



ST PAULS PULSE

A Quarterly Newsletter

April-June

2024

PUBLISHER



Approved by PCI and Affiliated to Osmania University, Hyderabad.
Accredited by NBA-UG Program, NAAC A+ Grade,
Recognition of College under Section 2(f) of the UGC Act 1956,
UGC Autonomous Institution

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ABOUT THE INSTITUTE

St. Pauls College of Pharmacy (Autonomous) was established in 2007, approved by the Pharmacy Council of India (PCI), New Delhi, and affiliated with Osmania University, Hyderabad. The college is situated in a serene and beautiful campus conducive to imparting quality education and fostering professional growth.

SPLP has been accredited by NAAC A+ Grade with 3.49 CGPA (A. Y. 2021-22 to 2026-27), NBA for B. Pharmacy course for the period of three years (2021-22 to 2023-24), UGC Autonomous Institution and recognized under Section 2(f) of UGC Act, 1956. It is an ISO-9001:2015 certified institute and offers both UG and PG programs with an approved intake of 180 + students each year as follows: 100 Intake in B. Pharmacy (four years), 42 intake in M. Pharmacy (two years) in Pharmaceutics (15 seats) and Pharmaceutical Analysis (15 Seats), Pharmacology (12 Seats) 30 intake in Pharm. D (six years) and 10 seats in Pharm. D (PB) (three years).

The institute has established MoUs with Hyderabad's leading hospital Krishna Institute of Medical Sciences (KIMS) and various Pharmaceutical Industries, Research Labs, Universities, and Educational Institutions (National & International). The college has consistently provided excellent credentials in the field of Pharmacy Education with a clear focus on enthusiastic learning environment and state-of-the-art infrastructure.



HIGHLIGHTS OF INSTITUTE

- 3 Ideas had been approved by MSME Idea Hackathon 3.0 Women, Under Agriculture and Health Sector - granted amount worth of Rs. 42.25 lakhs.
- UGC Autonomous status
- Green Rankings-2023 Grade -A, Band - Gold
- NAAC Accredited A+ Grade with 3.49 CGPA.
- NBA Accredited Institution (UG Program)
- Recognition of MSME Host Institute (HI) Business Incubator (BI) from 2023.
- CPCSEA approved Institutional Animal Ethical Committee (IAEC)
- The Institute was recognized by University Grants Commission (UGC) under section 2 (f) of the UGC Act 1956.
- Institutions Innovation Council (IIC) 3 Star rating for the IIC Calendar Year 2021-2022
- Institutions Innovation Council (IIC) 3.5 Star rating for the IIC Calendar Year 2022-2023
- Ratified Ph.D supervisors from OU.
- All the faculties are registered with the State Pharmacy Council as Pharmacists.
- All the faculties have professional societies life memberships [Indian Pharmaceutical Association (IPA) and Association of Pharmaceutical Teachers of India (APTI), Association of Pharmacy Professionals (APP)].
- ISO Certified Institution
- Green Clean & Serene Campus
- Successful completion of 13 batches of B. Pharmacy, 11 batches of M. Pharmacy, 3 batches of Pharm. D & Pharm. D (PB)
- Our students are university toppers with 91% results
- NIPER -2019, All India – 1st Rank
- GPAT -2019, All India – 7th Rank
- TSPGECET-2019 – State 1st Rank
- TSPGECET-2020 – State 6th Rank
- TSPGECET-2021 – 42 Students Qualified
- We have MOU with KIMS & OZONE Hospitals, Hyderabad
- MOU's with Pharma Industries, universities & State Government Research Organizations (30 functional MoU's)
- 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 & other departments
- Placements to multinational pharma & pharma-IT companies
- Successful Conduction of national & international level competitions for faculty and students
- Student governance & student centric education
- Active NSS cell
- Strong Mentoring system
- Research and Innovation Eco-System
- Organization of need based workshops, conferences & seminars (blended)



VISION AND MISSION

VISION

To be the best institution in the field of pharmacy by providing excellent education with the aim to achieve overall development of the students, to cater the needs of profession and society.

MISSION

To train and develop the students to emerge as pharmacists through innovative teaching 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 and state-of-art infrastructure.



