



# NIRMALA COLLEGE OF PHARMACY

MUVATTUPUZHA

Approved by Govt. of Kerala and PCI, New Delhi  
website : [www.nirmalacp.org](http://www.nirmalacp.org); Email : [nip\\_mvpa@yahoo.co.in](mailto:nip_mvpa@yahoo.co.in)

# *Ph* NEWSLETTER *Pharmaceutical* 2025

Volume 10 Issue 1 | August 2025



His Excellency  
Rt. Dr. George  
Madathikandathil  
Patron



Rev. Dr. Msgr.  
Pius Malekandathil  
Manager



## Administrator's Message



**Rev. Fr. Jose Pulloppillil**

Dear Faculty, Students and Friends,

It is with great pride that I share this message for our college newsletter **Pharmaessence 2025**. Our institution continues to strive for excellence in pharmacy education, research, and community service. The dedication of our faculty, the curiosity of our students, and the support of the management form the foundation of our success. As the field of pharmacy evolves rapidly, let us embrace innovation, uphold ethical practices, and remain committed to serving society with compassion and integrity. I encourage each of you to continue learning, exploring, and contributing to the noble profession of pharmacy.

Our college is more than a place of study — it is a community of innovators, problem-solvers, and caregivers in the making. As future pharmacists, you carry the responsibility of not only dispensing medicines but also delivering hope, trust, and healing. Let us work together to ensure that our classrooms, laboratories, and community projects prepare you for the challenges ahead. Believe in your abilities, value teamwork, and never lose sight of why you chose this profession — to improve lives.

Our college offers new research facilities and encourages innovative ideas in the pharmacy field. We take pride in the excellent academic performance of our B.Pharm and Pharm.D candidates. Our postgraduate specialisations have now expanded this academic year across various courses, including Pharmacy Practice, Pharmacology and Pharmaceutics, thus paving the way for more research and innovation opportunities at Nirmala College of Pharmacy. Kerala, with its rich heritage in herbal medicine, offers immense opportunities for research. Budding pharmacists should tap into these resources by pursuing studies in phytochemistry and Ayurvedic medicine, with the aim of developing new, innovative drugs.

Our students have excelled in cocurricular, extracurricular and sports activities too. This newsletter offers a comprehensive roundup of all the activities on our campus — academic, cultural, sports, student clubs, faculty initiatives, and more. I invite you to immerse yourself in the narratives included in **Pharmaessence 2025** and enjoy the full spectrum of the dynamic life at our college.

**Fr Jose Pulloppillil**  
Administrator

## Principal's Message



Dear Faculty, Staff, Students,  
and Well-wishers of  
Nirmala College of Pharmacy, **Prof. Dr. Badmanaban R**

It is with immense pride and joy that I greet you through **Pharmaessence 2025**, the voice of our vibrant community at Nirmala College of Pharmacy. Each edition reflects not only our achievements but also the dedication and spirit that unite us as one family.

The academic year 2024–2025 has been marked by significant milestones. A key highlight was the National Conference on Neuropsychopharmacology – A Factual Perspective for Clinical Safety and Efficacious Outcome, conducted on 8th November 2024 by the Department of Pharmacology as part of the NILA series. The conference witnessed the enthusiastic participation of more than 340 delegates, including students, researchers, academicians, and industry professionals, making it a truly enriching academic platform.

Another landmark event was the PHARMA JOB FAIR 2024, organized on 30th November 2024 by the Placement and Training Activities Cell in association with IPA Kerala State Chapter and IQAC, NCP. The event created a remarkable platform for pharmacy graduates across the state, drawing the participation of 388 graduates and recruiters from 33 companies and institutions. It was a proud moment that reflected our institution's commitment to empowering students with meaningful career opportunities. This year we have also begun the Mpharm in Pharmacy Practice specialization, thus increasing the postgraduate specialisations to three.

Our faculty and students continue to make commendable progress in research and innovation, contributing to the ever-growing field of pharmaceutical sciences. Equally inspiring are the diverse accomplishments of our students—whether in academics, cultural events, or sports—that reflect the holistic growth nurtured within our campus.

As we move forward, let us reaffirm our commitment to excellence, innovation, and service to society. May we continue to explore new possibilities, embrace challenges with courage, and inspire future generations of pharmacists. Through **Pharmaessence 2025**, we celebrate not only our successes but also our shared aspirations for a brighter tomorrow.

I extend my heartfelt gratitude to each member of our community for your dedication, perseverance, and unwavering support. Together, let us continue to strengthen the proud legacy of Nirmala College of Pharmacy.

With warm regards,

**Dr. Badmanaban R**  
Principal



# Inauguration 2024

The academic year commenced on 25th September 2024 for the **First Year Pharm D** and **First Semester B.Pharm** programs. The inaugural address was delivered by **His Excellency Mar George Madathikandathil**, and the presidential address was given by **Rev. Fr. Jose Pulloppillil**, Administrator. The gathering was welcomed by **Principal Dr. Badmanaban R**, and **Dr. Flowerlet Mathew** delivered the vote of thanks.



# Graduation Day

The **Graduation Ceremony** for the **Pharm D 2018–2024** batch and **B.Pharm 2019–2023** batch was held on **25th September 2024**. The programme was formally inaugurated by **Dr. K.K. Rajan**, Principal of VJCET (Vishwa Jyothi College of Technology). The ceremony was **presided over by Rev. Dr. Pius Malekandathil**, Manager, and the **felicitation was delivered by Rev. Fr. Jose Pulloppillil**, Administrator.

**Mar George Punnakottil** Gold Medal for the **Best Outgoing Student in B.Pharm (Academics)** was awarded to **Ms. Sangeetha Sukumaran**, and the **Mar George Madathikandathil** Gold Medal for the **Best Outgoing Student in Pharm D** was presented to **Dr. Camila A Carlman**.



