

🇮🇳 NATIONAL DOCTORS DAY

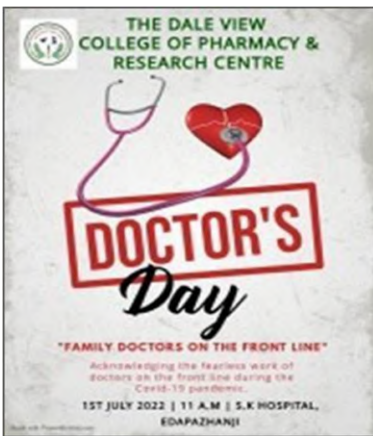
Date: 1st July 2022

Collaboration: S K hospital, Tvm

National Doctor's Day is observed on 1st July every year in India to honor their contribution and noble work. The National Doctors Day is being observed in India since 1991 in honor of Dr. Bidhan Chandra Roy - an eminent physician, academician, freedom fighter and politician in West Bengal. He had played a significant role in forming the Indian Medical Association and Medical Council of India. The theme for National Doctor's Day 2022 is "Family Doctors on the Front Line". This theme highlights doctor's contribution and shows them gratitude as they care 24x7 for the whole of humanity or a community as their family. As part of the National Doctor's Day, the 6th year Pharm.D students of The Dale View College of Pharmacy & Research Centre organized a program to acknowledge the fearless work of doctor's on the frontline during the Covid-19 pandemic. Putting their own lives at risk with selfless determination for the sake of saving lives, they truly are our heroes in these challenging times. While they are putting their own health, families, and most importantly their own lives at risk, the least we can do is appreciate their efforts. Furthermore, doctors serve as role models for students in terms of providing services, both professional educational services to students and professional health personnel to patients. Students made visits to all of the doctors in various departments, presented them with plants, and expressed gratitude for their support. A great response was received from all the doctors as it was an overwhelming moment. It was a special occasion for our students, doctors, and our college to respect the real angels behind each patient's reason for cure.

PHOTOGRAPHS:





🚩 WORLD HEPATITIS DAY

Date: 28th July 2022

Collaboration: The Dale view care point, punalal

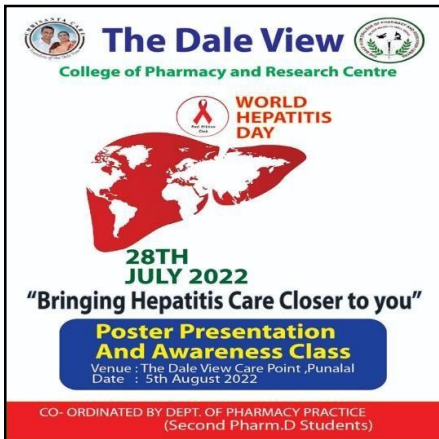
On behalf of World hepatitis day on 28th July 2022, The Dale View College of Pharmacy and Research Centre conducted an awareness program on 5th August 2022. It was organized by Second year Pharm D students under the guidance of Ms. Kavya S, Lecturer, Department of Pharmacy Practice. The theme of the day was "Bringing hepatitis care closer to you". The main aim of this day is to spread awareness about the disease hepatitis. Liver is the largest gland and second largest and most complex organ so it is necessary to keep it healthy. In this day we conducted awareness class about hepatitis disease and attract others with colourful charts including the disease, symptoms, prevention and treatment of hepatitis.

The main purpose of the awareness class is to aware others about the care we have to take against hepatitis. We use posters to convey the messages. Posters include valuable information regarding ill effects of alcohol use, change in lifestyle, advantages of physical activities and how to control diet. Ms. Ancy, student of second year Pharm D prepared excellent charts. It included clear idea about symptoms, causes and prevention of hepatitis through pictorial representation.

The awareness class was held at The Dale View Care Point and the class was taken by Ms. Reshma and Ms. Aaliya, two students of Second year Pharm D. They shared about cause, prevention and importance of taking vaccines against hepatitis. Ms. Reshma took definition, causes, symptoms and types of hepatitis and Ms. Aaliya took prevention and treatment of hepatitis including vaccines.

"Prevention is better than cure" It is the most valuable information about hepatitis disease. It is observed each year on 28th July to raise awareness of viral hepatitis which causes inflammation of the liver that leads to severe diseases and liver cancer, So awareness should be closer to communities and people.

PHOTOGRAPHS:



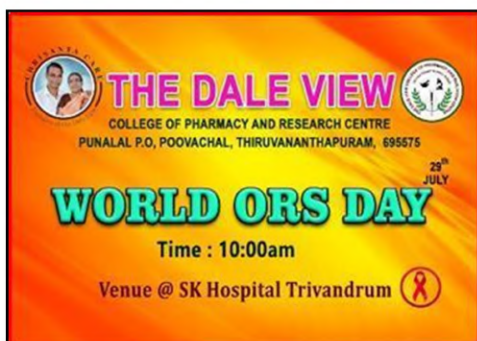
ORS DAY

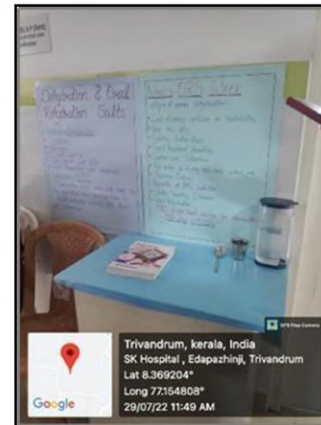
Date: 29th July 2022

Collaboration: S K Hospital, Trivandrum.

