EPISTEME

Ideas transformed into action

MONTHLY NEWS LETTER

Issue: **October 2026**



BGS Vijnatham Institute of Pharmaceutical Sciences

Adichunchanagiri University, Chikkaballapura – 562103

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EVENTS & VISITS	STUDENT VOLUNTEERS	DAY INDUCTION	DAYS OF DASARA

CALENDAR AT A GLANCE

- **First Year B.Pharm Induction Programme** · *Academic Year 2026–27*
- **Classroom to Career 2026** · *Career-orientation session*
- **World Pharmacist Day 2026** · *NSS Unit 15 · Agalagurki Village*
- **Herbal Discovery Trek – 2026** · *Nandi Hills*
- **Training: "Achieving Academic Excellence"** · *Resource Person: Dr. N. Shivaram Reddy*
- **Indigenous Knowledge Documentation & Traditional Skills Exhibition** · *NSS Unit 15 · Lecture Hall – I*
- **Dasara Kalarava 2026** · *Art, Craft & Cultural Programmes*
- **ACU Main Campus & Sri Math Visit** · *I B.Pharm students*





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1 First Year Induction Programme

Programme	First Year B.Pharm Induction Programme · Academic Year 2026–27
Preceded by	SWASTHI–2026 Orientation
SDG Contributions	SDG 3 Good Health · SDG 4 Quality Education · SDG 16 Strong Institutions · SDG 17 Partnerships

BGS Vijnatham Institute of Pharmaceutical Sciences, Chikkaballapur successfully conducted SWASTHI–2026, followed by a **five-day induction programme** for newly admitted First-Year B.Pharm students.

The programme introduced students to the **institution, faculty, academic system, pharmacy profession and laboratory learning**, while also focusing on Universal Human Values, communication skills, time management, mental health, anti-ragging awareness and responsible digital usage.

Five Days, Many Firsts

- ✦ NSS Orientation
- ❖ Student Clubs
- ✳ Yoga & Well-being
- ☺ “Know Your Buddy”
- ? Quiz Activities
- ★ Cultural Activities

Students actively participated in NSS orientation, student clubs, yoga, “Know Your Buddy”, quiz and cultural activities, promoting **interaction, teamwork and a sense of belonging**.



Orientation talk with first-year students



Resource person addressing the batch

KEY OUTCOME

The programme helped students begin their B.Pharm journey with greater **confidence, academic awareness, professional orientation, communication skills, teamwork and positive values**, providing a strong foundation for their academic and personal development.

The programme covered academic orientation, professional awareness, skill development, health and well-being, student interaction, and extracurricular activities. The involvement of faculty members and resource persons made the sessions informative and engaging.



Interactive session in progress



Students and faculty in the classroom



A packed hall: the new batch settles in



Orientation talk



Faculty session



Resource person

Overall, the programme successfully helped students become familiar with the institution while fostering confidence, communication skills, professional values, teamwork, and a positive attitude, laying a strong foundation for their academic, professional, and personal development.

5	6	6	4
DAYS OF INDUCTION	ACTIVITY SESSIONS	CORE FOCUS AREAS	SDGs ADDRESSED

2 Classroom to Career 2026

Programme	Career-orientation session for newly admitted students and faculty
Welcome	Dr. J. Ravikumar Reddy, Principal, BGS VIPS
Resource Person	Dr. N. Shivaram Reddy, CAO, Sri Adichunchanagiri Shikshana Trust (R)
Associated SDGs	**SDG 3** Good Health · **SDG 4** Quality Education · **SDG 5** Gender Equality · **SDG 8** Decent Work · **SDG 10** Reduced Inequalities · **SDG 16** Strong Institutions · **SDG 17** Partnerships

About the Programme

A comprehensive career-orientation session titled **“Classroom to Career”** was organized for newly admitted students and faculty members. Dr. J. Ravikumar Reddy, Principal of BGS Vijnatham Institute of Pharmaceutical Sciences, welcomed the gathering. The session was delivered by Dr. N. Shivaram Reddy, CAO, Sri Adichunchanagiri Shikshana Trust (R), providing actionable insights into bridging academic learning with active career preparation.

Objectives

- ✓ Create awareness regarding early career preparation from the start of higher education.
- ✓ Help students approach their academic journey with clear vision and professional goals.
- ✓ Highlight key employability, interpersonal, and digital competencies required in industry.
- ✓ Foster active time management, self-responsibility, and continuous adaptability.

Key Topics Covered (Pillars of Transition)

1 Clear Career Goals

Identifying interests, defining direction, and working purposefully towards career milestones.

2 Strong Academic Foundation

Building deep domain knowledge and subject mastery.

3 Practical Skill Development

Translating theoretical classroom concepts into real-world applications.

4 Communication Skills

Developing fluency, interpersonal confidence, and effective self-expression.

5 Digital Competence

Embracing modern software, emerging digital platforms, and AI tools for professional growth.

6 Professional Personality

Cultivating discipline, punctuality, integrity, and accountability.

7 Employment Readiness

Preparing polished resumes, mastering interview etiquette, and professional presentation.

8 Effective Time Management

Prioritizing tasks and maximizing productivity throughout academic life.

