



# **NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA**

Muvattupuzha P.O., Ernakulam Dist., Kerala - 686661

Telephones: 0485 2836888, 0485 2830666

Email: [nip\\_mvpa@yahoo.co.in](mailto:nip_mvpa@yahoo.co.in) Website: [www.nirmalacp.org](http://www.nirmalacp.org)

## **FIRST CYCLE NAAC ACCREDITATION 2023**

### **CRITERION 5**



#### **STUDENT SUPPORT AND PROGRESSION**

**5.1.3 Percentage of students benefitted by guidance for competitive examinations and career counselling offered by the Institution during the last five years**

Submitted to



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**



### 5.1.3 PERCENTAGE OF STUDENTS BENEFITTED BY GUIDANCE FOR COMPETITIVE EXAMINATIONS AND CAREER COUNSELLING OFFERED BY THE INSTITUTION DURING THE LAST FIVE YEARS

#### LIST OF CAREER COUNSELLING OFFERED (2021-2022)

SL NO	NAME OF THE PROGRAMME	DATE	NUMBER OF STUDENTS BENEFITTED	VIEW PAGE
1	ORIENTATION PROGRAMME FOR INTERVIEW SKILLS AND PHARMACOVIGILANCE	27 -08 -2021	29	VIEW
2	WEBINAR ON "FUTURE OF PHARMACISTS IN CANADA"	30 -08 -2021	60	VIEW
3	ORIENTATION PROGRAMME ON " AN OVERVIEW OF CAREERS IN PHARMACEUTICAL REGULATORY AFFAIRS"	10 -09 -2021	8	VIEW
4	WEBINAR: CIVIL SERVICES ORIENTATION FOR PHARMACY GRADUATES	18 -09 -2021	50	VIEW
5	WORKSHOP ON CONFIDENCE BUILDING AND SUCCESS STRATEGIES	21 -02 -2022	76	VIEW
6	"PHARMACY: HIGHER EDUCATION AND CAREER OPPORTUNITIES."	16 -03 -2022	70	VIEW
7	WEBINAR ON "STRATEGY FOR GPAT AND NIPER PREPERATION"	22- 07 -2022	40	VIEW





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No.

Date... 25/08/2021

## CIRCULAR

We are organizing an Orientation Program for Pharmacovigilance and Interview Skill on 27/08/2021 from 11.00 am to 12.30 pm. The speaker for this program is Mrs. Meby Susan Mathew, Assistant Professor, Nirmala College of Pharmacy. The program will cover the basics of pharmacovigilance, the career opportunities in this field, and the tips and tricks to ace an interview. All the Pharm. D interns are requested to attend this program and benefit from it.

Dr. BADMANABAN. R  
PRINCIPAL  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist.)  
Kerala - 686 661





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Tel: 0485-2836888 , E-mail: [info@nirmalacp.org](mailto:info@nirmalacp.org)



## PROFILE OF SPEAKER



**Name:** Mrs. Meby Susan Mathew

**Qualification:** M Pharm

**Current position:** Assistant professor, department of pharmacy practice, Nirmala college of pharmacy

**Summary:** Motivating and talented professional having 10 years of experience driven to inspire students to pursue academic and personal excellence. Strives to create a challenging and engaging learning environment in which students become lifelong scholars and learners.





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### **Orientation program for Interview skills & Pharmacovigilance**

**Speaker:** Ms. Meby Susan Mathew, Assistant Professor

**Students offered training:** VI PharmD (29 students)

**Venue:** I PharmD Classroom

**Date:** 27th August 2021

**Summary of the program:** Cracking the interview, & Pharmacovigilance



**Ms. Meby Susan Mathew interacting with students**



1. Scope: Getting ready to face the interview & the availability of numerous job opportunities in Pharmacovigilance.

2. Interview skills:

- Dressing up for the interview
- Answering commonly asked questions in the interview
- Answers to avoid in the interview
- Etiquettes during the interview
- Requirements of phone interview
- Communication skills required (Verbal & Non-Verbal)

3. The training and knowledge required in Pharmacovigilance

- Importance of pharmacovigilance
- Refreshing previously studied aspects in pharmacovigilance.
- Common questions during the interview
- Regulatory bodies and important guidelines in pharmacovigilance



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No.

