

Academic year: 2018-2019

SI NO	TITLE OF EVENT	OUTCOME OF EVENT	DATE
1	World heart day celebration	The program created awareness on cardiac disorders and provided free health check-up to the residence of Muvattupuzha	16/09/2018
2	World pharmacist's day	All celebrations in the campus bring the students closer to each other's as they together involved in the planning and organization of events. The harmony and friendly atmosphere of the campus is reinforced by the event.	25/09/2018
3	Diabetes day observation program	The program provided awareness to the upcoming pharmacists on Diabetes mellitus, its social impact, complications, preventive measures and treatments. Since diabetes is one of the prevalent diseases in Indian population it is the social responsibility of budding pharmacists to upgrade themselves and strive towards excellence ; thus, contribute effectively to nation's healthcare system	14/11/ 2018
4	National pharmacy week celebration	All batches of students were actively involved in the planning and organization of event which helped to strengthen the harmony among various batches. The celebration also helped to create an awareness on the role of pharmacist in creating a healthy disease-free population that can be an asset to the country	22/11/2018



5	Cancer day	<p>India has one of the highest incidences of cancer and hence the society has to be educated on the prevention, early diagnosis and advanced treatments. The program provided awareness on the same for the patients, staffs and students of Caritas hospital and counselling has given for the patients that helped to empower their minds and reduce their mental stress and strain.</p>	04/02/2019
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World Heart Day



World Heart Day

World Heart day 2018 quoted the theme "My Heart, Your Heart" was hosted by students of 4th Pharm D. A heart health awareness camp was conducted at Nirmala Matha Church, Muvattupuzha on Sept 16. The camp offered free health checkup of BP, RBS, and BMI. About 85 people were benefited by the medical checkup.



World Pharmacist's Day celebration

The World Pharmacist's Day was celebrated by the students of IIIrd Pharm -D of Nirmala College of Pharmacy on 25th September 2018. The theme of this year's Pharmacist's Day was "PHARMACIST - Our Medicines Expert". As a part of this programme registered pharmacists of Nirmala Medical Centre were

The programme started by seeking the blessings of Almighty. Welcome speech was given by Eldhose Elias George . The inaugural address was delivered by Administrator Rev. Fr. Jos Mathai Mailadiath followed by Principal Dr. Manju Maria Mathews. Qualified pharmacists (Faculty) and Budding pharmacists (Students) pledged pharmacist oath by drawing hand in front which was lead by Miss Elseena, Asst. Professor of NCP. Akhila, student of IIIrd Pharm D gave a talk on world pharmacist day by putting light on "The importance of pharmacist on health care". Students displayed a mime based on the theme "Errors Of Self Medication" which was admired by one and all.

As a part of this programme , a quiz competition was conducted and was won by the IVth Pharm D students. Poster competition was also organized and the students displayed their posters on the theme and best posters were awarded. The programme concluded with a vote of thanks by Rimisha Thomas



World Pharmacist's Day



Diabetes day observation program

Date:14/12/2018

Venue: Seminar hall

Hosted by: Second year B.pharm students

Audience: Staffs and students

Welcome address: Aiswarya V.S

Vote of Thanks: Mintu Mathew

Nirmala College of Pharmacy, Muvattupuzha organised Diabetes day observation program for faculty, non-teaching staffs and students on November 14, 2018. Second year B.pharm students were given the opportunity to observe the day. The theme of this year is 'FAMILY AND DIABETES'. Halt the rise; beat the diabetes- was our motto for that day. The program began at 1:30 pm. Fourth year pharm.D and second year pharm.D were invited.

Aiswarya V.S of second B. pharm welcomed the gathering. During the event ,principal in charge Dr.Manju Maria Mathews highlighted the importance of healthy family diet that we must follow. Routine screening for complications of diabetes plays a vital role in preventing the same. After that ,vice principal Mrs.Deepa Jose felicitated the gathering. An interactive session of quiz competition was conducted by Nimitha Antony and the winners were awarded. Several drugs, symptoms of diabetes were discussed during that session. After that Abhitha N Jabbar and Varsha Vinod took a seminar on diabetes that described the treatment, prevention, types of diabetes etc.

Thereafter second B pharm students presented a role play that revealed the consequences of new generation food habits and its effect on diabetes. As part of conclusion Mintu Mathew delivered the vote of thanks. The program ended at 2:45 pm. The program was a grand success.





Role play



National pharmacy week celebration

In connection with the National Pharmacy Week celebration, a small programme, centered around the theme “Pharmacists for a healthy India” was organised by the students of Third Pharm D on 22nd November 2018. Dr.Ajit Shah, founder and president of APL, was the chief guest for the day. Rev.Fr.JosMathaiMailadiath, Administrator, NCP presided over the function.

The event unfolded by about 10:00 am with the prayer after which Principal Dr.Manju Maria Mathews extended a hearty welcome to the dignitaries and the audience. This was followed by the lamp lighting ceremony and further a small talk by the chief guest, which was indeed thought provoking. Felicitation was by Miss Deepa Jose, Vice Principal, NCP.

Thereafter it was the time for cultural programmes by the students which began with a fusion song performance, supported by the rhythm of the magic strings. Again, a small play based on the theme ‘Food and Diet’ conveyed the role of a pharmacist in creating a healthy disease-free population that can be an asset to the country. An exuberant contemporary dance performance by the dancing queens of Third pharm D added colour to the programme and captured the attention of the crowd.

Apart from the programmes conducted in the main auditorium, an elocution competition took place in the Fourth Pharm D classroom, and winners were awarded towards the end of the programme with great applause from the audience.

The programme concluded by about 12:15 pm with the vote of thanks by the student representative from Third pharm D. A special word of thanks was given to the Management and staff of Nirmala High School, Muvattupuzha for letting a few of our students conduct an awareness class there as a small community-based programme.





