



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



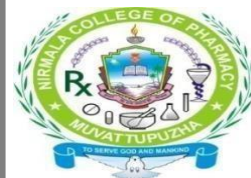
THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

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 Sustainability, Human values and Professional ethics into the curriculum.

Summary of cross cutting issues undertaken during the academic year 2018-2019

Sl.no.	Date	Name/type of the program	Cross cutting issue	Attendees	No. of participants
1	15-09-2018	Seminar- Gynaecological disorders and menstrual hygiene	Gender	B.Pharm/M.Pharm /Pharm D	180
2	25/09/2018	World Pharmacist Day – Poster Competition and Quiz competition	Human values	B.Pharm/M.Pharm /Pharm D	30
3	16/09/2018	World Heart day	Human values	B.Pharm/M.Pharm /Pharm D	30
4	16-10-2018	Mental health day	Human values	1 st B.pharm, 1 st Pharm D	73
5	22/10/2018	Communitte programme organized by ISPOR	Human values	2 nd ,4 th Pharm D	60
6	14/11/2018	World diabetes day	Human values	1 st ,4 th Pharm D	60
7	22/11/2018	Pharmacy week - Elocution competition	Human values	3 rd Pharm D	30
8	22/11/2018	Blood donation camp - NSS unit	Human values	NSS unit(B.Pharm/ M.Pharm/ Pharm D)	48
9	01/12/2018	World Aids Day- Movie show	Human values	4 th Pharm D	30
10	04/02/2019	World cancer day- Guest lecture on Palliative care management	Human values	5 th Pharm D	30
11	08-03-2019	International women's day	Gender	2 nd ,5 th Pharm D and 2 nd B.Pharm	120



CROSSCUTTING
ISSUE

GENDER

TYPE OF PROGRAM

SEMINAR
GYNAECOLOGICAL
DISORDERS AND
MENSTRUAL HYGIENE

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

62% young women in country using cloth for menstrual protection, says NFHS report

TNN | Jan 23, 2018, 02:57 AM IST



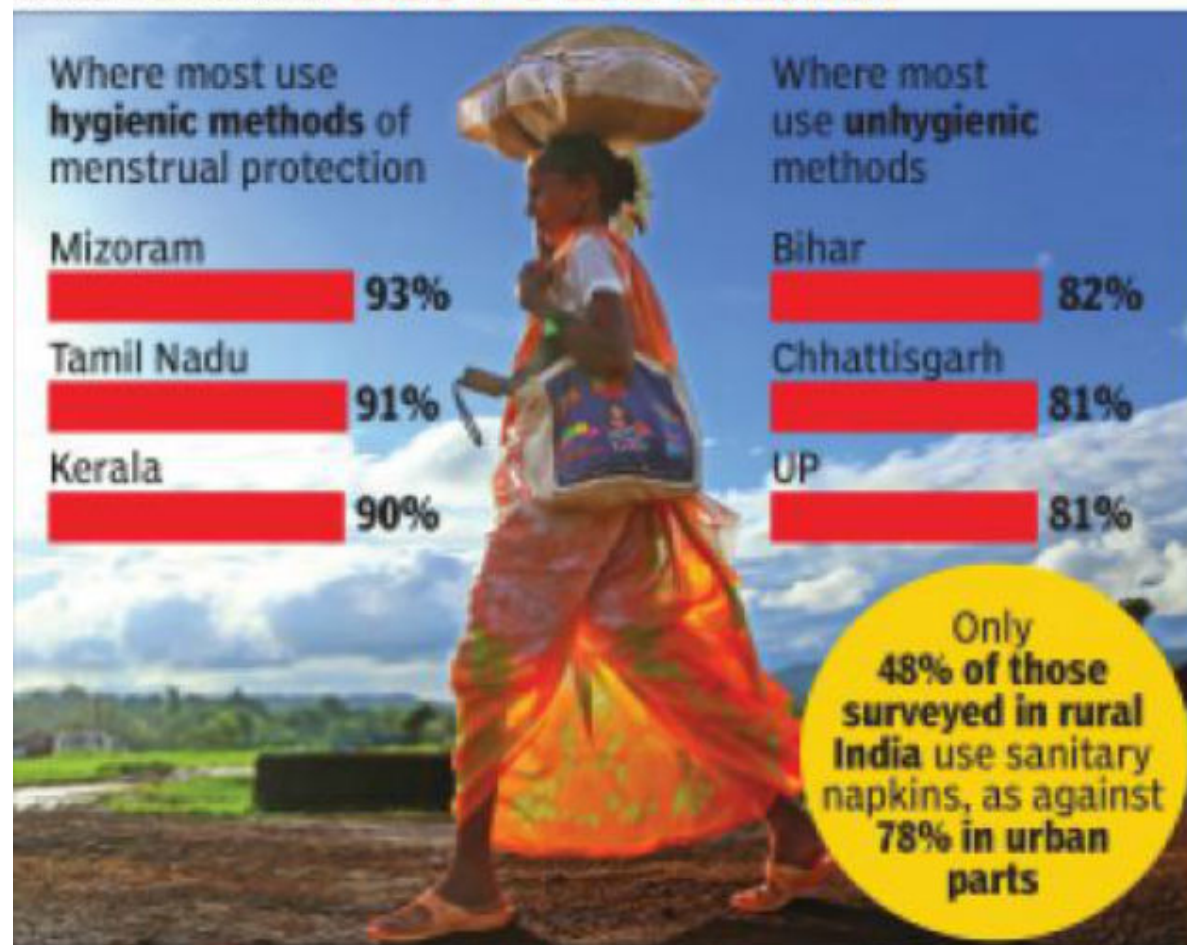
DEHRADUN: As many as 62% young women in the country in the age group 15 to 24 years still use cloth for menstrual protection, as per the national family health survey (NFHS) IV whose findings were released recently. According to the report which pertains to the years 2015-16, a staggering 82% young women in Bihar still depend on clothes for protection during their menstrual cycle. The situation is almost similar in Chhattisgarh and Uttar Pradesh where the percentage of young women using cloth during their periods is 81% in each state.

