

DUBAI PHARMACY COLLEGE FOR GIRLS

NEWSLETTER

JAN/2024



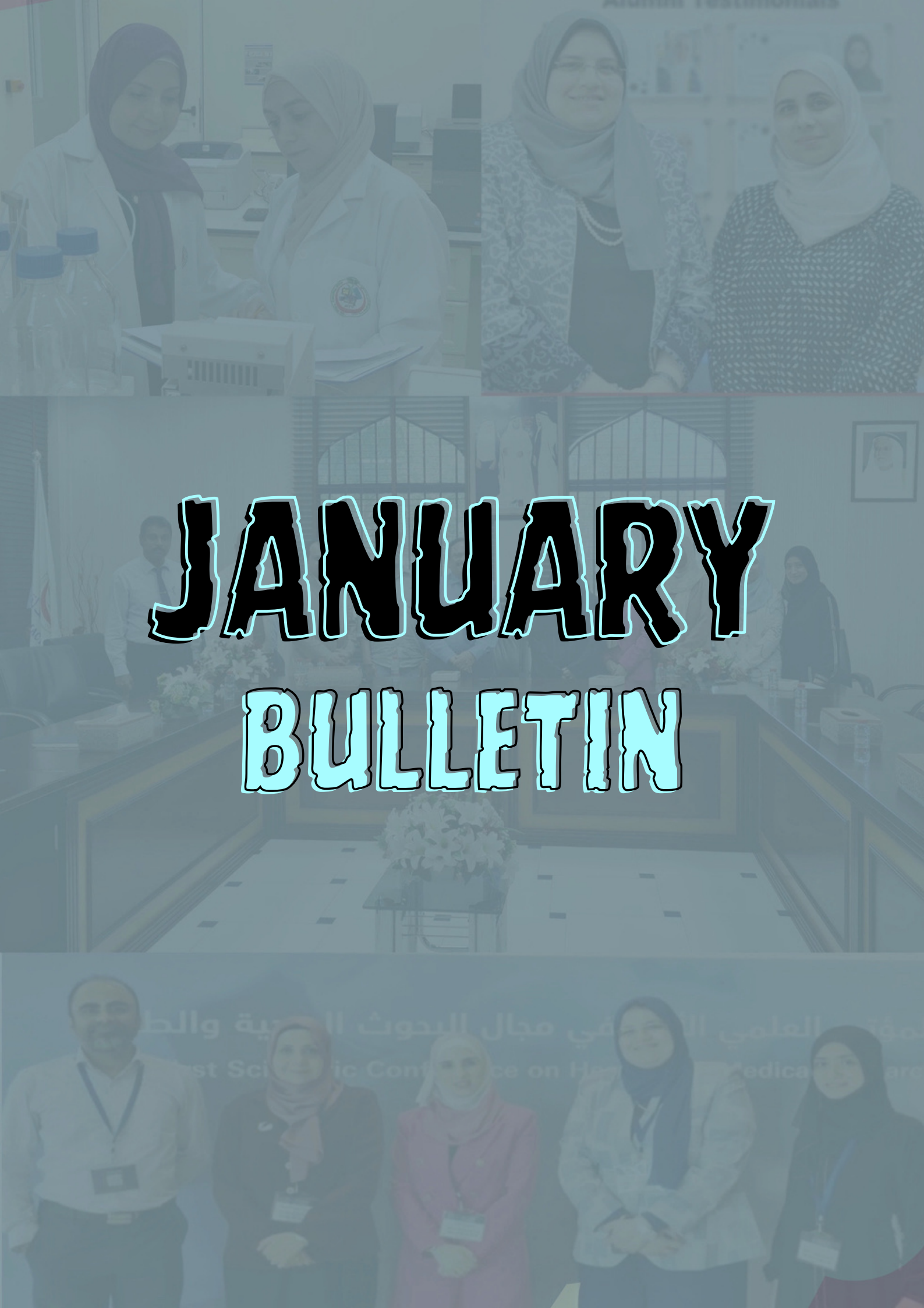
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JANUARY BULLETIN

CONGRATULATIONS !!



Congratulations to everyone in the DPCG community for their joint efforts towards the growth of our college. We are happy to inform everyone about the approval of the RPA (B Pharm Program) by the CAA-ACPE joint review.

This accomplishment is a result of the constant devotion and hard work that each member of the DPCG staff and faculty has shown.

Special thanks Prof. Khan for helping us to get DPCG to this remarkable level. His leadership has been genuinely excellent, and his contributions have been crucial in reaching this significant achievement.

We will undoubtedly keep aiming for excellence in whatever we do. Once more, congratulations to all those who contributed to this success. Let's celebrate in this accomplishment and expect more future moments of change.

FAREWELL

T O O U R

Guiding Light



To say "goodbye" to our Dean, Professor Dr. Saeed Ahmed Khan, feels like bidding farewell to the father of our beloved college. He wasn't just the face of our college, rather, he was the beating heart, the steady hand, and the lending ear that countless students, relied on throughout our academic journey.

Since the college's very foundation, Dr. Khan has been the pillar that kept the college standing in the midst of every storm it encountered. He navigated through the triumphs and challenges, always prioritizing the well-being and growth of every student who has walked through these halls. He wasn't a distant figure locked behind his office door; he was one of us, laughing in the corridors, cheering us on and offering solace in times of need.

For many of us, Dr. Khan became more than just a teacher- he became a father figure, a mentor, a friend. He saw our potential before we did, believing in us even when we doubted ourselves. He celebrated our achievements, both big and small, with a genuine warmth that made us feel like we were not just students, but valued members of a family.

As Dr. Khan embarks on a well-deserved retirement, we stand here not just mourning his departure, but celebrating his extraordinary legacy. The college he helped build stands as landmark to his vision, but the true measure of his success lies in the countless lives he has touched, the students he has empowered, and the memories he has engraved in our hearts.