National pharmacy week celebration



Cancer day 2019

Date & Time: 04/02/2019, 10.30 a.m.

Venue: Carithas hospital, Kottayam

Hosted by: Vth Pharm D

Audience: Carithas hospital patients, staffs and students

Events:

- Poster presentation
- Patient counselling
- Stage performances



Patient counselling





Poster presentation



Awareness program





Patient Councelling



Academic year: 2019-2020

SI NO	TITLE OF EVENT	OUTCOME OF EVENT	DATE
1	Observance of Gandhi Jayanthi	As a part of celebrating the 150 th birthday of Mahatma Gandhi on 2 nd October 2019, students cleaned the KSRTC buses and premises of KSRTC bus stand Muvattupuzha. The program reminds the students about their fundamental duty to safeguard the public property.	2/10/2019
2	Diabetes day	The cumulative incidence of T2DM in Kerala is 21.9%. The program helped the students to upgrade their knowledge on diabetes prevention and treatments and thus to upgrade themselves and contribute their skills and knowledge to the society.	14/11/2019
3	Pharmacy Week Celebration	As a part of pharmacy week celebration, students received training on CPR from a team of doctors from the Indian Society of Anaesthesiology which enable them to share the knowledge and give training on CPR to the society. Students also involved in home-to-home counselling and health screening. The program helped the students to recognize their responsibilities to the society as a healthcare professional	18/11/2019 to 23/11 /2019
4	National constitution day	The program provided awareness on the Indian constitution. It also helped to direct the staffs and students towards the values and principles of Indian Constitution.	26/11/2019
5	Aids day	The disease AIDS caused an anxiety in society and sometimes feeling against humanity. Hence to reduce these discriminations towards HIV patients and to improve patient care education should start from the healthcare professionals.	2/12/2019



		The present program upgraded the knowledge of students enabled the them to educate the society on disease transmission, prevention, safe practices and the rights of HIV patients.	
6	Observance of 31 st national road safety week 2020	There were 4,12,432 incidences of road accidents during 2021 in India and these claimed 1,53,972 lives and caused 3,84,448 injury cases. Therefore, it is essential to provide road safety education . The program provide education on road safety and defensive riding and also on the first aid for the victims of accident to safe guars their lives.	17/01/2020.
7	Gandhi Samadhi Day observance	The day commemorate the struggles that Mahatma Gandhi took over for the freedom Indian nation	30/01/2020
8	Heart Day Celebration	Since India has one of the highest burdens of cardiovascular disease worldwide, the budding pharmacists are provided with CPR training which helped to upgrade themselves and contribute their skills and knowledge to the society .	30/09/2020



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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



Inaugural speech



Inaugurating the program



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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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Honoring Mahatma Gandhi with floral tributes



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Cleaning KSRTC buses

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Cleaning 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 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.



Cleaning KSRTC Bus stand, Muvattupuzha



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Distribution of cloth Bags



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Newspaper clips

ഗാന്ധിജയന്തി ദിനത്തിൽ കെ എസ് ആർ റിസി ബസ്സുകൾ ശുചീകരിച്ച് എം എൽ എയും

മുവാറ്റുപുഴ: ഗാന്ധിജയുടെ 150ാം ജന്മവാർഷികത്തിന്റേ ഓഗ്മായി ഗാന്ധിജയന്തി ദിനത്തിൽ നിർമ്മല കോളേജ് ഓഫ് ഫാർമസി യുടെ പരിസ്ഥിതി പരിപോഷക സംഘടനയായ 'തെന്നലാഷ്' എൻ. എസ്. എസ്. വിദ്യാർത്ഥികളും എസ്. ബി. ഐ മുവാറ്റുപുഴ റീജിയൻ ജീവനക്കാരും എൽദോ എബ്രഹാം എം. എൽ. എയുടെയും നേതൃത്വത്തിൽ മുവാറ്റുപുഴ കെ. എസ്. ആർ. റി. സി. ഡിപ്പോയിലെ ദീർഘദൂര സർവ്വീസ് ബസ്സുകൾ ശുചീകരിച്ചു. രാവിലെ 7.30 ന് ആരംഭിച്ച ശുചീകരണ പ്രവർത്തനങ്ങൾ. എൽദോ എബ്രഹാം എം. എൽ. എ ഉദ്ഘാടനം നിർവ്വഹിച്ചു. ഗാന്ധിജയുടെ മായചിത്രത്തിന് മുന്നിൽ പൂജാർച്ചയോടെ ആരംഭിച്ച ശുചീകരണ പ്രവർത്തനങ്ങൾക്ക് നിർമ്മല കോളേജ് ഓഫ് ഫാർമസി അഡ്മിനിസ്ട്രേറ്റർ ഫാ. ജോസ് മത്തായി മൈലാടിയത്ത്, എസ്. ബി. ഐ മുവാറ്റുപുഴ റീജണൽ മാനേജർ അജിത്



ഗാന്ധിജയന്തി ദിനത്തിൽ എൽദോ എബ്രഹാം എം. എൽ. എയുടെ നേതൃത്വത്തിൽ മുവാറ്റുപുഴയിൽ കെ. എസ്. ആർ. റി. സി ബസ്സുകൾ ശുചീകരിക്കുന്നു

കുമാർ, കുമാരി അലീന ഐസക്ക്, എന്നിവർ നേതൃത്വം നൽകി. ഗാന്ധിജയുടെ ആശയങ്ങൾ ശിരസാവഹിച്ച് സാധാരണക്കാരുടെ യാത്രാമാർഗ്ഗമായ

കെ. എസ്. ആർ. റി. സി. ബസ്സുകൾ ശുചീകരിക്കുവാൻ 'തെന്നലാഷ്' സംഘടനയിലെ വിദ്യാർത്ഥികൾ സ്വയം രംഗത്തിറങ്ങുവാൻ താൽപര്യം പ്രകടി

പിച്ചപ്പോൾ മാനേജ്മെന്റും അന്നബന്ധ അദ്ധ്യാപകരും വിവിധ സംഘടനകളും പിന്തുണയുമായി രംഗത്തിറങ്ങുകയായിരുന്നു.