9 Lifelong Learning

Staying adaptable and continuously upgrading skills to stay ahead in evolving industries.

Key Outcomes

- ✓ Gained practical clarity on transitioning effectively from academic studies to professional roles.
- ✓ Enhanced awareness of essential non-academic skills, interview etiquette, and professional self-presentation.
- ✓ Motivated students to manage time efficiently and take proactive ownership of continuous learning.



Students and faculty during the "Classroom to Career" session



Dr. N. Shivaram Reddy addressing the gathering



Session in progress

SDGS ADDRESSED

SDG 3 Good Health

SDG 4 Quality Education

SDG 5 Gender Equality

SDG 8 Decent Work

SDG 10 Reduced Inequalities

SDG 16 Strong Institutions

SDG 17 Partnerships

3 World Pharmacist Day 2026

Theme	Rational Use of Antibiotics and Antimicrobial Resistance
Organized by	NSS Unit 15, BGS VIPS
Venue	Agalagurki Village, Chikkaballapur
Associated SDGs	SDG 3 Good Health · SDG 4 Quality Education · SDG 11 Sustainable Communities · SDG 17 Partnerships

On September 25, 2026, NSS Unit 15 of BGS Vijnatham Institute of Pharmaceutical Sciences organized a community health awareness drive in Agalagurki Village, Chikkaballapur, to observe World Pharmacist Day. Centered on the theme *"Rational Use of Antibiotics and Antimicrobial Resistance,"* the event aimed to educate the public on responsible medicine use, **discourage self-medication**, and promote adherence to prescribed doses and durations to curb Antimicrobial Resistance (AMR).

150
I & II B.PHARM VOLUNTEERS

9:30
AM · RALLY BEGINS

11:00
DOOR-TO-DOOR CAMP

The initiative commenced at 9:30 AM with an **energetic rally** through the main streets of Agalagurki. Accompanied by a traditional band, 150 I & II B.Pharm student volunteers marched with placards and banners carrying messages on antibiotic safety and infection prevention. From 11:00 AM to 12:30 PM, students conducted a **door-to-door health awareness camp**, directly interacting with residents to explain the dangers of improper antibiotic use and the importance of taking medication strictly under medical guidance.



Awareness poster · NSS Unit 15



Rally with a traditional band



Student volunteers marching through Agalagurki



Door-to-door awareness camp



Volunteers with banners at the start of the rally

Key Outcomes & Impact

The campaign successfully educated community members on the **risks of self-medication**, the importance of completing full antibiotic courses, and practical steps to prevent infection. For the participating students, the drive provided invaluable real-world experience in public health communication, highlighting the crucial role pharmacists play in health education and drug stewardship.



Explaining safe antibiotic use to residents

SUPPORTED BY

Principal **Dr. J. Ravi Kumar Reddy** and Program Officer **Mr. K P Pavan Kalyan**. The initiative aligned with UN Sustainable Development Goals (SDGs 3, 4, 11, and 17).

IN THE PRESS

Received coverage in regional newspapers including *Vijaya Karnataka* and *Prajavani*.

SDGS ADDRESSED

SDG 3 Good Health

SDG 4 Quality Education

SDG 11 Sustainable Communities

SDG 17 Partnerships

4 Herbal Discovery Trek – 2026

Location	Nandi Hills, Chikkaballapur
Organized by	Faculty of Pharmacy, BGS VIPS
Focus	Pharmacognosy & Medicinal Plants in the field
Associated SDGs	**SDG 3** Good Health · **SDG 4** Quality Education · **SDG 15** Life on Land

The Faculty of Pharmacy, BGS Vijnatham Institute of Pharmaceutical Sciences organized an experiential outdoor learning activity—the **Herbal Discovery Trek–2026**—to bridge classroom concepts in Pharmacognosy and Medicinal Plants with real-world, natural plant resources. The initiative combined field exploration, physical activity, environmental stewardship, and social engagement to foster holistic student development.

Key Objectives

1. **Experiential & Practical Exposure:** Enable direct observation and identification of herbal and medicinal plants in their natural habitats.
2. **Academic Integration:** Connect theoretical classroom learning in Pharmacognosy directly with field-based natural resources.
3. **Ecological Stewardship:** Promote awareness regarding biodiversity, conservation, and the sustainable utilization of flora.
4. **Skill & Leadership Building:** Develop documentation, observation, communication, teamwork, and leadership capabilities.
5. **Holistic Well-being:** Encourage physical fitness, nature appreciation, and environmental responsibility.