Thank you, Dr. Khan.

You have shaped not just our academic journeys, but our lives as well.

Farewell, and may your retirement be filled with sunshine, laughter, and well-deserved peace.

With profound gratitude and heartfelt wishes,

The students of Dubai Pharmacy College



DE MONTFORT UNIVERSITY STUDENTS VISIT DPCG

On the 10th of Jan 2024, DPCG was graced with the presence of a group of 18 students and 2 staff from De Montfort University. Provost Prof. Janusz Jankowski offered collaboration for dual postgraduate programs, including Ph.D. The interim head of DMU School of Pharmacy,



Dr. Ahmed Abdoo, expressed interest in a dual PhD program. DPCG faculty provided orientation and tours of college facilities.

Dr. Kishore briefed them about the competency-based curriculum assessment plan and also enquired about the new skills in vaccination that community pharmacists require to improve.

De Montfort University's faculty discussed good practices, programmatic assessment practices, and competency-based curriculum assessment plans. Visitors promised to enhance collaboration in community pharmacy research and offered student exchange programs and experiential training opportunities.



DPCG'S COLLABORATION WITH KLE



It was a great honor for DPCG to collaborate with KLE College of Pharmacy when Prof. Dr. A.H.M. Viswanatha Swamy, principal of KLE College of Pharmacy visited DPCG on the 10th of January and met the provost Prof. Janusz Jankowski and the acting dean of DPCG, Prof. Mirza R. Baig. They conducted a fruitful future collaboration of student exchange faculty exchange and research collaborations. KLE College of Pharmacy signed MoU for the collaborations



DPCG'S COLLAB WITH ARAB ACADEMY FOR SCIENCE TECHNOLOGY AND MARITIME TRANSPORT



We are delighted to share the exciting developments emerging from our recent collaboration discussion with Prof. Amira Senbel, Dean of the College of Pharmacy at Arab Academy for Science Technology and Maritime Transport, held on Monday, January 15th, 2024, where we had the privilege of hosting a meaningful dialogue focused on fostering international collaborations.

The primary emphasis of our conversation centered around joint research initiatives in the dynamic fields of nanomedicine and natural products. As we look ahead, the prospect of engaging in student exchange programs and coordinating professional training initiatives is particularly promising. These endeavors aim to enrich our students educational experience by providing them with a global perspective on pharmacy education.

The collaboration with Arab Academy for Science and Technology opens new avenues for innovation and learning, paving the way for a future of impactful research and international partnerships. We are enthusiastic about the possibilities that lie ahead and anticipate mutually beneficial outcomes for both institutions.

7TH REGIONAL PHARMACY FACULTY DEVELOPMENT WORKSHOP



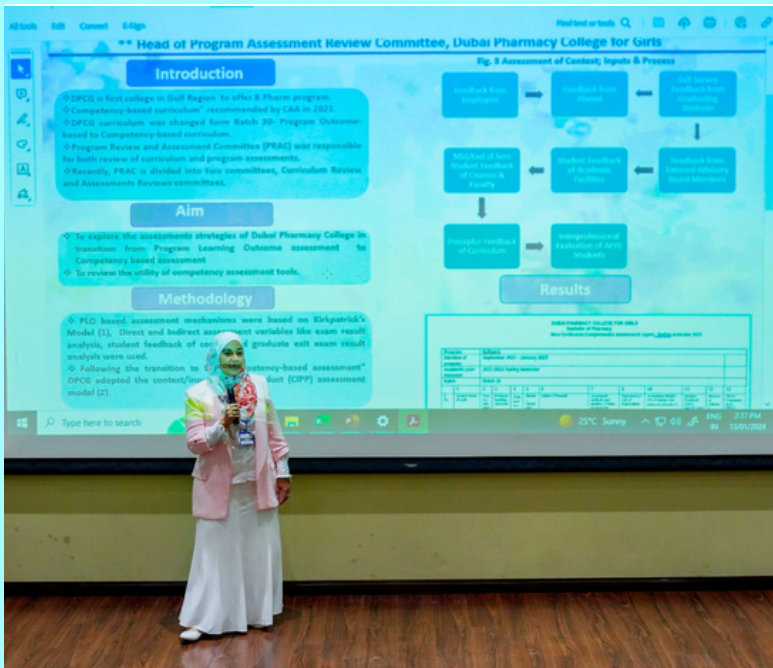
From January 13-14 ,2024, the DPCG faculty members: Dr Ammar, Dr Naglaa, Dr. Kishor, Dr. Fazilatun Nessa and Dr. Mirza Baig, participated in the 7th Regional Pharmacy Faculty Development Workshop, that was held in the Gulf Medical University, Ajman.

Co-organized by CAA, ACPE, and AACCP, this esteemed event included an unprecedented assembly of delegates from 26 universities in seven different nations. Leading figures in pharmacy education and assessment, including Professor Jan Engle, Professor Melissa Medina, Prof. Craig Cox, Dr. Sarah Shrader, and Michael Rouse, Director of International Services at ACPE, were present at the workshop, who spearheaded a lively discussion on best practices and ideas, especially in the area of educational assessment.

Participant-led papers and poster presentations provided insight on common difficulties and a range of evaluation methodologies. Dr. Nagla and Dr. Kishore had the opportunity to present their poster on their topic.

The event sowed the seeds for upcoming partnerships and ideas, where participants left with a renewed drive to raise the bar for assessments in their organizations.