Established by the Indian Academy of Pediatrics Diarrheal diseases, Oral Rehydration Solution or ORS day is observed on July 29 every year to create awareness about Oral Rehydration Salts, also called ORS, a solution containing essential electrolytes and sugar that can save many lives across the world. The diarrheal infection causes millions of deaths across the globe; hence World ORS Day is observed to remember the victory over pandemics that were rampant a few hundred years ago. United Nations Children's Fund (UNICEF) started promoting the use of ORS around the 21st century. As part of the Oral Rehydration Solution (ORS) Day, 6th Pharm.D students of The Dale View College of Pharmacy & Research Centre organized an awareness class on the preparation, benefits and uses of ORS. For patients to better comprehend ORS, students created charts that were displayed inside the hospital. The program was organized by the Pediatrics Department of S.K Hospital, and Dr. Meena Krishnan and Dr. Vidhu V Nair joined the campaign. The students gave an explanation of ORS, including its benefits, methods of preparation, and relevance to daily life. The students also demonstrated the preparation of ORS to the patients and bystanders in the hospital. Overall, the campaign was extremely beneficial because it provided information on ORS, which is a simple, convenient, and effective way to treat dehydration and diarrhoea.

PHOTOGRAPHS:





🇮🇳 NATIONAL NUTRITION WEEK AWARENESS

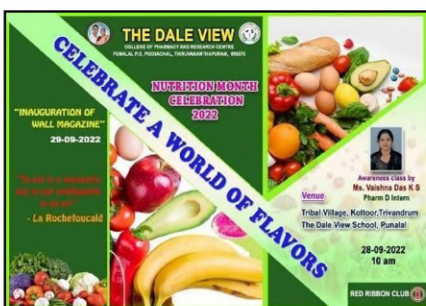
Date: 1-7 september 2022

Collaboration: Dale view high school, punalal

Red Ribbon Club of The Dale View College of Pharmacy and research centre had conducted nutrition week awareness program at the Dale View high school, punalal, Trivandrum. Sixth year Pharm D student Ms. Vaishna Das K S had done an awareness class and interactive session at the venue. National Nutrition Week 2022 is observed from September 1-7 in India to raise awareness among people about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle. The program mainly provided an emphasis on importance of proper nutrition and it was relevant and strictly adhered to the theme. Theme of the year was “celebrate a world of flavours”. At the end of

the session participants were raised questions and it was clearly answered. The interactive session was also interesting and informative.

PHOTOGRAPHS:



🇫🇷 WORLD ALZHEIMERS DAY

Date: 21st September 2022

Collaboration: T K Nagar , Punalal.

On behalf of World Alzheimer's day on 21st September 2022, The Dale View College of Pharmacy and Research Centre conducted an awareness program on 22nd September 2022. It was organized by Third Semester B Pharm students under the guidance of Ms. Kavya S, Lecturer, Department of Pharmacy Practice. The theme of the day was "Know Dementia, know Alzheimer's". The main aim of this day is to spread awareness about the disease Alzheimer's.

Alzheimer's day is also known as senile dementia. A progressive disease that destroys memory and other important mental functions. Brain cell connections and the cells themselves degenerate and die, eventually destroying memory and other important mental functions.

World Alzheimer's day is observed to raise awareness of early signs of dementia and the significance of being diagnosed as quickly as possible. On this day, the world concentrates its efforts on creating awareness of Alzheimer's disease.

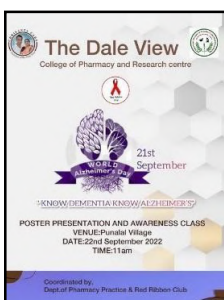
In this day we conducted awareness class about Alzheimer's disease and attract others with colourful charts including the disease, symptoms, prevention and treatment of Alzheimer's.

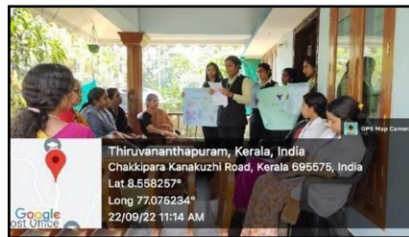
The main purpose of the awareness class is to aware others about the care we have to take against Alzheimer's. We use posters to convey the messages. Posters include valuable information regarding role of Cholesterol in Alzheimer's disease, advantages of physical activities and how to control diet. Ms. Aamina and Ms. Saranya, students of third sem B Pharm prepared excellent charts. It included clear idea about symptoms, causes and prevention of Alzheimer's through pictorial representation.

The awareness class was held at T.K Nagar, Punalal village and the class was taken by Ms. Aiswarya, student of Third sem B Pharm. She explained about definition, cause, prevention and role of cholesterol in Alzheimer's disease.

