



# **NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA**

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

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## **FIRST CYCLE NAAC ACCREDITATION 2023**

### **CRITERION 2**



#### **TEACHING- LEARNING AND EVALUATION**

**2.6.2 Attainment of POs and COs are evaluated**

Submitted to



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

**2.6.2 :**

**ATTAINMENT OF  
POS AND COS ARE  
EVALUATED.**

**ACTION TAKEN TO  
ATTAIN THE  
POS AND COS**



# **WORLD HEART DAY CELEBRATION**

## **2018**





World Heart day 2018 quoted the theme "My Heart, Your Heart" was hosted by students of 4<sup>th</sup> Pharm D. A Heart health awareness camp was conducted at Nirmala Matha Church, Muvattupuzha on sept 16. The camp offered free health checkup of BP, RBS, and BMI. About 85 people were benefited by the medical checkup.

On sept. 16 3pm, "A Workshop for Prescription Analysis on Cardiac diseases" was conducted by 4<sup>th</sup> Pharm D students for second Pharm D students. The workshop discussed SOAP Analysis of CAD. session winded up with Vote of Thanks.



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## **WORLD PHARMACIST'S DAY CELEBRATION 2018**



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The World Pharmacist's Day was celebrated by the students of III<sup>rd</sup> 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". As a part of this programme registered pharmacists of Nirmala Medical Centre were

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



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by drawing hand in front which was lead by Miss Elseena, Asst.Professor of NCP. Akhila, student of III<sup>rd</sup> 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 IV<sup>th</sup> 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.





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## **NUTRITIONAL GOALS**

The talk on ‘Nutritional goals’ was organised by the Mental and Physical fitness committee of Nirmala College of Pharmacy on **6<sup>th</sup> October 2018 at 1.15 pm** in the seminar Hall. **Ms. Mini Philip, Senior Dietitian, General Hospital, Kottayam** was invited as the Resource person. A group of **87 students** from **first year B. Pharm and Pharm D** classes attended the session. She discussed about the importance of nutritional goals to maintain a state of positive health and optimal performance by maintaining ideal body weight. Also mentioned about dietary guidelines, Right nutritional behaviour and dietary choices which are needed to achieve dietary goals.







# **FRESHERS DAY CELEBRATION**





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## Report

**Date:**

**Venue:** Nirmala College of Pharmacy auditorium

**Hosted by:**

**Audience:**

**Welcome address:** Fr. Jos Mathai Mailadiath

**Chief Guest:**

**Vote of Thanks:** Ms. Manju Maria Mathews

Fresher's day was conducted on 10<sup>th</sup> October for First years by the Second years (Pharm D & B Pharm). The program commenced at 1:30pm. It was initiated with Prayer, later by the felicitation speech by the Administrator, Rev. Fr. Jos Mathai Mailadiath. Further, another speech was delivered by Principal in charge Dr. Manju Maria Mathews. A welcome address was also proposed by Aishwarya V from Second year (B Pharm). The programs included an all in one dance-song by the first years which also had a special note of tribute for the lately passed violinist, Dance by the second years and a breath taking musical performance by the second years. A program was specially arranged for introducing all the juniors on stage. Finally the event concluded with a vote of thanks delivered by Anitta, a first year student. Thank You.



**MENTAL HEALTH DAY AWARENESS  
PROGRAMME**



## REPORT



**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 SSGPin 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.





**STUDENST SUPPORT AND GUIDANCE  
PROGRAMME**

**(SSGP)**

**ACADEMIC YEAR: 2018-2019**



## **MENTAL HEALTH DAY AWARENESS PROGRAMME**



## REPORT



**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,  
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## METHODS ,TYPE AND PHYSIOLOGY OF YOGA

The class on theoretical and practical aspects of **Yoga** was arranged for students of **First Pharm D and First B. Pharm** by Mental and Physical Fitness Committee on **25<sup>th</sup> October 2018** in Auditorium at 1.15 pm. **Sr. Infant Tresa** ,a professional yoga teacher(Nirmala Medical Centre, Muvattupuzha) was the instructor. She explained the significance of yoga in our daily life, Methods, types and philosophy of Yoga etc. The practical session extended for about 1 hour. Two more yoga teachers from Sr. Infants team joined for practical training. As per the request from student's side it is decided to conduct a practical training class every week with a minimum of two sessions.





## **PERSONALITY DEVELOPMENT**

A seminar on personality development was conducted on 3/11/2018 by Mr. Jimmy Jose. He discussed on how we can mould our self into persons with good moral principles .He also encouraged the students to practice the moral principles like respect others ,help others ,also discussed about the influence of media and how we can limit etc. he also encouraged the students to get involve in society oriented activities also.60 students participated in the same.



