

PHARMA TAB

CLINICAL PHARMACY NEWSLETTER

C.L. BAID METHA COLLEGE OF PHARMACY

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Theme: PUBLIC HEALTH TOOLS

Dr. P.D. Patil National Level Award for “Best Thesis in Pharmaceutical Sciences -2024”



Vaishnavi V, Pharm D Intern, received Dr. P.D. Patil National Level award and cash prize for “Best Thesis in Pharmaceutical Sciences - 2024” award at DYPDPU, School of Pharmacy and Research, Pune, on April 4, 2025

Mrs. Leena Muppa, Assistant Professor, Department of Pharmacy Practice, **Vaishnavi V, Pharm D Intern and her team** received the First Prize (cash prize of ₹ 30,000) in the Dr. P.D. Patil National Level award for “Best Thesis in Pharmaceutical Sciences - 2024”, organized by DYPDPU, School of Pharmacy and Research, Pune, on April 4, 2025.

Editor's Desk

Beyond Medicine: Tools That Transform Public Health

In a world that is increasingly interconnected and technology-driven, the healthcare landscape is undergoing an exciting transformation. Patients are now, no longer passive recipients of care, they are more informed, engaged and empowered to take charge of their own health. Public health tools are not just technologies or software applications, they represent a philosophy of empowering individuals, communities, and systems with the right resources at the right time. Whether it's a contact tracing app used during a pandemic, a community-based screening kit for hypertension, or a Geographic Information System (GIS) mapping disease spread, each tool plays a vital role in strengthening healthcare delivery and shaping public health policy. To ensure safety and effectiveness of these tools, concerns like data accuracy, standardization and clinical validation must be addressed with proper regulatory oversight.

This issue shines a spotlight on the power of public health tools. Let us recognize the critical role these tools in building healthier societies. Hope you find this issue interesting to read.

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DRUGS APPROVED BY US FDA

Drugs Approved by US Food and Drug Administration (US FDA) during the period of April to June 2025

Drug Name	Approved Date	Indication	Status in India
Aripiprazole (Oral Film)	15/04/2025	To treat Schizophrenia	Not yet approved by CDSCO in India
Penpulimab-kcqx (Injection)	23/04/2025	To treat nasopharyngeal carcinoma	
Prademagenzamikeracel (Gene-Modified Cellular Sheets)	28/04/2025	To treat Epidermolysis Bullosa	
Nipocalimab-aahu	29/04/2025	To treat Myasthenia Gravis	
Telisotuzumabvedotin-tlv (Lyophilized Powder for Injection)	14/05/2025	To treat Non -Small Cell Lung Cancer	
Ustekinumab-hmny (Injection)	22/05/2025	To treat Plaque Psoriasis, Psoriatic Arthritis, Crohn's Disease, Ulcerative Colitis	
Acoltremon (Ophthalmic Solution)	28/05/2025	To treat Dry Eye Disease	
Clesrovimab-cfor (Injection)	09/06/2025	To treat Dry Eye Disease	
Taletrectinib (capsules)	11/06/2025	To treat Non-Small Cell Lung Cancer	
lisdexamfetamine dimesylate (Oral solution)	16/06/2025	To treat attention deficit hyperactivity disorder (ADHD)	

Reference: <https://www.fda.gov/drugs/new-drugs-fda-cders-new-molecular-entities-and-new-therapeutic-biological-products/novel-drug-approvals-2025>

DRUGS APPROVED BY CDSCO

Drugs Approved by Central Drugs Standard Control Organization during the period of April to June 2025

Drug Name	Approved date	Indication
Tucatinib hemioethanolate bulk drug & Tucatinib tablets 50 mg and 150 mg	08/04/2025	Indicated in combination with trastuzumab and capecitabine for treatment of adult patients with advanced unresectable or metastatic HER2-positive breast cancer
Zanubrutinib capsules 80 mg	08/04/2025	Indicated for the treatment of adult patients with: Mantle cell lymphoma (MCL) who have received at least one prior therapy. Waldenstrom's macroglobulinemia (WM), Relapsed or refractory marginal zone lymphoma (MZL) who have received at least one anti-CD20-based regimen, Chronic lymphocytic leukaemia (CLL) or small lymphocytic lymphoma (SLL), & Relapsed or refractory follicular lymphoma (FL)
Linacotide Bulk Drug & Linacotide Capsule 72 mcg & Linacotide Capsule 145 mcg	21/04/2025	Indicated in adults for the treatment of Chronic idiopathic constipation
Siponimod Hemifumarate Bulk Drug & Siponimod Tablets 0.25mg/1mg/2mg	09/05/2025	Indicated for the treatment of patients with secondary progressive multiple sclerosis (SPMS) with active disease as evidenced by relapses or imaging features of inflammatory activity
Ivosidenib 250 mg film coated tablet	14/05/2025	Indicated for the treatment of acute myeloid leukaemia (AML) and metastatic cholangiocarcinoma
Tegoprazan Tablet 50 mg	28/05/2025	Indicated for Erosive Gastroesophageal Reflux Disease Non-erosive Gastroesophageal Reflux Disease & Gastric Ulcer

