

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

Muvattupuzha P.O.,Ernakulam Dist.,Kerala-686661Established in 2004, under Nirmala College Society (Reg.No.ER928/2001)



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 2021-2022

Sl.no.	Date	Name/type of the program	Cross cutting issue	Attendees	No. of participants
1	26/07/2021	Mass covid vaccination drive	Human values	NSS unit (B. Pharm/M. Pharm/ Pharm D)	232
2	11/09/2021	Poster competition(NO TO DOWRY) by NSS	Gender	B.pharm/M.pharm/ Pharm D	60
3	18/09/2021	webinar- antenatal care	Gender	B.pharm/M.pharm/ Pharm D	200
4	22/09/2021	Distribution of Nutritious Kits	Human values	NSS unit (B.pharm/M.pharm/ Pharm D)	30
5	25/09/2021	World pharmacist day	Human values	B.pharm/M.pharm/ Pharm D	30
6	29/09/2021	World heart day	Human values	B.pharm/M.pharm/ Pharm D	30
7	16/11/2021	International day for tolerance and peace	Human values	II SemB.Pharm	60
8	14/12/2021	Energy conservation day	Enviornment and sustainability	B.pharm/M.pharm/ Pharm D	180
9	16/09/2021	International ozone day	Enviornment and sustainability	B.pharm/M.pharm/ Pharm D	200
10	2/10/2021	Observation of Gandhi jayanthi	Human values	NSS unit (B.pharm/M.pharm/ Pharm D)	8
11	01/05/2022	Medical camp	Human values	5 th Pharm D	30



CROSSCUTTING ISSUE

HUMAN VALUES

TYPE OF PROGRAM

MASS COVID VACCINATION DRIVE

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

8,063 fresh Covid-19 cases, 110 deaths reported in Kerala

PTI | Jun 28, 2021, 08.51 PM IST



THIRUVANANTHAPURAM: Kerala reported 8,063 new cases and 110 deaths on Monday taking the total affected in the Covid-19 state so far to 28,96,957 and the fatalities to 12,989. State health minister Veena George said 85,445 samples were tested in the last 24 hours and the test positivity rate was 9.44%.

Till now, 2,28,09,717 samples have been tested in the state. Among the districts, Thiruvananthapuram reported the highest number of cases at 1,100 followed by Thrissur 944 and Kollam 833.

"Out of those found infected today, 57 reached the state from outside while 7,463 contracted the disease from their contacts.

The source of infection of 495 is yet to be traced. A total of 48 health workers are among the infected," the minister said in a release.

Meanwhile, 11,529 recuperated from disease taking the total cured in the state to 27,87,496.

Currently, there are 96,012 people under treatment and 3,90,230 under observation out of which 25,687 are in isolation wards of various hospitals

MEASURE MENTIONED

NIRMALA COLLEGE OF PHARMACY

MuvattupuzhaP.O.,Ernakulam Dist.,Kerala-686661
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MASS COVID VACCINATION DRIVE



A mass covid vaccination drive was conducted for students and staff at Nirmala College of Pharmacy, Muvattupuzha on 26th July, 2021. Administrator Rev. Fr. Jos Mathai Mailadiath inaugurated the vaccine drive and Principal Dr. Badmanabhan R. welcomed the team. The vaccination team involved a total of 8 members which includes a Doctor, 5 Nurses, and 2 Supporting staffs of Holy Family Hospital, Muthalakodam, Thodupuzha. A total of 232 COVISHIELD vaccine doses were vaccinated. The vaccine drive was funded for students by the college management. The members of Covid Jagratha Committee and NSS unit of the institution coordinated for the smooth functioning of drive. The vaccination started at 3 pm and concluded by 5.30pm.



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VACCINE Registration and verification



Vaccination booth



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Vaccination booth



Post vaccination observa



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നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിൽ കോവിഡ് വാക്സിനേഷൻ ഡ്രൈവ് നടത്തി......

- Muvattupuzha news

www.muvattupuzhanews.in

നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിൽ കോവിഡ് വാക്സിനേഷൻ ഡ്രൈവ് നടത്തി...

Read more https://www.muvattupuzhanews.in/kovid-vaccination-driveat-nirmala-college-of-pharmacy/

Read more MM

https://www.muvattupuzhanews.in/kovid-vaccination-drive-at-nirmala-college-of-pharmacy/

നാട്ടുവിശേഷം



വാഴക്കുളം ടൗൺ ക്ലീൻ സിറ്റിയായി പ്രഖ്യാപിച്ചു

നിർലേയിൽ കോവിഡ് വാക്സിനേഷൻ ഡ്രൈവ്

മുന്നുള്ളുള്ള നിർമല കോളജ് ഓ ഫ് ഫാർമത്തിയിൽ നിന്യാർഥിക ശ്ക്കായി മുതലക്കോടം ഹോളി ഫാമിലി ആശ്യപത്രിയുടെ സഹ കരണാത്താരട കോവിഡ് വാ ക്സിനേഷൻ വൈഡവ് നടത്തി. ഫാർമസി കോളജ് അഡ്മിനി സ്ട്രേളർ ഫാ.ജോസ് മത്തായി രെക്കാടിയത്ത് ഉദ്ഘാടനം നിർ വഹിച്ചു. കോളജ് പ്രിൻസിപ്പൽ ആർ. പദ്മനാടൻ, ഹോളിഫാമി ലി ഹോസ്പിറ്റൽ കോവിഡ് ഒര ഡിക്കൽ ടീം മേധാവി അത്വീബ് മെൻ, കോളത് കോവിഡ് ജാഗ്ര താ കമ്മിറ്റി അധ്യപകൻ മന്ദ്യ ജോസ്, എൻഎസ്എസ് കേരോ ർഡിനേറ്റർ എബി തോർജ്, അ Інтепаці ёповиці шовент ди സ്, സെബിൻ സെബാസ്റ്റൂൻ, പും,കാർത്തികേയൻ എന്നിവർ പ്രാസംശിച്ചു.



യുന്നറ്റുപുഴ നിർവെ കോളജ് ഓഫ് ഫാർന്നെിയിൽ വിദ്യാർതികൾക്കായി മുത്തക്കോടം ഹോളിഫാരില് ആശുപത്രി യുടെ സഹകരണത്തോടെ സംഘടിലിച്ച കോയിഡ് വാക്സിനേഷൻ ഡ്രൈയ് കോളജ് അഡ്മിയിസ്ട്രേറ്റർ ഫാ.ജോ സ് മത്തായി മൈലാടിയത്ത് ഉദ്ഘോടനം ചെയ്യുന്നു.

MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

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Personal hotspot: 1.

Used 287 MB

നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയി...

ഓഫ് ഫാർമസിയിൽ കോവിഡ് വാക്സിനേഷൻ ഡ്രൈവ് നടത്തി......



















