



FATHER MULLER COLLEGE OF PHARMACEUTICAL SCIENCES

(A UNIT OF FATHER MULLER CHARITABLE INSTITUTIONS)



MULLER TIMES

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DERALAKATTE, MANGALURU



MESSAGE

CHIEF PATRON

It is a proud feeling to know that our wards of the first batch of Father Muller College of Pharmaceutical Sciences have performed excellently in the examinations. We have 22 distinction holders out of the 32 students ! It is a remarkable achievement indeed. The students have ardently worked and the contribution of the staff is tremendous. The Principal Dr Sathish S. has led the team of staff efficiently and the commitment of all the staff members is praiseworthy. I wish that all the stakeholders carry on this good work in the future too.

The Father Muller College of Pharmaceutical Sciences is fully functional now. The students and staff have all the infrastructural facilities. Make the best use of the available facility to give the best of education to the future Pharmacists. Quality in the College will ensure quality in the pharmacists in the world. We promote value based personnel with academic excellence. May this be the motto of every one.

With the change of leadership at the helm, may the spirit of coordination, collaboration and cooperation be built strong. Let every one feel that his/her contribution is as important as the others. All of us collectively make it. Individually we are weak but unitedly we can achieve. I appeal for the generous support of all to each other. I wish that the Father Muller College of Pharmaceutical Sciences takes bigger strides to reach greater heights and may become a household name.



Warm regards,
Rev. Fr Faustine Lucas Lobo
Chief Patron

PATRON



It is a pleasure to present the second issue of Muller Times of Father Muller College of Pharmaceutical Sciences. This edition reflects the academic enthusiasm, creativity, and steady progress of our institution. I appreciate the efforts of the editorial team and students who have contributed to making this bulletin meaningful and informative.

Pharmacy today is more than a profession—it is a responsibility towards society. With rapid advancements in pharmaceutical sciences, clinical practice, research, and industry collaborations, our institution is committed to nurturing competent professionals who combine scientific knowledge with compassion and ethics. We aim to shape graduates who are not only skilled pharmacists but also responsible healthcare leaders. As we continue our journey in pharmaceutical education, let us remain committed to excellence, ethics, research, and service to society.

My best wishes to the entire FMCOPS family for continued growth and success.

Warm regards,
Rev. Fr. Donald Nilesh Crasta
Patron

EDITOR-IN-CHIEF

Dear Readers,

It gives me great pleasure to present Volume 1, Issue 2 of Muller Times. This bulletin reflects the academic spirit, achievements, and vibrant life of our college community. From research activities to student initiatives and institutional milestones, this edition captures the dedication and enthusiasm of our faculty and students. I appreciate the efforts of the editorial team and all contributors for bringing out this issue. Let us continue to strive for excellence in pharmaceutical education and research with passion and purpose.

Happy reading!

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



Thank you for your continued support with FMCOPS and FMCI.

Hall of Fame: Achievements & Accolades

Outstanding Academic Performance by First-Year B.Pharm Students

The first-year B.Pharm students of Father Muller College of Pharmaceutical Sciences have demonstrated commendable academic excellence in the university examinations, reflecting their dedication, discipline, and intellectual capability. Their remarkable performance is a result of consistent effort, active classroom engagement, and the academic support provided by the faculty members.

The college congratulates all the achievers for their outstanding performance and encourages them to continue striving for excellence in their academic journey. Their accomplishments stand as an inspiration to their peers and reaffirm the college's commitment to producing competent and knowledgeable pharmacy professionals.