Source: <https://cdscoonline.gov.in/CDSCO/Drugs>

THE DIGITAL CALM: TECH INNOVATIONS AGAINST STRESS & ANXIETY

Stress and anxiety are the major obstacles faced by the people of this generation. Approximately around 4% of the global population experiences anxiety disorders. Though they are common among all age groups, the prevalence rate is much higher among the younger population. Stress and anxiety must not be merely seen as mental health issues but should be seen as disruptors of the overall health of the patient. These disorders physiologically manifest as palpitations, dyspnoea, GI disturbances, insomnia, tachycardia etc.

Successful treatment of such mental disorders should start with timely diagnosis. It is hard even for experienced psychological clinicians to read the cues in the early stages. Self-diagnosis can be very useful in such conditions. Another major challenge is making the patient build tolerance for stressful events. Apart from pharmacological treatment mental disorders require special attention towards psychological aspects. These conditions can only be met through human interaction.⁽¹⁾

TECHNOLOGICAL TOOLS FOR MANAGEMENT OF STRESS AND ANXIETY

1. Natural Language Processing:

It is an AI powered tool that works by condensing all the data and history of the patient from the electronic health records. When speech and video analysis are integrated the tool enables better understanding of the patient's history and prevents minute indicators from getting overlooked by clinical professionals. This technology can serve as a supplement to clinical evaluations and improve the quality of assessment.⁽²⁾⁽³⁾

2. Predictive Analysis:

Predictive analysis is a technical that produces a model that is the result of interpreting and compiling previously recorded data and is capable of predicting the future trend. The behavior of a group of subjects undergoing the same mental disorder is studied and through this tool the patterns are noted in the form of structural and functional imaging data. This tool processes numerous datasets and identifies the correlations between each scenario and produces relevant findings. These findings are helpful in studying human behavior and help in early diagnosis of underlying mental health issues.⁽²⁾

3. AI Methodologies and Tools Utilized for Anxiety and Depression Management

1. Mobile Apps:

Mobile phones have become our immediate companions as over 50% of the world's population now owns a smart phone. Mobile applications can provide various services right from communication to entertainment. Medical mobile apps are

also available for various uses from diagnosis, E consultation, buying of medicines etc. Mobile apps are helpful in monitoring the patients from remote areas and this will help in reducing the patient load and thus improving the quality of medical care each patient receives. Some examples include, Sanvello, MindDoc, MoodMission, Ladder, Kintsugi, Calm, Rootd, and MindShift.⁽²⁾



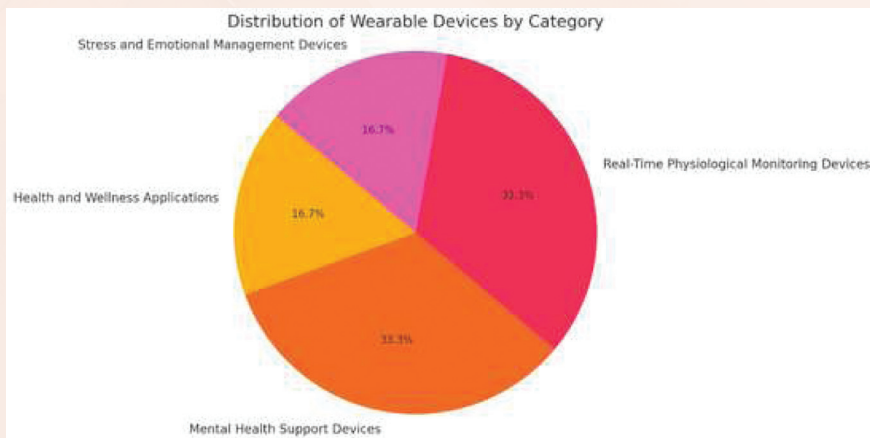
BLESSY CARMEL
IV PHARM D

2. Chatbots:

Chatbots can be considered as internet based cognitive behavioral therapy tools that can act as supplementary aids for the management of mental health issues. Chatbots replicate human interactions through tools like LLMs. All the negatives of human interactions such as time constraints, availability, time differences, privacy, fear of getting judged etc, are absent in case of chatbots. The Chatbot software can be fed with LLMs and scenario based data, in order to provide better and efficient interactions. This tool is found to be extremely useful and effective in case of management of mental health disorders. Woebot is an example of an AI powered chatting tool that provides with methods to handle unpleasant situations and provide mood uplifting conversations.⁽²⁾⁽⁴⁾