Date...28/08/2021

## CIRCULAR

The Placement and Training Cell of Nirmala College of Pharmacy invites you to a webinar on "Opportunities for pharmacists in Canada" The speaker for this webinar is Mr. Mathews George, pharmacy professional, Canada. He is an alumnus of Nirmala College of Pharmacy. The webinar will be held on 30/08/2021 at 11:00 a.m.. We look forward for your participation.



*G. Bachel*  
**Principal**

PRINCIPAL  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist)  
Kerala-686 661

## **ABOUT THE SPEAKER**



**Mathews George**, an accomplished individual who has graduated from Nirmala College, Muvattupuzha with a Bachelor of Pharmacy (BPharm) degree. With a strong educational foundation from Nirmala College, Mathews has honed their skills and knowledge in the field of pharmacy. Now, as a student at Sheridan College in the Greater Toronto Area, Canada, Mathews continues to build upon their expertise and pursue further academic achievements. With their background in pharmacy, Mathews is poised to contribute significantly to the healthcare industry and make a positive impact in their chosen career path.





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## Webinar on, “Future of Pharmacists in Canada”

**Speaker:** Mr. Mathews George, Alumni NCP

**Students offered training:** PharmD (2015-21), Bpharm students (2017-21), MPharm (2019-21) (60 students)

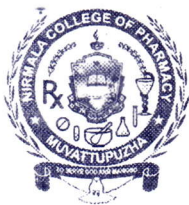
**Mode of presentation:** Online mode

**Date:** 30<sup>th</sup> August 2021

### Summary of the program:

1. Scope for pharmacists in Canada.
2. Pharmacy technician program and license.
3. Licensing Procedure for pharmacists and pharmacy technicians in Canada.
4. Opportunities other than clinical pharmacist related jobs.
5. Clinical activities done by pharmacist's in Canada.
6. Salary of pharmacists in Canada.





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No.

Date... 08/09/2021

## CIRCULAR

We are organizing an Orientation Programme on “An overview in pharmaceutical regulatory affairs” on 10/09/2021 from 02.00 pm to 03.30 pm. The speaker for this program is Mr. Gistin George, Pfizer legacy brand support-Global regulatory affairs, Chennai. All M. Pharm students are requested to attend this program and benefit from it.

**Dr. BADMANABAN. R**  
PRINCIPAL

Nirmala College of Pharmacy  
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## PROFILE OF SPEAKER



**Name:** Mr. Gistin George

**Current position:** Working as senior consultant at CONTINUUM India LLP

**Summary:** Motivating and talented professional having several years of experience in Drug Regulatory Affairs and have handled teams, a multiple role across various global markets.

# Regulatory Affairs Training Program.

Resource person: Mr. Gustin George, Pfizer Legacy Branch

Date: 10th September 2021

Time: 10 am - 12.00 pm

Support: Global Regulatory Affairs

Participants: M. Pharm (1st & 11th year)

## Participants

Sl. No.	Name	class	Sign.
1.	Swapna Paul (20PG02)	M. Pharm 1st year	<u>Swapna</u>
2.	Soniya Peter (20PG01)	M. Pharm 1st year	<u>Soniya</u>
3.	Anit Toji George (19PG02)	M. Pharm 11th year	<u>Anit</u>
4.	Geelakshmi M.S. (19PG05)	M. Pharm 11th year	<u>Geelakshmi</u>
5.	Ammu Soman (19PG01)	M. Pharm 11th year	<u>Ammu</u>
6.	Shriny Marya Francis (19PG04)	M. Pharm 11th year	<u>Shriny</u>
7.	Sumayya Navas (19PG07)	M. Pharm 11th year	<u>Sumayya</u>
8.	Maria John (19PG03)	M. Pharm 11th year	<u>Maria</u>
9.			
10.			

Resource Person.

Gustin George



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## **Orientation Program on, “An overview of careers in Pharmaceutical Regulatory affairs”**

**Speaker:** Mr. Gistin George, Pfizer legacy brand support - Global regulatory affairs, Chennai

**Students offered training:** MPharm (Pharmaceutics) Students

**Mode of presentation:** Offline mode

**Date:** 10/09/21

**Summary of the program:** Dr Badmanaban R welcomed the guest, with a key note address. The program was chaired by Mr. Dhanish Joseph, followed by the session taken by Mr. Gistin George. The session concluded with vote of thanks delivered by Ms. Maria John. Mr Gistin George, gave the lecture on the topic “**An overview of careers in Pharmaceutical Regulatory affairs**”. The session put forwarded the role of pharmacists in the regulatory affairs department of pharmaceutical industry, different departments under the RA, need of regulatory affairs world-wide, necessities of common technical documents and also outlined the how the local and international companies leverages from the regulatory department.