Ahalia Foundation Eye Hospital

Oramadom Building, Velloorkunnam, Muvattupuzha, Kerala

Phane: 0485 - 2810100, 2810070, 9496396706

Cataract | Diabetic Retinopathy | Glaucoma | Lasik | Squint | Contact Lens | Opticals



















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നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയി...



മൂവാറ്റുപുഴ:നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിൽ വിദ്യാർത്ഥികൾക്കായി മുതലക്കോടം ഹോളിഫാമിലി ആശുപത്രിയുടെ സഹകരണത്തോടെ കോവിഡ് വാക്സിനേഷൻ ഡ്രൈവ് നടത്തി.ഫാർമസി കോളേജ് അഡ്മിനിസ്ട്രേറ്റർ റവ.ഫാ.ജോസ് മത്തായി മൈലാടിയത്ത് ഉദ്ഘാടനം നിർവ്വഹിച്ചു.കോളേജ് പ്രിൻസിപ്പൽ ഡോ.ആർ.ബദ്മനാഭൻ സ്വാഗതം പറഞ്ഞു. ഹോളിഫാമിലി ഹോസ്പിറ്റൽ കോവിഡ് മെഡിക്കൽ ടീം മേധാവി ഡോ.അതീഖ് ഒമർ വാക്സിനേഷന് നേതൃത്വം നൽകി. ഫാർമസി കോളേജിലെ ഇരുനൂറോളം വിദ്യാർത്ഥികൾ കോവിഡ് വാക്സിൻ സ്വീകരിച്ചു.കോളേജിലെ കോവിഡ് ജാഗ്രതാ കമ്മിറ്റിയിലെ അദ്ധ്യാപകൻ മനു ജോസ്, എൻ.എസ്.എസ് കോർഡിനേറ്റർ എബി ജോർജ്ജ്, അദ്ധ്യാപകരായ ഡോ.പ്രശാന്ത് ഫ്രാൻസിസ്,സെബിൻ A



CROSSCUTTING ISSUE

GENDER

TYPE OF PROGRAM

POSTER COMPETITION (NO TO DOWRY)

ISSUE IDENTIFIED

Vismaya dowry death case: Kerala court convicts husband

TNN | May 23, 2022, 09.15 PM IST



Vismaya dowry death case: Kerala court convicts husband

KOLLAM: Kollam additional sessions court-1 has found husband of Vismaya, an Ayurveda medical student who hanged herself in her marital home in June last year, guilty of the charges on Monday. The court also revoked the anticipatory bail granted by the apex court to Vismaya's husband Kiran.

The quantum of punishment will be delivered on Tuesday after hearing the counsel pleading for the accused.

It was on June 22, 2021, Vismaya was found hanging in the bedroom of Kiran's house and the very next day her husband Kiran Kumar was arrested for dowry harassment. He was later dismissed from the service by the transport minister. He was the assistant motor vehicle inspector in the transport department.

Thrivikraman Nair, father of Vismaya expressed happiness over the verdict. The special public prosecutor O Mohanraj termed the verdict a message to the society.

The sessions court judge Sujith K N found Kiran guilty of charges under sections 304B, 498A, 306, 323 and 506 of Indian Penal Code for dowry death, dowry harassment, abetment to suicide, voluntarily causing hurt and criminal intimidation, respectively.

During the year-long trial, as many as 42 witnesses, 102 documents and several call records were examined in the court. The police, in the 500-page charge sheet found that Vismaya committed suicide due to dowry harassment.

Vismaya, a native of Kaithode at Nilamel in Kollam, was a final year Bachelor of Ayurvedic Medicine and Surgery. Vismaya's family had given 100 sovereigns of gold, 1.5 acres of land, Rs 10 lakh and a car as dowry to Kiran.

An audio clip of the telephonic conversation between Vismaya and her father had come out on Sunday, which narrated about the harassment she had to face at her husband's place.



ISSUE IDENTIFIED

Kerala: Kiran Kumar admits to multiple assaults

TNN | Jun 30, 2021, 10.23 AM IST



KOLLAM: Kiran Kumar, husband of Vismaya who was found dead at the former's house at Poruvazhi in the district on June 21, admitted to the investigation officers that he had subjected her to physical and mental torture before and after marriage.

The probe team led by Sasthamcotta DSP P Rajkumar took Kiran to his house for collecting evidence and recording his statement on Tuesday. He told the investigators that he had physically assaulted her five times after the marriage. But he told them that he hadn't beaten her up on June 21 night.

Kiran is trying to portray his brutal behaviour towards Vismaya as the fallout of his drinking habit. But police will seek psychologists' opinion about this change in behaviour.

The police team also conducted a dummy test inside the toilet of Kiran's house and asked him to show how he broke open the toilet to save her. Police recorded these visuals in the camera. Forensic experts also examined the spot.

On Tuesday morning, investigators checked the bank locker at SBI Sasthannada branch and seized 42 sovereigns of gold. Bank officials said both Kiran and Vismaya came together one week after their marriage to keep the gold there. Thereafter, the locker had not been opened.

According to police sources, Kiran has admitted to the police that he had assaulted Vismaya even on the street and at the Ayurveda College at Pandalam where she was studying for BAMS. Once, while going to his house at Sasthannada, Poruvazhi, from Kollam he had broken the windshield of the car as he was not satisfied with the car's performance. On the same night he assaulted Vismaya inside the car. As the assault was intolerable to her

she managed to escape from the car when the car slowed down.

As she sought shelter in a nearby house of one Aldrian, a home guard, Kiran followed her to this house. When people in the neighbouring houses gathered there, he left the place leaving the car and Vismaya there itself.

Police said Kiran used to assault Vismaya citing the car and dowry whenever he took Vismaya out in the car.

Police said three days were not enough to complete the evidence gathering and police custody for two more days would be sought. They plan to interrogate Kiran along with his parents, sister, brother-in-law and friends.

His close friends, including some of the assistant motor vehicle inspectors at Kollam RTO, also would be summoned for interrogation. Police doubt that some of these friends had mocked Kiran saying that the car he had received was not a top brand. This must have hurt his ego and he had unleashed assault on Vismaya.

As confusion is prevailing on the death of Vismaya, the doctors who conducted the postmortem also visited Kiran's house to ascertain whether it was a murder. Police doubt whether it would be possible for Vismaya who had 166cm height to hang on an iron bar at a height of 185cm. A conclusion on whether it was a case of murder or suicide could be arrived at only after the medical team's report is made available.