The report surveyed the percentage of women who used “hygienic methods” of menstrual protection which were

categorized as either locally prepared napkins or other sanitary napkins and tampons. The survey found that 42 % young women in the country used sanitary napkins while 16 % used locally prepared napkins. Majority of women in rural areas did not use a hygienic method of menstrual protection with the survey findings indicating that only 48% of those surveyed in rural India used sanitary napkins during their menstrual cycle as against 78% in urban parts of the country.



MIZORAM BEST PERFORMER



Source: National Family Health Survey IV; Photo for representation



The report indicates that there is a direct link between education and wealth and use of hygienic method of menstrual protection. “Women with 12 or more years of schooling are more than four times as likely to be using a hygienic method as women with no schooling at all. Similarly, women from the highest wealth quintile are more than four times as likely to use a hygienic method as women from the lowest wealth quintile,” the report said.

According to the report, states like Mizoram (93%), Tamil Nadu (91%), Kerala (90%), Goa (89%) and Sikkim (85%) fared well in terms of percentage of women who use hygienic methods of menstrual protection while states like Maharashtra (50%), Karnataka (56%) and Andhra Pradesh (43%) had low percentage of women using safe methods. Incidentally, even in a small state like Uttarakhand, almost 55% young women used cloth for menstrual protection which doctors say may be making them prone to reproductive tract infections. "It is time that easy availability of sanitary napkins is facilitated especially in remote areas so that women's health is not compromised," said Dr Sadhana Chauhan, a senior gynaecologist from Dehradun who has worked extensively in the Jaunsar Bawar region of the Himalayan state where cultural taboos prevent women from using hygienic methods of menstrual protection.

The problem is compounded by the fact that even when pads are being provided to women at bare minimum prices by the government, they are often not being given regularly. Also, many young girls are too shy to ask for them from health workers who are designated to provide them. "It is awkward for us to ask for these things. Often, they are not available as well. The government should ensure that pads meant for us are given to one of the women in our locality from where we can take them without hesitation," said Noor Jahan, an eighteen-year-old from Gujjar Basti in the Pathri area of Haridwar.





NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZZHA

**Affiliated to Kerala university of Health sciences Thrissur
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Delhi**

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

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 give





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



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD PHARMACIST
DAY – POSTER
COMPETITION AND QUIZ
COMPETITION

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Pharmacists demand cadre-review, hiring on World Pharmacy Day

TNN | Sep 25, 2018, 11:05 PM IST

Dehradun: All the 1,500 pharmacists across different health facilities in Uttarakhand conducted a massive drive of distributing fruits among patients admitted in the government hospitals marking World Pharmacy Day on Tuesday.

The theme of this year's Pharmacy Day was -- 'Pharmacist, your medicine expert'. While celebrating the day today, district chairperson of the Diploma Pharmacist Association, Uttarakhand, Sudha Kukreti, highlighted the demands of pharmacists working in the state.

On the occasion, the pharmacists said that they were not getting appropriate ranks, salary revisions and perks linked to cadre-review despite being one of the largest paramedical cadres in the state.

"The day has its importance across the globe. We work under the aegis of International Federation of Pharmacists. The role of pharmacists in the medical field is very well-defined. We wish that these roles and guidelines are implemented in Uttarakhand too," Kukreti said.

"There has been no cadre review for the past 18 years. So, there is no new hiring. Majority of students of pharmacy are struggling to get jobs in the department. Neither any permanent post has been created nor they have any plans to do so, as it looks," added Kukreti.

Pharmacists said that in rural Uttarakhand they are functioning as the backbone of health system, yet their role is "undermined by the entire system".



"We act as life saviours of villagers in the hills. We are made to work like doctors, but not given any credits for it,"

said another pharmacist requesting anonymity.



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World Pharmacist's Day celebration

The World Pharmacist's Day was celebrated by the students of IIIrd 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".

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 IIIrd 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 IVth 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.



Quiz programme



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Talk by Akhila, 3rd Pharm D student



Mime presented

Program outcome

All celebrations in the campus bring the students closer to each other's as they together involved in the planning and organization of events. The harmony and friendly atmosphere of the campus is reinforced by the event.



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD HEART DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Kerala hearts not in the pink of health

TNN | Sep 28, 2018, 06.56 AM IST



KOCHI: When it comes to the health of the heart, Kerala has nothing to write home about. The prevalence of cardiovascular diseases is the highest in Kerala, followed by Punjab and Tamil Nadu. However, disability due to cardiovascular diseases is not very high in Kerala, a new study that examined the changing patterns of cardiovascular diseases over last 26 years shows.

