

PHARMA TAB

CLINICAL PHARMACY NEWSLETTER

C.L. BAID METHA COLLEGE OF PHARMACY

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Theme: RENAL SCIENCE

PROUD MOMENT



Ms. S. Sowndharya was awarded the “Pharm D Gold Medal (2020-2026 Academic Batch)” at the Tamil Nadu Dr. M.G.R Medical University from the Honorable Governor of Tamil Nadu **R. N. Ravi** in recognition of her outstanding academic performance.

Mr. Franklin Sylvester (Phamaceutical Analysis, 2026) earned the title of University First Rank in M.Pharm at The Tamil Nadu Dr.M.G.R. Medical University from the Honorable Governor of Tamil Nadu **R. N. Ravi**.



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Editor's Desk

Renal science is entering an era of precision medicine, early intervention, & multidisciplinary care, with key implications for clinical pharmacy practice. Chronic Kidney Disease remains a major global burden due to its silent progression and links with diabetes and hypertension, driving the need for early detection using novel biomarkers and AI-based risk tools. Therapeutic advances, particularly SGLT2 inhibitors and GLP-1 receptor agonists, are redefining care by slowing

disease progression and reducing cardiovascular risk, alongside emerging therapies targeting inflammation and fibrosis.

In this evolving landscape, clinical pharmacists play a crucial role in dose optimization, therapeutic drug monitoring, prevention of nephrotoxicity, and patient counseling, contributing significantly to improved renal outcomes through collaborative care.

This issue features a collection of articles focused on renal science, along with our regular sections. We hope you find the content informative, engaging, and valuable for your academic and clinical practice.

DRUGS APPROVED BY US FDA

Drugs Approved by US Food and Drug Administration (US FDA) during the period of January to March 2026

Drug Name	Approved Date	Indication	Status in India
Zycubo (copper histidinate)	13/01/2026	Menkes disease (pediatric)	Not yet approved by CDSCO in India
Filkri (filgrastim-laha)	17/01/2026	Neutropenia (G-CSF biosimilar)	Not approved (similar biosimilars available)
Yuvezzi (brimonidine + carbachol)	28/01/2026	Presbyopia	Not yet approved by CDSCO in India
Adquey (difamylast)	13/02/2026	Atopic dermatitis	Not yet approved by CDSCO in India
Bysanti (milsaperidone)	20/02/2026	Schizophrenia, bipolar disorder	Not yet approved by CDSCO in India
Loargys (pegzilarginase-nbln)	23/02/2026	Arginase 1 deficiency	Not yet approved by CDSCO in India
Desmoda (desmopressin oral solution)	25/02/2026	Central diabetes insipidus	Approved (other formulations available)
Yuviwel (navepegritide)	27/02/2026	Achondroplasia	Not yet approved by CDSCO in India
Icotype (oral IL-23 inhibitor)	18/03/2026	Plaque psoriasis	Not yet approved by CDSCO in India
Lynavoy	19/03/2026	Pruritus in biliary cholangitis	Not yet approved by CDSCO in India
Wegovy (semaglutide – dose expansion)	19/03/2026	Obesity	Not widely approved (limited availability)

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 CDSCO during the period of January to March 2026

Drug Name	Approved Date	Indication
Brexpiprazole Tablets (0.25/0.5/1/2/3/4 mg)	16/02/2026	Treatment of schizophrenia

Source: https://cdsco.gov.in/opencms/opencms/en/Approval_new/Approved-New-Drugs/

Beyond One-Size-Fits-All: The Rise of Precision Medicine in Kidney Diseases

Precision medicine is transforming kidney disease management by shifting from traditional "one-size-fits-all" approaches to individualized, mechanism-based care. Historically, patients with similar renal diagnoses received uniform treatments. However, growing evidence shows that chronic kidney disease (CKD) is highly heterogeneous, with significant variation in pathophysiology, progression, and therapeutic response among individuals. This has positioned precision medicine as a key advancement in modern nephrology.

Molecular Insights Driving Precision Care

At the core of precision medicine is the integration of genomics, proteomics, and metabolomics to better understand disease mechanisms. A major milestone is the Kidney Precision Medicine Project (KPMP), which aims to develop detailed molecular atlases of kidney tissue. Using advanced sequencing and imaging, KPMP has identified novel cellular pathways and disease subtypes, improved diagnostic accuracy and enabling targeted therapies⁽¹⁾.

Role of Biomarkers in Early Detection

Novel biomarkers have enhanced early diagnosis and monitoring of kidney diseases. Studies have shown that biomarkers can detect kidney injury earlier than conventional indicators like serum creatinine⁽²⁾. Advances in transcriptomics and proteomics further allow assessment of disease severity and progression, facilitating timely intervention and improved outcomes.

Targeted Therapies: A Paradigm Shift

Precision medicine has significantly impacted the management of CKD associated with systemic diseases such as diabetes and hypertension. The landmark DAPA-CKD trial demonstrated that the SGLT2 inhibitor dapagliflozin reduces the risk of kidney failure and cardiovascular events⁽⁴⁾. This represents a shift toward pathway-specific therapy, targeting underlying mechanisms rather than only symptoms.

In autoimmune kidney diseases like lupus nephritis, biomarker-based stratification combined with computational models allows prediction of treatment response and personalization of immunosuppressive therapy, reducing toxicity and improving outcomes⁽³⁾.

