

## MOTHER'S DAY 2023

Mother's day is a special day and an occasion celebrated across the world. On this day, we try to express our love, honor, respect and gratitude to our mother. As a part of the celebration on May 16th 2023, Department of Pharmacology Pushpagiri College of Pharmacy, Thiruvalla in association with NSS organized an Old Age home visit to Abhaya Bhavan, Thiruvalla. Around 40 mothers were the inmates of Abaya Bhavan During the visit, after the prayer song, Mrs Sumi James, Convenor addressed the gathering and mentioned about the responsibilities of everyone to honor and protect our mother. Students performed the cultural programs before the inmates and also encourages the inmates to unveil their talents. Many of them made use of this opportunity. As a token of honor we presented a Gift pack to all the inmates, which was a very joyful moment for them. Mrs Shanthi, Director of Abhaya Bhavan, Thiruvalla expressed their gratitude to all whom visit there. The program was blissful and glorious. and glorious.



## WORLD BLOOD DONOR DAY

A Blood Donation camp was organized by the NSS unit of Pushpagiri College of Pharmacy in association with the Department of Pharmacy Practice at the Blood centre in Pushpagiri Medical College Hospital in connection with “World Blood Donor Day”. The inaugural function was introduced by Dr Santhosh M Mathews and was followed by the welcome address which was done by Dr Jomin George Joseph, Assistant Professor. Rev. Fr. Jose Kallumalickal, CEO, Pushpagiri Group of Institutions inaugurated the camp officially and keynote address regarding the importance of blood donation was given by Dr V P Sasidharan, Professor & HOD, Department of Immuno Haematology & Blood Transfusion Medicine at Pushpagiri Medical College Hospital. Felicitation to the blood donation camp was given by Rev. Fr. George Valiaparambil, Director, Pushpagiri Medical college and Dr. Nithin Manohar R, HOD, Department of Pharmacy Practice which was followed by the vote of thanks by Mrs. Archana Vijai, Assistant Professor, Pushpagiri College of Pharmacy. Voluntary blood donation was performed by Pharm D students from VI, V and II year and the camp was adjourned at 11 30 am.



## WORLD PHARMACISTS DAY

Students Union in association with NSS unit organized World Pharmacists Day Celebrations at Mar Theophilos Auditorium, Pushpagiri College of Pharmacy on 24<sup>th</sup> September 2022 at 9.00 am keeping the theme “Pharmacy united in action for a healthier world”. The morning session started with Poster competition followed by Face painting and Caption writing. All the competitions were conducted based on the Pharmacists Day Theme 2022. The inaugural session started at 1.00 pm with a prayer song by the college choir. Programme coordinator Ms. Neethi Shaju (Assistant Professor, Dept. of Pharmacology & Member, NSS Unit) delivered the welcome address. The Students Union Chairperson Ms. Carrel Tom delivered the presidential address which was followed by inaugural address by Dr. Grace Mary John, Pharm.D, BCIDP (HOD, Department of Clinical Pharmacy, Believers Church Medical College Hospital, Thiruvalla). Mrs. Jeenu Joseph (Vice Principal Academics) delivered the felicitation speech. An honouring ceremony for all the pharmacists, Rev Fathers and Rev Sisters was conducted and Fr. Aby Vadakkumthala (Director, Pushpagiri group of institutions) graced the occasion. The programme was highlighted by a seminar on the topic “Pharmacy united against Antimicrobial Resistance” by Dr. Grace Mary John. The session was inspirational and interactive and came to an end with the vote of thanks by Ms. Santhra Ann Saji (PG university counsellor)