The college newsletter "**Pharma-Essence**" 2024 9th volume (Issue 01) was also released on the occasion. The editorial team comprised of **Dr. Emily James** and **Ms. Arya V.S**, and student editors **Ms. Maria Rose Joseph**, **Ms. Anabel Benny** (Pharm D), and **Mr. Christo Tomy** (B.Pharm).





## FACULTY CONTRIBUTION



**Prof. Dr. Badmanaban R**  
Principal

# Unmasking The Deceit: A Guide To Food Adulteration

Food adulteration is a serious issue that threatens our health and well-being. It's the deliberate practice of debasing the quality of food by adding or substituting cheaper, inferior, or harmful substances. This is often done to increase profits, extend shelf life, or improve the appearance of a product. While it might seem like a distant problem, it's a common practice affecting food items we consume daily.

## Types Of Adulterants and Examples

Adulterants can be categorized based on their nature and the food they contaminate. Here are some of the most common types with specific examples:

### Milk and Dairy Products:

- **Water:** The most common adulterant, which reduces the nutritional value of milk.
- **Urea/Detergents:** Added to increase the thickness and whiteness of milk, creating a false perception of high quality.
- **Starch:** Used to thicken milk and milk products like cheese and ghee.
- **Vanaspati:** A cheap hydrogenated vegetable fat used to adulterate ghee.

### Oils and Fats:

- **Argemone Oil:** A toxic and cheap oil often mixed with mustard oil.
- **Mineral Oil:** Used to adulterate edible oils, which can lead to gall bladder cancer.
- **Karanja Oil:** Another non-edible oil used as an adulterant in various cooking oils.

### Cereals, Pulses, and Grains:

- **Dirt, Stones, Pebbles, and Sand:** These are intentionally mixed with rice, wheat, and pulses to increase their weight.
- **Khesari Dal:** A poisonous pulse often mixed with Toor (Pigeon Pea) dal, which can cause paralysis.
- **Dhatura Seeds:** Toxic seeds sometimes found in grains due to poor harvesting and sorting.
- **Rhodamine B:** A red dye used to color ragi (finger millet).

## FOOD ADULTERATION



### Spices:

- **Brick Powder or Chalk Powder:** Used to increase the weight of chili powder.
- **Papaya Seeds:** Mixed with black pepper to bulk it up.
- **Metanil Yellow:** A carcinogenic dye used to give turmeric powder a brighter color.
- **Cassia Bark:** Used as a cheaper substitute for cinnamon sticks.

### Fruits and Vegetables:

- **Calcium Carbide:** Used for the artificial ripening of fruits like mangoes and bananas, which can cause stomach upset and digestive issues.
- **Malachite Green:** A toxic dye used on green vegetables like chilies and bitter melon to give them a vibrant green color.
- **Wax:** A layer of wax is often applied to fruits like apples to make them look shinier and fresher.

### Carbonated Drinks and Juices:

- **Non-permitted Dyes:** Artificial food dyes are used to make these beverages look more appealing, but many are highly carcinogenic.



- **Banned Sweeteners:** Certain artificial sweeteners may be used in quantities that exceed permissible limits or are outright banned due to health risks.

### Dry Fruits:

- **Sulphur Dioxide:** Used as a preservative in dry fruits, which can cause allergic reactions in some individuals.
- **Mineral Oil:** Used to add a shine to dry fruits and nuts.

## The Scientific Toll: How Adulterants Affect Our Health

The consumption of adulterated food has severe and long-lasting consequences on the human body. The effects can range from acute, immediate reactions to chronic, life-threatening diseases.

### Toxicity and Organ Damage:

Many adulterants, such as Metanil Yellow, Lead Chromate, and Argemone Oil, are highly toxic. Chronic exposure to these substances can cause severe damage to vital organs, including the liver, kidneys, and nervous system. For example, Argemone oil can cause a condition called "epidemic dropsy," leading to glaucoma and even death.

### Carcinogenic Properties:

A significant number of adulterants, including various synthetic food dyes and chemicals like Rhodamine B, have been identified as carcinogens. This means they have the potential to cause cancer with long-term consumption.

### Gastrointestinal Issues:

The presence of foreign materials like chalk powder, brick dust, and pebbles in food can cause severe gastrointestinal problems, leading to stomach pain, indigestion, diarrhea, and in some cases, damage to the digestive tract.

### Nutritional Deficiency:

The primary goal of adulteration is to reduce the cost of production, often by substituting genuine ingredients with cheaper, non-nutritious fillers. This robs consumers of the essential vitamins, minerals, and other nutrients their bodies need, leading to malnutrition, especially in vulnerable populations like children and the elderly.

### Neurological and Reproductive Harm:

Certain chemicals, such as those found in pesticides and some artificial ripening agents, can have neurotoxic effects, leading to neurological disorders. Some adulterants are also known to affect hormonal balance and reproductive health. For instance, the presence of Melamine in milk has been linked to kidney stones and kidney failure in infants.

## FACULTY CONTRIBUTION



## How To Scientifically and At-home Test For Food Adulteration

Detecting food adulteration requires a combination of basic home-based tests for a quick check and sophisticated laboratory methods for definitive, scientific analysis.

### Common Man Test Procedures

These simple tests can be done at home with minimal equipment to check for common adulterants.

#### Milk (for water adulteration):

Place a drop of milk on a slanting polished surface. If the milk is pure, it will flow slowly and leave a white trail. If it's adulterated with water, it will flow quickly without leaving a visible trail.

#### Milk (for starch adulteration):

Boil a small amount of milk and let it cool. Add a few drops of tincture of iodine. If starch is present, the mixture will turn blue.

#### Turmeric Powder (for Metanil Yellow):

Add a pinch of turmeric powder to a test tube or a clear glass of water. Add a few drops of concentrated hydrochloric acid. A pink color indicates the presence of the carcinogenic dye, Metanil Yellow.

#### Chili Powder (for brick powder/chalk):

Sprinkle a spoonful of chili powder into a glass of water. If it's adulterated with brick powder, it will immediately settle at the bottom as a reddish sediment.