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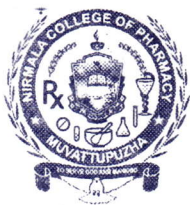
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**Mr. Gistin George interacting with students**





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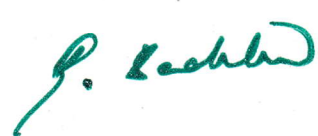
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Date. 15/09/2021

## CIRCULAR

We are organizing a Civil Services Orientation webinar on “Opportunities of pharmacy graduates in civil services” on 18/09/2021 from 10.30 am to 11.30 am via google meet. The speaker for this webinar is Mr. A .U. Prasad, Head, Alternative Learning systems, Delhi. All B. Pharm and Pharm. D students are requested to attend this programme.



  
Dr. BADMANABAN. R  
PRINCIPAL  
Nirmala College of Pharmacy  
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## Civil Services orientation webinar for Pharmacy Graduates

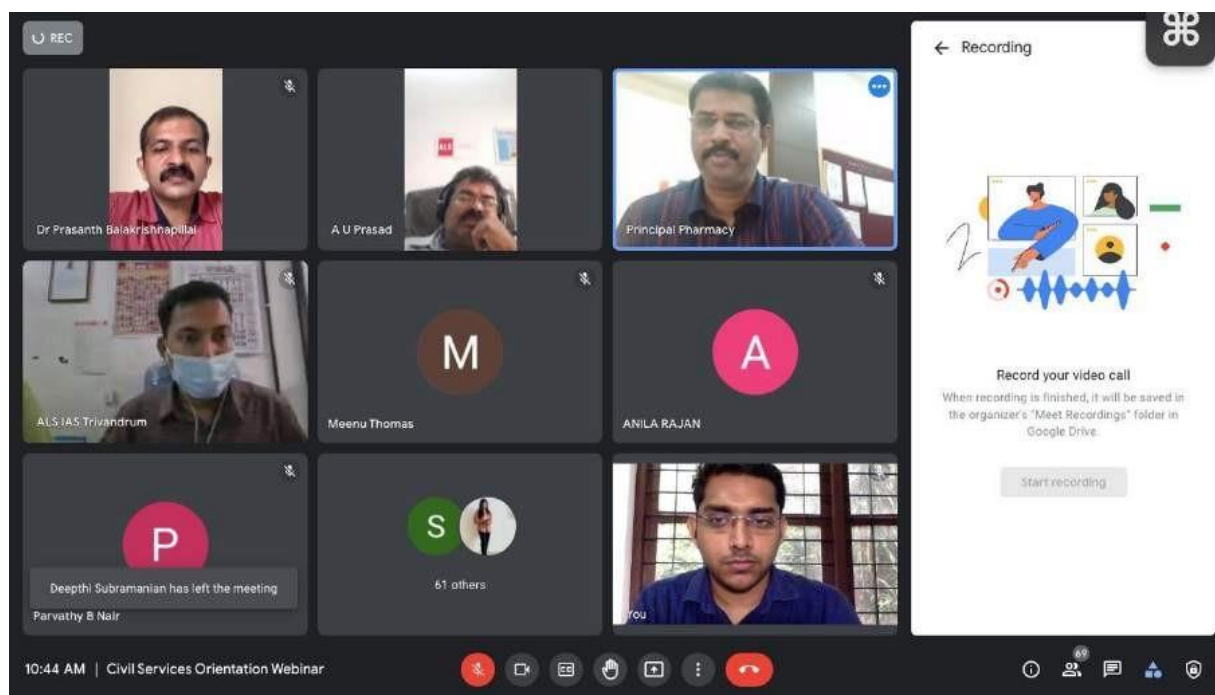
**Topic:** Opportunities of Pharmacy graduates in Civil services

**Resource Person:** Mr. A U Prasad, Head, Alternative Learning Systems, Delhi

**Date:** 18-09-2021

**Mode of Presentation:** Online (Google meet)

**Participants:** 50 students, (B.Pharm, & PharmD)



**Summary of the program:** Mr. A U Prasad, Head, ALS IAS Delhi had taken an orientation session on Civil service career and preparation strategies exclusively for pharmacy graduates. He explained how to sharpen the language and communication skill to crack civil service examination. Also, he explained the selection of optional papers for exam. He clarified students questions and doubts about the examination.



