

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 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: 21-22)

Sl.No.	Date	Program
1	18/09/21	Webinar- Antenatal care
2	12/11/21	International day for tolerance and peace
3	22/12/21	Cake Fest competition
4	24/01/22	National Girl Child Day
5	23/02/22	Women safety-Pink police
6	08/03/22	International Women's Day
7	06/05/22	Self-defence -pink police
8	09/05/22	Seminar on PCOD





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 Sleeva College of Nursing, Cherpuvakkal

REGISTER NOW



NIRMALA COLLEGE OF PHARMACY

MUVATTUPUZHA, KERALA



CERTIFICATE

This is to certify that

Dr. Jolly K.M (Dr. Sr. Josline), Associate Professor, Mar Sleeva College of Nursing, Cherpunkal has participated as our distinguished speaker in the webinar organized by Women Cell & NSS, Nirmala College of Pharmacy, Muvattupuzha on 2021 September 18

Fr. Jos Mathai Mailadiath
Administrator
Nirmala College of Pharmacy



Prof. Dr. Badmanaban R
Principal
Nirmala College of Pharmacy



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661
Established in 2004, under Nirmala College Society (Reg.No.ER
928/2001)

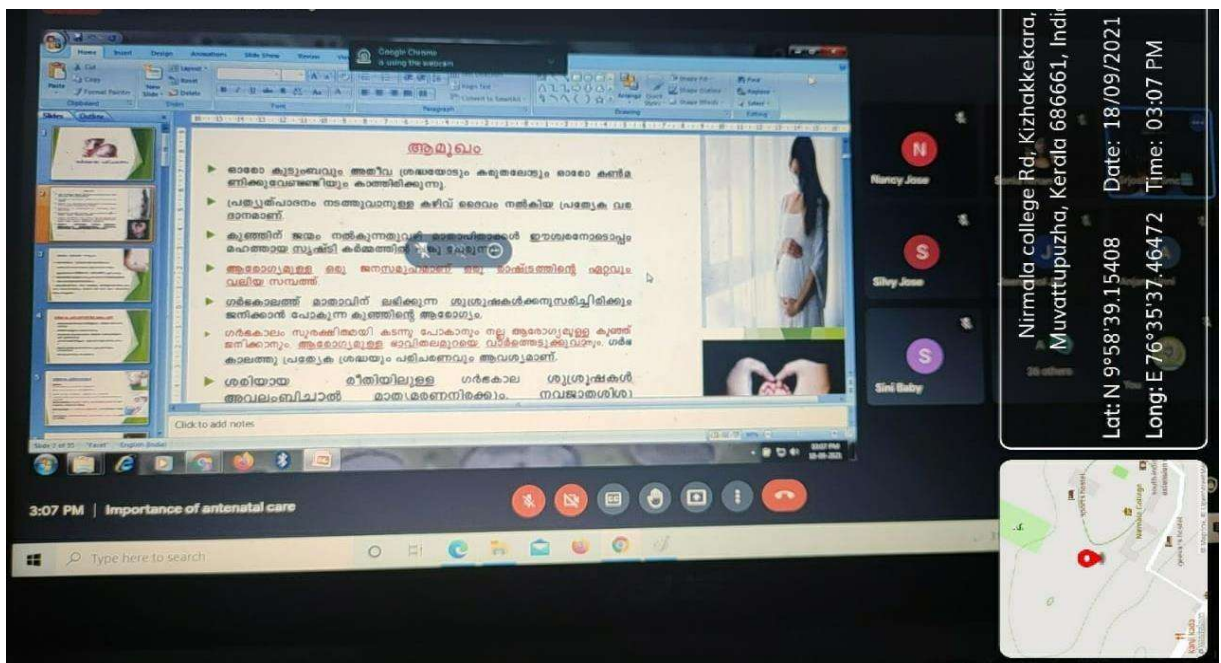
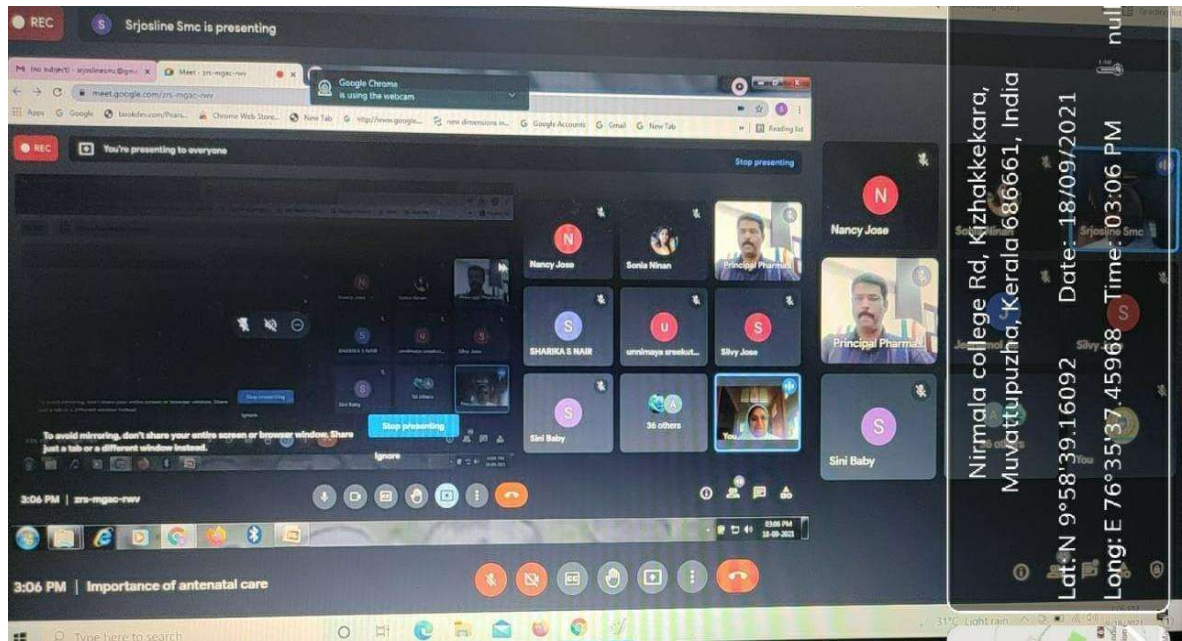
WOMEN CELL

Webinar on Importance of Antenatal Care

Webinar on importance of Antenatal care (Focus on nutrition during pregnancy and lactation) was organized by Women Cell in association with NSS Nirmala College Of pharmacy Muvattupuzha on 18 September 2021 Saturday from 3 to 4 pm. Approximately 50 participants including pregnant and lactating women from different parts of Kerala, faculty and students of Nirmala College of Pharmacy attended the webinar. The event began with a welcome address by Principal Dr. Badmanaban R.