## FACULTY CONTRIBUTION

### Black Pepper (for papaya seeds):

Add a small amount of black pepper to a glass of water. Pure black peppercorns are dense and will sink to the bottom, while lighter papaya seeds, which are often used as an adulterant, will float on the surface.

### Honey (for sugar syrup):

Mix a teaspoon of honey with a glass of water. Pure honey will sink to the bottom and will not dissolve easily. If it's adulterated with sugar syrup, it will dissolve immediately.

### Ghee (for Vanaspati):

Take a spoonful of melted ghee in a test tube and add a few drops of concentrated hydrochloric acid and a pinch of sugar. If a red color appears, it indicates the presence of Vanaspati.

#### Major Adulteration Issues in Selected Herbs

				
<b>Black Cohosh</b>	<b>Echinacea</b>	<b>Elder berry</b>	<b>Ginkgo</b>	<b>Turmeric</b>
Wrong <i>Actaea</i> Species	Wrong <i>Echinacea</i> Species	Anthocyanin-Rich Extracts from Other Plants	Flavonol-Rich Extracts from Other Plants	Synthetic Curcumin
Excessive Amount of Excipients	Wrong Plant Part	Undeclared Colorants	Excessive Amount of Excipients	Undeclared Bulking Agents
	Excessive Amount of Excipients			Undeclared Colorants

## Scientific Research and Analysis

For accurate and legally valid results, food safety agencies rely on advanced scientific methods. These techniques provide precise, quantitative, and qualitative data on adulterants, even in trace amounts.

### Chromatography:

This is a fundamental technique used to separate a mixture into its individual components.

- **High-Performance Liquid Chromatography (HPLC):** Used to detect non-volatile or heat-sensitive adulterants like synthetic food dyes, pesticides, and certain antibiotics in milk and juices. It separates compounds based on their chemical properties, allowing for their identification and quantification.
- **Gas Chromatography (GC):** A powerful tool for analyzing volatile organic compounds. It is used to detect the presence of mineral oil or other non-edible oils in edible oils.

### Spectroscopy:

This method analyzes the interaction of light with a substance to determine its composition.

- **Mass Spectrometry (MS):** Often coupled with chromatography (GC-MS or LC-MS), this is the gold standard for identifying unknown compounds. It provides a "fingerprint" of the molecules present in the food sample, allowing for the detection of even minute quantities of adulterants.

### Molecular And DNA-based Methods:

- **Polymerase Chain Reaction (PCR):** Used to detect the presence of DNA from different species. For example, it can identify if cheap meat from one animal species is mixed with a more expensive one, or if a particular plant-based adulterant is present in a spice.
- **Microscopy:** A simple yet effective scientific tool for initial analysis. It helps in the visual identification of foreign materials like chalk powder, brick dust, or a specific type of seed powder in ground spices.

### Preventing Adulteration: A Collective Responsibility

Combating food adulteration requires a multi-pronged approach. Here's what you can do: stomach upset and digestive issues.

- **Be a Smart Consumer:** Buy from reputable sources and trusted brands. Avoid buying food from unhygienic places.
- **Inspect and Verify:** Check for certifications like FSSAI (Food Safety and Standards Authority of India) and ISI marks on packaged goods. Pay attention to the packaging; if it looks tampered with or is of poor quality, avoid it.
- **Cook and Wash Properly:** Thoroughly wash fruits and vegetables to remove pesticide residues and dirt.
- **Report Adulteration:** If you suspect food adulteration, report it to the food safety authorities. This can help prevent others from falling victim.

### A Message to the Public

Our health is our most valuable asset. The battle against food adulteration is a shared responsibility. Let's be mindful of what we consume and educate ourselves and our communities. By making informed choices and demanding accountability from food producers, we can ensure a safer and healthier future for everyone. Don't compromise on your health—choose wisely, eat safely, and stay healthy.

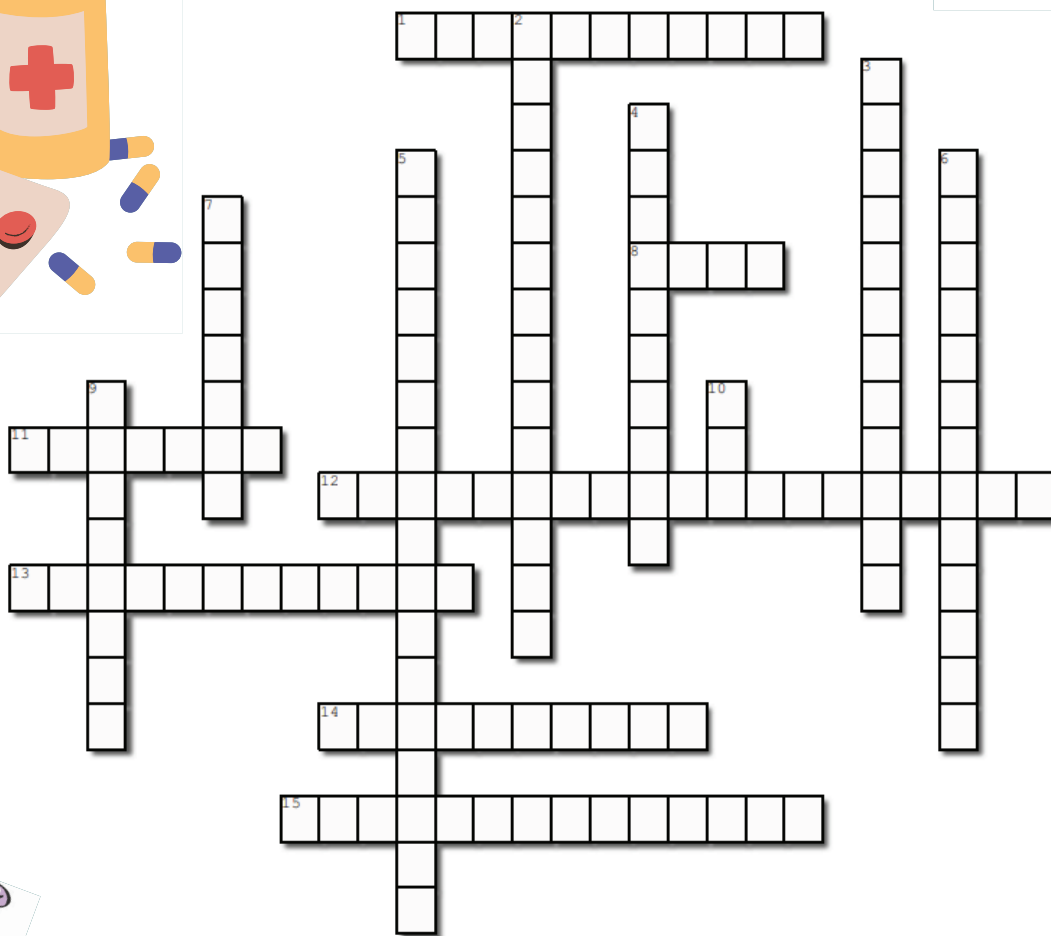
**Prof. Dr. Badmanaban R.,**  
M.Pharm., Ph.D  
Principal,  
Nirmala College of Pharmacy.