FACULTY PUBLICATIONS



CONGRATULATIONS ON YOUR PUBLICATIONS, DR. KISHORE , DR. SEMIRA AND MPHARM STUDENTS

GJMT

Global Journal of Medical Therapeutics

Open Access

Review Article

A Systematic Review to Compare Costs and Outcomes of Pharmacoeconomic Evaluations of Conventional and Biosimilars G-CSFs

Nagwa Ibrahim^{1*}, Dina H.A. Mohamed², Kishore Gnana Sam³

How to cite this article: Ibrahim N, Dina H.A. Mohamed, Kishore Gnana Sam. A Systematic Review to Compare Costs and Outcomes of Pharmacoeconomic Evaluations of Conventional and Biosimilars G-CSFs. *Glob J Med Therap.* 2023;5(4): 1-11.

<https://doi.org/10.46982/gjmt.2023.107>

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NUTRITIONAL NEUROSCIENCE

<https://doi.org/10.1080/1028415X.2024.2304941>



Taylor & Francis
Taylor & Francis Group

Check for updates

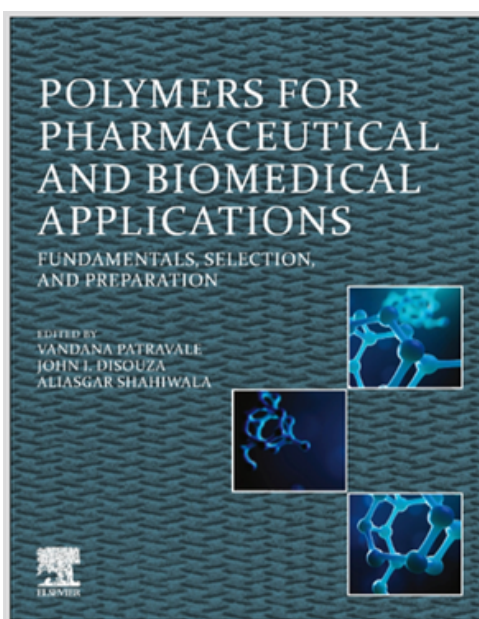
Association of level of adherence to Mediterranean diet with cognitive and dementia status in subjects with chronic diseases: a cross-sectional study

Abeer Al Hatab ^a, Kishore Ganana Sam ^a, Semira Abdi Beshir ^a, Asim Ahmed Elnour ^{b,c}, Nadia Al Mazrouei ^d, Khalid Awad Al-Kubaisi ^e, Maisoun Alkaabi ^f, Abdulla Al Amoodi ^g, Vineetha Menon ^h, Abuelnor Mohammed ^{i,j} and Sami Fatehi Abdalla ^k

^aDepartment of Clinical Pharmacy and Pharmacotherapeutics, Dubai Pharmacy College for Girls, Dubai, United Arab Emirates (UAE); ^bClinical Pharmacy Program, College of Pharmacy, Al Ain University, Abu Dhabi, United Arab Emirates; ^cAAU Health and Biomedical Research Center, Al Ain University, Abu Dhabi, United Arab Emirates; ^dDepartment of Pharmacy Practice and Pharmacotherapeutics, Faculty of Pharmacy, University of Sharjah, Sharjah, United Arab Emirates; ^eDepartment of Pharmacy Practice and Pharmacotherapeutics, College of Pharmacy-University of Sharjah, Sharjah, United Arab Emirates; ^fGeneral Manager, New Medical Center (NMC) Royal Women's Hospital, Abu Dhabi, UAE; ^gAmbulatory Healthcare Services, Academic Affairs, Abu Dhabi Health Services (SEHA), Abu Dhabi, UAE; ^hDepartment of Pharmacy Practice, College of Pharmacy, Gulf Medical University, Ajman, UAE; ⁱDepartment of Basic Medical Sciences, College of Medical, Dar Al Uloom University, Riyadh, Saudi Arabia; ^jDepartment of Histology and Embryology, School of Basic Medical Sciences, Tonkii Medical College, Huazhong

FACULTY PUBLICATIONS

Prof. Aliasgar Shahiwala, Dubai Pharmacy College for Girls is one of the editors of a book entitled “Polymers for Pharmaceutical and Biomedical Applications: Fundamentals, Selection, and Preparation” , published by Elsevier in January 2024. This book is a fundamental guide to polymers for pharmaceutical and biomedical applications, focusing on polymer selection, design, properties, and preparation techniques. The book begins by introducing polymers for pharmaceutical and biomedical applications, examining classification, basic properties, structures, and grades. This is followed by in-depth chapters on synthesis and modification, characterization techniques, and dissolution and solubility of polymers for pharmaceutical applications. Key applications are highlighted, with chapters explaining the preparation of polymers for conventional dosage, modified drug delivery, conjugates, advanced drug and gene delivery, medical devices, pharmaceutical packaging, and more. Throughout the book, the aim is to provide accessible, step-by-step coverage supported by diagrams and case studies. This is a valuable resource for all those who are newly approaching the field of polymers and product development for pharmaceutical and biomedical applications.



ISBN: 9780323954969

PUB DATE: Jan 17, 2024



FACULTY PUBLICATIONS

The purpose of this study was to describe clinical activities carried out USA by adult medicine (AMED) inpatient pharmacists. A prospective, observational, multicenter study was carried out using AMED pharmacists who work more than 50% of their shifts in internal medicine.

Demographics, clinical interventions, acceptance rates, and the importance of such therapies were all gathered through the survey. The three most popular interventions were starting therapy, optimizing therapy, and interpreting test results or diagnostic data. Antimicrobials, cardiovascular drugs, and antithrombotics were the top three therapy classes with interventions.



