



NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

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FIRST CYCLE NAAC ACCREDITATION 2023

CRITERION 5



STUDENT SUPPORT AND PROGRESSION

5.1.2 Capacity building and skills enhancement initiatives taken by the institution

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL



5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

Reports of life skill program organized during last five years

Sl.no	Date	Name of the Program	Students Benefited	View page
1.	15-09-2018	Gynaecological diseases and menstrual hygiene	22	View Page
2.	01-11-2018 to 30-11-2018	Gym training	52	View Page
3.	01-11-2019 to 30-11-2019	Gym training	57	View Page
4.	16-11-2019	Mental Health Development Program	63	View Page
5.	03-03-2021	On A Mission To Empower Menstruators	98	View Page
6.	18-09-2021	Importance of Antenatal Care	65	View Page
7.	01-11-2021 to 30-11-2021	Gym training	57	View Page
8.	06-10-2022 to 20-10-2022	Football training	17	View Page
9.	01-11-2022 to 30-11-2022	Gym training	41	View Page
10.	12-06-2023 to 13-06-2023	Zumba training	94	View Page





LIST OF STUDENTS UNDERGONE LIFE SKILL DEVELOPMENT PROGRAMME

Gyneacological disease and menstrual hygiene-15/09/2018

Organized by Women cell- Nirmala College of Pharmacy

Sl No	Student Name
1	Alasandra Rose M S
2	Aleena Manoj
3	Aneena Wilson
4	Anjaly Sathyan
5	Anju Abraham
6	Anna Maria Jose
7	Bhagia Anna Manoj
8	Janice Jacson Mandumpala
9	Joyalyn Joy
10	Krupa Joy
11	Linda Mariya Jose
12	Merin Sebastian
13	Milagrin Xavier
14	Minnu Ann Mohan
15	Neha Baby
16	Rosenna Francis
17	Sandra Saji
18	Shahnaz Abdul Kareem
19	Silda Raphel
20	Simi Grace Joseph
21	Sneha Elizabeth Mathai
22	Sneha S Joshy
23	Sreelakshmi T J
24	Stephy Sebastian
25	Sulaikha Abdul Kareem





LIST OF STUDENTS UNDERGONE LIFE SKILL DEVELOPMENT PROGRAMME

Mental Health-16/11/2019

Organized by Women cell- Nirmala College of Pharmacy

Sl No	Student Name
1	Abitha N Jabbar
2	Adhithya Kv
3	Aimy Kuriakose
4	Aiswarya Suresh
5	Aiswarya Vs
6	Ajay Emmanuel Thomas
7	Alby Manoj
8	Alisha K J
9	Alona Baby
10	Amal Thomas
11	Anagha Melbin
12	Anakha Tomson
13	Anitta Thomas
14	Annamol Joshy
15	Annamol Nelson
16	Anubha Jose
17	Anu Yousef
18	Arya Babu
19	Arya Sasankan
20	Ashly Peter
21	Aswathy Surendran
22	Ceenu Jose
23	Celu Mariya Francis
24	Chippy Jose
25	Deepa Susan Varghese
26	Devika Firose
27	Divya Merin Emerson
28	Elza _Baby
29	Farsana T M



30	Fathima K N
31	Freddy P Robin
32	Jeeson Baby
33	Jeswin Sunny
34	Jiss Jaison
35	Jomy - John
36	Juvanitta Sabu
37	Karishma Shaji
38	Khansa Beegam M.A
39	Mahin T M
40	Mariya Joy
41	Mary Paul Dominic
42	Minju Chackochan
43	Mintu Mathew
44	Muhammad Abdul Khadir PS
45	Nandana P. B
46	Nilufa Sainudheen
47	Nimisha Joseph
48	Nimitha Antony
49	Nithin Thomas
50	Pavithra Ashok
51	Reshma Dominic
52	Riya George
53	Rosna Babu
54	Ruksana M S
55	Shakeela Ks
56	Sherry Sebastian
57	Shibi T D
58	Shilpa Joseph
59	Sijin Biju
60	Sneha Ann Sanju
61	Teenu Manuel
62	Varsha Vinod
63	Fathima K N