Scan for link to home tests for detection of adulterants.



# STUDENT CONTRIBUTION CROSS WORD PUZZLE



## Across

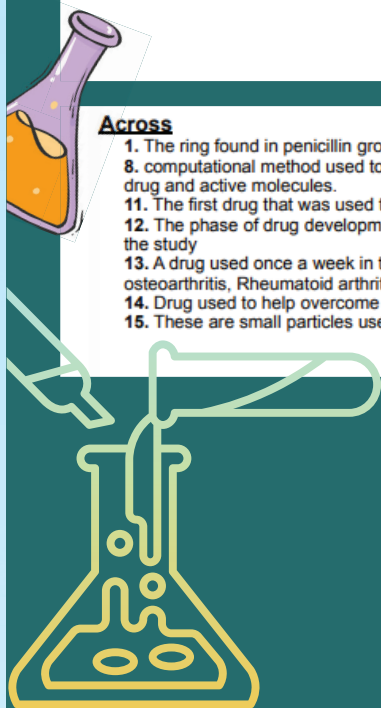
1. The ring found in penicillin group of antibiotics
8. computational method used to discover, develop, and analyse drug and active molecules.
11. The first drug that was used to treat malaria
12. The phase of drug development in which animals are used for the study
13. A drug used once a week in treatment of conditions such as osteoarthritis, Rheumatoid arthritis etc
14. Drug used to help overcome alcohol addiction
15. These are small particles used for targeted drug delivery

## Down

2. Drug class of warfarin
3. A synthetic derivative of estrogen
4. The drug that causes 'Red-man Syndrome'
5. Instrument used for precise determination of molecular weight and structure
6. The first 3-D printed drug
7. Process of estimating the strength and mode of interaction between a drug and its target
9. The alkaloid which is an addictive stimulant found in tobacco
10. Acronym for a regulatory agency that approves drugs in the U.S.



CAROLYN JOHNLY  
3<sup>rd</sup> PHAM. D





# STUDENT Achievements

## SCIENTIFIC FORUMS



**Nadheem Muhammad**  
5<sup>th</sup> Year Pharm.D

First Prize in Poster Presentation at the ISPOR Manipal Students Chapter Conferences Held on 9th Feb. 2025



**Fr. Arun P. Sunny**  
5<sup>th</sup> Sem. B.Pharm.

3rd Prize at oral Presentation at Pharma Medica 2025 Conducted by Sanjo College of Pharmacy on 21st Feb. 2025



**Fathima Imani**  
8<sup>th</sup> Sem. B.Pharm.

2nd prize in a national level Intercollegiate fest Laksh Organized by Nirmala Institution Chalakudy



**Josna C Jayan**  
5<sup>th</sup> Year Pharm. D

1st prize E-poster presentation contest during Pharma Excel Biotin 2025 conducted at St Joseph College Cherthala 4th April 2025



**Farzana Nazar**  
5<sup>th</sup> Year Pharm. D

1st prize E-poster presentation contest during Pharma Excel Biotin 2025 conducted at St Joseph College Cherthala 4th April 2025

## ARTS, CULTURAL, SPORTS



**Fathima Imani**  
(8<sup>th</sup> Sem. B. Pharm)

Bagged the 2nd Prize in the RJ Competition During the Dwani 2025 National Level Intercollegiate Fest at Nirmala Institutions, Chalakudy on 6th March 2025



**Anjana Antony**  
(6<sup>th</sup> Sem. B. Pharm)

1 st Prize in Essay Writing Competition KUHS Central Zone Arts Fest held on 18th October 2024



**Vishak Saji**  
6<sup>th</sup> Sem. B.Pharm.

Selected to Represent the College in the South Zone Inter University Football Competition Hosted by MAMO College, Manassery, Kozhikode from 21st to 28th December 2024



**Aboobakkar Sidhik Sanil**  
(5<sup>th</sup> Year Pharm D)

Selected to Represent the College in the South Zone Inter University Football Competition Hosted by MAMO College, Manassery, Kozhikode from 21st to 28th December 2024

## IPA-SF ACHIEVEMENTS



**Freddy Alappattu**

4<sup>th</sup> Year Pharm. D

Elected Treasurer, IPASF National Executive Committee 2025



**Alan Jomon**

6<sup>th</sup> Sem. B.Pharm

Elected for the Public Relations Sub Committee



**Reba Renju**

3<sup>th</sup> Year Pharm. D

Elected for the Public Relations Sub Committee



**Angel Jose**

4<sup>th</sup> Year Pharm. D

Elected to Publication Head, IPASF NEC Project Sub Committee



**Elizabeth Raichel James**

VI Pharm. D

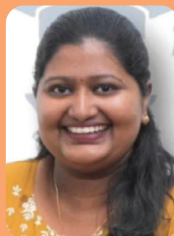
Functioned as the National Publication Head of Panache Live, IPASF's official magazine.