EDITORIAL BOARD

- Editor in Chief : Dr. Kiranmai Mandava, Principal,
St Pauls College of Pharmacy.
- Associate Editors : Mrs. Irene Neeraja Rani
Mr. Narsimha Rao
- Assistant Editor : Dr. Deepika .B
Mrs. Naga Haritha

STUDENT EDITORIAL MEMBERS

S.NO	STUDENT	COURSE AND YEAR
1	B.PAVANI	PHARM D II YEAR
2	G.CHETANA	PHARM D II YEAR
3	S.AKSHAYA	PHARM D II YEAR
4	G.PRANEETHA	PHARM D II YEAR
5	B.JAYA KEERTHANA	PHARM D II YEAR
6	M.RISHITHA REDDY	PHARM D II YEAR
7	B.GUNAABHIRAM	PHARM D II YEAR
8	ALI	PHARM D II YEAR
9	D.PRANAV	PHARM D II YEAR



EDITORIAL MESSAGE

Yoga: A Holistic Approach to Managing Chronic Diseases A Call for Future Generations



Dr. Kiranmai Mandava
Principal
St. Pauls College of Pharmacy

Chronic diseases such as diabetes, hypertension, arthritis, and cardiovascular disorders are among the leading causes of mortality and reduced quality of life globally. As pharmacists, our role extends beyond dispensing medications—we are patient educators, advocates, and facilitators of holistic care. While pharmacological treatments remain a cornerstone of chronic disease management, it is increasingly clear that lifestyle interventions, including yoga, can significantly enhance patient outcomes. Yoga, an ancient practice rooted in Indian tradition, has emerged as a scientifically validated complementary therapy. Studies show its profound impact on chronic disease management:

- **Diabetes:** Research published in the *Journal of Diabetes Research* indicates that regular yoga practice can lower fasting blood glucose levels by up to 29% and improve HbA1c levels, making it a powerful adjunct for glycemic control.
- **Hypertension:** A meta-analysis in *Hypertension Journal* revealed that yoga can reduce systolic blood pressure by an average of 5 mmHg and diastolic blood pressure by 3.9 mmHg, offering a natural way to manage high blood pressure.
- **Arthritis:** Yoga improves joint flexibility, reduces pain, and enhances physical function in patients with rheumatoid arthritis and osteoarthritis, as highlighted in a study from *Arthritis Care & Research*.
- **Cardiovascular Health:** A review in the *European Journal of Preventive Cardiology* found that yoga significantly reduces LDL cholesterol and triglycerides while increasing HDL levels, thereby improving heart health.



Statistics That Demand Action

- The World Health Organization (WHO) reports that chronic diseases account for 74% of deaths worldwide, with many being preventable through lifestyle interventions.
- The International Diabetes Federation predicts that by 2045, 783 million adults will live with diabetes—a staggering number that highlights the need for holistic prevention strategies.
- Studies estimate that integrating yoga into chronic disease management can reduce healthcare costs by up to 43%, as patients experience fewer complications and hospitalizations.

A Call to Future Pharmacists

As future healthcare professionals, embracing yoga as a part of patient care is not just an opportunity—it is a responsibility. By promoting yoga alongside evidence-based medical treatments, pharmacists can inspire patients to adopt healthier lifestyles, reduce reliance on medications, and improve their quality of life.

Pharmacists are uniquely positioned to bridge the gap between conventional medicine and integrative therapies. Educating patients on the benefits of yoga, collaborating with healthcare teams to design holistic care plans, and advocating for wellness programs in communities can bring about transformative change.

Building a Healthier Future

Let us envision a generation of pharmacists who heal not just with medications, but with mindfulness and compassion. By integrating yoga into chronic disease management, we can empower patients to take charge of their health and create a society that values prevention as much as cure.

Together, let us pave the way for a future where healthcare transcends mere treatment, embodying a holistic approach that truly enhances lives.



Guest Message



Sri. R. K. Agarwal
President, Bulk Industry of India

It is an honor to address the bright minds and dedicated faculty of St. Paul's College of Pharmacy through this esteemed newsletter. As a pillar of knowledge and innovation, your institution plays a vital role in shaping the future of the pharmaceutical industry in India.

The pharmaceutical sector, particularly the bulk drug industry, stands at the crossroads of immense opportunities and challenges. As the world looks to India as a trusted hub for high-quality and affordable pharmaceutical products, institutions like St. Paul's College of Pharmacy are integral in fostering the talent and research required to sustain this trust and drive innovation.