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## DIABETES DAY OBSERVATION

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**Date:**

**Venue:**

**Hosted by:**

**Audience:**

**Welcome address:**

**Chief Guest:**

**Vote of Thanks:**

## REPORT

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 falicitated 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.

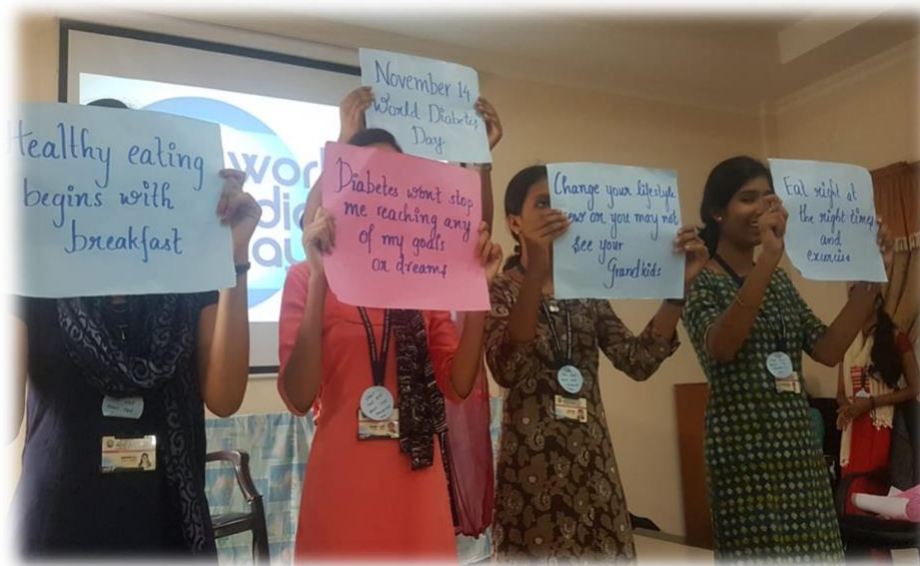


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# **NATIONAL PHARMACY WEEK CELEBRATION**





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## **REPORT**

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 22<sup>nd</sup> November 2018. Dr. Ajit Shah, founder and president of APL, was the chief guest for the day. Rev. Fr. Jos Mathai Mailadiath, 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.





**BLOOD DONATION CAMP Report**  
**NSS UNIT**  
**NIRMALA COLLEGE OF PHARMACY**  
**MUVATTUPUZHA**  
**DATE: 22/11/2018**





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**Event: 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 22<sup>nd</sup> 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.







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.



## **BASICS OF PHARMACOKINETIC MODELING USING SOFTWARE (PKMP)**

The **Faculty Development Programme (Workshop)** was organised by Pharmaceutics Department on **22<sup>nd</sup> November 2018** in the conference hall at 1.30 pm. The resource person of the day was **Dr. Ajith shah, President APL Analyst, USA**. He explained and demonstrated the basics of pharmacokinetic modelling and its application using the modern tools. The session explained ADME profile, IVIVC, and Dissolution. The software PKMP was introduced and hands on training was also conducted. Using the software, the method for calculation of pharmacokinetic parameters by compartment modelling, non-compartment modelling were explained. Simulation programming, validation and reporting were also included as part of demonstration. The programme extended upto 4, 30 pm and was a fruitful one.





# **ARTS DAY CELEBRATION**



# **WORLD AIDS DAY CELEBRATION**

## **REPORT**

DATE: 1-12-2018

VENUE: SEMINAR HALL

ORAGNIZED BY: FOURTH PHARM D

TIME: 1.15-2.30 PM

FELICITATION: REV FR.JOS MATAHI MAILADIATH

INAUGRAL ADRESS: MANJU MARIA MATHEWS

EVENT: MOVIE SHOW

VOTE OF THANKS:



## **PHARMACO ECONOMICS – EVALUATION TOOLS AND SOFTWARE HANDLING**

A one day seminar was organised in the seminar Hall of NCP on 14<sup>th</sup> December 2018. The resource person was Mr. Muhammed Rashid PP(Assistant Professor, Department of Pharmacy Practice, Adichunchanagiri College of Pharmacy, Karnataka. )and the topic was “ PharmacoEconomics – Evaluation Tools and Software Handling.” At 9 am the first session started and he explained the various PharmacoEconomic Evaluation Techniques – Cost Minimization Analysis, Cost Effectiveness Analysis, Cost Utility Analysis and Cost to Benefit Ratio Scenario. The seminar was conducted with a pattern of analyzing a particular case/ article after every Analysis technique was explained. It gave the students a much deeper and effective understanding of the various key factors involved in the Evaluation Tools.