Emerging Technologies in Precision Nephrology

- Artificial Intelligence (AI) & Machine Learning: Enable analysis of complex datasets for risk prediction and personalized treatment planning

- Pharmacogenomics: Optimizes drug therapy based on individual genetic variability

- Gene Editing (CRISPR-Cas9): Shows promise in correcting mutations in inherited kidney diseases such as polycystic kidney disease⁽⁵⁾

Challenges to Implementation

Despite its promise, precision medicine faces several barriers:

- High cost of genomic and molecular testing
- Limited accessibility in resource-constrained settings
- Ethical concerns related to genetic data privacy
- Need for specialized infrastructure and expertise

Conclusion

Precision medicine represents a transformative shift in nephrology, enabling individualized care based on molecular and clinical characteristics. By integrating advanced diagnostics, targeted therapies, and predictive analytics, it offers a more precise and effective approach to kidney disease management. Continued research and improved accessibility will be key to realizing its full potential in clinical practice.

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Suismitha R
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CARDIO- RENAL -METABOLIC AXIS

The Cardio-Renal-Metabolic (CRM) axis represents a complex relationship between cardiovascular, renal, and metabolic systems⁽¹⁾. Disorders such as Type 2 Diabetes, Chronic Kidney Disease, and cardiovascular diseases frequently interact, leading to increased morbidity and mortality. Understanding this axis is essential for early diagnosis, prevention, and therapeutic strategies. Traditionally managed as separate conditions, recent evidence highlights their interconnected nature under the CRM axis.

For example, Type 2 Diabetes significantly increases the risk of both Heart Failure and Chronic Kidney Disease, illustrating a shared pathophysiological link. A dysfunction in one system often triggers or worsens problems in the others, creating disease progression. Recent clinical trials have emphasized the role of SGLT2 inhibitors in reducing hospitalization for heart failure and slowing CKD progression, even in non-diabetic patients⁽³⁾.

This highlights the shift toward multi-system therapeutic approaches rather than disease-specific treatment. For instance, impaired cardiac output in heart failure leads to reduced renal perfusion, thereby accelerating kidney dysfunction, while renal impairment contributes to volume overload, hypertension, and uremic toxin accumulation, all of which exacerbate cardiac stress and structural damage. Simultaneously, metabolic disorders—particularly insulin resistance and hyperglycaemia—initiate vascular injury, oxidative stress, and endothelial dysfunction, which further compound both cardiac and renal damage.

Pathophysiological Link

The CRM axis is driven by interconnected metabolic, neurohormonal, and inflammatory mechanisms. Insulin resistance impairs endothelial nitric oxide production, promoting vasoconstriction, inflammation, and microvascular dysfunction in both the heart and kidneys.

Activation of the renin-angiotensin-aldosterone system (RAAS) and sympathetic nervous system (SNS) leads to sodium

retention, hypertension, and reduced renal perfusion, accelerating kidney damage while increasing cardiac workload. These systems also reinforce each other, amplifying disease progression.

Oxidative stress and chronic inflammation further damage vascular endothelium, reducing oxygen delivery and promoting fibrosis in cardiac and renal tissues.

Additionally, obesity-related adipokines and cytokines act as endocrine mediators, sustaining RAAS/SNS activation and contributing to hemodynamic stress, glomerular hyperfiltration, and cardiac remodeling. Together, these mechanisms create a vicious cycle, where dysfunction in one system perpetuates damage in the others.⁽¹⁾

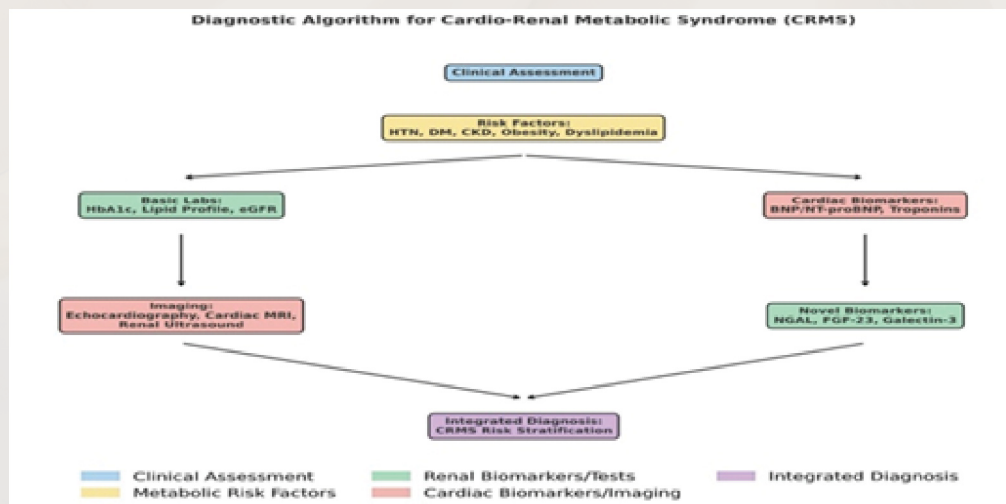
Recent advances in diagnosis have shifted toward early detection of multi-organ involvement using integrated biomarkers and risk stratification models. Novel biomarkers such as natriuretic peptides, high-sensitivity troponins, cystatin C, and fibroblast growth factor-23 (FGF-23) are increasingly utilized to identify subclinical dysfunction across the CRM spectrum⁽²⁾. Imaging modalities and composite scoring systems now enable clinicians to detect early cardiac remodelling and renal impairment even before clinical symptoms arise. s these systems, facilitating earlier intervention and personalized treatment strategies.

