

BLDEA's
College of Pharmacy,
Basavana Bagewadi

News Bulletin

EDITOR NOTE.....

As pharmacists, it is our utmost responsibility to ensure the safe use of medications at every stage of the drug-use process. The pharmaceutical sector continues to work tirelessly to develop new drugs to address both existing and emerging health challenges. However, this rapid growth in the availability of new medications has also introduced challenges, including adverse drug effects and the inappropriate, unregulated, and irrational use of medicines among the population.

Every drug has the potential to cause unwanted effects if not used properly. Practices such as self-medication and cross-practice by unqualified practitioners of alternative medicine further increase the risk of adverse outcomes. Pharmacists are uniquely positioned to address these gaps because of their core competencies, professional integrity, and social responsibility to promote rational and quality drug-use practices at all levels.

This professional accountability is crucial for establishing the pharmacist's role and identity within the healthcare system and society. Given the current healthcare scenario—where inappropriate drug use and its economic burden are significant concerns—pharmacists must act as catalysts in promoting safe, effective, and cost-efficient healthcare. Therefore, pharmacists should remain committed to continuous learning, updating their knowledge, and using their expertise wisely to enhance healthcare quality and ensure drug safety for the population.



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Major Days Observed

Foundation day of BBCOP

FROM VISION TO REALITY - CELEBRATING 6 YEARS OF EXCELLENCE IN EDUCATION

The Foundation Day of BLDEA's College of Pharmacy, Basavan Bagewadi, was celebrated with great enthusiasm and pride on **August 2, 2025**. The event highlighted the institution's rich legacy, achievements, and continuous commitment to excellence in pharmaceutical education and community service. Key highlights of the program included reflections on the college's journey, achievements in academics, research, and co-curricular activities, as well as recognition of the contributions made by staff and students. Inspirational speeches from dignitaries emphasized the importance of innovation, professionalism, and ethical practice in the field of pharmacy.



Celebration of 6th foundation day of BBCOP



Started with the blessings of maa Sarswati and Lord Ganesha

79th Independence Day

79th Independence Day was celebrated with pride and patriotism. The 79th Independence Day was celebrated with great pride, patriotism, and enthusiasm. The programme began with the hoisting of the national flag, followed by the singing of the National Anthem, filling the atmosphere with a sense of unity and national spirit. Students and staff participated wholeheartedly in various activities highlighting the significance of India's freedom struggle and paying tribute to the brave freedom fighters. Cultural performances, patriotic speeches, and group songs added colour and meaning to the event. The celebration successfully ignited a sense of responsibility, national pride, and respect for the nation among all the attendees



All the teaching, non-teaching staff and students are participated with enthusiasm.



The 79th Independence Day was celebrated with great enthusiasm and patriotic fervor at our institution. The event highlighted the spirit of freedom, unity, and national pride. As part of the celebration, a **debate competition** was organized for the students, providing them with a platform to express their views on topics of national importance.

Students actively participated, showcasing excellent communication skills, critical thinking, and confidence. The debate encouraged healthy discussion, broadened perspectives, and enhanced their understanding of democratic values.



Debate competition was organized for the students

Pharmacist day celebration

Pharmacist Day was celebrated on 25th September 2025 with great enthusiasm, in collaboration with the Chemist and Druggist Association, Nidagundi. The event was organized with the theme “Think Health - Think Pharmacist”, highlighting the vital role pharmacists play in promoting public health and ensuring the safe and effective use of medicines.



Pharmacist Day was celebrated in collaboration with the Chemist and Druggist Association, Nidagundi



On the occasion of Pharmacist Day, the “Best Pharmacy” award was given to Suresh Hebbal.

115th Foundation Day of BLDE Associations



Celebrated Foundation Day of BLDE Association on 23rd October 2025

Orientation Program

The Orientation Program for the New Batch of 2025 was conducted to warmly welcome the incoming students and acquaint them with the academic environment of the institution. The program aimed to provide students with essential information about the curriculum, campus facilities, rules and regulations, and various support systems available to help them succeed.

