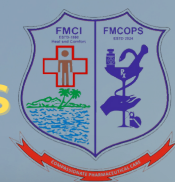




FATHER MULLER COLLEGE OF PHARMACEUTICAL SCIENCES
BULLETIN



MULLER TIMES



VOLUME: 01

ISSUE: 01

AUGUST-JANUARY 2024-25

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Official Publication of

Father Muller College of Pharmaceutical Sciences

Periodicity: Biannual

Printed by: The Principal

FMCOPS

(For private circulation only)

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Welcome to the first edition of Dispensing Excellence, your go-to source for updates, insights, and advancements in the world of pharmaceutical education and research. At FMCOPS, we're dedicated to transforming pharmacy education through innovative solutions that drive excellence, sustainability, and professional growth.



MESSAGE

CHIEF PATRON

"A dream does not become reality through magic; it takes sweat, determination, and hard work."- Colin Powell, former U.S. Defence Secretary. I am extremely happy to pen a few lines for the very first issue of Muller Times, the Biannual Bulletin of the newly established Father Muller College of Pharmaceutical Sciences, Deralakatte, a unit of Father Muller Charitable Institutions, Kankanady, Mangaluru. I congratulate the Principal, the Editorial Board, Faculty, Staff and students for their contribution and innovative ideas in a very short span of time. As per the above quote, put in your efforts, hard work and sweat of determination to make it a reality. God bless.

Warm regards,
Rev. Fr Richard Aloysius Coelho
Chief Patron



PATRON



Father Muller Charitable Institutions has several path-breaking initiatives and Father Muller College of Pharmaceutical Sciences is one such addition to the growing list. Pharmacy is a branch of Science which explains the nature and root of any medicine. The students of medicine are today able to understand as to where and how the medicinal products come from. The programme is well begun with a very good infrastructure, well-experienced faculty and a group of enthusiastic students. I see a great future for the college. I wish all the very best to the staff and students that the quality education may lead to the emergence of value based professionals for promoting the health of the society. Let us all join hands in this endeavor.

Warm regards,
Rev. Fr Faustine Lucas Lobo
Patron

EDITOR-IN-CHIEF

It is a proud moment to present the inaugural issue of Muller Times, showcasing the achievements and vibrant spirit of Father Muller College of Pharmaceutical Sciences. This bulletin reflects our commitment to excellence, innovation, and collaboration. My heartfelt thanks to the management of Father Muller Charitable Institutions, all contributors and the editorial team for making this vision a reality.

Warm regards,
Dr. Satish S.
Editor-in-Chief



Thank you for your continued support with FMCOPS and FMCI.

FMCOPS: A NEW MILESTONE



The Father Muller College of Pharmaceutical Sciences (FMCOPS), Deralakatte, Mangaluru, a unit of Father Muller Charitable Institutions, celebrated a historic milestone on 7th October 2024 with the inauguration of its 2024-25 academic year and the launch of its first batch of Bachelor of Pharmacy (B.Pharm) students. The day began with the solemn blessing of the new academic building, led by Rev. Fr. Faustine Lucas Lobo and presided over by Rev. Fr. Richard Aloysius Coelho, symbolizing sanctity and grace. A prayer song by students and the ceremonial lighting of the lamp set a reverent tone, marking the beginning of a new chapter for the institution.



The inaugural ceremony featured inspiring speeches, including that of Dr. Padmaja Udaykumar, Chief Guest, who commended the visionaries behind FMCOPS and encouraged students to embrace the privilege of being the inaugural batch. Rev. Fr. Faustine Lucas Lobo hailed the new pharmacy college as "one more feather in the illustrious cap" of FMCI, urging students to embody values of compassion, unity, and integrity. Reflecting on the inspiring journey of overcoming challenges to establish FMCOPS, Rev. Fr. Richard Aloysius Coelho assured parents of the institution's readiness to provide exceptional education, supported by experienced faculty, advanced facilities, and a nurturing environment.

Aspirin, one of the most widely used drugs globally, was derived from the bark of the willow tree.

OCTOBER 07, 2024



The event concluded with a heartfelt vote of thanks by Mrs. Janice Leedle Crasta, Assistant Professor, while the program was seamlessly coordinated by Mrs. Nishmitha Gretta D Souza and Mrs. Fmith Celvia Miranda, Associate Professors at FMCOPS.