**DR. RIZAH ANWAR ASSADI,
CLINICAL PHARMACIST
DEPARTMENT OF PHARMACY
PRACTICE**

accp
JOURNALS



JACCP: JOURNAL OF THE AMERICAN COLLEGE OF CLINICAL PHARMACY /

Early View

CLINICAL PHARMACY
RESEARCH REPORT

Open Access



Nationwide evaluation of the clinical impact of acute care adult medicine pharmacists

Jennifer A. Szwak Pharm.D., FCCP

Rizah Anwar Assadi Pharm.D, Jimmy Gonzalez Pharm.D,
Lisa T. Hong Pharm.D, Lyndsi K. Meyenburg Pharm.D,
Andrew R. Miesner Pharm.D, Taylor Steuber Pharm.D,
Megan Kunka Fritz Pharm.D

First published: 14 January 2024

<https://doi.org/10.1002/jac5.1916>

About | Sections



FACULTY PUBLICATIONS

The college is delighted to announce the successful publication of a manuscript derived from the Master's thesis titled "Post COVID Vaccination Experience among the United Arab Emirates General Public" in Scopus indexed journal. This manuscript represents a culmination of extensive research and analysis conducted during graduate studies of one of our exceptional students, Ms. Tasneem Alomar, under the supervision of Dr. Hanan Anbar and Prof. Mirza Baig who demonstrated exemplary mentorship throughout the research process, providing invaluable guidance, support, and expertise to.



JCHR (2024) 14(0), 0-0



Journal of Chemical Health Risks

jchr.damghan.iau.ir



ORIGINAL ARTICLE

Post COVID Vaccination Experience among the United Arab Emirates General Public

Tasnim Alomar, Mirza Rafi Baig*, Hanan S. Anbar*

Department of Clinical Pharmacy and Pharmacotherapeutics, Dubai Pharmacy College for Girls, Dubai, 19099, United Arab Emirates

(Received: 16 November 2023

Accepted: 31 January 2024)

KEYWORDS

Vaccine;

ABSTRACT: The study aimed to investigate the experience of the general public in the United Arab Emirates post-COVID-19 vaccines in order to find out the long-term side effects of COVID-19 vaccines. A cross-sectional survey was conducted among a sample of vaccinated individuals in the United Arab Emirates. A total of 500 respondents

A POSTGRADUATE VIVAS

A POST GRADUATE VIVA FOR 2 MPHARM STUDENTS WAS HELD ON FRIDAY 12 JANUARY 2024, FROM 10:00 AM TO 11:00 AM IN DPCG MEETING ROOM.

Name of the student: Behnaz Sharifi

Title: "Antibiotics used in pediatric patients- a study in tertiary care hospital in Dubai, UAE"

Supervisor: Assoc. Prof. Dr. Gazala and Mrs. Eiman

The internal examiner: Dr. Ammar

External examiner: Dr. Amer Hayat Khan



Name of the student: Nuha Ali Al Naqbi

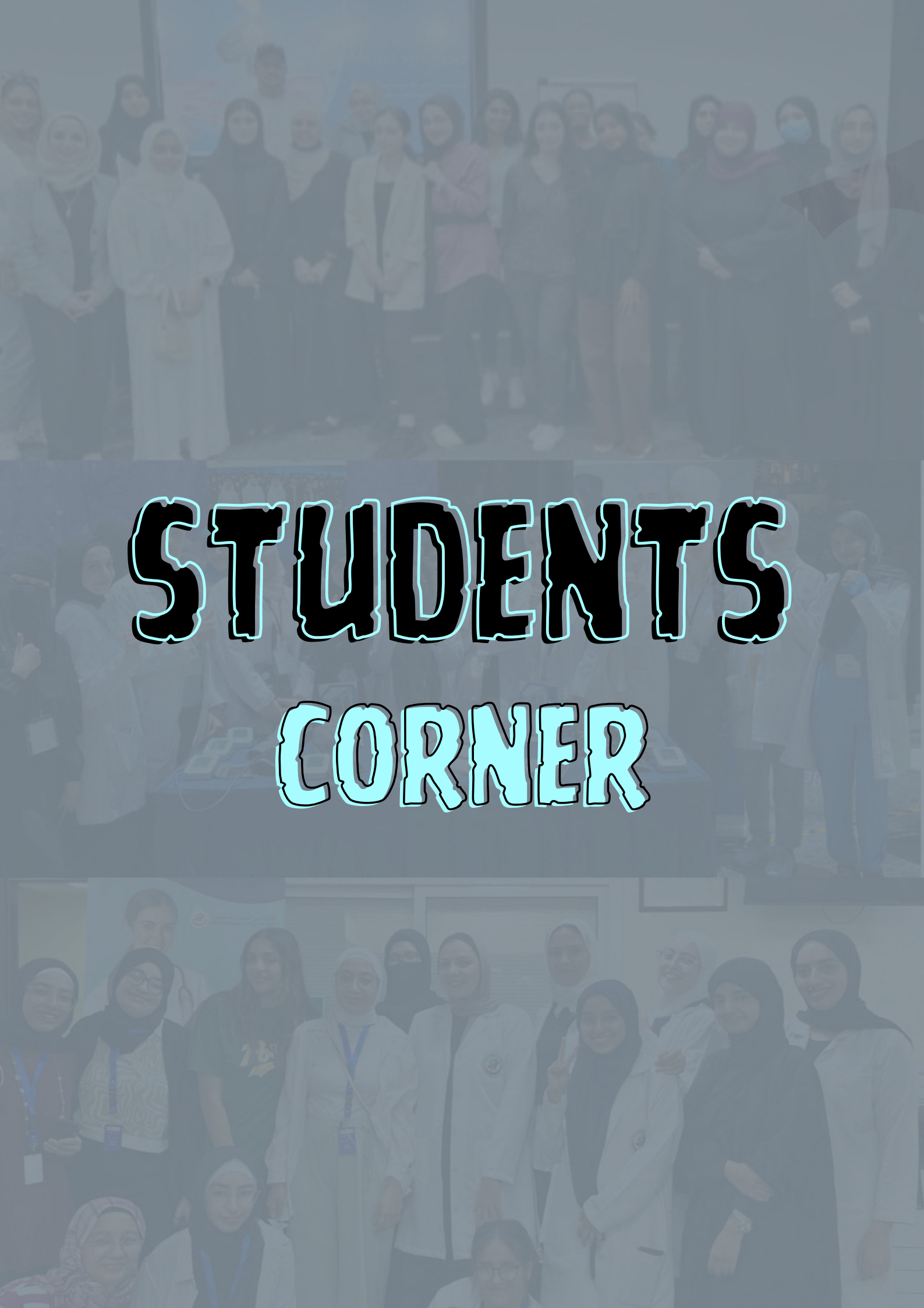
Title: "Community pharmacist knowledge, attitude, and perception towards medication counselling services"