Faculty members, coordinators, and senior staff addressed the students, introducing them to the college's vision, mission, and core values. Sessions on academic expectations, examination patterns, co-curricular opportunities, and student welfare services ensured that the newcomers gained clarity and confidence as they began their professional journey.

The interactive program also included campus tours, motivational talks, and an open forum for students to clarify their doubts. Overall, the orientation served as a meaningful start, helping the new batch feel comfortable, informed, and inspired to embark on their pharmacy education with enthusiasm.



Principal Prof. C. C. Simpi sir has introduced the students to the college's vision, mission, and core values."



Asst.Prof. M.G.Kavtekar sir has introduced the student about welfare services that the newcomers gained clarity and confidence as they began their professional journey.



Asst.Prof. L.S. Birajadar sir has given the Sessions on examination patterns



Asst.Prof. C.A.Teli has given the Sessions on academic expectations



Asst.Prof. Dr Renuka Kabade has given the Sessions on support cells of the college

Guest lecture

(By Invited Faculties)

Awareness program on financial education and frauds



Resource person Mr. Prasann Kulkarni, SEBI Department



Awareness program on HIV and AIDs



A guest lecture on "Awareness of HIV/AIDS" was organized on 31st October 2025 at BLDEA's College of Pharmacy, Basavan Bagewadi for D. Pharmacy students. The session was conducted by Mr. A. S. Bidanal, an experienced health educator.



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Lat 16.579447° Long 75.821169
Friday, 31/10/2025 12:18 PM GMT +06:30

Guest lecture on stress and its management



The session was delivered by Dr. Manovijay B. Kalasgond, an eminent academican. and Psychiatrist from BLDEA's Shri B.M. Patil Medical College and Research Centre Vijayapura.



The guest lecture by Dr. Manovijay B. Kalasgond was highly informative, impactful, and beneficial for pharmacy students. It successfully addressed a crucial aspect of student life- stress management-and provided practical solutions for maintaining mental well-being. The program aligned with the college's commitment to the holistic development of students.

Guest lecture on career guidance



Mr. Basavaraj Magi highlighted how communication skills, confidence, product knowledge, and negotiation strategies can shape a successful marketing career. He also shared real-life experiences, growth stories, and motivational tips to help students set their career goals.

Teacher's Column

Cell Phones: A Deep Dive into Health Impacts Across Age Groups

Cell Phones: A Deep Dive into Health Impacts Across Age Groups

The mobile phone has transformed from a luxury communication device into an essential facet of modern life. With a global prevalence across all demographics, the universal device is now the subject of intense scientific scrutiny regarding its health impacts. Let us examine the current state of research on how mobile phone usage affects the health of various age groups, from young children to the elderly.

The Ubiquity, the Concern, and the Youth

The beep of a notification is the modern world's heartbeat. We are more connected than ever, but this constant connectivity has brought a wave of concerns about our physical and mental well-being. At the heart of the debate is the radiofrequency electromagnetic field (RF-EMF) emitted by these devices.

The Scientific Consensus on Radiation

The World Health Organization's (WHO) International Agency for Research on Cancer (IARC) classified RF-EMF as "possibly carcinogenic to humans" in 2011. This classification, the same given to pickled vegetables and coffee, indicates a potential link but acknowledges that current evidence is not conclusive enough to establish a direct cause-and-effect relationship. Leading health organizations continue to monitor research but generally state that there's no convincing evidence of a health hazard from exposure below international safety guidelines.

The Vulnerability of the Young

The most significant concerns centre around children

and adolescents. Their developing nervous systems and thinner skull bones make them potentially more susceptible to RF-EMF penetration.