LIST OF STUDENTS UNDERGONE LIFE SKILL DEVELOPMENT PROGRAMME

On a mission to empower menstruators: 03/03/2021

Organized by Women cell- Nirmala College of Pharmacy

Sl No	Student Name
1	Abiya Baby
2	Achsah Jaimes
3	Ain Sara Renjith
4	AIROSE MARIA KURIAN
5	Aleena Kuriakose
6	ALEENA RACHEL VARGHESE
7	Aleena Shaji
8	ALFIYA K A
9	Alfiya Rasheed
10	ALIYA C KHALID
11	Ameena Shahul
12	Ammusiya Suresh
13	Amrutha
14	Amrutha Manoj
15	Anakha M
16	ANGELA MATHEW
17	Angel Sijee
18	ANISHMA A
19	Anju A
20	Anna Benny
21	Ann Mariya C B
22	Anpitha Elsa Joseph
23	Ardra - Francis
24	Arya Nandha C J
25	ASHNA T
26	ASNA MYTHEEN
27	Aswathy Varghese
28	Ayona Jose
29	BAZILA K BAVU



30	Bincy Tomy
31	Delna Thomas
32	Dona Eldho
33	Elgi Saji
34	ELIZEBETH SUSAN K.A
35	Fathima Imani T
36	Fathima Thahsin C.A
37	Fitha Fathima KH
38	Geena Mariya Geejo
39	HANA FATHIMA NAZAR
40	Harichandhana S
41	Harsha Hari
42	Hasna Rafeeq
43	Indulekha M U
44	Irin Saji
45	JOSNA JOSE
46	Jyothika Agil
47	K . S Mariya
48	LIBINA BG
49	MAHALEKSHMI M
50	Maneesha S
51	Maria Fiona Biju
52	MEENU JOY
53	MEGHA MATHAI
54	Merija Tom
55	Merin George
56	Merin Maria Manoj
57	Milana M Kassim
58	Moosida N
59	Nandhana Ajikumar
60	Navya Cleetus
61	Navya Noby
62	Navya Vk
63	Neethu Udayanan
64	Nima Reji
65	NIYA GRACE ANTONY
66	Noufy N
67	Priya Prakash
68	RIAFATHIMA NIAS
69	SAHRA NOUSHAD
70	Seethal Jacob



71	Shereefa Naz
72	Sherin K Jain
73	SILPA SANKAR
74	Sneha R K
75	Sona Rajeev
76	SOOFIYA M MEERAN
77	STEENA VARGHESE
78	THANHA
79	TREESA ANTONY
80	Treesa Rani Thomas
81	Anjana Raj
82	Aparna S Biju
83	Ashly Mary Mathew
84	Ayona Elezabeth
85	Eveena Sara Binny
86	Gouri Ganesh
87	Hanna Mathew
88	Hila A D
89	Jannath Parwin K I
90	Megha Shaji
91	Nancy Joseph
92	Nandhana Shibu
93	Sama Fathima
94	Sandra Baby
95	Sneha Susan Samuel
96	Tania Sibi
97	Teresa Mary Sobi
98	Vaishnavi vijay





5.1.3 Following Capacity development and skills enhancement activities are organized

List of students benefited by Life skills programs organised during the academic year 2018-2019

GYM TRAINING (2018-2019)		
SI No	Name of Participant	Sem / Year
1.	Alen Reji	4 th year B.Pharm
2.	Alphin Roy	4 th year B.Pharm
3.	Johns Zacharia	4 th year B.Pharm
4.	Stephin Baby	4 th year B.Pharm
5.	Alan Peter Davis	3 rd year B.Pharm
6.	Amal Johnson	3 rd year B.Pharm
7.	Anto Denny Joy	3 rd year B.Pharm
8.	Antony Vargheese Antony	3 rd year B.Pharm
9.	Dimal Jose	3 rd year B.Pharm
10.	Gheevargheese Devassia	3 rd year B.Pharm
11.	Jaison Baby	3 rd year B.Pharm
12.	Toms Augustine	3 rd year B.Pharm
13.	Muhammed Sidiq	3 rd year B.Pharm
14.	Ajay Emmanuel Thomas	3 rd sem B.Pharm



