



NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

Muvattupuzha P.O., Ernakulam Dist., Kerala – 686661

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FIRST CYCLE NAAC ACCREDITATION 2023

CRITERION 1



CURRICULAR ASPECTS

1.3.1. Institution integrates crosscutting issues relevant to Professional Ethics, Gender, Human Values, Environment and Sustainability in transacting the Curriculum.

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



1.3.1 Institution integrates cross-cutting issues relevant to Gender, Environment and Sustainability, Human values and professional ethics into the curriculum.

Summary of cross cutting issues undertaken during the academic year 2019-2020

Sl.no.	Date	Name/type of the program	Cross cutting issue	Attendees	No. of participants
1	03/09/2019	World Heart day celebration	Human values	4 th Pharm D	30
2	25/09/2019	Pharmacist day celebration	Human values	5 th sem B.Pharm	60
3	02/10/2019	Observance of Gandhi Jayanthi	Human values	NSS unit (B.pharm/M.Pharm/Pharm D)	42
4	05/10/2019	NSS kit distribution	Human values	NSS unit (B.pharm/M.Pharm/Pharm D)	23
5	11/11/2019	National Education day	Human values, Professional ethics	B.Pharm/M.Pharm/Pharm D	200
6	14/11/2019	World diabetes day	Human values	2 nd year B.Pharm, Pharm D	90
7	02/12/2019	World Aids day	Human values	3 rd , 4 th Pharm D	30



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD HEART DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

World Heart Day 2019: Are you at risk of a heart disease?

TNN | Jul 29, 2019, 01.00 PM IST



We all know heart disease and stroke are two most common killers in India. Heart can be affected by a number of common diseases. The most common and dreaded disease of the heart is of course coronary artery disease or heart attack in which the blood supply to the heart muscles is reduced and stopped completely. Heart failure in which the pump function of the heart is reduced is another common ailment. Additionally disease of the heart valves or abnormality of heart rhythm is also important cardiac ailments. How to know your heart is at risk?

There are certain known risk factors for heart disease, many of which are preventable

Know your blood sugar level:- High blood sugar level or diabetes is one of the most important risk factor for heart attack. Diabetics have 2-4 times increased risk of dying from heart attack compared to non-diabetic. Your normal fasting blood sugar should be below 100mg/dl and postprandial sugar (2 hours after meals) should be below 140mg/dl. HbA1C or glycosylated haemoglobin measures the average blood sugar over last 08-12 weeks and should be below 6.0%. Diabetes have fasting blood sugar > 126 gm/dl or HbA1C > 6.5%.

Know your blood pressure:- High blood pressure is another important modifiable risk factor. It is also called the silent killer because many patients do not get any warning or signs and symptoms. Normal blood pressure should be below 120/80 mmHg. A single or occasional high reading needs a closer monitoring of your blood pressure. Blood pressure reading between 120-139/80-89 mmHg is called pre-hypertension and such people need

active life style changes to control BP blood pressure consistently above this require medication. The best way to protect from hypertension is to keep checking your blood pressure regularly.

These are common myths about blood pressure and we need to be educated about them:

Myth 1: High blood pressure runs in my family and i can do nothing to prevent it. However with good life style changes one can actually avoid getting high blood pressure in many cases with family history of hypertension.

Myth 2: Since I don't use table salt my sodium intake is low. The fact is 75% of our oral sodium intake comes from hidden sources like tomato sauce, soups, canned foods & bakery items. It is therefore important to read the food labels and check sodium content on most of pre-packaged food items.

Myth 3: Since i have no problem with high blood pressure it is okay not to treat it However, the fact is that many patients may have no symptoms due to high blood pressure but still have high risk of getting stroke or other health problems due to raised blood pressure & it is important to take treatment irrespective of symptoms.

Myth 4: I read wine is good for health & I can drink as much as i want. However, the fact is that heavy & regular use of alcohol can increase blood pressure dramatically & can lead to heart failure, stroke or irregular heartbeats. One must restrict consumption to no more than two drinks for men and one drink per day for women.