## PUBLICATION Head of Panache Live, IPASF



**Aleena Benoy**

5<sup>th</sup> Year Pharm. D



**Amy Thankachan**

5<sup>th</sup> Year Pharm. D



**Elmy Issac John**

5<sup>th</sup> Year Pharm. D



**Dona Sara Basil**

5<sup>th</sup> Year Pharm. D





# FACULTY Achievements

## Ph.Ds Awarded



**Dr. Emily James**

Associate Professor  
Dept. of Pharmacology

Completed the Doctor of Philosophy degree from Vellore Institute of Technology (VIT, Vellore), T.N.



**Dr. Anu Jayamol Mathew**

Associate Professor  
Dept. of Pharmaceutical Chemistry

Completed the Doctor of Philosophy degree from Shri JJJ University, Rajasthan

## PATENTS BAGGED



**Dr. Nancy Jose**

Professor, Dept. of Pharmacology

Rodent Activity Monitoring Device – Indian Design Patent (No. 429450-001)



**Prof. Dr. Badmanaban R**

Principal

HPTLC Device for Chemical Analysis – UK Design Patent (No. 6294307)

## FACULTY INTERACTION WITH THE OUTSIDE WORLD



**Dr. Suja Abraham**

Professor and HOD  
Dept. of Pharmacy Practice

- Dr. Suja Abraham, Faculty Advisor of the ISPOR-KUHS Student Chapter, received a USD 450 grant to attend the 10th International Fellowship on Health Technology Assessment at Kalam Institute of Health Technology, Visakhapatnam (10–15 March 2025).
- Delivered invited talk: Introduction to Micromedex Application at the Pharmaceutical Care Conclave, organized by HLL Lifecare Ltd. & IPA Kerala State Branch.
- Delivered a talk on Asthma Medications for IPA–HLL Lifecare Professional Development Program



**Dr. Fels Saju**

Associate Professor  
Dept. of Pharmaceutics

- Served as resource person for invited talks and workshops:
  - Computational Techniques in Dosage Form Design – Nazareth College of Pharmacy, Thiruvalla
  - Innovation and Entrepreneurship as a Career Opportunity – Dale View College of Pharmacy, Trivandrum
  - Pharmacy Career Orientation Program – multiple sessions
- Engaged in research consultancy and collaborative development:
  - Herbal Effervescent Tablet and Herbal Mouth Dissolving Film – with Amal Jyothi College of Engineering, Kanjirappilly
  - Bromelain Mouth Gel – with Annoor Dental College, Thodupuzha



**Ms. Antriya Annie Tom**

Associate Professor  
Dept. of Pharmacy Practice

- Delivered invited talk: Introduction to Micromedex Application at the Pharmaceutical Care Conclave, organized by HLL Lifecare Ltd. & IPA Kerala State Branch

## EVALUATORS



**Prof. Dr. Badmanaban R**

Principal

Chaired the scientific session at the 2nd Kerala Pharmaceutical Congress, organized by KPGA & Caritas College of Pharmacy, Kottayam.



**Dr. Emily James**

Associate Professor

E-Poster Evaluator at the PCPCON-25, 10th International Conference on Clinical Pharmacy organized Centre for Pharmaceutical CARE and Dept of Pharmacy Practice, MAHE, Manipal.



**Dr. Jobin Kunjumon Vilapurathu**

Associate Professor

E-Poster Evaluator at the 2nd Kerala Pharmaceutical Congress, organized by KPGA & Caritas College of Pharmacy, Kottayam.

## ORAL / POSTER PRESENTATIONS



**Pooja G Anil**

Assistant Professor  
Pharmaceutical Chemistry

Oral presentation first prize PCP Pharmacophon 2025 On 26 th july at Pushpagiri college of pharmacy



**Ms. Arya V.S**

Assistant Professor  
Dept. of Pharmacology

Presented a poster at the International Conference on Artificial Intelligence in Drug Discovery and Pharmaceutical Research, SRM Institute of Science and Technology, Chennai

## NATIONAL LEVEL ARTICLE PRESENTATION COMPETITION



**Mrs. Lins Mary Joy**

Associate Professor,  
Department of Pharmacognosy

Participated in National Level Online Article Presentation Competition – 2025, Organized by The Erode College of Pharmacy, Erode, Tamil Nadu Sponsored by: Academic Decipher, Mumbai In association with: APTI – Tamil Nadu Branch on 10.09.2025



**Dr. KVasuki**

Professor  
Dept of Pharmacognosy

Participated in the National Level Online Article Presentation Competition organised by The Erode College of Pharmacy, Erode & Academic Decipher, Mumbai



Dr. Fels Saju, Associate Professor at Nirmala College of Pharmacy, President IIC and Head, IEDC has coordinated and conducted numerous workshops, seminars and interactions with the faculty and students as part of IEDC activities.



"Problem Solving and Ideation" workshop conducted on 19/11/24



Workshop on Entrepreneurship and Innovation as Career Opportunity. 14/11/2024



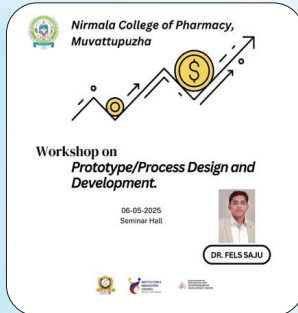
Workshop on Effective Sales and Marketing Strategies for Entrepreneurs /Startups 14 May 2025



Workshop on "From bench to breakthrough; Transforming Research into patents and products". 30/10/2024



Workshop on Business Model Canvas 20/05/2025



Workshop on Prototype/ Process Design and Development. 6/5/25



Expert talk on Process of Innovation Development, Technology Readiness Level (TRL); Commercialization of Lab Technologies & Tech-Transfer 19 March 2025

## Ideathon

An Ideathon was successfully organized on 28/11/2024 to provide students with a platform to showcase their critical thinking and problem-solving skills. Teams were tasked with identifying a significant problem in any domain of their choice and presenting a feasible solution. Each team presented their proposed ideas before a jury panel and winners were awarded prizes and certificates.