The trekking batch at Nandi Hills

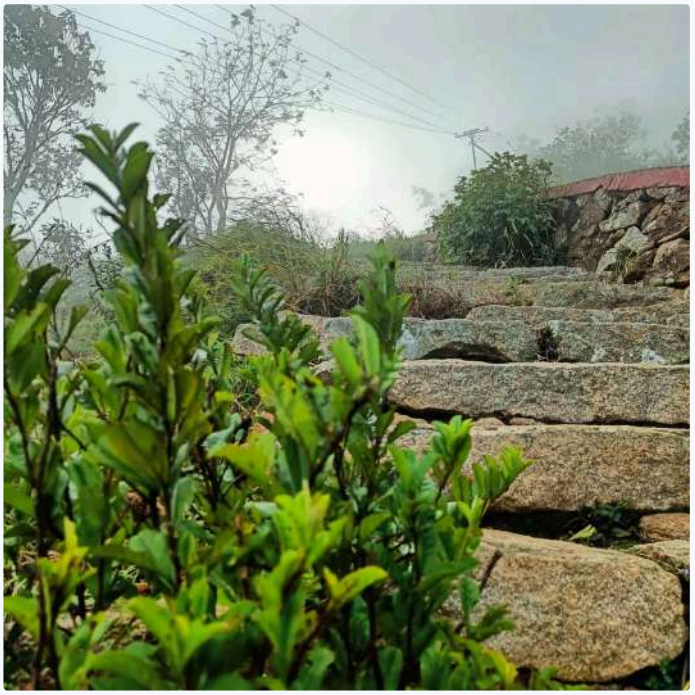
What the Trek Achieved

The Herbal Discovery Trek successfully:

- ✓ Enhanced students' **practical awareness** of herbal and medicinal plant resources.
- ✓ Strengthened the connection between **academic learning and field-based observation**.
- ✓ Improved students' observation, teamwork, communication, and coordination skills.
- ✓ Increased awareness of biodiversity conservation and environmental responsibility.
- ✓ Promoted physical activity, social interaction, and student well-being.
- ✓ Provided an engaging **learning-beyond-classroom** experience contributing to holistic personality development.



Misty hills and winding trails of Nandi Hills



Stone steps through the morning mist



Stone steps through the forest trail



Medicinal plants along the trail

> ***Where Pharmacognosy leaves the textbook and meets the forest.***

5	6	3
OBJECTIVES	PROGRAMME OUTCOMES	SDGs: 3 · 4 · 15

5 Achieving Academic Excellence

Programme	Training session for teaching faculty
Resource Person	Dr. N. Shivaram Reddy, PhD (Psychology)
Designation	Chief Administrative Officer (CAO), Sri Adichunchanagiri Trust (R) and Nodal Officer, Adichunchanagiri University (ACU)
Associated SDGs	**SDG 3** Good Health · **SDG 4** Quality Education · **SDG 16** Strong Institutions

Empowering Educators: BGS Vijnatham Institute of Pharmaceutical Sciences (BGS VIPS), Chikkaballapur, successfully organized an insightful training session on **"Achieving Academic Excellence"** for its teaching faculty. The initiative reflected the institute's commitment to advancing pedagogical quality, student mentorship, and institutional accountability.

The session was delivered by eminent expert **Dr. N. Shivaram Reddy**, PhD in Psychology, Chief Administrative Officer (CAO) – Sri Adichunchanagiri Trust (R) and Nodal Officer – Adichunchanagiri University (ACU). Drawing upon psychological insights and educational leadership strategies, Dr. N. Shivaram Reddy emphasized the pivotal role educators play in identifying student potential and creating meaningful classroom environments.

Key Highlights of the Program

① Actionable Academic Planning

Setting clear semester goals, structured lesson delivery, and application-oriented teaching methods.

② Student-Centred Mentorship

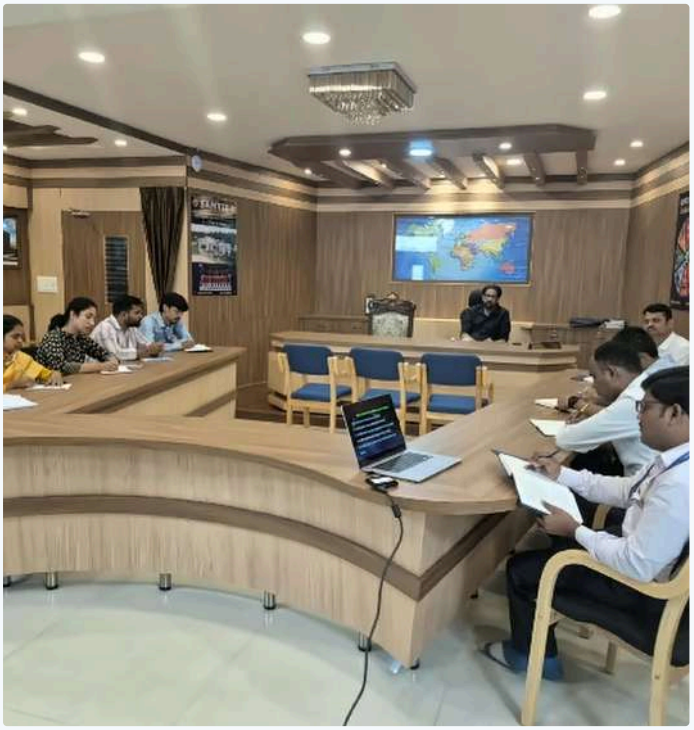
Emphasizing individual counseling, empathetic guidance, and career-aligned learning pathways.

③ Modern Instructional Tools

Incorporating structured presentation visuals, active quizzes, and interactive classroom discussions.

④ Professional Standards

Highlighting punctuality, ethics, teamwork, and leading by example as foundational pillars for institutional success.



