

eNEWSLETTER

Editor's Column – Synapsea 4.0

It is both an honour and a privilege to present Synapsea 4.0, a publication that embodies the academic distinction, intellectual vibrancy, and dynamic spirit of the NEPEDS Group of Institutions. This newsletter stands not merely as a chronicle of events and accomplishments, but as a reflection of the values, vision, and collective commitment that define our institution.

Through its pages, Synapsea 4.0 captures the scholarly pursuits, innovative endeavours, and co-curricular engagements that contribute to the holistic development of our students. It reaffirms our steadfast dedication to excellence in education, character formation, and institutional growth.

I extend my sincere appreciation to the editorial team, contributors, faculty members, and students whose thoughtful efforts have shaped this edition. It is my earnest hope that this publication will continue to inspire intellectual curiosity, foster unity within our academic community, and uphold the highest standards of integrity and achievement.

– Dr. Rituraj Bharadwaj
Editor, Newsletter.

About NEPEDS

NEPEDS Group of Institutions

Established in 2006, the NEPEDS Group of Institutions is a premier, progressive, and professionally managed educational conglomerate dedicated to excellence in nursing education, paramedical sciences, pharmaceutical studies, vocational education, and skill development training. Since inception, NEPEDS has been guided by a clear institutional mandate: To strengthen healthcare education and promote quality health awareness across North-East India through structured academic delivery and industry-integrated skill training.

Institutional Expansion & Academic Milestones

Over the years, NEPEDS has expanded strategically to address the increasing demand for qualified healthcare professionals.

Purbottar Institute of Nursing (Established 2014)

- General Nursing & Midwifery (GNM)
- Auxiliary Nursing & Midwifery (ANM)

Institute of Paramedical and Management Technology (IPMT) (Established 2015)

- Diploma in Medical Laboratory Technology (DMLT)
- Bachelor of Science in Medical Laboratory Technology (B.Sc. MLT)

NEPEDS College of Pharmaceutical Sciences (Established 2020)

- Diploma in Pharmacy (D.Pharm)
- Bachelor of Pharmacy (B.Pharm)

Each constituent institution functions with a strong emphasis on:

- Academic rigor
- Practical and clinical competency
- Ethical standards in healthcare education
- Strict adherence to statutory and regulatory norms

Vocational & Skill Development Initiatives

In 2010, NEPEDS established its Vocational and Skill Development Wing, aligning institutional objectives with national priorities of workforce development and rural livelihood enhancement.

The institution has successfully implemented major Government of India flagship schemes, including:

- Deen Dayal Upadhyaya Grameen Kaushalya Yojana (DDU-GKY)
- Pradhan Mantri Kaushal Vikas Yojana (PMKVY)

NEPEDS initially executed these programs in collaboration with Apollo MedSkills under the State Rural Livelihood Mission (SRLM) framework.

In addition, NEPEDS effectively implemented the North East Rural Livelihood Project (NERLP) under the Ministry of Development of North Eastern Region (MDoNER), contributing to structured rural skill enhancement across the region.

Impact & Outcomes

- Nearly 6,500 candidates placed across India and overseas
- Industry-aligned curriculum and training modules
- Placement-linked skill development ecosystem
- Strong focus on rural and economically disadvantaged youth
- Sustainable livelihood and employability-driven outcomes

Regional Outreach & Implementation as PIA (2025–26)

During the financial year 2025–26, NEPEDS continues to strengthen youth employability as a Project Implementing Agency (PIA) under centrally sponsored schemes of the Ministry of Rural Development (MoRD), Government of India covering Tripura and Sikkim.

Operational presence includes:

- Assam
- Arunachal Pradesh
- Meghalaya
- Manipur

Key interventions include:

- Industry-oriented skill training
- Career counseling and employability mapping
- Structured placement facilitation
- Sustainable livelihood promotion models

Institutional Philosophy

NEPEDS operates on four foundational pillars:

1. Quality Education
2. Practical & Clinical Exposure
3. Research Orientation
4. Community Empowerment
5. Employment Generation

Supported by a robust governance structure and an outcome-driven academic framework, NEPEDS continues to nurture competent healthcare and allied professionals committed to ethical practice and societal advancement.



Pass-Out Batches

We are proud to announce the successful completion of the following batches from our esteemed institutions:

1. NEPEDS College of Pharmaceutical Sciences
 - Bachelor of Pharmacy (B.Pharm) – 1st Batch
 - Diploma in Pharmacy (D.Pharm) – 4th Batch
2. Purbottar Institute of Nursing
 - General Nursing and Midwifery (GNM) – 5th Batch
 - Auxiliary Nursing and Midwifery (ANM) – 10th Batch
3. Institute of Paramedical Technology
 - Bachelor in medical laboratory technology (BMLT) – 2nd Batch
 - Diploma in Medical Laboratory Technology (DMLT) – 8th Batch

We congratulate all the students on their achievements and wish them great success in their future endeavours.

Students' Achievements:

- Binoy Sarkar – Secured University Top Rank in B.Pharm (2023 & 2025).
 - Gyamar Yapi – Qualified NIPER JEE 2025 (AIR 3873) for admission to the prestigious National Institute of Pharmaceutical Education and Research.
 - Sneha Kemprai – Qualified GPAT 2025 (AIR 19626) conducted by the National Testing Agency.
 - Chayandeep Hazarika – Winner of Niti Vichar 2025 organized by Indian Institute of Management Raipur.
 - Archita Kakati – Achieved Grade B+ in Dancer (NSQF Level 3) under the National Skill Development Corporation framework.
- Congratulations to all our achievers for bringing pride and recognition to the institution

Publications: The faculty members of the NEPEDS Group of Institutions have demonstrated strong academic and research engagement through their scholarly contributions. In recent years a total of 20 research and review papers have been published in reputed national and international journals. In addition, faculty members have authored and contributed to books and book chapters, further enriching academic literature in their respective fields. These accomplishments reflect the institution's growing research culture and its commitment to innovation, knowledge dissemination, and academic excellence.

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Student Articles

Replacing Animal Testing: A Scientific and Ethical Revolution in Pharmaceutical Research

By Sujan Mandal
B. Pharm 8th Semester
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The landscape of pharmaceutical research is undergoing a profound transformation. For decades, animal testing served as the gold standard for evaluating the safety and efficacy of new drugs. Today, however, rapid technological innovation and growing ethical awareness are reshaping this traditional approach. The movement to replace animal testing is no longer theoretical; it is grounded in scientific evidence, regulatory support, and technological advancement.

Why Animal Models Are Being Reconsidered

Historically, the practice of animal experimentation has made a crucial contribution to many medical breakthroughs. Yet its scientific reliability has come under ever-increasing question. A substantial number of drug candidates that have passed animal studies ultimately show no effect in humans undergoing clinical trials. According to a paper published in Nature Reviews Drug Discovery, some 90% of all new drugs that enter clinical trials fail—often because they simply do not work well enough when it comes to humans.

And yet the U.S. Food and Drug Administration (FDA) has also recognized that animal testing has its limitations. It emphasises that data provided by animals do not necessarily accurately predict how humans will respond. Such discrepancies are present because of the different physiology and genetics of humans and animals. As a result, researchers are increasingly turning to human-relevant models. With better predictive accuracy, this trend is turning into an engine for innovation that will provide new information about diseases from the micro level up.

The Rise of In Silico Modelling and Artificial Intelligence

Computational modelling and machine learning (ML) represent one of the most disruptive innovations in early drug discovery. These new platforms enable scientist to model drug interference, forecast for toxicity and study pharmacokinetics ahead of laboratory testing.