COLLEGE TOPPERS



Ms. Umulu Kulusu Mahsooka
86.3% - 1st Rank



Ms. Teeksha Manohar J
85.3% - 2nd Rank



Ms. Riya Maria Babu
84.1% - 3rd Rank



Ms. Sushmitha S Naik
83.8% - 4th Rank



Ms. Riya Monteiro
83.4% - 5th Rank

SUBJECT TOPPERS



Ms. Neha Ekka
82-Topper of
Human Anatomy & Physiology I



Ms. Riya Monteiro
94-Topper of
Pharmaceutical Analysis I



Ms. Riya Maria Babu
95-Topper of
Pharmaceutics I



Ms. Teeksha Manohar J
88-Topper of
Pharmaceutical Inorganic Chemistry

FMCOPS Students Shine at KALAJNA 2025

The students of Father Muller College of Pharmaceutical Sciences brought laurels to the institution with their remarkable achievements at KALAJNA 2025, a prestigious National Level Cultural Program hosted by NGSIM Institute of Pharmaceutical Sciences, Mangalore, on February 7th and 8th, 2025.

Vinaya M secured First Place in Mandala Art, mesmerizing the audience with her intricate and creative designs.

Anvitha M Shetty, Fathima Nafessa, Teeksha Manohar J, S Sujanya, and Suvarna Pratish Rajesh—won First Place in Cooking Without Fire, impressing the judges with their innovation and culinary presentation.

Fathima Nafessa & Fathimath Zohara M S claimed Second Place in Debate, showcasing sharp intellect, clarity, and eloquence.

Fathimath Nidha achieved Second Place in Photography, capturing compelling moments through her artistic lens.

These achievements stand as a testament to the multifaceted talents of FMCOPS students, who continue to excel not just in academics but also in cultural and creative arenas. The college is immensely proud of their accomplishments!



Ms. Vinaya



Ms. Nidha



Ms. Nafesa



Ms. Sujanya



Ms. Anvitha



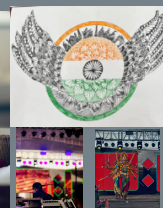
Ms. Teeksha



Mr. Pratish



Ms. Zohara



Liposomes enhance drug delivery by targeting specific tissues and reducing side effects.

Inspiring Knowledge, Compassion, and Core Values

Guest Lecture on Pharmacy's Role in Dermatological Care

On February 6, 2025, FMHMC, in collaboration with FMCOPS hosted an engaging guest lecture by Dr. Sheena K. N., Head of the Department of Pathology & Microbiology. The session, titled "The Role of Pharmacy in Dermatological Complications," was attended by first-year B.Pharm students and faculty.

Dr. Sheena provided key insights on managing skin conditions, focusing on medication choice, formulations, and patient counselling. The session enhanced students' understanding of dermatological care, preparing them for compassionate and competent pharmacy practice.



Value Education Session on "Nurturing Core Values"

On May 30, 2025, a value education session on "Nurturing Core Values" was jointly organized by FMCOPS and FMHMC at the FMHMC Auditorium.

The session, led by Dr. Ashwini Savia Colaco, Assistant Professor at A.J. Institute of Dental Sciences, focused on the importance of values like honesty, compassion, respect, and accountability in both personal and professional life. Through real-life examples and interactive discussions, the session encouraged students to embrace a value-driven approach to healthcare and build a strong ethical foundation for their future careers.



FMCOPS Collaborates in Blood Donation Camp Promoting Lifesaving Service

The NSS Unit of Father Muller Homoeopathic Medical College, in collaboration with Father Muller College of Pharmaceutical Sciences (FMCOPS), organized a blood donation camp on Saturday, 28th June 2025, at the Homeopathy College Auditorium. The event aimed to foster the spirit of voluntary service among students and staff while contributing to community health needs.

The camp began with a prayer service, followed by a solemn inauguration ceremony. Rev. Fr. Donald Nilesh Crasta, Administrator of FMHMC, inaugurated the event by lighting the ceremonial lamp, joined by Dr. Prabhu Kiran E. S., Principal of FMHMC, and Dr. Satish S., Principal of FMCOPS. In his address, Fr. Crasta highlighted the life-saving importance of blood donation and encouraged students to participate actively in such noble causes.



The blood donation drive was conducted under medical supervision, with strict adherence to safety and hygiene protocols. Volunteers and NSS coordinators ensured smooth donor registration, counseling, and post-donation care. The initiative also served to raise awareness about the need for regular blood donation and its crucial role in treating patients with critical health conditions.