Supervisor: Prof. Dr. Mirza Baig

The internal examiner: Dr. Ammar

External examiner: Dr. Amer Hayat Khan





STUDENTS CORNER

DPC SHINES AT DUPHAT 2024: RESEARCH & AWARDS TRIUMPH!

DUBAI PHARMACY COLLEGE (DPC) PROUDLY TOOK CENTER STAGE AT DUPHAT 2024, THE PREMIER PHARMACEUTICAL CONFERENCE AND EXHIBITION HELD IN DUBAI'S WORLD TRADE CENTER (JANUARY 9-11). UNDER THE GUIDANCE OF DPC FACULTY, OUR UNDERGRADUATE STUDENTS SHOWCASED THEIR RESEARCH THROUGH POSTER PRESENTATIONS, ENGAGING WITH EXPERTS AND PEERS FROM ACROSS THE UAE AND BEYOND.



This fruitful exchange was further sweetened by a prestigious win: Dr. Hanan Anbar and her students, Ms. Hana, Ms. Fatima, and Ms. Maimouna, clinched a coveted poster presentation award! Their dedication and research excellence shone brightly in the face of fierce competition, a testament to DPC's commitment to fostering the next generation of pharmaceutical leaders. Congratulations to our inspiring students and faculty - may their success continue to soar!



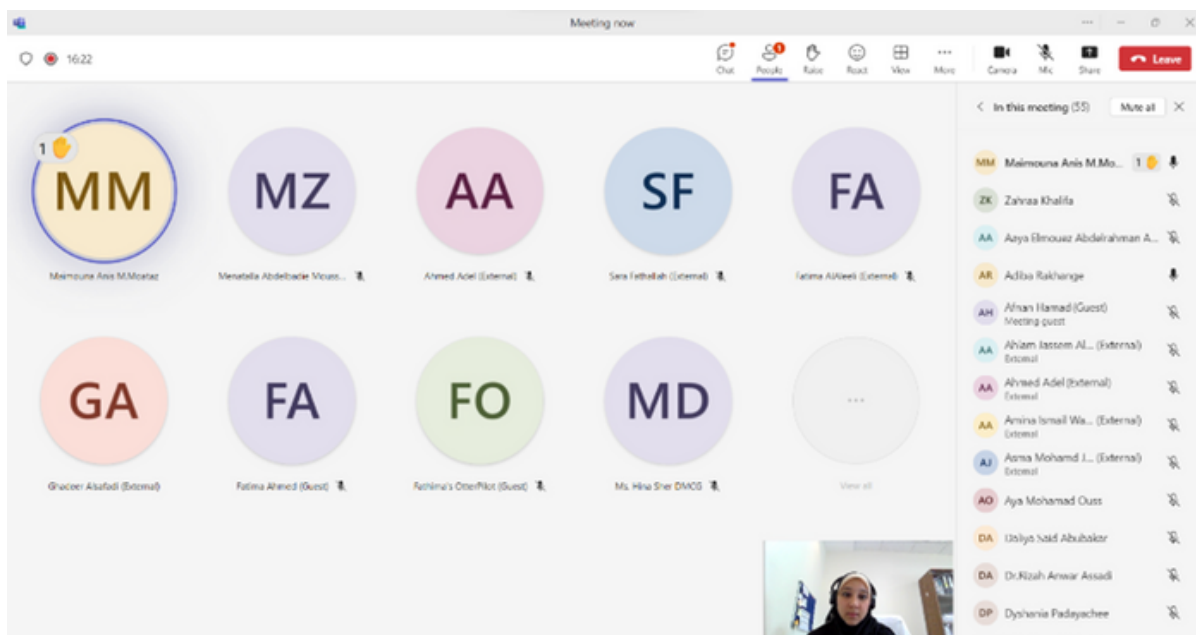


GRADUATE AFFAIRS AND CAREER GUIDANCE UNIT

As part of an initiative in career guidance, a virtual workshop was conducted on January 11, 2024, in collaboration with a team from MOHAP for senior students and recent graduates of DPCG. The team comprised members from the Health Professionals Evaluation Section and the Health Professionals Licensing Section.

To enhance graduates' awareness of the post-graduation professional licensing process and address all enquiries related to this matter. This initiative aims to provide guidance through the initial phase after graduation.

Graduates will gain awareness of the procedural steps necessary for obtaining their professional license after graduation, along with a comprehensive understanding of all training requirements, rules, and pertinent updates.



DUBAI POLICE - ZERO CRIME GATHERING

Our Student Affairs Unit and Student Union members at DPCG actively participated in the Dubai Police Forum on Zero Crime for universities and colleges. This underscores our commitment to fostering a secure environment for all students.

Participating in such forums is a proactive step in bridging the gap between the academic community and law enforcement agencies. It aims to cultivate a collaborative approach to crime prevention, instilling a sense of shared responsibility among students, faculty, and external stakeholders.

- Active participation in the forum is anticipated to cultivate a culture of responsibility and vigilance among students and staff.
- Foster an environment of mutual trust and support, facilitating the swift reporting and handling of any criminal incidents.