3. Wearables and Biosensors:

The use of wearable health monitors has greatly increased in



Source: Pavlopoulos, A et al., Applied Sciences, (2024)

the past few years. Wearables and biosensors provide real time monitoring of the patient physiology that includes parameters like heart rate, ECG, temperature changes etc. These features enable users to monitor their parameters during times of stressful situations like in case of panic attacks. When combined with health monitoring apps these monitors help in detection, transmission and analysis of data.⁽²⁾

4) Virtual Reality Therapies:

Virtual Reality is now not only a platform of entertainment but also a platform of therapy. This field is now being explored by mental health clinicians who use this as a tool to make patients undergo a scenario without making them physically undergo it. This tool is of great use since it is capable of providing simulations that can instill learning, communication skills, problem solving and coping mechanisms. Exposure therapy that is provided using VR can help patients confronts challenging situations in a closed and private setup. This practice can greatly reduce social anxiety and give patients the ability to resist depressive thoughts.⁽²⁾

5) Large Language Models (LLM):

Language Models like GPT - 4 have showcased their abilities in comprehending human language and communication. The exceptional precision and ease of access of such language Models make advanced and high - tech tools a low hanging fruit for human consumption. Large language Models are now being extensively used in medical care from both provider and receiver ends. These tools can act as excellent supplementary sources when used correctly. LLMs are commonly used in diagnostics, therapy personalization, therapeutic chatbots etc. LLMs can make mental health care very accessible for patients. The minimum requirements for therapy are thus reduced to a Smartphone and internet connection. With the increasing incidence rates of mental health issues among youngsters, ensuring everyone gets the care they need has become easier with such tools. LLMs also provide the benefit of privacy and confidentiality. This gives the patients autonomy and a sense of safety.⁽²⁾

CONCLUSION:

AI or its tools can never replace human interactions, but it can make them efficient. AI tools can fill in all the gaps of human interactions. In this case provision of mental health care is improved to a great extent through usage of such tools. The major advantage is that these tools are accessible at almost all the time unlike a physical or virtual consultation with a therapist. But as always, too much of anything can be catastrophic and so is the usage of AI based tools in healthcare. Conscious use of such tools can improve the mental health care to many fold.⁽¹⁾⁽²⁾

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FROM ISOLATION TO INNOVATION: TECHNOLOGY BRIDGING RURAL HEALTH GAPS



SHRUTHI J
IV PHARM D

Access to quality healthcare is a fundamental necessity, yet it remains a significant challenge in rural regions of India. Despite comprising approximately 68.2% of the country's population, rural communities face limited access to adequate healthcare facilities, modern technology, and essential medical services. This disparity has led to a substantial healthcare gap,

negatively impacting the health outcomes and overall quality of life of millions. Digital health interventions, including digital devices, software, and communication tools, have shown promise across various health care areas, including chronic disease management, mental health, prenatal care, and preventive care remains a valuable resource for individuals in rural areas.⁽¹⁾

E-SANJEEVANI NATIONAL TELEMEDICINE SERVICE OF INDIA DOES ANYONE KNOW ABOUT THIS PLATFORM?



Source: <https://esanjeevani.mohfw.gov.in>

e-Sanjeevani – the National Telemedicine Service of India – is a step towards digital health equity and achieving Universal Health Coverage (UHC). It facilitates quick and easy access to doctors and medical specialists through your smart phone. You can also access quality health services remotely via e-Sanjeevani by visiting the nearest Ayushman Bharat Health & Wellness Centre.

According to statistics from the Ministry of Health and Family Welfare (MoHFW) and related government bodies, as of December 2024, e-Sanjeevani has facilitated a total of 31.86 coretele-consultations.⁽²⁾

BUILDING A CONNECTED HEALTHCARE ECOSYSTEM WITH DIGITAL RECORDS

The Ayushman Bharat Digital Mission is designed to establish the foundational framework for a unified digital health infrastructure across India. By creating secure digital pathways, it aims to connect various entities within the healthcare ecosystem, effectively bridging existing gaps in communication and service delivery. This digital platform seeks to digitize healthcare records by assigning individuals a unique ID, thereby improving diagnostic decisions and enhancing the quality of healthcare delivery. The demand for digital health systems is especially urgent in rural areas, where poverty intersects with disorganized record-keeping to create serious gaps in healthcare delivery. Evidence shows that digital record management can significantly improve efficiency, making a real difference in healthcare access and outcomes.⁽³⁾

VACCINE ON WHEELS

India has indeed implemented mobile vaccination initiatives. In 2019, Jivika Healthcare Private Limited, in collaboration with IIT Hyderabad and the Bill & Melinda Gates Foundation, launched the country's first doctor-based Mobile Vaccination Clinic under the brand Vaccine OnWheels.com. This innovative "vaccine on wheels" model serves as a one-stop mobile vaccination unit, designed to improve access and affordability while enhancing public health outcomes. The initiative aims to reduce overall vaccination costs and provide quality

immunization services for people of all age groups, especially underserved populations. Impressively, the program has reached nearly 75% of previously inaccessible communities, particularly the rural poor and individuals lacking access or awareness about vaccinations.

