

NIRMALA COLLEGE OF PHARMACY



# NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

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

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**FIRST CYCLE NAAC ACCREDITATION 2023**

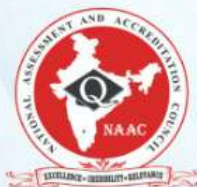
## CRITERION 7



### 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: 2018-2019**

SI NO	TITLE OF EVENT	PROGRAM CATEGORY	OUTCOME OF EVENT	DATE
1	World heart day celebration	Duties and responsibilities of Indian health care professional	The program created awareness on cardiac disorders and provided <b>free health check-up to the residents of Muvattupuzha</b>	16/09/2018
2	World pharmacist's day	Regional, linguistic and socioeconomic harmonization	All celebrations in the campus are intended to strengthen the bond among students and help in team work as they are involved in the planning and organization of events. The event helped to reinforce the harmony and <b>friendly atmosphere of the campus.</b>	25/09/2018
3	Freshers' day celebration	Regional, linguistic and socioeconomic harmonization	The newcomers were welcomed to the campus by their seniors and the program helped to <b>create a friendly atmosphere</b> for the newcomers.	10/10 2018
4	Blood donation camp	Duties and responsibilities of Indian health care professional	The program was intended to develop the humanitarian role of an individual in society <b>and educate the students about their duties and responsibilities as an Indian citizen</b>	22/11/2018
5	Diabetes day observation program	Duties and responsibilities of Indian health care professional	The program provided <b>awareness to the upcoming pharmacists</b> on Diabetes mellitus, its social impact, complications, preventive measures and treatments. Since diabetes is one of the prevalent diseases in the Indian population it is the social responsibility of budding pharmacists to <b>upgrade themselves and strive towards excellence</b> ; thus, contribute	14/11/ 2018



			effectively to the nation's healthcare system	
6	National pharmacy week celebration	Regional, linguistic and socioeconomic harmonization also Duties and responsibilities of Indian health care professional	All batches of students were actively involved in the planning and organization of events which helped to <b>strengthen the harmony</b> among various batches. The celebration also helped to create an awareness on the <b>role of pharmacist in creating a healthy disease-free population</b> that can be an asset to the country	22/11/2018
7	Cancer day	Duties and responsibilities of Indian health care professional	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 <b>counselling has given for the patients that helped to empower their minds and reduce their mental stress and strain.</b>	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 4<sup>th</sup> 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.

### Program outcome

It is the responsibility of a health care professional to promote health, prevent and contain diseases and deliver health care services to their citizens. The program created awareness on cardiac disorders and provided free health checkup to the residents of Muvattupuzha



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## World Pharmacist's Day celebration

The World Pharmacist's Day was celebrated by the students of III<sup>rd</sup> 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 III<sup>rd</sup> 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 IV<sup>th</sup> 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.



Mime on "errors of self-medication"



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## FRESHERS DAY CELEBRATION

**Date:** 10<sup>th</sup> October 2018

**Venue:** Nirmala College of Pharmacy auditorium

**Hosted by:** 2<sup>nd</sup> year B.Pharm students

**Audience:** Students and staffs

**Welcome address:** Fr.Jos Mathai Mailadiath

**Vote of Thanks:** Ms. Manju Maria Mathews

Fresher's day was conducted on 10<sup>th</sup> October 2018 for the first year students by the Second years (Pharm D & B Pharm). The program commenced at 1:30pm. It was initiated with prayer, later by the felicitation speech by the Administrator, Rev. Fr. Jos Mathai Mailadiath. Principal in Charge Dr. Manju Maria Mathews also addressed the gathering. A welcome address was proposed by Aishwarya V from Second year (B Pharm). The programs included an all in one dance-song by the first years which also had a special note of tribute for the lately passed violinist, Shri Balabhasker A dance by the second years and a breath taking musical performance by the second years took place. A program was specially arranged for introducing all the juniors on stage. Finally the event concluded with a vote of thanks delivered by Anitta, a first year student.



Freshers' day





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**Freshers' day Dance**

## **Program outcome**

The newcomers were welcomed to the campus by their seniors and the program helped to create a friendly atmosphere for the newcomers.



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## Blood Donation Camp

**Date & Time:** 22-11-2018, 9.30-01.00 PM

**Venue:** Nirmala College of Pharmacy Seminar hall

**Hosted by:** NSS UNIT

**Camp conducted by :** Indian medical Association (IMA) Thodupuzha

A blood donation camp was organized by the NSS Unit of Nirmala college of Pharmacy, Muvattupuzha as part of the national pharmacy week celebration on 22<sup>nd</sup> November 2018 held at the seminar hall of the institution. The camp was conducted by the volunteers of IMA blood bank regional blood transfusion centre, Thodupuzha . The team members involved the service of a physician along with two nurses and two lab technicians.

The blood donation camp commenced with the inauguration by the administrator Rev.Fr Jose Mathai mailadiath at 9.15 AM. A total of 48 members including the students and staff of the institution had donated their blood. There was an overwhelming response from students and staffs and a total of 47 units were collected in the camp. Some of the donors who could not donate this time were assured for donation in the next camp.



**Blood donation drive**





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A Certificate of appreciation, donation card, and refreshment was given to each donor as a token of gratitude . The camp ended by 1 pm along with a certificate distribution by IMA to the institution and students.



**Corticate distribution (Blood donation camp)**

## **Program outcome**

The program helped to reinforce humane qualities in the young students minds. A total of 47 units of blood were collected and donated to IMA bood bank regional blood transfusion centre, Thodupuzha



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## 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.



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## Observation of Diabetes Day

### Program outcome

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





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## **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 22<sup>nd</sup> November 2018. Dr. Ajit Shah, founder and president of APL, was the chief guest for the day. Rev. Fr. Jos Mathai Mailadiath, 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.



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## Pharmacy week celebrations

### Program outcome

Planning, Organization and celebration of national pharmacy week strengthen the harmony among students of 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



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## Cancer day 2019

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

**Venue:** Carithas hospital, Kottayam

**Hosted by:** V<sup>th</sup> Pharm D

**Audience:** Carithas hospital patients, staff and students

### Events:

- Poster presentation
- Patient counselling
- Stage performances



**Patient Councelling**





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**Poster presentation**



**Stage performances**



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patient counselling

## Program outcome

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 was given to the patients that helped to empower their minds and reduce their mental stress and strain.**