"Prevention is better than cure" It is the most valuable information about Alzheimer's disease. It is observed each year on 21st September to raise awareness of Alzheimer's disease, So awareness should be closer to communities and people.

PHOTOGRAPHS:





🇮🇳 WORLD HEART DAY

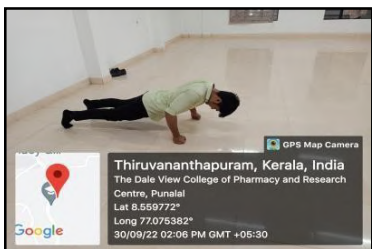
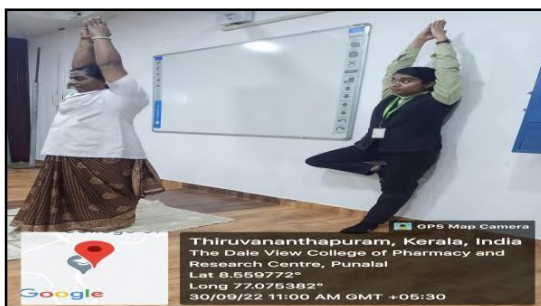
Date: 29th September 2022

Collaboration: Vellanadu CHC

On behalf of “World Heart Day”, The Dale View College of Pharmacy and Research Centre celebrated “World Heart Day” on 29th September 2022. The program was coordinated by Red Ribbon Club. The programme was organized by Fourth Pharm D students under the guidance of Ms. Safna N Fazil, Assistant Professor, Department of Pharmacy Practice. World Heart Day is celebrated every year on September 29 to raise awareness about the rising concerns of heart health and cardiovascular illnesses. Heart disease and stroke are the world’s leading causes of death claiming 18.6 million lives each year. The theme of World Heart Day 2022 is 'USE HEART FOR EVERY HEART'. World Heart Day is an opportunity to stop and consider how to use the heart for humanity, for nature and for us. This day also educates that by controlling risk factors such as tobacco, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be prevented, according to the World Heart Federation (EHF). Seventh semester B.Pharm students conducted a flashmob and awareness class at Community Health Centre, Vellanad, KSRTC Bus stand, Vellanad and Aryanadu Police station premises. The awareness class focused on various types of heart diseases and their prevention. They also provide information about the nutritional aspects and exercise. The program was very beneficial to the public. The students prepared posters and displayed at college campus. We conducted Yoga class, Zumba training and push up challenge on 30.9.2022. Beyond off-loading stress, practicing yoga may help lower blood pressure, blood cholesterol and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention. The trainer for yoga class was Mrs. Sruthy SA, Assistant Professor, Department of Pharmacy Practice, The

Dale View College of Pharmacy and Research Centre. She provide information regarding basics of Pranayama, Meditation and some cardiac exercise postures. The programme was very beneficial for students. Zumba training was conducted by Ms. Subhala R and Ms. Nirupama Gopal, Students of 5th Pharm D. Zumba targets lots of muscle groups at once for total body toning. It can boost our heart health. While performing zumba, we not only get aerobic benefits but also anaerobic benefits which helps us to maintain a good cardiovascular respiratory system and improve coordination. The program was very beneficial to both public and students. They asked several doubts and our students clarified very clearly.

PHOTOGRAPHS:



WORLD MENTAL HEALTH DAY

Date: 3rd November 2022

Collaboration: Neo Dale secondary school, Katakada

On behalf of "World Mental Health Day", The Dale View College of Pharmacy and Research Centre celebrated "World Mental Health Day" on 3rd November 2022. The program was coordinated by Red Ribbon Club. The programme was organized by Fourth Pharm D students under the guidance of Ms. Safna N Fazil, Assistant Professor, Department of Pharmacy Practice. World Mental Health Day is celebrated every year on October 10 to raise awareness about the rising concerns of mental disorders. The theme for this year is 'Make mental health and well-being for all a global priority'. On this day each year, advocates of mental health congregate across the world and celebrate the annual awareness programme to call attention to mental illness and its major impact on the lives of people. And, since then it is celebrated every year on October 10. On October 10, 1992, Richard Hunter, who was the deputy secretary general of the WFMH at the time, declared the first World Mental Health Day. Every year since 1994, a unique theme has been chosen for the international celebration. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

As part of World mental health day celebration Mr. Nebin Sajeer and Ms. Sandra Prasanth conducted an amazing awareness class at Neo Dale Secondary School, Kattakada.

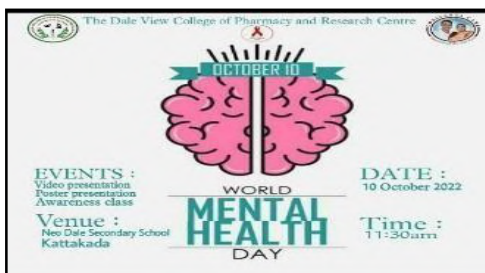
The points described in the class were

- expressing feelings
- peer pressure
- role of society in mental health
- educational pressure
- importance of sleep
- role of exercise, healthy food, good relationships etc.. in mental health
- confidence

- loneliness
- dealing with expectations and family pressures
- bullying, body shaming
- general awareness and other topics of interest as expressed by the students during the class.