MEASURE MENTIONED

NIRMALA COLLEGE OF PHARMACY

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

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POSTER PRESENTATION ON THEME – NO TO DOWRY

A poster designing painting competition was organized for students of Nirmala College of pharmacy, muvattupuzha as per the direction of circular forwarded by the university. A total of seven posters were received out of which best three posters were selected and forwarded to the university. The university will be forwarding these posters to central government whose best will receive prize from the governor of India



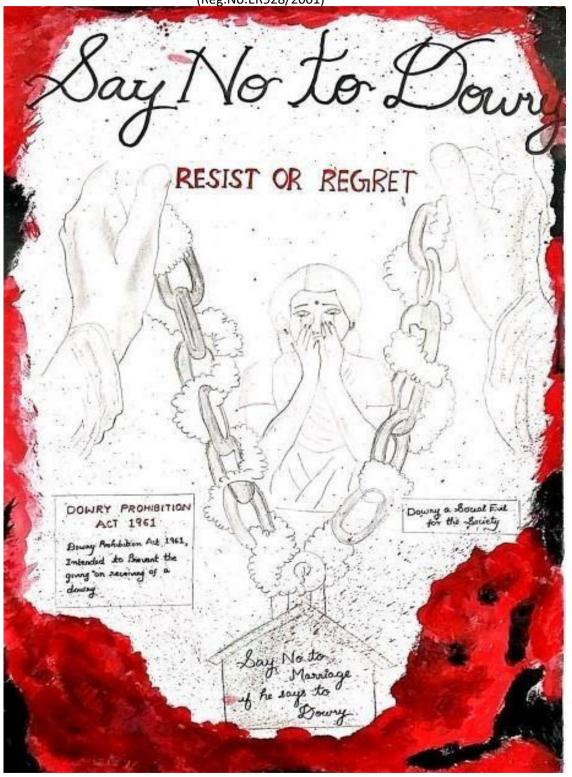
Second Prize Anas Muhammed First Pharm D



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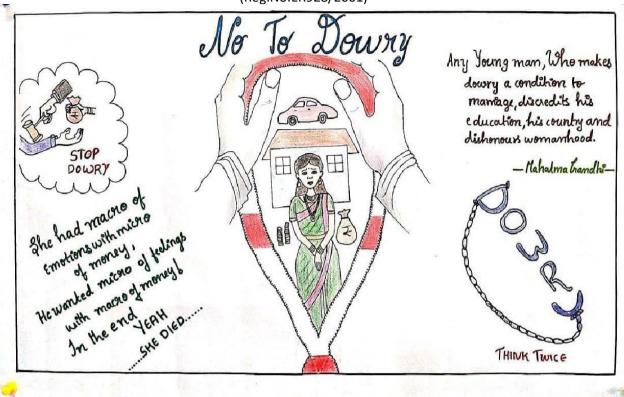




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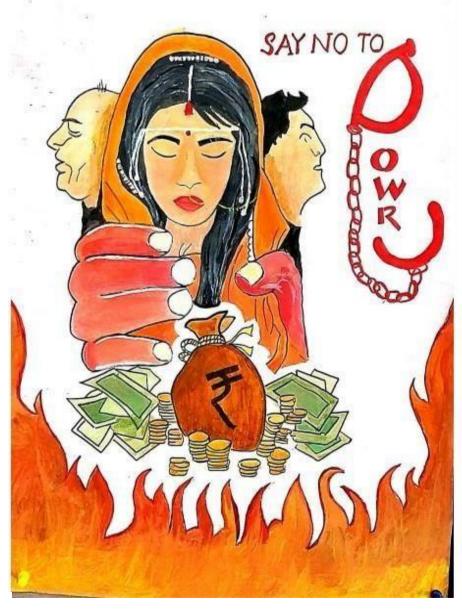


Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

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Free her from

FIRE OF DOWRY



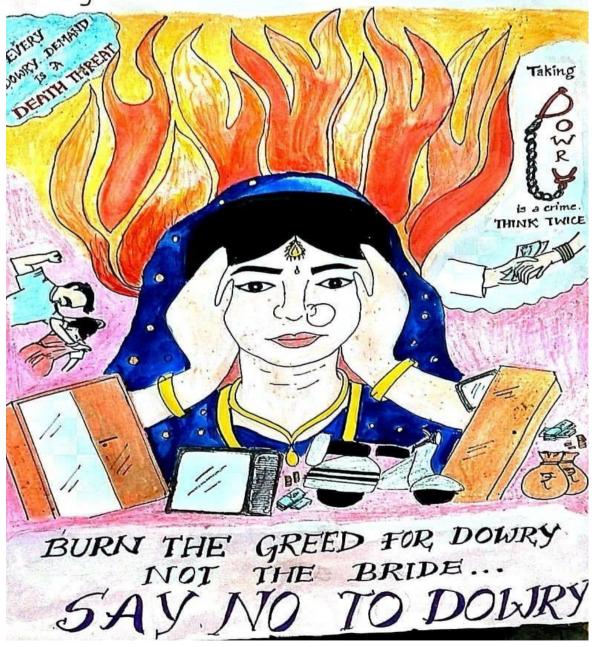


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Any young man who makes downy a condition to marniage discredits his education & his country & dishonours womenhood- Mahatma Gandhi



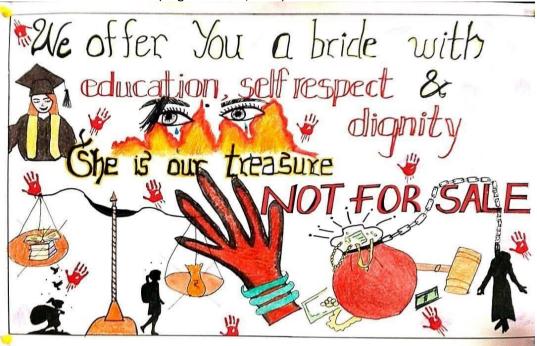


First prize Christy Sojan Third Pharm D

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Third Prize
Sneha Susan Samuel
First Pharm D



CROSSCUTTING ISSUE

GENDER

TYPE OF PROGRAM

WEBINAR ANTENATAL CARE Printed from
THE TIMES OF INDIA

ISSUE IDENTIFIED

Lack of healthcare top killer of expecting mums

TNN | May 30, 2017, 10.54 AM IST



A 10-year audit of maternal deaths at Guru Tegh Bahadur (GTB) hospital, biggest tertiary hospital in east Delhi, has revealed that 74% of women who died had received little or no ante-natal care even as the National Health Mission (NHM) recommends at least three ante-natal check-ups for all pregnant women. Also, 55% of the women had travelled to the hospital from long distances, more than four kilometres away , leading to delayed medical intervention.

The hospital witnessed 647 maternal deaths from January 2005 to December 2014, the period of audit, due to various pregnancy-related complications and pre-existing illnesses. In this period, 1.16 lakh live births took place in the hospital. This indicated that 555

pregnant women died due to pregnancy-related complications for every one lakh live births in GTB hospital.

The hospital audit, published in the latest issue of Indian Journal of Community Medicine, found blood pressure-induced convulsion was the most common direct cause of death, followed by heavy bleeding and bacterial infection. The indirect causes of maternal deaths included anaemia, infective hepatitis, heart disease and tuberculosis. There was only one casualty because of HIVAIDS.