Myth 5: Since my blood pressure is now normal after taking medicines, I can stop it.

On the contrary majority of the people may require lifelong medications. Some may bring down the requirement of medicines by adopting aggressive life style changes.



What are the complications of high blood pressure?

-Uncontrolled blood pressure can lead to many diseases including:-

-Heart attack

-Stroke

-Heart failure wherein the heart can enlarge & the pump function can become weak.

-Kidney dysfunction or failure

-Vision loss

-Sexual dysfunction in males

-Angina

-Peripheral arterial disease whereby the blood supply to legs, arms or stomach and intestine can be reduced.

What is low blood pressure?

Within a range of blood pressure readings, the lower the blood pressure measurements, the better it is. However often normal people specially thin built females carry a misconception that their lower blood pressure reading indicates some disease. There is no specific (from blood streams & artery walls. It is recommended that all adult above 20 years of age or older should have their cholesterol levels checked every 4-6 years. Instead of looking at your total cholesterol value it is now important to check the sub fractions also, the values of the sub fractions are not treated in isolation. Rather the levels are considered in context of other risk factors also.



Number at which day to day blood pressure reading is considered too low provided the person is having no symptoms or trouble. Medically speaking a chronically low blood pressure reading is considered dangerous if it is associated with symptoms like dizziness, nausea, fainting or blurring of vision. Some pathological causes of low blood pressure are prolonged bed rest, first 6 months of pregnancy major blood loss, severe infection and sepsis heart attack, severe allergic reactions (anaphylaxis), certain hormonal problems and drugs etc. Persistently low blood pressure with symptoms and cold sweat needs immediate attention by a medical expert.

Know your cholesterol level:

Cholesterol is a fat containing substance in our body and some amount of cholesterol is needed to build our brain and cellular functions. Our body gets cholesterol from two sources either our liver synthesizes cholesterol or we get it from diet. There are three important sub fractions of cholesterol LDL, HDL and triglycerides. Doctors always advise people above 20 years of age to get their cholesterol level checked in every 4-6 months. Apart from this people should also be aware of the cholesterol triggers and the preventive methods.

The article has been written by Dr. Gunjan Kapoor, Director, Interventional Cardiology, Jaypee Hospital, Noida





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Tel: 0485-2836888, E-mail: nip_mvpa@yahoo.co.in

HEART DAY CELEBRATION - 2019

Date & Time: 30/09/2019, 10.15 am

Venue: St. Sebastian's higher secondary school, Anickad & grand Centre mall, Muvattupuzha

Hosted by: IV Pharm.D

Events:

- Nevin Joseph (IV Pharm D, student) highlighted the importance of maintaining a healthy heart.
- Demonstration of life saving first aid acts like CPR and Heimlich maneuver
- A puzzle game and a rapid fire quiz and the winners were awarded
- A flash mob followed by a presentation and demo were performed at grand Centre mall, Muvattupuzha.



Heart Day celebration 2019



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD PHARMACIST
DAY



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Tel: 0485-2836888, E-mail: nip_mvpa@yahoo.co.in

WORLD PHARMACISTS DAY – 2019

Date & Time: 25/9/2019, 9.30 a.m.

Venue: Nirmala College of Pharmacy Seminar hall

Hosted by: vth sem B.Pharm

Audience: All teachers and students

Welcome Speech: Ms.Mary Paul Dominic (vth sem BPharm)

Inauguration: Fr. Jos Mathai Mailadiath, Administrator

Felicitations: Dr. Manju Maria Mathews, Principal

Oath taking: Dr. Deepa Jose, Vice Principal

Vote of Thanks: Freddy.P. Robin , (Vth sem B.Pharm)

Events:

- Awareness camp for the staff Of Nirmala Medical Center, Muvattupuzha in cooperation with VI Pharm D interns.
- Supplied a leaflet to the public as a part of celebration to give awareness about medication –safe and effective use.
- E-poster presentation for students
- Debate competition on the topic “ E-Pharmacy –Good or Bad”
- Cultural programmes & puzzle game for the registered pharmacist about the drugs.