Dr. Sr. Josline SMC ,Associate professor of Mar Sleeva College of Nursing Cherpunkal ,St Martha's Convent, Pala was the invited speaker of the webinar. Ms Nancy Jose ,member of Women cell (Department of pharmacology) introduced the speaker and invited to deliver the topic. Dr. Sr. Josline delivered her vast insights and knowledge on the topic “ Importance of Antenatal Care”. With the powerpoint presentation prepared, the audience was intricately made aware of different aspects of pregnancy. The webinar last for one hour. The Speaker narrated about the precautions to be taken during pregnancy in the first trimester, the importance of medicines to be taken, and the diet to be followed during pregnancy. The webinar concluded with a vote of thanks by Ms. Rony Rose George. student representative of VI Pharm.D. Webinar was successful in providing new knowledge to the society.





ഗർഭകാലത്ത് ശ്രദ്ധചെലുത്തേണ്ട കാര്യങ്ങൾ

1. വിശ്രമം

▶ ഗർഭകാലത്ത് സാധാരണ ചെയ്യുന്ന ജോലികൾ തുടരുന്നതിൽ കൃത്യമായി പക്ഷേ പ്രധാനമായും ആദ്യത്തെ മൂന്ന് മാസകാലത്തിലും അവസാന നാല് ആഴ്ചകളിലും കൂടുതൽ ആയാസമുള്ള ജോലികൾ ഒഴിവാക്കുന്നതാണുത്തമം.

2. ഉറക്കം

ഗർഭിണികൾ കുറഞ്ഞത് പത്തുമണിക്കൂർ നേരമെങ്കിലും ദിവസേന ഉറങ്ങിയിരിക്കണം. അതായത് രാത്രി എട്ടുമണിക്കൂറും പകൽ രണ്ടു മണിക്കൂറും വിശ്രമിക്കേണ്ടത്. ഗർഭാവസ്ഥയുടെ അവസാന ആഴ്ചകളിൽ ഉറങ്ങാൻ കിടക്കുമ്പോൾ ഇടതുവശത്തേക്ക് ചരിഞ്ഞു കിടക്കാൻ പ്രത്യേക ശ്രദ്ധിക്കേണ്ടതാണ്.

Nancy Jose

Silky Jose

Anita Thomas

Nirmala college Rd, Kizhakkekkara,
Muvattupuzha, Kerala 686661, India

Lat: N 9°58'39.14616 Date: 18/09/2021
Long: E 76°35'37.46868 Time: 03:24 PM

Nirmala College of Pharmacy -

Sonia Niranjan

Principal Pharmacy

SHARIKA S NAIR

Jeenamol Jis

Sini Baby

sinta baby

9 others

You

2:53 PM | zrs-mgac-rvv

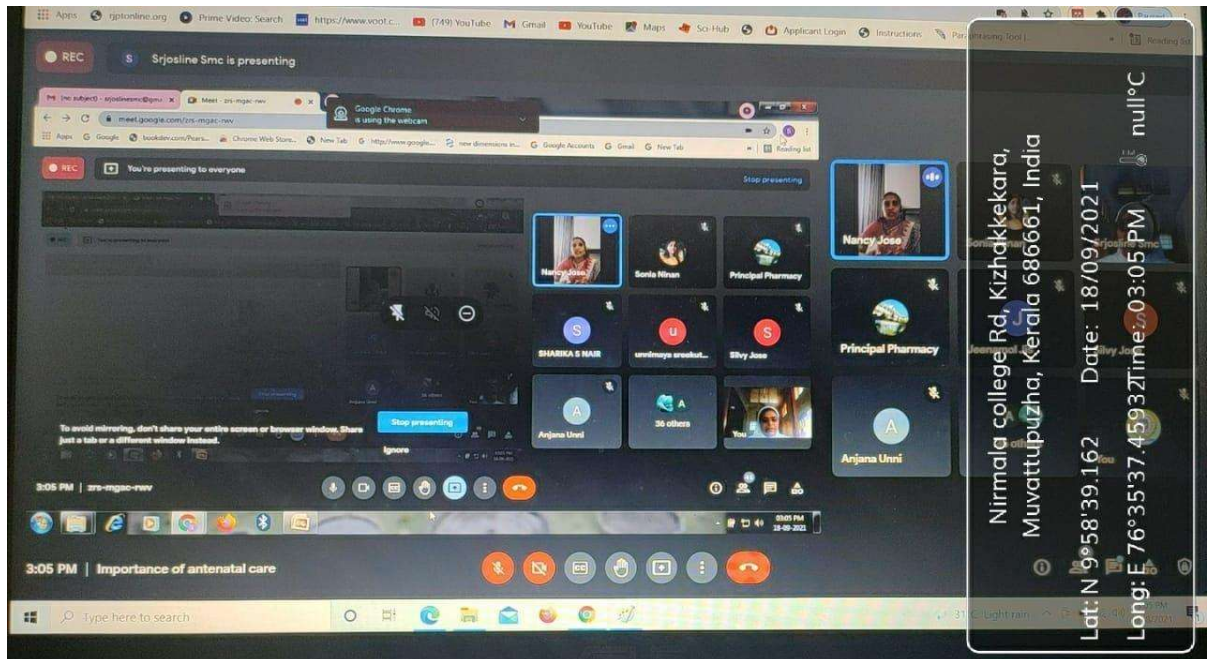
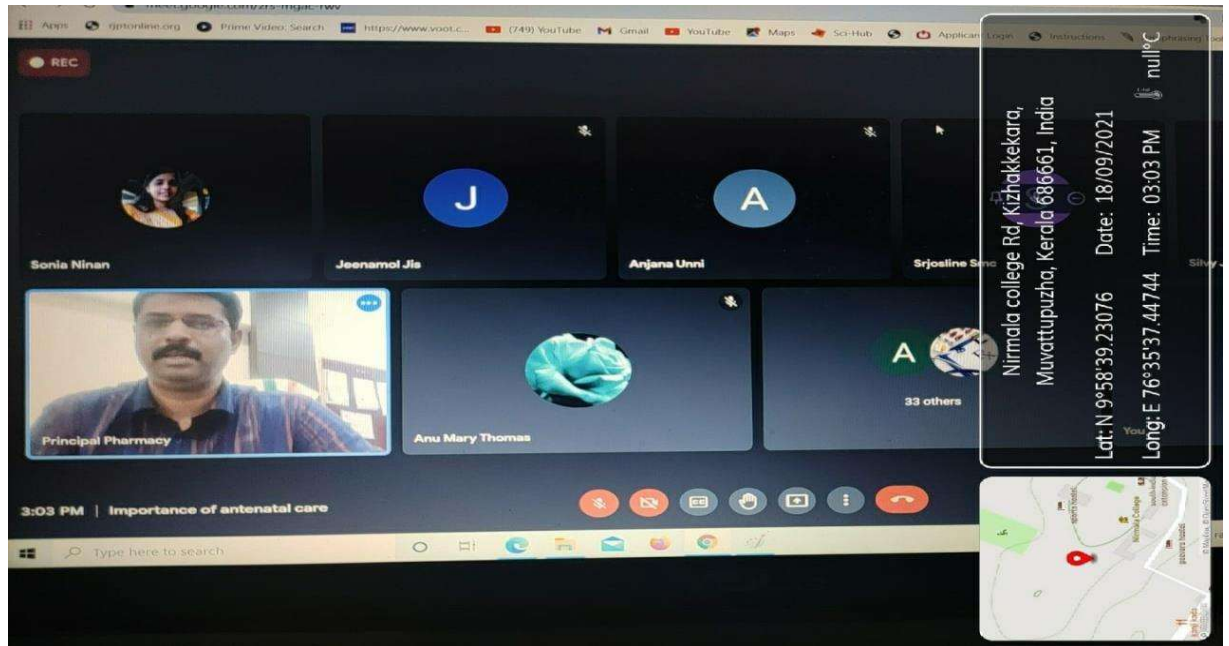
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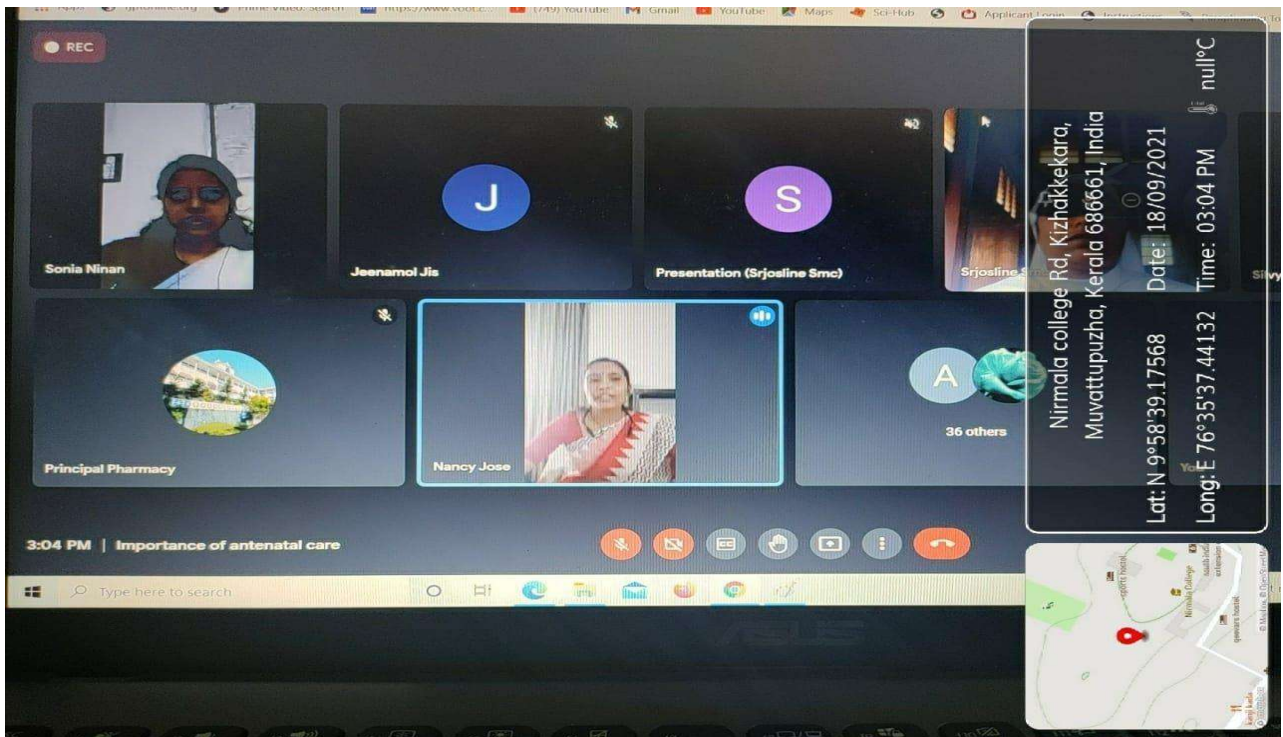
31°C