For instance, biotech company In silico Medicine used AI in its drug discovery and predicted a potential treatment for idiopathic pulmonary fibrosis as an effective solution at record speed. In 2023 one of its AI-designed drug candidates reached Phase II clinical trials, becoming one of the first examples where a drug designed only by AI entered human testing.

AI platforms are also employed to forecast cardiotoxicity and hepatotoxicity – two leading factors behind drug attrition at later stages. Such predictive tools help cut down on animal testing after early screens and can accelerate drug development.

Regulatory agencies are increasingly aware of these techniques. In 2022, the U.S. Congress approved the FDA Modernization Act 2.0, which permits animal testing alternatives such as cell-based assays and computer models for drug approval processes. This legislative shift reflects growing institutional confidence in non-animal methodologies.

3D Human Cell Cultures and Organoids: Mimicking Human Biology

Other great alternatives to animal testing are 3D human cell cultures and organoids. The organoids, in contrast to conventional two-dimensional (2D) cell cultures, resemble the structural and functional properties of human tissues.

Scientists at the University of Cambridge were able to use brain organoids to model neurodevelopmental maladies, which provided a potential new life line for research impossible using animals.

In cancer, patient-derived tumour organoids are already being analysed for their responses to chemotherapy in order to apply personalised treatment strategies. A study that was published in Cell confirmed colorectal cancer organoids can predict patients' responses to treatment.

Since these models are human-based, they offer more clinically relevant information, and reduce the translation gap between laboratory evidence to patient disease outcomes.

Organ-on-Chip Technology: Simulating Human Organs

Organ-on-chip technology is a truly innovative biomedical engineering breakthrough. These microfluidic devices are made to recreate the physiological environment of human organs that includes mechanical movement and blood flow.

One prominent example is the Harvard's Wyss Institute's lung-on-chip model. With this system, researchers were able to mimic pulmonary oedema and drug toxicity, replicating the same responses in human lungs as seen in animals but more accurately than animal studies.

Similarly, pharmaceutical companies are using liver-on-chip platforms to evaluate drug metabolism and toxicity. The U.S. Environmental Protection Agency (EPA) has heavily funded organ-on-chip technologies as part of their efforts to minimize animal testing.

NASA has even flown organ-on-chip experiments to the International Space Station to study human physiological responses in microgravity as of 2019, making this technology versatile and dependable.

Industry and Regulatory Transformation

The alternative methods are being adopted by the pharmaceutical industry. Roche, Pfizer, and AstraZeneca are just a few examples of companies offering strong support for AI-driven platforms and advanced cell-based systems to enhance predictive accuracy and minimize late-stage failures.

Similarly, the European Union has also been at the forefront globally, to reduce animal testing. EU law Regulation (EC) No 1223/2009 has prohibited the use of animal testing for cosmetic products and their ingredients since 2013.

The OECD (Organisation for Economic Co-operation and Development) actively validates and promotes alternative testing methods for chemical safety assessment

These policy changes indicate that replacing animal testing is not merely a scientific trend it is a regulatory reality.

Educational Impact: Preparing the Next Generation

Academic institutions are also adapting. Pharmacy and biomedical programs are finding their way into computational biology, bioinformatics, and human cell-based technologies. AI-based drug modeling and organs-on-chip systems are also of course taught to students, whose training meets the international standard in this field.

This shift guarantees that subsequent generations of researchers are armed with tools that infuse scientific rigor with a sense of moral responsibility.

A Future Defined by Precision and Humanity

The movement toward replacing animal testing represents a convergence of science, ethics, and innovation. Modern alternatives offer:

- Greater predictive accuracy
- Reduced development costs
- Faster drug approval timelines
- Enhanced ethical responsibility

An historical perspective of animal research shows its important role in biomedicine, but the future of health research is in smart, human-focused methods. Thanks to continual improvement in AI, biotechnology, and microengineering, pharmaceutical research is entering an age of various individualised and ethical measures.

The question is no longer whether or not alternatives can replace animal testing – the evidence demonstrates that they are already doing so. Medicine will still have a future—but instead of relying on animal models, it will be one based on technological systems that more accurately represent human biology and the higher ethical standards we strive for.

Pandemic vs Endemic: A Comparative Public Health Analysis

By Akash Lalremruot,
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Date: 20/02/2026



Introduction

Infectious diseases have affected human populations throughout history. Understanding the difference between pandemic and endemic diseases is essential for healthcare professionals, especially pharmacists, as they play a critical role in disease management, prevention, and public health awareness. These terms describe the pattern, spread, and stability of diseases within populations.

Pandemic: Definition and Characteristics

Definition:

A pandemic is the worldwide spread of a new infectious disease that affects a large number of people across multiple countries or continents.

Key Characteristics:

- Global geographic spread across countries and continents
- Rapid transmission among populations
- Little or no pre-existing immunity
- High number of cases and deaths
- Requires coordinated international response
- Major social, economic, and healthcare impact

Examples of Pandemics:

- COVID-19 (SARS-CoV-2) – Declared pandemic in March 2020
- Spanish Flu (1918 Influenza) – Caused millions of deaths worldwide
- H1N1 Influenza (2009)

HIV/AIDS pandemic

Endemic: Definition and Characteristics

Definition:

An endemic disease is consistently present in a specific geographic region or population at predictable and stable levels.

Key Characteristics:

- Limited to a specific geographic area
- Predictable number of cases
- Population has some level of immunity
- Disease transmission remains relatively constant

Managed through routine healthcare measures

Examples of Endemic Diseases:

- Malaria in tropical and subtropical regions
- Dengue fever in Southeast Asia and India
- Chickenpox in many countries
- Tuberculosis in certain regions



Fig : - PHOTO OF CORONA VIRUS



Fig : MALARIA PATIENT

Feature	Pandemic	Endemic
Geographic spread	Global	Regional or local
Case numbers	Rapid increase	Stable and predictable
Immunity	Low population immunity	Partial population immunity
Control measures	Emergency measures required	Routine healthcare management
Public health impact	Severe and widespread	Moderate and manageable

Transition from Pandemic to Endemic

A pandemic may eventually become endemic when the disease transmission stabilizes and the population develops immunity through vaccination or previous infection. COVID-19 is an example of a disease transitioning from pandemic to endemic phase in many regions.

Role of Pharmacists in Pandemic and Endemic Situations

- Dispensing medications and vaccines
- Providing patient counseling
- Promoting vaccination awareness
- Ensuring proper drug storage and supply
- Participating in public health programs

Conclusion

Pandemic and endemic diseases differ in their spread, severity, and control measures. Understanding these differences helps healthcare professionals implement effective prevention and treatment strategies. Pharmacists play a crucial role in managing both pandemic and endemic diseases through medication management, patient education, and public health support.

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Modern Pharmacy: Where Science Meets Compassion

Modern pharmacy has grown into a cornerstone of healthcare, combining scientific knowledge, advanced technology, and compassionate care to ensure medicines are used safely and effectively. Today's pharmacists play an active role in patient care by advising on proper medication use, preventing drug interactions, and supporting treatment plans alongside other healthcare professionals.

The profession has evolved beyond traditional dispensing to include clinical services, health education, and community outreach. With innovations such as electronic prescriptions, automated systems, and telepharmacy, pharmacists can improve accuracy, monitor patient progress, and make healthcare more accessible.

Modern pharmacists also contribute significantly to public health through vaccination programs, disease prevention, and awareness campaigns. Global organizations like the World Health Organization and the International Pharmaceutical Federation highlight the importance of pharmacists in strengthening healthcare systems.