- **Brain Development:** Research is ongoing into the long-term effects of radiation on developing brains. While a direct link to cancer is not established, studies have explored potential associations with cognitive function and attention spans.
- **Mental Health:** The impact on youth mental health is far more documented and immediate. The blue light from screens disrupts melatonin production, leading to sleep disturbances and insomnia. Furthermore, social media-driven anxiety, cyberbullying, and the pressure to be constantly 'on' have been strongly linked to increased rates of depression, anxiety, and low self-esteem in adolescents.
- **Physical Health:** Excessive screen time is a primary driver of a sedentary lifestyle, contributing to rising rates of childhood obesity. Postural issues, often referred to as "text neck," are also becoming increasingly common among young users.

A Growing Concern for Adults

Adults, too, face a range of health issues stemming from their smartphone habits. The workplace has blurred the lines between professional and personal time, leading to constant connectivity and a state of perpetual stress.

- **Ergonomic Issues:** Repetitive strain injuries (RSI) like "texting thumb" (De Quervain's tenosynovitis) and chronic neck and back pain are prevalent among heavy users. The ergonomic design of our lives is changing, not always for the better.
- **Sleep and Eye Health:** Like adolescents, adults suffer from sleep disruption due to nightly phone use. This poor sleep quality impacts productivity, mood, and long-term health. Computer Vision Syndrome (CVS), a collection of symptoms including dry eyes, blurred vision, and headaches, is rampant due to prolonged screen exposure.

The Silent Effects and a Path Forward

The health narrative around mobile phones is a complex tapestry of physical risks and profound psychosocial impacts that vary with age and usage patterns.

The Elderly and Overlooked Impacts

While the elderly typically use phones less for social media and more for communication and health monitoring, they are not immune to the impacts.

- **Physical Limitations:** Smaller text and interfaces can be challenging for those with vision impairment. The fine motor skills required for typing can be difficult for individuals with arthritis or tremors.
- **Isolation Paradox:** While phones can connect them to family, an over-reliance on digital communication can sometimes replace face-to-face interaction, potentially exacerbating feelings of loneliness and isolation in those who struggle with the technology.

The Psychological Toll

Across all age groups, the psychological impact is undeniable. A phenomenon called "nomophobia" – the fear of being without one's mobile phone – highlights a genuine addiction potential. The constant alerts and availability create a state of "continuous partial attention," reducing productivity and increasing stress. The comparison culture fostered by social media can have damaging effects on self-esteem for people of all ages.

Striking a Balance: A Call for Responsible Use

The mobile phone is a powerful tool with immense benefits, from instant communication to access to information and emergency services. The challenge lies not in abandoning the technology but in managing its use responsibly.

Health experts recommend several strategies to mitigate risks:

1. **Establish "No-Phone" Zones:** Designate the dinner table, bedroom, and social gatherings as phone-free zones to improve sleep and face-to-face interactions.
2. **Practice Digital Detox:** Take regular breaks from your phone throughout the day to rest your eyes and mind.
3. **Prioritize Ergonomics:** Hold your phone at eye level, sit with a straight back, and stretch your hands and neck regularly.
4. **Use Hands-Free Options:** Use speakerphone or a headset during long conversations to keep the device away from your head, minimizing RF-EMF exposure.
5. **Set Time Limits:** Utilize app limits and screen time monitoring tools to maintain a healthy balance, especially for children and adolescents.

The health impacts of cell phones are a growing area of concern that requires continuous research and personal mindfulness. By understanding the potential risks and adopting healthier habits, we can ensure that our connection to the digital world does not come at the cost of our health and well-being.

-Asst. Prof M. G. Kavatekar

Health & Wellness

“Wellness is the art of building a life where your body, mind, and spirit thrive together.”

- In today’s demanding academic and professional world, maintaining a balanced lifestyle has become more important than ever
- Health is not just the absence of illness—it is a complete state of physical, mental, emotional, and social well-being. Wellness is an active and conscious journey toward positive lifestyle choices.