## WORLD NO- TOBACCO DAY

N.S.S Unit IQAC in association with the Department of Pharmacy Practice observed World No Tobacco Day at Pushpagiri College of Pharmacy auditorium on 31<sup>st</sup> of May 2023. The theme of World No Tobacco Day for 2023 “We need food, Not Tobacco”, is an opportunity to raise awareness on the harmful and deadly effect of tobacco use.. The programme commenced at 11.00AM by invoking blessings from the almighty through college choir. Mrs Merin. T. Koshy welcomed the gathering. The session was taken by Mr. M K Venugopal, Preventive Officer, Excise Range Thiruvalla. In his speech, he pointed out how the society now a days has accepted this harmful consumption as a normal practice and the strong need to break this consumption. The programme convener Mrs Archana Vijay proposed the vote of thanks. The Programme ended with the National Anthem. The Observance of World No Tobacco Day was a success by the combined effort of the organizing committee with strong support from Prof. Dr. Santhosh M Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director-Pushpagiri Institutions, Mrs Jeenu Joseph (Vice Principal), Dr Nithin Manohar (Vice Principal), Mrs Merin. T. Koshy, Assistant Professor (programme convener) Dept. of Pharmacy Practice, Mrs Archana Vijay (Assistant Professor (Programme Co-ordinator) Dept. of Pharmacy Practice and all the members in the Department of Pharmacy Practice, Pushpagiri College of Pharmacy Thiruvalla.



## INTERNATIONAL WOMEN'S DAY

Women's Day Celebrations 2023 was organized by Department of Pharmaceutical Chemistry in association with IQAC on 10<sup>th</sup> March 2023. The function was conducted as a remembrance of International Women's Day on 8<sup>th</sup> March with the theme "Innovation and Technology for Gender Equality" and to honour women. The function was officially inaugurated by our Chief resource person Dr Achamma Alex, Retd Associate Professor & Principal, Christian College, Chengannur. The inaugural address was on the topic "Is an empowered women, a complete women" signifying the importance of women in each corner of life. Student's raised their queries on the topic and sweets were distributed as a remembrance of the day to cherish the moment.



## DIABETIC MEDICAL CAMP

Department of Pharmacy Practice & N.S.S Unit in association with British Biologicals conducted a Diabetic Medical Camp at Peringara Grama Panchayath and Health check-up for staff at Pushpagiri College of Pharmacy on 25<sup>th</sup> of February 2023. Medical Camp mainly focused on Fat Monitoring, Glucose Monitoring, Blood Pressure Monitoring and Diet Counselling. The programme commenced at 10.00 am by invoking blessings from the Almighty through college choir. The College principal, Prof. Dr.Santhosh M Mathews formally welcomed the gathering and Rev.Fr. Aby Vadakkumthala, Director – Pushpagiri group of Institutions in his presidential address high lightened the importance of medical camp. The inaugural speech was given by Shri. Soman Thamarachalil (Pulikeezhu Block Member) and felicitation done by Mrs. Ragini Biju (CDS Kudumbashree Unit) and Mrs. Ambili (Asha worker- Peringara Panchayath) The event started off with health talks about Lifestyle Disorders and its Management strategies by Mrs.Runa Cherian (Zonal Dietician) followed by Medical Camp and House visit by the students of sixth year Pharm D . Diet counselling was done by dieticians of British Biologicals. Nearly 100 members were participated in the camp. Mr. Anil Sekhar, RBM,British biologicals Stated that they are interested in Medical camp and also, they offered future co operations for conducting further camp. The NSS Co ordinator, Dr Nithin Manohar R proposed the Vote of Thanks.



## ONAM CELEBRATION

On 12th September 2022, Onam celebration was conducted at Mar Theophilus Annexe. The welcome speech was given by Kevin Stanley (General Secretary), Presidential address was delivered by Carrel Tom (Chairperson) and felicitation was given by Principal Prof. Dr. Santhosh M Mathews. During this program, the teaching staff were honoured on behalf of Teacher's Day and prizes were distributed to the groups that bagged prizes in Pushpagiri Onam Celebration competitions: Pookalam team (1st prize) and Group song team (3rd prize). The Onam celebration included flash mob by various batches, competitions like Musical Chair and Tug of War and Onam Sadhya was served. The Vote of thanks was given by Krishna S (Arts secretary).