Research and innovation remain central to modern pharmacy, driving the development of new medicines, improved drug delivery methods, and personalized therapies. However, the field faces challenges such as rising healthcare costs, antibiotic resistance, and the need for continuous professional development.

Looking ahead, modern pharmacy is set to expand further with advances in artificial intelligence, precision medicine, and digital health. By integrating science with empathy, pharmacists continue to improve patient outcomes and contribute to a healthier society.

By- Ved Prakash Sarmah
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E-Pharmacy: The Digital Revolution in Pharmaceutical Services

The rapid advancement of technology has transformed almost every sector, especially healthcare. One of the most important innovations in the pharmaceutical field is E-Pharmacy (Electronic Pharmacy). E-Pharmacy refers to the online sale and distribution of medicines through websites or mobile applications. It enables patients to order medicines from the comfort of their homes and receive them at their doorstep. In today's fast-moving world, where convenience and accessibility are highly valued, E-Pharmacy has become a revolutionary development in modern healthcare.

Concept of E-Pharmacy

E-Pharmacy works through digital platforms where customers can upload their prescription, select the required medicines, and place orders online. Registered pharmacists carefully review the prescription before approving the order. After proper verification, the medicines are dispensed and delivered to the patient. This system ensures that pharmaceutical services are available even in remote and rural areas where access to physical pharmacies is limited.

Advantages of E-Pharmacy: E-Pharmacy offers several advantages-

- Convenience – Medicines can be ordered anytime and from anywhere.
- Time-saving – No need to visit medical stores or stand in long queues.
- Home Delivery – Medicines are delivered directly to the doorstep.
- Wide Availability – Access to a large variety of medicines.
- Cost Savings – Online platforms often provide discounts and better prices.
- Privacy – Helpful for patients who need confidential medications.
- For elderly patients and individuals suffering from chronic diseases, E-Pharmacy provides continuous and hassle-free access to essential medicines.

Challenges of E-Pharmacy: Despite its benefits, E-Pharmacy also faces certain challenges:

- Risk of misuse without proper prescription verification
- Possibility of counterfeit or substandard medicines
- Data privacy and cybersecurity issues
- Regulatory and legal concerns
- Therefore, strict government regulations and proper monitoring are essential to ensure patient safety and prevent misuse.
- Role of Pharmacists in E-Pharmacy
- Pharmacists continue to play a vital role in the digital model. They verify prescriptions, check for drug interactions, ensure correct dosage, and provide online counseling when needed. Their professional expertise ensures the safe and rational use of medicines.

Future of E-Pharmacy: With increasing internet usage and digital awareness, the future of E-Pharmacy appears promising. It has great potential to improve healthcare accessibility, especially in rural and underserved areas. Integration with telemedicine and electronic health records will further strengthen E-Pharmacy services.

Conclusion: E-Pharmacy represents a major step toward digital healthcare transformation. It combines technology with pharmaceutical care to provide safe, convenient, and accessible medicine services. Although challenges exist, proper regulation and responsible practices can make E-Pharmacy a reliable and essential part of modern healthcare systems.

- Jumon Deka
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Artificial Intelligence in Pharmacy: Growing Together with Technology

We are living in a time when technology is changing almost every part of our lives. From mobile phones to online learning, innovation surrounds us. One of the most powerful developments in recent years is Artificial Intelligence (AI). While many people think of AI as robots or smart assistants, it is also quietly transforming healthcare – especially the field of pharmacy.

Artificial Intelligence simply means machines or computer programs that can learn from data, recognize patterns, and make decisions. In pharmacy, huge amounts of scientific and medical information are produced every day. Managing and understanding this data can be difficult for humans alone. AI helps by analyzing this information quickly and accurately, making the work of pharmacists easier and more efficient.

One of the most exciting areas where AI is making a difference is drug discovery. Developing a new medicine is a long and expensive process that can take many years. Researchers must study thousands of chemical compounds before finding one that works safely. AI can examine large sets of data in a much shorter time and identify promising drug candidates. This not only saves time but may also help patients receive new treatments faster.

AI also supports personalized medicine. Every patient is unique, and the same medicine does not work equally well for everyone. By studying a patient's medical history and other health information, AI can help healthcare professionals choose the most suitable treatment. This improves recovery and reduces unwanted side effects.

In daily pharmacy practice, AI-based systems help pharmacists check prescriptions more carefully. They can alert pharmacists about possible drug interactions, allergies, or incorrect dosages. This reduces medication errors and increases patient safety. AI is also helpful in managing medicine stock by predicting demand and preventing shortages or wastage.

However, AI is not without challenges. Protecting patient data and maintaining privacy are very important. Pharmacists must also learn how to use these technologies properly and responsibly. Most importantly, AI cannot replace the human touch in healthcare. Machines can process information, but they cannot show empathy, offer reassurance, or understand a patient's emotions.

In conclusion, Artificial Intelligence is not replacing pharmacists – it is supporting them. When human knowledge, compassion, and ethical responsibility combine with advanced technology, healthcare becomes safer and more effective. The future of pharmacy is not about competing with AI, but about growing together with it.

-Sagar Das
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Title:- Mental Health Awareness Among College Students

College life is often considered one of the most exciting phases of life. It brings independence, new friendships, and opportunities for personal growth. However, along with these positive experiences, many students silently struggle with stress, anxiety, and emotional pressure. Mental health is just as important as physical health, yet it is often ignored in academic environments.

One of the main reasons for mental health issues among college students is academic pressure. Continuous assignments, internal exams, practical work, and semester examinations create a constant level of stress. Many students feel that their future depends entirely on their grades. When expectations are not met, they begin to doubt themselves, which lowers confidence and motivation. Apart from academics, social factors also affect mental well-being. Adjusting to a new environment, making friends, and dealing with peer pressure can be challenging. Some students feel lonely, especially those living away from home. Relationship issues and family expectations add further emotional burden. In addition, social media creates unrealistic comparisons.

Seeing others' achievements online can lead to feelings of inadequacy and low self-esteem. Common mental health problems among students include stress, anxiety, and depression. These may show as constant worry, mood swings, lack of sleep, or loss of interest in daily activities. Unfortunately, many students hesitate to seek help because of stigma. They fear being judged or misunderstood and choose to remain silent.

Mental health awareness is essential to create a supportive college environment. Institutions should provide counseling services and encourage open discussions about mental well-being. Students should also adopt healthy habits such as proper sleep, regular exercise, time management, and sharing their feelings with trusted individuals.

In conclusion, mental health awareness among college students is necessary for both academic success and personal growth. By reducing stigma and promoting support systems, we can ensure that students not only achieve good results but also maintain a healthy and balanced life.

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Branded vs. Generic Medicines: Clearing the Confusion

Many people feel uncertain when standing at a pharmacy counter and being asked whether they prefer a branded or a generic medicine. A common belief is that lower cost means lower quality. However, this misunderstanding often leads patients to spend more money unnecessarily. Understanding the real difference between branded and generic medicines can help individuals make informed and confident healthcare decisions.

Branded medicines are developed by pharmaceutical companies that invest years of research, clinical trials, and financial resources into discovering new drugs. Once developed, the company markets the medicine under a specific brand name and holds a patent, which gives it exclusive rights to sell that drug for a certain number of years. This exclusivity allows the company to recover research and development costs. After the patent expires, other manufacturers are allowed to produce the same medicine under its generic, or scientific, name. Since these companies do not repeat the expensive discovery and trial phases, they can offer the medicine at significantly lower prices often 30% to 80% cheaper.