I urge the students and faculty to embrace the ethos of curiosity and collaboration. The road to success in this industry lies in continuous learning, staying ahead of global trends, and fostering a spirit of entrepreneurship. By combining technical expertise with ethical practices, you can contribute to not only the growth of the pharmaceutical sector but also to the health and well-being of countless lives across the globe.

Let us work together to uphold the standards of excellence and innovation that define our industry. I wish all the students and faculty of St. Paul's College of Pharmacy great success in their endeavors and hope this newsletter continues to serve as a platform for sharing knowledge and inspiration.



Yoga: A Holistic Approach to Managing Health and Exam Stress



Mrs. Naga Haritha
Assistant Professor
Department of

Yoga is more than just physical exercise; it is a complete lifestyle that harmonizes the body, mind, and soul. This ancient practice plays a vital role in managing chronic diseases like diabetes, hypertension, and mental health disorders by improving flexibility, reducing stress, and enhancing immunity. Additionally, yoga is an effective tool for students to overcome examination stress. Practices like Nadi Shodhana (Alternate Nostril Breathing) and Bhramari (Bee Breath) improve concentration, memory, and focus, while poses like Shavasana and Balasana promote relaxation and better sleep, ensuring students are mentally and physically prepared for challenges. A simple morning routine of Sukhasana, Tadasana, and Surya Namaskar can help young individuals start their day with calmness and vitality. As we look to the future, incorporating yoga into daily life is not just beneficial but essential for building a healthier, more resilient generation. Whether it's tackling the pressure of exams or maintaining overall well-being, yoga provides the tools to nurture a balanced mind and body. Let us embrace this timeless practice, inspire young minds to make it a part of their routine, and create a legacy of wellness for the generations to come. “యోగహచిత్తవృత్తి నియోధః” reminds us that yoga brings peace to the restless mind—a lesson invaluable in both academics and life.



FACULTY MESSAGES



Dr. Nikitha Gupta

Assistant Professor

Department of Pharmacy Practice

“I used to believe that exercise was the only solution for weight loss and managing my chronic back pain. But surprisingly, it wasn’t heavy workouts or intense routines that helped me the most. I never imagined that something as simple and gentle as yoga and meditation could make such a profound difference. Practicing asanas like Bhujangasana (Cobra Pose), Marjariasana (Cat-Cow Pose), and Balasana (Child’s Pose), along with breathing techniques such as Anulom Vilom (Alternate Nostril Breathing) and Bhramari Pranayama (Bee Breath), not only eased my back pain but also brought balance to my mind and body.

What’s even more amazing is that yoga has the power to work wonders for chronic conditions, offering relief and healing in ways I never thought possible. The practice of mindfulness through yoga has enhanced my overall well-being, reduced my stress levels, and improved my posture, which was one of the key factors contributing to my back pain.

I also incorporated restorative yoga poses like Viparita Karani (Legs-Up-The-Wall Pose) and Supta Baddha Konasana (Reclining Bound Angle Pose), which not only provided physical relief but also allowed me to unwind and let go of the day’s tension. Gradually, I noticed improvements in my flexibility, core strength, and energy levels.

Meditation added a whole new dimension to this journey. Simple practices like focusing on my breath or guided meditations helped me become more present, calmed my overactive mind, and cultivated a sense of inner peace. These tools equipped me to handle not only physical discomfort but also emotional challenges with greater ease.

Sometimes, the simplest solutions can truly transform our health and lives. Yoga and meditation taught me to listen to my body, respect its limits, and embrace its potential. This journey has been a reminder that true healing is not about punishing our bodies but nurturing them with love, patience, and care. If you’re struggling with chronic pain or stress, I wholeheartedly encourage you to explore the world of yoga and meditation—you might just uncover the incredible power of simplicity.”



BEYOND THE CLASSROOM

Visit to National Research Center

Industrial Visit to CSIR-CIMAP, Hyderabad: A Learning Experience

The Institution Innovation Council (IIC) and Industry Internship Cell (IIC) of St. Pauls collaboratively organized an educational and informative visit to the CSIR-Central Institute of Medicinal and Aromatic Plants (CIMAP), Hyderabad. This visit served as a valuable platform for participants to gain practical insights into the world of natural product innovation and its applications in agriculture, entrepreneurship, and intellectual property.