## Independence Day celebration

Pushpagiri College of Pharmacy in association with NSS unit has celebrated the 75<sup>th</sup> Independence Day as 'Azadi Ka Amrit Mahotshav' on 12<sup>th</sup> August 2022 with great patriotic fervour and zeal. On this special occasion, the programme started with welcome address by the Principal Prof. Dr. Santhosh M Mathews. The Principal addressed the gathering appealing to their nationalistic spirit and urging them to take pride in being an Indian and fulfilling one's duty with responsibility. This was followed by the Presidential Address by Rev. Fr. Aby Vadakkumthala Director Institutions, Pushpagiri Group of Institutions. The programme was inaugurated by Shri Mathen C Joseph, President, Peringara Gramapanchayath. In his inaugural address, he highlighted the importance of this year's theme 'Azaadi ka Amrit Mahotsava' - 'Nation First, Always First'. Speaking on this occasion, he encouraged all staff and students to hoist Tricolour in their homes to mark the 75<sup>th</sup> year of India's Independence. Felicitation address was delivered by Smt Santhamma R Nair (Vice President, Peringara Gramapanchayath) & Syarmala Sunil (Member Peringara Gramapanchayath). To celebrate the 75<sup>th</sup> India's independence, the government of India aims to hoist 200 million Tricolours to mark the special occasion, to make this possible Central government has launched the 'Har Ghar Tiranga' campaign from August 13 to August 15. The main aim of the event was to inculcate patriotism and a sense of pride toward the nation among students and staff. In this regard, national flags were distributed to all staff members of Pushpagiri College of Pharmacy for participating in 'Har Ghar Tiranga' campaign from August 13 to 15. The inaugural function was concluded with vote of thanks by Dr. Nithin Manohar R, (NSS coordinator & Vice Principal). As part of 'Har Ghar Tiranga' campaign, national flags were distributed to all community pharmacies at Thiruvalla under the leadership of Principal & NSS coordinator. The campaign was inaugurated by Shri. Shibu Varghese, President YMCA, Thiruvalla at Amal Medicals and flag was handed over to Shri. George John Cheriyl. The programme was came to an end by 5.30 PM.





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## Monkey pox awareness

A public & community awareness program on monkey pox was organized by the Department of Pharmacy Practice in association with N.S.S Unit on 19th & 20th of August 2022. The first day public awareness programme was organized at 10.00 am in KSRTC Bus Terminal, Thiruvalla. The programme commenced with the welcome address by Prof. Dr. Santhosh M Mathews, Principal, Pushpagiri College of Pharmacy in which he emphasized on the importance of public awareness about monkey pox. Followed by the welcome address, Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medical Society) delivered the Presidential Address. Mrs. Malini S (Associate Professor, Pushpagiri College of Pharmacy), gave an elaborate description about the history, causes, symptoms and prevention of monkey pox and boosted the public with self- awareness on the issue prevalent in the present situation. Followed by the subject introduction, inaugural address was delivered by Shri. Jose Pazhyadom (Vice Chairman-Thiruvalla Municipality). A leaflet prepared by Department of Pharmacy Practice highlighted the history, symptoms, diagnosis, prevention as well as the treatment options for monkey pox was unveiled by Vice Chairman & handover to the general public. Felicitation for the program was delivered by Shri. Mathews Chalakuzhy (Counsellor, Thiruvalla Municipality). The inaugural function was concluded with vote of thanks by Dr. Nithin Manohar R. (NSS coordinator & vice principal). As part of awareness programme, fifth Year Pharm D students performed a flash mob in front of KSRTC bus terminal. A total of 28 students and 6 faculty members awared the public about this issue with the help of leaflet. The students actively took part in educating the public and ensured that all doubts regarding monkey pox were clarified. The team returned at 11.00am after successful completion and refreshments were provided at the college.

