YEAR
CONTACT PERSON SAINATH CHARY GANNOJI	PHARM-D 4 YEAR
EDITOR V. NIMISHA	B.PHARM 3 YEAR
PROGRAMME EXECUTIVE OFFICER BALRAMAN RAMYA	PHARM-D 3 YEAR
STUDENT EXCHANGE OFFICER RACHANA JHA	B.PHARM 2 YEAR
PUBLIC RELATION OFFICER N. VENKATA BHARGAVI	B.PHARM 4 YEAR
PUBLIC HEALTH OFFICER NAJIHA ABDUL RAHEEM	PHARM-D 5 YEAR
PHARMACY EDUCATION OFFICER YASHTHIKA SANGAM	B.PHARM 3 YEAR

EDUCATION MAKES YOU SUFFICIENT. SKILLS MAKES YOU EFFICIENT!



FIND US ON

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Email address: info@stpaulscollege.ac.in

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Pharmacy

Instagram:

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

Linked In: St Pauls College of Pharmacy

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

IPASF St. Pauls Chapter

Email address: ipasfstpauls@gmail.com

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Instagram:

[ipasf_stpauls_student_chapter](https://www.instagram.com/ipasf_stpauls_student_chapter)