The two major cardiovascular diseases, leading causes of disease burden and deaths globally, are ischaemic heart disease (coronary heart disease) and stroke. While in 1990, the prevalence of ischaemic heart disease in Kerala was 1,548 in one lakh persons, in 2016 it increased to 2,793 per one lakh persons, an increase of

almost 80%. On other hand, the prevalence of stroke which stood at 405 per one lakh persons in Kerala in 1990, increased by 80% to 730 per one lakh persons in 2016.



STATE OF THE HEART

➤ The prevalence of cardiovascular diseases highest in Kerala, followed by Punjab, and Tamil Nadu

➤ Cardiovascular diseases leading cause of disease burden and deaths globally

➤ Ischaemic heart disease and stroke were the predominant cardiovascular diseases contributing to 61% and 25% of total disability

➤ The number of cases of ischaemic heart disease increased from 10.2 million in 1990 to 23.8 million in 2016, and cases of stroke increased from 2.8 million in 1990 to 6.5 million in 2016

➤ In 2016, Ischaemic heart disease contributed to 18% of total deaths and stroke contributed 7% of total deaths

➤ The prevalence of ischaemic heart disease was highest in Kerala, followed by Punjab, Tamil Nadu and Maharashtra.

“It is a matter of concern that despite high education and awareness levels, Kerala tops in cardiovascular diseases

Dr D K Shukla | HEAD, NCD DIVISION, ICMR

“The main reason for this is high prevalence of hypertension in the state. The control rate of hypertension is low, with less than 20 per 100 persons coming back to normalcy after treatment

Dr Bipin K Gopal | NODAL OFFICER (NCD CONTROL), DHS

The prevalence of stroke was highest in West Bengal followed by Kerala and Goa

➤ In 1990, the prevalence of ischaemic heart disease in Kerala was 1,548 per 1 lakh persons. In 2016 it increased to 2,793 per 1 lakh persons, an increase of almost 80%

➤ In 1990, the prevalence of stroke in Kerala was 405 per 1 lakh persons. In 2016 it increased to 730 per 1 lakh persons, an increase of 80%

➤ Disability due to

Ischaemic heart disease is highest in Punjab. Kerala doesn't figure amongst the top five states when it comes to disability due to ischaemic heart disease or stroke

➤ Deaths due to cardiovascular diseases in India increased from 1.3 million in 1990 to 2.8 million in 2016

➤ Overall, cardiovascular diseases contributed to 28% of the total

deaths and 14 % of the total disability in India in 2016, compared with 15% deaths and 7% disability in 1990

➤ The leading overlapping risk factors for cardiovascular diseases as well as disability included dietary risks, high systolic blood pressure, air pollution, high total cholesterol, tobacco use, high fasting plasma glucose, and high body mass index

➤ These risk factors have increased generally across most states from 1990 to 2016. The prevalence of smoking decreased during this period in many states

➤ Among the states of India, the prevalence of high blood pressure was highest in Punjab, Himachal Pradesh, Kerala and Goa. Prevalence of high cholesterol highest in Kerala, Himachal Pradesh and Tamil Nadu

Illustration: Gireesh

MEASURES UNDERTAKEN

➤ The UN, acknowledged in 2012 that the rising burden of non-communicable diseases (NCDs) was one of the major threats to sustainable development in the 21st century

➤ WHO subsequently developed targets for prevention and control of NCDs in 2013 to halt the rise in diabetes and obesity, and ensure access to drugs

➤ The Sustainable Development Goals include a target to reduce premature deaths due to NCDs to a third of total premature deaths by 2030

➤ Since cardiovascular diseases make up a large part of NCDs, the National Health Policy 2017 of India aims to reduce 25% of premature deaths from cardiovascular diseases besides screening and treatment of 80% of hypertensive patients by 2025

➤ Kerala government which has identified the main cause of cardiovascular problems in the state as high BP, is now focussing on timely intervention and prevention at the grassroots-level

➤ They have also set up Cathlabs in each district to ensure timely intervention besides monitoring

WHAT MORE NEEDS TO BE DONE?

➤ Address the issue of underdiagnoses of high blood pressure and high cholesterol and inadequate access to medications for these disorders

➤ Smoking was the only major cardiovascular disease risk factor that decreased in prevalence from 1990, suggesting that implementation of the Cigarettes and Other Tobacco Products Act in 2003 to discourage use of tobacco products, and the National Tobacco Control Programme launched in 2007, facilitated a reduction in tobacco use, but sustained efforts are needed for further progress.

➤ More initiatives to tackle the burden of air pollution in India

(Source: The changing patterns of cardiovascular diseases and their risk factors in the states of India: The global burden of disease study 1990-2016 published in Lancet)



Though the prevalence of ischaemic heart disease was highest in the state, when it comes to stroke West Bengal

leads, followed by Kerala and Goa. However, the incidents of disability due to cardiovascular diseases are low in Kerala, as per the study 'The changing patterns of cardiovascular diseases and their risk factors in the states of India: The global burden of disease study 1990-2016' published in the Lancet.