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18-09-







PARTICIPANTS LIST

WEBINAR-ANTENATAL CARE

Questions Responses **59** Settings Total points: 0

Nirmala College of Pharmacy
Muvattupuzha-ANTENATAL CARE
REGISTRATION FORM

WEBINAR- Registration Form
Organised by WOMEN CELL
Topic: Importance of Antenatal care

Email *

Valid email

This form is collecting emails. [Change settings](#)

NAME *

Short answer text

Spread sheet link

https://docs.google.com/spreadsheets/d/1IIIg2F86ypiyGYZt5cS1_6GCV399Ok8l4Fu6jZdkvBA/edit?usp=sharing





NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA, KERALA

INTERNATIONAL DAY FOR TOLERANCE AND PEACE

Date : 12-11-2021

Time : 11:30 am

Circular

This is to inform that women cell in association with drama club is celebrating International Day for Tolerance and Peace on 12th Nov 2021.

Venue : II sem B.Pharm Class Room





Principal

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



NIRMALA COLLEGE OF PHARMACY ,MUVAATTUPUZHA

WOMEN CELL

REPORT

INTERNATIONAL DAY FOR TOLERANCE AND PEACE

On 16 th November, Women cell celebrated “International Day for Tolerance and Peace.” The main aim of the programme was to create an awareness among the students regarding the dangers of intolerance.

The programme started at 11:30 am with a prayer song followed by welcome address by the women cell representative Ms.Ammusiys Suresh.. Later, Prof. Dr. Badmanaban, Principal conveyed message of the day. Then Vice principal, Prof. Deepa Jose reminded the gathering about the importance tolerance in life. Students of II sem B. Pharm entertained the crowd with a group song. The programme ended with Vote of thanks by Ms. Anakha .M



Pic 01: Message by the Principal, Prof.Dr. Badmanaban



Pic 02: Prof.Dr. Deepa Jose addressing the gathering



Pic 03: Audience of the day, II Sem Pharm Students



Womencell

Day celebrations

Participants Details

Event: International Day for Tolerance & Peace.