A community awareness programme was organized in the next day at Community hall, Peringara Gramapanchayath. The programme commenced at 10.00am with a prayer song by Kudumbasree members of Peringara Gramapanchayath. The welcome address was delivered by Prof. Dr. Santhosh M Mathews (Principal, Pushpagiri College of Pharmacy) followed by the presidential address from Rev. Fr. Aby Vadakkumthala (Director- Institutions, Pushpagiri Medical Society). Mrs. Latha Kumari (Junior health inspector, Peringara Gramapanchayath) inaugurated the programme. In her inaugural address, she highlighted the importance of providing awareness about monkey pox to the local community. During her inaugural address, leaflet was also distributed to the audience. Felicitation for the program was delivered by Mrs. Sharmila Sunil (Ward member, Peringara Gramapanchayath) & Mrs. Ambily Reji (ASHA worker, Peringara Gramapanchayath). The inaugural function ended up with the vote of thanks delivered by CDS coordinator, Peringara Gramapanchayath. Followed by inaugural function, flash mob was performed by fifth Year Pharm D students. Students and faculties visited around 40 nearby houses of the panchayat and counselled the community about various aspects of monkeypox. The public appreciated the effort by the institution and took a vow to spread the message to prevent and control monkeypox so as to protect the society. The feedback was collected from the community and they also encouraged the students to conduct this kind of awareness programmes in future. The programme was wrapped up by 12.00 pm with refreshment.



### Rabies awareness



N.S.S Unit organised Rabies awareness programme on 26<sup>th</sup> of September 2022 at Mar Theophilus Annexe auditorium. The theme of World Rabies Day for 2022 “One health, Zero death” mainly focus to raise awareness about the world’s deadliest infectious disease and bring together partners to enhance prevention and control efforts worldwide. The programme commenced at 2.00PM by invoking blessings from the almighty through college choir. The programme convener Mrs Sreekavya B, Assistant Professor, Dept. of Pharmaceutics formally welcomed the gathering and highlighted the need to raise awareness about the serious viral disease that affects the health.

The programme started off with health talks about Rabies by Dr Roon Mariam Mathai, Veterinary Surgeon, Veterinary dispensary, Peringara. The section detailed about prevention and management strategies of Rabies followed by interactive section for students. The section was very interesting and informative. The programme coordinator Mrs Merin. T. Koshy proposed the vote of thanks. The programme ended with the National Anthem. The Awareness programme was a success by the combined effort of the NSS unit members with strong support from Prof. Dr. Santhosh M Mathews, Principal, Rev. Fr. Aby Vadakkumthala, Director- Institutions, Dr Nithin Manohar (Vice Principal- Administration & NSS Nodal officer), Mrs Jeenu Joseph (Vice Principal- Academics), Mrs Sreekavya B (programme convener and Assistant Professor, Dept. of Pharmaceutics), Mrs Merin. T. Koshy (Programme Co-ordinator and Assistant Professor, Dept. of Pharmacy Practice).

### **World water day**

On 22<sup>nd</sup> March 2023, World Water Day was organized by Nature club in association with IQAC and Department of pharmacognosy in Pushpagiri college of pharmacy. The programme was started by 3.15 pm and was held in Mar Theophilos Annex Auditorium was commenced with a prayer song by the college choir. It was followed by the welcome speech given by Dr. Rajkumar, HOD, Department of pharmacognosy. The speech was given by Alina Elizabeth Mathew, second year Pharm D student about the importance of water. World Water Day 2023 on how we should conserve water followed by a meaningful Mime performed by Third year Pharm D students about the accelerating change. A poster competition was also conducted on 21/03/2023. The prize distribution was also there for the winners. The programme was ended up with the vote of thanks delivered by Ms. Anju A Varghese. The programme was a motivating and informative one for the students and to the gatherings.



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