During the COVID-19 pandemic, Vaccine on Wheels organized vaccination camps in schools and colleges to immunize adolescents aged 15 to 17. So far, the mobile clinics have expanded their

reach to over 36 districts across India, including states like Maharashtra, Tamil Nadu, Jharkhand, Telangana, and Karnataka.⁽⁴⁾

NIKSHAY – ONLINE NATIONAL TB SURVEILLANCE TOOL

To keep a track of the TB patients across the country, the Government of India has introduced a system called NIKSHAY. It is a web enabled application (www.nikshay.gov.in), which facilitates monitoring of universal access to TB patients data by all concerned. The system has been developed jointly by the Central TB Division of the Ministry of Health and Family Welfare and National Informatics Centre (NIC) and it was launched by the Government of India in June 2012.

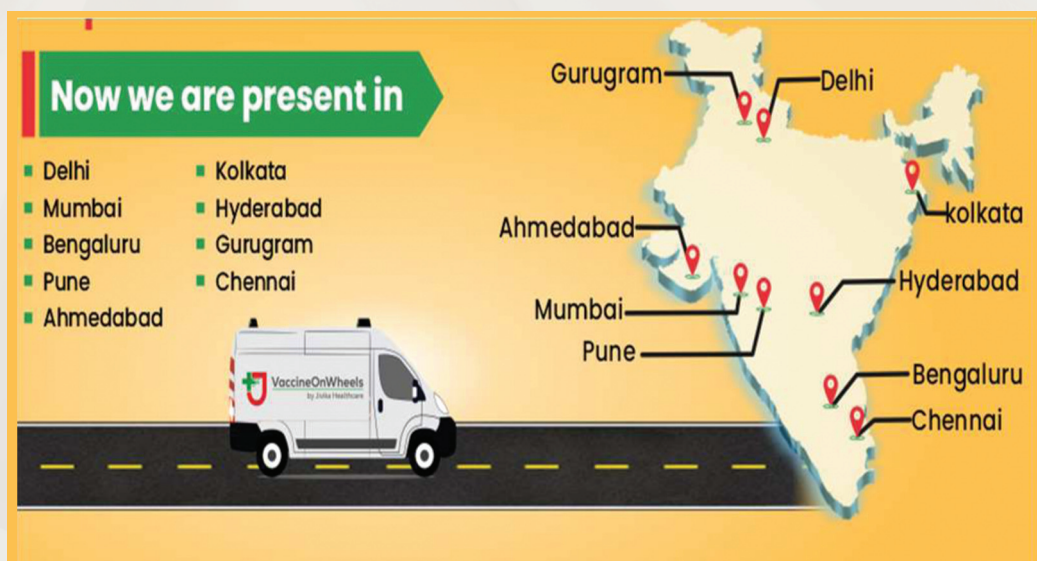
NIKSHAY utilizes SMS technology in an effective manner. Through SMS, it communicates with TB patients and grassroots level healthcare services providers as well as health and family welfare policy makers, health managers and health administrators at different tiers of the healthcare delivery system.

The Use of mobile technology for fast data availability and effective monitoring is also expected from NIKSHAY. The innovative IT application of NIKSHAY makes it possible for the grass root level healthcare providers to track every TB patient.⁽⁵⁾

Possibilities and Barriers

The future of digital health in rural populations holds substantial potential for improving health care access and outcomes. Though Government initiatives, highlight the transformative potential of technology and mobile healthcare services in improving rural health access, many people living in rural areas still do not have reliable access to healthcare services. Several barriers prevent them from improving their quality of life, including poor transportation, inadequate healthcare facilities, a shortage of medical professionals, and limited diagnostic services.

