



# **NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA**

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

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## **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**

# NIRMALA COLLEGE OF PHARMACY

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

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



## 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 2020-2021

Sl.no.	Date	Name/type of the program	Cross cutting Issue	Attendees	No. of participants
1	25/09/2020	World Pharmacist day	Humanvalues	5 <sup>th</sup> sem B.pharm	60
2	29/09/2020	World Heart day	Humanvalues	B Pharm/ M Pharm/ Pharm D	30
3	14/11/2020	World Diabetes day	Humanvalues	B.pharm/ M Pharm/ Pharm D	180
4	21/11/2020	Pharmacy week celebration	Humanvalues	B.Pharm/M.Pharm/ Pharm D	30
5	01/12/2020	World Aids day	Humanvalues	B.Pharm/M.Pharm/ Pharm D	60
6	28/12/2020	Pipe Composting in houses of Avoly Panchayath by NSS	Environment and sustainability	NSS unit (B.Pharm/M.Pharm/ Pharm D)	15
7	04/02/2021	World cancer day	Humanvalues	B.Pharm/M.Pharm/ Pharm D	30
8	03/03/2021	Women cell program: On a mission to empower menstruators	Gender	1 <sup>st</sup> year B.Pharm, PharmD	130



CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD PHARMACIST  
DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# India reports 215 Covid-19 cases, lowest since April 2020

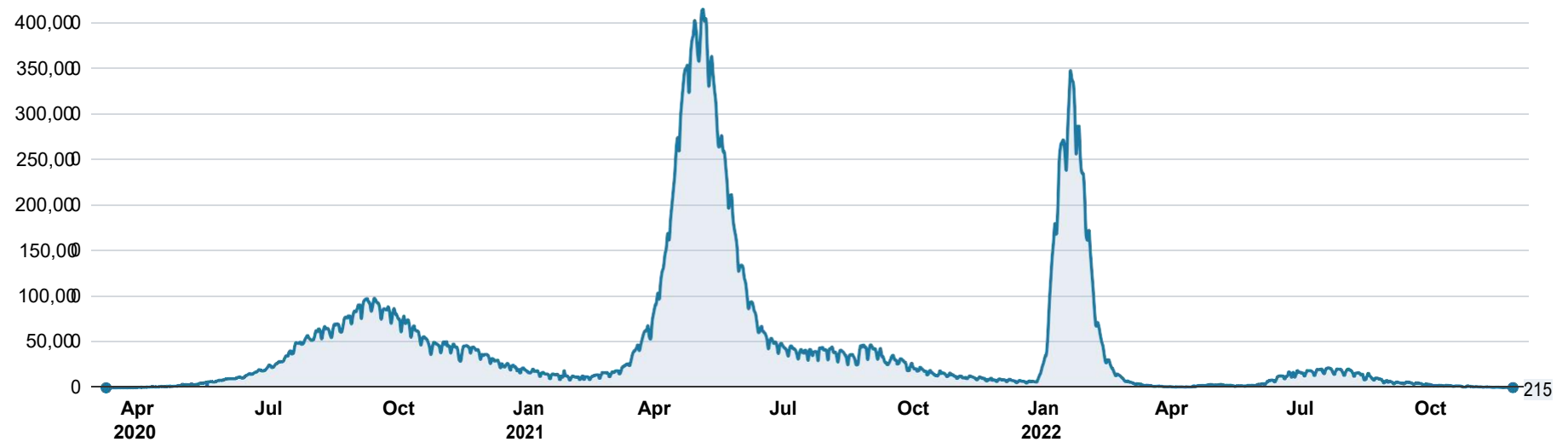
TIMESOFINDIA.COM | Nov 29, 2022, 11.58 AM IST



NEW DELHI: India reported 215 new coronavirus infections and one Covid-related death in the last 24 hours across the country, according to the Union health ministry. This takes the country's total tally of Covid-19 infections from the beginning of the pandemic to 4,46,72,068.



## India reports 215 Covid-19 cases in last 24 hours

**TOI**

Source: Health ministry

With a decrease of 141 cases from the previous day, India's active declined to 4,982, according to the Union health ministry data on Tuesday morning.

The active cases comprise 0.01 per cent of the total infections.



## One death due to Covid-19 in India in last 24 hours

**TOI**

The national recovery rate stands at 98.80 per cent, the health ministry said. The number of people who have recuperated from the disease surged to 4,41,36,471.

According to the health ministry, 219.91 crore of Covid vaccination doses have been administered in the country so far under the nationwide inoculation drive.

India's Covid-19 tally had crossed the one-crore mark in December, 2020, two crore in May, last year and three crore in June, 2021. The four crore mark was breached in January, this year.