✨ Core Dimensions of Wellness:

- 🧑 **Physical Wellness:** Nutrition, exercise, and rest.
- 🧠 **Mental Wellness:** Resilience, mindfulness, and emotional balance.
- 🤝 **Social Wellness:** Healthy relationships, teamwork, communication.
- 🌍 **Environmental Wellness:** Clean spaces that uplift mood and lifestyle

Did You Know?

Students who engage in daily wellness routines experience 40% improved concentration and 30% reduced stress levels.

Tips for Students to Stay Healthy

- Drink 7–8 glasses of water daily.
- Include fruits & vegetables in meals.
- Practice at least 30 minutes of physical activity.
- Get adequate sleep (7–8 hours).
- Practice deep breathing or meditation.
- Seek help from mentors or counsellors when needed

Health and wellness are celebrated as the foundation for academic success and personal growth. Together, let’s work toward creating a healthier, happier, and more resilient community.

“Your wellness is your greatest wealth—protect it, nurture it, live it.”

-Asst. Prof Dr. Renuka S Kabade

**“Where knowledge meets purpose and
inspires excellence.”**



ಬಿ.ಎಲ್.ಡಿ.ಇ ಸಂಸ್ಥೆಯ

ಜಿಷ್ಠ ಮಹಾವಿದ್ಯಾಲಯ



ಬಿ.ಎಲ್.ಡಿ.ಇ. ಕ್ಯಾಂಪಸ್ ಹೊಸ ಕೋರ್ಟ್ ಎದುರುಗಡೆ, ಬಸವನಬಾಗೇವಾಡಿ.

**ಪ್ರವೇಶಗಳು
ಪ್ರಾರಂಭವಾಗಿವೆ**

**ಡಿ. ಫಾರ್ಮಸಿ ಕಾಲೇಜ್
ಬಸವನಬಾಗೇವಾಡಿ**

ರಾಜ್ಯಕ್ಕೆ ರ್ಯಾಂಕ್ ಪಡೆದ ವಿದ್ಯಾರ್ಥಿಗಳು

2023-24ನೇ ಸಾಲಿನಲ್ಲಿ



**ಅಕ್ಷತಾ ಮನಗುಳಿ
ರಾಜ್ಯಕ್ಕೆ 1^{ನೇ} ರ್ಯಾಂಕ್**



ಪವಿತ್ರಾ ನಿಡಗುಂದಿ
ರಾಜ್ಯಕ್ಕೆ 7^{ನೇ} ರ್ಯಾಂಕ್



ಲಕ್ಷ್ಮೀ ಜರಾದಾರ
ರಾಜ್ಯಕ್ಕೆ 8^{ನೇ} ರ್ಯಾಂಕ್



ಪಿಫಾ ಪರಾಣಿ
ರಾಜ್ಯಕ್ಕೆ 4^{ನೇ} ರ್ಯಾಂಕ್

ಡಿ. ಫಾರ್ಮಸಿ ಕೋರ್ಸ್‌ಗಾಗಿ ಪ್ರವೇಶ ಪ್ರಾರಂಭವಾಗಿದೆ.

ಪ್ರವೇಶಾತಿ ಅರ್ಹತೆ : ಪದವಿ ಪೂರ್ವ (PUC) ಶಿಕ್ಷಣವನ್ನು ವಿಜ್ಞಾನ (SCIENCE/PCM or PCB) ವಿಷಯದಲ್ಲಿ ಪಾಸಾಗಿರಬೇಕು ಅಥವಾ ಫಾರ್ಮಸಿ ಕೌನ್ಸಿಲ್ ಆಫ್ ಇಂಡಿಯಾದವರು ನಿಗದಿಪಡಿಸಿದ ತತ್ಸಮಾನ ವಿದ್ಯಾರ್ಹತೆ ಹೊಂದಿರಬೇಕು.