Importantly, generic medicines are required to meet strict regulatory standards. They must contain the same active ingredient, in the same strength and dosage form, and must work in the body in the same way as the branded version. The only differences permitted are minor aspects such as color, shape, or certain inactive ingredients like fillers or flavoring agents, which do not affect therapeutic action.

In India, the price difference is especially noticeable. For example, medicines such as paracetamol for fever, pantoprazole for acidity, amoxicillin as an antibiotic, and cetirizine for allergies are often available at a fraction of the branded cost through generic outlets. Government-supported Jan Aushadhi Kendras provide these affordable alternatives, helping families reduce healthcare expenses while maintaining quality treatment.

Several myths continue to circulate, such as the idea that cheaper medicines are inferior or slower in action. In reality, patients are often paying for brand promotion and marketing rather than improved medical performance. Recognizing this distinction is essential. When people trust and choose generics, they are more likely to complete their prescribed treatments without financial strain.

Ultimately, generic medicines are not a compromise they are a scientifically equivalent and economically smarter choice for accessible healthcare.

Nazis Sobir
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NEPEDS College of Pharmaceutical Sciences



Role of Medical Laboratory Technology in Healthcare

Medical laboratory technology plays a key role in screening, diagnosis, prognostication, treatment, and follow-up of disease. It is also known as the backbone of medical.

It aids in the investigation of substance abuse and in the epidemiology of infectious diseases.

These roles are accomplished through various specialised sections of the laboratory, including microbiology, haematology, cytopathology, biochemistry, histopathology, immunology, blood banking, molecular biology and cytopathology.

This chapter provides a comprehensive overview of the central role played by medical laboratory technology in the diverse and dynamic field of healthcare.

By operating advanced diagnostic equipment, laboratory professionals provide essential, accurate data for patient care, accounting for roughly 70% of medical decisions. Emergency and critical care technology is an area of allied health sciences that provides support to patient-centred and highly effective care to critically ill patients.

Skilled medical laboratory technologist with proven expertise in conducting high-volume diagnostic tests and implementing laboratory efficiencies.

NAME: Sumi Akhtara
DMLT 2nd year (IPMT)



Article For Nursing Care Education:

The Heart of Healthcare: Nursing care education is the foundation of quality healthcare. It prepares students with the knowledge, skills and compassion needed to care for patients effectively. Through classroom learning and clinical practice, nursing students gain understanding of medical science, patient safety, and ethical responsibilities. Beyond technical skills, nursing education also develops communication, leadership, and critical thinking abilities. Nurses are not only caregivers but also educators and advocates for patients and communities. In a rapidly changing healthcare world, proper nursing education ensures safe, skilled, and compassionate care. It plays a vital role in building a stronger and healthier society.

Name - Miss Kashish Baruah
Class - ANM 1st Year



Nursing - A Precious Profession That Deserves Respect

Being a nurse is more than just a job; it is a responsibility that touches lives in ways few people truly understand. As a nursing student, I have come to realize that nursing is not just about giving medicines or taking vital signs. It is about caring for people when they are at their most vulnerable, supporting families during their hardest moments, and being a steady presence when hope feels fragile.

The Many Roles of A Nurse: Nursing has many key areas, and each one is vital. We provide direct patient care, educate patients and their families about health and recovery, assist doctors in clinical decisions, manage hospital workflows, and often respond to emergencies where every second counts. From monitoring patients in the ICU to comforting children before procedures or ensuring proper hygiene and nutrition, nurses are at the centre of healthcare. Every small action, every observation, and every detail can make a life-changing difference for a patient.

Facing Challenges Firsthand: Despite its importance, nursing is often undervalued. I have felt this personally during my internship at healthcare centres. Sometimes, I experienced disrespect and mistreatment—not only from patients or their families but even from staff members who seemed to overlook our presence and contributions. Tasks were often assigned without guidance, our opinions were ignored, and at times, our efforts were treated as unimportant. Facing such situations was difficult and disheartening, but it also gave me a deeper understanding of the patience, resilience, and determination required to thrive in this profession.

The Need for respect: Nursing is a precious profession that deserves respect and acknowledgement. Respecting nurses means recognising their expertise, listening to their advice, supporting their work, and treating them as equal partners in healthcare. Even small gestures, such as a sincere "thank you," can boost morale and reinforce the value of our work.

Why Nursing Matters: Nurses are not only healthcare providers; they are caregivers, counsellors, educators, and sometimes even friends to patients in need. We bring humanity to medicine, combining technical skill with compassion and empathy. Each life we touch, every patient we comfort, and every long, challenging day we endure reflect the dedication and importance of this profession. Nurses are the heartbeat of healthcare—the quiet heroes whose work often goes unnoticed but is invaluable.

A call to value Nursing?

Nursing is not just a career; it is a calling. It is a precious responsibility, a source of hope, and the backbone of healthcare. As a nursing student, I have felt both the pride and the struggles of this profession firsthand. I hope society will recognise the challenges we face and show that nurses deserve respect, support, and appreciation not just in words, but in actions every single day.

"Because without nurses, healthcare cannot truly heal."

Yadi Nalo
GNM 3rd Year



History of the Mising People

The Mising people originally lived in the hills of present-day Arunachal Pradesh. Later, they migrated to the plains of Assam, mainly near the Brahmaputra River. They are traditionally farmers and fishermen and have preserved their culture for centuries. Over time, they developed their own language, customs, festivals, and unique stilt houses called Chang Ghar to protect themselves from floods.

Ali Ai Ligang - The Agricultural Festival of the Mising People
Ali Ai Ligang is the most important agricultural festival of the Mising community of Assam, India. It is celebrated in February (Fagun) and marks the beginning of the sowing season. The festival is celebrated with prayers for a good harvest, traditional dance, songs, and community feasting. It reflects the close relationship between the Mising people and nature.

Culture and Lifestyle:
During Ali Ai Ligang, young boys and girls perform the Gumrag dance and sing traditional Oi Nitom songs. People wear hand-woven traditional clothes like Ege and RibiGasor. Special foods like fish, pork, and Apong (rice beer) are prepared and shared. The Mising people live a simple life connected to agriculture, weaving, and river-based living. Ali Ai Ligang is not just a festival but a symbol of their unity, tradition, and cultural pride.

Lifestyle of the Mising People:
The Mising people mainly depend on agriculture and fishing for their livelihood. They live in special houses called Chang Ghar, which are raised on bamboo stilts to protect them from floods. They live a simple and peaceful life and have a strong connection with nature. Their lifestyle is closely connected to rivers like the Brahmaputra River, which provide water, food, and support for farming. They are also skilled in weaving and handicrafts, which are an important part of their culture and daily life.

How to Preserve This Tradition

It is important to preserve Ali Ai Ligang for future generations. Children should be taught about its history and importance. Young people should be encouraged to learn traditional dances, songs, and weaving. Schools and colleges can organize cultural programs to promote awareness. Social media can also be used to share information about the festival. The government and cultural organizations should support and protect this important indigenous festival.

Name- Prity Pegu
B pharm 1st sem



By- Mausumi Dnam
GNM 1st year.