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Diabetes day- 2019

Date & Time: 14/11/2019, 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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Diabetes day- 2019



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Pharmacy Week Celebration 2019

Date & Time: 18/11/2019 to 23/11 /2019,

Hosted by: III Pharm D Students

Events:

- Training session on COLS (compression only life support) conducted by a team of doctors from the Indian Society of Anesthesiology.
- Awareness class for the students of the 10th standard of Nirmala Higher Secondary School on the topics 'First Aid' and Diet.
- A Pharmacy Quiz competition was conducted on the same day for the students of the college, which covered general pharmacy topics of pharmacy practice, and history of pharmacy
- 'Home to Home Counselling and Health Screening'



Training session on COLS

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First Aid Awareness talk



Home visit and Health Screening



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NATIONAL CONSTITUTION DAY

Date & Time: 26th November, 2.30 to 4 PM

Venue: seminar hall, Nirmala college of Pharmacy, Muvattupuzha **Hosted by:**
NSS UNIT, Nirmala college of Pharmacy



National constitution day

- A programme was hosted by Third Pharm D students to commemorate the National Constitution Day, Celebrated on 26th of November every year in remembrance of Dr.Bimbi Rao Ambedkar the founder of Indian Constitution.
A quiz was conducted for the students on 22nd of November from 2:30 pm to 4:00 pm.A pair of students from each class were informed to participate. Quiz Master was Ms.Janice Jacson, A total of 4 rounds with 35 questions inclusive of 6 bonus questions were framed.



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The students allotted as audience to the program were Second Pharm D students.

- The program concluded with the distribution of Cash prizes by The principal- The first prize was bagged by 4th Pharm D students, Second Prize by 4th B Pharm Students and followed by The 2nd B Pharm Students.



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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



Mime

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Theme based short film



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OBSERVANCE OF 31ST NATIONAL ROAD SAFETY WEEK 2020

Venue: Nirmala College Of Pharmacy, Muvattupuzha

Time: 10 AM TO 1 PM

First session: First Aid for the victims of accident

Resource person: Mr Jobinkunjumon V, Assistant Professor, Nirmala College Of Pharmacy, Muvattupuzha

Second session: Road Safety and Defensive Riding

Resource person: Mr Manoj V.P, Assistant Motor Vehicle Inspector, Muvattupuzha

Third session: mr k.s. Eldhose, senior fire and rescue officer, muvattupuzha



Inaugural address

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- The session started at the seminar hall of Nirmala college of pharmacy with a felicitation speech by our administrator rev Fr Jos Mathai Mailadiath. Followed by our principle Dr DhanarajSA delivering his words about the remembrance of road safety week.
- The session stated with a first aid class revealing the importance and methodology of giving first aid during accidents. The session pinpointed the steps and their methods of delivering first aid along with PowerPoint visual presentation.
- The second session was handled by respected assistant motor vehicle inspector Mr Manoj V P along with videos and cases reported in Kerala, the relevance of wearing helmets, defensive driving protocol and current scenario of Kerala motor vehicle rules and implementations.
- The last session was handled by Mr. K.S. Eldhose, about fire and rescue both in road accidents and homes. The session was winded by presenting a token of appreciation by administrator to the three resource persons



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31st National Road Safety Week



Respected Sir/Ma'am,

Greetings from Indian Road Safety Campaign, Solve!

We would like to thank Nirmala College of Pharmacy, Muvattupuzha for participating at 31st National Road Safety Week 2020. We are highly grateful to the contribution of the college to promote road safety. 40,000 students from 400+ schools and colleges across India participated at the 31st National Road safety week 2020. We believe the college will take forward the road safety culture to build a Safer India.



Inauguration of iSAFE'20 by Hon'ble Defence Minister of India, Shri Rajnath Singh and Hon'ble Minister of Road Transport and Highways Shri Nitin Gadkari at 31st National Road Safety Week 2020, Vigyan Bhawan



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Demonstration of first aid for the accident victims



Road Safety and Defensive Riding

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Training on fire and rescue



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Gandhi Samadhi Day observance - 2020

Date & Time: 30/01/2020, 10.30 a.m

Venue: Tenelach office

Hosted by: Tenelach Team

Audience: Staff and students of tenelach team

Event:

Floral offering on Gandhiji's Photo : Rev. Jos Mathai Mailadiath, Administrator



Honoring Mahatma Gandhi with floral tribute



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Heart Day Celebration

Date & Time: 30/09/2020, 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.



Demonstration of CPR



Flash mob



Academic year 2020-2021

SI NO	TITLE OF EVENT	OUTCOME OF EVENT	DATE
1	World heart day	According to the recent evidences, cardiovascular diseases contributed to 28.1% of total deaths in India. Hence it is the social responsibility of Indian health care professional to educate their citizens about the disease. An awareness talk from Dr.Sandeep. R, MD,DM,DNB, consultant Interventional cardiologist Marsleeva Medicity, Pala was made available online for the awareness of public by this event.	29/09/2020
2	World Diabetes Day	The program upgraded the knowledge of budding clinical pharmacists on the role of medical nutritional therapy for type 2 Diabetes mellitus. Since diabetes is one of the prevalent diseases in Indian population it is the social responsibility of budding clinical pharmacists to upgrade themselves and strive towards excellence; thus, contribute effectively to nation's healthcare system	14/11/2020
3	World Aids day	The program provided awareness to the students on, HIV prevention, safe practices and the rights of HIV patients and enabled them to educate the society and thus helps to prevent discriminations and provide proper patient care	01/12/2020
4	World cancer day	The estimated number of incident cases of cancer in India for the year 2022 was found to be 14,61,427. Hence It is the social responsibility of a budding health care professional to upgrade themselves and provide right awareness to the public. The current program involved awareness talks from Dr. Chitrathara. K(Director, Gynec Oncology & Breast ncer, VPS Lakeshore Hospital, Kochi and	04/02/2021