Faculty members during the session



Interactive discussion in the conference hall

6 Indigenous Knowledge Documentation

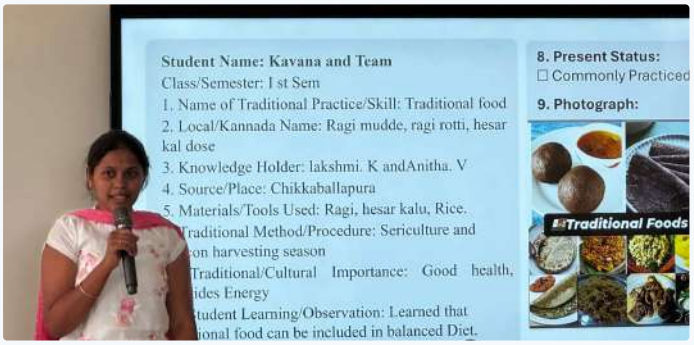
& Traditional Skills Exhibition Exercise

Date	12 October 2026
Venue	Lecture Hall – I
Organized by	NSS Unit – 15, BGS VIPS
Associated SDGs	SDG 2 Zero Hunger · SDG 3 Good Health · SDG 8 Decent Work

BGS VIPS, through NSS Unit – 15, organized the **Indigenous Knowledge Documentation and Traditional Skills Exhibition Exercise** on 12 October 2026 at Lecture Hall – I. Students selected different traditional topics, collected and documented information, and presented their findings, promoting **awareness and preservation of indigenous knowledge**.

Outcome of the Programme

- ✓ Encouraged students to explore indigenous knowledge and traditional skills.
- ✓ Helped students document knowledge passed through generations.
- ✓ Highlighted traditional livelihoods such as **silk production and poultry farming**.
- ✓ Provided students with an opportunity for experiential and community-oriented learning.



Student presenting documented traditional knowledge



Audience at Lecture Hall – I



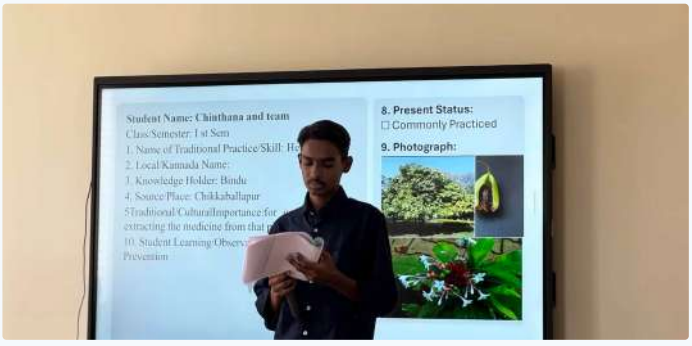
Presentation session



Students listening and learning



Participants and faculty



Findings presented to the class

7 Dasara Kalarava 2026

Day 1	**Traditional Art, Craft & Fine Arts** · 16 October 2026
Day 2	**Cultural Programmes & Competitions** · 17 October 2026
Organized by	Faculty of Pharmacy, BGS VIPS

DAY 1 · 16 OCTOBER

The Faculty of Pharmacy, BGS Vijnatham Institute of Pharmaceutical Sciences, organized **Traditional Art, Craft and Fine Arts – Dasara Kalarava 2026**, celebrating the vibrant cultural heritage, creativity, and artistic traditions associated with the Dasara festival. The program provided students with a wonderful platform to showcase their creativity, artistic talents, and appreciation for Indian traditions through engaging, hands-on activities.

















Paper-fold dolls, Durga artwork, vegetable carving, quilled soft toys and contestants: creativity on display

DAY 2 · 17 OCTOBER

Day 2 · Cultural Programmes & Competitions

BGSVIPS organized Day 2 of Dasara Kalarava 2026, featuring a series of **vibrant cultural programmes and competitions** to celebrate India's rich cultural heritage, artistic expressions, and traditional values. The event provided an enthusiastic platform for students to showcase their talents in **dance, music, and public speaking**, while celebrating the cultural significance of the Dasara festival.



Hosts and organisers on stage









Group dance on stage



Skit performance

8 ACU Main Campus & Sri Math

Date	20 October 2026
Visit to	Adichunchanagiri University Main Campus, B.G. Nagara
Participants	I B.Pharm students

The I B.Pharm students visited **Adichunchanagiri University Main Campus, B.G. Nagara**, on 20th October 2026. They explored AIMS Medical College, the Human Anatomy and Physiology Museum, Pharmacy College laboratories, Yuvalaya Block, AIMS Hospital, and the University block. The visit concluded with witnessing **Ayudha Pooja** performed by Parama Pujya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Maha Swamiji at Sri Math and Darshan at the historic Sri Kalabhairaveshwara Temple.