Dr Anshuja Singla, the lead researcher at GTB hospital, said that the results reflected limited reach of government programmes among the poor or those living in peripheral areas. "Most pregnant women who died at our hospital were rushed from villages in Uttar Pradesh in moribund state. They died within 72 hours of admission," she said.

In the last few years, the government has launched several national programmes to reduce maternal mortality rate, for example Janani Surakhsha Yojana, Janani-Shishu Suraksha Katyakram and the recently launched

Pradhan Mantri Surakshit Matritva Abhiyan.

Dr Singla said India needed a consolidated programme to reduce maternal and infant deaths. "It is difficult for poor people with limited education to know and register for different programmes. Even doctors are often unaware of them. A consolidated project, I feel, would help reach the poorest of the poor," the GTB doctor said. Dr Alka Kriplani, professor and head of gynaecology at AIIMS, also said implementation of government policies at ground level needed to be improved to reduce the maternal mortality rate (MMR).

Experts said most deaths due to blood pressure-induced convulsion and bleeding could be prevented with timely medical intervention. "GTB report revealed that many pregnant women rushed to the hospital after six hours of bleeding. A local hospital or maternity centre with good infrastructure could provide timely treatment," said an expert. He added that indirect causes of death such as anaemia, hepatitis and tuberculosis in the GTB audit are reflective of poverty and lack of care during pregnancy.

Hepatitis E, which was found to be indirect cause of death in nearly 7% of women, could be prevented by ensuring proper hygiene, provision of clean drinking water and sanitation. A recent report by World Bank showed that India reported MMR at 174 per 100,000 live births in 2015 -a significant decline from 400 in 1990. The country aims to bring down MMR to 70 by 2030, as set for millennium development goal.



MEASURE MENTIONED



NIRMALA COLLEGE OF PHARMACY

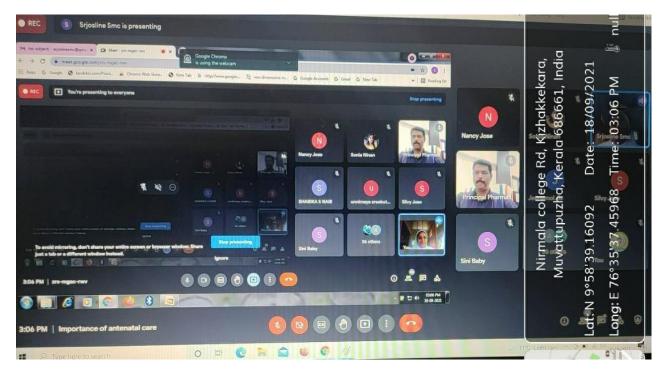
Muvattupuzha P.O., Ernakulam Dist., Kerala-686661 Established in 2004,under Nirmala College Society (Reg.No.ER 928/2001

WOMEN CELL

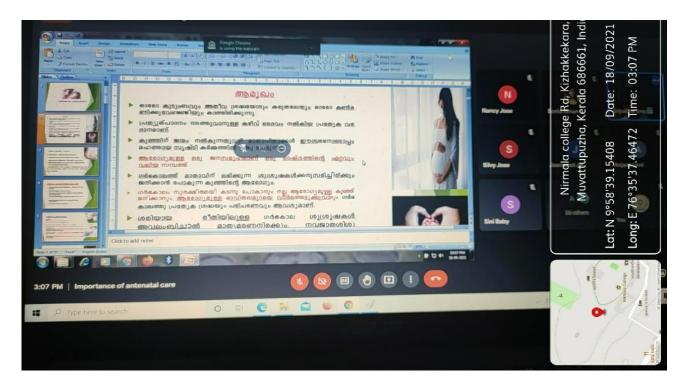
Webinar on Importance of Antenatal Care

Webinar on importance of Antenatal care (Focus on nutrition during pregnancy and lactation) was organized by Women Cell in association with NSS Nirmala College Of pharmacy Muvattupuzha on 18 September 2021 Saturday from 3 to 4 pm. Approximately 50 participants including pregnant and lactating women from different parts of Kerala, faculty and students of Nirmala College of Pharmacy attended the webinar. The event began with a welcome address by Principal Dr. Badmanaban R.Dr. Sr. Josline SMC ,Associate professor of Mar Sleeva College of Nursing Cherpunkal ,St Martha's Convent, Pala was the invited speaker of the webinar. Ms Nancy Jose, member of Women cell (Department of pharmacology) introduced the speaker and invited to deliver the topic. Dr. Sr. Josline delivered her vast insights and knowledge on the topic "Importance of Antenatal Care". With the powerpoint presentation prepared, the audience was intricately made aware of different aspects of pregnancy. The webinar last for one hour. The Speaker narrated about the precautions to be taken during pregnancy in the first trimester, the importance of medicines to be taken, and the diet to be followed during pregnancy. The webinar concluded with a vote of thanks by Ms. Rony Rose George. student representative of VI Pharm.D. Webinar was successful in providing new knowledge to the society.