ಮಹಾವಿದ್ಯಾಲಯದ (Feature) ವೈಶಿಷ್ಟ್ಯಗಳು

- 1) ಉತ್ತಮ ಸುರಿದ ಬೋಧನಾ ಸಿಬ್ಬಂದಿ.
- 2) ಉತ್ತಮ ಗಾಳಿ ಮತ್ತು ಬೆಳಕಿನ ವ್ಯವಸ್ಥೆ ಹೊಂದಿರುವ ಕಠಿಣಗಳು.
- 3) ಅಧುನಿಕ ಶ್ರವಣ (audio) & ದೃಶ್ಯ (Visual) ವ್ಯವಸ್ಥೆ ಹೊಂದಿರುವ ಕಠಿಣಗಳು
- 4) ಜಿಷ್ಠ ಶಾಸ್ತ್ರಕ್ಕೆ ಸಂಬಂಧಿಸಿದ ವಸ್ತು ಸಂಗ್ರಹಾಲಯ
- 5) ವಿದ್ಯಾರ್ಥಿ ಮತ್ತು ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗಾಗಿ ಪ್ರತ್ಯೇಕ ವಸತಿ ನಿಲಯ
- 6) ಕ್ಯಾಂಪಸ್‌ನಲ್ಲಿ Wi-Fi ವ್ಯವಸ್ಥೆ
- 7) ಭಾಷಾ ಪ್ರಯೋಗಾಲಯ
- 8) ಸುಸಜ್ಜಿತ ಗ್ರಂಥಾಲಯ

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ ಸಂಪರ್ಕಿಸಿ :

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Email: bbcop.principal@bldea.org

Website : www.bldeacop.ac.in

ಡಿ. ಫಾರ್ಮಾ ನಂತರದ ಉದ್ಯೋಗಾವಕಾಶಗಳು

- 1) ರೇಷಲ್ ಮತ್ತು ಇತರೆ ಕೇಂದ್ರ ಸರ್ಕಾರಗಳಲ್ಲಿ ಫಾರ್ಮಸಿಸ್ಟ್ ಹುದ್ದೆ - 41000 ರೂ.
- 2) ರಾಜ್ಯ ಸರ್ಕಾರದ ಪ್ರಾಥಮಿಕ ಆರೋಗ್ಯ ಕೇಂದ್ರಗಳಲ್ಲಿ ಫಾರ್ಮಸಿಸ್ಟ್ ಹುದ್ದೆ - 28000 ರೂ.
- 3) ESIC, MCD, NDMC, ಭೂಸ್ವಸ್ಥ, ವಾಯುಸೇನಾ ಮತ್ತು ನೌಕಾದಳಗಳಲ್ಲಿ ಫಾರ್ಮಸಿಸ್ಟ್ ಹುದ್ದೆ - 35000-50000 ರೂ

ಬಾಸಗಿ ವಲಯಗಳಲ್ಲಿ

- * ಬಾಸಗಿ ಅಸ್ತತ್ರಿಗಳಲ್ಲಿ : 12000 ರಿಂದ 20000 ರೂ.
- * ಜಿಷ್ಠ ಕಾರ್ಯಾಲಯ ಕಂಪನಿಗಳಲ್ಲಿ : 15000 ರಿಂದ 20000 ರೂ.
- * ಜೈನ್ ಫಾರ್ಮಸಿ (Appolo, Medplus, Reliance) 20000 ರಿಂದ 40000 ರೂ.
- ಇತರೆ**
- * ವೈದ್ಯಕೀಯ ಪ್ರತಿನಿಧಿ (Medical Representative) 35000 ರಿಂದ 50000 ರೂ.
- * ಸ್ವಂತ ಮೆಡಿಕಲ್ ಸ್ಟೋರ್ ಆರಂಭಿಸಬಹುದು.
- * ಉನ್ನತ ಅಧ್ಯಯನಕ್ಕಾಗಿ (B.Pharm & M.Pharm) ತೆರಳಬಹುದು.

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