The participants of Ideathon with judging panel



Workshop on Design Thinking, Critical thinking and Innovation Design 12/03/2025



## Innovator Talk

Dr. Dhanish Joseph, Associate Professor, Dept of Pharmaceutics gave an orientation “Innovators talk” on 20/11/2024 at the college seminar hall. Dr. Dhanish discussed how research outcomes can be transformed into commercial products.



Dr. Dhanish Joseph interacting with the students

## Hackathon

A Hackathon based on the theme “Building a Healthier Campus” was conducted in the GD Hall from 14/11/2024 to 20/11/2024. Students formed teams and brainstormed innovative solutions tailored to the given problem statement. Teams presented their practical ideas to the judges’ panel, ensuring solutions were feasible, impactful, and scalable.

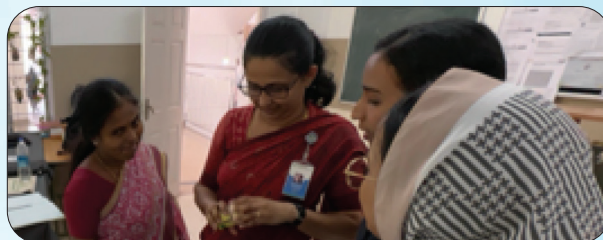


The cash prize being handed over to the team that secured the first prize

A research exhibition “Demoday” was conducted in the research labs on 14th February 2025 to highlight students’ research outcomes, bridging theory with practical innovation. Students exhibited their research project work through prototypes, product models, posters, and charts, showcasing scientific ideas and research quest.



Students demonstrating their research products to the visitors



Teachers evaluating the products prepared by students



Herbal antibacterial cream developed by students



Herbal antiscabies ointment developed by students

A workshop on Basics of Intellectual Property Rights and Its Importance for Innovators and Entrepreneurs was conducted by Mr. Pranav Prince, Assistant Professor, Nirmala College of Pharmacy, Muvattupuzha on 26/11/2024. The workshop provided a comprehensive understanding of



Brochure of the Program

Intellectual Property Rights and their significance for innovators and entrepreneurs.

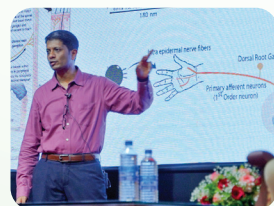




# NILA

## 2024

National conference on neuropsychopharmacology - A factual perspective for clinical safety and efficacious outcome was conducted on 8/11/2024 by the Department of Pharmacology, Nirmala College of Pharmacy as part of the NILA series. The conference aimed to disseminate knowledge on cutting-edge research, challenges and opportunities in the field of neurological disorders. Dr. Sahadev Shankarappa, Profesor, Department of Biotechnology, Faculty of Life and Allied Health Sciences, Ramaiah University of Applied Sciences, Bengaluru., Dr. Sibi P.I, Professor of Pharmacology, CPAS, Kottayam, Kerala and Dr. Praveen TK, Professor and HOD, Department of Pharmacology, JSS College of Pharmacy, Ooty were the speakers. The event witnessed an enthusiastic participation of 340 attendees, comprising students, researchers, academicians, and industry professionals.





## IV VISITS



### “INDUSTRIAL VISIT: 7TH SEM B.PHARM STUDENTS GAIN VALUABLE INSIGHTS”

On June 28th, 2025, the 7th semester B.Pharm students went on an Industrial Visit to Kerala State Drug and Pharmaceuticals Ltd., gaining valuable exposure on the pharmaceutical manufacturing process and industry practices. The visit was accompanied by Dr. Manju Maria and Ms. Melody, who ensured a productive and enriching experience.



From September 11th to 15th, the 6th semester B.Pharm students embarked on a 5-day adventure to Chikkamagaluru, Coorg, filled with fun, learning, and memories, accompanied by Mr. Jithin, Ms. Jisha, Ms. Bindhu, and Mr. Dino.



From July 3rd to 6th, 2025, the 5th semester B.Pharm students embarked on a trip to Wayanad and Kozhikode, gaining valuable experiences and insights. The trip was successfully facilitated by Ms. Hema and Ms. Anjana



Fourth Pharm D students were taken to Manipal Anatomy museum accompanied by Mr Jobin Sir

On June 27, 2025, the 3rd semester B.Pharm students embarked on an insightful Industrial Visit to Vaidyaraj Oushadhashala, gaining valuable exposure to traditional medicine practices and their applications.



IIIrd sem B pharm were taken to Ooty accompanied by Ms Archana, Ms Aswini, Ms Vincy and Mr Pranav. They visited Vaidyaraj Oushadhasala Anandhapuram, Thrissur, Kerala.





# DAY Celebrations

## World Mental Health Day- 10/10/2024



The Co-Curricular Committee successfully organized an enlightening World Mental Health Day Awareness Program on October 10, 2024, at the Auditorium. The event featured an awareness talk by esteemed speakers Dr. Sr. Lince Maria, a renowned Psychiatrist from Nirmala Medical Center, and Sr. Kochurani PJ, a respected Counselor from Vimala Mahila Samajam.

## National Pharmacists Day- 13/01/2025

The National Pharmacist Day 2025 was celebrated with an E-poster presentation competition centred on the theme "Drug Repurposing - New Therapeutic Options for Unmet Medical Needs." Faculty and students participated actively in the event. Dr. Deepa Jose and Ms Sini Baby were the resource persons. Participants gained a comprehensive understanding of drug repurposing and its potential in developing innovative therapeutic options.