Fourth Pharm D students also prepared awareness video and circulated through social media and displayed posters at college. The program was very beneficial to both public and students. They asked several doubts and our students clarified very clearly.

PHOTOGRAPHS:

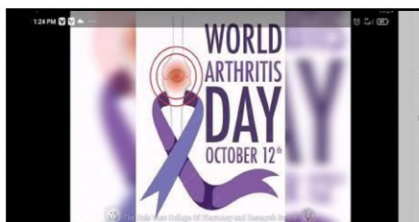
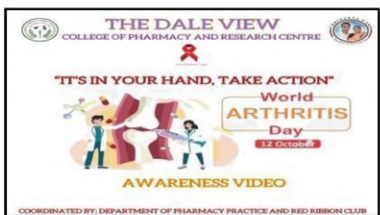


✚ WORLD ARTHRITIS DAY

Date: 12th October 2022

On behalf of World Arthritis day on 12th October 2022, Red ribbon club of The Dale View College of Pharmacy and Research Centre posted an awareness video on 31st October 2022. It was organized by Seventh Semester B Pharm students under the guidance of Ms. Kavya S, Lecturer, Department of Pharmacy Practice. The theme of the day was “It’s in your hand, take action”. The main aim of this day is to spread awareness about the Arthritis disease. Arthritis also called Joint inflammation. *Arthritis* is the swelling and tenderness of one or more joints, causing pain and stiffness that can worsen with age. Different types of arthritis exist, each with different causes including wear and tear, infections and underlying diseases. Increasing awareness of and access to arthritis interventions can help improve the health and quality of life for adults living with arthritis and other chronic conditions. On this day, the world concentrates its efforts on creating awareness of Arthritis disease. We posted an awareness video about Arthritis disease and attracted audience which convey what is arthritis and how it is prevented.

PHOTOGRAPHS:



✚ WORLD IMMUNIZATION DAY

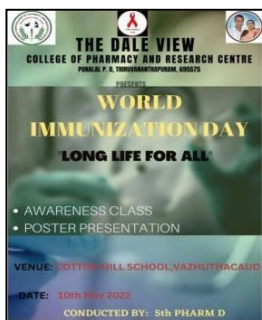
Date: 10th November 2022

Collaboration: Govt.Cottonhill Nursey school, Vazhuthacadu & Green valley kindergarten, TVM

On behalf of World Immunization Day. The Dale View College of Pharmacy and Research Center observed World Immunization Day on 10th November 2022. It was organized by 5th year Pharm D students under the guidance of Dr. Rincy R L, Lecturer, Department of

Pharmacy Practice. For this, the 5th year Pharm D students presented posters. The poster includes valuable information about importance of taking immunization and its advantages and disadvantages. The students also conducted awareness class based on Immunization and importance of vaccines to the Parents of nursery students at Government Cottonhill Nursery School Vazhuthakad and Green Valley Kinder garden Idappazhinji, Thiruvananthapuram. The class was taken by 5th year Pharm D students, charts were also displayed by the students. The program was very beneficial to both public and students. The peoples asked doubts and our students clarified very clearly. Our 5th Pharm D students prepared a palm let and given to the public. The palm let contain What is Vaccines and Why we are using Vaccines its importance, also How the vaccines prevent the disease. The students give very valuable information's regarding Immunization and the session was very beneficial to the parents and general public. Immunization is a global health and development success story, saving millions of lives every year. Vaccines reduce risks of getting a disease by working with your body's natural defences to build protection. When you get a vaccine, your immune system responds. We now have vaccines to prevent more than 20 life-threatening diseases, helping people of all ages live longer, healthier lives. Immunization currently prevents 3.5-5 million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles. Immunization is a key component of primary health care and an indisputable human right. It's also one of the best health investments money can buy. Vaccines are also critical to the prevention and control of infectious disease outbreaks. They underpin global health security and will be a vital tool in the battle against antimicrobial resistance.

PHOTOGRAPHS:





✚ WORLD DIABETES DAY

Date: 14th November 2022

Collaboration: Lulu Mall, Trivandrum & S K Hospital, TVM

World Diabetes day is an important healthcare event marked on 14 November every year to highlight the shooting prevalence of diabetes and its impact and educate people about the preventive tips of diabetes. This year 2022, World Diabetes Day theme is "Education to protect tomorrow" under the combined theme of the World Diabetes Day 2021-23 campaign "ACCESS TO DIABETES CARE ". As part of World Diabetes Day, The Dale View College of Pharmacy & Research Centre in association with S.K Hospital, Trivandrum, 6th year PharmD students organized an awareness skit based on Diabetes Mellitus at Lulu Mall, Trivandrum. The skit showed the various signs and symptoms of diabetes, diagnostic methods, treatment options including pharmacological and non-pharmacological, diabetic complications and most importantly the hypoglycemic events and its treatment protocol. It was scripted for making awareness among the general public regarding Diabetes Mellitus. The students also participated in the medical camp and patient counselling conducted on the same day. The students created leaflets outlining the disease condition, the importance of proper treatment, particularly in patients with co-morbid conditions, and the various treatment options available. The leaflets are prepared in both English and Malayalam for everyone's convenience.