The Day's Journey

1. AIMS Medical College & its laboratories
2. Human Anatomy & Physiology Museum
3. Pharmacy College laboratories & Yuvalaya Block
4. AIMS Hospital
5. University block
6. Ayudha Pooja at Sri Math · blessings of Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Maha Swamiji
7. Darshan at the historic Sri Kalabhairaveshwara Temple



I B.Pharm students at the Yuvalaya Block

Learning on the move. Students visited AIMS Medical College and explored its laboratories. The **Human Anatomy and Physiology Museum** provided valuable visual learning through realistic models of human organs and body systems. At the Pharmacy College, students visited the laboratories and the Yuvalaya Block, where **Dr. H. V. Annegowda, Professor & HOD**, explained the institution's legacy, achievements, and activities, while **Mr. Manoj Mouli** guided the students throughout the campus tour.

At Sri Math, students witnessed the auspicious Ayudha Pooja performed by Parama Pujya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Maha Swamiji and received His blessings. The visit concluded with a Darshan at the historic Sri Kalabhairaveshwara Temple.



Session during the campus tour



Anatomy museum exhibits



Guided tour



Ayudha Pooja at Sri Math

> ***Knowledge, tradition and blessings: one memorable day.***



Herbal Plants in Chronic Disease Management

From Traditional Remedies to Modern Evidence-Based Care

Amulya P, C Kusuma | BGS Vijnatham Institute of Pharmaceutical Sciences · Educational article, updated October 2026

Introduction

Herbal and medicinal plants have connected human health with nature for generations. In systems such as Ayurveda, Siddha and Unani, leaves, roots, seeds, flowers and bark have been used to prepare remedies. Today, this inherited knowledge also provides starting points for pharmaceutical research.[1]

The central question has evolved: which preparation works, for which condition, at what dose, and with what risks? For chronic conditions such as diabetes, hypertension and osteoarthritis, many herbal products remain investigational or complementary, not substitutes for effective treatment.[1–5]



KEY IDEA: Traditional knowledge generates valuable leads; scientific research determines which applications deserve a place in healthcare.

Traditional Herbal Practice: The Starting Point

Traditional practice developed through observation, accumulated experience and knowledge passed between generations. Preparations included powders, pastes, oils and liquid extracts, used within broader systems of healthcare. However, long-standing use alone does not prove effectiveness or safety: scientific assessment remains necessary.[1]

From Traditional Remedies to Modern Healthcare

A modern therapeutic product needs more than a traditional remedy in a capsule. Reliable plant identification, reproducible composition, safety testing and human clinical evidence are essential, and not every candidate will succeed.[1]

WORKFLOW 1 · FROM KNOWLEDGE TO EVIDENCE

1. **TRADITIONAL KNOWLEDGE** — Document observed use and preparation
2. **BOTANICAL ID & QUALITY** — Verify species, plant part and material quality
3. **COMPOSITION & BIOLOGY** — Identify compounds, investigate effects
4. **SAFETY & INTERACTIONS** — Evaluate toxicity, adverse effects, interactions
1. **HUMAN CLINICAL STUDIES** — Test defined preparations against meaningful outcomes
2. **BENEFIT–RISK REVIEW** — Support use, request more research, or reject
3. **CONTINUING MONITORING** — Track quality, outcomes and adverse effects

What the Evidence Shows

These examples distinguish possible effects from established treatment recommendations. These are not prescribing instructions.



Turmeric

(Curcuma longa)

CONSTITUENTS OF INTEREST
Curcumin and related compounds

APPLICATION UNDER STUDY
Knee osteoarthritis symptoms

EVIDENCE & LIMITATIONS
Possible improvements in pain and stiffness; stronger evidence is needed. Some enhanced-absorption products have been associated with liver injury. [3]



Fenugreek

(Trigonella foenum-graecum)

CONSTITUENTS OF INTEREST
Dietary fibre, saponins and other compounds

APPLICATION UNDER STUDY
Blood glucose in type 2 diabetes

EVIDENCE & LIMITATIONS
Research is limited in size and quality; effectiveness is not established. Do not replace prescribed diabetes treatment. [2]



Ginger

(Zingiber officinale)

CONSTITUENTS OF INTEREST
Gingerols and shogaols

APPLICATION UNDER STUDY
Knee osteoarthritis symptoms

EVIDENCE & LIMITATIONS
Oral supplements might help, but much research is poor quality. Topical ginger has not been shown to help knee osteoarthritis. [4]



Garlic

(Allium sativum)

CONSTITUENTS OF INTEREST
Sulphur-containing compounds

APPLICATION UNDER STUDY
Blood pressure and cholesterol

EVIDENCE & LIMITATIONS
Possible small reductions in total/LDL cholesterol and blood pressure. These results do not establish prevention of cardiovascular complications. [5]

REMEMBER

A change in a symptom or measurement is not the same as prevention of long-term complications. A small blood-pressure reduction, for example, does not by itself prove prevention of heart attacks or strokes. [2, 5]

Present Trends: What Is Changing?