Technological challenges also persist, such as weak network connectivity and low digital literacy. Additionally, a lack of awareness and the inability to use e-health platforms hinder



access to modern healthcare solutions. This situation is further worsened by the migration of the younger population to urban areas in search of better employment opportunities or higher education, leaving behind an aging and less tech-savvy population. Addressing these barriers and embracing digital innovation can bridge the health care gap, empower individuals and create a more patient-centered and inclusive health care system in rural communities.⁽⁶⁾

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DIY HEALTH MONITORING TOOL - YOUR HEALTH AT YOUR FINGERTIPS

DIY (Do-It-Yourself) are health monitoring tools are that allow individuals to track, manage, and sometimes even diagnose health conditions at home. By tracking vital signs like blood pressure, temperature, heart rate, blood oxygen levels, and physical activity without the need for costly or specialized equipment, these tools enable people to actively manage their well-being. Basic sensors (like thermistors or pulse sensors), microcontrollers (like Arduino or Raspberry Pi), and mobile apps or displays for data visualization are frequently used in do-it-yourself health monitoring solutions.

The emergence and proliferation of do-it-yourself (DIY) health monitoring tools reflect a significant shift in the healthcare paradigm, moving from provider-centric to patient-centered care. With the integration of mobile technology, wearable devices, and at-home diagnostic kits, individuals are increasingly empowered to monitor, track, and manage their health conditions in real time.

This trend toward DIY health monitoring is not just about convenience; it also signifies a broader cultural change in how we perceive health and wellness. Patients are becoming more informed and engaged, treating their conditions with the same level of attention they would give to any important project in their lives. This newfound agency is empowering individuals to set their own health goals, monitor their progress, and make data-driven decisions that suit their unique needs. As a result, self-monitoring is fostering a sense of ownership over one's health journey, reducing the feeling of helplessness that often accompanies chronic diseases.

The user-friendly nature of modern health technologies is another factor contributing to the success of self-monitoring. Many devices are designed to seamlessly integrate into daily life, making it easier for individuals to stay engaged with their health.⁽¹⁾

TYPES OF DIY HEALTH MONITORING TOOLS.⁽²⁾

Tool	Function
Digital Thermometers	Measure body temperature accurately and quickly.
Blood Pressure Monitors	Help hypertensive patients regularly monitor their BP levels at home
Glucometers	Allow diabetics to measure and manage blood sugar levels
Pulse Oximeters	Measure oxygen saturation and pulse rate—especially popular during COVID-19
Fitness Trackers/Smartwatches	Track steps, heart rate, sleep, stress, ECG, and sometimes SpO ₂ .
ECG Devices (e.g., KardiaMobile)	Provide single-lead ECG readings at home.
Ovulation & Fertility Kits	Help women track ovulation cycles for pregnancy planning
Mobile Health Apps	Offer medication reminders, symptom trackers, diet logs, etc.
Smart Scales	Measure weight, BMI, muscle mass, body fat, hydration, etc.



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ROLE OF TECHNOLOGY IN DIY TOOLS:

The use of digital technologies and AI in health monitoring has also led to the creation of mobile health (mHealth) apps and remote patient monitoring (RPM) systems. These new technologies let patients take care of their health from home, and they also give healthcare providers access to real-time data, leading to better treatment outcomes and fewer visits to the hospital. The maker movement has grown in popularity in recent years, and sensors and microcontrollers has grown popularity in recent years, have made DIY health monitoring easier to do. When used with mobile apps or cloud platforms, these tools can give the real-time feedback, alerts, or long-term health tracking.⁽³⁾

CHALLENGES & LIMITATIONS:

- ✓ Due to their lack of clinical validation, many DIY tools may give readings that are inconsistent or erroneous. Data from DIY tools often doesn't align with clinical standards, making it hard for the healthcare professionals to use effectively
- ✓ The output format, calibration, and design of DIY devices vary greatly. The integration of such data into EHRs lacks a standardized protocol³.
- ✓ Continuous tracking can create dependency and increases anxiety, obsession, or low self-esteem among patients.
- ✓ Constant self-monitoring may reduce traditional health practices like regular checkups, leading to neglecting symptoms that require professional evaluation.⁽⁴⁾

CONCLUSION:

DIY (Do-It-Yourself) health monitoring devices are a revolutionary development in contemporary healthcare since they enable people to monitor their health in real time, independently, and at a reasonable cost. To ensure safety and effectiveness, concerns like data accuracy, standardization, and clinical validation must be addressed. With proper regulatory oversight, education, and collaboration, DIY tools can transform global health strategies.

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Important Dates

Important Health Awareness Days July - September 2025

World Doctors Day	01 July
World Hepatitis Day	28 July
World Lung Cancer Day	01 August
Suicide Prevention Day	10 September
World Alzheimer's Day.....	21 September
World Pharmacists Day	25 September
World Lung day.....	25 September
World Rabies Day	28 September
World Heart Day	29 September



BLOOD TEST DETECTS CANCER DNA THREE YEARS BEFORE DIAGNOSIS

Genetic materials shed by tumors may be detected in the blood stream 3 years prior

to cancer diagnosis, according to a recent study published by Wang et al in *Cancer Discovery* (22 May 2025). Three years earlier provides time for intervention and the tumors are also likely to be much less advanced and more likely to be curable.