		Dr. Balamurali Krishna (Oncologist Surgeon, Radiation Oncologist, General) upgraded the student's knowledge and the talk was made available online for the awareness of public	
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World Heart Day

Date & Time: 29/09/2020,

Venue: Online platform

Hosted by: IV Pharm.D students

Audience: All teachers and students

Felicitations: 1. Rev. Jos Mathai Mailadiath, Administrator

2. Dr Badmanaban R, Principal

2. Mr.Dhanish Joseph, Class In charge

Guest: An interview with a cardiologist-Dr.Sandeep. R,MD,DM,DNB,
consultant Interventional cardiologist Marsleevea Medicity, Pala

Events: Article writing, Fitness challenge, still modeling, Healthy heart
recipe, Theme presentation by students.



heart day 2020

384 views · 5 months ago



48



0



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Inaugural speech



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-
Established in 2004, under Nirmala College
Society



World Diabetes Day

Date & Time: 14/11/2020

Venue: Online platform

Hosted by: V Pharm.D students in association with Caritas hospital & institute of healthSciences, Kottayam

Audience: All teachers and students

Felicitations: 1. Dr Badmanaban R, Principal
2. Prof.Dr.Shaji George, HOD, Dept.Of Pharmacy practice

Guest: Mrs.Remya Joshy (Clinical Nutritionist, Caritas Hospital, Kottayam)

Topic: Role of MedicalNutritional therapy for type 2 Diabetes Mellitus

Events: Diabetes awareness poster, Burpres challenge, Cultural programmes- Mime, Dance,song.



#World

Diabetes day 2k20 final

290 views · 3 months ago



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World Diabetes Day



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-
Established in 2004, under Nirmala College
Society



World Aids day

Date & Time: 01/12/2020,

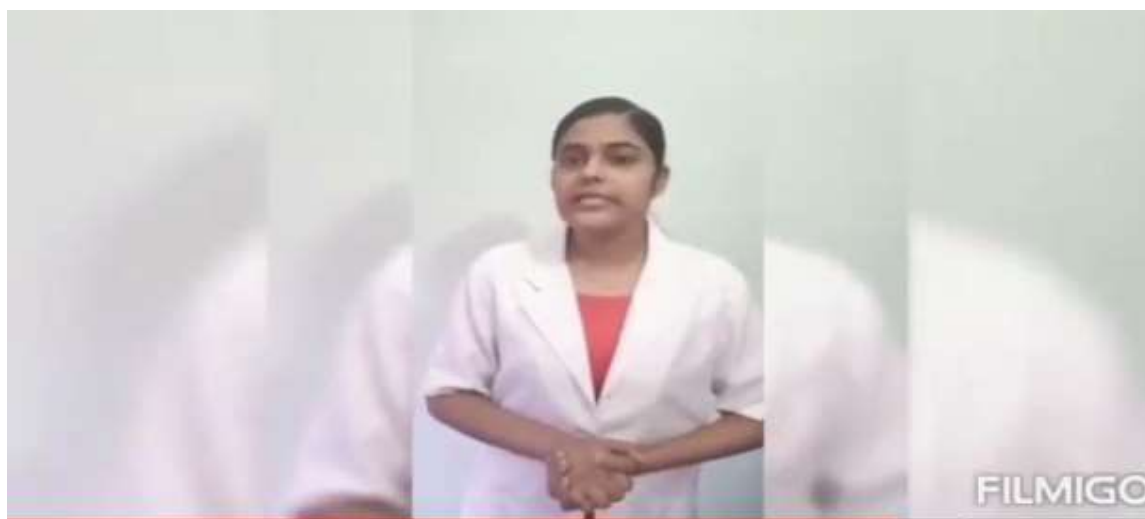
Venue: Online platform

Hosted by: III semester B.Pharm students

Audience: All teachers and students

Felicitations: 1. Dr Badmanaban R,
Principal

Events: Vlog writing, E-poster, Awareness video by students



Aids Day 2020

84 views · 2 weeks ago



11



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World Aids day



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-
Established in 2004, under Nirmala College
Society



World cancer day

Date & Time: 04/02/2021

Venue: Online platform

Hosted by: First year Pharm.D students

Audience: All teachers and students

Felicitations:

1. Dr Badmanaban R, Principal
2. Dr. Deepa Jose, Vice Principal

Guest: 1) Dr. Chitrathara. K(Director, Gynec Oncology & Breast
Cancer,VPSLakeshore Hospital, kochi.

2) Dr. Balamurali Krishna, Oncologist Surgeon, Radiation
Oncologist, GeneralHospital, Ernakulam

Events: Awareness video & Skit by students



World cancer day



Academic year 2021-2022

SI NO	TITLE OF EVENT	OUTCOME OF EVENT	DATE
1	Gandhi Jayanthi	The day commemorate the struggles that Mahatma Gandhi took over for the freedom Indian nation	2/10/2021
2	Environment day observation	The program helped to create an awareness on the necessity to protect and improve the natural environment including forests, lakes, rivers and wild life and also helped to inculcate compassion among studentstowards society	2/06/2022
3	International Day Against Drug Abuse and Illicit Trafficking observation	Reports indicated that 16 of Indian youth uses drugs at least once a week in 2021 and it was found to raise to 23% in 2022. The present program helped to raise awareness against drug abuse among the students	26/06/2022



OBSERVATION OF GANDHI JAYANTHI



Inaugural addressing

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 club

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 chalakudy

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 panchayath 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.