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

OBSERVATION OF
GANDHI JAYANTHI

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Strict action on garbage dumping in Kerala

TNN | Oct 1, 2019, 11.03 AM IST



THIRUVANANTHAPURAM: The local bodies in the state, including panchayats and municipalities, will intensify action against those who throw garbage in public and violate guidelines for using plastic, from October 2.

An official release from Haritha Keralam Mission on Monday said that the rules and regulations under the green protocol will be made more stringent from Gandhi Jayanthi day this year. "Besides, the Mission's awareness campaign and training based on the 'green guidelines' is reaching out to 20 lakh people in the state," said the release issued by Mission's executive vice chairperson T N Seema.

The announcement of stringent measures against burning of waste and throwing them into water bodies or in public places, will be made during the meetings to be organised by local bodies on Gandhi Jayanthi Day. The occasion will also witness people taking a pledge against such violations.



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Event: OBSERVANCE OF GANDHI JAYANTHI

Date & Time: 2ND OCTOBER 2019. 9.30 AM to 12.30 PM

Venue: Ksrtc Bus Station, Muvattupuzha

Hosted by: NSS Unit, Nirmala College Of Pharmacy

Camp conducted by : TENALACH & NSS unit Nirmala College Of Pharmacy
Along With State Bank Of India , Muvattupuzha



cleaning campaign inauguration



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REPORT

- NSS unit (MP020-1) of Nirmala college of pharmacy, Muvattupuzha in association with State Bank of India, regional office Muvattupuzha had conducted a cleaning campaign at KSRTC bus station Muvattupuzha with respect to 150th birthday of Mahatma Gandhi on 2nd October 2019. The program started at 7:30 am at Muvattupuzha bus station by a welcome speech by Mr. Jovin Jose, Deputy Manager SBI, Muvattupuzha followed by a presidential address by Rev. Fr. Jos Mathai Mailadiath, Administrator Nirmala College of Pharmacy Muvattupuzha.
- Muvattupuzha MLA Mr. Eldho Abraham delivered the inaugural address. Mr. Ajith Kumar R.V, Regional manager of SBI Muvattupuzha felicitated the gathering. The meeting subsided by a vote of thanks by Ms. Aleena Issac, NSS volunteer Nirmala college of pharmacy Muvattupuzha. MLA inaugurated the campaign by washing a KSRTC bus in the station followed by student volunteers of Nirmala College of pharmacy. After breakfast which was sponsored by SBI.
- A total of 42 students (NSS volunteers) of Nirmala College of pharmacy participated in cleaning of KSRTC buses along with the premises of KSRTC bus stand. A total of 8 KSRTC buses were cleaned and washed by dividing volunteers into 8 groups each having 5 students. A total of 25 SBI staffs joined the campaign.



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Cleaning of KSRTC buses



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- They also delivered awareness about the launch of new SBI mobile app "YONO" to the public gathered in the bus station. NSS Volunteers clean the KSRTC bus stand and premises and distributed paper cover instead of plastic to the public creating an awareness for minimizing the use of plastic covers.
- The program ended by 11:30 am followed by gathering and thanksgiving by the authorities of Nirmala College of pharmacy and SBI, Muvattupuzha.



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Cleaning KSRTC bus station premises