Affiliated with Rajiv Gandhi University of Health Sciences and the Pharmacy Council of India, FMCOPS boasts a state-of-the-art six-storey academic building, advanced laboratories, and dedicated accommodations, offering a holistic learning environment. With admissions for the inaugural B.Pharm program open until 5th November 2024, the institution promises diverse career opportunities, scholarships for meritorious students, and a significant step forward in the Father Muller legacy of excellence in healthcare education.



October Diaries.....

Orientation Program for Fresh Batch of B.Pharm Students

The orientation program for the fresh batch of B.Pharm students was held on the 8th and 9th of October 2024, offering a comprehensive introduction to their academic journey. The sessions covered the scope of the pharmacy course, academic rules and regulations, examination procedures, code of conduct, and an overview of various branches of pharmaceutical sciences. Alongside these informative sessions, the program included fun-filled activities such as ice-breakers and team-building games, fostering interaction and camaraderie among students and faculty. The two-day program left students feeling informed, welcomed, and excited to begin their journey in pharmaceutical sciences.



Vanamahotsava 2024: Nurturing Nature

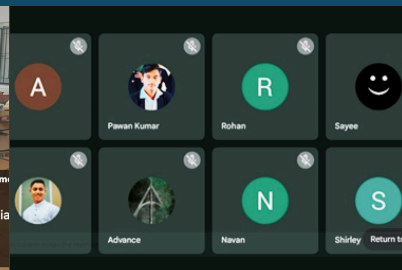
Father Muller College of Pharmaceutical Sciences and Father Muller Homeopathic Medical College, Deralakatte, Mangalore, celebrated Vanamahotsava 2024 with enthusiasm and purpose. The event highlighted the importance of green spaces and sustainability in building a healthier future. Students, faculty, and staff came together to plant saplings, symbolizing hope and growth while contributing to environmental conservation. This initiative reinforced the institutions' commitment to nurturing nature and fostering eco-conscious practices for the benefit of generations to come.



FMCOPS joins Walkathon Against Drug Abuse

On October 18, 2024, students of Father Muller College of Pharmaceutical Sciences actively participated in a walkathon organized by the Mangalore Diocese and Father Muller Charitable Institutions to raise awareness about drug abuse. Starting from St. Aloysius College and concluding at Nehru Maidan, 31 enthusiastic students carried impactful banners and placards, spreading a powerful message against this social menace. This collective effort reinforced the commitment to a drug-free society, inspiring the community to join hands in the fight against drug abuse.

Career Growth Webinar at FMCOPS



On October 30, 2024, Father Muller College of Pharmaceutical Sciences (FMCOPS), in collaboration with E-Cell IIT Hyderabad and Wipro, hosted a webinar on Career Growth in Pharmacy. The event offered B.Pharm students valuable insights into professional development, industry trends, and entrepreneurship opportunities. Interactive sessions on skill enhancement, career strategies, and an engaging Q&A with industry experts enriched the learning experience. Students praised the workshop's relevance and practical value, highlighting FMCOPS's dedication to empowering students and preparing them for successful careers.

"An apple a day keeps the doctor away" is based on the fact that apples contain antioxidants and dietary fiber, which help improve digestion and lower the risk of chronic diseases.

Beyond the Classroom

Faculty Publications

1. Mm HB, Prya SS, Sharadhi S, **Satish S**, Gowda MM. The Surge in Cardiovascular Diseases Post-COVID: Prevalence and Incidence Insights. Int. J. of Pharm. Sci. 2024;2(8):3078-3085.
2. **Satish S**, Zaibunnisa P. A community based study to assess the reasons behind self-medication of antibiotics among college students. IP International Journal of Comprehensive and Advanced Pharmacology. 2024;9(3):211-214.

FMCOPS Faculty Participate in Faculty Development Programme



Two faculty members from Father Muller College of Pharmaceutical Sciences (FMCOPS) actively participated in the Faculty Development Programme (FDP) on "Essentials of Teaching Skills", organized by the Faculty Development Committee, FMNCT, in collaboration with the Medical Education Unit, FMMC. Held on 23rd December 2024 at FMNCT, the program covered topics such as interactive lectures, innovative teaching methods, effective use of media, and assessment principles.