[II Sem B.Pharm]

Venue: II Sem. B.Pharm Class room

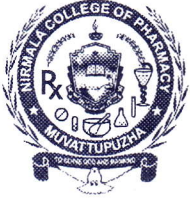
Date: 16/11/21

Sl. No.	Name	Signature	Name	Signature
1)	Aadra Francis		30.	Anishma . A
2)	Meerja Tom		31.	Delna Thomas
3)	Ameena Shahul		32.	Libina B.G
4)	Saafya . M. Meeran		33.	Bincy tomy
5)	Anna Benny		34.	Alby Sajeev
6)	Seethal Jacob		35.	Navya V.K
7)	Jain Saji		36.	Asna Mytheen
8)	Nirna Reji		37.	Neosida . N
9)	Milana . M. Kassim		38.	Silpa Sankar
10)	Ainsara Rejith		39.	Harsha hari
11)	Sona Eldho		40.	Angel
12)	Dona Eldho		41.	Aleena
13)	Hana Fathima		42.	Fathima Thahsinca
14)	Bakula . K. Bakul		43.	Anakha . M
15)	Sona Rajeev		44.	Main Maria
16)	Tressa Rani Thomas		45.	Indulekha . M. V
17)	Fatha Fathima		46.	Alfya Rasheed
18)	Sabira Noushed.		47.	Asna Rafiq
19)	Ashna . T		48.	Nandhana Ajikumar
20)	Maneesha . S		49.	Tharsha
21)	Aleena Rachel Vargan		50.	Anju . A
22)	Arya Nandha C. J		51.	Sneha . R. K
23)	Jyothika Agri		52.	Fathima (mani - T)
24)	Elizabeth Susan		53.	Abig . Baby
25)	Aswathy K.K		54.	Akshah Taimen
26)	Angela Mathew		55.	Aroose Maria
27)	Mahalekshmi		56.	Aleena KusloKose
28)	Nanya Deepus		57.	Niya Lyall
29)	Anay Anujan		58.	Alfya . K. A



Name	Signature	Name	Signature
59. Anomusiya Suresh	Anomusiya	91. Basil Joy	Basil
60. Shubina S	Shubina	92. Josbin Johny	Josbin
61. Shesela. Naz	Shesela	93. Mathukutty Binu	Mathukutty
62. Ria Fathima Nian	Ria	94. Elbin Vinu	Elbin
63. Nowfy. N	Nowfy	95. Boney Benny	Boney
64. K.S. Mariya	Mariya		
65. Ally Ajeethundayanan	Ajeeth		
66. Josna Jose	Josna		
67. Ann Mariya CB	Ann		
68. Jimaaya Teeson	Jimaaya		
69. Aswathy Varghese	Aswathy		
70. Amrutha Mangi	Amrutha		
71. Aliya C. Khalid	Aliya		
72. Ajona Jose	Ajona		
73. Treesa Antony	Treesa		
74. Nirmal Tomy	Nirmal		
75. Priya Prakash	Priya		
76. Elgi Saji	Elgi		
77. Steena Varghese	Steena		
78. Sherin K Jain	Sherin		
79. Navya Noby	Navya		
80. Meenu Joy	Meenu		
81. Aleena John	Aleena		
82. Megha Mathai	Megha		
83. Alam Shaijam	Alam		
84. Christo Byam Babu	Christo		
85. Abim Tomy	Abim		
86. Antony Varghese	Antony		
87. Sreehari Lal	Sreehari		
88. Augustine	Augustine		
89. Albin Saji	Albin		
90. Bobby Boban	Bobby		





NIRMALA COLLEGE OF PHARMACY

Muvattupuzha, Ernakulam(Dist.), Kerala - 686 661, India

Managed by Nirmala College Society (Reg. No. ER 928/ 2001), Diocese of Kothamangalam

[Apporved by AICTE; PCI, New Delhi; Govt. of Kerala and Affiliated to Kerala University of Health Sciences, Thrissur]

Ph: 0485 - 2836888, Fax: 0485 - 2836888, e-mail: nip_mvpa@yahoo.co.in

No. 0117521

Date...17-12-2021...

CIRCULAR

This is to inform that Women Cell; Nirmala College of Pharmacy is organizing a **Cake Fest-Competition** on 22nd Dec 2021 at 3 pm. One team (maximum 5 members) is allowed to represent each class. The stall should be ready by 3 pm and evaluation will be done thereafter. Cash prizes will be awarded for the first, second and third prize winners.

The criteria for judgement will be as follows,

- 1 Settings and presentation
2. Preference will be given for homemade cakes
3. Taste
4. Stall arrangement (Food items other than cakes related to Christmas can also be included.)

For any queries contact,

Mrs. Sini Baby

9447152848



P. Leelamohan
Signature of the Principal 17/12/2021

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



NIRMALA COLLEGE OF PHARMACY, MUVAATTUPUZZHA

Affiliated to Kerala university of Health sciences

Approved by govt of Kerala and PCI, New Delhi

WOMEN CELL

PROGRAM SUMMARY

Name of the program: Cake fest

Date :22nd December 2021

Venue: NCP, OLD BLOCK

Women cell, NCP organized cake fest competition as a part of Christmas celebration. The competition started by 3.00 pm. Students prepared homemade cakes as well as other food items and displayed them in their respective stalls. Those items were judged by the Administrator Rev. Fr. Jos Mathai Mailadiath, Principal Prof. Dr. R.Badmanaban and Vice principal Prof. Dr. Deepa Jose. The result of the competition was declared and the winners were awarded with cash prizes.





Judgment of Cake stall





NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHYA

Affiliated to Kerala university of health science, Trissur

Approved by govt of Kerala and PCI, New Delhi

PROGRAM SUMMARY

Name of the program: National girl child day

Date of the program : 24th January 2022

Venue : Online platform

Student co- ordinators: Ms.Niveena Varghese, Ms. Aneeta Baiju (Third year Pharm.D)

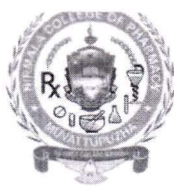
The female students of third Pharm.D in association with women cell organised a video presentation on National girl child day on 24th January 2022. The video started with a felicitation address by our beloved principal, Prof Dr. Badmanaban. A pictorial presentation was done by Ms.Dona Abraham that depicted the plight of all the girls living in this present scenario. Then Ms.Jisa Elizabeth sang a song that put together emancipation for the future young women to set free from legal, social and political restrictions .

Ms.Parvathy.B. Nair had expressed her feelings that aspires us to increase the awareness among individuals regarding the inequalities faced by the girl child within the society. Then we quoted the famous wordings that stressed on the fact that empowering your girl child means empowering your future

Ms.Elizabeth Rachel James also shared her views that became an incentive to all the future girls. The program enunciated to make out the world a gender equal space.

YOU TUBE LINK: <https://youtu.be/4Go-Iyi5UzU>





NIRMALA

COLLEGE OF PHARMACY


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

Date: 21-02-2022

CIRCULAR

This is to inform that Women cell ,NCP is organising a talk on “Crime against Women” by Mrs. Icymol T.J, Senior civil police officer, Muvattupuzha (Pink police) on 23rd February, Wednesday at 10:00am in the auditorium.