Distribution of paper covers



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Newspaper clips

ഗാസിജയന്തി ദിനത്തിൽ കെ എസ് ആർ റ്റി സി ബസ്സുകൾ ശുചീകരിച്ച് എം എൽ എയും

മുവാറ്റുപുഴ: ഗാസിജയുടെ 150ാം ജൻമവാർഷികത്തിന് ഭാഗമായി ഗാസിജയന്തി ദിനത്തിൽ നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിലെ പരിസ്ഥിതി പരിപോഷക സംഘടനയായ 'തൈലാഷ്' എൻ. എസ്. എസ്. വിദ്യാർത്ഥികളും എസ്. ബി. ഐ മുവാറ്റുപുഴ റീജിയൻ ജീവനക്കാരും എൽദോ എബ്രഹാം എം. എൽ. എയുടെ നേതൃത്വത്തിൽ മുവാറ്റുപുഴ കെ. എസ്. ആർ. റ്റി. സി. ഡിപ്പോയിലെ ദീർഘദൂര സർവ്വീസ് ബസ്സുകൾ സൂചികരിച്ചു. രാവിലെ 7.30 ന് ആരംഭിച്ച ശുചീകരണ പ്രവർത്തനങ്ങൾ. എൽദോ എബ്രഹാം എം. എൽ. എ ഉദ്ഘാടനം നിർവ്വഹിച്ചു. ഗാസിജയുടെ ഛായചിത്രത്തിന് മുന്നിൽ പുഷ്പാർച്ചനയോടെ ആരംഭിച്ച ശുചീകരണ പ്രവർത്തനങ്ങൾക്ക് നിർമ്മല കോളേജ് ഓഫ് ഫാർമസി അഡ്മിനിസ്ട്രേറ്റർ ഫാ. ജോസ് മത്തായി മൈലാടിയത്ത്, എസ്. ബി. ഐ മുവാറ്റുപുഴ റീജണൽ മാനേജർ അജിത്



ഗാസിജയന്തി ദിനത്തിൽ എൽദോ എബ്രഹാം എം. എൽ. എയുടെ നേതൃത്വത്തിൽ മുവാറ്റുപുഴയിൽ കെ. എസ്. ആർ. റ്റി. സി ബസ്സുകൾ ശുചീകരിക്കുന്നു

കുമാർ, കമാരി അലീന ഐസക്ക്, എന്നിവർ നേതൃത്വം നൽകി. ഗാസിജയുടെ ആശയങ്ങൾ ശിരസാവഹിച്ച് സാധാരണക്കാരുടെ യാത്രാമാർഗ്ഗമായ

കെ. എസ്. ആർ. റ്റി. സി. ബസ്സുകൾ ശുചീകരിക്കുവാൻ 'തൈലാഷ്' സംഘടനയിലെ വിദ്യാർത്ഥികൾ സ്വയം രംഗത്തിറങ്ങുവാൻ താൽപര്യം പ്രകടി

പിച്ചപ്പോൾ മാനേജ്മെന്റും അനുബന്ധ അദ്ധ്യാപകരും വിവിധ സംഘടനകളും പിന്തുണയുമായി രംഗത്തിറങ്ങുകയായിരുന്നു.



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

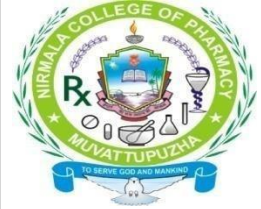
NSS KIT DISTRIBUTION

NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



Event: NSS UNIT KIT DISTRIBUTION IN TRIBAL COLONY

Date : 05/10/2019

Venue: Urulanthanni Tribal Colony

Hosted by: NSS Unit, Nirmala College Of Pharmacy

Total no of NSS Volunteers participated: 23

Camp inauguration: Fr Jos Mathai Mailadiath, Administrator

Arrangement of camp facilities: Fr.Paulose Nedunthadathil

Time: 9 .30 AM- 12:30 PM

Total no of families that received the kits: 27

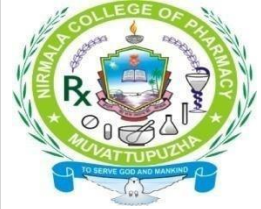


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NEWSPAPER CLIPS



Deepika newspaper dated 07/10/2019



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Essential commodity kit distribution

- A one day camp was conducted by the NSS unit of Nirmala college of Pharmacy Muvattupuzha in a locality of Urulanthanni, Ernakulum district .The camp was coordinated under the leadership of Administrator Rev. Fr. Jos Mathai Mailadiath, St. Jude catholic church vicar Fr.Paulose Nedunthadathil and NSS in charge Mr. Eby George along with supporting staffs Dr. Shyam kumar B, Mr. Sebin Sebastian, Ms. Lins Mary Joy and Mr. Bejoy Jose.
- The unit distributed kits having essential commodities to 27 financially backward families in the locality along with a general awareness communication with them. The camp was conducted as a part of providing a free service to the poor in village with respect to the 150h Gandhi Jayanthi remembrance. The fund for the contents inside each kit worth Rs 1000/- and a total of Rs 27000/- was raised by the Students fund Nirmala college of Pharmacy, Muvttupuzha.