Probably, Kerala's curse is its urbanisation and changing lifestyle that have led to increase in lifestyle diseases such as hypertension, diabetes and obesity, considered leading risk factors to cardiovascular diseases. "It is a matter of concern that despite high education and awareness levels, Kerala tops in cardiovascular diseases," said Dr D K Shukla, head, non-communicable diseases division, Indian Council of Medical Research, Delhi and co-author of the study funded by Bill & Melinda Gates Foundation, ICMR and Union ministry of health and family welfare.

Explaining further, Dr Shukla said: "There is no rural-urban divide here and with lifestyle and dietary modifications, the main risk factors for cardiovascular diseases, Kerala is at increased risk. The prevalence of cardiovascular disease is less in the Eastern states and hilly areas where people are engaged in physical activity, and smoking and consumption of alcohol is less".

In fact, studies conducted by Kerala government also show that cardiovascular disease is the number one killer in the state. "This is not a surprise finding. The main reason for this is high prevalence of hypertension in the state. The control rate of hypertension is low, with less than 20 per 100 persons coming back to normalcy after treatment. Due to this, we detect and treat hypertension and other lifestyle diseases at primary level itself," said Dr Bipin K Gopal, nodal officer (non-communicable diseases control program), directorate of health services.

Though deaths due to cardiovascular diseases in India increased by 34% for both sexes from 1.3 million in 1990 to 2.8 million in 2016, better awareness and easy access to healthcare in Kerala have ensured that disability due to cardiovascular diseases is low.

"This is because we have better social status and majority has timely access to healthcare facility. However, even now, nearly 11% patients with cardiovascular diseases don't take medicine regularly increasing their risk to

disability,” said Dr Harikrishnan S, cardiologist, Sree Chitra Tirunal Institute for Medical Sciences and Technology and co-author of the study.



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World Heart Day



World Heart day 2018 quoted the theme "My Heart, Your Heart" was hosted by students of 4th Pharm D.A Heart health awareness camp was conducted at NirmalaMathaChurch,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 is 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 residence of Muvattupuzha



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

MENTAL HEALTH DAY

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Mental disorders brought on by internet and technology

TNN | Jan 3, 2018, 12.00 AM IST



Technological advancements have been nothing short of a boon for people of the past few generations, but along with the positives, come the cons. And these aren't ones that we can take lightly. Researchers have found multiple mental disorders that have been caused by the rise in humans' use of internet and technology. Here are the most common ones: Selfitis

It started off as an online joke in 2014 — the American Psychiatric Association (APA) coining the term “selfitis” as a new mental disorder for people who obsessively shoot and share selfies online. Fast forward to 2017, and it turns out, it really IS a recognizable mental disorder. According to a new paper titled An Exploratory Study of ‘Selfitis’ and the Development of the Selfitis Behaviour

Scale, published in the International Journal of Mental Health and Addiction, by researchers Janarthanan Balakrishnan of the Thiagarajar School of Management in Madurai and Mark D Griffiths of Nottingham Trent University in Nottingham, UK, came up with a set of factors that drive people to shoot selfies obsessively and graded them on a Selfitis Behavior Scale. Of the participants, 25.5% were chronic, 40.5% were acute and 34% were borderline, with men exhibiting selfitis at a higher rate than women (57.5% to 42.5%, respectively). Younger people in the 16-20-year-old age group were also found to be the most susceptible. 9% of participants shot more than 8 selfies every day, with 25% sharing at least three of those selfies on social media.

Phantom Ringing Syndrome



This is something that has happened to most of us — have you ever reached for the vibrating phone in your pocket only to realize that it was silent the whole time? Yep, that's right, and the occurrence has name too — the Phantom Ringing Syndrome. Although the term is not a syndrome, it is better characterized as a tactile hallucination since the brain perceives a sensation that is not present. According to Dr Larry Rosen, author of iDisorder, 70% of heavy mobile users have reported experiencing phantom buzzing in their pocket, colloquially known as ringxiety. And all this while, you thought you're the only one who's gone loony.

Google Effect These days, most conversations at social gatherings start with the line — I was googling the other day... that's how important and integral search engines have become in our lives. So much so that a noun (Google) has become a verb meaning to look up something online. Now what that has unintentionally done is conditioned the human mind to retain less information simply because it knows that all answers are only a few clicks away. Research has shown that limitless access to information has caused our brains to retain less information. While a single individual having easy access to nearly all the important information in the world is definitely a big boon, whether it is worth humans losing their very identity (we created the internet, after all) is a big question mark.

Nomophobia

Nomophobia is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as low balance, loss of charge or poor/no signal. The term is an abbreviation of 'no-mobile phobia' first coined by UK based research organization. A decade-old study found that 53% of mobile users felt anxious when they were unable to use their mobile phones and over half of users never shut their phones off, and subsequently, the numbers have shot up since then. Sure, phone addiction sounds like a first world problem, but it isn't — the disorder can have very real negative effects on people's lives, no matter where they live, given how cheap and easily accessible smartphones are these days. If you find yourself always alert for phone notifications or mindlessly reaching out to get your phone at frequent intervals, it's time for a digital detox.