Emerging concepts in management are increasingly focused on precision medicine and targeting novel molecular pathways. Therapies aimed at reducing inflammation, oxidative stress, and fibrosis such as non-steroidal mineralocorticoid receptor antagonists. Additionally, ongoing clinical trials are exploring endothelin receptor antagonists, neprilysin inhibitors, and



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combination therapies that simultaneously modulate multiple pathogenic pathways within the CRM axis.⁽⁵⁾ Recent studies have also highlighted the expanding role of SGLT2 inhibitors beyond glycaemic control, demonstrating pleiotropic effects on cardiac metabolism, renal hemodynamic, and inflammatory signalling. Furthermore, pharmacists are being emphasized to optimize medication therapy management, improve adherence, prevent drug interactions, and enhance overall patient outcomes.



Source: Adapted by the author based on current literature on cardio-renal-metabolic syndrome.

As we have explored, the burden of this syndrome is exacerbated by rising rates of obesity, hypertension, diabetes, and cardiovascular diseases, all of which are becoming increasingly prevalent across diverse demographics in India.⁽⁶⁾ Addressing this multifaceted issue requires a concerted effort from healthcare professionals, policymakers, and the community at large.

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Innovation in Renal Replacement Therapy: Transforming Survival and Quality of Life

Renal replacement therapy (RRT) plays a vital role in sustaining life in patients with end-stage renal disease (ESRD). Traditionally, treatment options have been limited to dialysis and kidney transplantation. While these therapies have significantly improved survival rates, they are associated with multiple challenges such as limited donor availability, high economic burden, risk of infections, and reduced quality of life. Dialysis, in particular, is time-consuming and often restricts patient mobility and independence. These limitations have driven the need for innovative approaches that not only replace kidney function but also restore physiological balance more effectively. Recent advancements in bioengineering, nanotechnology, and regenerative medicine are transforming the landscape of renal replacement therapy, offering hope for more efficient, patient-friendly, and sustainable treatment options⁽¹⁾.

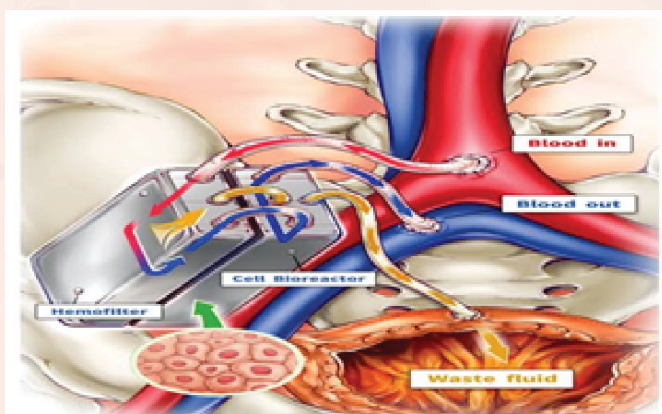
Innovations in RRT

One of the most significant advancements in renal replacement therapy is the development of wearable and portable dialysis devices such as the Wearable Artificial Kidney (WAK) and the Automated Wearable Artificial Kidney (AWAK). These devices are designed to provide continuous dialysis while allowing patients to maintain their daily activities. The AWAK system utilizes a closed-loop dialysate regeneration mechanism, where used dialysate is purified through adsorption techniques and reused. This reduces the need for large volumes of dialysis fluid, making the system compact and efficient. Continuous dialysis through such devices has been shown to improve toxin removal, maintain stable electrolyte balance, and reduce cardiovascular stress compared to intermittent conventional dialysis⁽²⁾. Another groundbreaking innovation is the implantable bioartificial kidney (BAK), which aims to replicate

the full functionality of a natural kidney. The BAK consists of two main components: a hemofilter and a bioreactor. The hemofilter uses advanced silicon nanopore membranes to perform selective filtration of blood, mimicking the glomerular function. The bioreactor contains living renal tubular cells that carry out metabolic and endocrine functions, including reabsorption secretion, and hormone regulation. This integration allows the BAK to perform functions beyond simple filtration, such as maintaining acid-base balance and producing essential hormones. Unlike traditional dialysis, this approach has the potential to eliminate the need for external machines and significantly improve patient autonomy⁽³⁾.



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Implantable artificial kidney

UC San Francisco is heading a team of researchers around the country who are working to create an implantable, artificial kidney the size of a coffee cup. The device consists of two chambers:

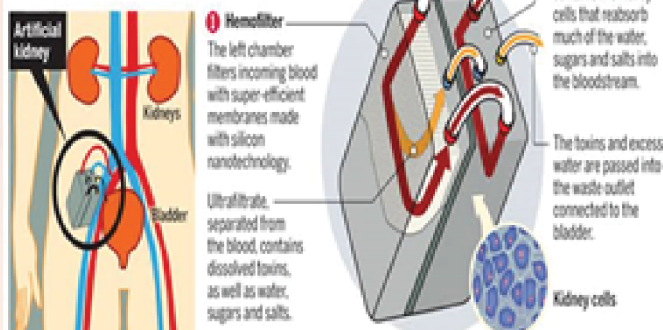


Figure: Schematic representation of an implantable bioartificial kidney showing hemofilter and cell bioreactor components. Source: Adapted from UCSF Kidney Project and related literature

In addition to device-based innovations, regenerative medicine and stem cell research are opening new possibilities for kidney repair and replacement. Scientists are exploring the use of stem cells to grow functional kidney tissues and even whole organs in the laboratory. Tissue engineering techniques involving extracellular matrix scaffolds provide a framework for cell growth, enabling the development of bioengineered kidneys. These approaches could potentially eliminate the need for donor organs and reduce the risk of immune rejection.

Furthermore, artificial intelligence and machine learning are being integrated into renal care to optimize treatment protocols, predict complications, and personalize therapy for individual patients^{(1) (4)}.