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### World Pharmacist day

**Date & Time:** 25/09/2020

**Venue:** Online platform

**Hosted by:** Fifth semester B.Pharm students

**Audience:** All teachers and students

**Felicitations:** 1. Rev. Jos Mathai Mailadiath, Administrator

2. Dr Badmanaban R, Principal

3. Dr Deepa Jose, Vice principal

**Guests:** 1. Naveen K.R, Drugs Inspector, Office of the Drugs Inspector

2. V R Rajeev, Registrar, Kerala State Pharmacy Council

**Events:** 1. National level quiz, Photography competition, Video making competition, E- poster competition



World Pharmacist day competition-online

CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD HEART DAY



Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# Here's what happens to your body when you eat a burger

TNN | Jul 18, 2019, 01.10 PM IST



There isn't any doubt that burgers are tasty and people across all age groups love to have them. But we also know they are not good for our health, so much so that even occasional binging can be harmful for your health. Don't believe us? Let us tell you what exactly happens to your body after eating a burger.

What science says...

You can count on science to ruin everything. Science says that junk foods are full of calories, fat and excess sodium and having it even once can be bad for your health. For example, a single hamburger contains 500 calories, 25 grams of fat, 40 grams of carbs, 10 grams of sugar, and 1,000 milligrams of sodium, which is enough to cause havoc in your system.

After 15 minutes of your first bite of burger, you will experience a massive surge of glucose. This triggers the release of insulin, which makes you feel hungry again in a few hours. Repeating this pattern can increase the risk of diabetes. In scientific terms, the process of taking excessive calories in one sitting puts oxidative stress on cells.

Having a meal high, which is loaded with saturated fat can be harmful to your health. When a group of healthy men were fed with food high in saturated fat, it was found that their arteries were significantly impaired and did not dilate as much. This restriction of blood flow can lead to cardiac disease later in life.

The high amount of sodium can have a negative impact on the blood vessel.



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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

3. 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



CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD DIABETES DAY

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## World Diabetes day

**Date & Time:** 14/11/2020

**Venue:** Online platform

**Hosted by:** V Pharm.D students in association with Caritas hospital & institute of health Sciences, 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 Medical Nutritional 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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CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

PHARMACY WEEK  
CELEBRATION

# NIRMALA COLLEGE OF PHARMACY

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## National Pharmacy week celebration 2020

**Date:** 21/11/2020

**Venue:** Online platform

**Hosted by:** III Pharm D students

**Audience:** Teachers and All Students of NCP

**Felicitations:** Dr. Badmanaban R, Principal

**Events & Competitions:** Slogan making competition, Pamphlet making competition, Live Debate competition, Awareness video by students, counseling on OTC medicines(4<sup>th</sup> Pharm.D)



### National Pharmacy week Celebration Nov 2020

288 views · 2 months ago



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CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD AIDS DAY



