

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 5



STUDENT SUPPORT AND PROGRESSION

**5.1.2 Capacity building and skills enhancement initiatives
taken by the institution**

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

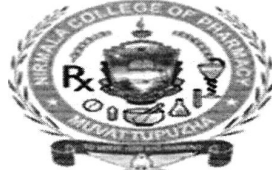


5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability.

Circulars of life skill programs organized during last five years

Sl.no	Date	Name of the Program	Students Benefited	View page
1.	15-09-2018	Gynaecological diseases and menstrual hygiene	22	View Page
2.	01-11-2018 to 30-11-2018	Gym training	52	View Page
3.	01-11-2019 to 30-11-2019	Gym training	57	View Page
4.	16-11-2019	Mental Health Development Program	63	View Page
5.	03-03-2021	On A Mission To Empower Menstruators	98	View Page
6.	18-09-2021	Importance of Antenatal Care	65	View Page
7.	01-11-2021 to 30-11-2021	Gym training	57	View Page
8.	06-10-2022 to 20-10-2022	Football training	17	View Page
9.	01-11-2022 to 30-11-2022	Gym training	41	View Page
10.	12-06-2023 to 13-06-2023	Zumba training	94	View Page





NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA

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, Emakulam (Dist)
Kerala-686 661



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CIRCULAR

This is to inform that women cell of the college is organising a talk on "Mental health" by Dr.Nivea Jerome, Clinical psychologist, Government Homoeo Hospital, Muvattupuzha on 16.11.2019 from 10:00am to 4:00pm. Class teachers are requested to ensure that all female students attend the session after suspending the classes from 09:50am



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Ph: 0485 - 2836888, Fax: 0485 - 2836888, Website: www.nirmalacp.org, e-mail: nip_mvpa@yahoo.co.in

No.

Date 27-02-2021

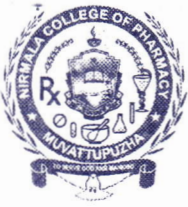
CIRCULAR

This is to inform that women cell of the college is organising a talk on “Menstrual health and hygiene” by Ms. Kavya R. Menon, Eco-feminist, on 03.03.2021 from 10:00am to 4:00pm. Class teachers of first semester B. Pharm and second semester B. Pharm are requested to ensure that all female students attend the session after suspending the classes from 10:00am.



Badmanaban
Principal

Dr. BADMANABAN. R
PRINCIPAL
Nirmala College of Pharmacy
Muvattupuzha, Ernakulam (Dist.)
Kerala - 686 661



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No.

Date.....

Venue: Auditorium

Date: 03.03.2021

Time: 10:00AM – 4.00 PM

PROGRAM SCHEDULE

- 10.00am: Prayer song
- 10.05am: Welcome address –Dr.Deepa Jose,
Vice Principal &HOD,
NCP
- 10.15 am : SESSION 1
Topic: “Menstrual Health and Hygiene”
Ms.Kavya.R.Menon
Eco-feminist
Aware India Trust
- 12:15 pm: UNCH BREAK
- 1:15PM : SESSION II
TOPIC: PMS &PCOD,USE OF MENSTRUAL CUP
- 3:30PM: DISCUSSION
- 3:40PM: Distribution of Memento and Certificate
- 3.45pm: Vote of thanks - Ms. Janice Jacson (IV. Pharm.D)
- 4:00pm: College Anthem



J. Badmanaban
Principal

Dr. BADMANABAN. R
PRINCIPAL
Nirmala College of Pharmacy
Muvattupuzha, Ernakulam (Dist.)
Kerala - 686 661



WOMEN CELL

IN ASSOCIATION WITH NSS

NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA

Webinar On

**IMPORTANCE
OF ANTENATAL
CARE**

Focus on nutrition
during pregnancy
and lactation



3-4PM, Saturday
18 September 2021



Dr. Sr. Josline SMC
St. Martha's Convent, Pala
Associate Professor
Mar Sleva College of Nursing, Cherpunkal

REGISTER NOW





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No. 0520C18

Date. 20/10/2018

CIRCULAR

This is for the information of all students and staff, A gym training workshop is organized by the Sports Club of Nirmala College of Pharmacy from 01/11/2018 – 30/11/2018. The sessions will be organized for the boys.

Venue: College Gym

Time: 05:00 pm – 06:00 pm

Trainer: Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

Interested students are requested to submit your names to the class in charge by 26/10/2018.



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Principal

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No. 0782019

Date 22/10/2019

CIRCULAR

A gym training workshop is organized by the Sports Club of Nirmala College of Pharmacy from 01/11/2019 – 30/11/2019. The sessions will be organized for the boys' students of our college.

Trainer: Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

Venue: College Gym

Time: 05:00 pm – 06:00 pm

Interested students are requested to submit your names to the class in charge by 28/10/2019.



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No. 0618C21

Date. 18/10/2021

CIRCULAR

A gym training workshop is organized by the Sports Club of Nirmala College of Pharmacy from 01/11/2021 – 30/11/2021. The sessions will be organized for the boys' students of our college.

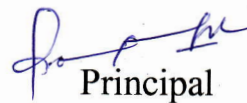
Trainer: Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

Venue: College Gym

Time: 05:00 pm – 06:00 pm

Interested students are requested to submit your names to the class in charge by 25/10/2021.




Principal

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Nirmala College of Pharmacy
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No.0920U22

Date : 20/09/2022

CIRCULAR

This is for the information of all the students and staff, A football training is organized from 06/10/2022-20/10/2022 for the boys' students of NCP in association with the Sports Club.

The sessions will be handled by **Dr Santhosh J.** Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

Venue & Time: College ground; 05:00 pm to 06:00 pm.

Those students who wish to participate in the training sessions are requested to submit your names to the class teacher by 28/09/2022.



P. S. S. S.
Principal

PRINCIPAL
Nirmala College of Pharmacy
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Kerala-886 661





NIRMALA COLLEGE OF PHARMACY

Nirmala Hills, Muvattupuzha P.O,
Ernakulam district, Kerala, India - 686 661

No.0220C22

Date : 26/05/2023

CIRCULAR

This is to inform all the students and staff, that a Zumba training session is organized by the Sports Club of Nirmala College of Pharmacy from 12/06/2023- 13/06/2023.

Trainer: Zin Kavitha, Internationally Licensed Zumba Trainer

Time: 10:30 am – 12:00 pm & 02:30 pm – 04:00 pm

Venue: College Auditorium

Interested students are requested to submit your names to the class teacher by 02/06/2023.



G. Sadman
Principal

PRINCIPAL
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Kerala-686 661





No.0426P23

Date : 20/10/2022

CIRCULAR

A gym training workshop is organized by the Sports Club of Nirmala College of Pharmacy from 01/11/2022 – 30/11/2022. The sessions will be organized for the boys' students of our college.

Venue: College Gym

Time: 05:00 pm – 06:00 pm

Trainer: Dr Santhosh J, Assistant Professor, HOD, Physical Education, Nirmala College, Muvattupuzha.

Interested students are requested to submit your names to the class in charge by 25/10/2022.




Principal

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