The study analyzed blood samples from 26 participants in a wider health study, who were diagnosed with cancer within six months of the sample collection. These samples were compared with blood taken from 26 other individuals who didn't develop cancer. The research findings show the promise of Multi-Cancer Early Detection in very early, and sets the benchmark sensitivities required for their success."

Source: <https://hub.jhu.edu/2025/06/04/nih-research-cancers-in-bloodstream-early-detection>

Upcoming Conferences

1. **ISPOR Real World Evidence Summit 2025**. through the Lense of Asia Pacific 28-30 September 2025, Tokyo, Japan. For further details: <https://www.ispor.org/conferences-education/conferences/upcoming-conferences>
2. **The 74th Indian Pharmaceutical Congress (74th IPC)** on theme "AI & Technology in Pharma: Educate, Innovate, Empower." will be held from December 19-21, 2025, at the Bangalore International Exhibition Centre (BIEC)
3. **Two days National Symposium** on 'effective Writing of Research Paper, Projects and Intellectual Property Rights: The Art of Tailoring Bio Pharmaceutical Scientific Communications" organized by JSS college of Pharmacy Ooty on 18-19 July 2025.

WHO ISSUES FIRST GLOBAL GUIDELINE to improve pregnancy care for women with Sickle Cell Disease

The World Health Organization (WHO) released its first-ever global guideline on the management of sickle cell disease (SCD) during pregnancy, on 19 June 2025. This guideline addresses a critical and growing health challenge that can have life-threatening consequences for both women and babies. It highlights the need for respectful, individualized care, adapted according to women's unique needs, medical histories and preferences.

The guideline includes over 20 recommendations spanning:

- Folic acid and iron supplementation, including adjustments for malaria-endemic areas
- Management of sickle cell crises and pain relief
- Prevention of infections and blood clots
- Use of prophylactic blood transfusions; and additional monitoring of the woman and the baby's health throughout pregnancy.

Source: WHO issues first global guideline to improve pregnancy care for women with sickle cell disease

WEBSITES OF INTEREST

<https://www.who.int/data/gho>

WHO – Global Health Observatory (GHO)

The WHO Global Health Observatory (GHO) is a comprehensive data platform offering statistics on diseases, health systems, and risk factors worldwide. PharmD professionals can use this resource to analyze country-specific health indicators, monitor global disease trends, and support evidence-based policy and clinical decision-making. It is especially beneficial for pharmacists involved in epidemiology, global health, and health program evaluation. GHO tools empower pharmacy professionals to engage in population health improvement on a global scale.

<https://www.who.int/tools>

WHO – Public Health Tools

This WHO portal provides access to digital public health tools, guidelines, calculators, and data dashboards developed by WHO. PharmD professionals can use these tools to support vaccination strategies, disease surveillance, medicine access planning, and outbreak response. These tools help pharmacists apply practical, standardized approaches in public health practice and international healthcare initiatives.

Prepared by, Dr. Keren Ann George, Assistant Professor

Monthly Drug Safety Alert

The analysis of Adverse Drug Reactions (ADRs) from the PvPI database reveals that the following suspected drugs are associated with the ADR as given below

File No./ Dated	Suspected Drugs	Indications	Adverse Drug Reaction
File No. P. 17019/03/2025-DSA Dated: May 13, 2025	Sulfamethoxazole +Trimethoprim	For the treatment of Urinary Tract Infection, Respiratory tract infection including Bronchitis, pneumonia, infection in CysticFibrosis, Meliodosis, Listeriosis, Brucellosis, Granuloma Inguinale, Otitis Media, Skin infection, Pneumocystis Carini Pneumonia	Leukopenia

Source: <http://www.ipc.gov.in>

OPEN CALL FOR APPLICATIONS

TDR Clinical Research Leadership (CRL) fellowship programme

Deadline for submissions:
15 September 2025

TDR will fund fellows employed by academic and research institutions in any low- and middle -income country. To be placed in pharmaceutical companies, product development partnerships (PDPs) and academic-affiliated research organizations, in Africa, America, Asia, Europe and Latin America, to train and develop new research skills on infectious diseases.

Successful applicants are placed from 6 to 12 months in TPOs and receive a reintegration plan for 12 months at their home institutions. Fellowship duration will be based on the proposed targeted training offered by each TPO

Source: <https://tdr.who.int/grants>

DEPARTMENTAL ACTIVITIES

World No Tobacco Day

To inculcate awareness about the harmful effects of tobacco, on 13/06/25 CL BaidMetha College of Pharmacy organized a seminar on the theme "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products" Mrs. Metilda, MSW, Counselor from TTK Hospital, Adyar, led an engaging session on the harmful effects of tobacco and ways to overcome addiction.



