

DETAILS OF WORKSHOPS/SEMINAR/GUEST LECTURE(2018-2019)

SL	DATE	TOPIC	SPEAKER	Seminar/ Workshop	No. of Partici pants
1	04/04/2018	Practical approaches for Drug Discovery	Dr.Pramod Bhaskarkumar	Invited talk	60
2	29/04/2018	Gynaecological diseases and menstrual hygiene	Dr. Sr. Therese	Seminar	90
3	06/10/2018	Nutritional goals	Mrs. Mini Philip	Invited talk	90
4	16/10/2018	Mental Health	Dr. Sr.Lins Mariya	Invited talk	90
5	25/10/2018	Yoga	Sr. Infant Tresa	Invited talk	90
6	03/11/2018	Personality Development	Mr. Jimmy Jose	Invited talk	90
7	23/11/2018	Basics of Pharmacokinetic modeling using software(PKMP)	Dr. Ajith Shah	Workshop	20
8	14/12/2018	Pharmaco economics – Evaluation Tools and Software Handling	Mr. Muhammed Rashid PP	Workshop	30
9	8/01/2019	Systematic Approach to Pharmaceutical Care	Dr. Justin Kurian	Guest Lecture	55
10	11/01/2019	Research in Pharmacy Practice and Clinical Applications of Pharmacometrics	Dr. SurulivelRajan	Guest Lecture	60
11	31/01/19	Paliative Care Management	Dr.Atul Joseph, Ernakulam General Hospital	Awarness Programme	60

12	27/02/19	Spectral data analysis	Dr.Pankaj Kumar, MS ,PhD, Assistant Professor NSGM Institute of Pharmaceuti cal Sciences , Mangalore	National Workshop	
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1. PRACTICAL APPROACHES FOR DRUG DISCOVERY

A lecture was conducted on “**Practical Approach for Drug Discovery**” for the **Fourth year B. Pharm students** on **4th August 2018** by **Mr. Pramod Bhaskar Kumar**, **Associate Professor**, **Shreedevi College of Pharmacy**, **Mangalore**. He narrated the basic rules that should be followed for the safe and accurate conduct of lab experiments. He also explained the steps involved in the synthesis of new drugs.



2.GYNAECOLOGICAL DISEASES AND MENSTRUAL HYGIENE

3. NUTRITIONAL GOALS

The talk on ‘‘Nutritional goals’’ was organised by the Mental and Physical fitness committee of Nirmala College of Pharmacy on **6th October 2018 at 1.15 pm** in the seminar Hall. **Ms. Mini Philip, Senior Dietitian, General Hospital, Kottayam** was invited as the Resource person. A group of **87 students** from **first year B. Pharm and Pharm D** classes attended the session. She discussed about the importance of nutritional goals to maintain a state of positive health and optimal performance by maintaining ideal body weight. Also mentioned about dietary guidelines, Right nutritional behaviour and dietary choices which are needed to achieve dietary goals.





4. MENTAL HEALTH

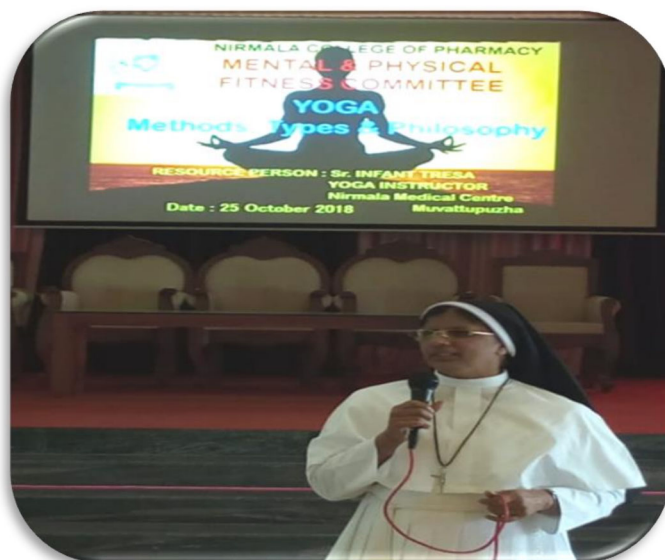
In connection with Mental Health Day a talk was organised for students of **first semester B. Pharm and first Pharm D** by SSGP in Nirmala College of Pharmacy, Muvattupuzha on **16/10/2018**. The resource person of the day was **Rev. Dr. Sr. Lins Mariya, Psychiatrist, Nirmala Medical Centre, Muvattupuzha** and the theme was **“Mental Health In Young People”** by. A About **73 students** participated. She explained the importance of mental health in overall health of a person. Also focuses on various mental health problems in Young people. The programme was successful and helpful for the students as it paved a way to cope with challenges of today’s world in a better way.