ELITE TALK - CREATIVE LEADERSHIP: CHALLENGES & ACHIEVEMENTS

Spearheaded by the Lootah Charitable Foundation, hosts accomplished individuals with rich professional experiences in diverse fields for periodic dialogue sessions. These sessions take place in the presence of students from Dubai Pharmacy and Dubai Medical College, and faculty members. The aim is to glean insights from scientific experts, fostering professionalism and building bridges of communication between generations.

This initiative establishes a platform for students to directly engage with industry pioneers, providing them with the invaluable opportunity to learn from a wealth of experiences, including challenges and successes. This interaction serves to inspire and guide students in their professional development. It offers insights into career pathways, industry expectations, and the competencies required for success in their respective fields.

مؤسسة سعيد أحمد لوتاه الخيرية
Saeed Ahmed Lootah Charity Foundation

دعوة حضور - الجلسة الثانية
حوار الأطباء

يسر مؤسسة سعيد أحمد لوتاه الخيرية دعوتكم للمشاركة في جلسة حوارية بعنوان

الريادة الإبداعية: تحديات وإنجازات

20

- المدير التنفيذي للشؤون الطبية في مؤسسة دبي الصحية الأكاديمية.
- نائب مدير جامعة محمد بن راشد للعلوم الصحية.
- المدير التنفيذي لمستشفى نفقوس للنساء والأطفال بحسي.
- رئيس الاتحاد الدولي للمهنتسفيات.

د. منى تهاك

نطلع إلى حضوركم ومشاركتم الفعالة

مستشفى جامعة دبي الطبية | الثلاثاء 30 يناير 2024 | 11:30 ص - 12:30 م



SPEAKER: DR. MUNA TAHLAK CMO AND PROVOST AT DUBAI HEATH

Honoring Ceremony

On 31st of January, the DPC's Student Unit came together for a heartwarming celebration at the Annual Honouring Ceremony, organized by the Students Affairs Unit. This cherished event served as a platform to recognize and applaud the outstanding achievements and contributions of our student body. As the ceremony was graced by the esteemed presence of Provost Prof. Janusz Jankowski and Acting Dean Prof. Mirza R. Baig who inspired the audience with his insightful words.



Provost Prof. Janusz Jankowski



Acting Dean Prof. Mirza R. Baig



The air buzzed with excitement as students from various disciplines were felicitated for their academic excellence, extracurricular triumphs, and commitment to social responsibilities in the following categories:

- 1) Toppers
- 2) Advisory Committee
- 3) Newsletter Team
- 4) Batch Representatives
- 5) Last Year's SU members
- 6) New SU members
- 7) CE Members
- 8) مسابقة نور القرآن الكريم

TOPPERS



NEWSLETTER TEAM



LAST YEAR'S SU MEMBERS



NEW SU MEMBERS



مسابقة نور القرآن الكريم

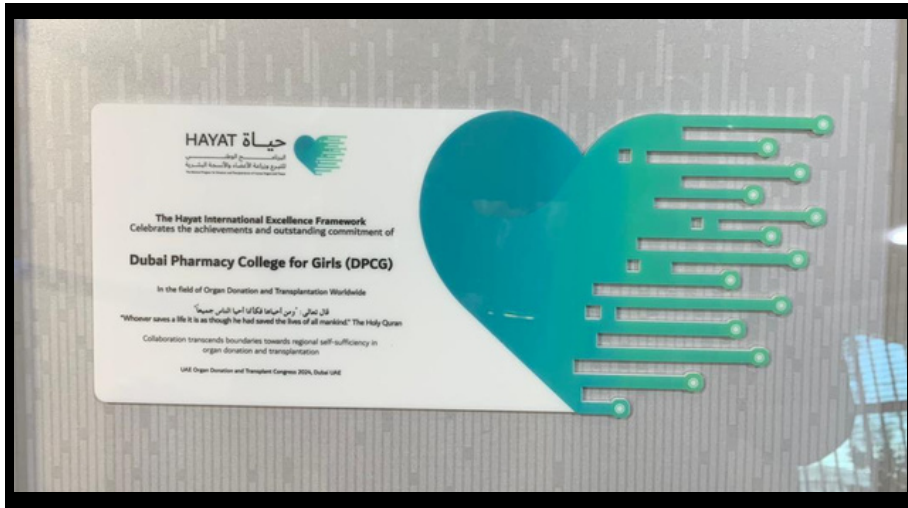


CE MEMBERS



جائزة حياة *Hayat Award*

We are happy to announce that DPCG received this momento as a token of appreciation from HAYAT organization which a government entity by MOHAP



e-Portfolio Mastery & Smart CV creation

E-PORTFOLIO MANAGEMENT TEAM
INVITE YOU TO ATTEND THE WORKSHOP

Begin Your Journey
E-Portfolio Mastery &
Smart CV Creation



24
January

Registration QR


Agenda
1:00 -1:15 pm
Introduction by Prof. Kishor Gana
1:15 -1: 30 pm
How to E-Portfolio by Dr. Maram Abbas
1:30 - 1:45 pm
Technicalities of E-Portfolio by Mr.Ali Hantash
1:45 - 2:15 pm
Do it smart 'CV' by Dr. Sabeena Salam
Time: 13:00 - 15:00 pm
Location: First year class

We would like to thank Mrs. Sabeena Salam, Dr.Kishore, Dr.Maram Abbas and Mr.Ali Hantash for orienting our 1st year students , where they promoted their competency through the E-Portfolio tool.



Interview with a Clinical Pharmacist (Oncology Specialist)

BY MARYAM SALEH (MPHARM BATCH 10)



1) Can you please introduce yourself and provide an overview of your background and experience in the field of clinical pharmacy? (Name, age, which hospital working, and how many years' experience).