This enriching experience enhanced the teaching competencies of participants, reflecting FMCOPS's commitment to continuous professional development and excellence in education.



Seminar on "Expanding Scope of Pharmacy: Beyond Dispensing Medication"

On 17th December 2024, the Father Muller College of Pharmaceutical Sciences hosted a seminar titled "Beyond Dispensing Medication" in the FMCOPS Auditorium. The session featured Dr. Vasudev R. Pai, Associate Professor at Manipal College of Pharmaceutical Sciences, as the resource person.

Dr. Pai delivered an engaging and insightful talk on the expanding role of pharmacists in modern healthcare. He emphasized key aspects such as patient counseling, medication safety, pharmacovigilance and the importance of healthcare collaboration. With real-world examples and practical insights, he inspired students to think beyond traditional roles and embrace their responsibilities as healthcare advocates and educators.



The seminar began with a prayer song, followed by a warm welcome by Principal Dr. Satish S. Rev. Fr. Faustine Lucas Lobo, Designate Director of FMCI, delivered an inspiring message, and the program concluded with a lively Q&A session, allowing students to clarify their doubts and explore the subject further. The event was well-received, broadening the students' perspectives on their profession and motivating them to make meaningful contributions to patient care and community health.



The concept of vaccines dates back to 1746 when Edward Jenner developed the first smallpox vaccine, which eventually eradicated the disease.

Faculty Chronicles

India: The World's Pharmacy

India has rightfully earned the title of "The World's Pharmacy," emerging as a global leader in the production and supply of affordable, high-quality medicines. The country accounts for over 20% of the global generic medicine supply and meets 40% of the generic demand in the US. With its strong manufacturing base and commitment to healthcare equity, India has become an indispensable part of the global healthcare system.

India is also a major contributor to the world's vaccine supply, producing over 60% of all vaccines globally. Companies like the Serum Institute of India have played a pivotal role in public health crises, especially during the COVID-19 pandemic, supplying over 2 billion vaccine doses worldwide, including through the COVAX initiative to support low-income nations. Additionally, India fulfills 70% of the WHO's demand for DPT (diphtheria, pertussis, tetanus) vaccines, underlining its critical role in immunization programs.

The affordability of Indian pharmaceutical products is a key factor behind the country's success. Generic medicines produced in India are 30-50% cheaper than their Western counterparts, making them accessible to developing nations. For instance, India supplies 80% of the global antiretroviral drugs used in HIV treatment, saving millions of lives in Africa and other regions.

India's pharmaceutical industry is supported by robust manufacturing capabilities, with over 1,400 WHO-GMP-compliant plants and 265 US FDA-approved facilities, the highest outside the US. In 2023, pharmaceutical exports from India reached \$25.4 billion, spanning over 200 countries. This includes lifesaving drugs, vaccines, and innovative formulations that address global health challenges.

Despite its achievements, the industry faces challenges, such as dependence on imported Active Pharmaceutical Ingredients (APIs). However, initiatives like "Atmanirbhar Bharat" and the Production Linked Incentive (PLI) scheme are aimed at boosting domestic API production and reducing dependency on imports.

India's role as the "World's Pharmacy" goes beyond commerce. It reflects the nation's commitment to global health by ensuring that high-quality, affordable medicines and vaccines reach every corner of the world. With continued innovation and government support, India is poised to remain a leader in the global pharmaceutical landscape.



Dr. Satish S
Principal
FMCOPS

Lauric Acid: A Vital Link Between Mother's Milk and Coconut Oil

Lauric acid, a medium-chain fatty acid, is a significant component of both mother's milk and coconut oil, known for its remarkable health benefits and immunity-boosting properties. In human breast milk, lauric acid constitutes about 6% of the total fat content, where it plays a vital role in infant health. It is converted into monolaurin, a compound with potent antimicrobial properties that protect newborns from bacterial, viral, and fungal infections. Additionally, as a medium-chain triglyceride (MCT), lauric acid provides an easily metabolizable energy source, essential for the rapid growth and development of infants. Coconut oil, with approximately 50% lauric acid, is the richest natural source of this beneficial fatty acid. It mirrors many of the health advantages seen in breast milk. Monolaurin derived from coconut oil is a powerful immune booster, effectively combating pathogens such as *Staphylococcus aureus* and *Candida albicans*. Beyond its antimicrobial role, lauric acid supports skin hydration and aids gut health by maintaining a balanced microbiome.