1. **Evidence-based integration:** WHO's Global Traditional Medicine Strategy 2025–2034 emphasizes evidence, appropriate regulation and safe integration; it does not endorse every traditional remedy. [6]
2. **Better-defined products:** research must specify the preparation tested, since products from the same plant can differ in composition and effects. [2, 3]
3. **Improved absorption, with safety questions:** greater bioavailability does not automatically mean better outcomes or greater safety. [3]
4. **Digital research & real-world evidence:** WHO's 2026 research agenda includes real-world evidence, digital technologies and AI, which do not themselves prove a treatment works. [7]
5. **Sustainability & respect for knowledge:** responsible development considers biodiversity, sustainable use and the rights of Indigenous Peoples and communities. [6]

Traditional and Modern Use

Aspect	Traditional-use emphasis	Modern evidence-based emphasis
Selection	Inherited knowledge and experience	Defined indications supported by research
Preparation	Local, established traditional methods	Precisely described, reproducible products
Benefits	Historical use and observed responses	Measured outcomes in well-designed studies
Safety	Experience within the practice setting	Systematic assessment of harms and interactions
Healthcare role	Use within traditional systems	Integration when evidence and safeguards justify it

Safety in Long-Term Treatment

Chronic disease care often involves ongoing treatment and multiple medicines. Herbal products can add adverse effects and interactions to an already complex care plan.[2, 4, 5]

WORKFLOW 2 · CONSIDERING A HERBAL PRODUCT IN CHRONIC DISEASE CARE

1. **CONTINUE ESTABLISHED CARE** — Do not stop or replace prescribed medicines on your own
2. **DISCUSS THE EXACT PRODUCT** — Consult the treating clinician or pharmacist
3. **REVIEW EVIDENCE & SAFETY** — Check benefit, ingredients, medicines, interactions
4. **DECIDE IF JUSTIFIED** — If unclear: do not self-start; seek further review
5. **MONITOR & REASSESS** — Define goals and a review plan

Educational decision framework, not a recommendation to start a supplement. [2, 3, 5]

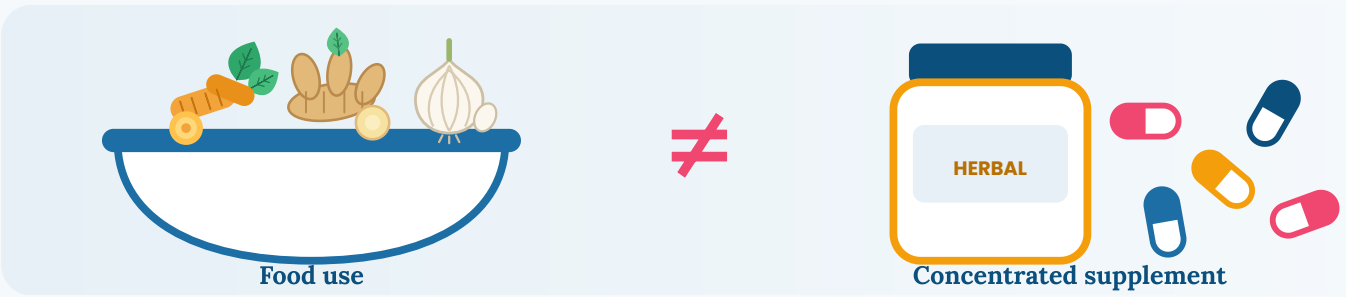
⚠ **Garlic** supplements may increase bleeding risk, particularly with anticoagulants or aspirin, and require attention before surgery. [5]

⚠ Some **turmeric/curcumin** supplements, especially enhanced-absorption products, have been associated with liver injury. [3]

⚠ **Ginger** may cause heartburn, abdominal discomfort or diarrhoea. [4]

⚠ Herbal supplements used with **diabetes medicines** can cause unwanted effects; reliable evidence of diabetes control remains lacking for many products. [2]

⚠ **Food use is not equivalent to concentrated supplement use.** Quantity, formulation and exposure differ. [3, 5]



Opportunities and Remaining Limitations

Traditional knowledge can guide research, plants provide biologically active compounds, and some preparations show potential for symptom relief or modest changes in risk factors. However, many studies are small, short or methodologically weak, and product quality varies. A promising finding for one outcome does not establish effectiveness for another disease or long-term prevention.[2–5] Progress depends on testing well-defined preparations, measuring outcomes that matter to patients, monitoring harms and reporting both positive and negative findings.[7]



Conclusion

The evolution of herbal medicine is a movement from inherited use toward tested, quality-controlled and monitored care, not a replacement of modern medicine with natural remedies. For chronic disease management, the goal is responsible integration: preserve useful knowledge, test claims rigorously and use approaches whose benefits justify their risks. Patients should not stop or replace prescribed medicines without medical advice.[1, 2, 6]

Educational note: *This article is not an individualized treatment plan and does not recommend supplement doses.*

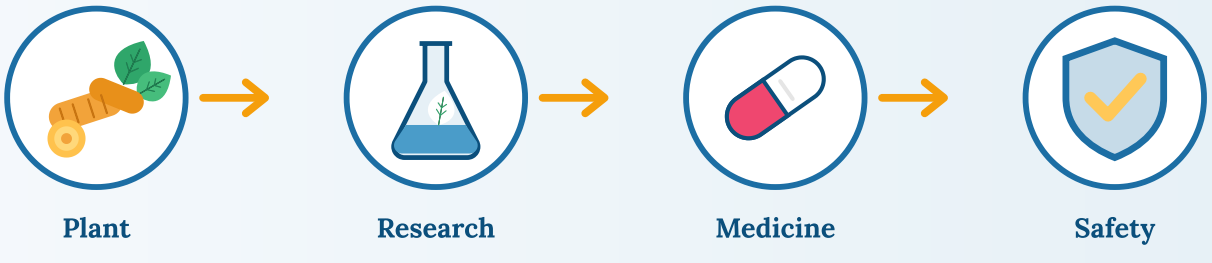
THREE THINGS TO REMEMBER

① Keep your care
Never stop or replace prescribed medicines without medical advice.