The event concluded with the distribution of refreshments to all donors, acknowledging their generous contribution. The successful collaboration showcased the commitment of both institutions to service and social responsibility.



Insulin was the first drug produced using recombinant DNA technology.

Faculty Footprints

Publications

1. Deekshitha, Bhavya Shree T, **Fmith Celvia Miranda**, Nameera Asfahan Siddiqui, Momin Subura Mohd Riyaz. *Pharmaceutics-I*. 1st ed. Chanduali (UP): JEC Publication; 2025. ISBN: 978-93-6976-184-5.
2. Shueer Ahamed, **Satish S**, A. R. Shabaraya. A Community Based Study to Assess the Reasons of Stress and its Management among Youths in Dakshina Kannada. *European Journal of Biomedical and Pharmaceutical Sciences*. 2025; 12(7):164-171.
3. Sinchana Savanth, Jennifer Fernandes, **Nishmitha Gretta D Souza**. Phytochemical Profiling and Quantitative Analysis of Bioactive Compounds in *Sansevieria trifasciata* Laurenti Leaf Extracts. *Research Journal of Pharmacy and Technology*. 2025;18(6):2567-4
4. **Sudhina Makuttan**, Jennifer Fernandes, Meenaxi M Maste, **Nishmitha Gretta Dsouza**. GC-MS Characterization and in vitro Anti-Inflammatory Activity of Fruit Extracts of *Flacourtia indica* (Burm.F.) Merr. *Research Journal of Pharmacy and Technology*. 2025;18(5):2081-9.
5. Shraddha, **Satish S**. Widespread Acne Myths on Social Media and Health Blogs. *World Journal of Pharmaceutical Research*. 2025; 14(7):1216-20

Dr. Satish S Serves as Judge at Potentia 2025 Scientific Presentation Competition

Dr. Satish S, Principal of Father Muller College of Pharmaceutical Sciences, was invited as a Judge for the Scientific Presentation Competition at Potentia 2025, hosted by Father Muller Homeopathic Medical College, Mangalore. The event showcased innovative ideas, research enthusiasm, and inspiring presentations by budding homeopaths. Their passion and dedication contributed greatly to the event's success.



Seminars, Workshop and Conferences

1. **Mrs. Fmith Celvia Miranda**, attended a two-day national seminar on "Sustainable Drug Chemistry: Balancing Innovation with Environmental Responsibility" (NSSDC-2025) held on 21st and 22nd March 2025 at Himalayan Pharmacy Institute, Sikkim. The seminar was sponsored by the Science and Engineering Research Board (SERB), ANRF, Govt. of India, and the Council of Scientific and Industrial Research (CSIR).

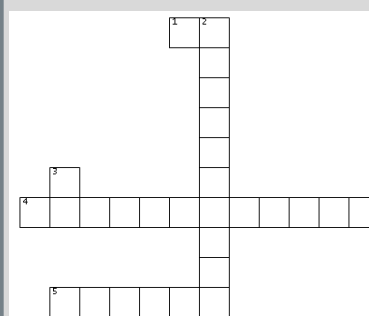
She also took part in a National Conference on Innovative Practices in Clinical Training and Patient Safety, organized by the Indian Pharmaceutical Association (IPA), Local Branch, Mangaluru, in association with Srinivas College of Pharmacy.

2. **Ms. V. S. Bhuvanashree**, attended a two-day National Workshop on Research Methodology held on 3rd and 4th February 2025. The workshop was organized by the Scientific Review Board of Yenepoya Pharmacy College and Research Centre, Yenepoya (Deemed to be University), Mangalore.



3. **Dr. Satish S.**, attended the workshop titled "Good Clinical Practice Reimagined: E6 (R3) Compliance and Innovative Trial Models" held on July 15, 2025. The workshop was organized by the Indian Society for Clinical Research (ISCR) in collaboration with the Forum for Ethics Review Committees in India (FERCI) and the National Association of Pharmacology and Therapeutics (NPT).