Limitations and Challenges

Despite these promising innovations, several limitations and challenges must be addressed before widespread clinical implementation. Wearable dialysis devices face technical challenges such as maintaining long-term efficiency, preventing clot formation, ensuring biocompatibility, and avoiding infections. Battery life and device durability also remain concerns for continuous use. Additionally, ensuring patient safety while using portable systems outside clinical settings is critical. The bioartificial kidney, although revolutionary, is still in experimental stages. Challenges include maintaining the viability and functionality of living cells within

the device, preventing immune reactions, and ensuring long-term stability. Scaling up production and obtaining regulatory approvals are also significant hurdles. Moreover, the high cost of development and implementation may limit accessibility, particularly in low- and middle-income countries.

Regenerative approaches also face obstacles such as ethical concerns, technical complexity, and the difficulty of replicating the intricate structure and function of a natural kidney. Overall, while innovation in renal replacement therapy holds immense promise, continued research, interdisciplinary collaboration, and policy support are essential to overcome these barriers and ensure that these advanced therapies become accessible, affordable, and effective for patients worldwide⁽⁴⁾.

Conclusion

The landscape of renal replacement therapy is witnessing a paradigm shift from static and clinic-based solutions to autonomous and physiological solutions. The development of AWAK and BAK is not only a technological breakthrough but also signifies a new era of a future where patients do not have to rely on dialysis machines and are free to move around, thereby reducing cardiovascular stress. While regenerative medicine and personalized medicine via AI are expected to revolutionize the field of dialysis and replacement therapy, the road to transition from experimental solutions to clinical standards is also faced with a number of challenges. The integration of bioengineering and digital health is not only expected to improve the longevity of patients with ESRD but also restore quality of life for them.

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THE SMART INSULIN PILL COULD END DAILY INJECTIONS

For more than a century, scientists worldwide have pursued the idea of an insulin pill, but the digestive system has consistently destroyed the drug before it could take effect – forcing millions of patients to depend on daily injections. A team at Kumamoto University, led by Associate Professor Shingo Ito, has now developed a promising solution. Their approach uses a cyclic peptide that can pass through the small intestine, known as the DNP peptide. This platform allows insulin to be delivered orally in a way that was not previously possible. If this molecule successfully clears human clinical trials, it could become the first viable oral insulin

Read more at: www.sciencedaily.com/releases/2026/03/260324024302.htm

Important Dates



Important Health Awareness Days (April - June 2026)

World Health Day	07 April 2026
World Parkinson's Disease Day	11 April 2026
World Haemophilia Day	17 April 2026
World Liver Day	19 April 2026
World Irritable Bowel Syndrome Day	19 May 2026
World Malaria Day	25 April 2026
World Day for Safety and Health at Work	28 April 2026
World Hand Hygiene Day	05 May 2026
World Asthma Day	05 May 2026
World Thalassaemia Day	08 May 2026
World No Tobacco Day	31 May 2026
World Environment Day	05 June 2026
World Brain Tumor Day	08 June 2026
World Blood Donor Day	14 June 2026
International Day of Yoga	21 June 2026
World Vitiligo Day	25 June 2026

WEBSITES OF INTEREST

<https://www.kidney.org/>

The National Kidney Foundation provides reliable and easy-to-understand information on kidney diseases, including chronic kidney disease, dialysis, and transplantation. It offers clinical guidelines, educational materials, and updates related to renal health. The website helps readers understand causes, symptoms, diagnosis, and management of kidney conditions. It also includes awareness programs and risk assessment tools that support early detection and prevention.

<https://www.theisn.org/>

The International Society of Nephrology is a global organization focused on improving kidney health through research, education, and collaboration. The website provides access to scientific resources, training programs, and global initiatives in nephrology. It highlights advances in kidney care and differences in healthcare practices across regions. The platform is useful for understanding international perspectives on renal diseases and their management.

by, **Dr. Keren Ann George**, Assistant Professor

Upcoming Conferences

1. **37TH Skill Development Program on Pharmacovigilance** organised by NCC-PvPI, IPC, Ghaziabadh on 15-19th June 2026. Registration deadline-8th June. For further details, visit: www.ipc.gov.in
2. **ISPOR, Asia Pacific Summit 2026**, 6-8 September, Bangkok, Thailand for further details visit: ISPOR - Upcoming Conferences & Events



ALERT!

DRUG SAFETY ALERTS

File No. P.17019/03/2025-DSA

Dated: February 20, 2026

Drug Safety Alerts The analysis of Adverse Drug Reactions (ADRs) from the PvPI database revealed the following

S. No.	Suspected Drugs	Indications	Adverse Drug Reactions
1	Dacarbazine	Chemotherapy of malignant melanoma, Hodgkin's lymphoma and soft tissue sarcomas.	Transient reversible blurred vision
2	Dolutegravir	In combination with other antiretroviral agents for the treatment of Human Immunodeficiency Virus Type 1 (HIV 1) infection.	Sexual dysfunction

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

Heatwaves and Hidden Risks: Why Your Kidneys Need Attention This Summer

As India prepares for a hotter-than-normal summer in 2026, most health advice focuses on staying cool and preventing dehydration. However, an often-overlooked consequence of extreme heat lies deeper within the body—its impact on kidney health. With rising temperatures and prolonged heatwave periods expected between March and May, it is crucial to understand how heat stress silently affects the kidneys and what steps can be taken to protect them.