Shade tree saplings plantation





Shade tree saplings plantation



Environment day observation

Report

Nirmala college of pharmacy, Muvattupuzha (MP020-1)

Unit No. :

NSS/SFU/

ERK/KU

HS/1(Id:

C-11727)

Name of the Institution : Nirmala College of
Pharmacy, Ernakulam Name of the Programme

Officer : Dr. Prasanth Francis

Circular from kuhs

From: Registrar KUHS <registrar@kuhs.ac.in>
Date: Wed, May 18, 2022 at 3:05 PM
Subject: Fwd: ഗവൺമെന്റ് കോളേജ് - 2022-ലെ ഓപ്പറേഷൻ അക്ടിവിറ്റി - മലപ്പുറം ജില്ല
To: <nsscell@kuhs.ac.in>

Sir/Madam,

Please see the attached document for information and necessary action. All NSS Units shall observe the environment day in a fitting manner and all care shall be taken to preserve the planted trees. You may take action to collect the plants from the Forest Department forthwith as directed in the communication attached.

Action taken

Activity 1 1

As part of environment day observation the NSS unit collected 470 partially used note books from college and handed over to Principal, St Sebastian's school, Anicadu. This is for the encouragement of complete utilisation of resources and to inculcate compassion among students towards society. 16 first year students voluntarily coordinated the activity.

Total no of volunteer participants - 16

Activity-2

As part of environment day observation the NSS unit planted tree saplings near Anicadu pond.

Total no of volunteer participants- 15



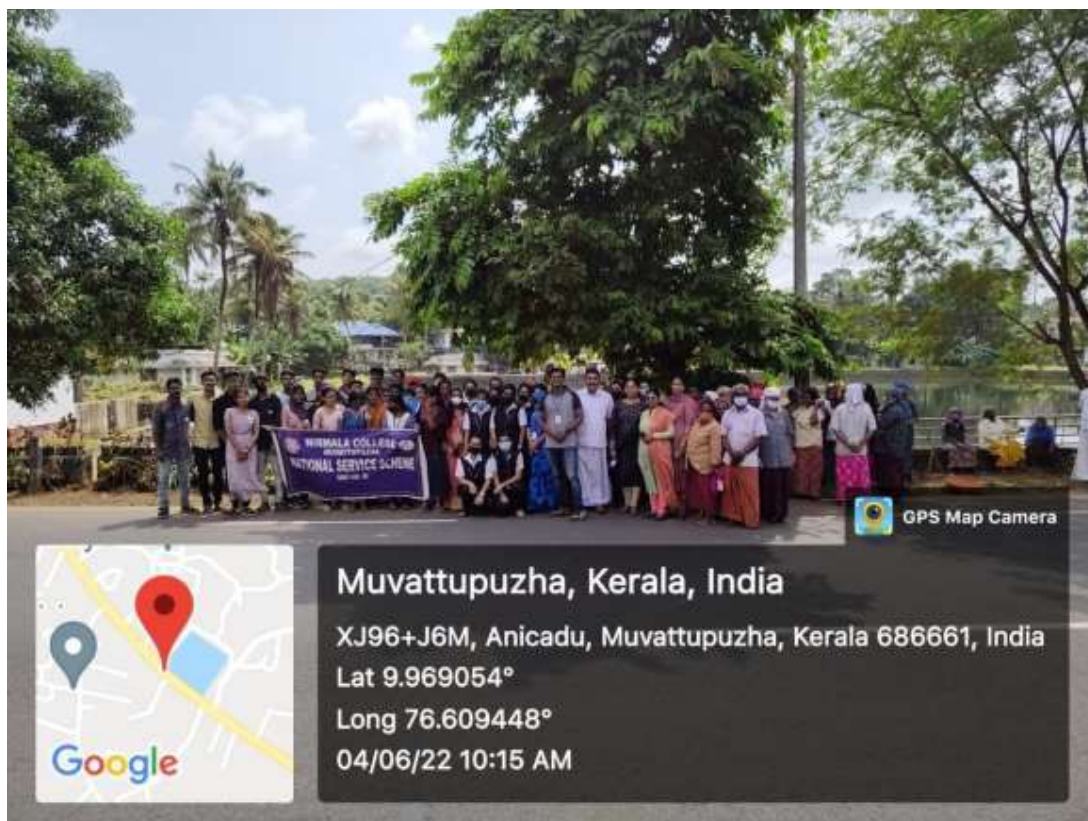
Activity-1 Photos



Distribution of Books



Activity 2



NSS Unit at Anicadu pond



Tree saplings plantation

International Day Against Drug Abuse and

Illicit Trafficking observation

REPORT

Nirmala college of pharmacy,
Muvattupuzha (MP020-1)Unit No. :
NSS/SFU/ERK/KUHS/1 (Id: C-11727)
Name of the Institution : Nirmala College of
Pharmacy, ErnakulamName of the Programme
Officer : Dr. Prasanth Francis

Circular from kuhs

സർ,

വിഷയം:- സംസ്ഥാന എൻ.എസ്.എസ്. യൂണിറ്റ് തിരുവനന്തപുരം - അന്താരാഷ്ട്ര
ലഹരി വിരുദ്ധ ദിനാചരണം - സംബന്ധിച്ച്