Complete the Crossword Puzzle



Across

1. The reference book containing drug standards (abbr.)
4. The science of drugs and their effects on the body
5. A dosage form that is swallowed whole and dissolves in the stomach

Down

2. A professional who prepares and dispenses medicines
3. Measurement of acidity or alkalinity

Enteric-coated tablets are specially designed to bypass the stomach and dissolve in the intestine, protecting drugs like omeprazole from degradation by gastric acid.

Faculty Chronicles

Healing the healers – Yoga for Future Pharmacists

The International Day of Yoga, celebrated on June 21st, recognizes the ancient practice of yoga as a means to achieve harmony between body and mind. For pharmacy students, who often face long hours of study, academic stress, and demanding schedules, yoga offers a valuable tool for maintaining physical and mental well-being.

Regular practice of yoga can improve concentration, reduce stress and anxiety, enhance memory, and promote better sleep – all of which are crucial for academic success. Breathing techniques and mindfulness practices help students stay calm and focused during examinations and clinical training.

Pharmacy students, as future healthcare professionals, carry the responsibility of promoting health and well-being in society. In their academic journey, they often face intense pressure, long hours of study, and clinical demands. Amidst this, yoga emerges as a powerful tool to restore balance, reduce stress, and enhance overall well-being.

Yoga, the ancient Indian practice, fosters balance between body, mind, and spirit. For pharmacy students, it enhances focus, memory, emotional strength, and stamina—key traits for their rigorous journey.

Regular practice builds resilience and clarity, helping manage academic stress. By embracing yoga, future pharmacists not only care for themselves but also gain a deeper understanding of holistic healing. This International Day of Yoga, let's inspire pharmacy students to make yoga a lifelong habit—as they prepare to heal others, let them begin by healing themselves.



Dr. Satish S
Principal
FMCOPS

Living Well: Health, Science & You

In today's fast-paced world, living well has become more than just a lifestyle choice—it's a conscious blend of scientific awareness, personal responsibility, and daily health practices. As students and professionals in the field of pharmacy and healthcare, understanding the science behind well-being helps us not only care for others but also care for ourselves.

The Science of Living Well

Advances like personalized medicine, nutraceuticals,

and digital health tools are transforming how we manage health—offering smarter, more personalized care.

Wellness in Daily Life

Simple habits like staying hydrated, eating right, sleeping well, exercising, and practicing mindfulness are proven to boost both physical and mental health.

These are not just lifestyle tips—they are *prescriptions for prevention*.

The Role of Future Healthcare Professionals

As pharmacy students and health ambassadors, we are in a unique position:

- To **translate complex science** into practical advice for the community.
- To promote **rational use of medicines** and discourage misuse or overdependence.
- To lead by example in **wellness advocacy**—on campus, in clinics, and beyond.

A Healthier Tomorrow Begins Today

Mrs. Fmith Celvia Miranda
Associate Professor
FMCOPS

Anything in Excess is Poison—A Lesson for Life

There's a timeless truth that applies to every aspect of life: "Anything in excess is poison." Whether it's food, emotions, habits, or even kindness—when taken beyond limits, it can lead to imbalance, stress, and harm.

Overeating leads to health issues like obesity and diabetes. Overworking can cause burnout and mental fatigue. Even positive things like exercise, when overdone, can strain the body. Excessive use of digital devices affects sleep, eyesight, and mental well-being.

Similarly, too much of emotions like anger, fear, or even love, when uncontrolled, can cloud judgment and disturb relationships.

Nature itself teaches us balance—sunlight gives life, but too much burns; water sustains us, but excess can drown. The same principle applies to our lives: moderation is the secret to health, happiness, and harmony.

Living a balanced life means setting healthy boundaries, knowing when to say "enough," and respecting limits—be it in consumption, behavior, or even thoughts. It's not about restricting joy, but about sustaining it wisely.

Let us remind ourselves and others: Too little may be a deficiency, but too much can be a danger. True well-being lies in finding the right balance in all that we do.