বৰপেটা

বৰপেটা অসমৰ এখন শান্ত, কেঁচুৰীয়া আৰু সাংস্কৃতিকভাৱে সমৃদ্ধ নগৰ। "সৰু নগৰী" বুলি পৰিচিত বৰপেটাই জন-মৰ ইতিহাস আৰু সাংস্কৃতিক ঐতিহ্যত বিশেষ গুৰুত্ব দিয়া কৰি আছে।

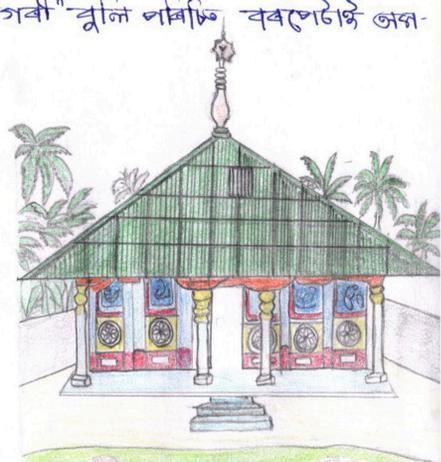
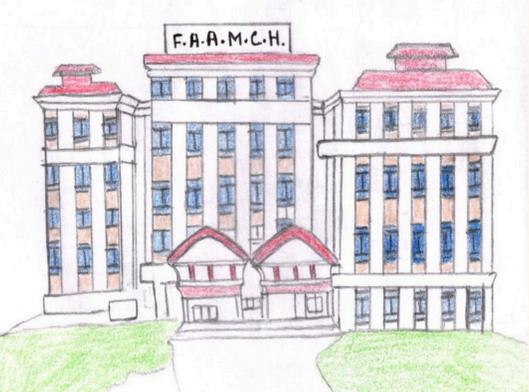
এই চহৰখনৰ মাজত আছে ঐতিহ্যবাহী "বৰপেটা মন্দিৰ"। শতাব্দীৰ পূৰ্বে জনমানবৈষ্ণৱৰ কণ্ঠ স্তম্ভিত শংকৰদেৱে "সমগ্ৰ অসমত ভক্তি, মমতা আৰু জ্ঞানবতীৰ বানী সোচাৰ কৰিছিল। তেওঁৰ আদৰ্শ অনুসৰি প্ৰতিষ্ঠা হোৱা "বৰপেটা মন্দিৰ" আজিও বৰপেটাৰ আৰ্থিক কেন্দ্ৰ হিচাপে বিদ্যমান। সৰ্বজনীন নাম-প্ৰসংগ-ভক্তি-গীত আৰু দীপাৱলিমাৰ হোমৰ এক পৱিত্ৰ পৰিৱেশ সৃষ্টি কৰে।

দৈনিক উৎসৱৰ সময়ত বৰপেটা-ৰঙেৰে উৰি পৰে। অতি বিখ্যাত "মুকৰ-উদিন আলী আহমেদ চিকিৎসা কল্যাণ-বিদ্যালয়" বৰপেটাত অৱস্থিত।

সমান ব্ৰহ্মপুত্ৰ নদীৰ ওচৰত অৱস্থিত বৰপেটা প্ৰাকৃতিক সৌন্দৰ্যৰে ভৰা।

বৰপেটা কেৱল এখন নগৰ নহয়; ই হৈছে ভক্তি, ঐতিহ্য আৰু সাংস্কৃতিক এক জীৱন্ত প্ৰতিচ্ছবি।

স্তম্ভিত মন্দিৰ, উৎসৱ আৰু সাংস্কৃতিক লক্ষণসমূহ অসমীয়া সমাজক আকৃষ্ট কৰি ৰাখিছে।

eNEWSLETTER



Poetry by Students & Faculty

Reason why I love to being a woman

I proudly embrace my femininity
I proudly celebrate my unique qualities.

Being a woman is a gift
Being a woman is a blessing
Being a woman is a joy.

I cherish being a woman is inner strength
Being a woman I embracing versatility
Womanhood isn't about perfection -
It's about authenticity.

Being a woman is powerful
Being a woman is beautiful
Lastly, being a woman is something to be proud of...

Himashree Gogoi
GNM 3rd year

দেউতা

এই যে জন্মৰ পৰা
সাহস হৈ থিয় দিয়া,
এই যে গছ এজোপাৰ ছাঁৰ দৰেই
যি ছাঁৰ তলত আঁঠো আমি,
জীৱনৰ প্ৰতি খোজত,
খোজ দি যি আগবঢ়াই
তেওঁৱেইমোৰপূজনীয়দেউতা।
সুখ-দুখ কষ্ট একাকৰ কৰি
ৰাখিছে জীয়াই বুকুত
সমস্তসুখমোৰতেওঁবেনামত।
উচৰ্গা কৰিম সকলো তেওঁৰে প্ৰাণত,
নিৰ্মিত কেতিয়াও তেওঁক অসম্মান
তেওঁৱেইমোৰমৰমবদেউতা।
তেওঁবেনামতমোৰওৰে-জীৱন।

Niku Gogoi
GNM 2nd year
Rollno: 05

এজন

দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

দেশ মাতৃ আজি কান্দি আছে কলুশিত হৈ দি তোমাক জনম,
তথাপি তুমি নেভাবা এবাৰ দেশ মাতৃৰ হৈ
নাকান্দেনে তোমাৰ এবাৰো কলুশিত দুই নয়ন।

সেয়ে কওঁ—
দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

কিমান শ্বহীদ উপজিলে মাতৃৰ চৰণত,
কিমান শ্বহীদে ভাগিলে প্ৰাণ
তেনে এজনৰ প্ৰয়োজন।

সেয়ে কওঁ—
দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

ক'ত থমকি ব'ল আজি গাৰ্জীজীৰ অহিংসা নীতি,
যাৰ আগমনত দেশবাসীয়ে পালে মুক্তি।
তেনে এজনৰেই প্ৰয়োজন।

সেয়ে কওঁ—
দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

ক'ত থমকি ব'ল আজি সুভাষ চন্দ্ৰৰ অগ্নিবৰ্ষা বাণী,
যাৰ ভাষণে গৰ্জিলে আমেৰিকা বাসী।
তেনে এজনৰ প্ৰয়োজন।

সেয়ে কওঁ—
দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

ক'ত থমকি ব'ল আজি কুশল কোঁৱৰ বাণী,
যাৰ শেষ বাণী গাৰ্জীজীলৈ এখন চিঠি।
তেনে এজনৰ প্ৰয়োজন।

সেয়ে কওঁ—
দেশ ভূমি ঠিক কৰোঁতে নেলাগে বহুজন,
এজনেই আনিব পাৰে জাতিৰ জাগৰণ।

নামঃ মফিজ উদ্দিন
(ডিএমএলটি দ্বিতীয় বৰ্ষ)

She Is Not a Small Story

She is not a whisper
lost between kitchen walls,
not the clatter of bangles alone,
nor just the shadow behind a surname.

She is the dawn that wakes before the sun,
tying her dreams into a hurried braid,
packing courage beside warm bread,
and stepping out with tired but fearless eyes.

They called her delicate –
yet she carries generations in her heartbeat.
They called her weak –
yet she survives storms people never see.

She is a daughter
who learned silence too early,
a sister who hides her tears in laughter,
a friend who stays when the world leaves,
a mother who gives without keeping count.

In her palms live stories—
burns from stoves,
ink from books,
and lines that map every sacrifice
she never announced.

She bends—
but never truly breaks.
Like a river she changes paths,
yet still reaches the ocean.

Do not measure her
by the softness of her voice,
for inside it lives thunder.
Do not judge her
by the gentleness of her smile,
for inside it lives a revolution.

Perhaps the light
that made her beautiful
was not from her eyes or smile,
but from the way
that no matter the darkness
that swirled around her,
she still found the courage to shine.

And when she finally walks freely,
the world does not give her wings –
it only notices
she had them all along.