സൂചന:-

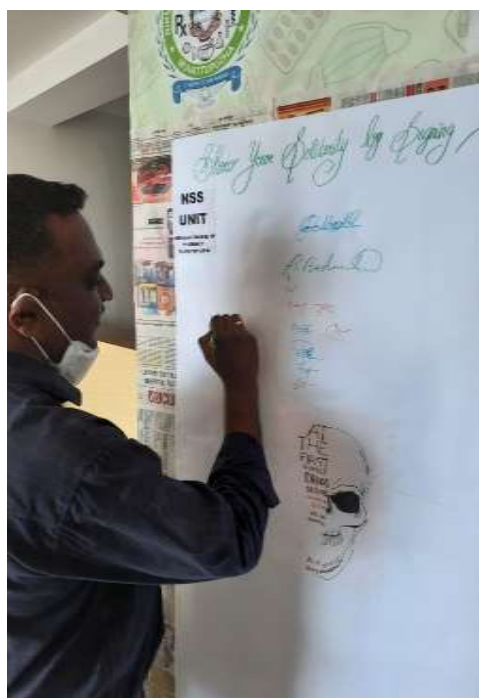
മതസ്കൗതന്ത്ത് ദുരുപയോഗം, അനധികൃത കടത്ത് എന്നിവക്കെതിരായി എല്ലാ വർഷവും ജൂൺ 26
ഐക്യരാഷ്ട്ര സഭയുടെ ആഹ്വാന പ്രകാരം ലോക മരുന്നുകളുടെ അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനമായി
ആചരിച്ച് വരുന്നു. ഉന്നത വിദ്യാഭ്യാസ വകുപ്പ് നിർദ്ദേശത്തെ തുടർന്ന് 2022 ജൂൺ 26 ന് സംസ്ഥാന
നടപടിയ്ക്കൽ സർവ്വീസ് സ്കീമിന്റെ മനതൃപ്തത്തിൽ ലഹരി വിരുദ്ധ പ്രചരണാർത്ഥം വിപുലമായ
പരിപാടികൾ സംഘടിപ്പിക്കുവാൻ തീരുമാനിച്ചിട്ടുണ്ട്. ആയതിന്റെ അടിസ്ഥാനത്തിൽ
കേരളത്തിലെ മുഖ്യമന്ത്രിയുടെ എൻ എസ് എസ് സെല്ലുകളുടെ മനതൃപ്തത്തിൽ ലഹരി വിരുദ്ധ പ്രചരണാർത്ഥം
ക്യാമ്പയിനുകൾ, ഫ്ലാക്സറോബുകൾ, ലഹരിയുടെ ദുഷ്പ്രഭാവങ്ങൾ ഉൾക്കൊള്ളിച്ചുകൊണ്ടുള്ള പോസ്റ്റർ
പ്രദർശനം, ലഹരിക്കെതിരെ ജനങ്ങളെ മോദധരാനന്ദകര്യം എന്ന ലക്ഷ്യത്തോടെ ഭവന സന്ദർശനം
എന്നീ വിവിധ പരിപാടികൾ യൂണിറ്റ് തലങ്ങളിൽ സംഘടിപ്പിക്കേണ്ടതാണ്. അതിനാൽ ടി പരിപാടി
സംഘടിപ്പിക്കുന്നതിനുള്ള നിർദ്ദേശങ്ങൾ യൂണിറ്റുകൾക്ക് നൽകണമെന്നും പ്രസ്തുത പരിപാടികൾ
നടത്തിയതിന് ശേഷമുള്ള റിപ്പോർട്ടും ഫോട്ടോകളും statensskerala@gmail.com എന്ന ഇ - മെയിലിലേക്ക്
അയച്ച് അണക്കുന്നതും അറിയിക്കുന്നു.

Action taken

As part of International Day Against Drug Abuse and Illicit Trafficking observation the NSS unit conducted poster presentation and Signature collection campaign. Students of all batches actively participated in the event.

Total no of volunteer participants- 200





Signature collection





Signature collection



Signature collection



Academic year 2022-2023

SI NO	TITLE OF EVENT	OUTCOME OF EVENT	DATE
1	Diabetic day	The program provided awareness on Diabetes mellitus, its social impact, complications, preventive measures and treatments	16/11/2022
2	AIDS day	The program provided awareness to the students on, HIV prevention, safe practices and the rights of HIV patients and enabled them to educate the society and thus helps to prevent discriminations and provide proper patient care	01/12/2022
3	World water day	The program helped to create an awareness on the necessity to protect and improve the natural environment including forests, lakes, rivers and wild life and also helped to inculcate compassion among studentstowards society	22/3/2023
4	World tuberculosis day	The program aimed to enrich the knowledge of TB among students. It is the social responsibility of budding clinical pharmacists to upgrade themselves and strive towards excellence; thus, contribute effectively to nation's healthcare system	24/3/2023
5	World no tobacco day	Reports indicated that 16 of Indian youth uses drugs at least once a week in 2021and it was found to raise to 23% in 2022. The present program helped to raise awareness against drug abuse among the students	30/5/2023
6	World environmental day	The program helped to create an awareness on the necessity to protect and improve the natural environment including forests, lakes, rivers and wild life and also helped to inculcate compassion among studentstowards society	5/6/2023



Diabetes Day 2022

Date & Time: 16-11-2022 , 12.00 Noon

Venue: Public places

Hosted by: Second Semester B. Pharm & Co-Curricular committee

Audience: Public

Welcome address: Prof. Dr. Badmanabhan. R, Principal

Felicitations: Prof. Dr. Deepa Jose, Vice principal

Events: Pamphlet release,
Awareness classes about diabetes in public places & nearby institutions in Muvattupuzha with pamphlets.



At Nirmala school Muvattupuzha





At Nirmala school Muvattupuzha



Campaign against narcotic drug abuse: Public awareness program”World eye sight day

Nirmala college of pharmacy,

Muvattupuzha (MP020-1)Unit No. :

NSS/SFU/ERK/KUHS/1 (Id: C-11727)

Name of the Institution : Nirmala College of Pharmacy, Ernakulam
Name of the Programme Officer : Dr. Prasanth Francis

Action took

As part of world eye sight day on 13/10/2022, NSS unit of Nirmala college of pharmacy, Muvattupuzha in association with Ahalia Foundation eye Hospital conducted a public awareness program against drug abuse at Kacherithazham bus stand, Muvattupuzha.

Students from Second semester Bpharm conducted a Mime on the same theme and students of First Pharm D performed a flash mob. Principal, Vice principal of Nirmala college of pharmacy and PRO of Ahalia eye foundation gave classes on the drug abuse. 35 students from organisation participated in the events. Public were benefited by the campaign.