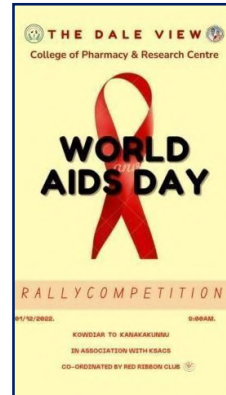
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WORLD AIDS DAY

RALLY COMPETITION.

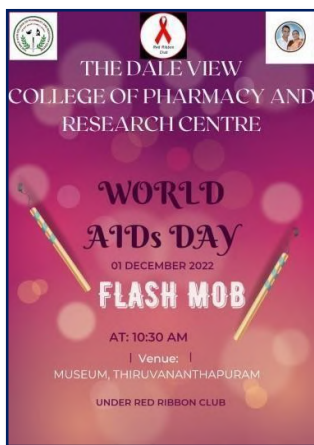
In association with Kerala State AIDS Control Society (KSACS), Red Ribbon Club members of our college participated in the rally competition from kowdiar to kanakakunnu. It was started by 9.00AM and for that 62 students were participated from our college. It was a great experience to the students and really amazing. Pluck cards, slogan boards, charts, posters, models and face painting made it attractive and impressive and it conveyed the real theme of the day. The rally came to an end at engineer's hall, Kanakakunnu, TVM. The state level inauguration of the AIDS day was done by Hon'ble minister Shri. Antony Raju. Students represented from the colleges performed awareness and cultural programs at the venue. Our college also participated in that event. After the inaugural function, the results were announced for the rally competition and our college had achieved first prize. Prize was distributed by the Minister and Mayor to the college representatives.



FLASHMOB & AWARENESS TALK

In connection with World AIDS Day observance, Red Ribbon Club of our college had performed a flash mob and awareness talk at museum, Trivandrum in association with Dale view Transgender project. 15 students were participated and it conveyed the importance of that day. Awareness talk mainly focussed on the importance of theme “equalize”, information regarding HIV virus, clinical manifestations, route of transmission, diagnosis, treatment and preventive measures. Program was started by 10:30am and came to an end by 12:30 pm.

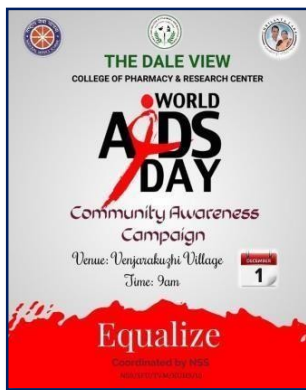
IMAGES:



COMMUNITY AWARENESS CAMPAIGN:

Our college had organized a community awareness campaign at nearby village venjarakuzhy in connection with World AIDS Day. The session started at 9am. In the awareness campaign, our student proposed welcome address and Mr. Biju Kumar, Member of Venjarakuzhi village conveyed his felicitation. The awareness class was lead by the students of our college. Class mainly focussed the experience stories of AIDS victims, which evoked much awareness in listeners. A detailed explanation about AIDS and its ill effects were also shared. The entire class was adhered strictly on the theme of 2022. The people gave their full attention to the class. An interaction session was also there to clarify the doubts. Also the session captured more attraction and attention by portraiting charts and posters based on severity of AIDS. About 50 people from the Venjarakuzhi village attended the awareness campaign.

IMAGES:



RED RIBBON WEARING CAMPAIGN:

The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon is a great way to raise awareness on and during the run up to World AIDS Day. Wearing a red ribbon is a simple and powerful way to challenge the stigma and prejudice surrounding AIDS. Red ribbon club of our college had conducted a red ribbon wearing campaign on december 1st 2022 at college campus. All students actively participated in the campaign and become the part of raising awareness.

IMAGES:



AIDS DAY PLEDGE:

Red Ribbon Club had conducted an AIDS day pledge campaign. In that the co-ordinators of the respective club went to all classes and provided a brief description about importance of the day and proposed the pledge which conveys the theme of the day.

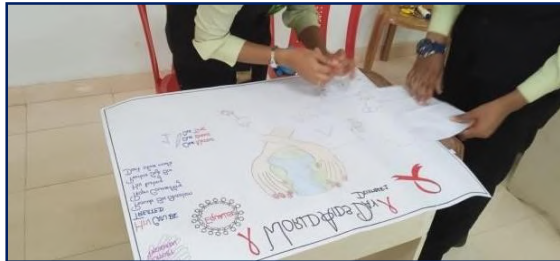
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AIDS DAY COMPETITIONS:

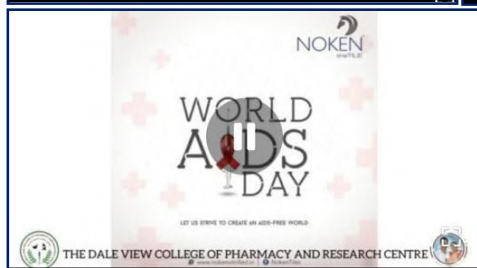
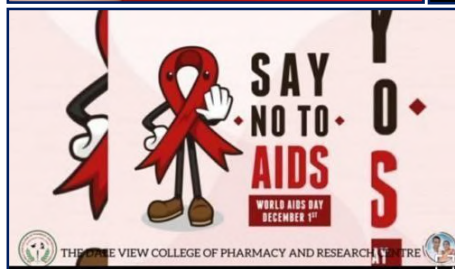
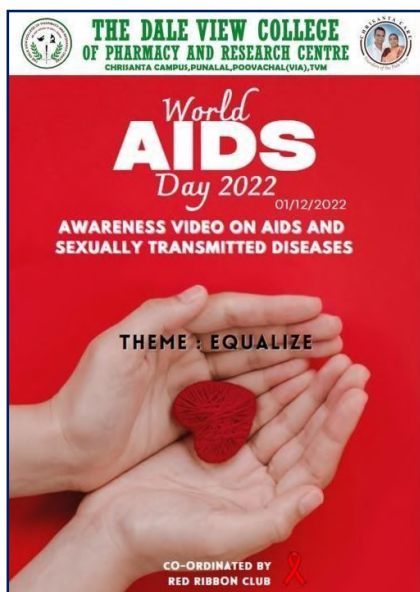
AIDS day competitions were held at the college auditorium on Dec 1st 2022 from 1:00pm onwards. It was co-ordinated by Red Ribbon Club members and the coordinators. Active participation was there for all competitions. The competitions conducted are poster making, slogan making, badge designing, English essay writing and quiz competition. All competitions were strictly based upon the theme of 2022. The judgement was done by experienced personnels and the results were announced on the next day.

IMAGES:



AWARENESS VIDEO ON AIDS & SEXUALLY TRANSMITTED DISEASES.

Red Ribbon Club members prepared an awareness video on AIDS and sexually transmitted diseases and posted in the official youtube channel of the college .It mainly emphasizes on the importance, route of transmission, clinical presentations, diagnosis ,treatment, management and prevention of the disease. It also give moral advices to eradicate the social hesitancy towards the HIV victims.

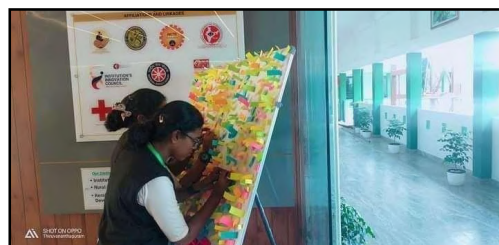
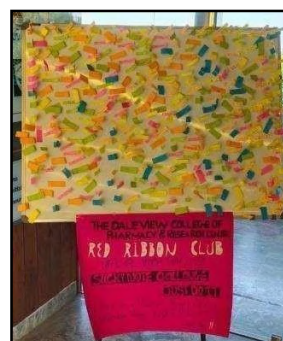
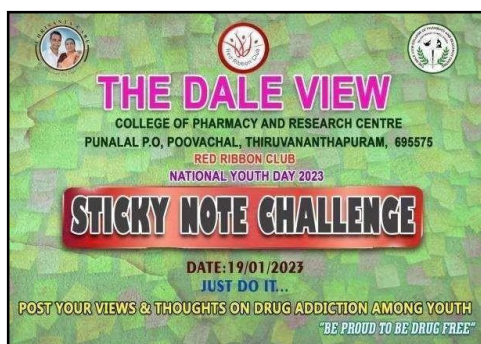


NATIONAL YOUTH DAY CELEBRATIONS

1. STICKY NOTE CHALLENGE

In accordance with youth day celebrations, Red Ribbon Club had conducted sticky note challenge. All students and staff were participated in this challenge inorder to express unity against drug use among youth. Everyone was provided with a sticky note and they can write their own views and thoughts and posted in the given area.