Ankita Ahmed
B.Pharm 5th Semester
NEPEDS College of Pharmaceutical Sciences

"उम्मीदकीरोशनी"

सुबह की हल्की रोशनी में,
नई उम्मीद जगती हूँ।
ठंडी हवा के झंको-संग,
दिल में खुशी बसती है।

रत चाहे किन्तनी गहरी हो,
अंधेरा चाहे छाया हो,
छोटी सी एक किरण ही काफी,
जब हौसला साथ आया हो।

जिंदगी एक सुंदर सफर है,
कभी खुशी, कभी इनहान।
हार कदम पर सीख मिले,
यही है जीवन की पहचान।

सपनों को अपने धामे रखना,
यही तेरी उद्धान है,
तू खुद अपनी ताकत बन,
तेरे अंदर ही असमान है।

जयन्तीपुढारङ्गिणा
जी.एन.एम. तृतीयवर्ष
रोलनंबर - 15

মানৱদৰদীজুবিনদা

আহিব জানো আকৌ সেই দিন বোৰ
পাম জানো শুনিব আকৌ গান নাহবৰ!
পাৰিম জানো আকৌ সাগৰ ভাল পাবলৈ!
যি সাগৰে লৈ গল জুবিন দাক আঁতৰলৈ,
যেতিয়াই শুনো মায়াবিনী
চকুত ভাঁহি উঠে তেওঁৰে মুখনি।
পাৰিব জানো হ'বলৈ কোনোবা দ্বিতীয় জন জুবিন দা!
পাৰিব জানো ভাল পাবলৈ নিশ্বাৰ্থ ভাৱে এই প্ৰকৃতিক!
থাকক তেওঁ অমৰ হৈ এই অসমত
জিলিকি থাকক উজ্জ্বল তৰা হৈ এই জগতত
জয়জুবিনদা।

নাম - মম্বুৰপংখী চুতীয়া
বি. ফাৰ্ম পঞ্চম ষাণ্মাসিক

তেজৰফুল

উৰুঙা পৰ্জাত কিহৰআয়োজন
কাৰনামতহিয়াখনতশিলবোৰহয়...।
দুখৰ সৈতে মোৰ কত যিয়ালিব
আয়োজনহয়।।
কাৰ নামত ফুলবোৰ
ফুলি উঠে.....
কিহৰ ভাৱত সুগজিবোৰত
নিমৰ সবে।।
ধূলিময় মায়াতৰা কবিতাবোৰ
মই বুজি নাপাও,
নাপাও হৃদয়ৰ গানবোৰ বুজি
সুৰবিলে জানো উভতি আহে
ল'বালি, ধেমালি।।
তথাপিও বিচ্ছবিত বৰ্ণালী
কল্পনাভীত বাস কৰা সুবাসনা
অভীতত কিয় যাওঁ?
অভীতক কিয় পাওঁ?
উৰুঙা পজাত...
কিহৰ আয়োজন?

- তবালী দেউৰী
- জি. এন. এম দ্বিতীয় বৰ্ষ

জীৱনৰ টো
প্ৰভাতী হেঙুলীয়া বঙীল
চিয়াহী বোৰছোৱ
কলীয়া ডাৱৰ হ'ল.....।
নিভাঁজ ভালপোৱাবোৰচোন
জ্বলি ব'ল...।
পোৱাৰ নামত
থাকি গ'ল
উকা কাগজ।
অলংকৃত সুবোৰ
মৰহি গ'ল
প্ৰয়াগৰ সীমানাত
টোবোৰ সাগৰ হ'ল।।

ৰজিদা খাতুন
জি. এন. এম দ্বিতীয় বৰ্ষ

EASTERN HARMONY

Between the mists and morning drums
Where emerald hills in silence hum,
There lies a land of rising light
Northeast India, dawn's first sight.

Where the mighty Brahmaputra bends and flows,
Through fertile plains where wild grass grows,
And clouds descend on peaks so high
They whisper secrets to the sky.

In Assam's tea-scented breeze so sweet,
In Meghalaya, where rains and rainbows meet,
In Arunachal Pradesh's golden dawn,
Where ancient chants drift softly on.

From Nagaland's proud warrior cry,
To Manipur's dance that seems to fly,
Through Mizoram's rolling green embrace,
And Tripura's timeless grace.

In Sikkim beneath Kanchenjunga's snow,
Where prayer flags flutter to and fro,
A thousand tribes, a thousand songs,
A woven world where each belongs.

Bamboo flutes at twilight play,
As fireflies script the close of day,
And stars awaken, clear and bright,
Over hills wrapped deep in night.

O land of rhythm, root, and rain,
Of quiet strength and gentle pain,
Northeast India, wild and free
You are dawn's first poetry.

- **OmisipalMyrbob**
B.Pharm 5th Semester
NEPEDS College of Pharmaceutical Sciences

মোৰ জীৱন

সপোন সপোন লগা দিনবোৰ
এতিয়া কাহিনীত পৰিণত হ'ল
ভাগৰুৱা হৈ মনটোৱে
অস্পষ্ট পথৰ দোমোজাত থমকি ব'ল।

বাজি উঠে এতিয়া মোৰ হৃদয়ত
অক্ৰান্তিকৰ শব্দৰ প্ৰতিধ্বনি
আৰ্তনাদ জীৱন মোৰ
তথাপিও হাহিব বিচাৰো প্ৰাণখুলি।

ৰঙীন ৰঙীন জগতখন এতিয়া
অদৃশ্য যেন লাগে
হৃদয়ৰ গভীৰতাত মোৰ
অন্ধকাৰে ৰাজত্ব কৰে।

প্ৰতিটো মুহূৰ্তত মোৰ মনটোৱে
গভীৰ ভয়ৰ সৈতে যুঁজে
তথাপিও যেন হাৰ নামানি
মনটোৱে আগবাঢ়িব খোঁজে।

বুকুত সপোনবোৰ বাকি এতিয়া
মনটোক কৰিছে শক্তিশালী
জীৱন বাটৰ ডাৱৰবোৰ আৰ্তৰাই
যাম পোহৰ বিছাৰি।

- **মানস তালুকদাৰ**
(বি.ফাৰ্ম সপ্তম ষাণ্মাসিক)

শেৱালী

তুমি কোন শব্দৰ শেৱালী,
অবুজন মনক সানি লৈ ৰঙালী,
অচিনাকিমনকবিৰিঙাইসিঁটাইহি।
আজিওপৰিলেমনত, নিগবেদূগালতদুখাৰি।
হেৰাই গ'ল ক'ত সেই
সুমধুৰ আবেলি...
সদাই জীপাল কৰোঁ শ্মৃতিবোৰ,
এসাগৰ চকুৰ পানীতে চিয়াই;
আহিবা এদিন আকৌ,
এবি দিম দুখবোৰ নদীৰ সৌভত
সাবটিলমতোমাকবুকুৰমাজত।

Biki Das
B.Pharm 5th Semester
NEPEDS Institute of Pharmaceutical Sciences

Every seasons Has a Purpose"

Every season has a purpose
Written softly in the sky
In the hush of falling snowflakes,
I the summer's golden sigh.

Spring awakens sleeping branches,
Draped in blossoms, fresh and bright,
Teaching us that after darkness
Comes a tender bloom if light.

Summer hums with fields of sunlight,
Dreams that stretch both far and
Wide,
Whispering, "shine without fear---
Let your warmth be your guide".

Autumn paints the world in amber,
Leaves that fall without regret,
Showing us that graceful endings
Make new beginnings possible yet.