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



Seminar on
**CRIME
AGAINST
WOMEN**



**Organized by: Women Cell
Nirmala College of Pharmacy**



Resource Person:
MS. ICYMOL T.J
Senior Civil Police Officer
Muvattupuzha



**DATE: 23/02/2022
TIME: 10.00 AM - 12:30 PM**

**NIRMALA COLLEGE OF PHARMACY
MUVATTUPUZHA**





NIRMALA COLLEGE OF PHARMACY
WOMEN CELL
PROGRAM SUMMARY

Program: “Crime Against Women”

Date: 23 February, 2022

Venue: Auditorium

Student Co -ordinators: Ms. Alka Rose Assisi

Ms. Anita Alphonsa Binu

Ms. Nisha Mansoor Sheikh

On February 23rd, 2022 Women cell conducted a seminar in the college auditorium on the topic “**Crime against women**”. The auditorium was graced with the presence of renowned resource person Ms. Icymol T.J, Senior Civil Police Officer. Everyone was seated by 9:45am and the program started with its ethereal prayer song by the college choir. It was soon followed by the welcome address by Ms. Sunitha Sukumaran. Later the session was handed over to the chief guest who spoke on her vision about ‘Crime Against Woman’. The session which lasted for about 2 hours was very much informative and relevant. Especially it was well reminded that though comparatively much lesser than other countries, the amount of violence committed against women in India is still high. Violence against women typically means the crimes committed against women of any age, cast and creed. She repeatedly told never to stay silent and speak and stand up to any kind of situation. An emergency contact numbered ‘214’ was also given to keep in handy. The chief guest also insisted the students to install the App “**NIRBHAYAM**” to ensure the safety of girls in emergency situations. The chief guest even included some tactical action class to keep her class entertaining and rejuvenating.

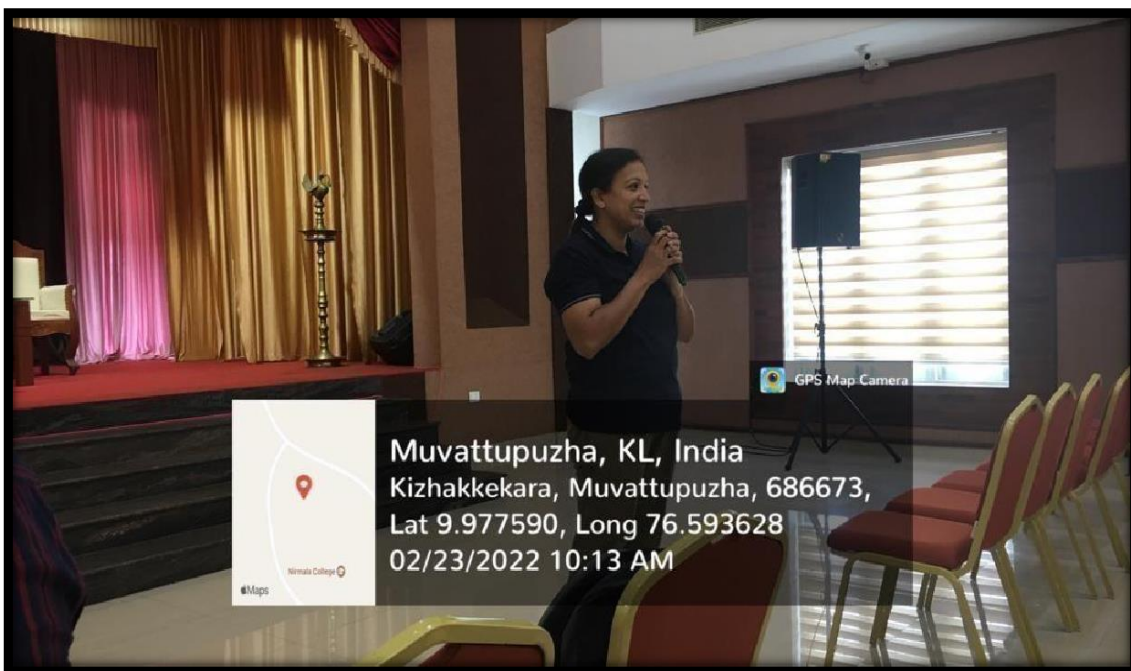
At the end of the 2-hour session, the chief guest was felicitated with a memento followed by a vote of thanks by Ms. Anitta Thomas and College Anthem.

YOU TUBE LINK: https://youtu.be/Ew_0kF0zPto





Pic 01: Welcome address by Ms. Sunitha Sukumaran



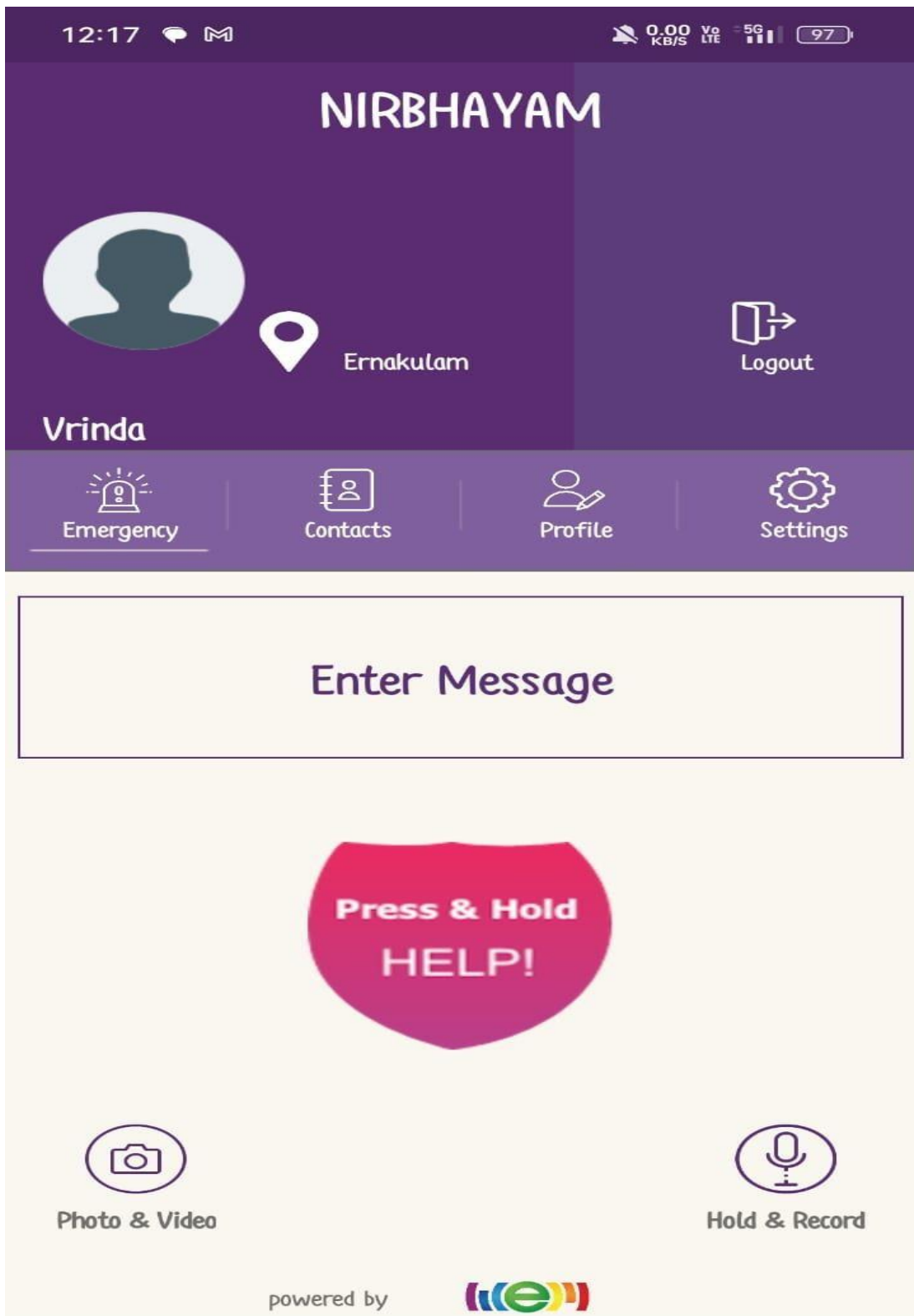
Pic 02: Session by Mrs. Icymol T.J, Senior Civil Police officer