The visit was designed to:

Provide an understanding of natural product innovations with a focus on medicinal and aromatic plants.

Highlight the importance of Intellectual Property Rights (IPR) in safeguarding innovative products.

Introduce participants to advanced cultivation techniques and strategies aimed at optimizing agricultural productivity.

Inspire entrepreneurial ideas in agriculture and related fields.



Recruitment event on campus - May 8th



On 8th May 2024, Alembic Pharmaceutical Ltd conducted an internet-based campus recruitment drive, targeting candidates for sales and marketing positions. Offering a competitive package of ₹3 lakhs per annum along with additional allowances, the event attracted 22 enthusiastic participants, of which 9 students successfully secured positions in the company. This initiative provided students with an excellent opportunity to kick-start their careers in the pharmaceutical industry. The selected candidates were warmly congratulated by Chairman Mr. K. Sudhir Garu, Principal Dr. M. Kiranmai, and Training and Placement Incharge Dr. Sunil Kumar Chaitanya, who commended their hard work and dedication. The institution takes pride in fostering such opportunities that bridge the gap between academia and industry, ensuring students' professional growth and success.



Session On How To Plan For Start-up And Legal & Ethical Step



CMR COLLEGE OF ENGINEERING & TECHNOLOGY
INSTITUTION'S INNOVATION COUNCIL

Activity Under Institution's Innovation Council (IIC 6.0)
Department of CSE(AI&ML)
Organizing one day Session
On
"How to plan for Start-up legal & Ethical Steps"

Guest Speakers

MANGI KUMAR BADA GHARWALA
FOUNDER DIRECTOR
BADADHARWALA TECHNOLOGIES
PVT LTD

VIKAS KATRAGADDA
CO- FOUNDER CEO, 31 CONSULTING
GROUP, COMMUNITY CATALYST AT
STARTUPS GOODCLAP, SIPWAY &
MILLET SERVINGS

Date & Time: 30th May 2024 & 10 AM
Platform & Link : Google Meet

Mentee Institutes:

Conveners
Dr. B. Premalatha Professor of ECE & Head Of CIE
Dr. P. Sruthi Professor & Head Of CSE-AIIML

Co-Convenor
Mr. K. Sudhakar Reddy Assistant Professor of CSE-AIIML CIE-Member

MORE INFORMATION www.cmrcet.ac.in

In association with
Centre for Innovation and Entrepreneurship (CIE)

St. Pauls IIC Cell as a mentee institute in association with **Mentor IIC institute CMR college of engineering and technology** has conducted session on “**How to plan for Start-up and legal & Ethical Step**” as part of Quarter III activity on 30th May 2024 @ MoE innovation cell.

Session 1:

- Focused on strategy and ideation approaches.
- Emphasized critical thinking and startup orientation.
- Discussed innovative methodologies for sustainable growth.
- Introduced frameworks for identifying market gaps and impactful solutions.

Outcome:

- Participants gained insights into startup funding and entrepreneurial opportunities.
- Enhanced understanding of critical thinking and need for innovation.

Session 2:

- Highlighted the importance of entrepreneurship in addressing modern challenges.
- Introduced tools like design thinking and rapid prototyping for turning ideas into outcomes.

Outcome:

- Empowered participants with knowledge of ideation techniques and prototyping methods.
- Inspired attendees to contribute to innovation and meet market demands.



VISIT TO PHARMALYTICA

PharmaLytica at Hitex, Hyderabad, hosted a science exhibition featuring innovative products and technologies, attracting 73 students from various classes. The event provided a platform for students to engage with industry equipment and gain insights into the pharma and healthcare sectors. Starting at 10:00 a.m., students visited areas of interest while Dr. Somnath De, the Faculty Coordinator, assessed the exhibits. Special thanks were given to Principal Dr. Kiranmai Mandava for her support and to the college management for their encouragement in enhancing knowledge and skills.



Awareness program regarding the elections



Election Awareness Program by Turkeyamjal Municipal Commissioner: Encouraging Responsible Voting
Voting is a fundamental right and a powerful way for citizens to shape their country's future. To emphasize the importance of informed and responsible voting, the Turkeyamjal Municipal Commissioner organized an Election Awareness Program on April 18, 2024.