Winter wraps the earth in silence,
Stillness deep as whispered prayer,
Teaching strength through quite
Patience
Hope that lingers in cold air.

So when life being to change you,
Like the season come and go,
Trust the rhythm of the journey---
Each one helps your spirit grow.

For every season has a purpose
Through, it's reason may not show,
Every storm and every sunshine
Shapes the person you will grow.

IadarikaKhyndeit
B. Pharm 1st semester

মাঁ – পহলাসুকুন

হুম দুনিয়া মঁ জব ধী ডৱ লগতা হৈ,
এক নাম সবসে পহলে যাদ আতা হৈ – মাঁ।
বিনা কহে জো সব সমझ जाती है,
वो खामोश दुआ बनकर साथ निभाती है – मॉ।
मेरी हर हार को जीत बना देती है,
मेरी हर गलती को माफ़ कर जाती है।
खुद रोकर भी मुझे हँसा देती है,
मेरी तकदीर में उम्मीद भर जाती है।
मेरे सपनों से पहले जागती है,
मेरी नींद से बाद में सोती है।
मेरे दर्द को खुद पर ओढ़ लेती है,
और अपनी तकलीफ़ मुझसे छुपाती है।
मॉ कोई दिखा नहीं, एहसास है,
जो हर मुश्किल मेंदालबनजाताहै।
हम दुनिया की सारी मोहब्बत कम्है,
मॉ के प्यार के आगे सब फीका पड़ जाता है।

-**ऋषिनाथ**
बी. फार्मापैचाईसेमेस्टर
नेपेड्सकोलेजऑफफार्मास्यूटिकलसाइंसेज़

Life

Life is wonderful magic
With so many colors
Life is full of fun and surprises
There is pain and sacrifices
Life is difficult
yet you have to strive
work hard for it
Just be strong and responsible
and let your goal achieve
Be thankful to God, who gives us life
Have faith and trust in him

Salma Siddiqua
GNM 1st Year

প্ৰকৃতিৰ প্ৰেম

প্ৰভাতী সুকম্বৰ হেঙুলী ৰহণে
কৰিলে ধূলীয়া বিন্দীয়া ধৰা।
উন্নয়ন হ'ল সেউজীয়া গছ -বন
ভগৰ, নাহৰ, গোলাপ বুকুলে বিলালে সুবাস
আশাৰ সঞ্চাৰ হ'ল, দ্বিধা আঁতৰিল।
বাছকৰনীয়া চৰাই জাকে উৰিছে উলাহত
কপ -লাবণ্য চুমা পৰশে জুৰালে পৰাণ।
পৌৱা, পাহাৰৰাজিৰ অপূৰ্ব শোভাই
কৰিছে বলিয়া কত শতজনক।
নিজৰা বহিছে শিলৰ দলিছাত
প্ৰকৃতিৰ কি যে অপূৰ্ব কপ।
দুৱাৰদলিত জ্বলিছে বন্তি সুৰ সমৰমত
প্ৰকৃতিৰ প্ৰেম অগণিত, আজি জ্বলিছে ধৰণী
বিত্ত হৃদয়ে পালে যে, পূৰ্ণ সঁহাৰি।

মিছ চিৰি বেগম
জি. এন. এম.
প্ৰথম বাৰ্ষিক

শব্দ

শব্দৰ শূলখন
বৰ জটিল...
সম্বন্ধৰ কেঁচা এনাজৰী
অকালতে ম'বিল..।

শুনা পোৱা গৈছিল এক শব্দ
সেয়া কিহৰ আছিল!
কলিজাৰ ধপধপ?
নে ভগা স্বপ্নৰ চিঞৰ..!

নিৰুফাৰ ৰোজলিন

(**Nilufar Rojlin , Faculty ,
Purbottar Institute of Nursing)**

#অনুগম

#হোম
হোমৰ গুৰিত বহি তাই ভাবিল, হয়তো আজি মাক
জীয়াই থাকিলে তাই ইয়াত নবহি ফাইনেল পৰীক্ষা দিব
বহিলে হয়..। লাহেকৈ তাইৰ দুটোপান অক্ষ হোমৰ জুইত
দাহ গ'ল...

নিৰুফাৰ ৰোজলিন

(**Nilufar Rojlin , Faculty,
Purbottar Institute of Nursing)**

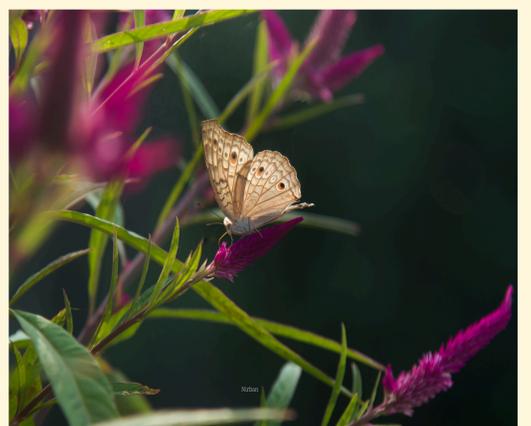
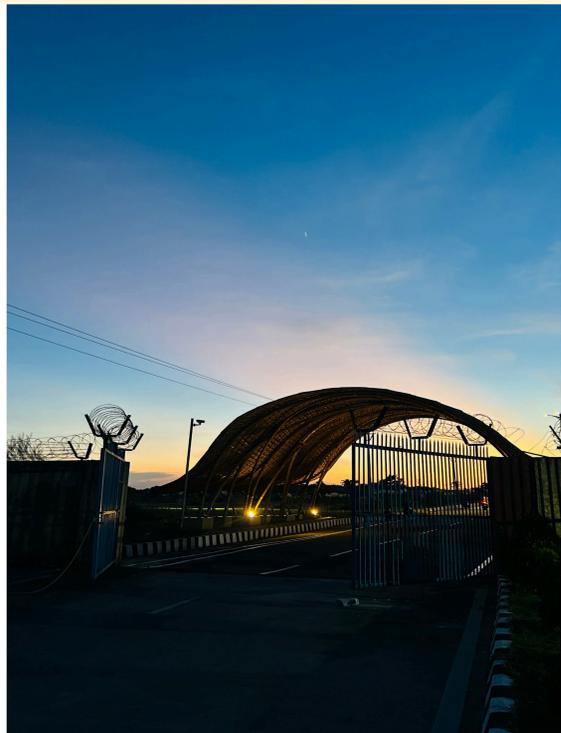
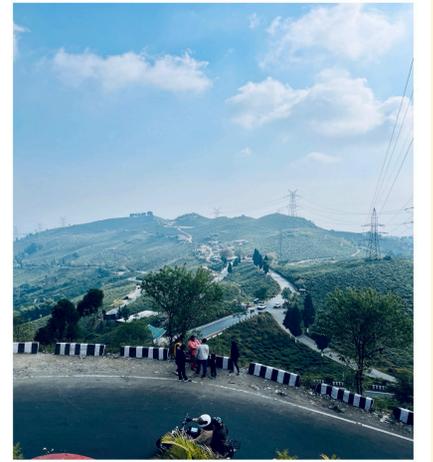