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THE TIMES OF INDIA

ISSUE IDENTIFIED

# Punjab drug fight runs into AIDS rise

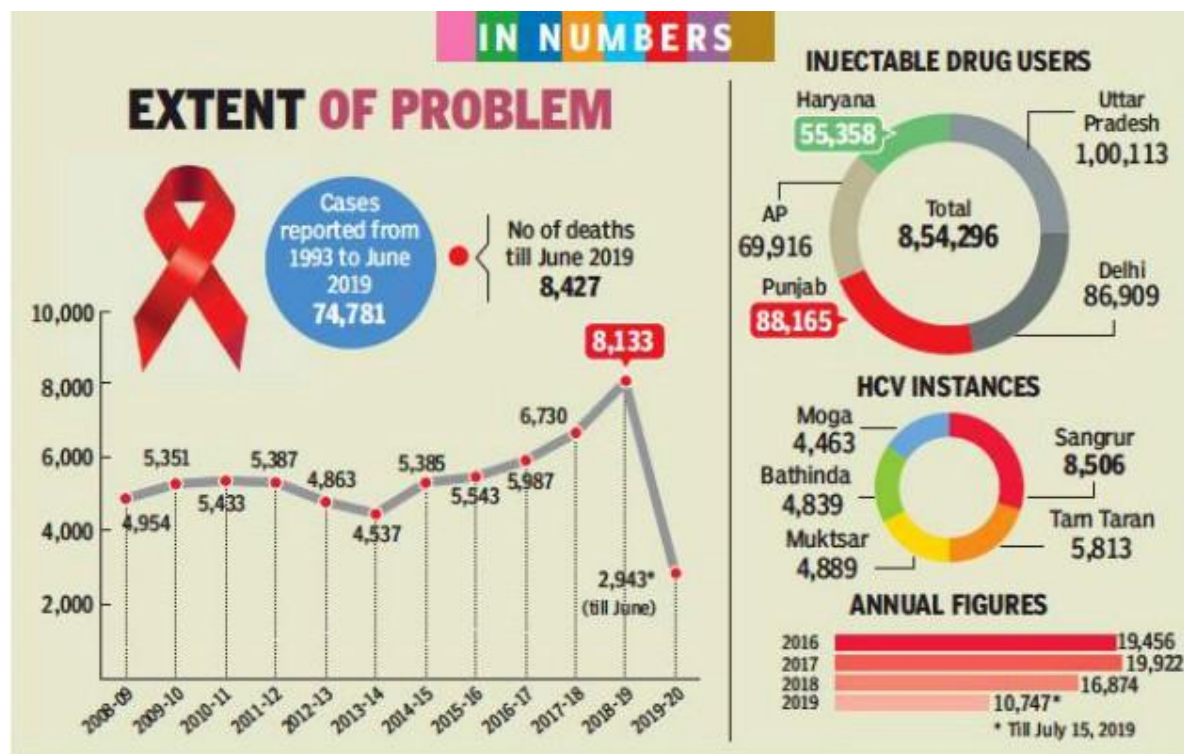
TNN | Sep 3, 2019, 07.24 AM IST



Already grappling with the problem of drug addiction in the state, Punjab government is faced with another dimension of the scourge: Rise in number of HIV-AIDS cases, which have reached alarming proportions in recent years.

A Class XII student and seven other addicts in the 18-23 age group testing positive for HIVAIDS in Sangrur this July is a startling indicator of the gravity of the issue.





As the abuse of drugs increase the risk of HIV infection, the rise in number of HIV-AIDS cases is not surprising as Punjab is home to about 7.2 lakh drug addicts.

Beginning with sharing of contaminated syringe to inject drugs, HIV spreads through sexual transmission from injectable drug users (IDUs) to others. The students' case prompted the health department to launch a drive against drug addicts exchanging needles.

If data from the substance use magnitude in India-2019 report of ministry of social justice and empowerment government of India is to be believed, Punjab accounts for 10.32% of IDUs in the country. Of 8.54 lakh estimated IDUs in the country, 88,165 are in Punjab. According to annual sentinel surveillance data, there are 9 states in the country having more than 5% HIV prevalence among IDUs and Punjab is ranked third in the country having 12.1% of IDUs -- mostly young unemployed men --carrying HIV. Mizoram tops the list (19.8%) followed by Delhi (16.2%). All IDUs mainly inject pharmaceutical opioids.

Even as IDUs remain the primary driving force behind the HIV epidemic in the state, the focus of the government in carrying the intervention is more in the urban areas as compared to rural areas.

An official of the Punjab State AIDS Control Society (PSACS) revealed that link worker scheme meant for reaching out to vulnerable men and women in rural areas is being run in only two districts – Amritsar and Ludhiana – while targeted intervention in urban areas is there in all districts.

There has been an increase in the number of government deaddiction centres in last two years, but the drug treatment access remains poor among IDUs. At present 178 government-run outpatient opioid assisted treatment (OOAT) clinics and 78 private centres, are providing treatment to only about 2.1 lakh addicts out of an estimated number of 7.2 addicts in the state.

Dr Atul Ambekar of national drug dependence treatment centre and department of psychiatry, All India Institute of Medical Sciences (AIIMS), who has extensively worked on HIV prevention among IDUs in Punjab, called for need to understand the scale of the response required and then expand the ambit of targeted intervention accordingly to prevent further escalation of the drug-related HIV.

"To tackle the problem, the government will have to ensure improvement in the quality of services and expansion of services to reach individuals on a larger scale," said Dr Ambedkar, who feared that situation will get worse quickly if no corrective steps are taken by the government.

Dr Manpreet Chhatwal, additional project director of Punjab State Aids Control Society, said the increase in number of IDUs is the key reason for spike in number of HIV-AIDS cases. She also attributed the rise in number of cases to screening of more number of people. "Earlier we used to screen about 5 lakh individuals, now the number has gone up to about 12 lakh in a year," Dr Chhatwal pointed out.

She further said that out-patient opioid assisted treatment (OOAT) clinics and private centres, providing treatment to addicts, has also increased where all the addicts are screened.

## Staggering Rise

The last 10 years have witnessed a staggering rise of over 64% in the number of new HIV-AIDS cases reported in the state. In 2008-09, a total of 4,954 cases were reported. The figure went up to 8,133 in the year 2018-19. In the first 6 months of the ongoing year, as many as 2,943 individuals tested positive.

From 1993 to June 2019, a total of 74,781 persons have been found suffering from HIV-AIDS of which 8,427 have died. Amritsar, having one of the highest number of drug addicts in the state, has the most number of people suffering from AIDS in Punjab at 16,505 followed by Jalandhar (7,766) and Patiala (7,674).

Punjab health minister Balbir Singh Sidhu said the focus of the department is timely detection as it will help in providing required care and treatment to people infected with HIV. "We are taking all the required steps for curbing the menace," said Sidhu. The state has 13 antiretroviral therapy centres where HIV-infected people are given free treatment.

## Another Cause Of Concern

Steady rise in number of intravenous drug users suffering from Hepatitis C virus (HCV) has also emerged as a major concern for the authorities. About 16% of HIV patients screened in last 10 months were found to be suffering from HCV. The number will further increase once the screening of remaining HIV patients for HCV is completed.

HCV, a contagious liver disease, spreads due to blood-to-blood contact by injection drug use and is also sexually transmitted.