**NIRMALA**  
**COLLEGE OF PHARMACY**

Nirmala Hills, Muvattupuzha P.O,  
Ernakulam district, Kerala, India - 686 661

Date: 19/02/22

## Circular

Training and Placement Cell in association with IEDC and IIC of Nirmala College of Pharmacy, Muvattupuzha is organizing a Workshop on "Confidence building and success strategies " for First and second semester B.Pharm, First Pharm.D and Second Pharm.D students on 21/02/2022 from 9.30 am to 12.30 pm at college auditorium. The resource person is Dr. Ruble Raj, Former Principal , Marine college Kuttikkanam & Manager-Academics & Administration Good Sphered Public School and Junior College Thiruvalla. All are cordially invited to this progammme.

  
Administrator

  
Principal



+91485-2836888  
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## PROFILE OF SPEAKER



**Name:** Dr. Ruble Raj

**Qualification:** MA, PhD

**Current Position:** Manager – Academics & Administration

**Summary:** Highly experienced academician. Principle & HOD in Marian College Kuttikanam. Senior lecture at SB college Currently he is working as a manager in academics & administration for Good Shepherd Public school.

# Workshop on Confidence Building & Success Strategies

Resource Person: Dr. Rubik Raj  
Former Principal  
Marion College Kottakkam.

Date : 21/2/2022.

Time : 10 am - 12.30 pm.

Sl. No.	Name & Signature	Sl. No.	Name & Signature
1	Treesa Rani Thomas	24	Josbin
2	Ais Sara Remyth	25	Navya Noby
3	Bazila K. Babu	26	Treesa Antony
4	Milana M. Kassim	27	Nirmal Tomy
5	Sona Rajeev	28	Hynas km
6	Filha Fathima	29	Ashaka M
7	Ashma T	30	Indulekha My
8	Anya Nandha CJ	31	Imani
9	Noufy Nourhad	32	Susan
10	Roadfathima Nias	33	Meerin
11	Akuna Rachel Varghese	34	Aliya CKhalid
12	Shreefa Naaz	35	Hana Fathima Naaz
13	Alfiya K A	36	Tyothika Asil
14	Antony Varghese	37	Asna Mytheen
15	Ahn Shajjan	38	Fathima Hamsa CA
16	Abin Tomy	39	Sahra Nourhad
17	Elbin Vinu	40	Hasna Rafeeq
18	Bobby Boban	41	Alfina Rasheed
19	Prabhu K	42	Dona Etho
20	Augustin Shyju	43	Inu sasi
21	Boney Benny	44	Merisa Tom
22	Albin Saij	45	Ardra Francis



IV SEM	Name & Signature	Name & Signature
47	SOOFIA M Meeran	80
48	Silpa Sankar	81
49	Greena	82
50	Amantha	83
51	Amantha manoj	84
52	Harichandhan	85
53	Angel	86
54	Aleena	87
55	Bincy	88
56	Harshen	89
57	Anpitha	90
58	Aleena kuziakose	91
59	Ahrose	92
60	Abiya Baby	93
61	Achsah Jame	94
62	Pritya prakash	95
63	Ayona Jose	96
64	Merin George	97
65	Angela Mathew	98
66	K.S Maanya	
67	Libira by	
68	Ally Sajeev	
69	Meena Joy	
70	Megha Mathae	
71	Amritha Suresh	
72	Maneesha S	
73	Moosida N	
74	Mahalakshmi	
75	Aswathy varghese	
76	Navya v.k	
77	Nima Reji	
78	Angela Mathew	
79		



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## WORKSHOP ON “CONFIDENCE BUILDING AND SUCCESS STRATEGIES”-ORGANISED BY TRAINING AND PLACEMENT CELL, IEDC AND IIC

**Resource person:** Dr Ruble Raj, Former Principal, Marian College, Kuttikkanam.

**Date and time:** Seminar hall, NCP, 21/02/2022, 10.00 am to 12.00 pm

**Participants:** I and II semester BPharm, I and II PharmD



Dr. Ruble Raj delivering lecture



Dr. Ruble Raj honoured by administrator

**Summary of the program:** The Workshop started with an Official Program. Welcome Address was given by DR Prasanth B, Head, Training and Placement Cell. The session was inaugurated by Rev Fr. Jose Mathai Mailadiath, Administrator, NCP. Administrator stressed the fact that Education should contribute to the overall development of the student. Dr. Badmanaban R, Principal, NCP and Chairman, IIC gave the presidential address and highlighted the importance of the program. DR Karthikeyan M, President, IIC felicitated the gathering. Dr Fels Saju, Nodal Officer, IEDC introduced the resource person.

