



NCP/370/25

Date: 04/04/2025

**Circular**

Dear Students and Staff,

This is to inform you all that a **Health Awareness Program** is being organized for the benefit of **Pharm.D interns** as part of their academic and clinical exposure.

**Details of the Program are as follows:**

**Topic:** Awareness on Effective Diet Plan and Medication Adherence on Quality Health

**Date:** 09/04/2025

**Time:** 10:00 AM

**Venue:** Nirmala Medical Center, Muvattupuzha

**Participants:** Nirmala Medical Center Interns

**Resource Person:** Mrs. Rehina Dietician, Nirmala Medical Center, Muvattupuzha, 9645253839

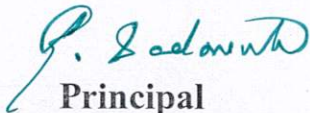
**In Charge/Coordinator:** Dr. Merrin Joseph, Mrs. Greeshma G Nair

**Organized By:** Department of Pharmacy Practice & NSS Unit

**Copy to:**

Administrator  
Class Coordinators  
Students Notice Board



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





# Nirmala College of Pharmacy, Muvattupuzha

Muvattupuzha P.O Ernakulam District Kerala, India, Pin:686661

Email : info@nirmalacp.org

Phone : 04852836888

## EVENT PROPOSAL

- |                                      |   |
|--------------------------------------|---|
| 1. Title                             | : Awareness on effective diet plan and medication adherence on quality health   |
| 2. Date and Time                     | : 09/04/2025-10:00:00 09/04/2025-00:30:00   |
| 3. Venue                             | : Nirmala Medical Center, Muvattupuzha  |
| 4. Category                          | : Extention Activity  |
| 5. Sub Category                      | : Awareness Campaign  |
| 6. Event                             | : Awareness class on diet by dietician Drug adherence awareness by NMC interns Leaflets distribution.   |
| 7. Activity                          | : World Health Day observance   |
| 8. Proposed Students as Participants | : Nirmala Medical Center interns  |
| 9. In charge/Coordinator             | : Dr. Merrin Joseph, MRS. Greeshma G Nair   |
| 10. Agenda                           | : Patient education   |
| 11. Resource Person                  | : Mrs.Rehina  |
| 12. Resource Person Phone & Email    | : 9645253839<br>NIL   |
| 13. Resource Person Address          | : Dieticin Nirmala Medical Center ,Muvattupuzha   |
| 14. Industry                         | : NA  |
| 15. Mode of Interaction              | : Direct  |
| 16. Outcome                          | : Patients may feel more empowered and confident in managing their own health, leading to improved overall well-being and satisfaction with their healthcare. |
| 17. Organized By                     | : Department of Pharmacy Practice and NSS   |
| 18. Mode of Transportation if any    | : NA  |
| 19. Amount Budgeted                  | : 1000  |
| 20. Funded by                        | : NSS   |

### Proposed by Name & Signature

### Verified by IQAC

Approved By Principal

**Dr. BADMANABAN. R**  
PRINCIPAL

Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist.)  
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**Nirmala College Of Pharmacy, Muvattupuzha**  
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info@nirmalacp.org, Phone: 0485 2836888  
Approved by PCI, Affiliated to KUHS, and Accredited by NBA (UG)  
Certified by ISO 9001-2015



### REPORT ON AWARENESS ON EFFECTIVE DIET PLAN AND MEDICATION ADHERENCE ON QUALITY HEALTH

<b>Title</b>	Awareness on effective diet plan and medication adherence on quality health
<b>Event Category</b>	Extension Activity
<b>Event Sub Category</b>	Awareness Campaign
<b>Event</b>	World Health Day observance
<b>Date and Time</b>	09/04/2025
<b>Attendees</b>	NIL
<b>Coordinator/Incharge</b>	Dr. Merrin Joseph, Mrs. Greeshma G Nair
<b>Agenda</b>	Awareness session for patients in the Nirmala Medical Center
<b>Resource Person Designation with address</b>	Mrs. Rehina
<b>Venue</b>	Nirmala Medical Center, Muvattupuzha
<b>Industry</b>	Nil
<b>Mode of interaction</b>	Direct
<b>Outcomes</b>	Patients may feel more empowered and confident in managing their own health, leading to improved overall well-being and satisfaction with their healthcare.
<b>PO/PSO Mapped</b>	PO1
<b>Organized By</b>	NSS
<b>Number of participants</b>	100
<b>Number of Beneficiaries</b>	100

#### Program Summary

An extension activity in the form of an awareness campaign titled “*Awareness on Effective Diet Plan and Medication Adherence on Quality Health*” was conducted by the NSS unit of Nirmala College of Pharmacy on 9th April 2025 at Nirmala Medical Center, Muvattupuzha, in observance of World Health Day. The session, coordinated by Dr. Merrin Joseph and Mrs. Greeshma G. Nair, was led by Mrs. Rehina and the Nirmala PharmD interns, aimed at educating patients on the importance of proper dietary practices and adherence to prescribed medications for maintaining quality health. Conducted through direct interaction, the program benefited 100 patients, empowering them to take charge of their health and encouraging improved compliance with healthcare recommendations. The initiative was helpful for reinforcing the institution’s commitment to community welfare and health awareness.



Google

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Prepared by,  
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