The afternoon session began with understanding the concepts of different software's used in Pharmacoeconomics. The speaker explained and emphasized on TreeAge and Markov Modelling along with a small insight into Revman Modeling technique. Mr. Rashid also took a deep interest into explaining the concepts of “Systematic Review.” Knowledge on various steps involved in review was shared depicting the pyramid diagram.

The last part of the program was sharing Mr. Rashid's personal profile. He also added that “ Find your passion and Follow the Path.” He also shared his ideas on future job opportunities of a Clinical Pharmacist in various sectors like Pharmacovigilance, AEFI, Clinical Data Manager, Clinical Pharmacist at a hospital setting and also how to play a key role in Clinical Trials as CRA/CRC.

Around 30 students from 5<sup>th</sup> year Pharm D attended the talk. The entire program concluded at 4:30pm. We extended our heartfelt gratitude to Mr. Rashid on accepting to take up the seminar and being with us here today. The seminar was concluded by Our Administrator- Rev. Fr. Jos Mathai Mailadiath. Father gave away the Memento and Certificate to Mr. Rashid as a token of our appreciation.









## **PHARMACO ECONOMICS – EVALUATION TOOLS AND SOFTWARE HANDLING**

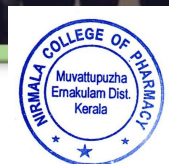
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A one workshop was organised in the seminar Hall on 8<sup>th</sup> January 2019.

### **TPHARMACO ECONOMICS – EVALUATION TOOLS AND SOFTWARE HANDLING**

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day



## **SYSTEMATIC APPROACH TO PCLINICAL APPLICATION OF PHARMACOMETRICS**

A **guest lecture** was conducted at Nirmala College of Pharmacy on **January 11<sup>th</sup> 2019**. The topic was **“Research areas in Pharmacy practice and clinical application of Pharmacometrics”**. The guest lecture was delivered by **Dr. Surulivel Rajan, PhD, PDF, Associate Professor, Dept of Pharmacy Practice, Manipal College of Pharmaceutical Sciences**. Sir accepted our invitation to deliver the lecture and share his valuable experiences with the **4<sup>th</sup> and 5<sup>th</sup> Pharm D students**

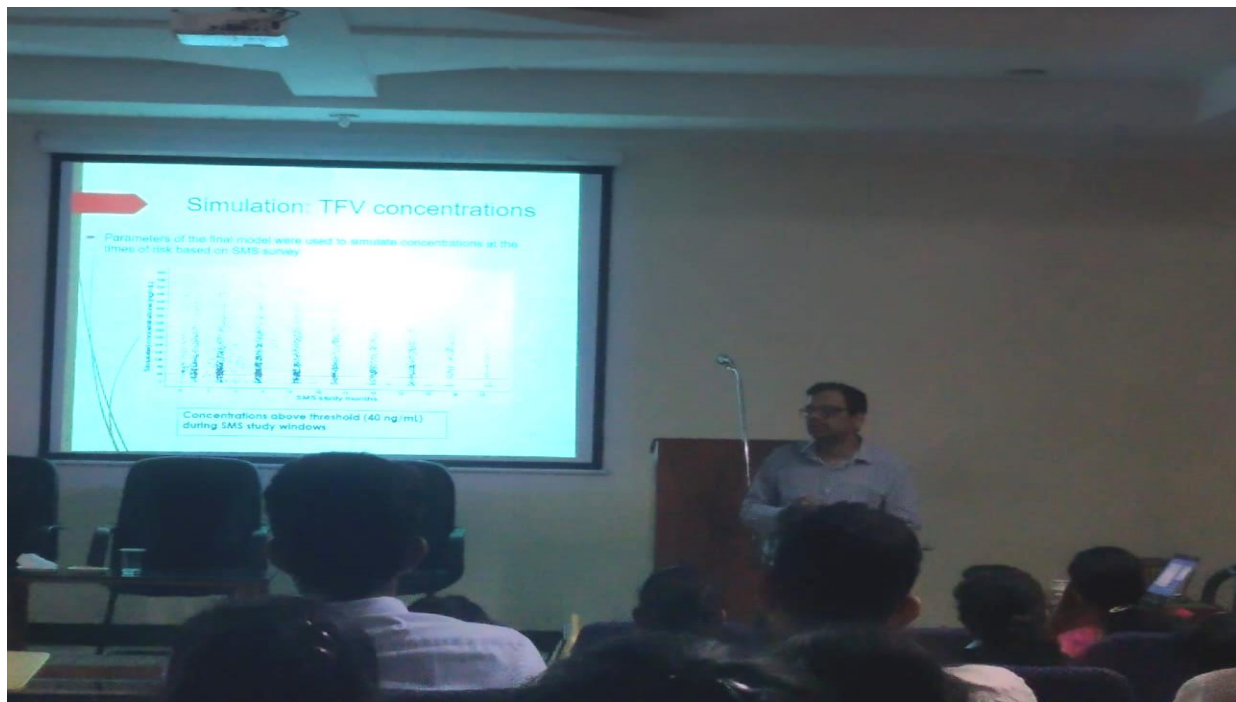
Program started with student interaction at 8.30 am. 5<sup>th</sup> Pharm D students discussed their projects and seek suggestions and advices related to their work. They cleared their doubts regarding collection of data and its analysis. 4<sup>th</sup> Pharm D students also interacted and sir gave suggestions regarding selection of topic and thrust areas in research. This helped the students to understand the various aspects of research work.