Dr Ruble Raj started the session by interaction with students regarding the concept of Success. Sir highlighted the students regarding the different parameters which are important for Confidence Building which should be practiced by the students at college level. Sir elaborated in detail the concept of Prioritization in day today activities and how it can bring about a change in their life. Dr Ruble concluded the session with the feedback from student regarding the change they are going to make after attending the session. The session was followed by awarding of a Memento to the resource person. Vote of Thanks was given by Mr. Jobin K V, Coordinator T & P Cell.







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15-03-2022

**TRAINING AND PLACEMENT CELL- CIRCULAR**

SEMINAR: PHARMACY- HIGHER EDUCATION AND CAREER OPPORTUNITIES

SPEAKER: DR . PRASANTH. B

PARTICIPANTS: 8<sup>TH</sup> SEMESTER B.PHARM

DATE AND TIME: 16/03/2022- WEDNESDAY , 3.00 pm


VENUE: SEMINAR HALL

THRUST AREAS: HIGHER EDUCATION IN INDIA AND ABROAD

GPAT, NAPLEX, FPGEE, FPGEC ,GRE, OSPAP, DHA, HAAD, MOH

CAREER OPPORTUNITIES



  
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## PROFILE OF SPEAKER



**Name:** Prasanth B.

**Qualification:** M-Pharm, PhD

**Current Position:** Professor and HOD Pharmacognosy

**Summary:** Academician in Pharmaceutical Sciences. 15 years of teaching experience. He secured his PhD from DPS, Cheruvandoor affiliated to Mahatma Gandhi University, Kottayam.

# Pharmacy: Higher Education and Career. P.B. Opportunities.

Resource Person: Dr. Prasanth B.

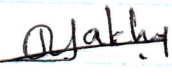

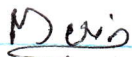
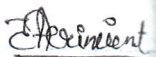

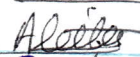
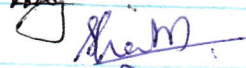



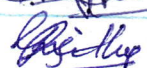

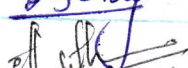

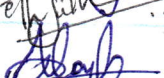

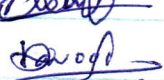


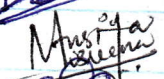


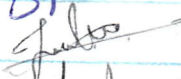

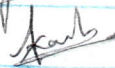
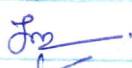





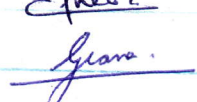
Head, Training & Placement Cell.

Date

: 16/3/2022.

Participants

: VI SEM B.PHARM &  
V SEM B.PHARM.

Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Rakhy Jolly		21.	Sunu Sebastian	
2.	Merin Anous		22.	Merin Vincent	
3.	Angel Bilbert		23.	Aleetta Tomy	
4.	SHABANA NOUSHAD		24.	Rani Baby	
5.	Aleena Ali		25.	Giata Maria Tomy	
6.	Mary Greetta Simethy		26.	Denna K. Dennies	
7.	P.A. Thanseeha Thasneem		27.	Divya Mathew	
8.	Alan George		28.	Dona K. Phaji	
9.	Dawood Khaleel		29.	Dona Shaju	
10.	Sabadh. M.M		30.	Ansiya Misreena	
11.	Shyamithan		31.	Sneha P Valsan	
12.	Terin Wilson		32.	Pooja Shajam	
13.	Akash Vinod				
14.	Jolcy Joy				
15.	Christy Vaughese				
16.	Atina Teresa Augustine				
17.	Lintu Jose				
18.	Amala Joseph				
19.	Aneena Jose				
20.	Geona Tomy				