The program aimed to inspire citizens, especially first-time voters, to actively participate in the democratic process. With the theme "Your Vote, Your Voice, Your Future," the session highlighted the role of voting in electing capable leaders who represent the people's aspirations.

The Municipal Commissioner stressed that voting is both a right and a duty. Topics discussed included registering to vote, rejecting undue influence, and assessing candidates' credentials. Special attention was given to empowering youth, as their participation can bring meaningful change.

The program concluded with a call for all eligible voters to fulfill their democratic responsibility, ensuring that their choices contribute to a brighter future for the nation.



Traditional Day

A Celebration of Traditions: A Day to Remember!

The campus came alive as students and faculty joined hands to revel in the beauty of our vibrant traditions and culture! ✨ The day began with a spectacular traditional parade, where our incredible faculty members showcased their elegance in stunning ethnic attire, setting the tone for an unforgettable celebration.

The air was filled with joy, laughter, and the rhythmic beats of cultural melodies as everyone came together to honor our rich heritage. Adding to the magic of the day, our beloved Principal gave an unforgettable performance, serenading the final-year students with a soulful tune. It was a heartfelt gesture that left everyone teary-eyed and created a moment we will cherish for years to come.



INTERNATIONAL DAY OF YOGA (21.6.2024)



The Idea of the Yoga Day was first proposed by Hon'ble Prime Minister of India, Shri Narendra Modi on September 27, 2014, during his speech at the UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced.

On the eve of "International Day of Yoga on 21st June 2024" 🌍, NSS unit of St. Pauls College of Pharmacy conducted a yoga session on the theme "Yoga for Women Empowerment". Faculty and students joined hands with the esteemed Mr. G. Gopal from Patanjali Yoga for a rejuvenating session. It was a day of mindfulness, health, and community spirit.

AWARENESS ON DRUG ABUSE



Drug abuse remains a critical issue affecting millions of people worldwide. These sessions aim to educate individuals and communities about the dangers of drug use, provide support to those struggling with addiction, and promote healthy, drug-free.

NSS unit and IPA-SF chapter of St. Pauls College of Pharmacy conducted a program on 26.06.2024 for the students and faculty to create awareness on “Drug abuse and Illicit Trafficking”, which pose significant global challenges, threatening health, security, and economic stability. The event featured a series of insightful presentations, interactive discussions, and practical workshops designed to equip participants with the knowledge and tools necessary to combat this pressing issue. Experts from various fields shared their experiences and strategies for prevention, treatment, and recovery, emphasizing the importance of a supportive community network.

As a part of NSS program, Students of **ST. PAULS COLLEGE OF PHARMACY** have attended **Drug Abuse Rally** @ Fabcity, Thukkguda on 27th June 2024, to create awareness on Drug Abuse. They got inspired by the speech of Police Commissioner Dr. Tarun Joshi. We are very thankful to our Principal, Dr. Kiranmai Mandava and our Chairman Sri. K. Sudhir Garu for encouraging the students to participate in such events. Thanks to NSS program officer - Dr. Somnath De, Shaik Shireen mam All Teaching, Non-teaching, and student coordinators and volunteers. Our special thanks to Rachakonda police 🚔 commissioner for initiating this program.



CONFERENCE AND WEBINARS

IPA-SF NATIONAL EXECUTIVE COUNCIL 2024



IPA-SF St. Pauls Chapter Shines at the 13th IPA Student Congress

The IPA-SF St. Pauls Chapter team proudly participated in the 13th IPA Student Congress held at the Panipat Institute of Engineering and Technology. The event, centered on the theme "Empowering Future Pharma-preneurs for Navigating Health Technology," provided an incredible platform for students to learn, innovate, and network with industry leaders.

A team of 12 enthusiastic students from the chapter actively engaged in the congress, showcasing their talents and intellect. Notably, Almala Aiman secured first place in the poster presentation competition, impressing judges with her creativity and insights, while Aastha Thakur earned a well-deserved second place in the singing competition, captivating the audience with her melodious performance.

