



Nirmala College Of Pharmacy, Muvattupuzha
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Approved by PCI, Affiliated to KUHS, and Accredited by NBA (UG)
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Annexure II (SOP/NCP/02)

REPORT ON EVENT ORGANISED

Title (Event Name)	Own Your Wellness: Embrace Responsibility for a Healthier Life
Event Category	Co-curricular events
Event Sub Category	Extension activity
Event (description)	Orientation programs and undertaking UNSDG 3: GOOD HEALTH AND WELLBEING
Date and Time	25/10/2024-13:30:00 25/10/2024-14:30:00
Attendees	Students of Nirmala Higher secondary school Muvattupuzha
Coordinator/In charge	Dr.Dhanish Joseph
Agenda (If any)	To educate the students to maintain good health and wellbeing
Resource Person Designation with address	Hynas, prabin amd fathima imani of of 8th sem B Pharm 7510359241 hynas636@gmail.com
Venue	Auditorium, Nirmala Higher secondary school Muvattupuzha.
Industry	NIL
Mode of interaction	Offline
Outcomes	The students may more aware about the safe use of medicine and would able to practice the same in life
PO/PSO Mapped	NA
Organized By	8th sem B Pharm students,cocurricular commitee,IQAC
Number of participants	30 Nos
Number of Beneficiaries	30 Nos

Broschure: (Optional)

Resource Person Profile:

Program Summary: The session began with an overview of the critical functions pharmacists perform, including medication management, patient counseling, and collaboration with healthcare professionals. Emphasis was placed on their role in ensuring safe medication practices. Participants learned about the importance of using over-the-counter (OTC) medications responsibly. The discussion highlighted the risks associated with misuse and the significance of understanding antibiotic stewardship to combat resistance.

The class explored common home remedies and their place in self-care. Participants discussed the importance of consulting pharmacists before using these remedies, ensuring they do not interfere with prescribed medications.

Also, The dangers of medication overdose and underdose were thoroughly examined. The facilitator provided statistics and case studies to illustrate potential health consequences,

stressing the need for proper dosage .The class concluded with a discussion on the integral role of pharmacies in the healthcare system. Pharmacists are key in promoting health literacy and providing essential services, such as immunizations and health screenings.

Demonstrations: The session included practical demonstrations on the correct use of eye drops and other medications. Participants practiced administering eye drops, ensuring they understood the technique to maximize efficacy and minimize discomfort. This hands-on experience reinforced the theoretical knowledge discussed.

Conclusion: The class effectively raised awareness of the multifaceted role of pharmacists and the importance of safe medication practices. Participants left with valuable insights into responsible health management and the pharmacist's role in the healthcare continuum. Feedback indicated a high level of engagement and interest in future pharmacy-related topics.

Recommendations: Future classes could expand on specific areas, such as chronic disease management and emerging pharmaceutical therapies, to further enhance participants' knowledge and skills



The students Attending the session



The students Attending the session



The students Attending the session



The Resource Person Delivering The sessional



The students Attending the session The students Attending the session



The students Attending the session

Attach geo tagged photo in this report. Also send the Geo tagged photo as a separate jpg file. Minimum 4-5 Photo is required. The number can be more based on the type of event.

Prepared by Name and signature

Approved By principal Signature

College Seal

Attendance sheet

Collect printed attendance sheet from office and attach along with the report