Mrs. Nishmitha Gretta D Souza
Associate Professor
FMCOPS

Faculty Chronicles

Cut the White Trio: Rice, Salt, and Sugar for a Healthier You

In today's fast-food culture, white rice, salt, and sugar—though traditional staples—have become hidden health risks when consumed in excess.

White Rice: Refined white rice lacks fiber and nutrients compared to whole grains. Regular consumption can cause blood sugar spikes, increasing the risk of type 2 diabetes and obesity.

Salt: Too much salt can lead to high blood pressure, heart and kidney issues. While WHO advises under 5 grams daily, most people consume twice that, mainly from processed foods.

Sugar: Too much sugar contributes to obesity, diabetes, tooth decay, and fatty liver disease. It also leads to energy crashes and addictive eating behavior. Hidden sugars in soft drinks, snacks, and cereals make it even harder to track.

Small Changes, Big Benefits

- Choose brown rice, millets, or quinoa over white rice.
- Use herbs and natural spices instead of adding more salt.
- Replace sugary snacks with fruits, dry fruits, or dark chocolate in moderation.

A Conscious Choice: Reducing the "white trio" in your diet isn't about giving up taste—it's about choosing balance and long-term health. Start small, be consistent, and let food become your fuel, not your foe.



Mrs. Sudhina M
Assistant Professor
FMCOPS

Food: The First Line of Defense

Modern science supports what traditional wisdom has long known—many chronic diseases stem from poor nutrition. Conditions like obesity, diabetes, and hypertension can often be prevented or managed through better food choices.

- Fruits and vegetables offer antioxidants.
- Whole grains support gut health and blood sugar control.
- Herbs and spices like turmeric, garlic, and ginger reduce inflammation and boost immunity.

When Food Acts as Medicine

- Certain foods function like medicine:
- Curcumin helps with inflammation.

- Omega-3s protect the heart.
- Probiotics aid digestion and immunity.

These can often reduce the need for medications in lifestyle diseases.

But Food ≠ Medicine

Supplements can't replace a balanced diet. True healing requires more than pills—it needs proper food, activity, and rest.

A Note to Pharmacy Students

Future pharmacists should:

- Understand how nutrition interacts with medications
- Guide patients on diet for disease prevention
- Promote root-cause healing over symptom-only treatment

In short: Healing begins with what we eat. Embracing food as medicine leads to healthier lives and better care.



Ms. Josline Ancita Lobo
Assistant Professor
FMCOPS

Improper Medicine Disposal: A Silent Environmental Threat

Medicines are designed to heal, but when disposed of incorrectly, they can harm the very environment we live in. Many people unknowingly flush expired tablets, pour syrups down the drain, or throw pills in the trash. These actions may seem harmless but can have long-term environmental consequences.

Improper disposal of medicines pollutes water and soil, harming aquatic life and disrupting ecosystems. Drug residues can also lead to antimicrobial resistance (AMR), making bacteria resistant to antibiotics which is a major global health concern.

Burning or incinerating medicines without proper controls may release toxic gases, contributing to air pollution and harming human and animal health.

As future healthcare professionals and responsible citizens, pharmacy students must raise awareness about eco-friendly medicine disposal practices:

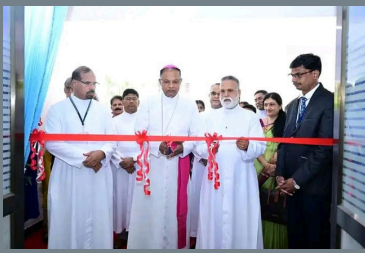
- Promote medicine take-back programs.
- Educate patients about safe disposal methods.
- Advocate for green pharmacy practices that reduce pharmaceutical waste at the source.

In conclusion, the careless disposal of medicines can silently poison our environment. Let us act wisely—not just to protect health today, but to preserve the planet for tomorrow. Health and environment go hand in hand.