The health department has so far screened 18,649 patients from October 22, 2018, to July, 2019. The department found 2,873 patients having both HIV and HCV. Sangrur district has the highest number of hepatitis C cases followed by Tarn Taran. As per the official data, 66,454 cases of hepatitis C have been reported since June 2016 to July 2019 of which 8,506 and 5,813 cases have been reported in Sangrur and Tarn Taran.

To identify cases of hepatitis C, the state government has waived the cost of test of hepatitis C (Rs 881) for all.

The government recently launched a dedicated programme to identify cases of hepatitis C in all its central jails. The state claims to be the first in the country to take such an initiative.

### Effort To Check Discrimination

To provide protection against discrimination against people with HIV/AIDS, the state government has recently notified Punjab Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome (Ombudsman and Legal Proceedings) Rules, 2019, according to which civil surgeons from divisions— Jalandhar, Ropar, Ferozepur, Patiala and Faridkot will be designated as ombudsmen of their respective jurisdiction.



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### World Aids day

**Date & Time:** 01/12/2020,

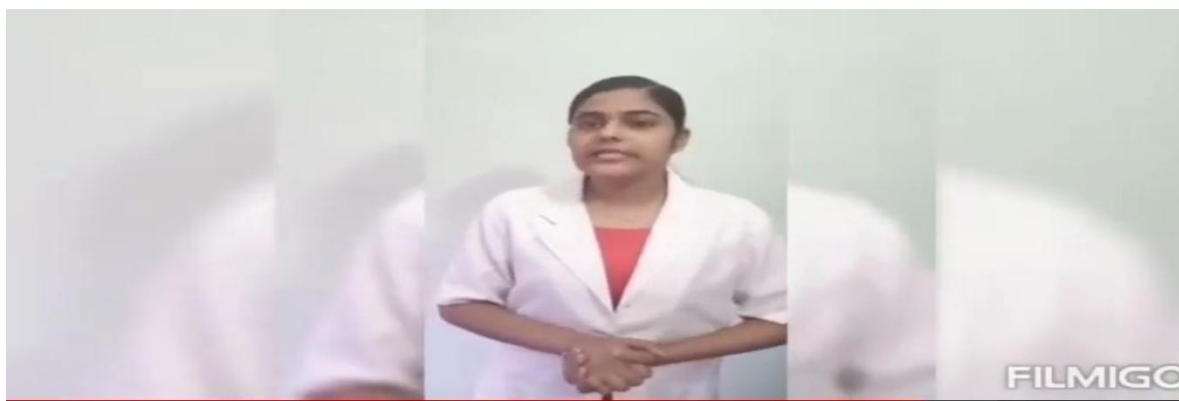
**Venue:** Online platform

**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

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CROSSCUTTING  
ISSUE

ENVIRONMENT  
AND  
SUSTAINABILITY

TYPE OF PROGRAM

PIPE COMPOSTING IN  
HOUSES OF AVOLY  
PANCHAYATH



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## PIPE COMPOSTING IN HOUSES OF AVOLY PANCHAYATH

### Report

NSS unit of Nirmala College of pharmacy, have provided free pipe composts over twelve houses of avoly panchayat. The programme was inaugurated by the college Administrator Fr.Jos Mathai Mailadiath. The team members involved NSS coordinator Mr.Eby George, NSS unit members Mr. Bejoy Jose and Mr.Sebin Sebastian along with five selected male volunteers of NSS. The programme was aimed not only to implement free compost, but also to create awareness about the effective composting of biodegradable waste from houses mainly kitchen wastes. A minor survey was also conducted from the houses so as to visit the houses where pipe compost is instilled. This will ensure the proper maintenance of compost on another visit. Maintaining all covid prevention protocols, the volunteers also distributed a small notice providing the guideline to improve immunity against covid protocols.

**Date:** 28/12/2020

**Venue:** 11<sup>th</sup> ward of Avoly Panchayath

**Time:** 2-5pm

**Organized by:** NSS Unit, Nirmala college of Pharmacy, muvattupuzha

**Total no of houses selected to instill pipe:** 12

**Total no of volunteers:** 5

**Staffs:** 3

SL NO	VOLUNTEER	CLASS
1	Jobin Johnson	Fourth year B.pharm
2	Mohammad Siddique	Fourth year B.pharm
3	Amal Johnson	Fourth year B.pharm
4	Gheevarghese Devasia	Fourth year B.pharm
5	Dimal Jose	Fourth year B.pharm

### What is Pipe/worm composting?

Pipe composting is a kind of vermin composting, often called Worm Tube Composting , carried out within a PVC tube , promoted by World Malyalee Council . This method of composting as a process of waste to wealth is big a success in states like Kerala, Karnataka . Find below a PDF for further reading. For the pipe composting method, we need three PVC pipes of 8 inch or 10 inch diameter and length of about 1.25 meters. The pipes are placed vertically, dug 25-30 cm into the ground. Initially, a small amount of cow dung and jaggery is put in with some mud. Later, only kitchen waste or wet waste is put into the pipe.