The main session started by 10 AM and in the first half, he enlightens the students with ‘Research areas in Pharmacy Practice’. He explained the concepts of artificial intelligence and emphasized the perspectives of a pharmacy professional. He shared his experiences while pursuing PhD and PDF, and elaborated the concepts of finding lacune in research areas, selecting appropriate methods for data analysis etc in the field of pharmacy. He also talked on the various opportunities available other than the conventional jobs after the completion of the study and the ways to work for achieving that. He emphasized on the importance of extra works and practise of self-learning and updating ourselves with the changes. Students expressed their interest and actively participated during the discussion.

Next session begun with pharmacometric, pharmacogenomics, emerging trend of softwares and technologies in healthcare etc. He gave an introduction about Pharmacometrics which is an emerging science that quantifies drug, disease and trial information to aid efficient drug development and/or regulatory decisions. He discussed about the importance of pharmacometrics in the drug development and various provisions available for learning pharmacometrics. Then he highlighted its clinical applications in different types of population. He also talked on the area of pharmacogenomics and explained the role of genome in drug response and methods to analyze how the genetic makeup of an individual affects his/her response to drugs.

At the end of the session he emphasized the need for publication and gave guidance on how to choose the journals for publication of the research works. The lecture was concluded at 12.30 pm.





## **RESEARCH AREAS IN PHARMACY PRACTICE AND CLINICAL APPLICATION OF PHARMACOMETRICS**

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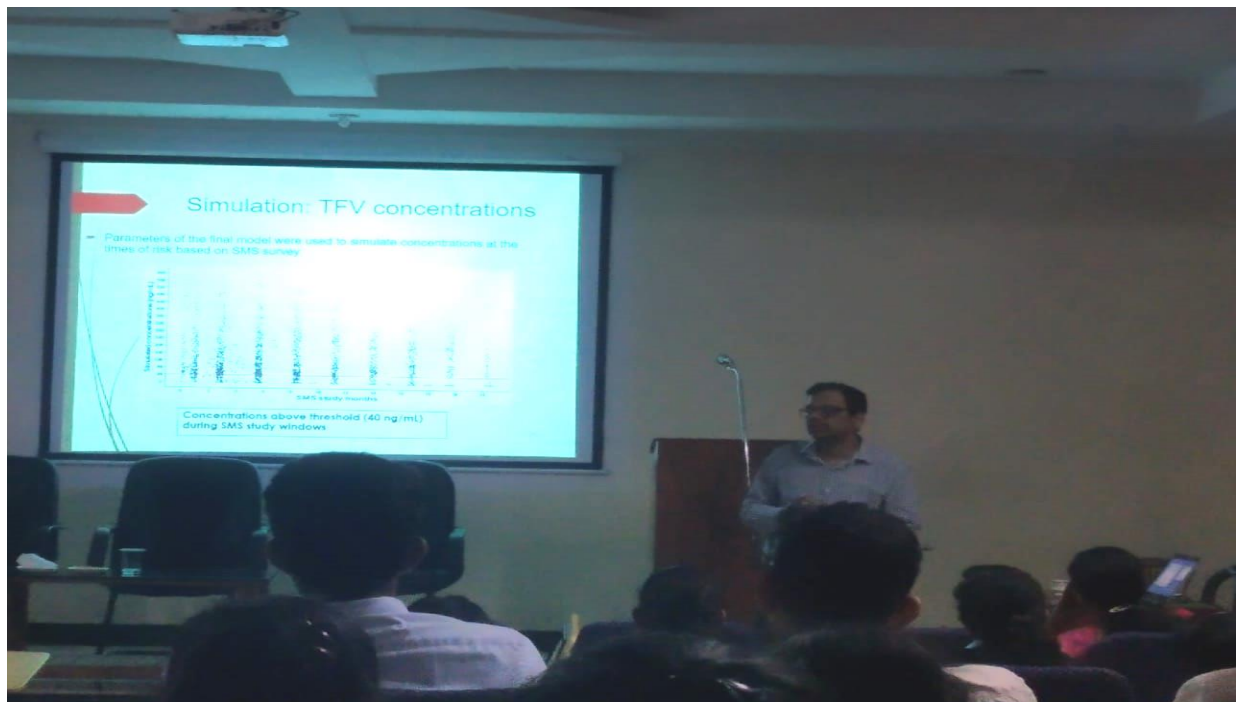
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### **PALLIATIVE CARE MANAGEMENT**