Ms. V S Bhuvanashree
Assistant Professor
FMCOPS

A Sacred Start: Blessing & Inauguration of the New FMCOPS Building



Mangalore, 25th March 2025 – In a proud and momentous celebration, Father Muller Charitable Institutions (FMCI) marked the 184th Birth Anniversary of its Founder, Rev. Fr Augustus Muller, S J,

with the blessing and inauguration of the newly constructed six-floor building of the Father Muller College of Pharmaceutical Sciences (FMCOPS) at the Deralakatte Campus.

The event was graced by Most Rev. Dr Peter Paul Saldanha, Bishop of Mangalore and President of FMCI, who presided over the ceremony. The Bishop unveiled the inaugural plaque,



followed by a solemn blessing of the new facility. A formal gathering at the FMCOPS auditorium began with a prayer song by students, setting the tone for the dignified occasion. Rev. Fr Richard Aloysius Coelho, Director of FMCI, in his message, reflected on the long-awaited journey of establishing FMCOPS —initiated in 2017 and brought to fruition in 2024 despite delays due to regulatory and pandemic



challenges. He credited the efforts of several contributors, including Dr. Padmaja Udaykumar, the late Mr. Narayanswami, and Dr. Satish S., Principal of FMCOPS, for their vision and commitment in

shaping the institution's foundation.

The program also recognized the contributions of engineers, contractors, and workers involved in constructing the building, led by Fr Faustine Lucas Lobo, Designate Director of FMCI and Administrator of FMHMC & H. A proposal for increased



student intake and the addition of a D.Pharm program was also announced.

In his presidential address, Most Rev. Dr Peter Paul

Saldanha highlighted the vital role of pharmaceutical education and praised FMCI's unwavering commitment to quality and service. He encouraged students to embrace innovation, research, and ethical practices in their academic journey.

Dr. Satish S., in his vote of thanks, acknowledged the teamwork and dedication behind the successful



completion of the building, remarking, "Good buildings come from good people, and all problems are solved by good design."



The event concluded with the Institutional Anthem and a fellowship lunch. Ms. Fmith Celvia Miranda and Ms. Nishmitha Gretta D'Souza, Associate Professors, gracefully compered the event, ensuring its smooth execution.

The inauguration of the FMCOPS building stands as a new chapter in FMCI's mission of excellence in education, healthcare, and community service.



FMCOPS in Action: Celebrations, Contributions & Cultural Engagements

FMCOPS & FMHMC Celebrate 75th Republic Day with Patriotic Fervor



On January 26, 2025, Father Muller College of Pharmaceutical Sciences and Father Muller Homeopathic Medical College & Hospital celebrated the 75th Republic Day with patriotic spirit. Rev. Fr. Nelson Deraj Pias hoisted the national flag, and Rev. Fr. Ashwin Crasta paid tribute to Dr. B.R. Ambedkar. Faculty, students, and staff united to honor the values of the Constitution, reflecting the spirit of unity and national pride.

Ms. Janice Crasta Judges Street Play Competition at KALAJNA 2025



On February 8, 2025, the vibrant stage of KALAJNA 2025, a National Level Cultural Program hosted by NGSM Institute of Pharmaceutical Sciences, Mangalore, came alive with powerful performances during the Street Play Competition.

Serving as the esteemed judge for the event was Ms. Janice Crasta, Assistant Professor of FMCOPS. With her deep appreciation for the performing arts and academic insight, she brought a thoughtful and discerning perspective to the competition. Ms. Crasta commended the performers for their bold storytelling, stage presence, and ability to engage the crowd.

Her presence added great value to the event, and her constructive feedback was appreciated by all. The competition served as a powerful platform for youth voices and social awareness, making it a highlight of KALAJNA 2025.

Dr. Satish S. Graces Nursing Council & Oath-Taking Ceremony

On January 25, 2025, Dr. Satish S., Principal of FMCOPS, was the Chief Guest at the Student Nursing Council Inauguration and Oath-Taking Ceremony at Father Muller College and School of Nursing, Kankanady. He addressed the gathering with an inspiring message on compassion, ethics, and lifelong learning, and commended the institutions for their excellence. The event marked the induction of new council members and the oath ceremony of first-year nursing students, in the presence of Rev. Fr. Richard Aloysius Coelho, faculty, and students.