Understanding the Kidney–Heat Connection

During extreme heat, the body prioritizes cooling by redirecting blood flow to the skin to support sweating. While this helps regulate temperature, it reduces blood flow to the kidneys, a condition known as renal hypoperfusion. When combined with dehydration, this creates a “double burden,” where the kidneys receive less oxygen while being forced to process highly concentrated toxins. Over time, this can impair kidney function and increase the risk of long-term damage.

Early Warning Signs to Watch For:

Recognizing symptoms early is essential to prevent complications. Reduced urination despite adequate fluid intake, Dark-colored urine Swelling in the feet or face, confusion or irritability. These symptoms are often mistaken for general fatigue, delaying timely intervention.

Prevention: A Strategic Approach

Protecting kidney health during summer requires more than just drinking water.

1. Smart Hydration

- Drink fluids regularly, even before feeling thirsty
- Prefer electrolyte-rich fluids such as buttermilk, lemon water, or oral rehydration solutions
- For outdoor workers: small, frequent intake (e.g., one cup every 20 minutes)

2. Heat-Friendly Diet

- Include water-rich foods: watermelon, muskmelon, cucumber, and bottle gourd
- Avoid heavy, high-protein meals during peak heat hours

- Maintain a balanced, light diet to reduce metabolic strain

3. Lifestyle Modifications

- Avoid outdoor activities between 12 PM and 3 PM
- Limit caffeine and alcohol intake
- Use cooling strategies such as foot immersion in cool water
- Wear light, breathable clothing

As climate patterns shift and heatwaves become more intense, kidney care must become an essential part of summer preparedness. Staying hydrated is not just about quenching thirst, it is about safeguarding the body's internal filtration system.

Awareness is your first line of defence. Protect your kidneys—they work harder than you think.



Mrs. Leena Muppa
Associate Professor

GUEST LECTURE



Dr. S. Kalpana, Senior Research Officer, Department of Epidemiology, The Tamil Nadu Dr. M.G.R. Medical University, delivered a Guest Lecture on “Statistical Thinking in Pharmaceutical Research: From Data to Decision” on 6th January 2026.



150 YEARS OF VANDE MATARAM CELEBRATIONS

Students actively participated
in the Poster Making Competition
on theme "150 Years of Vande Mataram and
its Relevance for Building Viksit Bharat 2047"
held on 22nd January 2026 at College Auditorium.



KAVAALUTHAVI MOBILE APPLICATION

Safety and security not within the campus --- but also beyond it

C. L. Baid Metha College of pharmacy organized an awareness program on the usage of the Kavaal Uthavi mobile application to ensuring the safety and security of students not only within the campus but also beyond it. **Thiru. Vijayakumar**, Sub-Inspector of Police, and **Thiru. Nagoor Meeran** from J-9 Police Station, Thoraipakkam, elaborated on the features of the app, its mode of operation, benefits, and the challenges associated with its effective utilization. The session enhanced students' awareness of personal safety measures and encouraged the use of technology for timely assistance



Thiru. Vijayakumar, Sub-Inspector of Police, and **Thiru. Nagoor Meeran** from J-9 Police Station, Thoraipakkam, enhanced students' awareness of personal safety measures and encouraged the use of technology for timely assistance on 8th January 2026.

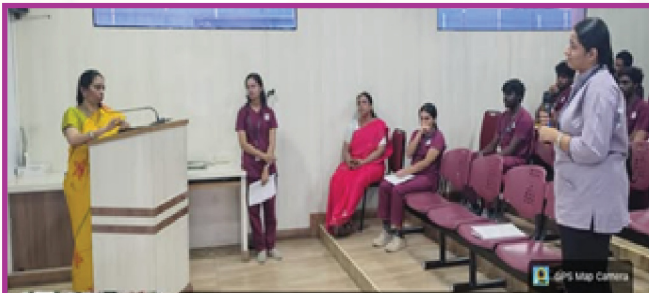
DEPARTMENTAL ACTIVITIES

WORLD LEPROSY DAY

A seminar was conducted on January 30, 2026, at C. L. Baid Metha College of Pharmacy. **Dr. Poongulali Selvamuthu**, MBBS, DGO, M.Sc, Ph.D (Psychology) from VHS Hospital, Tharamani, Chennai, presented an insightful talk on the advanced therapeutic approaches in leprosy, highlighting the importance of early diagnosis, effective management, and recent advances in therapy. B.Pharm and Pharm.D students along with faculty members actively participated and benefited.



Prof Dr. CN Nalini, Principal Feliciated the Speaker **Dr. Poongulali Selvamuthu**



Dr. Poongulali Selvamuthu delivered a talk on "Advanced Therapeutic Approaches in Leprosy" on world leprosy Day , 31st January 2026



Speaker **Dr. Poongulali Selvamuthu**, faculty and students at World Leprosy Day

WORLD CANCER DAY

On the occasion of World Cancer Day, a seminar was organized on February 10, 2026, at C. L. Baid Metha College of Pharmacy. The session was delivered by **Dr. K. Chandralekha**, MBBS, DMRT, MD (Radiation Oncology), DM (Medical Oncology), Consultant Medical Oncologist and Radiation Specialist, Government Stanley Medical College and Hospital, Chennai. She highlighted key aspects of cancer prevention, early screening, lifestyle modifications, recent advancements in oncology, and the challenges involved in cancer management. Pharm. D students and faculty members, actively participated, making the session informative and impactful event.



Dr. K. Chandralekha, MBBS, DMRT, MD (Radiation Oncology), DM (Medical Oncology), Consultant Medical Oncologist and Radiation Specialist, Government Stanley Medical College and Hospital, Chennai delivered a seminar on 10th February 2026.