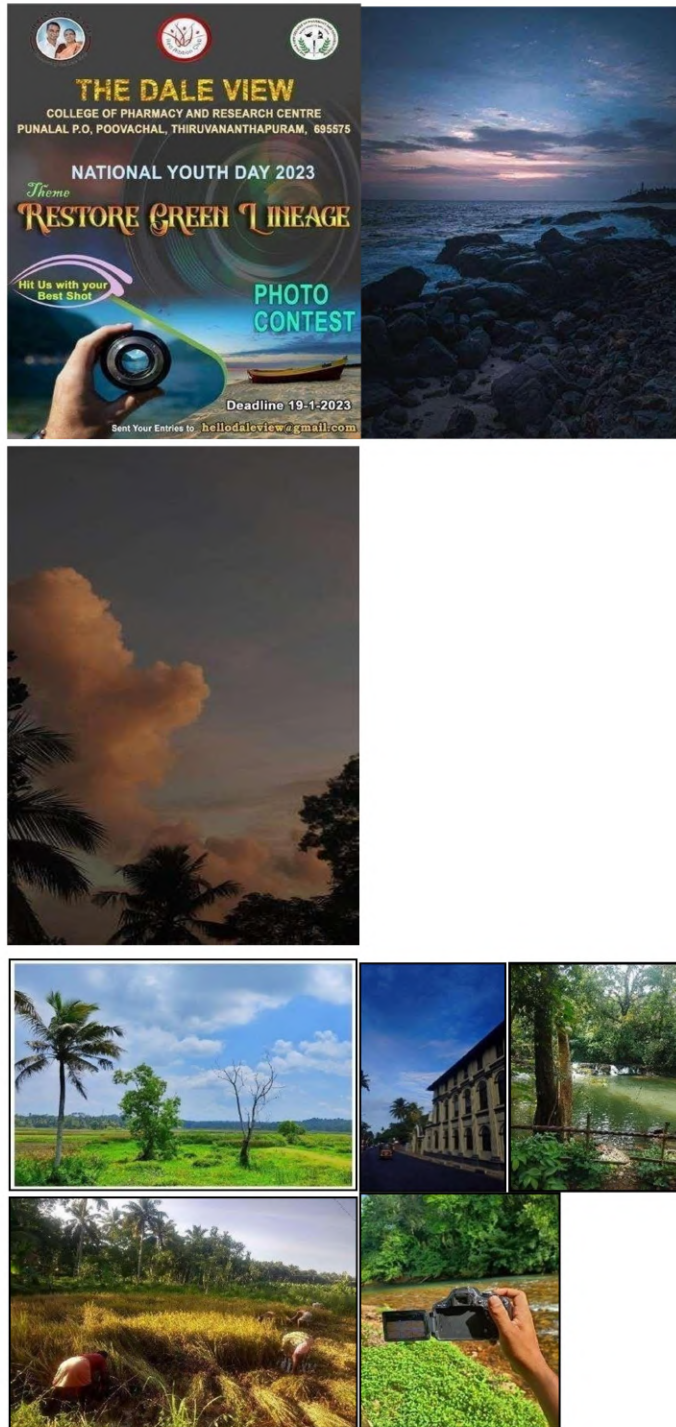
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2. PHOTO CONTEST

A photo contest was conducted which improves the creativity among youth. The theme was “RESTORE THE GREEN LINEAGE “and all entries should strictly adhered to the theme. The entries were send to the mail id provided by the red ribbon club coordinators.

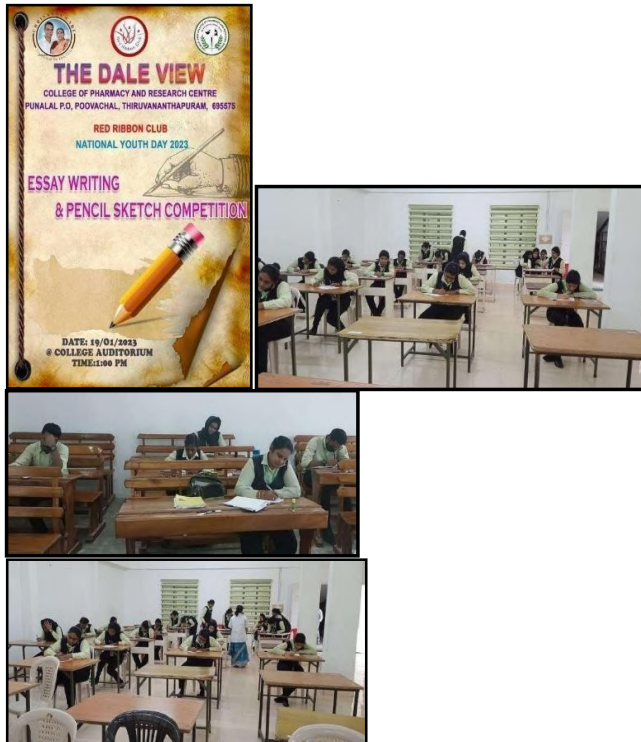
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3. COMPETITIONS

Competitions are beneficial in motivating young artists and assisting them in developing their creative talents . Red Ribbon Club had conducted an essay wrting competition and pencil sketch comprtitions. The theme was “

PHOTOGRAPHS:



4. MOTIVATION CLASS

Red Ribbon Club of our college had conducted motivation class in connection with National Youth Day Celebrations. The Topic for the session was "CHANGE YOUR HABITS TO ATTAIN YOUR GOALS". The session was handled by an eminent personality Dr. Martin Payyapally, counselling Psychologist. The session was conducted at the college auditorium. Students were actively participated and the interactive session was so much effective.



WORLD LEPROSY DAY

Date: 31st January 2023

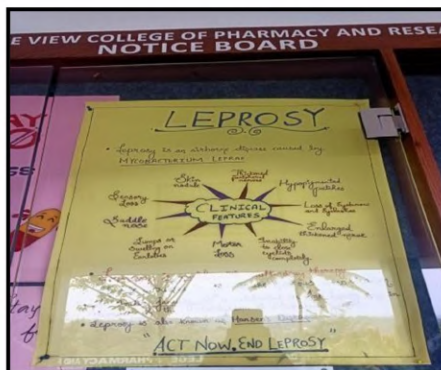
On behalf of "World Leprosy Day", The Dale View College of Pharmacy and Research Centre celebrated "World Leprosy Day" at The Dale View College of Pharmacy and Research Centre. The program was coordinated by Red Ribbon Club. The programme was organized by Fourth Pharm D students under the guidance of Ms.Safna N Fazil, Assistant Professor, Department of Pharmacy Practice. Fourth Pharm D students also prepared awareness video and circulated through social media and displayed posters at college campus. World Leprosy Day is observed every year on the last Sunday of January. In India, it is observed on 30th January every year, coinciding with the death anniversary of Mahatma Gandhi. Leprosy is a neglected tropical disease (NTD) which still occurs in more than 120 countries, with more than 200 000 new cases reported every year. The aim of observing the World Leprosy Day is to create awareness against the stigma attached to the disease, by making the general community aware that it is a disease spread by a type of bacteria and it can be easily cured.