Dr. Satish S. Graces Student Council Inauguration at FMHMC

Dr. Satish S., Principal of FMCOPS, was the Chief Guest at the Student Council Inauguration on 21st May 2025 at FMHMC, Mangalore. In his address, he highlighted the value of leadership, responsibility, and teamwork, encouraging council members to lead with purpose. The event reflected unity and enthusiasm for the year ahead.



FMCOPS Marks FMCI Founder's Day with Active Faculty Participation

Mrs. Janice Leedle Crasta anchored the event with poise, while Mrs. Fmith Celvia Miranda and Mrs. Nishmitha Gretta D'Souza added charm with a graceful themed dance tribute.



FMCOPS Embraces Wellness, Awareness & Empowerment

Celebrating International Women's Day 2025 at FMCOPS

To mark International Women's Day 2025, the Women's Guidance and Counselling Committee of FMCOPS, in collaboration with FMHMC&H, organized an inspiring session on "Empowerment of Women: Rights and Equality of Men and Women" on March 7, 2025, at the FMCOPS Auditorium.

The event saw enthusiastic participation from 90 teaching and non-teaching staff. Dr. Jolly D'Mello and Mrs. Prashma Bolar compered the event, while Dr. Anita Lobo welcomed the gathering.



The dignitaries present included Rev. Fr Richard Aloysius Coelho, Director of FMCI; Rev. Fr Faustine Lucas Lobo, Designate Director of FMCI and Administrator of FMHMC&H; Rev. Fr Nelson Dheeraj Pais, Administrator of FMHPD and the guest speaker, Mrs. Jyothi Pinto, Manager-HRD, FMCI.

Rev. Fr Faustine shared a thought-provoking message on gender rights and equality. The highlight of the event was a powerful and engaging talk by Mrs. Jyothi Pinto, who emphasized the importance of women's empowerment, dignity, and equal opportunity in all spheres of life.

Adding to the celebration, three women staff members were felicitated for their 25 years of dedicated service to the institution. A certificate and memento were presented to the speaker, followed by an encouraging presidential address by Rev. Fr Richard Coelho.

Mrs. Fmith Celvia Miranda, Associate Professor at FMCOPS, delivered the vote of thanks, and the program concluded with the Institutional Anthem. Refreshments and fun games exclusively for the women staff added joy and camaraderie, closing the event on a cheerful and celebratory note.



FMCOPS Observes International Yoga Day 2025

FMCOPS celebrated International Yoga Day 2025 on June 19 with a special program themed "Yoga for One Earth, One Health." Dr. Satish S., Principal, highlighted yoga's role in physical and mental well-being, especially for pharmacy professionals. Rev. Fr. Donald Niles Crasta emphasized yoga's global relevance for personal and environmental harmony. A live session by Dr. Nisha C., FMHMC, showcased practical yoga techniques, linking personal wellness to planetary health. The event, coordinated by Mrs. Fmith Celvia Miranda, saw enthusiastic participation from faculty, staff, and students.



FMCOPS Students Participate in 11th International Yoga Day celebration at FMCI

On June 21, 2025, Father Muller Charitable Institutions and Father Muller College of Pharmaceutical Sciences, Mangalore, proudly celebrated International Yoga Day. The event highlighted the importance of yoga in promoting physical, mental, and emotional well-being, encouraging students and staff to embrace a healthier lifestyle through this ancient practice.



FMCOPS Students Participate in Intercollegiate Quiz

On the occasion of International Day Against Drug Abuse and Illicit Trafficking, students of FMCOPS actively participated in the FMCI Intercollegiate Quiz Competition, showcasing their awareness & commitment to the cause.



Changing Hands, Steady Vision: FMCOPS Celebrates Leadership Change

A Heartfelt Farewell to Rev. Fr. Faustine Lucas Lobo

On 18th June 2025, a warm and heartfelt thanksgiving programme was held at the Seminar Hall, Hospital Building, to honour Rev. Fr. Faustine Lucas Lobo, former Administrator and Designate Director of Father Muller Charitable Institutions (FMCI), for his dedicated service and leadership.