Cyberchondria

It's no secret that the human brain can be manipulated in many ways. If you take a look at the entire smartphone app industry, there are multiple ways in which they do it — red coloured notifications since we're wired to react to red, pull-down to refresh acting like a roulette table of surprises, etc. Go one step further, and we have cyberchondria — the tendency to believe that you have all the diseases that you read about online. Call it trickery,

laziness, misinformation or overreaction, it's clear that the internet can exacerbate existing feelings of hypochondria and in some cases, cause new anxieties because there's so much medical information out there, without proper context. Looks like striking the right balance will be the key to a sane future for all of us.



Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Kerala floods and mental health: The trauma that lingers

TNN | Aug 29, 2018, 03.36 PM IST



It is natural that such a big disaster like the floods that hit Kerala leaves psychological scars but there are ways to tackle them, say experts

On Independence Day, Suresh* was running around doing relief work as there were landslides all around his house in Gandhinagar colony near Cheruthoni dam in Idukki. After he returned home in the night, while his wife and their child of four were preparing to sleep, his parents were singing a lullaby to his one-and-a-half-year-old baby in the other room. A landslide suddenly hit his

home, which seemed safe till then. Soil, stone and water gushed in and as he tried to hold aloft his elder child, he slipped from his hands. Suresh couldn't help the others either as a huge stone fell on his left leg. His friends rescued him and his wife and took them to the hospital but the other members of the family couldn't be rescued. In fact, the badly-hurt couple could not even attend their funeral.

Dr Aju Jose, Junior Consultant, Psychiatry, District Hospital, Idukki has hundreds of such tales to narrate. "When I met the couple, the wife was trying her best to keep calm but Suresh keeps on cursing himself for 'letting' his daughter slip out of his grip. He had acute stress reaction and survivor's guilt. So, all I could do was to explain to him that the whole of Kerala was affected by the flood. I opened my social media account and showed him pictures of nature's wrath in Chenganoor, Aluva, Paravoor and other places in order to console him. I tried to

make him understand that this is a disaster which we all had to face and we all will overcome together,” says the doctor, adding that he also spoke to Suresh's relatives and friends and asked them to stay with them. “I have told them to eventually take them to the spot where the bodies had been cremated. I have also counselled them to think about the future and aim for a new start. They need a new beginning. As the couple had earlier undergone sterilisation, we have taken the initiative to re-fertilise, so that they can become parents again,” he says.





NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA



Date: 16/10/2018

Venue: Nirmala College of Pharmacy auditorium

Hosted by: SSGP

Audience: of first semester B.Pharm and first Pharm D

Welcome address: Fr.Jos Mathai Mailadiath

Chief Guest: by Rev.Dr.Sr. LinsMariya, Psychiatrist, Nirmala Medical Centre, Muvattupuzha

Vote of Thanks: Ms. Manju Maria Mathews

- ✓ The mental health day programme was conducted as a part of SSGP in Nirmala College Of Pharmacy, Muvattupuzha on 16/10/2018. A talk was given on the topic “**Mental Health In Young People**” by Rev.Dr.Sr. LinsMariya, Psychiatrist, Nirmala Medical Centre, Muvattupuzha. A total of 73 Students of first semester B.Pharm and First Pharm D participated. And faculty joined. Programme lasted for three hours. The programme was successful and helpful for the students as it paved a way to improve the mental health of the students. The seminar encouraged students to withstand the difficulties they are facing in the present scenario.



NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA



REPORT



Welcome address by Fr. Jos Mathai Mailadiath



Session taken by Rev.Dr.Sr. Lins Mariya, Psychiatrist



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

COMMUNITY

PROGRAMME

NIRMALA COLLEGE OF PHARMACY

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ISPOR Kerala University of Health Sciences (KUHS) StudentsChapter



Venue: Nirmala Higher secondary school, Muvattupuzha

Hosted by: 1st PharmD and 4th pharm D

Audience: Students

Welcome address: Ms Juneeta Anna Benny

As a part of the National Pharmacy Week Celebration, the ISPOR Students' Chapter, organized a small awareness class and workshop at Nirmala High School, Muvattupuzha on 22nd October 2018. The event aimed at creating awareness among students with the "Role of a Pharmacist in creating a Healthy India".

About 40 students of grade 9 were given the opportunity to be a part of the programme. The session began by about 2 pm with an introduction into the profession of pharmacy and ways a pharmacist can extend out to the public. The role of a pharmacist as a healthcare provider rather than just being a compounder and dispenser of medicines was emphasised.

'Medication safety' was chosen as the core concept and a small presentation showcasing the key points were shown to the students. Almost all aspects related to



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this topic was covered and students were taught how to interpret a prescription and read the label of a particular drug. Their understanding was assessed by a small activity wherein the students were divided into groups of six and given sample strips to identify the details of the drug. The activity was carried out with great enthusiasm and curiosity as it was indeed a new experience for them.

This was followed by a skit on the theme 'Food and Diet' which captured the attention of the crowd and succeeded in conveying the importance of creating a healthy population.

Towards the end, there was an interactive session where students cleared their queries and gave excellent answers to the questions put towards them. The whole programme concluded by about 4 pm and the students dispersed with the assurance of disseminating the new knowledge that they gained.



Awareness class and Work shop



Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Diabetic patients: Kerala tops list of Indian states

TNN | Dec 8, 2017, 01.55 PM IST



Diabetic patients: Kerala tops list of Indian states

KOCHI: Kerala has the largest number of diabetes patients followed by Tamil Nadu and Punjab, according to endocrinologists and diabetologists in the state.