DEPARTMENTAL ACTIVITIES

ONE-DAY NATIONAL SYMPOSIUM ON "NEXT GENERATION PHARMACY: INTEGRATING AI IN PHARMACEUTICAL SCIENCES"

The one-day National Symposium on "Next Generation Pharmacy: Integrating AI in Pharmaceutical Sciences" was successfully held at C.L. Baid Metha College of Pharmacy on 27th February 2026. The symposium brought together academicians, researchers, and industry experts to deliberate on the transformative impact of Artificial Intelligence (AI) in pharmaceutical sciences.

The symposium featured a series of insightful sessions delivered by eminent speakers including, **Prof. Dr. A.K. Gnanachandran**, Principal, Pranav Institute of Pharmaceutical Sciences and research, Gwakiar Madhya Pradesh, **Dr. Ashirbad Nanda**, Asso. Professor, School of Pharmacy and life sciences, Centurion University of technology and Management, Bhubaneswar, Odisha, **Prof. Dr. Yogita Bansal**, Department of Pharmaceutical Sciences and Drug Research, Punjab University, Patiala, Punjab, **Prof. Dr. Vandana B. Patel** Principal, Parul college of Pharmacy and Research, Parul University, Ahmedabad, Gujarat, and **Dr. Rakesh Patel**, CEO, Parul Pharmaceutical, Limited, Vadodra, Gujarat. The symposium inspired students and professionals to embrace innovation and adapt to evolving technological advancements in pharmacy.



Mr. S.A. Ramesh, Chairman; **Prof. Dr. C.N. Nalini**, Principal, **Dr. N. Ramalakshmi**, Vice Principal, and esteemed dignitaries on the dais during the National Symposium on AI in Pharmaceutical Sciences.



Dignitaries being felicitated during the One-Day National Symposium.

Delegates actively engaged in the symposium sessions and discussions.



DEPARTMENTAL ACTIVITIES

WOMEN'S DAY CELEBRATION

PROUD MOMENT



The Vice Chancellor, **Dr. Narayaswamy**, Tamil Nadu Dr. M.G.R. Medical University, honoured **Prof. Dr. C.N. Nalini**, Principal, at the University Campus on the occasion of Women's Day.

Women's Day was graced by the esteemed Chief Guest, **Mrs. Andal Priyadarshini**, a recipient of the Kalaimamani Award, renowned poet, and short story writer.



Prof. Dr. C.N. Nalini, Principal, felicitated the Chief Guest, **Mrs. Andal Priyadarshini**, on the occasion of Women's Day celebrated on 9th March 2026.



Students actively participated in various events during the Women's Day celebration.

CELEBRATING SUCCESS: PHARM D GRADUATES ON GRADUATION DAY



Proud Pharm D graduates of the 2019–2025 batch on their Graduation Day, February 2026.

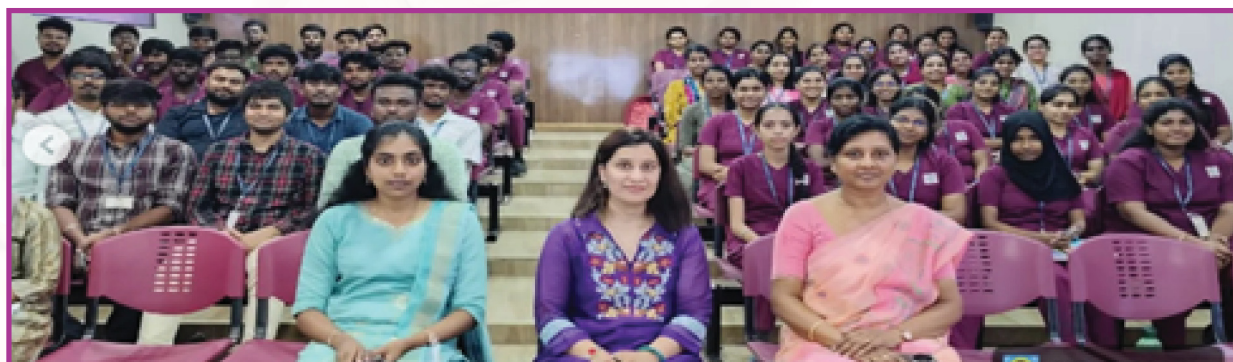
DEPARTMENTAL ACTIVITIES

WORLD KIDNEY DAY

On the occasion of World Kidney Day, C. L. Baid Metha College of Pharmacy, Chennai, organized an awareness program on 12th March 2026, highlighting the importance of kidney health. The session was delivered by **Dr. Aafrin Shabbir**, Senior Consultant in Internal Medicine & Diabetology from Gleneagles Global Hospital, who shared valuable insights on prevention, early detection, and management of kidney diseases.



Prof Dr. CN Nalini, Principal, **Prof. N. Ramalakshmi**, Vice principal felicitated the Speaker **Dr. Aafrin Shabbir**, Senior Consultant in Internal Medicine & Diabetology from Gleneagles Global Hospital.



Dr. Aafrin Shabbir, Senior Consultant in Internal Medicine & Diabetology from Gleneagles Global Hospital, shared valuable insights on prevention, early detection, and management of kidney diseases on World kidney Day, 12th March 2026.

Global Career Guidance

C. L. Baid Metha College of Pharmacy organized a Guest Lecture on "Global Career Guidance" on 28th January 2026, featuring expert resource persons **Ms. Priya Rajeev** and **Mr. Muthukumar J.S** from Easylink Academy. The session provided valuable insights into international career opportunities, overseas education pathways, and essential professional skills in the pharmaceutical and healthcare sectors, helping students explore and prepare for global career prospects.