Pic03: Ms.Icymol T.J addressing the gathering.





Pic04: Student registered in” Nirbhahyam “app



Gender



Woman

Man

Vrinda

vrindajayakumar68@gmail.com

7907869355

Address

Ernakulam

Birth Day

30

06

2004

Save



Pic05: Student Profile in Nirbhayam app

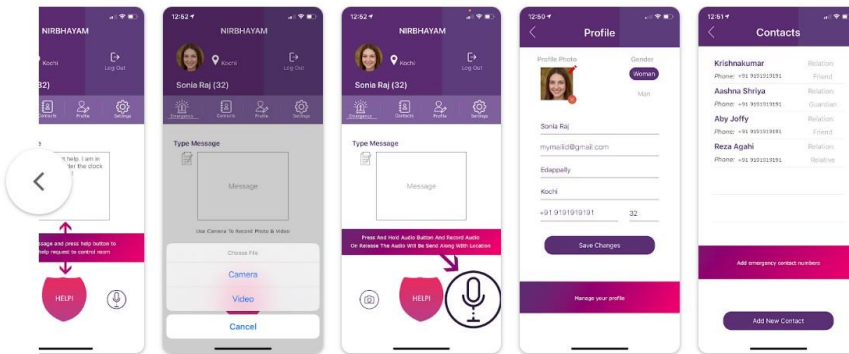
NIRBHAYAM

NIRBHAYAM

1L+ Downloads Everyone

Install Add to wishlist

This app is available for your device You can share this with your family. [Learn more about Family Library.](#)



Developer contact

About this app

Nirbhayam APP is an Initiative by Kochi City Police. The app is designed as an emergency police help solution for women when they are in an emergency or in critical situation. Once downloaded and signed up the app will be ready to use and always the emergency screen will be opened for quick use. Click on help button and hold for 5 seconds, your request will go to nearest police control room and you get immediate help.

Following Options Are Available In The APP Based On Different Situations...

Updated on
11-Mar-2021

Communication

Data safety

Developers can show information here about how their app collects and uses your data. [Learn more about data safety.](#)

No information available

What's new

Improved Stability

Flag as inappropriate



Play Pass

Parent guide

Play Points

Family sharing

Gift cards

Redeem

Refund policy

[Terms of service](#)

[Privacy](#)

[About Google Play](#)

[Developers](#)

[Google Store](#)

 [United States \(English \(India\)\)](#)



"CRIME AGAINST WOMEN"

Date : 23/02/22

Resource Person: Ms. Lymol T.J

Time : 10 am to 12:30 pm

Senior Civil Police Officer. [Venue : Auditorium]

Muvattupuzha.

Sl. No.	Name	Sign.	Sl. No.	Name	Sign.
1	Alka rose Assisi		28	Athira NP	
2	Anamika Babu		29	Hirannya Sasi	
3	Nandana Shabu.		30	Gayathri Manoj	
4	Seefiya parvin		31	Anu Joshy	
5	Shamila Alvas		32	Britty Babu	
6	Ahna Henry		33	Sivani Manoj	
7	Fathima N.A		34	Kesiyar Eldose	
8	Buksana musthafa		35	Meenu Shaji	
9	Famina Nazak		36	Nandana C.S	
10	Midhuna Rajesh.		37	Nandana Abhikash	
11	Gouri R. Prasad		38	Akshaya Tomy	
12	Fathima Nandana V		39	Keibhendu K.U	
13	Jelma Parvin		40	Ann mariya	
14	Ann Maria Davis		41	Sanviya A.S	
15	Jasna K Jose		42	Devangana B	
16	Aksha Ashraf		43	Nadana Jayesh	
17	Parina P.M.		44	Lakshmi Preinji	
18	Farhana Moithu		45	Elsna Manoj	
19	Arshana M. Abbas		46	Shyma S.P	
20	Raveena Raveendran		47	Gopika Suresh	
21	Sujala Subant		48	Noorbina Abdul Vahab	
22	Ago Philipose		49	Krishna Priya K	
23	Alma Rejman		50	Ajmi ck	
24	Anyana Antony		51	Nandana K.A	
25	Stefi George		52	Amil Treasa James	
26	Aneta Aphonsa Bircu		53	Dana Elsa Dasan	
27	perana Vittal Tadhar		54	Riswana Naseer	



Sl. No.	Name	Signature	Sl. No.	Name	Sign.
55	Aneena Fathima A.S		87	Skrathi S	
56	Alfina Kasim		88	Kaishnapriya K S	
57	Austena Benny		89	Ardji Joy	
58	Anitta Roby		90	Aesha A	
59	Aiswarya Mahadevan		91	Agnes Macken	
60	Ann Maria Alex		92	Aleena K S Panty	
61	Anitta Tomy		93	Anagha V.T	
62	Doba Thomas		94	Angel Taimon	
63	Aswani N Manoj		95	Ajil George	
64	Pavithra R		96	Angel Joy	
65	Days Niles Jose		97	Anna Abel	
66	Della Sharly		98	Bernita Alex Daniel	
67	Anchana Subash		99	Jeslyn Thomas	
68	Sona Benoy		100	Dona Rose Johnson	
69	Annumaiya Thomas		101	Eva Sora Sunil	
70	Ajali K		102	Aparna Sreedharan	
71	Elizabeth Reji				
72	Sana Roy				
73	Anchana A				
74	Athuliyaraj D-In				
75	Ajali Krishna V				
76	Ani Treesa ROY				
77	Bismi Rabim				
78	Gourinandana S				
79	Anakha Sebastian				
80	Nisha Mansoor shaikh				
81	Reba Renji				
82	Riya Ann Thomas				
83	Krishna Dev				
84	Therese Jose				
85	Tania Shire				
86	Soorya Anil				





NIRMALA
COLLEGE OF PHARMACY

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

Date : 05-03-2022

CIRCULAR

6

This is to inform all the staff and students of NCP that as a part of International Women's Day, Women cell of our college is conducting the following competitions. Students who wish to participate can give their names to the student representative of women cell.