5. METHODS ,TYPE AND PHYSIOLOGY OF YOGA

The class on theoretical and practical aspects of **Yoga** was arranged for students of **First Pharm D and First B. Pharm** by Mental and Physical Fitness Committee on **25th October 2018** in Auditorium at 1.15 pm. **Sr. Infant Tresa** ,a professional yoga teacher(Nirmala Medical Centre, Muvattupuzha) was the instructor. She explained the significance of yoga in our daily life, Methods, types and philosophy of Yoga etc. The practical session extended for about 1 hour. Two more yoga teachers from Sr. Infants team joined for practical training. As per the request from student's side it is decided to conduct a practical training class every week with a minimum of two sessions.





6. PERSONALITY DEVELOPMENT

A seminar on personality development was conducted on 3/11/2018 by Mr. Jimmy Jose. He discussed on how we can mould our self into persons with good moral principles .He also encouraged the students to practice the moral principles like respect others ,help others ,also discussed about the influence of media and how we can limit etc. he also encouraged the students to get involve in society oriented activities also.60 students participated in the same.

7. BASICS OF PHARMACOKINETIC MODELING USING SOFTWARE (PKMP)

The **Faculty Development Programme (Workshop)** was organised by Pharmaceutics Department on **22nd November 2018** in the conference hall at 1.30 pm .The resource person of the day was **Dr. Ajith shah, President APL Analyst, USA**. He explained and demonstrated the basics of pharmacokinetic modelling and its application using the modern tools. The session explained ADME profile, IVIVC, and Dissolution. The software PKMP was introduced and hands on training was also conducted. Using the software , the method for calculation of pharmacokinetic parameters by compartment modelling , non-compartment modelling were explained. Simulation programming, validation and reporting were also included as part of demonstration. The programme extended upto 4, 30 pm and was a fruitful one .

8. PHARMACO ECONOMICS – EVALUATION TOOLS AND SOFTWARE HANDLING

A **one day seminar** was organised in the seminar Hall of NCP on **14th December 2018**. The resource person was **Mr. Muhammed Rashid PP (Assistant Professor, Department of Pharmacy Practice, Adichunchanagiri College of Pharmacy, Karnataka.)** and the topic was “ **PharmacoEconomics – Evaluation Tools and Software Handling.**” At 9 am the first session started and he explained the various PharmacoEconomic Evaluation Techniques – Cost Minimization Analysis, Cost Effectiveness Analysis, Cost Utility Analysis and Cost to Benefit Ratio Scenario. The seminar was conducted with a pattern of analyzing a particular case/ article after every Analysis technique was explained. It gave the students a much deeper and effective understanding of the various key factors involved in the Evaluation Tools.

The afternoon session began with understanding the concepts of different software's used in Pharmacoeconomics. The speaker explained and emphasized on TreeAge and Markov Modelling along with a small insight into Revman Modeling technique. Mr. Rashid also took a deep interest into explaining the concepts of “Systematic Review.” Knowledge on various steps involved in review was shared depicting the pyramid diagram.

The last part of the program was sharing Mr. Rashid's personal profile. He also added that “ Find your passion and Follow the Path.” He also shared his ideas on future job opportunities of a Clinical Pharmacist in various sectors like Pharmacovigilance, AEFI, Clinical Data Manager, Clinical Pharmacist at a hospital setting and also how to play a key role in Clinical Trials as CRA/CRC.

Around 30 students from 5th year Pharm D attended the talk. The entire program concluded at 4:30pm. We extended our heartfelt gratitude to Mr. Rashid on accepting to take up the seminar and being with us here today. The seminar was concluded by Our Administrator- Rev. Fr. Jos Mathai Mailadiath. Father gave away the Memento and Certificate to Mr. Rashid as a token of our appreciation.