The congress offered students a unique opportunity to interact with esteemed personalities, including Dr. TV Narayana, President of the Indian Pharmaceutical Association (IPA), and other influential leaders in the pharmaceutical and healthcare sectors. These interactions provided valuable insights into the evolving landscape of health technology and pharma entrepreneurship.

The congress was not just a competition but a celebration of innovation, collaboration, and the spirit of learning. The IPA-SF St. Pauls Chapter team left the event inspired and motivated to contribute to the future of pharmaceutical sciences.



ADVANCEMENTS & INNOVATIONS USING ARTIFICIAL INTELLIGENCE (AI)



Dr. N. Sriram

The Ministry of Education Innovation Cell (MoE Innovation Cell), in collaboration with St. Pauls College of Pharmacy, successfully organized a transformative mentorship program and workshop on April 20, 2024, focusing on the theme, “Advancements & Innovations Using Artificial Intelligence: Transforming Scientific Research and Publication.” The event featured an engaging session of hands-on training, providing participants with practical insights into the revolutionary applications of artificial intelligence in scientific research and publishing. Faculty members and students enthusiastically embraced this opportunity to delve into cutting-edge AI tools and methodologies, positioning themselves at the forefront of this transformative era.

The workshop highlighted innovative applications of AI, including machine learning, natural language processing, and advanced data analytics. These technologies enable researchers to unlock unprecedented insights, accelerate discoveries, and foster interdisciplinary collaboration. By leveraging the power of AI, participants learned to break down barriers in research, streamline publication processes, and push the boundaries of scientific knowledge.

This program not only equipped attendees with practical skills but also inspired them to explore how AI can redefine the future of academia and industry.



INTERACTIVE SESSION ON REGULATORY AFFAIRS

St. Pauls Career Guidance Cell hosted an insightful interactive session as part of the LSSSDC (Life Sciences Sector Skill Development Council) course, supported by NSDC (National Skill Development Corporation). The session was conducted by Dr. Sambasivarao Tummala, Manager of Global Regulatory Affairs at Sitra Pharmaceuticals, and focused on the theme, “Regulatory Affairs - An Industry Perception.”

Dr. Tummala provided a comprehensive overview of the critical role regulatory affairs play in the pharmaceutical industry. He emphasized its importance in ensuring compliance with the ever-changing legal and regulatory frameworks that govern drug development, approval, and marketing. Through real-world examples and industry insights, Dr. Tummala shed light on how regulatory professionals act as the bridge between pharmaceutical companies and regulatory bodies, ensuring that products are safe, effective, and adhere to global standards.

The session was highly engaging, offering participants an opportunity to deepen their understanding of this vital domain. Attendees gained valuable knowledge about navigating the complexities of regulatory requirements, understanding international guidelines, and the significance of staying updated with industry trends.

This initiative equipped students with the essential skills and perspectives required to excel in the dynamic field of regulatory affairs, preparing them for promising careers in the pharmaceutical sector. The session was a resounding success, reflecting the college's commitment to bridging academia and industry through meaningful collaborations.



SELF DRIVEN ACTIVITIES- MENTOR MENTEE PROGRAM INITIATIVE



As part of Quarter III activities under the Ministry of Education (MoE) Innovation Cell, the St. Pauls IIC Cell, in collaboration with its mentor institute, CMR College of Engineering and Technology (CMRCET), organized two impactful sessions aimed at fostering innovation and entrepreneurial thinking. The first session, “Empowering Innovation - Launching Startup Journey,” was held on May 5th, 2024, and led by Mr. Bhargav Ram, Associate Professor, ECE Department, CMRCET. This session emphasized the importance of design thinking in creating innovative prototypes and highlighted the need for continual skill development to remain competitive in the dynamic world of innovation.

The second session, “Design Thinking for Social Innovation,” conducted on May 8th, 2024, featured Dr. G. Naveen Kumar, Assistant Professor, Mechanical Engineering, CMRCET. This session encouraged participants to embrace startup culture by addressing societal challenges through innovative approaches. Dr. Kumar introduced design thinking as a powerful tool for fostering social innovation and inspired attendees to develop prototypes with meaningful impact. Together, these sessions provided valuable insights and practical guidance, empowering students and faculty to embark on innovation-driven entrepreneurial journeys.