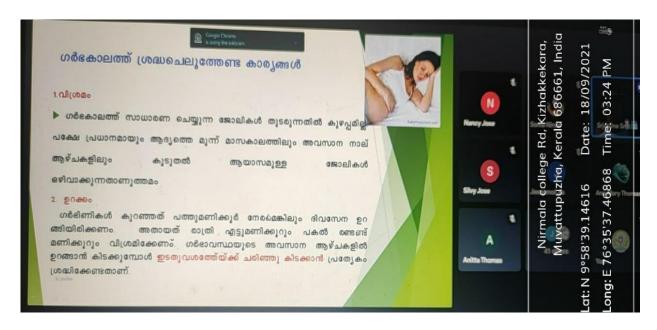


Pic 01: Webinar on Importance of Antenatal Care



Pic 02: Webinar on Importance of Antenatal Care



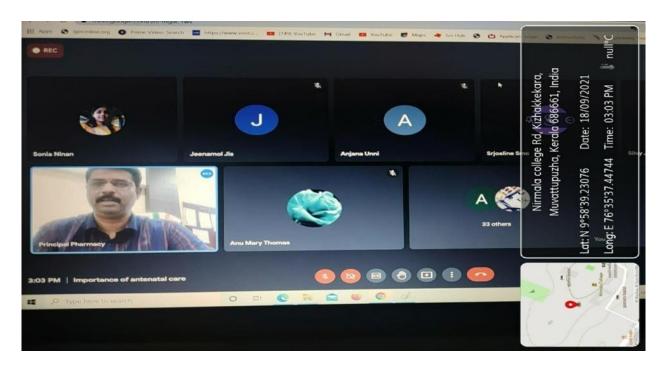


Pic 03: Webinar on Importance of Antenatal Care

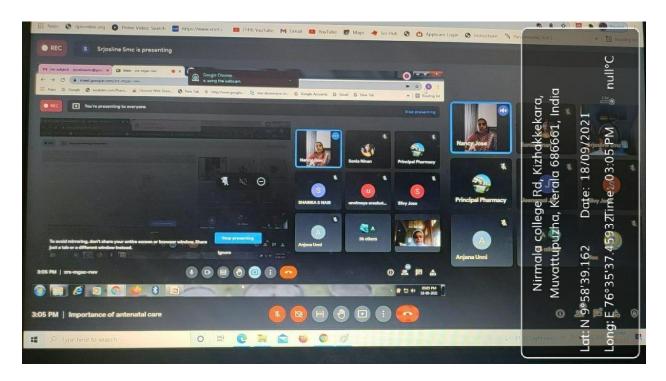


Pic 04: Webinar on Importance of Antenatal Care



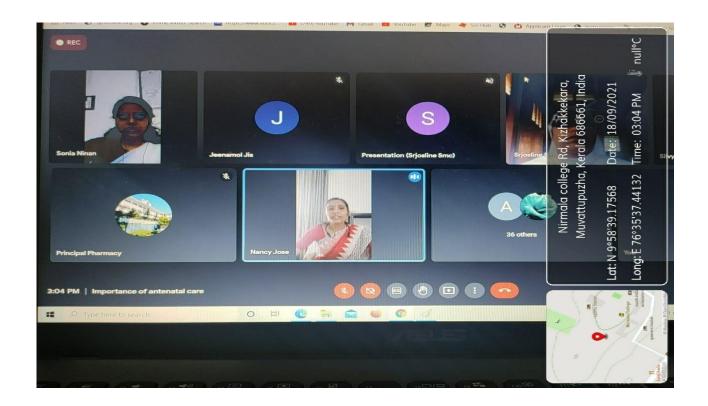


Pic 05: Webinar on Importance of Antenatal Care



Pic 06: Webinar on Importance of Antenatal Care





Pic 07: Webinar on Importance of Antenatal Care



CROSSCUTTING ISSUE

HUMAN VALUES

TYPE OF PROGRAM

DISTRIBUTION OF NUTRITIOUS KITS

ISSUE IDENTIFIED

Kerala faces a 'hidden' hunger problem

TNN | Dec 4, 2019, 07.50 AM IST



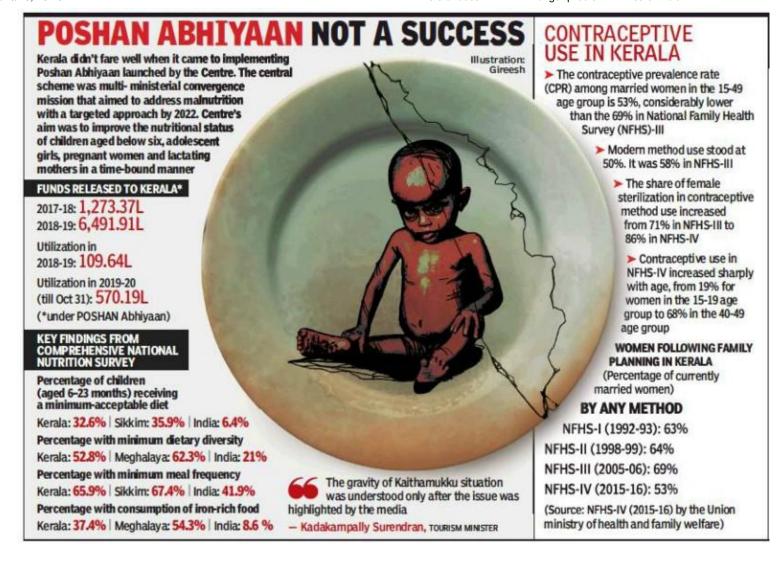
THIRUVANANTHAPURAM: Compare children aged below four in crisis-hit Jammu and Kashmir and a calm Kerala. Normally, one would say that the prevalence of malnutrition would be higher in the children in J&K. However, kids there are better than those in Kerala in terms of prevalence of malnutrition.

One in five children in the state (20.5%) are malnourished stated the comprehensive national nutrition survey (CNNS), which was released a few months ago. The corresponding rate for Kashmiri kids was 15.5%. Kerala is behind J&K, Goa (19.6%) and TN (19.7%) in this category.

The reports of six children, aged below seven, facing starvation at Kaithamukku in the capital shocked many. But, health sector

workers were not startled as they come across such kids, often in families around us. Though Kerala has a high health index, it is worth noting that economic imbalance and related nutrition issues are nothing new for the marginalized sections here.





On the other hand, around 9.5% of adolescents (aged 10-19 years) in Kerala are overweight while the national average is 4.8%. The survey had also found that 32.2% in the 10-19 age group have pre-diabetic condition. In the 5-9 age-group, it is 18.7%. The survey noted the prevalence of high total cholesterol was 15% among children in the 5-9 age-group and 13.9% in the 10-19 age-group.

Ajay Kumar, executive director of Rights (an NGO) that works for the empowerment of SC/ST community, said most malnourished kids came from SC/CT families as per their study. "When national family health survey

findings were published, our policymakers were trying to address the issue of childhood obesity. Nobody was concerned about malnourished kids. Our officials know that almost all malnourished kids are from SC/ST families. They conveniently ignore that," he said

At the national level, CNNS found that when it came to underweight kids, the figure for ST was 42% and SC was 36%, followed by OBC (33%) and other groups (27%). Also, the state economic review had noted that 8.5 lakh Keralites fell in the BPL category in 2018.

A major health flaw noted in the survey was vitamin A deficiency among children in the 5-9 age-group. Against the national average of 17% underweight children in kids aged under four, Kerala's figure was 12.6 %. Among the states with lowest prevalence, Kerala came ninth.

In other significant data, only 32.6% children (aged 6-23 months) received a minimum acceptable diet. Here the state, came second after Sikkim (35.9 %). In Kerala, the minimum dietary diversity is 52.8%, minimum meal frequency is 65.9% and consumption of iron-rich food is 37.4% for children in this category.

The survey found that children of mothers with higher education had access to better food. It observed that food consumption patterns varied with the mother's schooling status and household wealth among both school-going kids and adolescents. The consumption of milk/curd, fruits, eggs, and fish/chicken/meat increased with higher levels of maternal schooling and household wealth.

The main objective of CNNS was to collect nationally representative data on the nutritional status of preschoolers (0–4 years), school-going kids (5–9 years) and adolescents (10–19 years) through interviews, comprehensive set of anthropometric measures and biochemical indicators.

MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society (Reg. No. ER 928/2001)

DISTRIBUTION OF NUTRITIOUS KITS COMPRISING OF REGIONAL FOOD TO BENEFICIARIES OF ANGANWADI



എൻഎസ്എസ് ആൻഡ് സോഷ്യൽ സർവീസ് ക്ലബിലെയും മൂവാറ്റുപുഴ നിർമല കോളജ് ഓഫ് ഫാർമസിയിലെ യും അവ്യാപകരും വിദ്യാർഥികളും സംയുക്തമായി ആരക്കുഴ പഞ്ചായത്ത് രണ്ടാം വാർഡിലെ അങ്ങണവാടിയിലേ ക്ക് നൽകിയ പോഷകാഹാര കിറ്റുകൾ കോളജ് അഡ്മിനിസ്ട്രേറ്റർ ഫാ. ജോസ് മത്തായി മൈലാടിയത്ത് വിതര ണം ചെയുന്നു.