② Ask about the exact product
Discuss it with your treating clinician or pharmacist first.

③ Food ≠ supplement
Concentrated products differ in quantity, formulation and exposure.

Traditional knowledge generates valuable leads; scientific research determines which applications deserve a place in healthcare.



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Pharmacovigilance: The Hidden Guardian of Medicine Safety

Safe Medicines, Saved Lives: Protecting Every Patient

Vidya | BGS Vijnatham Institute of Pharmaceutical Sciences

Introduction: Medicines That Heal, Safety That Protects

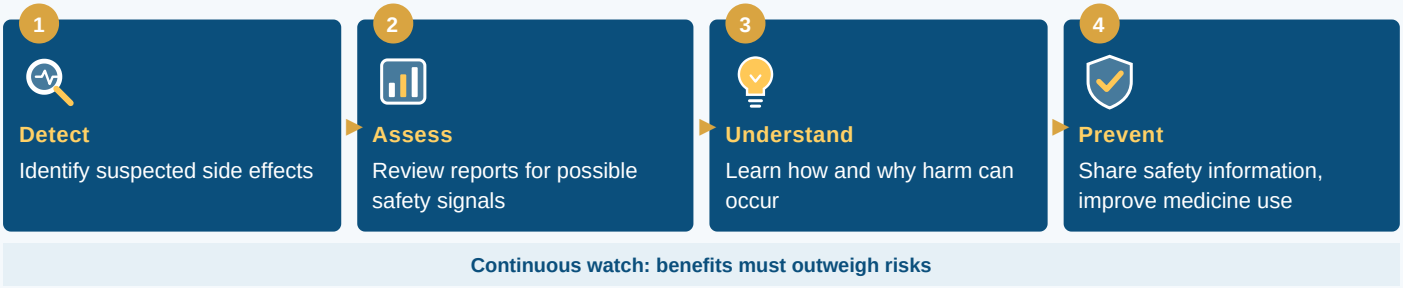
Medicines help us fight diseases, relieve pain, and improve our health. However, sometimes they can cause unwanted side effects, even when used correctly. Therefore, ensuring medicine safety is essential to protect human lives.

Pharmacovigilance plays a vital role in identifying, understanding, monitoring, and preventing harmful effects associated with medicines. It helps healthcare professionals and medicine-safety authorities identify potential risks and take appropriate action to ensure that medicines are used safely and effectively.

1. What Is Pharmacovigilance?

Pharmacovigilance is the science and practice of detecting, assessing, understanding, and preventing adverse effects or other medicine-related problems. In simple words, it means keeping a watch on medicines to protect patients from harm, identifying suspected side effects and improving the safe use of medicines.

FLOWCHART 1 · THE PHARMACOVIGILANCE CYCLE



2. Why Is Pharmacovigilance Needed?

Some side effects are rare or may become noticeable only after a medicine has been used by many people.
Certain risks may also emerge after a medicine is approved and made available to the public.
Pharmacovigilance helps to:



- ✓ Identify previously unrecognized or rare side effects.
- ✓ Detect potential medicine-related risks early.
- ✓ Improve prescribing and medicine-use practices.
- ✓ Provide safety information to healthcare professionals and patients.
- ✓ Support decisions that help prevent avoidable harm.

3. Safety and Importance: Every Report Matters

The main goal of pharmacovigilance is to ensure that the benefits of a medicine outweigh its risks. It supports safer treatment, reduces medicine-related harm, and helps protect public health.

Doctors, pharmacists, nurses, and patients all have an important role to play. Reporting a suspected side effect can contribute to the detection of safety signals and help authorities investigate potential risks.



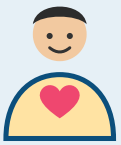
Doctors



Pharmacists



Nurses



Patients

REMEMBER

Never ignore an unusual reaction to a medicine. Seek advice from a healthcare professional and report suspected side effects through the appropriate medicine-safety reporting system. Do not stop or change prescribed treatment without professional advice unless emergency care is required.

FLOWCHART 2 · WHAT TO DO IF YOU NOTICE AN UNUSUAL REACTION

Unusual reaction to a medicine is noticed

Emergency care needed?

Yes

Get emergency care

No

1. **Seek advice from a healthcare professional**
2. **Report the suspected side effect** through the appropriate medicine-safety system

! Do not stop or change prescribed treatment without professional advice, unless emergency care is required. Never ignore an unusual reaction.

4. Real-World Examples of Medicine Safety



Example 1: Proton Pump Inhibitors (PPIs) · Acute Kidney Injury

PPIs are medicines used to reduce stomach acid and treat conditions such as acid reflux and ulcers. Acute kidney injury is a potential safety concern that has been associated with this group of medicines. Monitoring suspected adverse reactions helps medicine-safety authorities assess potential risks and communicate relevant safety information to healthcare professionals.