The similarities between lauric acid in breast milk and coconut oil have significant implications. It has led to the incorporation of coconut oil in infant formulas and therapeutic diets, particularly for individuals requiring enhanced immunity and energy. This natural connection underscores the importance of both breast milk and coconut oil in promoting health and preventing infections. Exploring the therapeutic potential of lauric acid could pave the way for innovative approaches in preventive and curative medicine.



Mrs. Fmith Celvia Miranda
Associate Professor
FMCOPS



Nutrient Fade: Why Fresh and Local Fruits Are Healthier

Fruits are a rich source of essential vitamins, but these nutrients are highly sensitive to time and storage conditions. Studies show that prolonged storage and transportation significantly degrade the vitamin content of fruits, reducing their nutritional value.

Staying hydrated is essential! The human body is made up of approximately 60% water, which is crucial for maintaining bodily functions.

Faculty Perspectives

For instance, vitamin C, a key antioxidant found in citrus fruits, berries, and guavas, is particularly vulnerable. Research indicates that fruits lose up to 50% of their vitamin C content within a week of harvesting, even under optimal storage conditions. Similarly, other water-soluble vitamins like B-complex vitamins also deteriorate rapidly when exposed to light, heat, or prolonged refrigeration.

Imported fruits, often transported over long distances and stored for extended periods, are more prone to vitamin loss. By the time these fruits reach consumers, their nutrient levels are significantly lower than freshly harvested produce.

To maximize the health benefits of fruits, it is recommended to:

1. **Purchase Fresh Produce:** Opt for fruits that are freshly harvested and available in-season.
2. **Choose Local Options:** Locally grown fruits have shorter travel and storage times, ensuring better nutrient retention.
3. **Store Properly:** Consume fruits shortly after purchase and store them in cool, dark places to minimize vitamin degradation.

Incorporating fresh, locally available fruits into daily diets not only preserves their nutritional value but also supports local farmers and reduces the environmental impact of long-distance transportation. Prioritizing freshness and locality ensures that fruits remain a reliable source of essential vitamins for optimal health.



Mrs. Nishmitha Gretta D Souza
Associate Professor
FMCOPS

Blue Monday: Myth or Reality?

"Blue Monday" refers to the third Monday of January, often labeled as the most depressing day of the year. The term was popularized in 2005 by a press release claiming to have calculated the date using a pseudoscientific formula that factored in weather conditions, debt, time since Christmas, and general motivation levels. While the concept has gained cultural traction, experts argue that it is not scientifically valid but rather a marketing gimmick.

However, the idea of "Blue Monday" does highlight genuine issues many face during January. Post-holiday blues, colder weather, financial strain, and failed New Year's resolutions can contribute to feelings

of sadness or demotivation. Mental health professionals use the concept as an opportunity to raise awareness about seasonal affective disorder (SAD) and the importance of mental well-being.

How to Beat Blue Monday:

Stay Active: Exercise releases endorphins, improving mood.

Connect with Others: Spend time with friends or family to combat isolation.

Set Small Goals: Focus on achievable tasks to rebuild motivation.

Practice Gratitude: Reflecting on positive aspects of life can improve perspective.

While "Blue Monday" may not hold scientific weight, it serves as a reminder to prioritize mental health, especially during the winter months.



Mrs. Sudhina M
Assistant Professor
FMCOPS

Improving Neurotransmitter Function for Better Mental Health

Neurotransmitters, the chemical messengers in our brain, play a crucial role in regulating mood, cognition, and behavior. To optimize neurotransmitter function and enhance well-being, certain lifestyle practices can make a significant impact.

Regular Exercise is one of the most effective ways to boost neurotransmitters. Aerobic activities like running or swimming increase the release of serotonin and dopamine, promoting improved mood and motivation. Strength training can also help balance GABA and norepinephrine, supporting relaxation and mental clarity.

A **balanced diet** rich in protein, healthy fats, and vitamins is vital for neurotransmitter synthesis. Foods like eggs, fish, and nuts provide amino acids that are the building blocks of neurotransmitters, while omega-3 fatty acids and essential vitamins support brain health.