The event began with a soulful prayer song, setting a respectful tone. Rev. Fr. Donald Nilesh Crasta, the newly appointed Administrator of

Father Muller Homoeopathic Medical College, welcomed the gathering with kind words.

Dr. Prabhu Kiran, Principal of the Homoeopathy College, highlighted Fr. Faustine's unwavering commitment, discipline, and impactful service over the past year.



Dr. Satish S., Principal of Father Muller College of Pharmaceutical Sciences, expressed deep gratitude for Fr. Faustine's pivotal role in the development of the new pharmacy college



building and infrastructure. Dr. Vilma D'Souza, Vice Principal, read the official citation recognizing Fr. Faustine's contributions and leadership.

In an emotional thank-you address, Fr. Faustine reflected on his journey, expressing heartfelt appreciation to all faculty and staff. As a gesture of love and respect, members of the teaching and non-teaching staff presented bouquets to him.

The programme concluded with the Institutional Anthem, marking a graceful and memorable farewell to a cherished leader.



A Warm Welcome to Rev. Fr. Donald Nilesh Crasta

On 16th June 2025, a gracious welcoming ceremony was held to receive Rev. Fr. Donald Nilesh Crasta, the newly appointed Administrator of Father Muller Homoeopathic Medical College. The program began



at 3:45 PM near the chapel, where the outgoing Administrator, Rev. Fr. Faustine Lucas Lobo, greeted Fr. Donald with a garland,

followed by a prayer service and a formal handover of responsibilities. The gathering then proceeded to the Father Muller College of Pharmaceutical Sciences Auditorium for the official function. Fr. Faustine addressed the gathering, expressing his gratitude and welcoming his successor. Rev. Fr. Richard Aloysius Coelho, Director of FMCI, delivered an inspiring message reflecting on the legacy of leadership and sharing his vision for the future of the institution.



Rev. Fr. Donald Nilesh Crasta expressed his heartfelt thanks and shared his commitment to carrying forward the mission of the institution.



A thanksgiving song and the Institutional Anthem brought the ceremony to a close, marking a new chapter under Fr. Donald's leadership.

Best Wishes

FMCOPS Extends Heartfelt Gratitude to Rev. Fr Richard Coelho and Warm Wishes to Rev. Fr Faustine Lobo on the Leadership Transition at FMCI



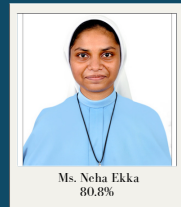
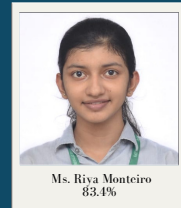
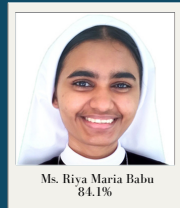
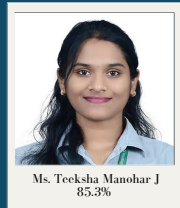
Rev. Fr Faustine L Lobo



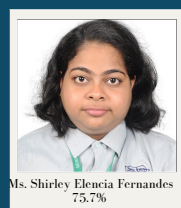
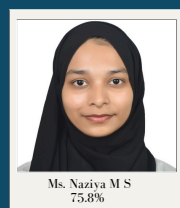
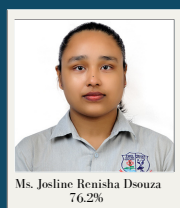
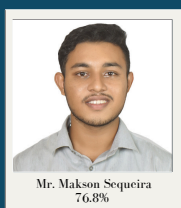
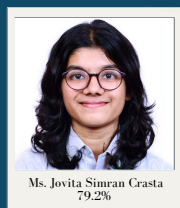
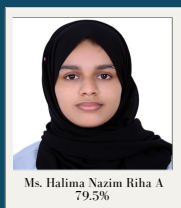
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