9. SYSTEMATIC APPROACH TO PHARMACEUTICAL CARE

A **one day workshop** was organised in the seminar Hall on **8th January 2019**. The workshop topic was **“Systematic Approach to Pharmaceutical Care**. ‘The resource person for the seminar was **Dr. Justin Kurian, Staff Pharmacist (Clinical) from Hamad Medical Corporation, Qatar**. The session began at 9:30am. with around 60 students from 5th and 3rd year Pharm D .The morning session dealt with the various Clinical Pharmacy Activities. It included – Drug and Poison Information, ADR Monitoring, AEFI, Intervention and Patient Referrals. The seminar also gave a high impact on qualities of a clinical pharmacist – Knowledge, Professionalism, Communication Skills, Attitude and Dedication. It gave the students a much deeper and effective understanding of the various key factors involved in Pharmaceutical Care.

Following the concepts of Pharmaceutical care, there was a deep analysis into how to approach a particular medical case. Dr. Justin Kurian dealt with all aspects on understanding, resolving and providing adequate treatment to the patient.

The afternoon session dealt with group discussion among students and analyzing the given case and providing an appropriate treatment regimen and Patient counseling. Dr. Justin Kurian also shared his ideas on future job opportunities of a Clinical Pharmacist in various sectors like Pharmacovigilance, AEFI, Clinical Data Manager, Clinical Pharmacist at a hospital setting and also how to play a key role in Clinical Trials as CRA/CRC.

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10. RESEARCH AREAS IN PHARMACY PRACTICE AND CLINICAL APPLICATION OF PHARMACOMETRICS

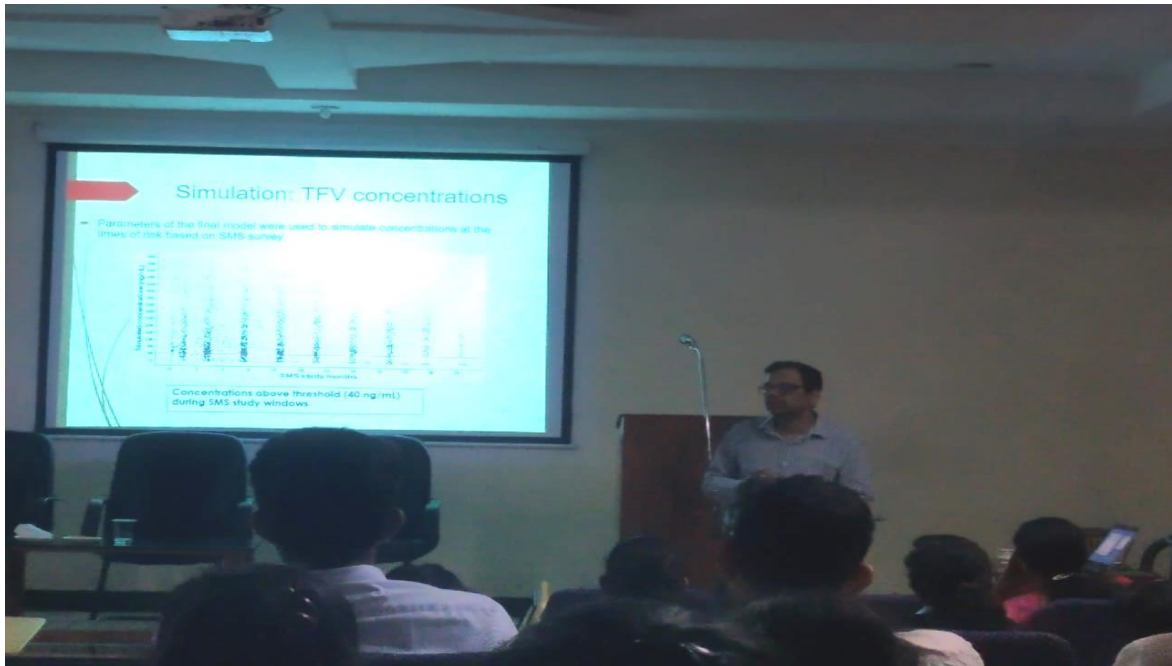
A **guest lecture** was conducted at Nirmala College of Pharmacy on **January 11th 2019**. The topic was **“Research areas in Pharmacy practice and clinical application of Pharmacometrics”**. The guest lecture was delivered by **Dr. Surulivel Rajan, PhD, PDF, Associate Professor, Dept of Pharmacy Practice, Manipal College of Pharmaceutical Sciences**. Sir accepted our invitation to deliver the lecture and share his valuable experiences with the **4th and 5th Pharm D students**