Virtual Alumni Meet

Virtual Alumni Meet: Reconvene 2024 – A Nostalgic Celebration of Connections

The Virtual Alumni Meet, Reconvene 2024, was a heartwarming and engaging event that brought together alumni from various graduating classes, rekindling fond memories and fostering a sense of unity. The event began with an introduction by the host, Mrs. Rubina, who eloquently highlighted the significance of alumni gatherings in building a strong sense of community and maintaining lasting connections with one's alma mater.

The program continued with an inspiring address by Dr. M. Kiranmai, Principal, who spoke about the notable achievements of alumni across various disciplines. She celebrated the accomplishments of distinguished alumni who have excelled in their respective fields, while emphasizing the importance and responsibility alumni hold in shaping the institution's legacy. Mrs. P. Naga Haritha provided an insightful overview of the college's progress over the past year, showcasing academic milestones, infrastructural advancements, and notable events that reflect the institution's continued growth. Alumni also offered valuable advice to current students, inspiring them to strive for excellence and make meaningful contributions to society.



Dr. Sunil Kumar Chaitanya acknowledged and celebrated the achievements of several alumni, highlighting their contributions and successes. He expressed pride in their accomplishments and reinforced the college's commitment to supporting its graduates. The event concluded with a heartfelt vote of thanks, marking the end of a memorable and inspiring alumni meet.

Graduation Day of our graduating class of 2017-2023 batch Pharm-D on



St. Pauls College of Pharmacy Celebrates 2nd Graduation Day for Pharm-D Batch 2017–2023

We are delighted to announce the successful celebration of the 2nd Graduation Day at St. Pauls College of Pharmacy on April 20, 2024, honoring the graduating Pharm-D class of 2017–2023. This momentous occasion marked a significant milestone in the lives of our graduates as they embarked on the next chapter of their professional journey. The event was graced by the presence of Dr. Janardhan Sridhara, Data Scientist at Dr. Reddy's Laboratories, who honored the ceremony as the Chief Guest. In his inspiring address, Dr. Sridhara shared valuable insights from his professional experiences, motivating the graduates to pursue excellence and innovation in their careers.

We extend our heartfelt gratitude to the management of St. Pauls College, including Shri Kotla Sudhir, Chairman; Dr. M. Kiranmai, Convenor and Principal; and Dr. Are Anusha, HOD, Department of Pharmacy Practice, and Event Coordinator, for their unwavering support in making this day a grand success. Their dedication and commitment to the students' growth and development were evident throughout the celebration. The event concluded with a sense of pride, joy, and hope as the graduates, adorned in their academic regalia, received their degrees amidst the applause of their families, faculty, and peers. It was truly a day to cherish, celebrating the achievements of our students and the collective efforts of everyone who contributed to their journey. We wish the graduating class great success and fulfillment in their future endeavors.



Orientation Day for fourth-year Pharm-D students at KIMS-Sunshine Hospital



Orientation Day at KIMS-Sunshine Ho

The orientation session serves as a crucial first step for students as they transition from the classroom to a clinical setting. It aims to equip students with a thorough understanding of what to expect during their hospital rotations, including the specific protocols, procedures, and professional standards they must adhere to. Through this session, students will gain insight into the day-to-day workings of a hospital, including the various departments they will rotate through, and how each contributes to patient care.

Moreover, the session emphasizes the importance of communication, teamwork, and ethical practice in a clinical setting. It also introduces students to the hospital staff and mentors who will guide them throughout their clinical experience. By addressing the resources available, such as support from faculty, access to educational materials, and professional development workshops, the orientation ensures that students feel well-supported as they embark on their clinical journey.

Additionally, the session is designed to foster a sense of confidence and readiness among students by providing a platform for them to ask questions, discuss any concerns, and receive advice on how to make the most of their clinical rotations. This not only helps in alleviating any anxieties but also sets the stage for a productive and enriching learning experience. By the end of the orientation, students will have a clear understanding of the expectations, resources, and opportunities available to them, empowering them to approach their clinical placements with enthusiasm and professionalism.