Sl. No.	Name	Signature	Sl. No.	Name	Signature
1.	Reshma Ann Roy	<u>Reshma</u>	33.	Mahima Francis	<u>Mahima</u>
2.	Nidhin T Paul	<u>Nidhin</u>	34.	Mariya Dunny	<u>Mariya</u>
3.	Sandya Siby	<u>Sandya</u>	35.	Megha Joy	<u>Megha</u>
4.	Nikhila Uk Zidre	<u>Nikhila</u>	36.	Meenu Thomas	<u>Meenu</u>
5.	Nincy George	<u>Nincy</u>	37.	Mumma	<u>Mumma</u>
6.	Sangeetha sukumaran	<u>Sangeetha</u>	38.	Meim	<u>Meim</u>
7.	Shanviya Salim	<u>Shanviya</u>			
8.	Reena Hembram	<u>Reena</u>			
9.	Shanviya Varsha Joly	<u>Varsha</u>			
10.	Jithesh MR	<u>Jithesh</u>			
11.	Anila Rajan	<u>Anila</u>			
12.	Simu Kuniakox	<u>Simu</u>			
13.	Joyymol	<u>Joyymol</u>			
14.	Mintu George.	<u>Mintu</u>			
15.	Sreelakshmi	<u>Sreelakshmi</u>			
16.	Susan Baiju.	<u>Susan</u>			
17.	Vaasha V	<u>Vaasha</u>			
18.	Tanya Benny	<u>Tanya</u>			
19.	Deepthi subramanian	<u>Deepthi</u>			
20.	Bimha deumen	<u>Bimha</u>			
21.	Denila 8751	<u>Denila</u>			
22.	Devika Ramakrishnan	<u>Devika</u>			
23.	Buma Umma	<u>Buma</u>			
24.	Goatha T	<u>Goatha</u>			
25.	Govisree T	<u>Govisree</u>			
26.	Hafsamul. Nazam	<u>Hafsamul</u>			
27.	Heleena Alex	<u>Heleena</u>			
28.	Irin Rose Paul	<u>Irin</u>			
29.	Jennike Ann Joy	<u>Jennike</u>			
30.	Tisna Joy	<u>Tisna</u>			
31.	Jobins Biju	<u>Jobins</u>			
32.	Jithin Sunny	<u>Jithin</u>			



# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha, Ernakulam (Dist) Kerala - 686661, India

Managed by Nirmala College Society (Reg.No.ER 928-2001), Diocese of Kothamangalam

[Approved by PCI, New Delhi, Govt of Kerala and Affiliated to Kerala University of Health Sciences, Thrissur]

Accredited by NBA (National Board of Accreditation)

Tel: 0485-2836888, E-mail: [info@nirmalacp.org](mailto:info@nirmalacp.org)



## Seminar on “Pharmacy: Higher Education and Career Opportunities”

**Resource person:** Dr Prasanth B, Head: Training and Placement Cell

**Date and time:** Seminar hall, NCP, 16-03-22, 2.30 -3.30 pm

**Participants:** Sixth semester and 8<sup>th</sup> semester BPharm: 70 students



**Dr Prasanth B delivering the talk**

**Summary of the program:** The topic was “Pharmacy: Higher Education and Career Opportunities.” Dr Prasanth B, Head: T and P Cell was the resource person. The thrust areas discussed include Higher Education in India and Abroad, Competitive Examinations as GPAT, Proficiency examinations as GRE, Abroad Pharmacy License Examinations as NAPLEX, FPGEE, FPGEC, DHA, HAAD, MOH, Abroad Courses as M.S, Pharmacy Technician and OSPAP courses and Career Opportunities for Pharmacy Graduates.







**NIRMALA**  
**COLLEGE OF PHARMACY**  
Nirmala Hills, Muvattupuzha P.O.  
Ernakulam district, Kerala, India - 686 661

**Date: 21-07-2022**

## **GPAT ORIENTATION**

Career guidance, training and placement cell of Nirmala College of Pharmacy, in association with Pharmaelite, Mumbai is organizing a webinar for B.Pharm students- 'Strategy for GPAT and NIPER preparation by NIPER Alumnus' on 22<sup>nd</sup> July 2022 at 4.30 p.m. The webinar is aimed to empower talented students to appear for various postgraduate entrance exams to pursue higher education in pioneer research institutes in India with a government scholarship.

### **Staff in Charges**

Ms. Antriya Annie Tom

Dr. Prasanth. B.