Program started with student interaction at 8.30 am. 5th Pharm D students discussed their projects and seek suggestions and advices related to their work. They cleared their doubts regarding collection of data and its analysis. 4th Pharm D students also interacted and sir gave suggestions regarding selection of topic and thrust areas in research. This helped the students to understand the various aspects of research work.

The main session started by 10 AM and in the first half, he enlightens the students with ‘Research areas in Pharmacy Practice’. He explained the concepts of artificial intelligence and emphasized the perspectives of a pharmacy professional. He shared his experiences while pursuing PhD and PDF, and elaborated the concepts of finding lacune in research areas, selecting appropriate methods for data analysis etc in the field of pharmacy. He also talked on the various opportunities available other than the conventional jobs after the completion of the study and the ways to work for achieving that. He emphasized on the importance of extra works and practise of self-learning and updating ourselves with the changes. Students expressed their interest and actively participated during the discussion.

Next session begun with pharmacometric, pharmacogenomics, emerging trend of softwares and technologies in healthcare etc. He gave an introduction about Pharmacometrics which is an emerging science that quantifies drug, disease and trial information to aid efficient drug development and/or regulatory decisions. He discussed about the importance of pharmacometrics in the drug development and various provisions available for learning pharmacometrics. Then he highlighted its clinical applications in different types of population. He also talked on the area of pharmacogenomics and explained the role of genome in drug response and methods to analyze how the genetic makeup of an individual affects his/her response to drugs.

At the end of the session he emphasized the need for publication and gave guidance on how to choose the journals for publication of the research works. The lecture was concluded at 12.30 pm.



SPECTRAL DATA ANALYSIS

A national workshop on spectral data analysis was held on 27th February 2019 as a part of Nila Module 8. The aim of the workshop was to provide a

platform for the students and faculty to get theoretical and practical aspects of spectroscopic techniques and analytical data. The program was organized by the Pharmaceutical Chemistry Department, Nirmala College of Pharmacy.

Forty delegates from Nirmala College of Pharmacy along with Thirty seven faculty members and student delegates from various colleges of India participated in the workshop.

The workshop opened on an auspicious note with a prayer and welcome address by Dr.Ms Deepa Jose , Vice Principal, Nirmala College of Pharmacy.

The inaugural address was delivered by Administrator Rev. Fr. Jos Mathai Myladiyath .Principal Dr. manju Maria Mathews gave Felicitation Speech. They shared the importance of the spectral data analysis in research.

Dr.Shyam KumarB , HOD, Dept Of Pharmaceutical Chemistry introduced the Speaker of the Day Dr.Pankaj Kumar, MS ,PhD, Assistant Professor NSGM Institute of Pharmaceutical Sciences , Mangalore.



Dr.Pankaj Kumar started his session by introducing the theoretical aspects of IR , Mass and NMR spectroscopy. He introduced the concept of spectral analysis to the audience with the help of simple spectra in the first session. He discussed various aspects and techniques of spectral data analysis.

A short break for 10 minutes was given and later he talked about IR and Mass spectra. At 12.30PM Lunch was arranged and second session started by 1.30PM.



In the afternoon session the speaker explained the various aspects of NMR spectroscopy. The importance of combined spectral analysis in the synthesis of organic compounds was also covered in this session. The delegates were given problems for interpretation and it was a very dynamic session. After the session the audience were given chance to clarify their doubts. The participants raised numerous questions.

Finally, the vote of thanks was delivered by Dr. ShyamKumar B., HOD, Professor, Department of Pharmaceutical Chemistry, Nirmala College of Pharmacy. He expressed his gratitude towards the speakers and the participants for their active participation in the workshop. Certificates were issued to all the

faculty and student delegates.



The workshop was very interactive and informative and participants got opportunity to know about the basic principles and importance of various techniques of spectroscopic analysis such as IR ,mass and NMR spectroscopy.