പോഷകാഹാര കിറ്റുകൾ വിതരണം ചെയ്തു

മൂവാറ്റുപുഴ: എൻഎസ്എസ് ആൻഡ് സോഷ്യൽ സർവീസ് ക്ലബിലെ യും മൂവാറ്റുപുഴ നിർമല കോളല് ഓഫ് ഫാർമസിയിലെയും അധ്യര പകരും വിദ്യാർഥികളും സംയുക്തമായി ആരക്കുഴ പഞ്ചായ്ത്ത് ര ണ്ടാം വാർഡിലെ അങ്കണവാടിയിലേക്ക് പോഷകാഹാര കിറ്റുകൾ വിതരണം ചെയ്തു. മിനിസ്ട്രി ഓഫ് വുമൺ ആൻഡ് ചൈൽഡ് ഡെ വലപ്മെറ്റ്, ഗവ. ഓഫ് ഇന്ത്യയുടെ നിർദേശാനുസൂതം ന്യൂട്രീഷൻ ഫോർ ചിൽഡ്രൻ ആൻഡ് വുമൺ എന്നതിന്റെ ഭാഗമായിട്ടാണ് പോ

കോളജ് അഡ്മിനിസ്ട്രേറ്റർ ഹാ. ജോസ് മത്തായി മൈലാടിയത്ത് അധ്യക്ഷത വഹിച്ച ചടങ്ങ് പഞ്ചായത്തംഗം ബിജു തോട്ടുപുറം ഉ ദ്ഘാടനം ചെയ്തു. കോളജ് എൻഎസ്എസ് കോ-ഓർഡിനേറ്റർ എ ബി ജോർജ്, സോഷ്യൽ സർവീസ് ക്ലബംഗങ്ങളായ എലിസബത്ത് എൻ. സേവ്യേർ, സല്യഷ് ജോർജ്, സെബിൻ സെബാസ്റ്റ്യൻ, എൽ സീന ജോസ് തുടങ്ങിയവർ നേതൃത്വം നൽകി.

Date: 22-09-2021

Venue- Anganwadi, Second Ward Arakuzha Panchayath

No of students involved:30

No of faculty: 5

Inauguration: Fr.Jos.Mathai Mailadiath

Time: 11:30-12:15

NSS and social service club along with the faculty and students of Nirmala College of pharmacy had distributed nutritious kits to the beneficiaries of anganwadi in second ward of arakkuzha panchayath. A total of 25 kits were distributed to 2g5 families of the sensitized ward beneficiaries. The program started at 11.00am with inaugural address administrator Rev Fr Jos Mathai Mailadiath followed by presidential address by ward member Sri Biju Thottupuram. College nss coordinater Eby George, social service club members Elizabeth N Xavier, Saloosh George, Sebin Sebastian And Elseena Jose presided the meeting. The program was conducted as per the instruction of ministry of women and child development, govt of india. The kits commodities were purchased and packed by the social service students of the institution.



MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society (Reg. No. ER 928/2001)





Distribution of nutritious kits to the beneficiaries

CROSSCUTTING ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD PHARMACIST DAY



NIRMALA COLLEGE OF PHARMACY Muvattupuzha, Ernakulam (Dist) Kerala - 686661, India

Managed by Nirmala College Society (Reg.No.ER 928-2001), Diocese of Kothamangalam (Approved by PCI, New Delhi, Govt of Kerala and Affiliated to Kerala University of Health Sciences, Thrissur)

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

WORLD PHARMACIST DAY

Date & Time: 25/9/21

Venue: Nirmala College of pharmacy, Muvattupuzha, Ernakulam

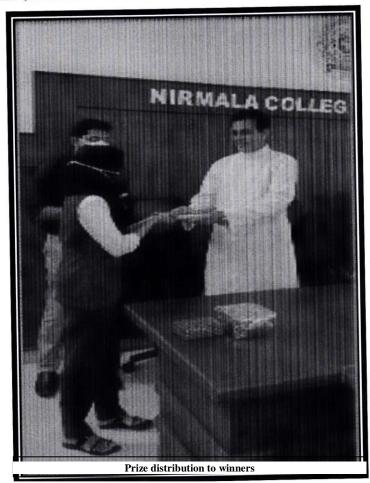
Hosted by: 3rd Year Pharmd

Audience: All students

Events: 2 competitions were held, letter to the pharmacist competition

and national level quiz.

You tube link: https://youtu.be/zD96RIydzp4





HUMAN VALUES

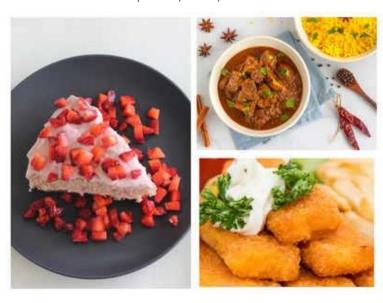
TYPE OF PROGRAM

WORLD HEART DAY

ISSUE IDENTIFIED

Fat-rich diets may increase the risk of heart attacks

TIMESOFINDIA.COM | Mar 8, 2021, 08.00 AM IST



There's no denying to the fact that our diet can make or break our health, and is majorly responsible in shaping our life conditions. However, there are times, when we are inclined to indulge in fatrich and unhealthy foods, but according to a recent study it was observed that high fat foods may increase the risk of heart attacks.

As per a study conducted by a team of researchers from the University of Reading uncovered that consumption of high-fat diets may over-activate destructive heart disease protein, increasing the risk of a heart attack.

In a paper published in Biochemical and Biophysical Research Communications, researchers looked at the effect of feeding mice a high-fat diet on oxidative stress levels on heart cells.







The team from the University of Reading found that cells from the mice had twice the amount of oxidative stress, and led to heart cells being up to 1.8 times bigger due to cardiac hypertrophy which is associated with heart disease.

Named first author Dr Sunbal Naureen Bhatti, from the University of Reading said, "Our research shows one way in which a high-fat diet can cause damage to the muscle cells that make up our hearts.

It appears that a switch happens at a cellular level when the mice were fed on a high-fat regime which causes a normally harmless protein, Nox2, to become overactive. The precise nature of how the Nox2 protein goes onto cause oxidative damage and set off destructive hypertrophy is still being researched."





"We are really just scratching the surface of how the protein Nox2 responds to diets, but our research clearly demonstrates that high-fat diets have the potential to cause significant damage to the heart," Bhatti added.

The researchers focused on a key protein Nox2 which was believed to be associated with increasing oxidative stress in the heart. The study found that the mice fed a high-fat diet had twice the amount of Nox2 activity, which also led to a similar amount of reactive oxygen species (ROS), a free radical that is associated with pathological damage of the body.