While 19.4% people have diabetes in Kerala, the corresponding figures in Chandigarh and Tamil Nadu are 13.6% and 10% respectively, according to analysis of separate studies done by Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram and Indian Council of Medical Research.

A recent ICMR study in fifteen states had found a mean prevalence of 7.3 per cent. Though diabetes was more common in urban areas, it was seen that in seven states with relatively higher economic status the disease was affecting the lower

socioeconomic group. This is in contrast to the situation which prevailed earlier. However, Kerala was not part of the study.

But a recently concluded study on 12,000 adults in Kerala by Sri Chitra showed that one in five adults had diabetes. Nearly six per cent people with diabetes could have the diseases under control. In Kerala, there is a high burden of pre-diabetes also which in addition to leading to diabetes also increases the risk for heart disease. In the age group of 45 to 69 years nearly two third (67.7%) had either diabetes or pre-diabetes.



"Diabetes is much higher in Kerala than in other states with prevalence of 19.4%. Also we have seen that there is no urban-rural divide when it comes to diabetes in the state. If we don't act on this serious problem, then we are heading towards big trouble," said Dr KR Thankappan, Sree Chitra Tirunal Institute for Medical Sciences and

Technology, Thiruvananthapuram, author of a study on the "Pattern, correlates and implications of non-communicable disease multimorbidity among older adults in selected Indian states: a cross-sectional study". The doctors are concerned that though diabetes can be successfully managed and complications prevented, especially when detected early, this is not happening in Kerala. The risk of developing Type 2 diabetes can be diminished markedly through lifestyle changes—improving diet and physical exercise. Diabetes accounts for huge mortality and severe complications including loss of vision (due to retinopathy), kidney failure, nerve damage and heart attack.

"The largest impediment against the prevention of diabetes is the attitude of people. Healthy lifestyle can prevent diabetes in up to 70% population. The state has to ensure community participation, build infrastructure and bring in due legislation that helps in the fight against diabetes," said Dr Sreejith N Kumar, diabetologist, Thiruvananthapuram.

[Read this story in Malayalam](#)



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD DIABETES DAY

NIRMALA COLLEGE OF PHARMACY

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

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



Diabetes day observation program

Date: 14/11/2018

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 facilitated 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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Talk by Dr.Manju Maria Mathews

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 system.



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

PHARMACY WEEK -
ELOCUTION
COMPETITION

NIRMALA COLLEGE OF PHARMACY

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

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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 22nd November 2018. Dr.Ajit Shah, founder and president of APL, was the chief guest for the day. Rev.Fr.JosMathaiMailadiath, 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 celebration

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.



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

BLOOD DONATION CAMP

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

Donate blood, because you can save a life!

TNN | Oct 7, 2018, 01.17 PM IST



How many of you get blood donor requests on your phone or on Facebook and still carry on with your day, thinking someone else will volunteer? How many of you see a blood donation van in your vicinity, and cross it without even giving a thought - because who has the time? Now imagine your loved one in desperate need of blood, with his life relying on receiving platelets from a donor. Despite circulating endless messages across your network, you see only 1-2 random walk-ins. Helpless, right?

Did you know India fell short of 1.9 million units of blood in 2016-17, which is equivalent to 60 tankers. It could have helped in 320,000 heart surgeries or 49,000 organ transplants, reveals official data.

Every two seconds someone needs blood in India. Delhi-based journo Ankita Shukla's dad was recently diagnosed with a blood infection called Deep Vein Thrombosis with dengue, which is killing his platelets; thus, making it imperative for him to receive blood transfusion every day until the platelets stabilize. The family has been frantically dropping messages to all possible donors. This may have to continue for more days and she is scared every single day if her father will receive the required platelet count. "I spend most of my day arranging for donors. The screening test in itself takes almost 1.5 hours and it feels extremely frustrating when a potential donor fails the test." A man who came to donate blood told her that unless someone has lost someone dear to this situation or have had a family member in such a critical state, they don't understand the seriousness. *"Thokar khaake seekhte hai."*

Why you must donate



Most people are not aware that not only blood donation help save many lives, regular donation also helps cut

down one's risk of cholesterol, cardiac issues and overload of iron in the body. The process also helps you with regular blood screening and purification of blood.

Challenges

Sometimes too much blood is collected at the same time - it makes it highly likely for officials to see the shortage of donors in near future since they won't turn up for a few months at least (according to Red Cross, blood should be donated once in 8 to 12 weeks). Secondly, there could be an excess collection of blood that you may end up wasting.

It is crucial to create a culture of blood donation where people donate every three months to save lives - because tomorrow it could be you or your loved one!



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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 a part of the national pharmacy week celebration on 22nd 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 was commenced by 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.



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



Program outcome

The program helped to develop humanism. Total of 47 units of blood were collected and donated to IMA blood bank regional blood transfusion centre, Thodupuzha

CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD AIDS DAY
MOVIE SHOW

THE TIMES OF INDIA

ISSUE IDENTIFIED

Number of HIV cases increasing among young: Expert

TNN | Dec 1, 2018, 12.22 PM IST



NAGPUR: While incidence of HIV has reduced all over the world, terminally marginalized population remains largely undiagnosed.