## Co-curricular Activities (2024-2025) National and International Day Celebrations World Pharmacists Day- 30/9/2024



In response to the growing concern about drug abuse among youth, the Co-Curricular Committee and 6th semester B. pharm students of Nirmala College of Pharmacy organized a MIME show as part of an outreach activity to raise awareness about the dangers of Drug abuse. The event was conducted at Grand Mall, Muvattupuzha, attracting a large and diverse audience.

## World Diabetes Day- 14/11/2024

A poster-making competition was conducted on November 14, 2024, to mark World Diabetes Day. The competition helped the students learn about the role of herbs in controlling diabetes and the various scientific studies supporting their efficacy.



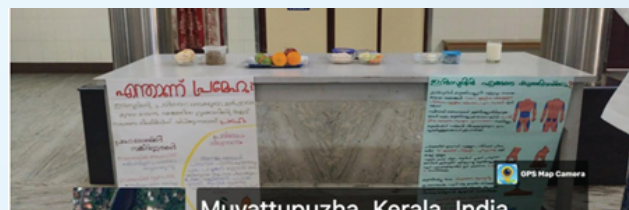


## World Cancer Day - 04/02/2025



3rd semester B. pharm students organized a Cancer Awareness Programme at Grant Center Mall, Muvattupuzha. The event aimed to educate the public about cancer prevention and general measures to reduce the risk of cancer. Students actively distributed informative leaflets that highlighted general measures to be considered against cancer.

## World Health Day- 09/04/25



An extension activity as a awareness campaign titled "Awareness on Effective Diet Plan and Medication Adherence on Quality Health" was conducted by the NSS unit of Nirmala College of Pharmacy on 9th April 2025 at Nirmala Medical Center, Muvattupuzha, in observance of World Health Day. The session, coordinated by Dr. Merrin Joseph and Mrs. Greeshma G. Nair, was led by Mrs. Rehina and the Nirmala PharmD interns, aimed at educating patients on the importance of proper dietary practices and adherence to prescribed medications for maintaining quality health.

## World Tuberculosis Day- 24/03/25



On March 24, to mark World Tuberculosis Day, the Department of Pharmacy Practice under the leadership of HOD Dr Suja Abraham organized a comprehensive program at the Government General Hospital, Muvattupuzha. The event featured an interactive role play and interactive sessions explaining the importance of early detection and treatment of tuberculosis.

## International Day Against Drug Abuse and Trafficking -25/06/25



International Day Against Drug Abuse and Illicit Trafficking was observed on 25th June 2025. The co-curricular Committee and ADAC – Vimukthi Club of Nirmala College of Pharmacy, Muvattupuzha, organized a compelling awareness program aimed at empowering students to reject substance abuse and embrace a healthier, drug-free lifestyle. A thought-provoking flash mob and role play delivered by second semester B. Pharm students on drug addiction was the highlight of the day.





# EXTRACURRICULAR EVENTS

**ARTS DAY** The Arts Day “Arang” was conducted on April 4th and 5th, 2025. All the students participated enthusiastically in this event.



## SPORTS DAY

On April 7th, College hosted a vibrant Sports Day, with students enthusiastically participating in a range of events at Nirmala Ground.



## WOMENS DAY

International Women's Day was celebrated on March 5th 2025. “Ms Lamia Luminous” competition was held to identify the shining stars of NCP.



## CHRISTMAS CELEBRATION



On December 20th, we joyfully celebrated Christmas at the Estrella event, filled with cheer, warmth, and festive spirit. It was a wonderful occasion for everyone to come together and enjoy the holiday season.





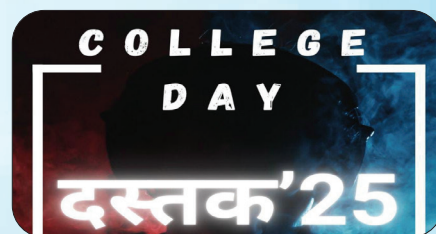
## MUSIC DAY

Music enthusiasts came together on June 21, 2025, as Malhar successfully hosted Music Day, filling the air with rhythm and harmony.



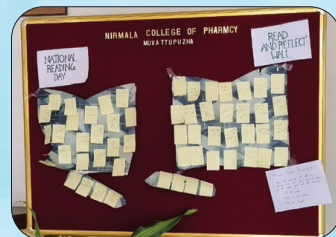
## COLLEGE DAY

The college came alive on June 21 as 'Dastak' – the annual College Day – was celebrated with great enthusiasm, showcasing the talents and spirit of the students.



## FRESHERS PARTY

The college came alive on June 21 as 'Dastak' – the annual College Day – was celebrated with great enthusiasm, showcasing the talents and spirit of the students.



## Persona '25:

The Ahalia School of Pharmacy, Palakkad in association with the Indian Pharmaceutical Association (Kerala State Branch), successfully hosted

Persona' 25 from January 31st to February 2nd, 2025. The event was a grand celebration, bringing together students and professionals from the pharmaceutical community.



## WORLD ENVIRONMENT DAY ON JUNE 5TH

The National Service Scheme (NSS) marked World Environment Day on June 5th with great enthusiasm, promoting sustainability and environmental awareness through various activities.