Total no of volunteer participants- 35



Public awareness against drug abuse





Public awareness against drug abuse



WORLD AIDS DAY

Date & Time : 01/12/2022 , 1.00 PM

Venue : Infront of college

Hosted by : 4th year Pharm D

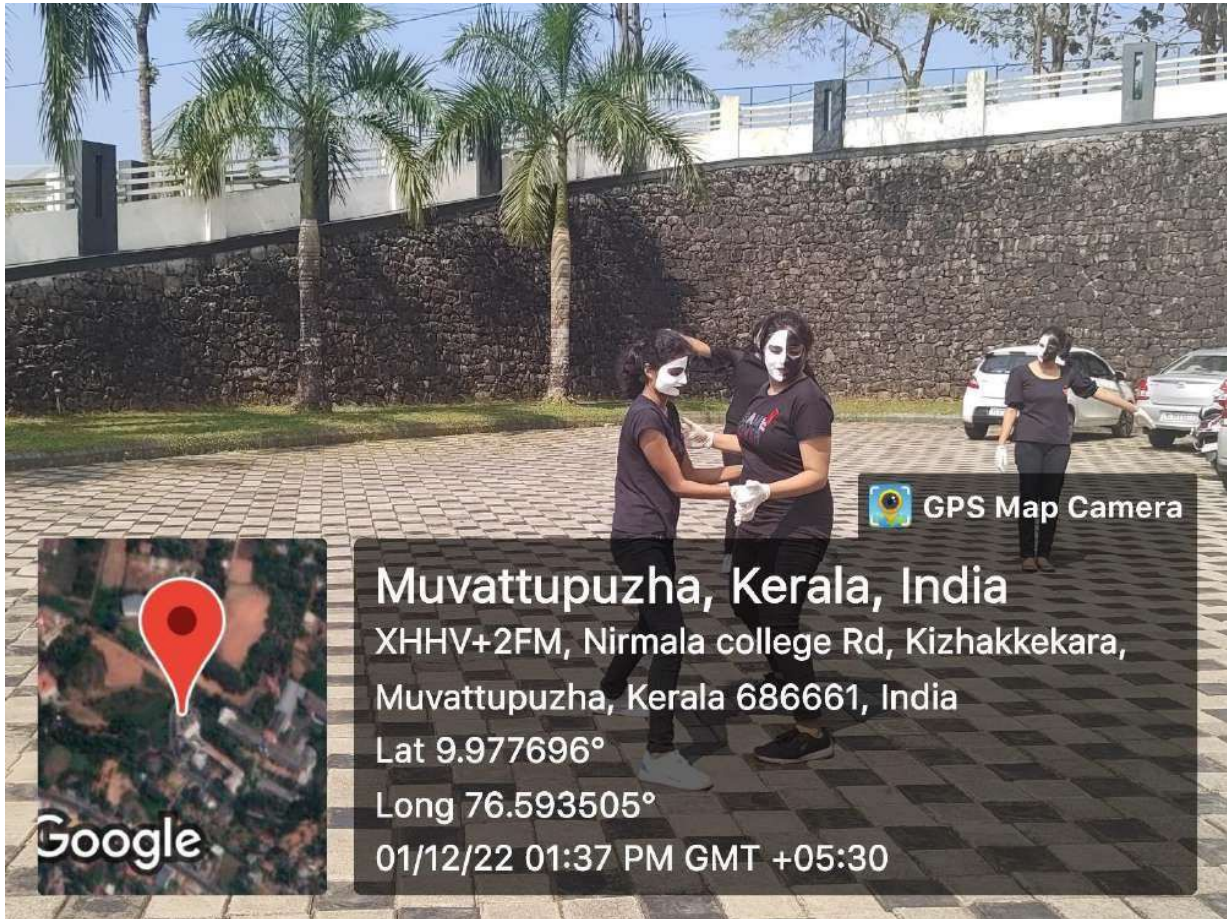
Events : Mime by 4th Pharm D students Quiz

Fourth year Pharm D students in association with co-curricular committee organized a mime in front of college on World AIDS day. The mime followed by a quiz on Thursday at 1



Mime





Mime



WORLD WATER DAY----

Date & Time: 22.03.2023,9AM TO 10:30 AM

Venue: OUTREACH PROGRAM

Hosted by: Nature Club

Staff Coordinators: Mrs. Nancy Jose, Dr. Dona Maria Jetto

Student Coordinators: Ayona Elizabeth, Anas Muhammed Azad

The Nature club members of Nirmala College of Pharmacy along with Second Year Pharm D and Third year Pharm D students went for an outreach program in nearby homes of Avoli Panchayath. Total of 25 students participated.



Newspaper cutting





Distribution of leaflets on water conservation methods.

Students visited 30 homes and distributed leaflets highlighting water conservation methods. Students addressed the importance of conserving water and explained the various methods that can be adopted.

DISPLAY OF CHARTS

Students visited 30 homes and distributed leaflets highlighting water conservation methods. Students addressed the importance of conserving water and explained the various methods that can be adopted.

DISPLAY OF CHARTS

In addition, as part of water day, the students also displayed charts. The charts were prepared by students of sixth semester and third semester B.Pharm and fourth and second year Pharm D.





