

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

7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate / national and international commemorative days, events and festivals during the last five years

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

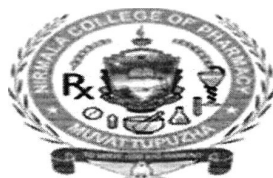


7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate/organize national and international commemorative days, events, and festivals during the last five years Gender promotion Activities

Gender promotion Activities INDEX (AY: 18-19)

Sl.No.	Date	Event
1	15/09/18	Seminar-Gynaecological Disorders and Menstrual hygiene
2	07/03/19	Cooking competition and Food fest
3	08/03/19	International Women's Day
4	08/03/19	Seminar-Women and Laws





NIRMALA COLLEGE OF PHARMACY, MUVAATTUPUZHA

Affiliated to Kerala university of Health sciences Thrissur

Approved by Government of Kerala, AICTE and PCI, New Delhi

Managed by: Nirmala Education Society(Reg .no.ER.928/2001).Under Catholic Diocese of Kothamangalam

CIRCULAR

This is to inform that women cell of the college is organising a seminar on “Gynaecological disorders and Menstrual hygiene” by Dr.Sr.Therese ,Gynaecologist, Nirmala Medical Centre, Muvattupuzha on 15.09.2018 from 10:00 to 4.00 pm. Class teachers are requested to ensure that all female students attend the session after suspending the classes from 09:50 am.

Principal



PRINCIPAL
Nirmala College of Pharmacy
Muvattupuzha, Ernakulam (Dist)
Kerala-686 661



**Nirmala College of Pharmacy,
Muvattupuzha**

**A TALK ON “GYNAECOLOGICAL DISORDERS AND MENSTRUAL
HYGIENE”**

Venue: College auditorium

Time: 10.00 AM-4.00 PM

Date: 15/09/2018

PROGRAMME SCHEDULE

10.00 am: Prayer

10.05 am: Welcome: Dr. Manju Maria Mathews, Principal

10.15 am: SESSION I

Topic: “Gynaecological Disorders”

Dr. Sr. Theres, Gynaecologist, Nirmala Medical Centre

12.15 pm: LUNCH

1.15 pm: SESSION II

Topic: “Menstrual Hygiene”

3.30 pm: DISCUSSION

3.40 pm: Distribution of memento

3.45 pm: Vote of thanks – Ms. Junia George

4.00 pm: College Anthem





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Women cell

Seminar Report

TOPIC: Gynecological diseases and menstrual hygiene.

An interactive discussion was organized by She space, Women Cell at Nirmala college of Pharmacy for the female students. The program commenced with prayer following the welcome speech by Dr. Manju Maria Mathews ,Principal, NCP. A full day talk (10.00 am-4:00pm) was given by Dr. Sr. Theres, Gynaecologist, Nirmala Medical centre. The topic of discussion was “Gynaecological diseases and menstrual hygiene”.

The expertise talk highlighted various key points providing an insight into female body hygiene. The points covered included pubarche and menarche. The anatomical aspects of female reproductive system and its clinical connections and manifestations. The cause of Acne, the hyperactivity and hypoactivity of oestrogen, progesterone and androgens. The Indian scenario of menopause prepubertal puberty and premature menopause. The cause of various diseases spanning cystic fibrosis, endometrial carcinoma, Endometriosis, Fibroid uterus, ectopic pregnancies and Polycystic ovarian syndrome. The activity of hypothalamus and pituitary was also mentioned. The forum also covered the infections caused due to bacteria (Candidiasis) and Fungus (*Acanthosis nigricans*). Finally, a note was also given



regarding the precautionary measures to be employed including diet changes, proper disposal of used sanitary napkins, personal hygiene and lifestyle modifications. A doubt session was also scheduled after the talk.