Quality sleep is essential for restoring neurotransmitter levels. Aim for 7-9 hours of restful sleep to allow the brain to replenish vital chemicals like serotonin and dopamine.

Stress management through mindfulness, meditation, and relaxation techniques helps lower cortisol levels, preserving neurotransmitter function.

Social connections also play a key role in neurotransmitter regulation. Positive interactions with

Faculty Insights

loved ones increases dopamine and oxytocin, enhancing feelings of happiness and connection. Additionally, moderate sun exposure helps produce serotonin, improving mood and emotional stability.

By incorporating these practices—exercise, a balanced diet, proper sleep, stress management, social connections, and sunlight exposure—you can optimize your brain chemistry, leading to improved mental health, mood, and overall life satisfaction.



Mrs. Janice Leedle Crasta
Assistant Professor
FMCOPS

Tasty Powder or Health Risk? The Controversy of Monosodium Glutamate (MSG)

Many street food vendors in India use MSG, often referred to as "china salt," to enhance the flavor of dishes like chaat, bhel puri, and noodles, although its use is sometimes controversial.

Monosodium glutamate (MSG) is a widely used flavor enhancer, particularly in processed foods, snacks, and restaurant dishes, known for boosting the umami taste. The controversy surrounding MSG began in the 1960s, when a phenomenon called "Chinese Restaurant Syndrome" (CRS) emerged, with some individuals reporting symptoms such as headaches, sweating, and chest pain after consuming foods containing MSG. This sparked concerns about its safety. However, scientific research has not conclusively linked MSG to these symptoms, and the U.S. Food and Drug Administration (FDA) considers MSG to be generally recognized as safe (GRAS) when consumed in normal amounts. While rare, some individuals may have a sensitivity to MSG, leading to mild reactions. The primary health concern with MSG lies in its sodium content. Excessive sodium intake from MSG, especially when combined with other high-sodium foods, can contribute to hypertension and increase the risk of cardiovascular diseases. Therefore, while moderate consumption of MSG is considered safe, it is essential to be mindful of overall sodium intake, particularly for individuals with hypertension or those sensitive to MSG. Ultimately, balance and moderation are key to enjoying MSG without adverse effects on health.



Ms. Josline Ancita Lobo
Assistant Professor
FMCOPS

For every ill, there is a Pill

The phrase "For every ill, there is a pill" embodies the idea that modern medicine can provide a pill or pharmaceutical solution for every health problem. It reflects the belief that medications are the answer to illness and that a pill can quickly and effectively cure a wide range of conditions. This perception has been strengthened by the success of pharmaceutical advancements, such as antibiotics, vaccines, and pain relievers, which have transformed healthcare and saved millions of lives. For many infectious diseases, chronic conditions like diabetes, and acute issues like pain or fever, medication is indeed essential and effective.

However, this saying oversimplifies the complexity of health and healing. While medication is an essential tool in treating illness, it is not always the complete solution. Many health issues, particularly chronic diseases like heart disease, obesity, and mental health disorders, require a combination of medication, lifestyle changes, diet, exercise, and emotional support. In some cases, a "pill" might only address the symptoms, rather than the root causes of the problem.

Furthermore, this approach can sometimes overlook the role of prevention, holistic care, and the importance of emotional and mental health. Mental health conditions, for example, often require therapeutic interventions, such as counseling or therapy, in addition to, or instead of, medications. Similarly, lifestyle choices such as stress management, nutrition, and physical activity play a crucial role in preventing illness and improving long-term health.

In conclusion, while the idea that "every ill has a pill" is rooted in the success of modern medicine, it's important to recognize that health is multifaceted. True well-being often involves a comprehensive approach that combines medical treatment, prevention, lifestyle changes, and mental health care. Instead of relying solely on a pill, achieving optimal health requires addressing the broader aspects of physical, emotional, and social well-being.



Ms. V S Bhuvanashree
Assistant Professor
FMCOPS

Academic Engagements and Professional Development

Resource Person:



Dr. Satish S., Principal of Father Muller College of Pharmaceutical Sciences, served as an esteemed evaluator for the poster competition held on cGMP Day at Nitte College of Pharmaceutical Sciences, Mangalore, on October 10, 2024. The event highlighted innovative ideas and fostered academic collaboration in the field of Good Manufacturing Practices (cGMP), providing a platform for students to showcase their creativity and knowledge. Dr. Satish's participation reflects the spirit of academic engagement and mutual learning among institutions.

