

NIRMALA COLLEGE OF PHARMACY



NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

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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: 19-20)

Sl.No.	Date	Event
1	16/11/19	Seminar “Mental Health”
2	30/11/19	Food Stall competition
3	07/03/20	International Women’s Day (Debate competition)





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 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

Principal





**NIRMALA COLLEGE OF PHARMACY,
MUVATTUPUZHA**

Venue: Auditorium

Date: 16.11.2019

Time: 10:00AM – 4.00 PM

PROGRAM SCHEDULE

10.00am: Prayer song

10.05am: Welcome address – Dr. Manju Maria Mathews,
Principal, NCP

10.15am: SESSION 1

Topic: "Project awareness"-Dr. Sooryamol
V.S Medical officer
Govt. Homeo Hospital, Muvattupuzha

12:15pm: LUNCH BREAK

1:15PM: SESSION II

TOPIC: "Mental Health"
Speaker: Nivea Jerome,
Clinical psychologist
Govt. Homeo Hospital, Muvattupuzha

3:30PM: DISCUSSION

3:40PM: Distribution of Memento and Certificate

3.45pm: Vote of thanks - Ms. Anitta Thomas (V Sem. B. Pharm)

4:00pm: National Anthem



Principal



**NIRMALA COLLEGE OF PHARMACY,
MUVATTUPUZHA**

WOMEN CELL

**REPORT ON MENTAL HEALTH DEVELOPMENT
PROGRAMME**

Women cell committee has organized a mental health awareness program for all the students and women faculty on Nov16, 2019 Saturday at 10.00 AM at Nirmala College of Pharmacy, Muvattupuzha. The program was specifically meant for the students as well as college faculties to gain awareness on the importance of mental health keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure. The main objective of the year was focused on “SUICIDE PREVENTION”. The program was headed by Dr.Sooryamol V.S, Medical Officer, Seethalayam and Ms.Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.

The session started with a prayer song by Ms. Aneena Wilson and Ms. Sneha Susan Joshy. The inaugural address was given by Dr.Manju Mariya Mathew, Principal of Nirmala College of Pharmacy, Muvattupuzha. Dr.Sooryamol V. S has started the session by giving a digital presentation on Seethalayam units in Kerala. Followed by this was mental awareness class by Ms.Nivea Jerome which was helpful in inculcating a positive attitude among students. After the session the guests were presented with a memento as a guest of honour .Brochure was distributed. Vote of thanks was given by Ms. Anitta Thomas. The session ended at 4.00 PM with National anthem.The session was very informative and productive.





Pic 01: Mental Health Development, Dr. Sooryamol V.S, Medical Officer, Seethalayam and Ms. Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.



Pic 02: inaugural address was given by Dr. Manju Mariya Mathew, Principal of Nirmala College of Pharmacy, Muvattupuzha.





Pic 03: mental health awareness program for all the students and women faculty



Pic 04: Dr. Sooryamol V.S, Medical Officer, Seethalayam



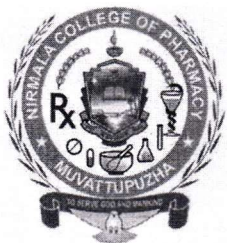


Pic 05: Ms.Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.



Pic 06 & 07: distribution of memento by Dr.Manju Maria Mathews, Principal of Nirmala College of Pharmacy, Muvattupuzha.





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Circular

This is to inform that Women's Cell is organising a **"FOOD STALL COMPETITION"** in connection with the sports day on 30th November 2019

One team is allowed to represent each class. The food stall should be ready by 11.00 AM & the evaluation will be done thereafter.

The criteria for judgement are as follows:

1. Maximum number of students allowed in a team-10
2. Grading will be based on :
 - a) No. and variety of dishes
 - b) Settings and Presentation
 - c) Taste
 - d) Consistency
3. Preference will be given for homemade dishes

Signature of Administrator

Signature of Principal





NIRMALA COLLEGE OF PHARMACY MUVATTUPUZZHA

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WOMEN CELL

REPORT ON FOOD STALL COMPETITION- 2019

The Women cell of Nirmala College of Pharmacy has organized a food stall competition in the campus in the month of November on 30th Saturday.

Over 7 stalls were set up to showcase the diversity of food and main criteria for evaluation of food fest was about 50% of the food items should be home made. Under proper guidance of teachers everyone gave their best providing good and healthy food.

The time allotted for arrange the stall was from 9:30am The judgement began by 11:30am. The judgement panel involved Rev. Fr. Jos Mathai Mailadiath accompanied by teaching and non-teaching staffs. Later on, the event became more successful by distributing food and interacting with the faculties and students. The first place was secured by 1st Pharm. D and 2nd B. Pharm. The 2nd place was secured by 1st B.Pharm and 3rd by 4th B.Pharm. They were awarded with cash prizes on the day of Christmas celebration.