Faculty and Students attended the seminar by the chief guest **Mrs. Metilda** Counsellor from TTK Hospital, Adyar on World No Tobacco Day on June 13, 2025.

We Say No To Tobacco

DEPARTMENTAL ACTIVITIES

WORLD HEALTH DAY

World Health Day 2025 was organized by C. L. Baid Metha College of Pharmacy on April 7, 2025. Dr. P. Vijayalakshmi, Head of the Department of Applied Psychology, Sri Ramachandra Institute of Higher Education & Research, Chennai, delivered a lecture on topic "Reducing Stigma: Promoting Open Conversation about Mental Health." The session raised awareness and explored the barriers of stigma that often prevent individuals open discussion about their mental health issues.



Principal, Prof. **Dr. C N Nalini** Felicited the Chief Guest **Dr. P. Vijayalakshmi**,
Head of the Department of Applied Psychology,
Sri Ramachandra Institute of Higher Education & Research, Chennai on World Health Day.



The Chief Guest **Dr. P. Vijayalakshmi**, delivered lecture on topic
"Reducing Stigma: Promoting Open Conversation about Mental Health"
on world Health Day (7th April, 2025).

DEPARTMENTAL ACTIVITIES

WORLD HYPERTENSION DAY

The Insightful Efforts of Pharm D Interns



Pharm D Interns actively participated in World Hypertension Day and delivered impactful health education on diet, exercise, and hypertension management at Stanely Government Hospital, Chennai on May 19, 2025.

DEPARTMENTAL ACTIVITIES

THE INTERNATIONAL YOGA DAY CELEBRATION

YOGA FOR ONE EARTH, ONE HEALTH

The International Yoga Day celebration was held with great enthusiasm and reverence on 19 June 2025, marking a significant occasion to promote the ancient practice of yoga for holistic health and well-being. C L Baid Metha College of Pharmacy was honored to have **Prof. Dr. K. Narayanasamy, M.D., D.M. (Gastro), Vice Chancellor**, The Tamil Nadu Dr. M.G.R. Medical University, as the Chief Guest for the event. His inspiring presence and insightful address emphasized the importance of integrating yoga into daily life for physical, mental, and spiritual wellness. A series of yoga demonstrations, talks on the science and benefits of yoga, and guided sessions were conducted by trained instructors, involving active participation from students and faculty.

INTERNATIONAL YOGA DAY CELEBRATION – 2025



Chief Guest **Prof. Dr. K. Narayanasamy, M.D., D.M. (Gastro)**, Vice Chancellor, The Tamil Nadu Dr. M.G.R. Medical University. **Mr. SA. Ramesh** Chairman, **Mr. A. Shankar** Trustee, **Prof. Dr. C.N. Nalini** Principal, **Prof. Dr. N. Ramalakshmi** Vice-Principal graced the International Yoga Day celebration held on 19th June 2025.



The Chief Guest **Prof. Dr. K. Narayanasamy**, **Mr. SA Ramesh** Chairman, **Mr. A Shankar** Trustee, along with faculty and students participated in yoga practice during the International Yoga day celebration on 19th June 2025.



FACULTY ACHIEVEMENTS AS RESOURCE PERSONS

Prof. **Dr. Guru Prasad Mohanta**, Department of Pharmacy Practice, delivered a lecture on the topic "Pharmaceuticals for Public Health – Avenues for Exploration" during the Faculty Development Program on the theme "Innovative Teaching and Research Practices for Holistic Development", organized by VELS University, Chennai, from 30th June to 7th July 2025.



Prof. Dr. Guru Prasad Mohanta felicitated by **Prof. Dr. K. Karthickeyan**,
Department of Pharmacy Practice, VELS University.



Dr. Shailaja K, Professor & Head, Department of Pharmacy Practice delivered a lecture on topic "Better practices For Insulin Storage During Summers & Travel and Correct Injection Techniques" in a webinar organized by Indian Pharmaceutical Association in Collaboration with Lupin under the Lupin Suraksha Program on 23rd May 2025.

Dr. Shailaja K participated as an E-Poster Evaluator in the Comprehensive Skill Development in Clinical Pharmacy (Series VI) Workshop 2025, organized by the Department of Pharmacy Practice, Sri Ramachandra Institute of Higher Education and Research, on 26th and 27th June 2025.

Congratulations

Dr. Keren Ann George, Assistant Professor,
Department of Pharmacy Practice,
was honored by
Dr. S. Chandrashekar, Professor & Head,
Department of General Medicine,
Government Stanley Hospital,
on World Hypertension Day 2025 for her outstanding
contribution to hypertension prevention and awareness.