1.Super Woman (Multi- Talented Female)

Rules: Participants can make a 10 min. video showing maximum number of talents.Winners will be selected on the basis of viewer's choice.

2.Hair style Competition

Time:15 minutes

3.Mehendi competition

Time: 1Hr



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





NIRMALA COLLEGE OF PHARMACY
MUVATTUPUZHA

Venue: Auditorium
Date:08.03.2022

Time: 2:00PM – 4:05PM

PROGRAM SCHEDULE

- 2:00pm: Prayer Song
- 2:05pm: Welcome address –Ms. Alka Rose Assisi (I Sem B. Pharm)
- 2:10pm: Felicitation: Rev. Fr.Jos Mathai Mailadiath
- 2:20 pm: Felicitation: Dr.Deepa Jose, Vice Principal
- 2:25 pm: Group song
- 2.35pm: Speech – Ms. Anju Varghese (III Pharm.D)
- 2.40pm: Group Dance
- 2:45pm: Video presentation (Tribute to all women)
- 2:55pm: On the spot competition
- 3:15pm: Debate
- 4:00pm: Vote of Thanks – Ms. Sreelakshmi Sreekumar (III Pharm.D)
- 4:05pm: College Anthem



Principal



NIRMALA COLLEGE OF PHARMACY, MUVAATTUPUZHA

Affiliated to Kerala university of Health sciences, Thrissur

REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION 2022

Nirmala College of Pharmacy, Muvattupuzha has organized International Women's Day celebration on 8th March 2022. The programme started by seeking the blessings of God followed by a welcome speech by Ms.Alka Rose Assisi (I sem B.Pharm).. Rev Fr.Jos Mthai Mailadiath administrator delivered the women's day message .Father reminded that feminism is not about making strong woman; it's about changing the way the world perceives that strength. The main spotlight of this program was the Mehendhi competition and Hair style competition. 11 groups each with two students were participated. The winners were awarded with cash prizes. The students performed various programmes and on the spot competitions were conducted. A debate competition on the topic" Pro's and Cone's of Womens' Reservation" was also organized. Students participated actively. Ms. Camila.C.Carlman and Ms.Aneeta Jeelson of IV Pharm.D were declared as the winners of the debate competition. The programme was concluded with the vote of thanks.





Pic 01: Women's day message by Rev.Fr.Jos Mathai Mailadiath



Pic02: Debate competition : "Pro's and Cone's of Womens' Reservation"





Pic03: Mehndi competition

Youtube link: <https://youtu.be/NJ4ghJDq-L8>

<https://youtu.be/ZklF-kRhuOc>





NIRMALA COLLEGE OF PHARMACY

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

NCP - A

2271

04.05.2022

CIRCULAR

WOMEN CELL

This is to inform that women cell is organising a training session on "Self-defence" by Narcotic cell, Aluva, on 06.05.2022 from 10:00am. Class teachers of first semester B. Pharm and first year Pharm.D are requested to ensure that all female students attend the session.



[Signature]
Principal

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





INTERNATIONAL WOMEN'S DAY CELEBRATION

PROGRAMME SCHEDULE

Date:06/05/2022

Venue: Auditorium

9:30 AM: Prayer song Ms. Alma Rejimon

10:05Am: Welcome speech: Prof.Dr. Badmanaban,

Principal

NCP

10:10Am: Session I

Ms.Sindhu M K

Senior police officer

Consequences of drug abuse

10:45pm: Session II

Training on defence techniques

12:30pm: Lunch break

1:15pm:Continuation, session II

3:30 pm: Vote of Thanks: Ms. Nisha Mansoor (I PHARM.D)

3:35pm: National Anthem





NIRMALA COLLEGE OF PHARMACY
Affiliated to Kerala University of Health Sciences,
Thrissur

Approved by Kerala Govt. and PCI, New Delhi

PROGRAM SUMMARY

Name of the program: Self Defence for Women

Date : 06th MAY 2022

Venue : Auditorium

On 6th May 2022, Nirmala College of Pharmacy, Muvattupuzha conducted a program as a part of JANAMYTHRI STHREE SURAKSHA SWAYAM RAKSHA PAREESHALANAM organized by the narcotic cell Aluva , in association with women cell , Nirmala College of Pharmacy. Muvattupuzha. The resource persons were Ms.Sindhu M K and Ms. Ambili M M, senior police officers, Ernakulam rural district.

The program started by 9.30 am with a prayer song by Ms. Lakshmi and Ms.Alma Rejimon of Ist sem B.Pharm. The program was inaugurated by Prof. Dr.Badmanabhan R, the principal, Nirmala College of Pharmacy, Muvattupuzha. The principal wholeheartedly welcomed the resource persons and the gathering. After the welcome speech, the police officers delivered an awareness speech on the consequences of drug abuse and then conducted a training session on self defence techniques for the students. The session ended with vote of thanks by Ms.Nisha Mansoor Sheikh, the women cell representative of Ist Pharm D



Anti- Narcotic Awareness Programme

Resource Persons

Ms.Sindhu M.K

Ms.Ambili M.M

Ms.Biji K.N

(Senior Civil Police Officers,
Ernakulam Rural Dist.)



Organized By

Narcotic Cell, Aluva

In Association with
Women Cell and SSGP
Nirmala College of Pharmacy

Date: 6 May 2022
Time: 9:30 Am to 12:30 P.M



Nirmala College of
Pharmacy Muvattupuzha



Pic 01 Brochure



Pic02: Training Session by Ms.Ambili M.M and Ms.Sindhu MK





Pic03: Demonstration of Self defence techniques by Ms.Ambili M.M and Ms.Sindhu MK .

NEWS PAPER CUTTING

കേരള കാമുദി
Ernakulam
SINCE 1911
07 May 2022



എറണാകുളം റൂറൽ ജില്ലാ സീനിയർ സിവിൽ പൊലീസ് ഉദ്യോഗസ്ഥരായ സിന്ധു എം. കെ, അമ്പിളി എം.എം എന്നിവർ വിദ്യാർത്ഥിനികൾക്ക് സ്വയംരക്ഷാ പരിശീലനം നൽകുന്നു

സ്ത്രീസുരക്ഷ സ്വയംരക്ഷാ പരിശീലനം

മുവാറ്റുപുഴ: നിർമല ഫാർമസി കോളേജിൽ റൂറൽ ജില്ലാ പൊലീസിന്റേയും കോളേജ് വനിതാ സെല്ലിന്റേയും സ്പാഫ് ആൻഡ് സ്റ്റുഡന്റ് വെൽഫെയർ കമ്മിറ്റി യുടെയും സംയുക്താഭിമുഖ്യത്തിൽ സ്വയംരക്ഷാ പരിശീലന പരിപാടി നടത്തി.