It was a platform for all students to come up with their culinary skills coupled with the food, decor, ambience and entertainments



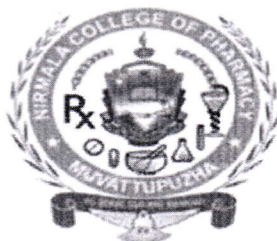


Pic01: From the venue



Pic02 :Food stall





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CIRCULAR



This is to inform that in association with International Women's Day on March 8th, a debate competition is organized by women cell of NCP on the topic "Whether Women empowerment is limited to Debates?" on 7th March 2020 from 3 pm onwards. Interested female students can give their names to Ms. Sini Baby. Each team may include two participants from each class. Winners will be awarded with Cash prize.

Venue: Auditorium

Principal

PRINCIPAL

NIRMALA COLLEGE OF PHARMACY
Muvattupuzha, Ernakulam (Dist)
Kerala-686 661





INTERNATIONAL WOMEN'S DAY CELEBRATION

PROGRAMME SCHEDULE

Date:07/03/2020

Venue: Auditorium

2:30 PM: Prayer song

2:35pm: Welcome speech: Ms. Rony Rose George (IV PHARM. D)

2:40pm: Debate competition

3:45pm: Solo song: Sneha Susan Joshy & Aneena Wilson (IV Pharm.D)

2:55pm: Prize distribution for debate competition

3:30 pm: Vote of Thanks: Ms. Maia C George (II B. PHARM)

3:35pm: National Anthem





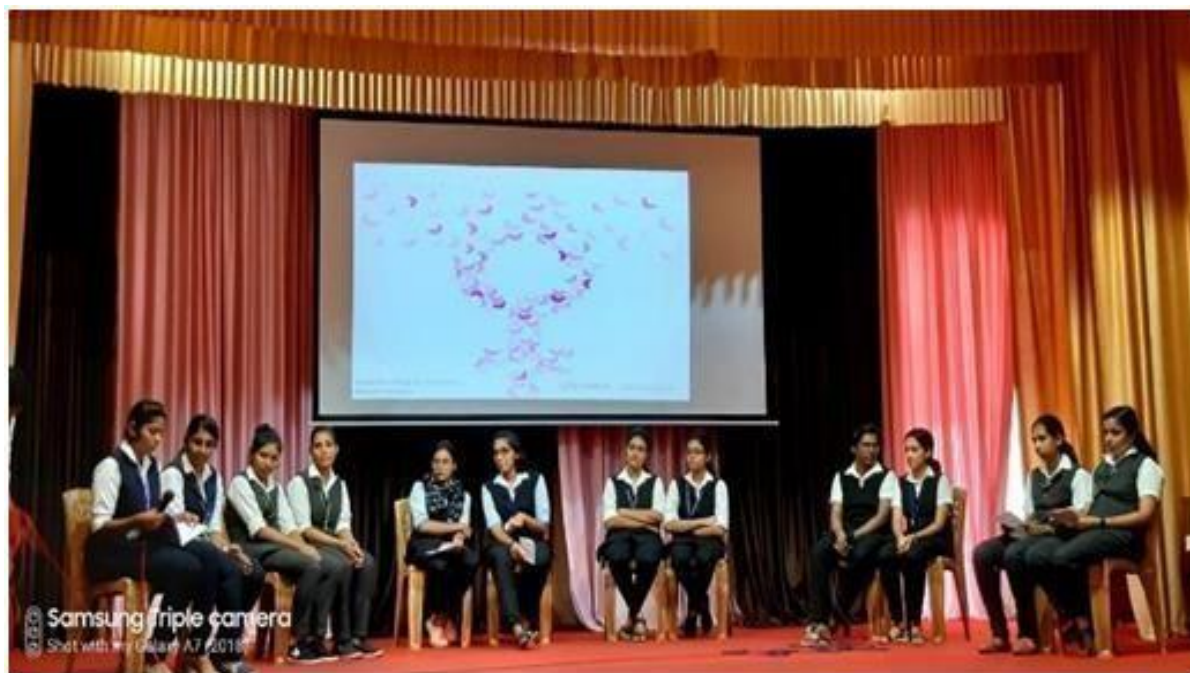
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REPORT

INTERNATIONAL WOMEN'S DAY CELEBRATION 2020

Nirmala College of Pharmacy, Muvattupuzha has organized International Women's Day celebration on 7th March 2020. The programme started by seeking the blessings of God followed by a welcome speech by Ms.Rony Rose George (4th year Pharm D). The main spotlight of this program was the debate competition on the topic “Whether Women Empowerment is limited to debates”. 6 groups each with two students were participated. The debate highlighted the breakthrough of women since 1900s to this current era and also underscore the challenges faced by women's even on these days. The students participated with full of seal. It came to the conclusion that even though women are facing many difficulties Women Empowerment is not limited to debates, it had major advancements from late centuries. Ms Sneha Susan Joshy and Ms Aneena Wilson of Third Pharm. D entertained the crowd with a beautiful song. The prize distribution for the best debater was given. First prize and second prizes were bagged by Ms. Krupa Joy and Ms. Maria Joseph respectively. The program ended with vote of thanks by Ms. Maria.C. George (Second year B pharm). The program was productive.





Pic 01: Debate competition on the topic” Whether Women Empowerment is limited to debates?”.



Pic 02: Prof Dr..Manju Maria Mathews presenting the cash prize to the winner of the debate competition, Ms. Krupa Joy