Awareness message



WORLD TUBERCULOSIS DAY CELEBRATION

Date & Time: 24/03/2023, 03.00 pm

Venue: College Auditorium

Hosted by: First Semester B. Pharm & Co-Curricular committee

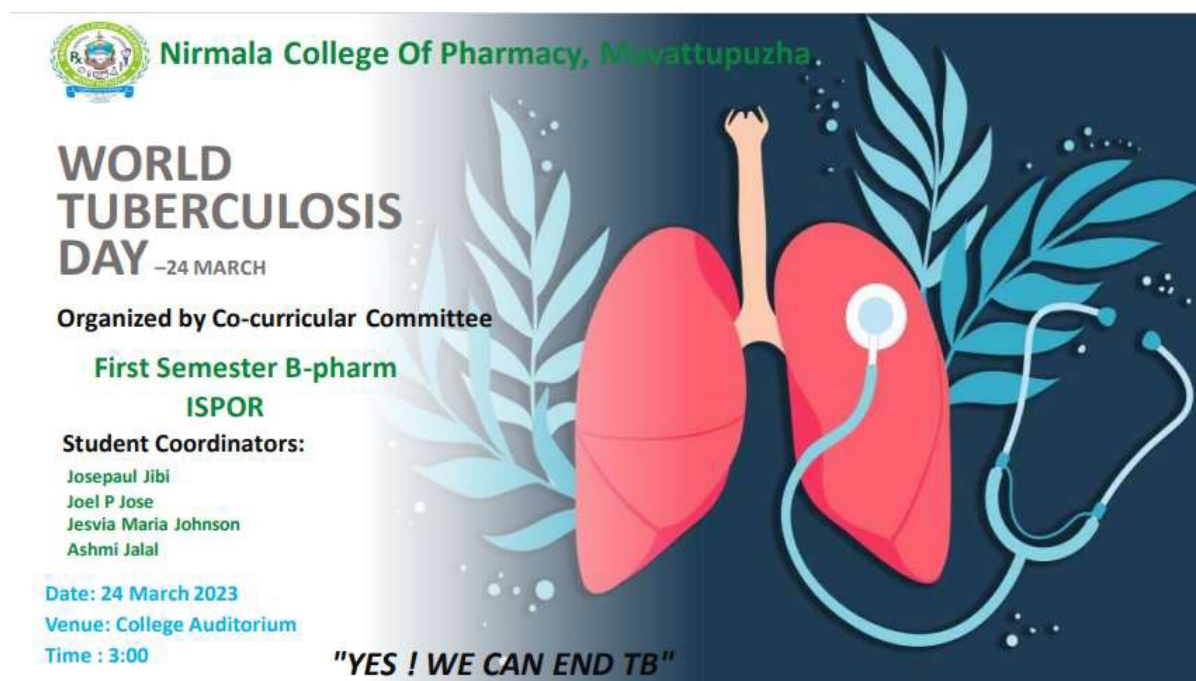
Audience: First Semester B. Pharm students

Welcome address: Ms. Annet, First Semester B. Pharm student


Felicitations: Rev. Fr. Jose Pulloppillil

Events: Skit

Awareness class- Ms. Camila A Carlman and Ms. Aneeta Jeeson



The brochure features a dark blue background with a central illustration of a pair of red lungs. A blue stethoscope is draped over the right lung, and blue laurel branches flank the lungs. The text is arranged on the left side of the illustration.

 **Nirmala College Of Pharmacy, Muvattupuzha.**

**WORLD
TUBERCULOSIS
DAY** –24 MARCH

Organized by Co-curricular Committee

**First Semester B-pharm
ISPOR**

Student Coordinators:
Josepaul Jibi
Joel P Jose
Jesvia Maria Johnson
Ashmi Jalal

Date: 24 March 2023
Venue: College Auditorium
Time : 3:00

"YES ! WE CAN END TB"

Broacher



Awareness among Students :

A TB awareness program was organized by the first year B.Pharm students with co-curricular committee on 24/03/2023. The programme aimed to enrich the knowledge of TB among students. The main theme of the programme was:-

- What is TB?
- What is the cause of TB?
- What are the symptoms?
- How it is transmitted?
- What are the preventive measures?
- Where to go for diagnosing and treatment?
- Is TB treatment free?
- Is TB curable?
- Is TB hereditary?
- Who are at risk?

The programme began with prayer and welcome address given by Ms. Annet followed felicitation by Rev. Fr. Jose Pulloppillil and brief dialogue on TB. First year B. Pharm students performed a skit on TB and then, fifth year pharm D students given an awareness session. After completing all the formal events, Principal Prof. Dr. Badmanaban appreciated the students for their performance. It was very interesting and the program wind up with the vote of thanks by Ms. Hiba Fathima





Theme based skit





Awareness program



WORLD NO TOBACCO DAY

MAY 30th 2023

As part of 'World No Tobacco day,' SSGP and Co-Curricular committee of Nirmala College of Pharmacy organized an awareness talk by **Dr. Mopuri Chaitanya Kumar Reddy, Consultant Surgical Oncologist, Smita Memorial Hospital, Thodupuzha**. The programme started at 3:15 pm in the auditorium. Principal Dr. Badmanaban R welcomed the gathering. Students of First, Second, Third year Pharm D and Third and Fifth semester B.Pharm participated in the programme. Doctor highlighted the association of increasing oral cancers with the use of tobacco. He also emphasized on the health hazards caused by use of tobacco. The students of fifth semester B.Pharm performed a skit. The program winded at 4:30 pm.



Inaugural address





Awareness talk



WORLD ENVIRONMENT DAY

As part of **World Environment Day** on 5th June 2023, Nature club and Media Club of Nirmala college of Pharmacy organized a clean the campus program which included cleaning the medicinal garden and college premises. Tree plantation was also organized. Medicinal plants were planted. Students of fifth semester Bpharm and first year pharm D participated.



The poster features a circular inset image of two hands holding a small green seedling in soil. The background is a textured brown paper with a large black leaf graphic on the right side.

 **Nirmala college of Pharmacy Muvattupuzha**

5 June 2023

WORLD ENVIRONMENT DAY

Sometimes we forget
just how much natural
systems support our
own well-being.

Programs

- Best from waste competition**
- Campus Cleaning and tree plantation**
- medicinal garden make up**

Nature club in association with media club

Broacher





Cleaning the pond





Cleaning the pond





Planting medicinal plants