Rev. Fr. Jos Mathai Mailadiath finally presented the Memento to Rev. Dr.Sr.Therse, as a token of gratitude. Later the program concluded with the vote of thanks proposed by Ms. Junia George, Women Cell Representative



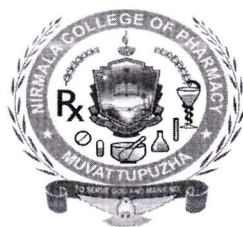
Pic 01: Dr. Sr. Theres, Gynaecologist, Nirmala Medical centre





Pic 02: Rev. Fr. Jos Mathai Mailadiath presenting the Memento to Rev. Dr.Sr.Therse





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CIRCULAR

As a part of international women's day a **"COOKING COMPETITION"** is organized by the **WOMENS' CELL** of our college on March 7, 2019 from 3.00 to 4.00 p.m. One group of two participants from each class is allowed to participate in the competition. Details of the competition can be collected from Womens' cell.




Principal

PRINCIPAL
Nirmala College of Pharmacy
Muvattupuzha, Ernakulam (Dist)
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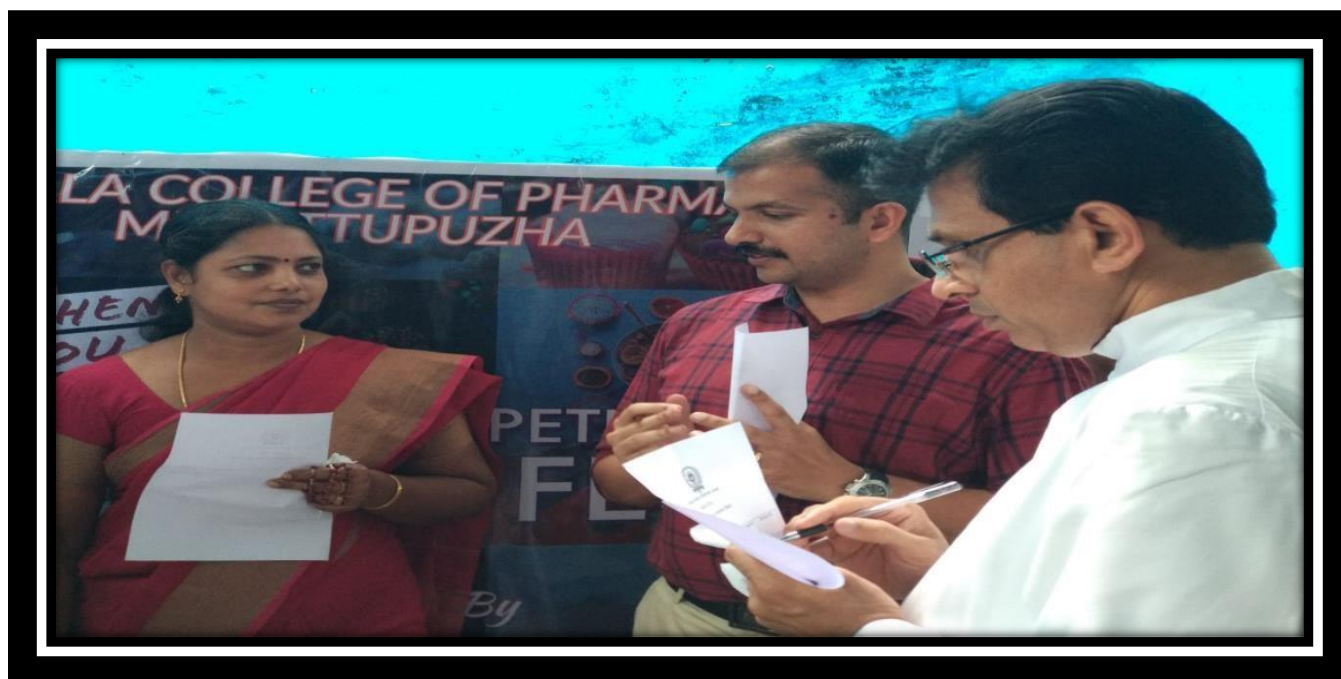
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REPORT