This year, theme for World Aids Day is 'Know Your (HIV) Status'. Dr Milind Bhrushundi of Central India Institute of Infectious Diseases and Research Nagpur, said, "We are targeting those who have not been tested. Since symptoms of HIV are dormant for over five years, many are not aware if they have HIV, and the only way for them is to get tested. We need to reach out to high risk population — most of whom are homosexuals and transgenders."

It is also worrisome to note instances of HIV is increasing in the age group of 15-24 years as people are more concerned about pregnancy than the child. Emergency contraceptive pills and the Internet have proven to be a problem. Also, there have been cases in which people on second line of drugs don't take medications seriously. Alcoholism and drug abuse are significant factors, he added.

A 90-90-90 programme by UNAIDS aims that by 2030, there should be a 90% reduction in the number of patients, 90% reduction in new cases and 90% less deaths. Targeted intervention projects to treat those at high risk are need of the hour.

Former senior medical officer at ART centre of GMC stated that even today, the same four causes are responsible for HIV patients as those many years ago — unprotected sex and multiple sex partners, parent to child

transmission, blood transfusion and unsterilized needles.

"New technology is not yet available in government hospitals. Since HIV antigen takes about six months to develop, an anti-body test does not identify the antigen. And if the affected person donates blood within those six months, the antigen will be passed to the blood banks," she said, adding that about 20 lakh patients have been taking medicine free of cost at GMC. "Earlier, 1000 new cases were identified every month, but they have now reduced to under 100," she added.

"Positive cases of HIV have reduced due to expansion of our units and increase in awareness. There has been a rise in people taking the test and antenatal check-up as well. We have started mobile vans and even issued bus passes for patients, apart from giving free treatment and drugs," said Tanuja Fale, Programme Manager, District Aids Prevention and Control Unit.