15.	Freddy P Robin	3 rd sem B.Pharm
16.	Mahin T M	3 rd sem B.Pharm
17.	Muhhammad Abdul Khadir P S	3 rd sem B.Pharm
18.	Amal Thomas	3 rd sem B.Pharm
19.	Ajwin Joseph Martin	1 st Sem B.Pharm
20.	Akash Johnson	1 st Sem B.Pharm
21.	Akash Vinod	1 st Sem B.Pharm
22.	Akshay P R	1 st Sem B.Pharm
23.	Alan George	1 st Sem B.Pharm
24.	Anuvindh Suresh	1 st Sem B.Pharm
25.	Ashin Joseph	1 st Sem B.Pharm
26.	Aswin Biju	1 st Sem B.Pharm
27.	Davood Khaleel	1 st Sem B.Pharm
28.	Jerin Wilson	1 st Sem B.Pharm
29.	Jithin N P	1 st Sem B.Pharm
30.	Sahadh M M	1 st Sem B.Pharm
31.	Saneesh U S	1 st Sem B.Pharm
32.	Shyam Jith M	1 st Sem B.Pharm
33.	Arpith Antony	4 th year Pharm D
34.	Johnson V Babu	4 th year Pharm D
35.	K S Irfan	4 th year Pharm D
36.	Alfin Baby	3 rd year Pharm D
37.	Eldhose Elias George	3 rd year Pharm D
38.	Goutham Retheesh	3 rd year Pharm D
39.	Nevin Joseph	3 rd year Pharm D
40.	Alwin Anto	2 nd year Pharm D



41.	Chrins Thomas Jojo	2 nd year Pharm D
42.	Jeffin Thomas	2 nd year Pharm D
43.	Joel George	2 nd year Pharm D
44.	Abin Biju	1 st year Pharm D
45.	Manu Eappen	1 st year Pharm D
46.	Shefin Mytheen	1 st year Pharm D
47.	Aby Paul	5 th year Pharm D
48.	Basil John	5 th year Pharm D
49.	Edwin Antony	5 th year Pharm D
50.	Joel Joby	5 th year Pharm D
51.	Jude James	5 th year Pharm D
52.	Stelvin Sebastian	5 th year Pharm D





5.1.3 Following Capacity development and skills enhancement activities are organised

List of students benefited by Life skills programs organised during the academic year 2019-2020

GYM TRAINING (2019-2020)		
SI No	Name of Participant	Sem / Year
1.	Alan Peter Davis	4 th year B.Pharm
2.	Amal Johnson	4 th year B.Pharm
3.	Anto Denny Joy	4 th year B.Pharm
4.	Antony Vargheese Antony	4 th year B.Pharm
5.	Dimal Jose	4 th year B.Pharm
6.	Gheevargheese Devassia	4 th year B.Pharm
7.	Jaison Baby	4 th year B.Pharm
8.	Toms Augustine	4 th year B.Pharm
9.	Muhammed Sidiq	4 th year B.Pharm
10.	Ajay Emmanuel Thomas	5 th Sem B.Pharm
11.	Freddy P Robin	5 th Sem B.Pharm
12.	Jomy John	5 th Sem B.Pharm
13.	Mahin T M	5 th Sem B.Pharm
14.	Siijin Biju	5 th Sem B.Pharm
15.	Muhhammad Abdul Khadir P S	5 th Sem B.Pharm
16.	Amal Thomas	5 th Sem B.Pharm



17.	Ajwin Joseph Martin	3 rd Sem B.Pharm
18.	Akash Johnson	3 rd Sem B.Pharm
19.	Akash Vinod	3 rd Sem B.Pharm
20.	Akshay P R	3 rd Sem B.Pharm
21.	Alan George	3 rd Sem B.Pharm
22.	Anuvindh Suresh	3 rd Sem B.Pharm
23.	Ashin Joseph	3 rd Sem B.Pharm
24.	Aswin Biju	3 rd Sem B.Pharm
25.	Davood Khaleel	3 rd Sem B.Pharm
26.	Jerin Wilson	3 rd Sem B.Pharm
27.	Jithin N P	3 rd Sem B.Pharm
28.	Sahadh M M	3 rd Sem B.Pharm
29.	Saneesh U S	3 rd Sem B.Pharm
30.	Shyam Jith M	3 rd Sem B.Pharm
31.	Abhiraj Raveendran	1 st Sem B.Pharm
32.	Amrith Vishnu A D	1 st Sem B.Pharm
33.	Antony V R	1 st Sem B.Pharm
34.	Jobins Biju	1 st Sem B.Pharm
35.	Nidhin T Paul	1 st Sem B.Pharm
36.	Arpith Antony	5 th Year Pharm.D
37.	Johnson V Babu	5 th Year Pharm.D
38.	K S Irfan	5 th Year Pharm.D
39.	Alfin Baby	4 th Year Pharm D
40.	Eldhose Elias George	4 th Year Pharm D
41.	Goutham Retheesh	4 th Year Pharm D
42.	Nevin Joseph	4 th Year Pharm D
43.	Alwin Anto	3 rd Year Pharm D