# Placement Cell Activities



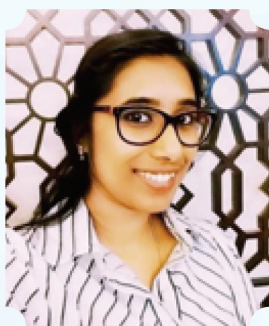
**മുവാറ്റുപുഴ നിർമല ഫാർമസി കോളജിൽ മെഗാ ജോബ് ഫെയർ**

മുവാറ്റുപുഴ: ഇന്ത്യൻ ഫാർമസ്യൂട്ടിക്കൽ അസോസിയേഷനും നിർമല ഫാർമസി കോളജും സംയുക്തമായി സംഘടിപ്പിക്കുന്ന മെഗാ ജോബ് ഫെയർ നാളെ കോളജ് കാമ്പസിൽ നടക്കും. രാജ്യത്തിനകത്തും പുറത്തുനിന്നുമായി നിരവധി ഫാർമസ്യൂട്ടിക്കൽ മെഡിക്കൽ കമ്പനികൾ അഭിമുഖം നടത്തും. വിവിധ സംസ്ഥാനങ്ങളിൽ നിന്നുമായി എഴുന്നൂറോളം ഉദ്യോഗാർത്ഥികളാണ് പരിപാടിയിൽ പങ്കെടുക്കുക. മത്സ്യ കുഴൽനാടൻ എംഎൽഎ ഉദ്ഘാടനം ചെയ്യും. മുൻകൂട്ടി രജിസ്റ്റർ ചെയ്തവർക്ക് മാത്രമായിരിക്കും അഭിമുഖത്തിൽ പങ്കെടുക്കാൻ അവസരം ഉണ്ടായിരിക്കുക.

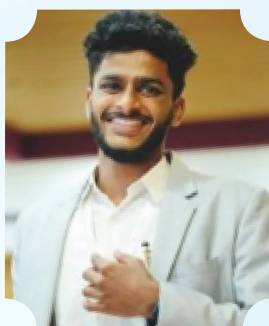
PHARMAJOB FAIR 2024 was organized by the placement and training activities cell in association with IPA Kerala State Chapter and IQAC , NCP on 30.11.2024 for pharmacy graduates all over the state. 388 Graduates and recruiters from 33 companies/ institutions attended the job fair.



# ALUMNI ACHIEVEMENTS



**Krishnapriya G Nair,**  
(M. Pharm 2012-2014)  
Regulatory Affairs Manager,  
Recordati Ireland



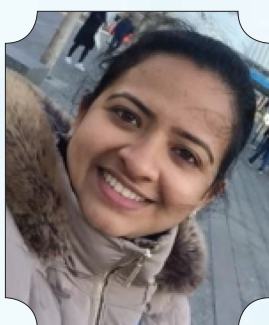
**Dr. Stelvin Sebastian**  
(Pharm D 2015 – 21)  
Senior Clinical Pharmacologist at  
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Pharmaceutical Distributor



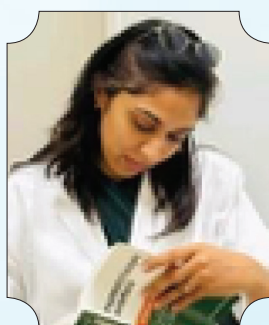
**Haritha Punchadath Haridas**  
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Qc Invivo technician, Bavarian Nordic,  
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**Remya Ravi,**  
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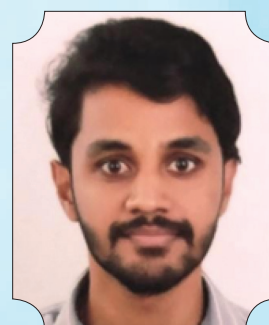
**Jesna Rajesh,**  
(B. Pharm 2007-11)  
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Mart Inc, Canada



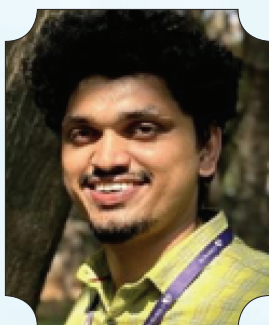
**Dr. Maria Joseph,**  
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**Aby Paul,**  
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**Arpith Antony**  
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**Vishnugovind A,**  
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Reddy's Laboratories



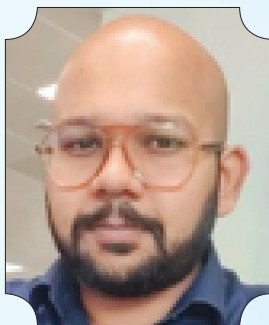
**Dr. Benita John,**  
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Medicity, Palai



**Jobin Johnson**  
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IQVIA, Kochi



**Jisha K Thomas,**  
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2022-24)  
Pharmacist, Abudhabi



**Jeeth Augustine Joy,**  
(B.Pharm, 2010-14)  
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Chiesi Global Rare Diseases Ireland



**Dinto Sebastian,**  
(B. Pharm 2010-14)  
Pharmacy Manager at Aster DM  
Healthcare

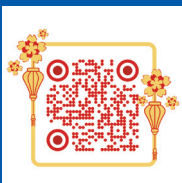


**Eldho Mathew,**  
(B. Pharm, 2007-12)  
Clinical Pharmacist at Specialized  
Rehabilitation Hospital ( SRH ),  
Abudhabi

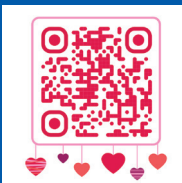


**Dr. Noyal Mathew,**  
(B. pharm 2007-11) Pharmacist,  
Dubai

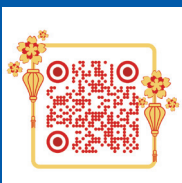
Student  
Testimonials



Krishnapriya



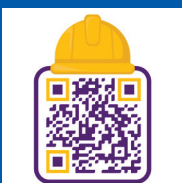
Jibina ELs



Junia



Nigil



Vrinda





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# NIRMALA

## COLLEGE OF PHARMACY



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- B.Pharm ( Bachelor of Pharmacy- 4 yrs)
- Pharm D ( Doctor of Pharmacy- 6 yrs)
- Post Baccalaureate in Pharmacy (Pharm D PB - 3 yrs)
- M.Pharm in Pharmaceutics (2 yrs)
- M.Pharm in Pharmacology( 2 yrs)
- M.Pharm in Pharmacy Practice (2yrs)
- PhD in Pharmaceutics, Pharmacology, Pharmacognosy and Pharmaceutical Chemistry