By- Pooja Patgiri, B.Pharm 8th Semester

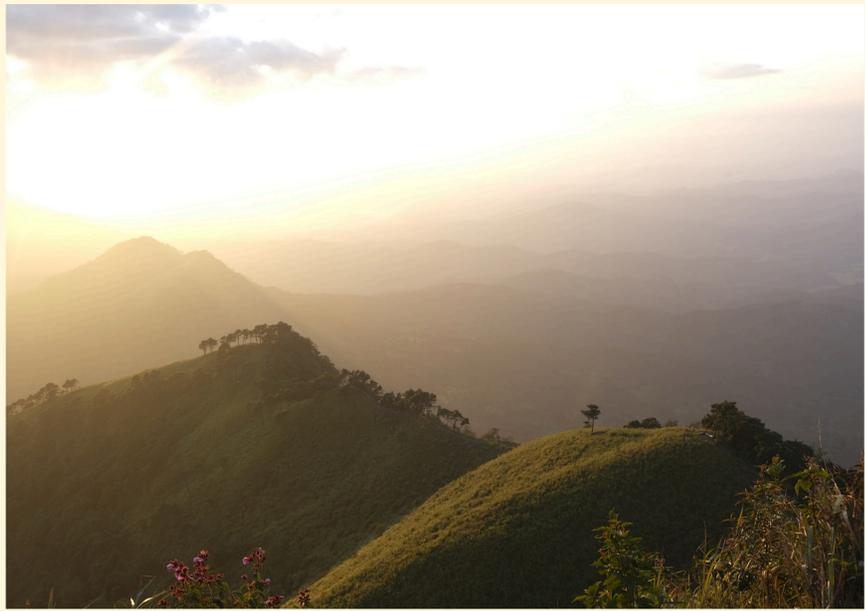
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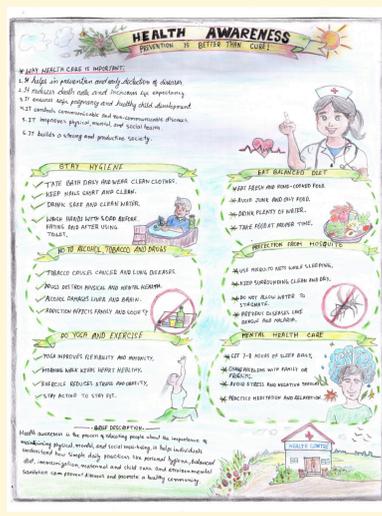
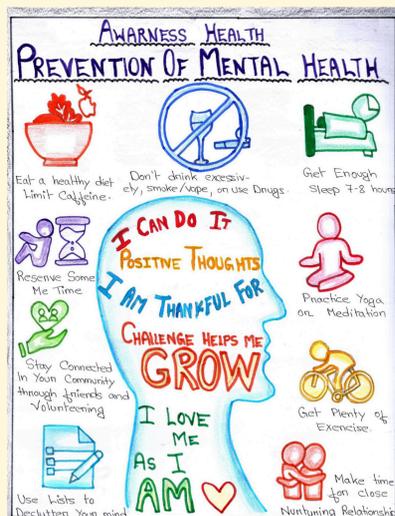
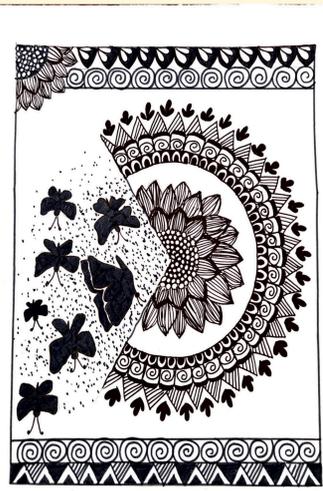
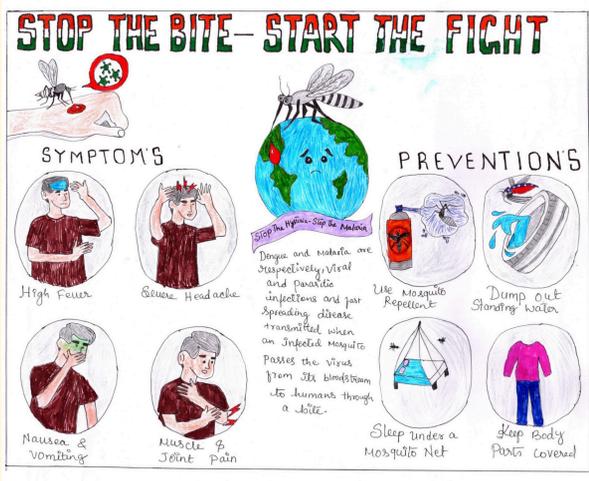
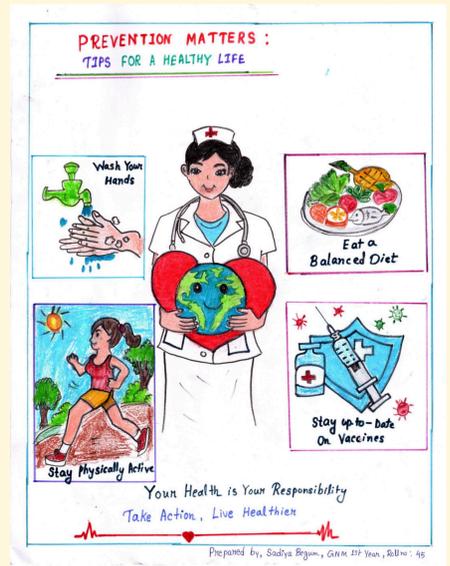
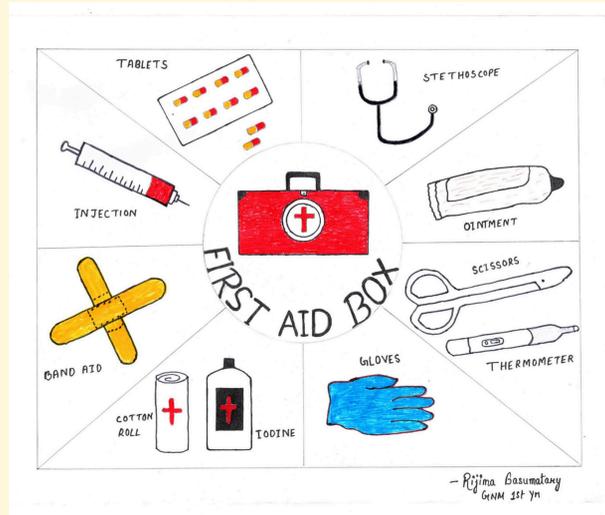
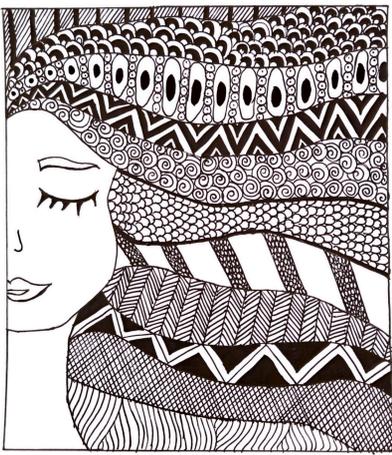
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Student Artwork & Drawings





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(Under NEPEDS - North East Practical Education Development Sanstha)

NEPEDS Group Established in 2006

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Excellence in Education & Healthcare

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- GNM
- ANM

DDU-GKY
Skill Development & Training Centre
Established 2025

DDU-GKY & Vocational Initiatives

Institute of Paramedical and Management Technology (IPMT)
Established 2015

- DMLT
- BMLT
- BMLT (L)

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Established 2020

- D.Pharm
- B.Pharm
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Dr. Rituraj Bharadwaj
Professor & Principal
NEPEDS College of Pharmaceutical Sciences



Trishna Devi
Principal
Purbottar Institute of Nursing

City office & Paramedical Capmpus
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Ghoramara, Guwahati, Assam 781031

Pharamacy campus
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