44.	Chrins Thomas Jojo	3 rd Year Pharm D
45.	Jeffin Thomas	3 rd Year Pharm D
46.	Joel George	3 rd Year Pharm D
47.	Abin Biju	2 nd Year Pharm D
48.	Manu Eappen	2 nd Year Pharm D
49.	Shefin Mytheen	2 nd Year Pharm D
50.	Goutam Gopakumar	1 st Year Pharm D
51.	Stebin Mathew	1 st Year Pharm D
52.	Aby Paul	6 th Year Pharm D
53.	Basil John	6 th Year Pharm D
54.	Edwin Antony	6 th Year Pharm D
55.	Joel Joby	6 th Year Pharm D
56.	Jude James	6 th Year Pharm D
57.	Stelvin Sebastian	6 th Year Pharm D





5.1.3 Following Capacity development and skills enhancement activities are organized

List of students benefited by Life skills programs organised during the academic year 2021-2022

GYM TRAINING (2021-2022)		
SI No	Name of Participant	Sem / Year
1.	Ajwin Joseph Martin	7 th Sem B.Pharm
2.	Akash Johnson	7 th Sem B.Pharm
3.	Akash Vinod	7 th Sem B.Pharm
4.	Akshay P R	7 th Sem B.Pharm
5.	Alan George	7 th Sem B.Pharm
6.	Anuvindh Suresh	7 th Sem B.Pharm
7.	Aswin Biju	7 th Sem B.Pharm
8.	Davood Khaleel	7 th Sem B.Pharm
9.	Jerin Wilson	7 th Sem B.Pharm
10.	Jithin N P	7 th Sem B.Pharm
11.	Sahadh M M	7 th Sem B.Pharm
12.	Saneesh U S	7 th Sem B.Pharm
13.	Shyam Jith M	7 th Sem B.Pharm
14.	Abhiraj Raveendran	5 th Sem B.Pharm



15.	Amrith Vishnu A D	5 th Sem B.Pharm
16.	Antony V R	5 th Sem B.Pharm
17.	Jobins Biju	5 th Sem B.Pharm
18.	Nidhin T Paul	5 th Sem B.Pharm
19.	Abin Jomy	3 rd Sem B.Pharm
20.	Alan Shaijan	3 rd Sem B.Pharm
21.	Albin Saji	3 rd Sem B.Pharm
22.	Alby Sajeev	3 rd Sem B.Pharm
23.	Antony Varghese	3 rd Sem B.Pharm
24.	Augustin Shyju	3 rd Sem B.Pharm
25.	Basil Joy	3 rd Sem B.Pharm
26.	Elbin Vinu	3 rd Sem B.Pharm
27.	Josbin Johny	3 rd Sem B.Pharm
28.	Mathukutty Binu Pittappillil	3 rd Sem B.Pharm
29.	Sreehari Lal	3 rd Sem B.Pharm
30.	Abhiram Pb	1 st Sem B.Pharm
31.	Alan Baiju	1 st Sem B.Pharm
32.	Alan Jomon	1 st Sem B.Pharm
33.	Ashish Jaison	1 st Sem B.Pharm
34.	Alfin Baby	6 th Year Pharm D
35.	Eldhose Elias George	6 th Year Pharm D
36.	Goutham Retheesh	6 th Year Pharm D
37.	Nevin Joseph	6 th Year Pharm D
38.	Alwin Anto	5 th Year Pharm D
39.	Chrins Thomas Jojo	5 th Year Pharm D
40.	Jeffin Thomas	5 th Year Pharm D
41.	Joel George	5 th Year Pharm D
42.	Abin Biju	4 th Year Pharm D
43.	Manu Eappen	4 th Year Pharm D
44.	Shefin Mytheen	4 th Year Pharm D