Insightful session on global career pathways by Easylink Academy experts



Students engaged in an inspiring session on overseas education and career opportunities.

DEPARTMENTAL ACTIVITIES

WORLD TUBERCULOSIS DAY

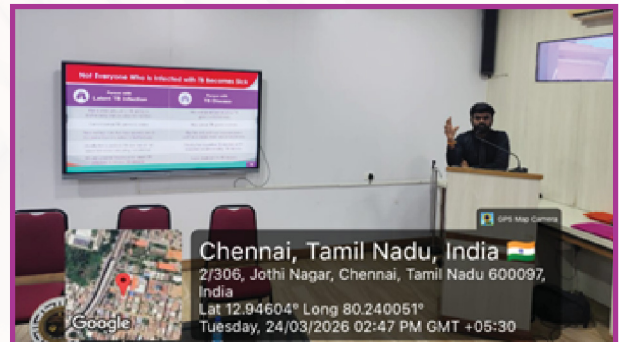
To mark World Tuberculosis Day, C.L. Baid Metha College of Pharmacy, in association with Gleneagles Hospitals Chennai, organized a Free Medical Camp focused on awareness, early detection, and preventive healthcare on 24th March 2026. The camp included comprehensive health check-ups for both teaching and non-teaching staff, such as: Height & Weight Measurement, Blood Pressure (BP) Monitoring, Capillary Blood Glucose (CBG) Testing, Pulmonary Evaluation & Pulmonary Function Test (PFT).

Free Medical Camp



Faculty & Non-Teaching Staff actively participated and benefitted at the Free Medical Camp on 24th March, 2026, World Tuberculosis Day.

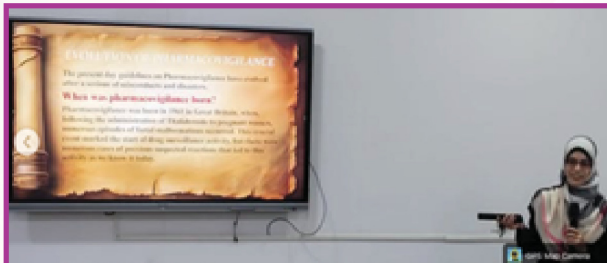
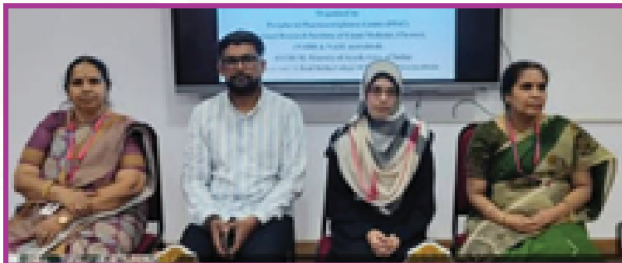
Seminar on Early Detection, Prevention, and Management of Tuberculosis



Dr. Suresh S, Clinical Lead – Interventional Pulmonologist, Department of Critical Care & Lung Transplant, Gleneagles Global Hospital, delivered a talk on importance of early detection, prevention, and management of tuberculosis on 24th March 2026, World Tuberculosis Day.

DEPARTMENTAL ACTIVITIES

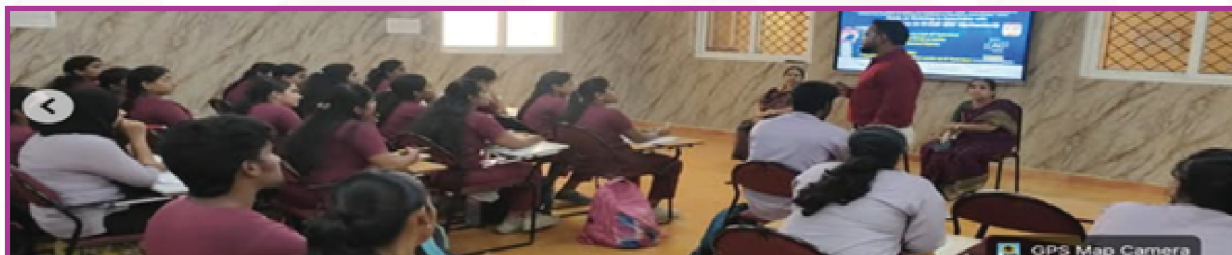
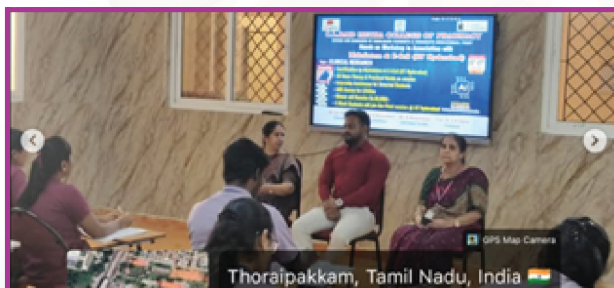
SEMINAR ON PHARMACOVIGILANCE IN UNANI MEDICINE



Dr. Sumaiya Kouser B.U.M.S, Research Fellow, Peripheral Pharmacovigilance Centre (PPVC), Regional research institute of Unani Medicine, Chennai delivered an insightful session highlighting the importance of pharmacovigilance in Unani medicine, on 17th March 26.

5-DAYS HANDS-ON WORKSHOP ON CLINICAL RESEARCH

C.L. Baid Metha College of Pharmacy successfully conducted a 5-day Hands-on Workshop on Clinical Research from 23rd to 27th February 2026, in association with Make intern & E-Cell (IIT Hyderabad). The workshop provided 30 hours of intensive theory and practical training, offering students valuable exposure to real-time clinical research practices. Participants actively engaged in interactive sessions, skill-based learning, and practical demonstrations that enhanced their industry knowledge. The program empowered students with practical insights and career-oriented skills in Clinical Research.