  
Dr. Badmanaban R



PRINCIPAL  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist.)  
Kerala - 686 661

+91485-2836888  
info@nirmalacp.org  
www.nirmalacp.org



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Approved by Government of Kerala & Pharmacy Council of India, New Delhi. Certified by ISO 9001:2015. Accredited by IAO & NBA (UG Pharmacy)





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## **PROFILE OF SPEAKER**



**Name:** Aishwarya Kashelkar

**Qualification:** B. Pharm, MS Pharmacology & Toxicology NIPER, Mohali



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## Webinar on “Strategy for GPAT and NIPER preparation”

Nirmala College of Pharmacy in association with PHARMAELITE, Mumbai organised a guest lecture on “Strategy for GPAT and NIPER preparation”.



**Speaker:** Ms. Aishwarya Vijay Kashelkar (NIPER Alumnus)

**Students offered training:** Seventh Semester and Fifth Semester B. Pharm students (40 students)

**Mode of presentation:** Online mode

**Date and Time:** 22<sup>nd</sup> July 2022, 4.30 p.m.

**Summary of the program:** The coordinators of the programme were Dr.Prasanth B and Ms. Antriya Annie Tom. The program started with a welcome speech by Ms. Antriya Annie Tom. Dr. Badmanaban R, Principal and Dr. Prasanth B felicitated the occasion. Ms. Aishwarya explained the strategy of preparation for GPAT and NIPER exam which included important subject areas, time management of exam, preparation strategy and time, etc. She also answered different queries raised by the students.



**Training and placement cell**  
**NIRMALA COLLEGE OF PHARMACY**

Approved to kerala University of Health Sciences ,Thrissur, Approved by  
Government of kerala PCI, New Delhi U.G Pharmacy NBA Accredited Till 2022

**Nirmala College of Pharmacy,**  
**in association with PHARMAELITE**  
**Organizing a Guest Lecture on**

**"Strategy for GPAT & NIPER Preparation"**  
**By NIPER Alumnus**  
**Date :- 22nd July, 2022, 4.30 PM**

**What will you learn?**

- Identifying and focusing on important subjects for GPAT/NIPER
- Way to GPAT- AIR01
- Paper Solving Strategy

**CO-ORDINATORS**  
**Dr. Prasanth B ,NCP**  
**Ms. Antriya Annie Tom,NCP**

**Who can attend this webinar?**  
**First, Second, Third & Final Year of B.pharm Students**

**Contact: +91-8433830815/8692820106**

[www.pharmaelite17.com](http://www.pharmaelite17.com)<https://www.nirmalacp.org/>



5:06

### BRONCHIAL ASTHMA

- It is a condition of bronchial hyperactivity associated with inflammation. IgE binds to mast cells on first exposure to antigen.
- On subsequent exposure, the antigen binds to this IgE (bound to mast cells) and its activation leads to degranulation of mast cells, resulting in the release of mediators. Important mediators include leukotrienes (LTs), prostaglandins (PGs), platelet activating factor (PAF), histamine and protease enzymes.
- These mediators can lead to bronchoconstriction (and thus acute attack of asthma) as well as inflammation leading to hyperactivity.

### APPROACHES TO TREATMENT

- Avoidance of allergens — avoidance of allergens — possible in extrinsic asthma and antigen can be identified.
- Neutralization of IgE (reaginic antibody) — Omalizumab.
- Prevention of release of mediators — mast cell stabilizers.
- Suppression of inflammation and bronchial hyperactivity — corticosteroids.
- Antagonism of released mediators — leukotriene antagonists, antihistamines, PAF antagonists.
- Blockade of constrictor neurotransmitter — anticholinergics.
- Mimicking dilator neurotransmitter — sympathomimetics.
- Directly acting bronchodilators — methylxanthines.

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## Live chat

Top chat 38

- Saneesh US 7th sem
- 21 Christy Varghese Christy Varghese 7th sem
- Reena Hembrom Reena Hembrom 5th sem
- 04.Akhila Venugopal Akhila Venugopal 7th sem
- L Lissy Joy jisna joy 5 th sem
- mintu george Mintu George.5th sem
- A ALFEENA YUNUS Alfeena yunus 5 th sem
- M 62Mekha Mathew Mekha Mathew 7 th sem
- amalu mathew 10 amalu mathew 7 th sem

Chat publicly as Reena Hembrom...

Students attended the webinar