Firstly, I am so grateful to be a part of this interview.

Myself, I am Daniel, a 30-year-old Clinical Pharmacist currently working in Fakeeh University Hospital, Dubai. Following completion of my PharmD programme I have been working as a full time Clinical Pharmacist in a multi-specialty hospital in southern India for 4.5 year. My departments of experience primarily include Cardiothoracic & Cardiology, Oncology & infectious disease along with Paediatrics & post-transplant care. From that organization I have achieved an exclusive experience in managing oral anti-coagulation clinic in post heart valve replacement patient. Later, by late 2023 I relocated to UAE & joined this organization. I am currently allocated to oncology department alongside medical-surgical department, reviewing the cases, regimen & overall therapy of the patients.

2) What inspired you to pursue a career in clinical pharmacy?

There are many different reasons someone might choose a career in clinical pharmacy. Perhaps they have a passion for serving humankind, an interest in the latest growths in pharmaceutical advancements, or a wish to strive in a medical environment. Whatever the reason, the key mantra for every job is to be honest and enthusiastic in whatever you do as a job.

In my case, I have always posed a passion for the field of pharmacy since childhood. I always wondered how a small pill could go inside the body and change the sickness of a person and I believed it's something I would look forward to. As curiosity grew up along with me, I began checking medications of my grandparents and relatives. The more I went to a hospital, the more I saw the interaction among patients and the pharmacist is what's always hassle free and how easily accessible the pharmacist was to each patient. The pharmacist was helping answer questions within their scope to help patients avoid lengthy doctor visits. That relationship too inspired me to pursue a career in pharmacy.

Interview with a Clinical Pharmacist (Oncology Specialist)

BY MARYAM SALEH (MPHARM BATCH 10)

3) Could you describe some of the key responsibilities and daily tasks of a clinical pharmacist in a healthcare setting?



According to me, a clinical pharmacist in a nutshell should be a health care provider who aims in providing a patient care centered pharmaceutical services providing positive impact on patient's clinical outcome. He/she should be easily accessible and a link between the patient's clinical needs & other healthcare care providers as a part of multi-disciplinary team.

Few among my key responsibilities during my practise will include:

- *Regular ward-round participation.*
- *Delivery of comprehensive medication management and medication-related care.*
- *Dose optimization & rationalization in collaboration with the physicians & nurses*
- *Management of drug interactions, duplications, contraindications, ADRs, renal-hepatic dose adjustments*
- *Chemotherapeutic (Oncology) drug preparation using bio-safety cabinet class 2BII, handling and administration review.*
- *Identifying patient populations' drug therapy related needs and elucidates the queries.*
- *Antimicrobial stewardship programme*
- *Formulating organizational guidelines & protocols on management of medications*
- *Clinical Interventions*
- *Clinical audit on adherence to the guidelines*

Interview with a Clinical Pharmacist (Oncology Specialist)

BY MARYAM SALEH (MPHARM BATCH 10)



4) What are the most challenging aspects of being a clinical pharmacist, and how do you overcome them?

Dealing with adamant patients or scenarios are quite challenging. One should be compassionate and understanding when handling patients who may be facing hardships. If a situation becomes unruly, it may be necessary to involve other professionals who are able to smoothen the issue.

Another clinical challenge is when working with patients who have multiple comorbidities or chronic conditions such as diabetes, hypertension, or heart disease. It's important to be familiar with the unique challenges associated with these conditions and to be able to provide specialized care and counselling to patients. Hence an important rule is to be on par with the current therapeutic advancements & updated evidence-based practices.

Another challenge which I face in UAE is the unavailability or shortages of certain generics in the market which are crucial for certain diseases. (Example: Olaparib as targeted therapy for breast cancer). In this situation suggesting a similar or likely similar counterpart may be crucial.

5) In your experience, what are the qualities and skills that make a successful clinical pharmacist, especially in today's evolving healthcare landscape?

As I said, to stay updated with current practice & guidelines is of foremost importance. A clinical pharmacist should be well versed in using the drug references like Lexicomp or UpToDate which provides authentic medical information. He/she should be responsible for the recommendations made and must exhibit a sense of ownership towards the patients assigned. They must possess good analytical & communication skills as well. They must work as a drug specialist advisor and collaborate with other stakeholders to develop treatment plans and continuously works to improve the value and medical outcomes.

In practice, I always start by making sure that my recommendations are understandable and why they're important. If someone don't agree, I take time to explain the potential risks of not following the recommendations. I also provide additional resources or materials if necessary to help them better understand the situation. Above all, I emphasize that my goal is to ensure they get the best care possible. I make sure to be patient and understanding, but firm in my position when needed.

Interview with a Clinical Pharmacist (Oncology Specialist)

BY MARYAM SALEH (MPHARM BATCH 10)

6) Finally, what message or words of encouragement would you advise the Master's clinical pharmacist students?

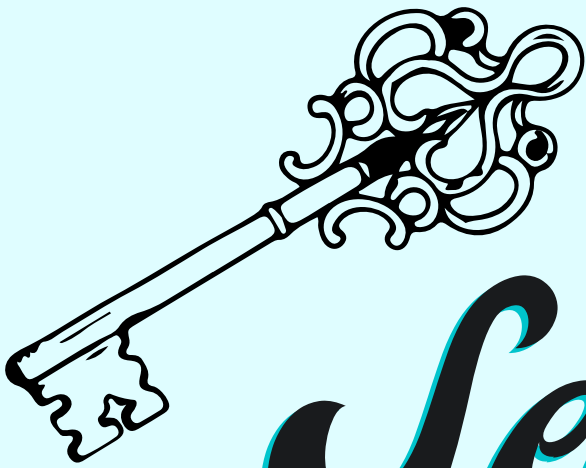


Apart from all the clinical skills, a clinical pharmacist should be self-motivated and a good team worker. These key factors can help clinical pharmacists to excel as a health care team.

