

NIRMALA COLLEGE OF PHARMACY



NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

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

Telephones: 0485 2836888, 0485 2830666

Email: nip_mvpa@yahoo.co.in Website: www.nirmalacp.org

FIRST CYCLE NAAC ACCREDITATION 2023

CRITERION 7



INSTITUTIONAL VALUES AND BEST PRACTICES

7.1.4 Describe the Institutional efforts/initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic diversity and Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

Academic year: 2019-2020

SI NO	TITLE OF EVENT	PROGRAM CATEGORY	OUTCOME OF EVENT	DATE
1	Onam celebration	Cultural harmonization	Festivals are important part of Indian culture. The celebration reminded our origins, values, and brought persons closer	6/09/2019
2	Observance of Gandhi Jayanthi	Constitutional obligations:	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
3	NSS unit kit distribution in tribal colony	Constitutional obligations:	The program helped the students to realize their responsibility to serve the society that need their support and, learn what it means to be responsible citizens.	05/10/2019
4	Fresher's Day Celebration	Regional, linguistic and socioeconomic harmonization	The program helped to create a friendly atmosphere among seniors and juniors and thus the harmony within the campus.	15/10/2019
5	Arts Day	Cultural harmonization	The program encouraged the creative activity within the students. All batches of students were actively participated in the celebration and it created a friendly attitude and understanding among various batches	04/11/2019
6	Diabetes day	Duties and responsibilities of Indian health care professional	The cumulative incidence of T2DM in Kerala is 21.9%. The program helped the students to upgrade their knowledge on diabetes prevention and	14/11/2019



			treatments and thus to upgrade themselves and contribute their skills and knowledge to the society.	
7	Pharmacy Week Celebration	Duties and responsibilities of Indian health care professional	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
8	National constitution day	Constitutional obligations:	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
9	Aids day	Duties and responsibilities of Indian health care professional	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. 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.	2/12/2019



10	Christmas Celebrations	Communal harmonization	Students and staffs of religious background enthusiastically participated. It helps to maintain an extensive network among students	18-12-2019
11	Observance of 31 st national road safety week 2020	Constitutional obligations:	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 guards their lives.	17/01/2020
12	Gandhi Samadhi Day observance	Constitutional obligations	The day commemorate the struggles that Mahatma Gandhi took over for the freedom Indian nation	30/01/2020
13	Heart Day Celebration	Duties and responsibilities of Indian health care professional	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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Muvattupuzha P.O., Ernakulam Dist., Kerala-

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Society



Onam Celebrations -Thimirthonam 2k19

Date & Time: 6/09/2019, 10.00 a.m

Venue: Nirmala College of Pharmacy ,Auditorium

Hosted by: II BPharm and II Pharm D

Audience: Teachers and All Students

Welcome address: Akash Johnson(III Sem B.Pharm)

Chief Guest: Rev. Dr.Biju M.S, the vice principal of Nirmala public school, Muvattupuzha

Felicitations:1) Rev. Fr. Jos Mathai Mailadiath, Administrator

2) Dr. Manju Maria Mathews, Principal

3) Dr. Deepa Jose, Vice Principal

Vote Of Thanks: Camila.A. Carlman (IInd Pharm D)



THIMIRTHONAM 2K19

Program outcome

Festivals are important part of Indian culture. The celebrations remind us of our origins, values, and bring about a sense of bonding . Onam is the harvest festival of Kerala. Programmes arranged portrayed the rich Malayali traditional and culture.



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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



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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 tribut



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Cleanliness drive organised as part of Gandhi Jayanthi

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Cleanliness drive organised as part of Gandhi Jayanthi

- 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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Students involved in cleanliness drive at KSRTC, Muvattupuzha



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Observance of Gandhi Jayanthi in association with SBI Muvattupuzha branch



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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 ഫാർമസിയിലെ 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 പൂജാർച്ചനയോടെ 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, കമാരി അലീന ഐസക്ക്, എന്നിവർ നേതൃത്വം നൽകി. ഗാന്ധിജയുടെ ആശയങ്ങൾ ശിരസാവഹിച്ച് സാധാരണക്കാരുടെ യാത്രാമാർഗ്ഗമായ

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

പ്പിച്ചപ്പോൾ മാനേജ്മെന്റും അന്നു ബന്ധ അദ്ധ്യാപകരും വിവിധ സംഘടനകളും പിന്തുണയുമായി രംഗത്തിറങ്ങുകയായിരുന്നു.

Program outcome

As a part of celebrating the 150th birthday of Mahatma Gandhi on 2nd 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.



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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



NSS unit kit distribution in tribal colony



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Deepika newspaper



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Distribution of kits



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- 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.

Program outcome

The program helped the students to realize their responsibility to serve the society that need their support and, **learn what it means to be responsible citizens.**



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Fresher's Day Celebration 2019

Date & Time: 15/10/2019, 1.00 p.m

Venue: Nirmala College of Pharmacy , Auditorium

Hosted by: Third Semester B.Pharm, Second Pharm.D

Audience: All teachers, student of 1st BPharm, 1st Pharm. D, Third semester B.Pharm and Second Pharm.D

Welcome address: Anju Vargheese(IInd Pharm D)

Felicitations: 1) Rev. Jose Mathai Mailadiath, Administrator
2) Dr.Manju Maria Mathews, Principal

Vote of Thanks: Elmy Issac (Ist year Pharm .D)



Freshers' day 2019

Program outcome

The program helped to **create a friendly atmosphere** among seniors and juniors and thus the harmony within the campus.



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Arts Day - Noopura 2K19

Date & Time: 02-11-2019 (Half day) & 04-11-2019 (Whole Day)

Venue: Nirmala College of Pharmacy Auditorium, Seminar hall and 3rd B.Pharm classroom

Hosted by: College

Audience: Teachers and All Students



Noopura 2K19

Program outcome

The program encouraged the creative activity within the students. All batches of students were actively participated in the celebration and it created a friendly attitude and understanding among various batches



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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

Program outcome

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.**



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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 conducted by Indian Society of Anaesthesiology.



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First Aid Awareness talk



Home to home health counselling and screening.

Program outcome

As a part of pharmacy week celebration, students received training on CPR from a team of doctors from the Indian Society of Anesthesiology 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**



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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



Quiz winners at 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 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. 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.

Program outcome

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.



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World 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

Program outcome

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. The present program **upgraded the knowledge of students enabled them to educate the society** on disease transmission, prevention, safe practices and the rights of HIV patients.



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Christmas Celebrations-ESPERANZA 2K19

Date & Time: 18-12-2019, Full day

Venue: Nirmala College of Pharmacy Auditorium

Hosted by: 3rd B.Pharm and 3rd Pharm. D

Audience: Teachers and All Students

Welcome address: Mariya Joy ,(vth sem B.Pharm)

Chief Guest: Rev Msgr. Dr. Cherian Kanjirakombil, Manager

Felicitations: 1) Rev. Fr. Jos Mathai Mailadiath, Administrator

2) Dr Dhanaraj S A, Principal

3) Dr. Deepa Jose, Vice Principal

Vote of Thanks: Freddy P. Robin (vth sem BPharm)



ESPERANZA 2K19

Program outcome

Students and staffs of religious background enthusiastically participated. It helps **to maintain an extensive network among students**



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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.



Launch of iSAFE'20 by Hon'ble Defence Minister of India, Shri Rajinath 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

Program outcome

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



NIRMALA COLLEGE OF PHARMACY

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

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



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

Program outcome

The day **commemorate the struggles** that Mahatma Gandhi took over for the freedom Indian nation



World 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

Program outcome

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**