45.	Goutam Gopakumar	3 rd Year Pharm D
46.	Stebin Mathew	3 rd Year Pharm D
47.	Aboobakkar Sidhiksanil	2 nd Year Pharm D
48.	Ahil Joseph Alby	2 nd Year Pharm D
49.	Anas Muhammed Azad	2 nd Year Pharm D
50.	Edwin Sam	2 nd Year Pharm D
51.	Fahad Muhammed M.S	2 nd Year Pharm D
52.	Freddy Alappattu	2 nd Year Pharm D
53.	Nadheem Muhammed Shajeef	2 nd Year Pharm D
54.	Naveen K Biju	2 nd Year Pharm D
55.	Ajil George Wilson	1 st Year Pharm D
56.	Jeevan Sajeev	1 st Year Pharm D
57.	Jofin Sabu	1 st Year Pharm D





5.1.3 Following Capacity development and skills enhancement activities are organized

List of students benefited by Life skills programs organised during the academic year 2022-2023

GYM TRAINING (2022-2023)		
<i>SI No</i>	<i>Name of Participant</i>	<i>Sem / Year</i>
1.	Abhiraj Raveendran	7 th Sem B.Pharm
2.	Amrith Vishnu A D	7 th Sem B.Pharm
3.	Antony V R	7 th Sem B.Pharm
4.	Jobins Biju	7 th Sem B.Pharm
5.	Nidhin T Paul	7 th Sem B.Pharm
6.	Abin Jomy	5 th Sem B.Pharm
7.	Alan Shaijan	5 th Sem B.Pharm
8.	Albin Saji	5 th Sem B.Pharm
9.	Alby Sajeev	5 th Sem B.Pharm
10.	Antony Varghese	5 th Sem B.Pharm
11.	Augustin Shyju	5 th Sem B.Pharm
12.	Basil Joy	5 th Sem B.Pharm
13.	Elbin Vinu	5 th Sem B.Pharm
14.	Josbin Johny	5 th Sem B.Pharm
15.	Mathukutty Binu Pittappillil	5 th Sem B.Pharm



16.	Sreehari Lal	5 th Sem B.Pharm
17.	Abhiram Pb	3 rd Sem B.Pharm
18.	Alan Baiju	3 rd Sem B.Pharm
19.	Alan Jomon	3 rd Sem B.Pharm
20.	Ashish Jaison	3 rd Sem B.Pharm
21.	Alwin Anto	6 th Year Pharm D
22.	Chrins Thomas Jojo	6 th Year Pharm D
23.	Jeffin Thomas	6 th Year Pharm D
24.	Joel George	6 th Year Pharm D
25.	Abin Biju	5 th Year Pharm D
26.	Manu Eappen	5 th Year Pharm D
27.	Shefin Mytheen	5 th Year Pharm D
28.	Goutam Gopakumar	4 th Year Pharm D
29.	Stebin Mathew	4 th Year Pharm D
30.	Aboobakkar Sidhiksani	3 rd Year Pharm D
31.	Ahil Joseph Alby	3 rd Year Pharm D
32.	Anas Muhammed Azad	3 rd Year Pharm D
33.	Edwin Sam	3 rd Year Pharm D
34.	Fahad Muhammed M.S	3 rd Year Pharm D
35.	Freddy Alappattu	3 rd Year Pharm D
36.	Nadheem Muhammed Shajeef	3 rd Year Pharm D
37.	Naveen K Biju	3 rd Year Pharm D
38.	Ajil George Wilson	2 nd Year Pharm D
39.	Jeevan Sajeev	2 nd Year Pharm D
40.	Jofin Sabu	2 nd Year Pharm D
41.	Tinil Tomy	2 nd Year Pharm D



ZUMBA TRAINING (2022-2023)