സീനിയർ സിവിൽ പൊലീസ് ഉദ്യോഗസ്ഥരായ സിന്ധു എം. കെ, അമ്പിളി എം.എം എന്നിവ

ർ പരിശീലന പരിപാടിയും ക്ലാസ്സും നയിച്ചു.

കോളേജ് ഓഡിറ്റോറിയത്തിൽ നടന്ന പരിപാടിയിൽ ആറോളം വിദ്യാർത്ഥിനികൾ പങ്കെടുത്തു.

കോളേജ് അഡ്മിനിസ്ട്രേറ്റർ ഫാ. ജോസ് മത്തായി മൈലടി യത്ത്, പ്രിൻസിപ്പൽ ഡോ. ആർ. ബരമനാഭൻ, അദ്ധ്യാപകർ തുടങ്ങിയവർ നേതൃത്വം നൽകി.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Ernakulam



Self defence for women & children" Session - I

[Narcotic Cell, Aluva]

Date : 6/05/22

Resource persons : Ms. Sindhu M.K
Ms. Ambili M.M

Time : 9:30 am to 12:30 pm

Venue : [Auditorium]

No.	Name	Sign.	No.	Name	Sign.
1	Alka rose Assisi		28	Athira NP	
2	Anamika Babu		29	Hioannya Sasi	
3	Nandana Shabu		30	Gayathri Manoj	
4	Abna Benny		31	Anu Joshy	
5	Shamila Navas		32	Britty Babu	
6	Soofya parvin		33	Sivani Manoj	
7	Fathima N.A		34	Kesiyah Eldhose	
8	Ruksana muthafa		35	Meenu Shaji	
9	Famina sasak		36	Nandana. cs	
10	Midhuna Rajesh		37	Nandana Abhilash	
11	Gouri Prasad.		38	Akshaya Tomy	
12	Nandani V		39	Kushnendu K.V	
13	Jelna Parvin		40	Ann mariya	
14	Ann Maria Davis		41	Baniyya A.S	
15	Jasna K Jose		42	Devangana B	
16	Aksha Ashraf		43	Nasira Jagan	
17	Fasna P.M		44	Lakshmi Preinji	
18	Farhana Moithu		45	Elena Manoj	
19	Arshana M. Abbas		46	Shyma S.P	
20	Raveena Raveendran		47	Gopika Suresh	
21	Dijala Subash		48	Noorbina Abdul Wahab	
22	Aga Philipose		49	Kaishna Priya K	
23	Alma Rejimon		50	Ayini ck	
24	Angara Antony		51	Nandana K.S	
25	Stefi George		52	Amil Tresa James	
26	Arifa Aphonsa Ben		53	Dana Elsa Dasan	
27	Arjana Vittal Tadhar		54	Risneena Naseer	



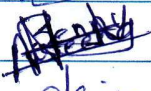

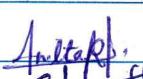
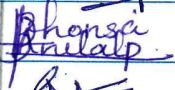


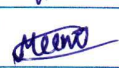
Sl. No.	Name	Sign.	Name	Sign.
55	Aneena Fathima A.S		87. Harinandan M.S	
56	Alfina Kasim		88. Ani Treesa Roy	
57	Austeena Benny		89. Bismi Rabih	
58	Anitta Roby		90. Lyouninandana S	
59	Aiswarya Mahadevan		91. Anakha Sebastian	
60	Ann Maria Alex		92. Nisha Mansoor Shaikh	
61.	Anitta Tomy		93. Reba Renju	
62.	Dona Thomas		94. Riya Ann Thomas	
63.	Aswani N Manoj		95. Krishna Das	
64.	Parvitha R		96. Thenase Jose	
65.	Days Milen Jose		97. Tania Shine	
66.	Della Sharily		98. Soorya Anil	
67	Archana Subash		99. Swathi S	
68.	Sona Benoy		100. Krishna priya K.S	
69	Annumaiya Thomas		101. Steff Joy.	
70	Anjali K		102. Joyal M Joli	
71	Sana Roy		103. Jofin Sabu	
72	Elizabeth Reji		104. Tinit Tomy	
73	Archana A		105. Abha A	
74	Affhullyaraj D-Br.		106. Agnes Mathen	
75	Anjali Krishna V		107. Aneena Iz Basty	
76	Alan Jomon.		108. Anagha V T	
77.	Angeline. Jocal Joy		109. Angel Jaimon	
78.	Abhiram P.B.		110. Ajil George	
79	Femin Shaji		111. Angel Jose	
80	Vishale Saji		112. Anna Abel	
81	M. M. AMAL		113. Benita Eln Daniel	
82	Basil Babu		114. Jeslyn Thomas	
83.	Alan Bauja		115. Dona Rose Johnson	
84.	Rajagopal V.		116. Eva Sara Susil	
85	Chetkmalalchandel K.C		117. Aparna Sreedharan	
86	Ashish Jaxon			



Date : 11/05/22

"SELF DEPENDENCE" (Narcotic Cell)

Session : II

Sl. No	Name	Sign	Name	Sign
1	Archana. A			
2	Aasteena Benny			
3	Aswani NM			
4	Arshana M. Abbas			
5	Athira Np			
6	Annumaiya Thomas			
7	Archana Subash			
8	Anu Joshy			
9	Amjali K			
10	Anitta Tomy			
11	Ann Maria Davis			
12	Anitta Roby			
13	Gayathri Manoj			
14	Hiranyga Sasi			
15	Anakha Sebastian			
16	Alma Rejimon			
17	Stelli George			
18	Alga Philipose			
19	Ajenet James			
20	Sujala Subash			
21	Anyara Antony			
22	Arifa Alphonsa Bineu			
23	Sivani Manoj			
24	Rose Mary Ahlu			
25	Britly Babu			
26	Kesiya Eldhose			
27	Meenu Shaji			
28	Nandana cs			
29	Nandana Abhilash			
30	Ajmi ck			
31	Amel Tessa Varnes			



NIRMALA COLLEGE OF PHARMACY

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

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



-----Seminar on PCOD-----

Date & Time: 9/5/22, 3pm

Venue: Seminar Hall

Hosted by: Women cell, Nirmala College of Pharmacy

Audience: 1st Sem B Pharm and I Pharm.D

Event: Awareness session on PCOD taken by Ms. Camila A Carlman from 4th year Pharm .D

___Photos___



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Pic 01&02: Awareness session on PCOD by Ms. Camila A Carlman