An awareness programme was conducted in connection with cancer day on February 1<sup>st</sup> 2019 on the topic **“Palliative Care Management”** by **Dr. Athul Joseph Manuel, Medical Officer, Palliative Care at General Hospital Ernakulam**. The one hour session started by 10 AM and Dr. Juneeta welcomed the speaker and the gathering. Within short periods, he covered various aspects of Palliative Care Management including its necessity and significance.

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life- threatening illness, through the prevention and relief of suffering. Early identification, assessment and treatment of pain and other problems will markedly improve physical, psychosocial and spiritual domains of quality of life. Dr discussed about the importance of Palliative Care in a society and its significance over other healthcare fields in which, direct patient to patient involvement is the main endpoint. He also talked on the importance of home care which was considered as the heart of Palliative Care Management and encouraged the students to involve in the home care activities. He also explained on, how a healthcare professional should be and the various skills required for him to survive in his career, particularly, focussing on the importance of communication skills. He also talked by promoting home death, where unwanted sufferings imposed on patients at the end stage can be reduced and importance of minimizing hospital death. He then shared his experiences that he encountered when he was involved in the team of Palliative Care.

The session wrap up with the vote of thanks by Stelvin Sebastian of 5<sup>th</sup> Pharm D and Principal, Dr. Manju Maria Mathews handed over the memento to the speaker. Third and fifth year Pharm D students attended the programme.









## **SPECTRAL DATA ANALYSIS**

A **national workshop on spectral data analysis** was held on **27<sup>th</sup> February 2019** as a part of Nila Module 8. The aim of the workshop was to provide a platform for the students and faculty to get theoretical and practical aspects of spectroscopic techniques and analytical data. The program was organized by the Pharmaceutical Chemistry Department, Nirmala College of Pharmacy.

Forty delegates from Nirmala College of Pharmacy along with Thirty seven faculty members and student delegates from various colleges of India participated in the workshop. The workshop opened on an auspicious note with a prayer and welcome address by Dr. Ms Deepa Jose , Vice Principal, Nirmala College of Pharmacy. The inaugural address was delivered by Administrator Rev. Fr. Jos Mathai Myladiyath .Principal Dr. manju Maria Mathews gave Felicitation Speech. They shared the importance of the spectral data analysis in



research. Dr. Shyam Kumar B , HOD, Dept Of Pharmaceutical Chemistry introduced the Speaker of the Day Dr. Pankaj Kumar, MS ,PhD, Assistant Professor NSGM Institute of Pharmaceutical Sciences , Mangalore. Dr. Pankaj Kumar started his session by introducing the theoretical aspects of IR , Mass and NMR spectroscopy. He introduced the concept of spectral analysis to the audience with the help of simple spectra in the first session. He discussed various aspects and techniques of spectral data analysis. A short break for 10 minutes was given and later he talked about IR and Mass spectra. At 12.30PM Lunch was arranged and second session started by 1.30PM. In the afternoon session the speaker explained the various aspects of NMR spectroscopy The importance of combined spectral analysis in the synthesis of organic compounds was also covered in this session. The delegates were given problems for interpretation and it was a very dynamic session. After the session the audience were given chance to clarify their doubts. The participants raised numerous questions.

Finally, the vote of thanks was delivered by Dr. Shyam Kumar B., HOD , Professor, Department of Pharmaceutical Chemistry, Nirmala College of Pharmacy. He expressed his gratitude towards the speakers and the participants for their active participation in the workshop. Certificates were issued to all the faculty and student delegates. The workshop was very interactive and informative and participants got opportunity to know about the basic principles and importance of various techniques of spectroscopic analysis such as IR , mass and NMR spectroscopy.