SI No	Name of Participant	Sem / Year
1.	Abhishek R	2 nd Sem B.Pharm
2.	Abin Geroge Johny	
3.	Abino Shylet	
4.	Afsana Fathima	
5.	Ahla Fathima	
6.	Aisha P A	
7.	Aiza Fathima T S	
8.	Ajas Najeeb	
9.	Ajil Joy	
10.	Akash Jacob	
11.	Aleena Shajan	
12.	Alitza Yoonus	
13.	Ameeramol P S	
14.	Aneena Eldho	
15.	Anjana Ramesh	
16.	Annet Mary George	
17.	Ann Maria Sibi	
18.	Anwar Ebrahim	
19.	Arun P Sunny	
20.	Ashmi Jalal	
21.	Ashmy P S	
22.	Asna Anas	
23.	Asna Maideen	
24.	Atsa Treassa Antony	
25.	Aysha Khadeer	
26.	Aysha Nourin A J	



27.	Beema Nissar
28.	Binimol Joseph
29.	Bisnamol Reji
30.	Biya Mariya Diaus
31.	Devaprabha T T
32.	Diya Fathima
33.	Dona Martin
34.	Ebrahim Badusha
35.	Farsana N N
36.	Fathima C Zakhariya
37.	Fathima Muhammed
38.	Fathima Niloofar
39.	Fathima Rasheed
40.	Fathima Shabeer
41.	Gopika Biju
42.	Gopikalakshmi Binoj
43.	Hiba Fathima K A
44.	Jessly Gigi
45.	Jesvia Maria Johnson
46.	Jincy Joseph
47.	Jittu Anna John
48.	Joel P Jose
49.	Jose Paul Jiby
50.	Juliet Jose
51.	Lakshmi Biju
52.	Lakshmi V
53.	Laya Shaji
54.	Maria Sojan
55.	Marva Adam
56.	Merina Benny

2nd Sem B.Pharm



57.	Merin Roy	2 nd Sem B.Pharm
58.	Merin Shaji	
59.	Mubeena M	
60.	Mufeeda Moidheen	
61.	Muhammed Razi	
62.	Muhasina M P	
63.	Muhasina Ummer	
64.	Muhsina M	
65.	Muhsiya V P O	
66.	Nandana Sreeju	
67.	Nanditha V P	
68.	Nasrin Noushad	
69.	Nesiya Mol Noushad	
70.	Nezrin Nazar	
71.	Nimisha Raj P	
72.	Noble Thomas	
73.	N S Alfiya	
74.	Preethy John	
75.	Rebecca Jijo	
76.	Rona Raju	
77.	Rophal Francis	
78.	Sadiya Shahul	
79.	Safa Adam	
80.	Sahadhiyya A M	
81.	Sahala Meeran	
82.	Sam S B	
83.	Sandra Sajan	
84.	Senna Joseph	
85.	Shamili Sali Shaji	
86.	Shebin Mumthas	



87.	Sneha Abraham	
88.	Snehal K Joy	
89.	Sreelakshmi Soman	
90.	Sreya Rejikumar	
91.	Sulumol Rahim	
92.	Sumayya Thasni	
93.	Ubaies Hameed	
94.	Vrinda Jayakumar	



FOOTBALL TRAINING (2022-2023)

<i>SI No</i>	<i>Name of Participant</i>	<i>Sem / Year</i>
1.	Martin B John	6 th Year Pharm D
2.	Chrins Thomas	6 th Year Pharm D
3.	Joffin Sabu	1 st Year Pharm D
4.	Aboobakker Sidhiq Sanil	3 rd Year Pharm D
5.	Akshay P R	7 th Sem B.Pharm
6.	Jithin N P	7 th Sem B.Pharm
7.	Jithesh M R	5 th sem B.Pharm
8.	Davood Khaleel	7 th Sem B.Pharm
9.	Vishak Saji	2 nd Sem B.Pharm
10.	Abin Jomy	4 th Sem B.Pharm
11.	Sahad Muhammed	7 th Sem B.Pharm
12.	Jeevan Joseph	3 rd Year Pharm D
13.	Tinil Tomy	1 st Year Pharm D
14.	Abhiraj Raveendran	5 th Sem B.Pharm
15.	Ashish Jaison	2 nd Sem B.Pharm
16.	Harinandan M S	2 nd Sem B.Pharm
17.	Joyal M Joll	1 st Year Pharm D