ALUMNI MESSAGE



Noorush Shifa Nizami

Batch: 2015-2021

Current designation: Clinical Pharmacist

My time at St. Paul's College was truly transformative and laid the foundation for both my personal and professional growth. The supportive faculty, enriching academic environment, and extracurricular opportunities allowed me to explore my interests and develop critical skills that continue to guide me in my career. I still cherish the vibrant campus life, meaningful friendships, and the values instilled during my time there. The faculty's dedication and guidance played a pivotal role in shaping my aspirations and preparing me for the challenges of the professional world. Their mentorship went beyond textbooks, equipping me with practical insights and the confidence to navigate the complexities of life.

Over the years, I have seen St. Paul's College evolve and grow into a more dynamic and innovative institution. The incorporation of modern teaching methodologies, focus on research, and enhanced facilities reflect the college's commitment to staying ahead of the times. It's inspiring to see how the college continues to nurture students with a well-rounded education while maintaining its core values. The addition of cutting-edge technology, research centers, and collaborative initiatives with industry leaders showcases the college's dedication to providing its students with a competitive edge.

I am proud to be an alumna of such a remarkable institution and grateful for the foundation it has provided me. The experiences, knowledge, and values I gained at St. Paul's continue to influence my personal growth and professional journey, and I am excited to see the college continue to thrive and shape future generations. It is a privilege to be part of the legacy of St. Paul's College.



CLUB ACTIVITIES

S.N O	ACTIVITY	PARTICIPANTS	WINNERS	COORDINATORS
1	KHO KHO(GIRLS)	TEAM1.B PHARMAC Y 1V SEM &PHASRM D 3RD YEAR TEAM 2. BPHARMACY V111 SEM &PHARM D 2ND YEAR	TEAM 2	MS SHAIK SHIREEN
2	THROW BALL(GIRLS)	TEAM1.B PHARMACY II SEM VS PHARMD 3RD YEAR	TEAM 1	MS.UZMA TAHIYATH
3	TENNICOIT(GIRL S)	TEAM1:GREESHMA &DIVYA (BPHARM II YEAR)VS TEAM2:VINNELA &MOUNIKA (PHARM D IV YEAR) TEAM3:CHRISTINA &VARSHA VS TEAM4:NISSI &ARIBA	TEAM 3	MRS.B.JYOTHI
	FOOTBALL(BOYS)	TEAM1:BPHARM II YEAR & III YEAR TEAM2:PHARMD &B.PHARMACY	TEAM 2	MR.K SAREESH

FUN@PHARMA

1. I'm taken with water to stop a clot; in your arteries, I'm a crucial shot. What am I?
2. I reduce inflammation and pain, but overuse may damage your stomach again. What am I?
3. I prevent nausea during a trip; in seasickness, I'm your helpful tip. What am I?
4. I keep your cholesterol under control, protecting your heart is my ultimate goal. What am I?
5. I'm used in surgeries to make you sleep; in anesthesia, my promise I keep. What am I?
6. I stop the flu from spreading fast; take me early, and my effects will last. What am I?
7. I treat depression and lift your mood; in mental health care, I'm often pursued. What am I?
8. I'm a medicine for a seasonal sneeze; allergies vanish with me, if you please. What am I?
9. For autoimmune diseases, I'm your ally; suppressing the immune system is why I apply. What am I?
10. I help you quit smoking, a life-saving choice; with me, you'll silence nicotine's voice. What am I?
11. I relieve constipation and help things move; digestion is where I improve. What am I?
12. I'm a gel or cream to soothe the skin; burns and cuts, I help you begin. What am I?
13. I'm prescribed for thyroid that's too slow; metabolism's pace I help to grow. What am I?
14. In case of seizures, I act fast; a dose of me ensures calmness will last. What am I?
15. For ADHD, I improve your focus; attention sharpens with my hocus pocus. What am I?

1. Aspirin
2. NSAIDs (e.g., Ibuprofen)
3. Antiemetic (e.g., Dimenhydrinate)
4. Statins
5. Anesthetic (e.g., Propofol)
6. Antiviral (e.g., Oseltamivir)
7. Antidepressant (e.g., SSRI)
8. Antihistamine (e.g., Loratadine)
9. Immunosuppressant (e.g., Methotrexate)
10. Nicotine replacement therapy (e.g., Patch)
11. Laxative (e.g., Psyllium)
12. Topical antibiotic (e.g., Neosporin)
13. Levothyroxine
14. Anticonvulsant (e.g., Diazepam)
15. Stimulant (e.g., Methylphenidate)



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