To check whether Nox2 was involved in causing the cardiac stress, the team compared the results with mice bred specifically to 'knock out' Nox2, stopping the protein from activating at a cellular level. The 'knock out' mice were also fed a high fat diet, but showed little or none of the same raised levels of oxidative stress.



Printed from
THE TIMES OF INDIA

ISSUE IDENTIFIED

Fried food can pose a serious threat to your heart: Study

TIMESOFINDIA.COM | Jan 26, 2021, 08.00 AM IST



We all crave for fried food as it's so delicious, but the fact that it can pose a serious threat to our life is something that we all tend to ignore! Recently, a new study published in the 'Heart' journal has revealed that eating fried food can increase the risk of serious heart diseases and even stroke. The researchers are yet not clear, as to what contribution fried food might make to the risks of serious heart disease and stroke. The study also points out that this risk rises with each additional 114 g weekly serving. The outcome of this study points out that the Western diet does not promote good cardiovascular health.

To shed some light on this, they trawled research databases, looking for relevant studies published up to April 2020, and found

19. They pooled the data from 17, involving 562,445 participants and 36,727 major cardiovascular 'events', such as a heart attack or stroke, to assess cardiovascular disease risk. They also pooled the data from six, involving 754,873 participants and 85,906 deaths over an average monitoring period of 9.5 years, to assess the potential link between fried food consumption and deaths from cardiovascular disease and from any cause.

Their analysis showed that compared with the lowest category of weekly fried food consumption, the highest was associated with a 28 per cent heightened risk of major cardiovascular events; a 22 per cent heightened risk of coronary heart disease, and a 37 per cent heightened risk of heart failure. These associations held true when stratified by various study and participant characteristics. What's more, a linear association emerged between fried food consumption and major cardiovascular events, coronary heart disease, and heart failure.



Several studies included only one type of fried food, such as fried fish, potatoes, or snacks, rather than total fried food intake, which may have underestimated the associations found, suggest the researchers.

No associations were found for deaths from cardiovascular disease or from any cause, but this might be because of the relatively small numbers involved, say the researchers. The design of the included studies varied considerably, added to which, they all relied on memory–factors that should be taken into consideration when interpreting the results, caution the researchers. And how exactly fried foods might influence the development of the cardiovascular disease isn't entirely clear, they point out but suggesting several possible explanations.

Fried foods boost energy intake because of their fat content and they generate harmful trans-fatty acids from the hydrogenated vegetable oils often used to cook them.

Frying also boosts the production of chemical by-products involved in the body's inflammatory response, while foods, such as fried chicken and French fries, are usually high in added salt, and often accompanied by sugar-sweetened drinks, particularly when served in fast-food restaurants, they say.

MEASURE MENTIONED



NIRMALA COLLEGE OF PHARMACY Muvattupuzha, Ernakulam (Dist) Kerala - 686661, India

Managed by Nirmala College Society (Reg.No.ER 928-2001), Diocese of Kothamangalam (Approved by PCI, New Delhi, Govt of Kerala and Affiliated to Kerala University of Health Sciences, Thrissur)

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

WORLD HEART DAY

Date & Time: 29/9/2021

Venue: Seminar hall

Hosted by: IV Pharm.D

Audience: students & Staff

Guest talk: Interactive session with Dr, Chandramouli, Cardiologist

Events: Elocution competition

You tube link: https://youtu.be/zD96RIydzp4



Interactive session on World Heart Day



HUMAN VALUES

TYPE OF PROGRAM

INTERNATIONAL DAY FOR TOLERANCE AND PEACE

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661 Established in 2004, under Nirmala college society



International Day for Tolerance and peace

Date & Time: 16th November 2021

Venue: 2nd Sem B Pharm Classroom

Hosted by: Drama Club in association with women cell

Audience: 2 ND Semester B Pharm Students

Welcome address: Anakha.M

Felicitations: Second Semester B Pharm Students

Vote of Thanks: Niya Grace

Events: Felicitations, Songs





ENVIRONMENT AND SUSTAINABILITY TYPE OF PROGRAM

ENERGY CONSERVATION DAY

ENERGY CONSERVATION DAY CELEBRATION

Date & Time: 14 December 2021

Venue: Seminar Hall

Hosted by: Arts & Photography club

Audience: All teachers and students

Welcome address: Ms.Sunitha Sukumaran

Felicitations: 1.Dr. Badmanaban R, Principal

2.Dr. Karthikeyan M, President IIC

Guests:Dr. Sony Kurian, Associate professor and Head, Electrical and electronic department, Viswajyothi College of Engineering and Technology, Muvattupuzha

Events: DRAWING COMPETITION

Theme: "Energy Conservation Strategies"











Rev.Fr.Jos Mathai Mailadiath Administrator Dr.Fels Saju Coordinator,IEDC

Prof.Dr. Badmanaban R
Principal and Chairman ,IIC

Ms.Anju Ambujakshan
Staff In-charge,Nature Club

Pr.Deepa Jose
Dr.Deepa Jose
Dr.Deepa Jose
Ms.Sunitha
Staff In-charge,Nature Club

Dr.Karthikeyan M Dr.Christapher P V President ,IIC Convener,IIC Ms.Flowerlet Mathew Staff In-charge,Art and Photography Club Printed from
THE TIMES OF INDIA

ISSUE IDENTIFIED

Lockdown did Hyderabad good, increased ozone layer 115%

TNN | Mar 30, 2021, 06.17 AM IST



HYDERABAD: Researchers from the city-based Indian Institute of Chemical Technology (IICT) found that the ozone (O3) concentration increased from 26 ppb (parts per billion) during pre-lockdown period to 56.4 ppb during the lockdown, resulting in a 115% increase in the ozone gas over Hyderabad.

CLEANER SKY

- ➤ Ozone (O3) concentration increased from 26 ppb during pre-lockdown period to 56.4 ppb during lockdown
- ➤ Study revealed that concentration of nitrogen dioxide, nitrogen oxide and carbon monoxide came down by 33.7%, 53.8% and 27.25% respectively
- Besides city-based IICT, the research team was drawn from the Academy of Scientific and Innovative Research (AcSIR), Ghaziabad



The study revealed that the concentration of nitrogen dioxide, nitrogen oxide and carbon monoxide came down during the lockdown by 33.7%, 53.8% and 27.25% respectively, as the Covid-19 lockdown and subsequent restrictions, helped Hyderabad reduce the atmospheric pollutants considerably.

Researchers carried out a comparative study on the pollutant concentrations during the pre-lockdown (February

1 to March 23, 2020) and lockdown period (March 24 to April 30, 2020) to those of the pollutants in the previous years (2018 and 2019). Carbon monoxide, nitrogen oxides and ozone were monitored along with meteorological parameters like temperature, relative humidity and solar radiation over Hyderabad to arrive at the results.