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Pipe composting in Avoly Panchayath - ward 11





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## Online news report

Admin



മൂവാറ്റുപുഴ നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിലെ എൻ.എസ്.എസ്. യൂണിറ്റ് നിർമ്മിച്ച് നൽകിയ പൈപ്പ് കമ്പോസ്റ്റ് യൂണിറ്റ്

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MUVATTUPUZHA

പോത്താനിക്കാട് ബഥനി ശാലോം ഭവൻ വാർഷികവും രോഗി സംഗമവും ഇന്ന് നടന്നു. (വീഡിയോ കാണാം)

PERUMBAVOOR

കർഷക തൊട്ടിലാളികൾക്ക് ഐക്യഭാര്യം പ്രകടിപ്പിച്ച് ഐ.എൻ.ടി.യു.സി പെരുമ്പാവൂർ റീജിയൻ കമ്മറ്റി

MUVATTUPUZHA

പൈക്കോട്ടൂർ ശ്രീ നാരായണ ഗുരു കോളേജിൽ എം കോ ഫിനാൻസ് ആൻഡ് ഓക്സേഷൻ ഒന്നാം വർഷ ക്ലാസ്സിന്റെ ഓപ്പണിംഗ്

## ZONALNEWS

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### ഗാർഹിക മാലിന്യ സംസ്കരണ യൂണിറ്റ് സ്ഥാപിച്ച് നൽകി നിർമ്മല ഫാർമസി എൻ എസ് എസ് വീദ്യാർത്ഥികൾ

35minute(s) ago

മൂവാറ്റുപുഴ: മൂവാറ്റുപുഴ നിർമ്മല കോളേജ് ഓഫ് ഫാർമസിയിലെ എൻ.എസ്.എസ്. യൂണിറ്റ് വീദ്യാർത്ഥികളുടേയും അധ്യാപകരുടേയും നേതൃത്വത്തിൽ ആവോലി ഗ്രാമപഞ്ചായത്തിലെ വള്ളിക്കട 11 ാം വാർഡിലെ 12 വീടുകളിലേക്കായി സൗജന്യ പൈപ്പ് കമ്പോസ്റ്റ് നിർമ്മിച്ചു നൽകി. ഗാർഹിക മാലിന്യ സംസ്കരണത്തിൽ വളരെ ലളിതമായ ഒരു പ്രായോഗിക രീതിയാണ് പൈപ്പ് കമ്പോസ്റ്റ് നിർമ്മാണം. വീട്ടുമാലിന്യം ഉറവിടത്തിൽതന്നെ സംസ്കരിക്കുന്നതിലൂടെ വീട്ടിലും പരിസരങ്ങളിലും ശുചിത്വം ഉറപ്പാക്കുന്നതോടൊപ്പം പുരയിടം കൃഷിക്കായി ആദായകരവും ജൈവസംപുഷ്ടവുമായ ഉത്തമ ജൈവവളം ലഭ്യമാകുന്നു എന്ന തിരിച്ചറിവാണ് ഈ പ്രയത്നത്തിനു പ്രചോദനമായത്. കോവിഡ് മാനദണ്ഡങ്ങൾ പാലിച്ചുകൊണ്ടുള്ള എൻ.എസ്.എസ് വോളണ്ടർമാരുടെ വിടു സർവ്വേയും, കോവിഡ് കാലത്തെ രോഗ പ്രതിരോധ ശക്തി കൂട്ടുന്നതിനായുള്ള വിവരങ്ങളോടുകൂടിയ ലഘുലേഖനവിതരണവും ഇതോടൊപ്പം നടത്തി. കോളേജ് അഡ്മിനിസ്ട്രേറ്റർ റവ.ഫാ. ജോസ് മത്തായി മൈലാടത്ത് ഉദ്ഘാടനം ചെയ്തു. എൻഎസ്എസ് കോ-ഓഡിനേറ്റർ എബി ജോർജ്ജ്, അധ്യാപകരായ ബിജോയി ജോസ്, സെബിൻ സബാസ്തിയൻ എന്നിവർ നേതൃത്വം നൽകി.



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EXPENSES		
PARTICULAR	AMOUNT	SOURCE
15 m PVC Pipes(3x4=12)	6656	NSS College fund
Aluminium caps (12)	1500	
food,tea and water	1500	
Marker pen	20	
<b>Total</b>	<b>9,676</b>	