FOOD FEST ORGANISED BY WOMEN CELL

The women cell of Nirmala College of Pharmacy organized a food fest on 7.03.2019. Different batches set up food stalls with variety of food items. The stalls were ready for sale from 2:30pm onwards. Along with that a cooking competition was also conducted for which cash prizes were awarded for the winners. From various batches of B. Pharm and Pharm.D, a total of seven groups (2 participants per group) participated in the competition. Ms.Thamanna Iqbal and Ms.Nimmy Robin of Fourth year Pharm. D secured first prize .Second prize was bagged by Ms.Jesna P.A and Ms. Fasma Muhammad of Third year B.Pharm. The third prize holders were Ms. Anna Davis and Ms.Shany Mary Mathew of third year Pharm D. The cash awards were distributed to the winners during celebration of International Women's Day, 8th March 2019



Pic01: Judgement of the competition by Rev.Fr.Jos Mathai Mailadiath,,Dr,Prasanth.B &Mrs,Bindhumol P.





Pic02: A festival of Flavors.....





Pi03 &04: From the event venue



NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA

CIRCULAR

As part of “International Women’s day”, Womens’ Cell of our college is organising a programme on March 8, 2019 from 2.00 p.m in the auditorium. Afternoon session will commence at 1.00 p.m. and that will be theory hour. All classes will be suspended from 1.45 p.m. onwards and all students are supposed to participate in the programme. Attendance will be taken by the respective class teachers after the programme.



A handwritten signature in green ink, appearing to be "P. P.", written over a horizontal line.

Principal

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**NIRMALA COLLEGE OF PHARMACY,
MUVATTUPUZHA - 686661**

INTERNATIONAL WOMEN'S DAY - 2019

Venue: Auditorium

Date : 8.03.2019

Time: 2:00PM – 4.15 PM

PROGRAM SCHEDULE

- 02.00pm: Prayer song – Ms. Riya Maria
- 02.05pm: Welcome address - Dr. Manju Maria Mathews,
Principal, NCP
- 02.15pm: Inaugural address & Lamp lightening –
Mr. V. Dileep, Judge, Family Court.
- 02.30pm: Felicitation - Rev. Fr. Jos Mathai Mailadiath
Administrator, NCP
- 02.40pm: Guest talk on “WOMAN & LAWS” –
Adv. Jitty Augustine
- 03.45pm: Symphony(Musical tribute to women)
- 04.00pm: Group dance
- 04.10pm: Announcement of winners of cooking competition &
Prize Distribution
- 04.15pm: Vote of thanks - Ms. Jeeva Joseph
- 04.20pm: National Anthem





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Report on International Women's Day 2019

International Women's Day Celebration was held on March 8th at 2:00pm by the women Cell- She Space at Nirmala College of Pharmacy in association with the Taluk Legal Services Committee, Muvattupuzha. The day commenced by invoking the blessings of the Almighty followed by welcome speech by the Principal, Dr. Manju Maria Mathews. It was followed by the Inaugural Address by the Honourable Judge of the Family Court, Muvattupuzha Sri V. Dileep, and then the Lamp Lighting. The Administrator, Rev Fr.Jos Mathai Mailadiath delivered the Presidential address and followed by the felicitation by Jimmy Jose, Coordinator of the Taluk Legal Services Committee Muvattupuzha. A memento was also presented to the speaker of the day, Advocate Jitty Augustine and to Honorable Judge V. Dileep by Rev Fr. Jos Mathai Mailadiath. A talk was delivered by Advocate Ms. Jitty Augustine on "Women and Laws" throwing light on the brim realities faced by the women in society and how to overcome them. The results of the cooking competition were announced and the prizes were distributed. A Musical Tribute was presented by 2nd Pharm D students followed by a dance performance by 2nd B Pharm Students. The day concluded with Vote of thanks proposed by Ms. Jeeva Jose from 5th Pharm D and the day ended by 4:20pm.





Pic 01: International Women's Day celebration 2019



Pic 02: International Women's Day celebration 2019; Lamp lighting ceremony





Pic03: Talk by Adv.Jitty Augustine on the topic “Women and Laws”