I am a person who always believes that one must always peep out of their comfort zone to have a successful outcome.

Let me add on a point which my teachers always use to advise, one should not stop with an end point and must always strive for updations.

Due to the nature of the roles, we clinical pharmacists have many options for career growth and development. Choose the path which suits your taste and move on with passion. Consider patients as your own kin and help them to get the most out of their medications.



Secret

Tip

off

PHEWWWWWW!!!!!!

Reset, Reset, and Reset.

Final Exams are finally over. To our night owls, I know how you are feeling, exhausted, overwhelmed, just in desperate need of a RESET. Perfect in the time of the new year, while you are reading this why don't you sit back, relax, and grab a cup of tea. Dark Circles, and Acne, our two rivals.



As for the dark circles all you need to do is sleep as much as you can, this is not a joke, sleep is how our body regenerate and flourishes, so make sure you get enough sleep, try to use cold tea bags on your eyes as a mask keep them for about 10 minutes, and then rinse with warm water.

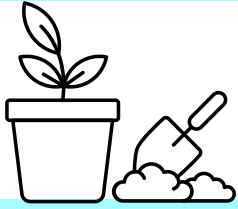
PHEWWWWWW!!!!!!

ACNE. It is not. Pretty look, I know. So, let us solve this problem. First, do not scratch them, I repeat do not scratch them, this will only lead to scarring, and this will be a bigger problem to handle.

Disinfect them with a little bit of Alcohol, not too much.

Secondly, try applying clindamycin solution on your acne, and they tend to disappear. If you do not notice any difference and you have a bit too much acne, then usually Drs tend to prescribe Doxycillin. For washing your face, if you have oily skin use a non-oil containing soap or clean ser, if your skin is dry use oil containing soap.





DIY: HOW TO GROW YOUR OWN INDOOR HERB GARDEN



As pharmacists we must learn about herbs along with their potential health benefits, adding a medicinal touch to your green, healthy environment promotes both health and happiness.

Before we start make sure you have a well-lit area near a window or a balcony where the herbs you are growing can receive maximum sunlight. Here are DIY ways in which you can grow your own indoor herbs garden.

STEP NO.1:

USE POTS OR CONTAINERS WITH DRAINAGE HOLES AT THE BOTTOM TO AVOID OVERWATERING.



STEP NO.2:

CHOOSE HERBS ACCORDING TO YOUR PREFERENCES SUCH AS BASIL, MINT, OR THYME THAT ARE READILY AVAILABLE.



STEP NO.3:

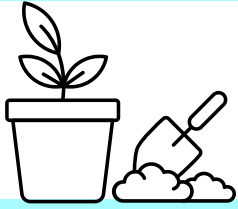
FILL YOUR CONTAINER WITH SOIL WITH EQUAL AMOUNT OF COMPOST AND SAND AND MIX THEM ALL UP.




STEP NO.4:

START YOUR GARDEN BY PLANTING HERB SEEDS THAT YOU CHOSE INTO THE SOIL.





DIY: HOW TO GROW YOUR OWN INDOOR HERB GARDEN

An illustration of a blue watering can pouring water onto a small green plant in a pot. The scene is framed by a white flower-like shape with five petals.

STEP NO.5:

HERBS SUCH AS BASIL REQUIRE THEIR SOIL TO BE MOIST. SO, START BY WATERING THE SOIL AND AVOID OVERWATERING TO PREVENT THE PLANT TO WILT.

An illustration of a bright yellow sun with rays shining on a small green plant in a pot. The scene is framed by a white flower-like shape with five petals.

STEP NO.6:

ROTATE THE POT EVERY MORNING TO ENSURE ALL SIDES OF YOUR HERBS RECEIVE EVEN SUNLIGHT.

An illustration of a wooden hourglass with sand falling from the top to the bottom. The scene is framed by a white flower-like shape with five petals.

STEP NO.7:

ONCE SEED HAS SPROUTED FERTILIZE FREQUENTLY EVERY 4-6 WEEKS AND WATCH OUT FOR PESTS AND ADDRESS THEM WITH NATURAL REMEDIES.

An illustration of a person wearing a white shirt, brown pants, and a green cap, kneeling and harvesting herbs from a pot. The scene is framed by a white flower-like shape with five petals.

STEP NO.8:

HARVEST HERBS WHEN THEY REACH THE MAXIMUM GROWTH ESPECIALLY A FEW INCHES TALL. AND YOU CAN REPEAT THE PROCESS FOR MANY OTHER TYPES OF HERBS!



*A
Glance
Ahead*

CULTURAL DAY

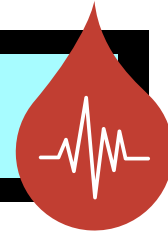
Cultural day is a day where we celebrates not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development. It is an essential day to promotes cultural appreciation, global awareness, inclusivity, heritage preservation.



Students Union of DPCG Is celebrating Cultural Day in the 2nd week of February. Hoping to see you there representing your own culture and tradition !!



BLOOD DONATION CAMPAIGN



A blood donation campaign is a targeted effort to encourage voluntary blood donations. Through outreach programs and events, these campaigns raise awareness about the significance of donating blood for medical treatments and emergencies.



Community Engagement of DPCG Is inviting you to their Blood Donation Campaign and giving you a chance to save help someone in need. This campaign is held throughout the month of February!!

INTERNATIONAL LANGUAGE DAY

The aim of International Language Day is to promote the preservation and protection of all languages, especially endangered ones, as well as to encourage people to use and promote their mother tongue.

Celebrated in the month of February by DPCG grants you the opportunity of showing your own mother tongue and being proud of it.

Hope to see you there

INTERNATIONAL
MOTHER
LANGUAGE DAY



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