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Field Survey

Youth for Prevention & Mitigation of COVID-19

- വോളന്റിയർമാർ പേര് : Jobin Johnson  
ക്ലാസ് : Fourth Year B.Pharm  
ബ്രാഞ്ച് : B.Pharm
1. ഗൃഹനാഥന്റെ പേര് : ജോർജ് സെബാസ്റ്റ്യൻ  
2. വീട് നമ്പർ : 440 W-10  
3. കുടുംബാംഗങ്ങളുടെ പേര് /ജോലി :
1. കുറുപ്പി  
2. സെബാസ്റ്റ്യൻ  
3. ജോർജ്ജ്  
4.
4. മാസ്ക് സാനിറ്റൈസർ സാമൂഹിക അകലം തുടങ്ങിയ കോവിഡ് നിബന്ധനകൾ പാലിക്കാറുണ്ടോ ? ഉണ്ട്
5. ഇന്ത്യയ്ക്ക് പുറത്തു ജോലി ചെയ്യുന്ന ആൾക്കാർ ? ഇല്ല
6. സംസ്ഥാനത്തു പുറത്തു ജോലി ചെയ്യുന്ന ആൾക്കാർ ? ഉണ്ട്
7. വീട്ടിൽ ആർക്കെങ്കിലും കോവിഡ് വന്നിട്ടുണ്ടോ ? ഇല്ല
8. ജീവഹാനി വന്നിട്ടുണ്ടോ ? ഇല്ല
9. കോവിഡ് കാലത്തു ജോലി നഷ്ടപ്പെട്ടിട്ടുണ്ടോ ? ഇല്ല
10. കോവിഡ് കാലത്തു പുതിയ ജോലി ലഭിച്ചിട്ടുണ്ടോ ? ഇല്ല
11. കുടിവെള്ള സ്രോതസ്സ്: കിണർ-പൈപ്പ്
12. ഫലവൃക്ഷങ്ങൾ ഉണ്ട്
13. വളർത്തുമൃഗങ്ങൾ ഉണ്ട്
14. പ്ലാസ്റ്റിക് മാലിന്യങ്ങള് നീക്കം ചെയ്യുന്ന രീതി : കത്തിക്കൽ
15. ഗവണ്മെന്റിന്റെ സന്നദ്ധ സേനയിൽ അംഗമാണോ ഇല്ല



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# NIRMALA COLLEGE OF PHARMACY

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

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



**NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA**

Affiliated to Kerala University of Health Sciences, Thrissur

**NSS UNIT NO. NSS/SFU/ERK/KUHS/1**



## ആരോഗ്യ നിർദ്ദേശങ്ങളും നിയന്ത്രണങ്ങളും (Health advice and restrictions)

ഇടയ്ക്കിടെ കൈ കഴുകുക. സോപ്പും വെള്ളവും ഉപയോഗിക്കുക. അല്ലെങ്കിൽ സാനിറ്റൈസർ കൈവശം കരുതുക. പ്രതലങ്ങളിൽ അനേക ദിവസങ്ങൾ കൊറോണവൈറസ് (COVID-19) ജീവിക്കാൻ സാധ്യതയുള്ളതിനാൽ, സൂരക്ഷ ഉറപ്പാക്കാൻ ഇത് സഹായിക്കും.

നിങ്ങളുടെ കൈവശം എപ്പോഴും മാസ്ക് ഉണ്ടായിരിക്കണം. ആവശ്യമുള്ള സാഹചര്യത്തിൽ മാസ്ക് ധരിക്കണം. നിയമപരമായ ഇളവുകൾ ബാധകം. ഉദാഹരണത്തിന്: മുഖചർമ്മത്തെ ബാധിക്കുന്ന ഗുരുതര പ്രശ്നങ്ങൾ, ശ്വാസന സംബന്ധമായ പ്രശ്നങ്ങൾ തുടങ്ങിയ ആരോഗ്യ സാഹചര്യങ്ങളുണ്ടെങ്കിൽ, വ്യായാമം ചെയ്യുമ്പോൾ ശ്വസിക്കാൻ ബുദ്ധിമുട്ട് അനുഭവപ്പെടുകയാണെങ്കിൽ.

വലിയ റീട്ടെയിൽ വ്യാപാരസ്ഥാപനങ്ങളിലും ഷോപ്പിംഗ് സെന്ററുകളിലും മാസ്ക് ധരിക്കണം (ഈ സ്ഥലങ്ങളിലുള്ള നിർദ്ദേശങ്ങൾ പരിശോധിക്കുക) പൊതുഗതാഗത സംവിധാനമോ, ടാക്സിയോ, റൈഡ് ഷെയർ വാഹനങ്ങളോ ഉപയോഗിക്കുകയാണെങ്കിലും മാസ്ക് ധരിക്കണം. (നിയമപരമായ ഇളവുകൾ ബാധകം)

പരസ്പരം 1.5 മീറ്റർ അകലം പാലിക്കുക. അകലം പാലിക്കാൻ കഴിയാത്ത മറ്റ് സാഹചര്യങ്ങളിലും മാസ്ക് ധരിക്കണമെന്നാണ് ഉപദേശം. ബന്ധുക്കളും സുഹൃത്തുക്കളുമായുള്ള കൂടിക്കാഴ്ചകൾ കെട്ടിടങ്ങൾക്ക് പുറത്ത് നടത്തുന്നത് കൊറോണവൈറസ് (COVID-19) രോഗവ്യാപനത്തിന്റെ സാധ്യത കുറയ്ക്കും.