Conference Attended: <<<

Mrs. Fmith Celvia Miranda, Associate Professor at FMCOPS, attended and presented poster at the International Conference on Pharma Futures at Dr. Moopen's College of Pharmacy, Wayanad, on November 22-23, 2024. Themed "Global Health, Global Careers: Prospects in Pharma," the event explored entrepreneurship, industrial innovations, academic research, and clinical pharmacy careers through expert sessions and panel discussions.

The conference featured insights from renowned speakers, scientific competitions, and networking opportunities, providing a platform to explore global career prospects and advancements in the pharmaceutical field. This engagement reflects FMCOPS's dedication to fostering knowledge exchange and professional growth.



Workshop Conducted:



Our esteemed faculty members from Father Muller College of Pharmaceutical Sciences (FMCOPS) actively participated as resource persons in a workshop for Homeopathy Postgraduate (PG) students. The session, designed to enhance the students' understanding and practical skills, covered key areas of pharmaceutical sciences, fostering interdisciplinary knowledge and collaboration between the fields of pharmacy and homeopathy. This initiative highlights FMCOPS's commitment to academic excellence, knowledge sharing, and professional development, reinforcing its role in shaping future healthcare leaders.

Pharmacists are medication experts who ensure the safe and effective use of drugs—making them a vital part of the healthcare system.

PARICHAY 2024

A Celebration of Fresh Beginnings at FMCOPS

Father Muller College of Pharmaceutical Sciences (FMCOPS) warmly welcomed its newly admitted students through the vibrant Parichay 2024 celebrations. The festivities



commenced on December 3, 2024, with the unveiling of the Parichay 2024 poster. Graced by Rev. Fr. Faustine Lucas Lobo, Administrator, and Dr. Satish S., Principal, the ceremony featured an inspiring address and an energetic student flash mob, setting an enthusiastic tone for the event.



The grand Freshers' Day celebration followed on December 7, 2024, at the FMCOPS Auditorium. The program began with a graceful welcome dance, followed by the lighting of the lamp and heartfelt messages of inspiration by Rev. Fr. Faustine Lucas Lobo and Rev. Fr. Richard Aloysius Coelho.



The day unfolded with cultural performances showcasing students' talents and culminated in the crowning of Mr. Fresher 2024—Suvarna Pratish Rajesh and Ms. Fresher 2024—Fathima Nafeesa.



Parichay 2024 was a memorable blend of tradition, talent, and togetherness, symbolizing the start of a promising academic journey for the freshers at FMCOPS.



CHRISTMAS 2024

This Christmas season, the faculty, staff, and students of Father Muller College of Pharmaceutical Sciences came together to celebrate the holiday spirit in a memorable and heartwarming way. The campus was alive with festive cheer as we participated in a delightful carol singing competition, showcasing the talent and festive spirit within our community.

Teams from different departments came together, harmonizing beautifully and spreading joy with each note they sang, filling the air with the warmth of Christmas.



In the true spirit of giving, we celebrated the joy of Christmas with a delightful and heartwarming Secret Santa gift exchange. Each participant thoughtfully selected a special gift for their designated recipient, adding an element of mystery and excitement to the occasion. As the gifts were

exchanged, the room was filled with laughter, cheerful banter, and genuine expressions of gratitude. The thoughtful surprises, whether big or small, showcased the care and effort everyone had put into choosing something meaningful.



As the celebrations drew to a close, it was evident that the first Christmas at FMCOPS had left an indelible mark on everyone's hearts. It wasn't just another event; it was a celebration of the relationships we treasure and the joy we bring to one another's lives. It reminded us of the importance of taking time to celebrate together, to appreciate one another, and to embrace the spirit of giving and gratitude.

As we look ahead, we carry with us the warmth and memories of this joyous occasion, eagerly anticipating more such moments of togetherness, celebration, and shared happiness in the future. Christmas at FMCOPS was a testament to the power of unity, the beauty of shared experiences, and the magic of spreading love and kindness.



Did you know? Lack of sleep can impair your immune system, making you more susceptible to illnesses like the common cold.



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