Students actively engaged in the workshop on "Clinical Research" organized by CL Baid Metha College of Pharmacy in association with Make intern & E-Cell (IIT Hyderabad) from 23rd to 27th February 2026

STUDENTS ACHIEVEMENTS

A REMARKABLE ACHIEVEMENT

V PharmD Students **Lakshmi Priya** and **Shyam Sundar** won first prize in e-poster competition at Medusynapse 2026 conference conducted as part of the Diamond Jubilee Celebration of the Directorate of Medical Education and Research, Department of Health and Family Welfare, Government of Tamil Nadu on 9th January 2026.



Shyam Sundar V Pharm D



Lakshmi Priya V Pharm D



CONGRATULATIONS

IV Pharm D student **Reshmi Fathima** secured Second Prize in the E-Poster Competition at the National Seminar held at Karpaga Vinayaga Institute of Pharmaceutical Sciences, Chengalpattu on 12th January 2026.

Achievement at CPCON 2026 – First Prize in Quiz Competition

Shruthi Ravindran secured first prize in the Quiz competition at the CPCON Conference, organized by Manipal College of Pharmaceutical Sciences on 10th & 11th January 2026.



STUDENTS ACHIEVEMENTS

PHARM D STUDENTS EXCEL IN MULTIDISCIPLINARY CLERKSHIP AT STANLEY HOSPITAL

Pharm D 5th year students successfully completed their clerkship and project across six departments, General Medicine, Diabetology, Medical Gastroenterology, Medical Oncology, Orthopaedics, and Neurology, at Stanley Medical College and Hospital, Chennai. Students gained valuable hands-on clinical experience under the guidance of doctors, which significantly strengthened their practical knowledge.



Clerkship students bid a warm farewell on successfully completing their program at Stanley Medical College and Hospital, Chennai.

PROUD MOMENT

Pioneering Innovation from C.L. Baid Metha College at TRYST IIT Delhi, Zonal Championship



*V Pharm D students, **Mohmed Fauzith** and **Blessy Carmel**, and B. Pharm students, **Safaana Begam**, **Saianuhyha** and **Reuben Joshua Augustine** had presented their business idea as a 15 minutes presentation on - Smart AI integrated Pill dispenser, for psychiatric patients at the MAKEINTERN & TRYST, IIT- DELHI ZONAL CHAMPIONSHIP at the IIT DELHI campus on 21st -22nd of March, 2026.*

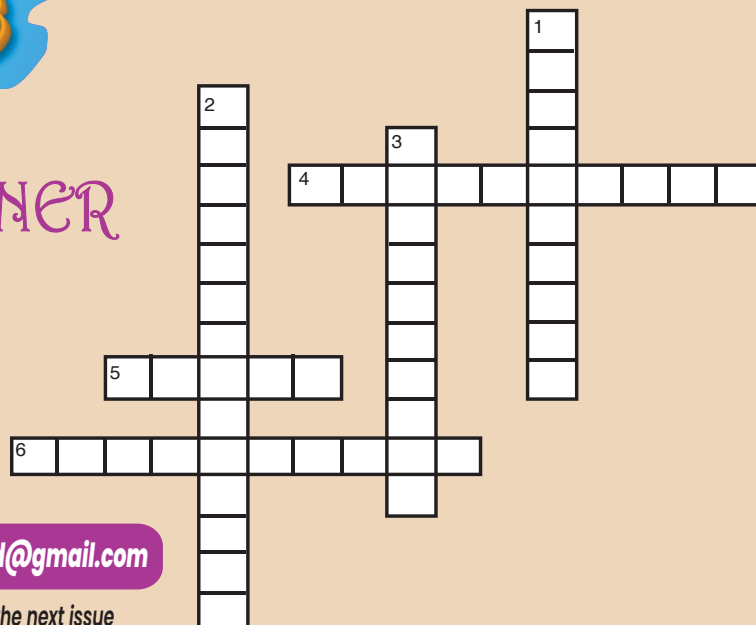
CROSSWORD PUZZLES

STUDENTS CORNER

- Prepared by,

Dr. Dhivya K,

Associate Professor



Send your answers to pharmatabclbaid@gmail.com

First five winners name will be displayed in the next issue

Winners

of Previous Issue

(September 2025, Volume 6, Issue 03)

Congratulations

1. Nandhini Devi

Pharm D 4th Year

2. Sandya Anand

Pharm D 4th Year

3. Kanchana A

Pharm D 4th Year

4. P. Vinoth Kumar

Pharm D 4th Year

5. Pushkal Kanna B R

Pharm D 3rd Year

Across

- The specialized capillary network in the kidney where filtration begins
- Rare genetic disorder leading to progressive kidney cyst formation, treated with a vasopressin V2 receptor antagonist
- A humanized monoclonal antibody that targets complement protein C5

Down

- The nonsteroidal, selective mineralocorticoid receptor antagonist to slow the progression of CKD associated with type 2 diabetes
- A hormone primarily produced by the kidneys in response to low cellular oxygen levels
- Oral hypoxia-inducible factor prolyl hydroxylase inhibitor approved for anemia in CKD

Answer for the Word
Puzzle previous issue
(September 2025,
Volume 6, Issue 03)

Across
3.hs-CRP 5.Trimetazidine 6. Bempedoic acid
Down
1. CKM syndrome 2. SGLT2 inhibitors 3. Warfarin

Pharmacy Practice Department

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