സൂക്ഷ്മിപ്പെട്ട് പരിശോധനക്ക് വിധേയരായ ശേഷം വീട്ടിലിരിക്കുക. രോഗലക്ഷണങ്ങൾ വളരെ ചെറുതാണെങ്കിലും നേരത്തേ പരിശോധന നടത്തുന്നത് കൊറോണവൈറസ് (COVID-19) വ്യാപനം കുറയ്ക്കാൻ സഹായിക്കും.

കൊറോണവൈറസിന്റെ ലക്ഷണങ്ങളിൽ ഉറവ ഉൾപ്പെടുന്നു:-പനി, കുമ്പിറ്റം, വിയർപ്പും, ചുമ അല്ലെങ്കിൽ തൊണ്ടവേദന, ശ്വാസതടസ്സം, മൂക്കൊലിപ്പ്, മണമോ രുചിയോ നഷ്ടമാവുക

കൊറോണവൈറസ് (COVID-19) ബാധിച്ചിട്ടുള്ള ആരുമായെങ്കിലും അടുത്ത സമ്പർക്കമുള്ള വ്യക്തിയാണ് നിങ്ങളെങ്കിൽ പതിനാല് ദിവസത്തേക്ക് നിർബന്ധമായും സ്വയം ക്വാറന്റൈൻ ചെയ്യണം. കൊറോണവൈറസ് ബാധിതുമായി സമ്പർക്കത്തിലുള്ള വ്യക്തിക്കൊപ്പം ജീവിക്കുന്നവരോടും അടുത്ത് ഇടപഴകിയവരോടും വീട്ടിലിരിക്കാൻ ആവശ്യപ്പെടും.

കൊവിഡ്-19 പ്രതിരോധശേഷി കൂട്ടാൻ

ദിവസം മുഴുവൻ ചൂടുവെള്ളം കുടിക്കുക. മഞ്ഞൾ, ജീരകം, മല്ലി, വെളുത്തുള്ളി തുടങ്ങിയ സുഗന്ധവ്യഞ്ജനങ്ങൾ ഭക്ഷണത്തിൽ ചേർക്കുവാൻ ശുപാർശ ചെയ്യുന്നു. രാവിലെ 10 ഗ്രാം (1 ടീസ്പൂൺ) ച്യവനപ്രാശം കഴിക്കുക. പ്രമേഹരോഗികൾ പഞ്ചസാര രഹിത ച്യവനപ്രാശം കഴിക്കണം. തുളസി, കറുവപ്പട്ട, കുമ്പളങ്ക, ചുക്ക്, ഉണക്കമുന്തിരി എന്നിവ ഉപയോഗിച്ച് നിന്ന് തയ്യാറാക്കിയ ഔഷധ ചായ / കഷായം (കാഡ -Kadha) - ദിവസത്തിൽ ഒന്നോ രണ്ടോ തവണ കുടിക്കുക. രുചിക്കായി ആവശ്യമെങ്കിൽ ശർക്കര (പ്രകൃതിദത്ത പഞ്ചസാര) കൂടാതെ / അല്ലെങ്കിൽ അപ്പോൾ പിഴിഞ്ഞെടുത്ത നാരങ്ങ നിരും ചേർക്കുക. 150 മില്ലി ചൂടുള്ള പാലിൽ അര ടീസ്പൂൺ മഞ്ഞൾ പൊടി ചേർത്ത് കലക്കി ദിവസത്തിൽ ഒന്നോ രണ്ടോ തവണ കുടിക്കുക. വിറ്റാമിൻ-സി അടങ്ങിയ ഭക്ഷണങ്ങളായ നെല്ല്, കാപ്പികം, സിട്രസ് പഴങ്ങൾ, വിറ്റാമിൻ സി സപ്ലിമെന്റുകൾ എന്നിവ നിർബന്ധമായും കഴിക്കേണ്ടതാണ്.

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CROSSCUTTING  
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD CANCER DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

# Cervical Cancer- Let's be safe rather than sorry

TIMESOFINDIA.COM | Jan 22, 2021, 11.37 AM IST



According to World Health Organization's (WHO) estimation, one woman is diagnosed with cervical cancer every minute globally. In India, the data reveals that every eight minutes, one woman dies due to cervical cancer. After breast cancer, Cervical Cancer ranks as the 2nd most common female cancer in India. According to some studies, in India about 160 million women between the ages of 30 and 59 years are at risk of developing this disease, and in 2018, about 96,922 new cases of cervical cancer were registered. Though the numbers paint a grim picture, the silver lining is that cervical cancer can be prevented. Screening can enhance early detection and vaccination can decrease the risk of developing cervical cancer. First, it is important to build awareness about

these lifesaving facts. For that, we must start conversations around HPV or Human Papillomavirus. As women, we need to be aware that HPV infection is extremely common, so much so that most women get it at some time in their lives. Often the virus goes away but in some cases it causes HPV-related cancers or genital warts, over time. HPV type 16 & 18 are responsible for about 83% of all cervical cancer cases in India.