Example 2: Carbamazepine · Severe Skin Reactions

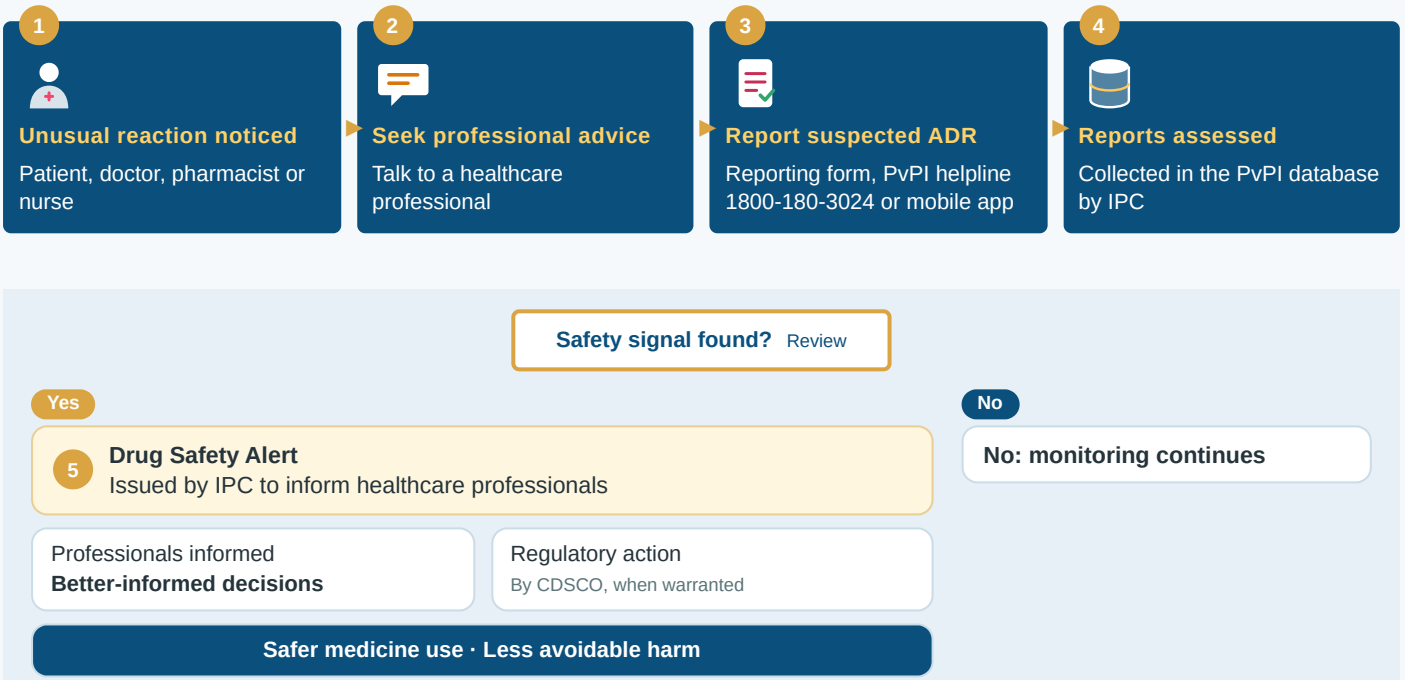
Carbamazepine is used to treat certain types of seizures and other conditions. Serious skin reactions, including Stevens–Johnson syndrome (SJS) and toxic epidermal necrolysis (TEN), are important safety concerns associated with its use. Recognizing warning signs and promptly seeking medical attention can help reduce the risk of serious complications.

These examples demonstrate why suspected adverse reactions must be monitored and investigated. An association does not mean that every patient taking a medicine will experience the reaction.

5. Drug Safety Alerts: Turning Reports into Protection

In India, the Pharmacovigilance Programme of India (PvPI), coordinated by the Indian Pharmacopoeia Commission (IPC), supports the collection and assessment of suspected adverse drug reaction reports. The Central Drugs Standard Control Organisation (CDSCO) is India's national regulatory authority for drugs and can take appropriate regulatory action when warranted. Drug safety alerts communicate important suspected risks and help healthcare professionals make informed decisions.

FLOWCHART 3 · FROM AN UNUSUAL REACTION TO A DRUG SAFETY ALERT





Conclusion: A Small Report Can Make a Big Difference

Pharmacovigilance is an essential part of public health. By monitoring medicines, investigating suspected side effects, and sharing reliable safety information, it helps reduce preventable harm and supports better healthcare decisions.

Every report can contribute to a clearer understanding of medicine safety. When patients, healthcare professionals, and regulatory authorities work together, medicines can be used more responsibly and safely.

Safe Medicines, Saved Lives: because every patient's safety matters.

THREE THINGS TO REMEMBER

① Never ignore it
An unusual reaction to a medicine deserves attention and professional advice.

② Report it
Suspected side effects reported through the appropriate system help detect safety signals.

③ Keep your treatment
Do not stop or change prescribed treatment without advice, unless emergency care is required.

EPISTEME

Ideas transformed into action

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