"Covid-19 lockdown improved the air quality by the reduction in air pollutants leading to increased ozone concentration," the study said.

Besides IICT, the research team is drawn from the Academy of Scientific and Innovative Research (AcSIR), Ghaziabad. The research study by Sarat Kumar Allu, Aparna Reddy, Shailaja Srinivasan, Rama Krishna Maddala and Gangagni Rao Anupoju was published in the latest issue of science journal, 'Environment Processes'.

According to the study, during the lockdown the concentrations of carbon monoxide, nitrogen dioxide and nitrogen oxide showed significant declining trends.

"Carbon monoxide has shown a maximum concentration of 349.68 ppb by volume during the pre-lockdown period, which decreased to a minimum of 192.5 ppb during the lockdown period. This can be attributed to less movement of light motor vehicles, motorcycles and heavy-duty vehicles. It can be observed that the carbon monoxide concentration was at peak at 11 am in the day in all three months," the study stated.

The researchers noted that nitrogen oxide concentration showed a lower concentration of 3.1 ppb during the prelockdown period, which continued till first week of April 2020. In the case of nitrogen dioxide, the concentrations were 25.6 ppb during pre-lockdown and 6.3 ppb during lockdown period.

The study found that the concentration of ozone marginally decreased from February 25 to March 15 (19.5 ppb to 17.5 ppb) and then increased by over 50% by attaining a maximum of 48.4 ppb during the lockdown period.

"This increase in ozone concentration was primarily due to the downtrend in concentrations of nitrogen oxides."

ENVIRONMENT AND SUSTAINABILITY TYPE OF PROGRAM

INTERNATIONAL OZONE DAY

MEASURE MENTIONED

ONLINE QUIZ COMPETITION ON "INTERNATIONAL OZONE DAY"

Date & Time:16/09/2021, 4 P.M-4.20 P.M

Platform: Telegram

Hosted by:Nature club- Tanalach

Participants : All students



HUMAN VALUES

TYPE OF PROGRAM

OBSERVATION OF GANDHI JAYANTHI

ISSUE IDENTIFIED

Tree felling in Kerala: Numbers rise as probe progresses

TNN | Jun 23, 2021, 09.22 AM IST



KOZHIKODE: The magnitude of the illegal tree-felling, which had taken place from assigned land under the cover of the controversial order issued by the revenue department, seemed to be rising by the day with the probe by the forest department (vigilance and forest intelligence wing) finding that as many as 705 rosewood and teak trees were felled from just four districts in the state alone.

According to the probe team members, 161 trees 101 rosewood and 60 teak trees were felled from assigned land in Wayanad by misinterpreting the government order. The team has found that

509 trees were felled from Thrissur district, which comprised 500 teak trees and nine rosewood trees. In Kasaragod, 22 trees 11 rosewood and 11 teak trees were felled while 13 teak trees were axed in Malappuram district.

According to sources, the investigation and stock taking of the illegally felled trees are still going on in districts like Idukki and Pathanamthitta which have witnessed mass felling of trees, especially in Neriyamangalam and Achankovil.

The statewide investigation is being conducted by five separate squads led by flying squad divisional forest officers covering 14 districts. TNN

MEASURE MENTIONED

NIRMALA COLLEGE OF PHARMACY

MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004,under Nirmala College Society (Reg.No.ER928/2001)

OBSERVATION OF GANDHI JAYANTHI



Inaugral addressing by Arakuzha panchayath president Ms.Omana Mohanan

Program details

Theme: clean india drive opening program, fruit and shade tree saplings plantation in observance with Gandhi Jayanthi.plantation of fruit tree saplings in accordance with the nutrition month.

Organized by: NSS unit and nature

Institution name: Nirmala College of pharmacy, muvattupuzha

No of staffs participated; 6 No of NSS volunteers: 8 No of sapling planted; 25

Village selected: nadukkara panchayath

Saplings collected: social forestry office chalakuc



152th Gandhi jayanthi was celebrated and observed by the NSS unit of Nirmala College of pharmacy, muvattupuzha on 2nd October 2021. The programme involved cleaning activities followed by the plantation of fruit and shade tree sapling along the panchayath of nadukkara. The program was inaugurated by planting tree saplings by pancahyath president Ms.Omana Mohanan, wise panchyath president Mr.Sabu Pothoor and College Administrator Rev.Fr.Jos Mathai Mailadiath in the presence of NSS coordinator, volunteers, staffs and panchayath members. The next planting location was on the road side of peringazha ward 2 as well as the school premises. Rev Fr.George Pottakal inaugurated the activity. The program started at 10.20 AM and winded up by 12.17 PM.

MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society (Reg.No.ER928/2001)







MuvattupuzhaP.O.,Ernakulam Dist.,Kerala-686661

Established in 2004, under Nirmala College Society





MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER928/2001)

GPS Map Camera

Muvattupuzha, Kerala, India
Peringúzha- Vallikkada Rd, Peringuzha, Muvattupuzha, Kerala
686673, India
Lat 9.955883°
Long 76.604662°
02/10/21 12:09 PM

Plantation of fruit and shade tree saplings



MuvattupuzhaP.O.,Ernakulam Dist.,Kerala-686661

Established in 2004,under Nirmala College Society (Reg.No.ER928/2001)





MuvattupuzhaP.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg. No. ER928/2001)

GPS Map Camera

Muvattupuzha, Kerala, India
Peringuzha- Vallikkada Rd, Peringuzha, Muvattupuzha, Kerala
686673, India
Lat 9.956056°
Long 76.604548°
02/10/21 12:17 PM



HUMAN VALUES

TYPE OF PROGRAM

MEDICAL CAMP

A REPORT ON ARDHRAM 2022 MEDICAL CAMP

A free medical health check up camp named "ARDHRAM 2022" was organized on $1^{\rm st}$ May 2022 at East Maradi. The camp was organised in association with Doctor Of Pharmacy Association and Apollo Adlux Hospital , Angamaly. The medical team included 4 clinical pharmacists, 4 doctors , clinical pharmacy interns, nurses and $5^{\rm th}$ Pharm D students from Nirmala College Of Pharmacy.

The programme was inaugurated by honourable MLA of Muvattupuzha Mr. Mathew Kuzhalnadan. Dr. Nobil Skariah, Head of the Doctor of Pharmacy Association discussed the importance of health check ups and the role of doctors, clinical pharmacists and nurses as a team in providing proper and regular health check ups to the people. The hospital provided free physical examination, blood sugar, blood pressure and ECG tests. Medication counselling was provided by the clinical pharmacists.

There were a total of 128 people who attended the medical camp for their medical check up. The clinical pharmacy interns and students were continuously involved in assisting the doctors and providing medication and disease counselling to the patients. All health related queries of the patients were also answered. Feedback from the patients were collected at the end of the camp. There was an overall positive feedback from the patients and they reported that the camp was very useful and encouraged the medical team to conduct more medical check up camps at various locations.





Medical check up



Team ARDHRAM