Secondly, we must bring more focus on prevention of this disease. Cervical cancer can be prevented with recommended vaccination and regular screening. Primary method for prevention is through vaccination as it helps to protect against the different types of HPV that commonly cause cervical cancer. While screening tests like the pap smear and HPV test can only be done above the age of 25 years, vaccines that can prevent cervical cancer are recommended to be administered much earlier, from the age of 10. Getting vaccinated at this age protects adolescent girls long before they are ever exposed to HPV infection, and consequently, from cervical and other HPV-related cancers. Much like a child's regular vaccinations, this can be planned in consultation with a

pediatrician.

In India, most women tend to seek out treatment after the cervical cancer has already progressed to an advanced stage, at which point both treatment and recovery is a difficult process. Unlike developed countries where regular screening programs for women help to catch cervical cancer early, women in India do not take part in regular screenings. Most women tend not to seek help for reproductive tract problems, brushing them aside with the belief that it is a part of life as a woman.

Regular screening for all reproductive tract infections is a must for prevention of cervical cancer. Pap smear is the most reliable and effective screening method for diagnosing cervical cancer early.

Recommended for all women aged 25-65 years, the pap smear can be done in a doctor's office or clinic as a simple outpatient procedure. The test specifically looks for pre-cancers and cell changes in the cervix that may become cervical cancer later on if not treated appropriately.

Life is precious, and losing eight precious lives in India every minute from a disease that can be prevented is unthinkable. Let's start this year by building awareness on cervical cancer and its prevention. Let us take responsibility for our own health. Let's visit our gynecologist, participate in regular screenings, vaccinate ourselves and let's be safe rather than sorry.

*Dr Ratna Devi, Board Member, International Alliance of Patient Organisations (IAPO) and Founder Dakshama.*

*The views expressed here are personal.*



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### 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, VPS Lakeshore Hospital, Kochi.

2) Dr. Balamurali Krishna, Oncologist Surgeon, Radiation Oncologist, General Hospital, Ernakulam

**Events:** Awareness video & Skit by students



#### World Cancer Day 2021

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8



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GENDER

TYPE OF PROGRAM

GUEST TALK ON A  
MISSION TO EMPOWER  
MENSTRUATORS

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THE TIMES OF INDIA

ISSUE IDENTIFIED

# 'Four in 10 Kochi women anaemic'

TNN | Mar 8, 2020, 11.36 AM IST



KOCHI: Nearly four in 10 women in Kochi are anaemic. In other words, they have low haemoglobin levels. Anaemia is a condition that develops when there is lack of healthy red blood cells or haemoglobin in the blood.

The incidence of anaemia was highest in the 20-50 age group, while it was lowest in the girls below the age of 10, as per a study conducted among 1.40 lakh girls and women in the city, ranging from the age group of one day old to above the age of 80. The samples were tested for over a period of two years.

"The most common reason for anaemia is iron deficiency, which can be taken care of with supplements and good nutrition. But in India, women continue to live with anaemia," said Dr Ramesh Kumar, chief of laboratory services, Metropolis Healthcare, Kerala, that conducted the study.

It found that menstruating girls and women are more deficient due to the monthly blood loss. The most common signs to watch out for anaemia would be lethargy, unexplained fatigue, pale skin and pale eyes. In kids, more severe form of anaemia is characterized by a behaviour called pica, where the child builds a tendency to eat dirt, clay and other unusual substances.



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**EVENT:** On A Mission To Empower Menstruators

**Date & Time:** 3<sup>rd</sup> March 2021

**Venue:** Nirmala College of Pharmacy, Auditorium

**Hosted by:** women's cell

Women cell of Nirmala College of Pharmacy “She Space” always aims at empowering and orienting women to recognize their true potential and to help them attain their own stand in a competing world. The cell also tries to incorporate hygiene habits and ensure a healthy atmosphere in and around the college. As a combined effort, on a mission to empower menstruators, an initiative was undertaken by our women cell on 3<sup>rd</sup> March 2021 at the college auditorium. The students of first year B Pharm and Pharm D ardently participated in this program. The program commenced at 10:30 by seeking the god's blessing with a prayer song. Prof Dr Deepa Jose, Vice Principal were on hand to open officially with the welcome address. The key note speaker was Ms Kavya R Menon, Eco feminist consultant-gender and environment presented us with an astounding talk on “Menstrual Health and Hygiene”. She unfolded even the essentials which may include the basic reproductive parts along with the reproductive changes in males and females and the need for personal hygiene. A detailed account with respect to Menstrual Cycle and ovulation tips and tricks to surmount the Pre Menstrual Symptoms (PMS) and PCOD with proper exercise, water intake, diet and sleep was a spotlight of the event. She made the audience get acquainted with the different menstrual hygiene products like disposable pads and their alternatives, menstrual cups etc. Demonstration of placing and withdrawal of menstrual cups and condoms are the other pinnacles of the session. Following this, the students had a mutual interface with the eminent chief guest. Further, distribution of Memento and certificate to the chief guest was carried out. The session was concluded by 12:30 with the vote of thanks by Miss Janice Jackson and the college anthem.