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WORLD AIDS DAY CELEBRATION

REPORT

DATE: 1-12-2018

VENUE: SEMINAR HALL

ORGANIZED BY: FOURTH PHARM D

TIME: 1.15-2.30 PM

FELICITATION: REV FR.JOS MATAHI MAILADIATH

INAUGURAL ADDRESS: MANJU MARIA MATHEWS

EVENT: MOVIE SHOW



Pic 1: Aids day celebration



CROSSCUTTING
ISSUE

HUMAN VALUES

TYPE OF PROGRAM

WORLD CANCER DAY
GUEST LECTURE ON
PALLIATIVE CARE
MANAGEMENT

THE TIMES OF INDIA

Cancer incidence rate highest in Kerala

TNN | Sep 19, 2018, 06.56 AM IST

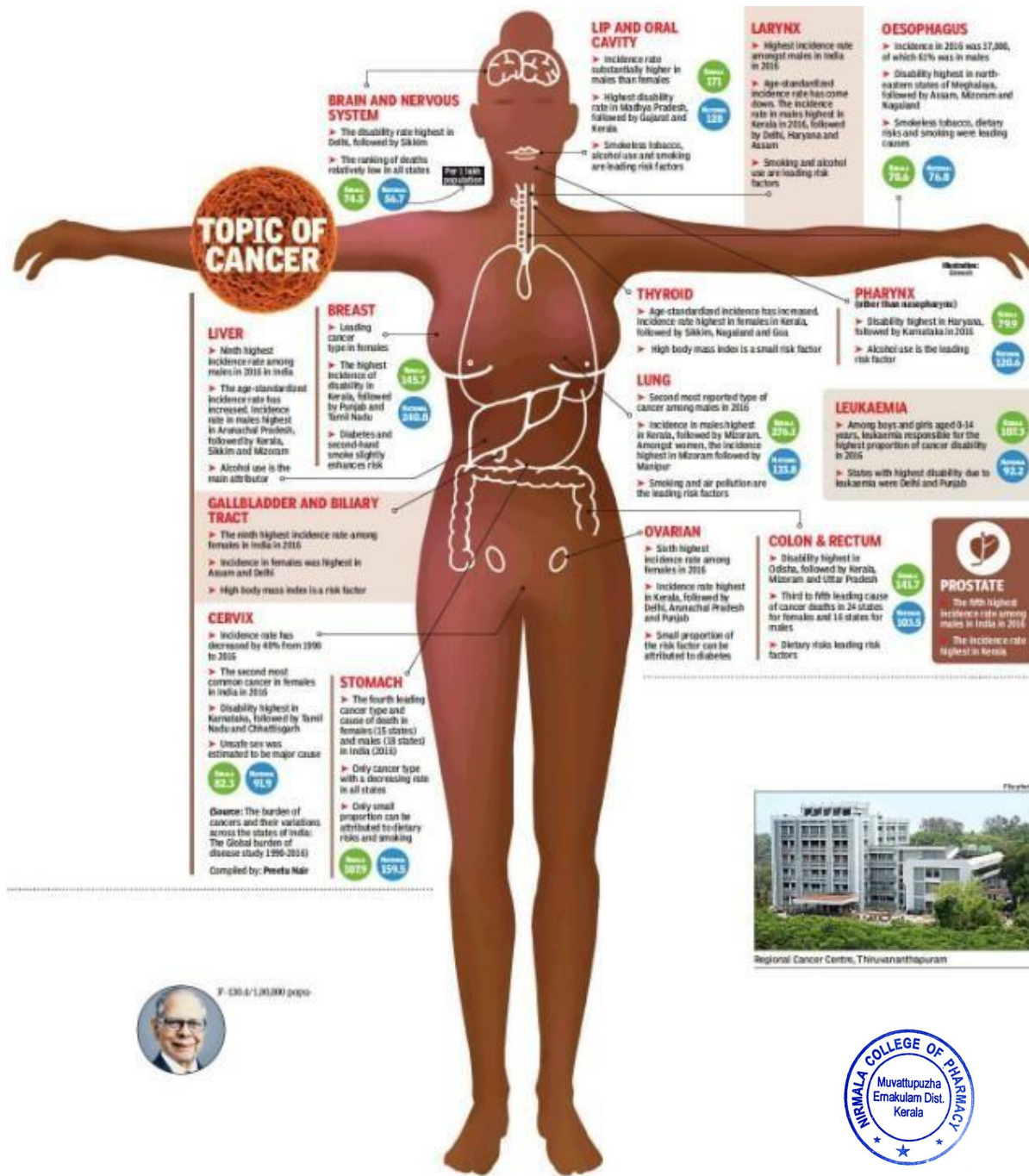


KOCHI: The highest number of cancer cases in India is detected from Kerala, followed by Mizoram, Haryana, Delhi and Karnataka, while it is the lowest in Bihar. In 2016, cancer incidence rate in India was 106.6 per 1 lakh people, while in Kerala it is 135.3 per 1 lakh people. Even mortality and disability rates due to cancer are high in the southern state, a new study shows.

The death rate for both sexes due to cancer was highest in Mizoram, followed by Kerala and Haryana. With the southern state witnessing 73.5 deaths per 1 lakh females and 103.4 per 1 lakh males, disability due to cancer was highest in Mizoram, Kerala, Assam and Haryana, says the report on 'The burden of cancers and their variations across the states of India: Global burden of

disease study 1990-2016,' published in the Lancet this month.





P - 130.6/1,00,000 pop.



Dr A Nandakumar, director, National Centre for Disease Informatics and Research, Indian Council of Medical Research (ICMR), said Kerala has a slightly older population compared to the rest of the country and this could be reason for high incidence. "If you take the proportion of people above the age of 65 in Kerala, which is the age during which people are more prone to get cancer, it is high compared to the rest of India. Also, Kerala has well-established cancer care centres and cancer registry," said Nandakumar, co-author of the study funded by Bill & Melinda Gates Foundation, ICMR and Union ministry of health and family welfare.

Rajeev Sadanandan, secretary, health, said the factor that influences incidence of cancer the most is age. "The percentage of aged persons above 65 is 50% more than national average. Our detection is also high," he said.

The study analysed variations in cancer burden across India using 42 populationbased cancer registries and the nationwide sample registration system to estimate the incidence of 28 types of cancer in every state from 1999 to 2016. It shows that 8% of the total deaths and 5% of the total disability-adjusted life years (DALYs) in India in 2016 were due to cancer, double the contribution in 1990.

The study shows that 10 cancer types responsible for the highest proportion of disability in India in 2016 were stomach (9%), breast (8.2%), lung (7.5%), lip and oral cavity (7.2%), pharynx other than nasopharynx (6.8%), colon and rectum (5.8%), leukaemia (5.2%), cervical (5.2%), oesophageal (4.3%), and brain and nervous system (3.5%) cancer.

"With improved palliative care, pain that contributes mainly to disability in cancer can be taken care of. Kerala, which has good palliative care facilities need to improve the referral system. Also, there is a need to educate MBBS doctors so that they can detect cancer at an early stage," added Dr Nandakumar.

Dr Balram Bhargava, director general, ICMR, said that it was time for all states to take adequate measures in cancer prevention and control. The report will help state governments take better policy decisions. "In India, 60%

of funding is being done by the Centre and it can be diverted by the states depending on the status of the disease,” he said.



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Cancer day 2019

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

Venue: Carithas hospital, Kottayam

Hosted by: Vth Pharm D

Audience: Carithas hospital patients, staffs and students

Events:

- Poster presentation
- Patient counselling
- Stage performances



Pic 1: Patient counselling



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Pic 2: Poster presentation



Pic 3: Stage performance



CROSSCUTTING
ISSUE

GENDER

TYPE OF PROGRAM

INTERNATIONAL
WOMEN'S DAY
CELEBRATION

Printed from

THE TIMES OF INDIA

ISSUE IDENTIFIED

International Women's Day: Prepping our boys for a gender-neutral future

TNN | Mar 8, 2019, 12.00 AM IST



It's just been a few days since we learnt that Prince Harry and his wife Meghan Markle have decided to raise their yet-to-be born baby in a gender-neutral style. World over, young parents are increasingly doing what it takes to do away with gender stereotypes and raise their babies, preparing them for a gender-neutral future. On Women's Day, we talk to a few Malayali mothers to learn how they are equipping their sons for the same, and here's what they say:

Avanthika Mohan, actress: Learn to respect women





NIRMALA COLLEGE OF PHARMACY, MUVAATTUPUZZH

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.

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 momento was also presented to the speaker of the day, Advocate Jitty Augustine and to Honourable Judge V. Dileep by Rev Fr. Jos Mathai Mailadiath. A talk was proposed 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 was 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.





Welcome speech



Lamp lighting





Talk by Advocate Ms. Jitty Augustine