CROSSCUTTING
ISSUE

HUMAN VALUES,
PROFESSIONAL
ETHICS

TYPE OF PROGRAM

NATIONAL EDUCATION
DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Faulty 'mode of teaching' could be the root cause

TNN | Mar 1, 2018, 06.17 AM IST



One of the key problems with the education system in Kerala could be the 'mode of teaching' said J Prasad Director, director of State Council Educational Research and Training (SCERT). "The poor results in Mathematics and Social Studies cannot be due to lack of qualification because government school teachers are well qualified," said Prasad.

The department's assumption is that existing teaching methodology is not successful in presenting the concept and bringing about analytical thinking in students, he said. "When the Right to Education Act was put together, it aimed to make free education accessible so that children would get to school and they don't drop out. But that is not an issue here.

Kerala has a second-generation problem. Here our main challenge is not getting students to school but to ensure quality of education for students," said Prasad.

P K Ravindran, an educationist, said it is important that existing pedagogic techniques be revised.

Speaking about the removal of the detention policy he said: "To suggest that student has to be held back to study something is absurd. But it is also absurd that students will be able to proceed to a higher grade without studying the concepts that are taught in lower classes. In such a system, the responsibility of the student progression is entirely the responsibility of the teacher."

He said that in a rote learning system the pedagogic techniques of the teacher are not very crucial in a lower



class. But in higher classes, students are forced to apply them while tackling problems. J Prasad said one of the main issues that SCERT will examine is teachers' training.

"This year, we plan on giving an eight-day special training camp for all teachers under the leadership of NCERT. Four days will content-based training and another four on 'technological application'. One of the main parts of this training is that it will be based on the results of the National Achievement Survey," added Prasad



GER in higher education, as envisaged in the NEP 2019, larger devolution of funds from the Centre in the higher education sector is necessary for the state of Kerala. The present fund distribution formula of 60:40 in the case of RUSA between the Centre and the states may be suitably modified to meet the growing demand for higher education in a state like Kerala," it said.

Pitching for the promotion of more multi-disciplinary institutions, the council's resolution said the real challenge would be nurturing and strengthening universities without destroying their diversity by forcing them into a straitjacket standardized normative frame.

"To ensure quality and access and to quench the growing demand for higher education, higher education Institutions (HEIs) of national importance in teaching and research of multidisciplinary in nature have to be established in states like Kerala by the Union government, where there is comparatively less central investment in terms of the national average," the resolution said.

The state would ask the Centre to ensure that the whopping amount promised for research activities are being expended for socially-productive research.

It would also ask for adequate representation of academics from all disciplines and regions in the country in the governing board of the NRF which will be headed by the Prime Minister.



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National Education Day 2019

Date & Time: : 11/11/2019, 11.00 a.m

Venue: Nirmala College of Pharmacy ,Seminar hall

Hosted by: College

Event: Elocution Competition

Winners: First Prize: 1) Anitta Thomas (Vth sem B.Pharm)

2) Aneetta Vinobi (III sem B.Pharm)

Second Prize: Camila. A. Carlman (II Pharm.D)

Third Prize: Christy Sojan (II Pharm.D)



Elocution Competition



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD DIABETES DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Bengaluru: 300 cyclists show the way to beat diabetes

TNN | Nov 13, 2019, 08.18 AM IST



BENGALURU: The city woke up to more than 300 cyclists joining police commissioner Bhaskar Rao and former Indian cricketer Anil Kumble in raising awareness for World Diabetes Day, observed on November 14.