STUDENTS ACHIEVEMENTS

Congratulations

PHARM D STUDENTS MAKE THEIR MARK AT PRESTIGIOUS ESCMID 2025, AUSTRIA



Vaishnavi V, Pharm D Intern presented Research Paper entitled "Comprehensive Insights into Post Liver transplant Infection-A study from a Quaternary Care Hospital in India" at Congress of the European Society of Clinical Microbiology and Infectious Diseases (ESCMID Global), Vienna, Austria held on 11-15 April 2025.



Sriram R, Pharm D Intern presented Research Paper entitled "Unveiling the DOOR for optimizing Antimicrobial Stewardship in Escherichia coli and Klebsilla pneumoniae Blood Stream Infections in India" at Congress of the European Society of Clinical Microbiology and Infectious Diseases (ESCMID Global), Vienna, Austria held on 11-15 April 2025.

PHARM D STUDENTS SWEEP TOP PRIZES AT CPP-IGS-2025

Pharm D students Won first three Cash Prizes for E-Poster presentations at 9th National Level Conference on Clinical Pharma Practice-Indian & Global Scenario 2025 (CPP-IGS-2025), organized by Swamy Vivekananda College of Pharmacy, Tiruchengode, Namakkal in association with International Society for Pharmacoeconomics and Outcomes research (ISPOR) SVCP Student Chapter.



Shyam Sundar, V Pharm D received 1st prize (Rs.3000/-)



Pushkal Kanna B. R, II Pharm D received 2nd prize (Rs. 2000/-)



Nickson P, V Pharm D received 3rd prize (Rs. 1000/-)

Excellence Recognized - Congrats

II Pharm D student **Pushkal Kanna** secured First Prize (Cash Prize Rs.2000/-) for patient Information Leaflet (PIL) competition at 9th National Level Conference on Clinical Parma Practice-Indian& Global Scenario 2025(CPP-IGS-2025), organized bySwamy Vivekananda College of Pharmacy, Tiruchengode, Namakkal in association with International Society for Pharmacoeconomics and Outcomes research(ISPOR) SVCP Student Chapter.

IV Pharm D **Aadhira J**, secured Third Prize in the Top 10 Video Presentation Competition (E-Poster competition) in One Day International Conference on theme "A Patient Centered Approach to De-prescribing and Managing Poly-pharmacy" organized by CliMed Academy on 22nd June2025.



CONTINUING EDUCATION PROGRAM (CEP)

Dr. Shailaja K, Professor & Head, and **Dr. Keren Ann George**, Assistant Professor, from the Department of Pharmacy Practice, along with Pharm D Interns, attended a Continuing Education Program (CEP) titled "Symposium on Navigating Risks in Therapeutics", organized by Government Stanley Medical College and The Tamil Nadu Dr. M.G.R. Medical University on 5th June 2025.

STUDENTS CORNER

- Prepared by, **Dr. Dhivya K, Assistant Professor**

Send your answers to pharmatabclbaid@gmail.com

First five winners name will be displayed in the next issue

Winners

of Previous Issue
(March 2025, Volume 6, Issue 01)

Congratulations

1. Pratibha N

Pharm D Intern

2. Sapthami Ramya

Pharm D Intern

3. Shirly S

Pharm D 5th Year

4. Aadhira.J

Pharm D 5th Year

5. Reshmi Fathima,

Pharm D 4th Year

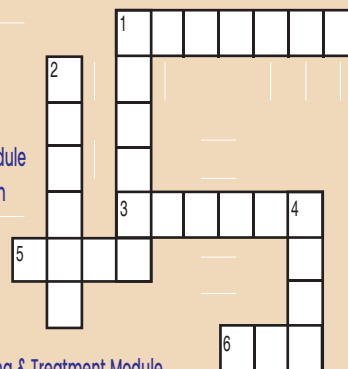
Across

1. Comprehensive Cervical Cancer Prevention Costing Tool - HPV Module
3. Surveillance Outbreak Response Management and Analysis System
5. A web-based tool used to estimate the health and economic impacts of increased walking and cycling
6. The tool for evaluation of national regulatory systems

Down

1. Comprehensive Cervical Cancer Prevention Costing Tool - Screening & Treatment Module
2. A global web-based tool for influenza virological surveillance
4. Evaluates Strengths, Weaknesses, Opportunities, Threats

CROSSWORD PUZZLES



Answer for the Word

Puzzle previous issue
(March 2025,
Volume 6, Issue 01)

Across

3. CCN3
4. Fezolinetant

Down

1. Zuranolone
2. Romosozumab
3. Cortisol United Kingdom

Pharmacy Practice Department

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