The cyclothon — Pedals Changing Diabetes — is an initiative by Novo Nordisk Education Foundation supported by the Royal Embassy of Denmark and held in association with The Times of India to encourage cycling as a fun way to keep fit and manage diabetes.

The event was flagged off by Freddy Svane, ambassador of Denmark to India. International cyclist and Team Novo Nordisk ambassador Brais Dacal, who is in India, shared his experience of

living with diabetes from a young age.

Led by the top cop, the cyclists covered 10 km, starting from KTPO Whitefield. Children and senior citizens, who are living with diabetes, also took part in the event. "It's a great joy to be here to cycle and drive away diabetes. We can bring a change by cycling every Friday from our home to office. The police department has also been promoting cycling. We can be world leaders in cycling and I would urge everyone to cycle once a week," said Rao.

Kumble said: "Sports is a great way to achieve and maintain a fit body. However, incorporating sports in your daily life can also help reduce stress, which is a dominant cause of type-2 diabetes. Cycling is a wonderful way to stay fit

and I am thankful to Novo Nordisk Education Foundation for organising this cyclothon so that all of us can come together to discuss ways in which sports can be an enabler of good health.”

Speaking on the Pedals Changing Diabetes initiative, Melvin D’souza, managing trustee, Novo Nordisk Education Foundation, said, “We are committed to supporting people living with diabetes. Through this cyclothon, we have brought relevant stakeholders together for a dialogue on diabetes management and monitoring in an effective way.”

Brais Dacal, a member of Team Novo Nordisk, the world’s only all-diabetes professional cycling team, said, “It is important to eliminate the stigma surrounding diabetes. I have been denied opportunities on several occasions in my life. But that has never stopped me from achieving my goals.”

In India, 72.9 million people live with diabetes causing a significant economic and emotional burden on families. Moreover, 80% of those living with diabetes do not have it under control due to lack of awareness about monitoring and management.



Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Higher education: Kerala wants Centre to allocate more funds

TNN | Sep 9, 2019, 11.19 AM IST



THIRUVANANTHAPURAM: Promotion of multi-disciplinary institutions and allocation of more funds towards enhancing gross enrolment ratio in higher education sector are among the major points which the state government would take up with the Centre in its response to the draft national education policy. Kerala state higher education council, which held detailed deliberations on the merits and demerits of the new policy, has ratified a 15-point resolution for the state government to share with the Centre.

“Problems of higher education in Kerala need special attention in the overall context of the NEP 2019. Changes to this large system must be done in consultation with those who are at the centre of this process of knowledge production and reproduction, namely

the state government, universities, teachers and students,” said the resolution.

Asking the Union government to review the 60:40 fund distribution formula between the Centre and state, the resolution wanted the Centre to increase its share.

“Kerala has made substantial progress in education during the last two centuries. With universal literacy, near total retention at school level and gross enrolment ratio (GER) of 36% of the relevant age group in higher education, Kerala is far ahead of most states in the country in terms of access to education at all levels. The achievements are severely undermined by the rapidly escalating unmet demand for higher education, unwieldy expansion of the self-financing sector, and the weakening of the university system. To achieve the target of 50%

NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



Diabetes day- 2019

Date & Time: 14/11/2017, 2.30 p.m.

Venue: Nirmala College of Pharmacy, Seminar hall

Hosted by: IInd year B.Pharm students

Audience: IInd Pharm.D students

Welcome Speech: Rakhy Jolly (3rd sem B.Pharm, student)

Inauguration: Fr. Jos Mathai Mailadiath, Administrator

Felicitation: Dr. Manju Maria Mathews, Principal

Vote of thanks: Insha T.I

Events:

- Introduction of the topic: Dr. Bharath Mishra, HOD of Pharmacology Dept
- Theme dance
- Group song
- Presentation – Anitta Vinobi (3rd sem B.Pharm, student)

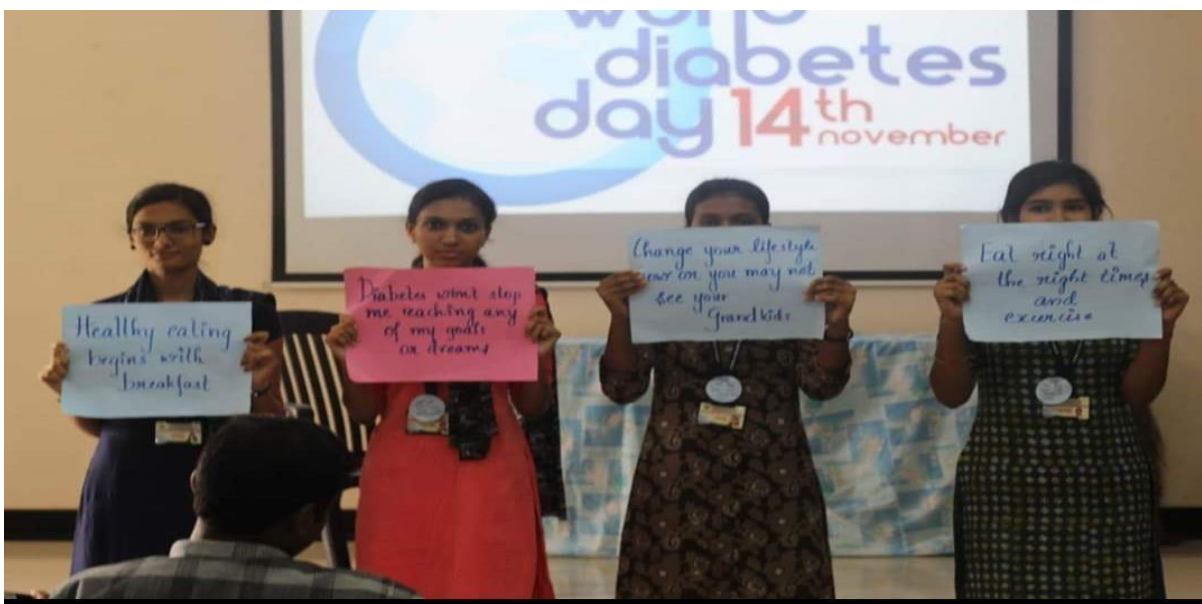


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Awareness posters



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD AIDS DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Youths urged to spread information on HIV/AIDS

TNN | Jan 13, 2019, 10.20 AM IST



JAIPUR: The National Youth Day was celebrated in the city on Saturday with focus on spreading awareness on HIV/AIDS among the youth and encouraging them towards national building.

The prevalence of HIV/AIDS in state is 0.1% in the age group of 15-49 years.

"Youths should join Red Ribbon Clubs (RRC) and each youth should spread awareness about HIV/AIDS among at least 10 others," said Dr Samit Sharma, special secretary (health), health department, while addressing a gathering of youths at an event on National Youth Day.

The health department officials encouraged the youths to be aware about the disease. They were asked to join RRCs, wherein each youth informs 10 other persons about HIV/AIDS.

Since the prevalence of HIV/AIDS is 0.1% in the 15-49 age group, emphasis was laid on strengthening Red Ribbon Clubs in the state. tnn



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AIDS day- 2019

Date & Time: 2/12/2019 & 2.00 pm

Venue: Nirmala College of Pharmacy, Seminar hall

Hosted by: II Pharm D

Audience: 3rd and 4th Pharm. D

Welcome speech: Aan Mary Bosco (II Pharm D student)

Inauguration: Fr. Jos Mathai Mailadiath, Administrator

Felicitation: Dr. Manju Maria Mathews, Principal

Dr. Deepa Jose, Vice Principal

Vote of thanks: Shefin Mytheen (II Pharm D student)

Events:

- showed a short film based on Aids Day
- Mime
- interactive quiz session



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Felicitation address by the Principal



Team of Mime



AIDS-related short film display