As part of this program our students prepared an awareness video. The video covered about the treatment and activities of National Leprosy Eradication Program.

The National Leprosy Eradication Programme is a centrally sponsored Health Scheme under the National Health Mission of the Ministry of Health and Family Welfare, Govt. of India. The Programme is headed by the Deputy Director of Health Services (Leprosy) under the administrative control of the Directorate General Health Services, Govt. of India. While the NLEP strategies and plans are formulated centrally, the programme is implemented by the States/UTs. The major concern of the Programme is to detect cases of leprosy at an early stage and provide complete treatment, free of cost, in order to prevent occurrence of Grade II Disability (G2D) in affected persons. India has achieved the elimination of leprosy

as a public health problem as per WHO criteria of less than 1 case per 10,000 population at the National level in 2005. However, there are few districts within States where leprosy is still endemic. The program was very beneficial to both public and students.

PHOTOGRAPHS



🏳️‍🌈 WORLD CANCER DAY

Date: 04/02/2023

Collaboration: Geethanjali library kottoor , NIMS Medicity

In association with world cancer day, Red Ribbon Club of our college had conducted a free cancer detection and medical camp at kottoor in association with NIMS Medicity, Trivandrum on 04/02/2023. Medical camp was started at 10:00 am after the inaugural session. Medical team had conducted basic health check ups , ECG and provided departmental medical facilities also. Almost 90 were actively participated in the medical camp. The Red Ribbon Club members were the volunteers of the medical camp. This camp helped to provide medical assistance to the general public and to the community. It was a new experience to everyone.

PHOTOGRAPHS:

നി ബെയിംഗ്
 നമ്മുടെ ജീവനുള്ളപ്പോൾ
 നിങ്ങളുടെ കോളേജ് ഓഫ്
 ഫാർമസി കാറ്റിഗോറിയിൽ
നിബിംഗ് സർട്ടിഫിക്കറ്റിന് പങ്കെടുക്കൂ

കാൻസർ രോഗനിർണ്ണയവും സൗജന്യ മെഡിക്കൽ ക്യാമ്പും
 04 ഫെബ്രുവരി 2023 രാവിലെ 9.00 മുതൽ 1.00 വരെ
 ഗീത്തജലി ഓഡിറ്റോറിയം, കൊട്ടൂർ

കാൻസർ രോഗനിർണ്ണയവും സൗജന്യ മെഡിക്കൽ ക്യാമ്പും
 ഓർസി, രക്തസാന്നിധ്യം, ECG, BP, BMI

- ഓർസി: 100% നേർത്തരം
- രക്തസാന്നിധ്യം: 100%
- ECG: 100%
- BP: 100%
- BMI: 100%

നിങ്ങളുടെ രോഗനിർണ്ണയം
 സൗജന്യമായി നിങ്ങൾക്ക് സൗകര്യം
 നൽകുന്നതിന് ഏർപ്പാട് ചെയ്തു.
 ഡോ. ഐ.എ.എസ്. സി.കെ.എസ്.എസ്.എസ്.



Red Ribbon Club of THE DALE VIEW COLLEGE OF PHARMACY AND RESEARCH CENTRE
 In Association With **NIMS MEDICITY**

FREE CANCER DETECTION AND MEDICAL CAMP
 WORLD CANCER DAY 2023

4th Feb 2023 | Time: 9.00am – 1.00pm @ Geethanjali Auditorium, Kottoor



✚ SEXUAL AND REPRODUCTIVE HEALTH AWARENESS DAY

Date: 12th February 2023

Activity: Webinar

Red Ribbon Club of The Dale View College of Pharmacy and Research Centre observed sexual and Reproductive Health Awareness Day on 12th February 2023. On the same day awareness webinar on sexual and reproductive health was also conducted. Dr. Ambily V Sudhakar was the speaker of the webinar. She has completed MBBS from Government Medical College Madurai and currently doing PG in Obstetrics and Gynaecology. The session was started at 7pm with a prayer song by Reshma M , 3rd year Pharm D student .Salma S student of 3rd year Pharm D was the programme host.welcome speech was given by Dr.Maneesha assistant professor ,Department of Pharmacy Practice The speaker started the session after the welcome speech, and she has delivered a wonderful and effective talk on the topic. She came across the female and male reproductive system, problems facing by the two categories, hygiene that we should follow before and after sexual intercourse ,personal hygiene etc .She discussed about the factors that we should remembered before getting pregnant , frequent masturbation among adolescents ,pornography addiction and how to handle those situations wisely The session was extended upto 9pm .After the session there were a lot of doubts araised from the participants. Causes and treatment of PCOD , period cramps and their remedies, UTI among teenage girls, thyroid disorder and pregnancy, endometriosis , vaginal yeast infections, menstrual cups ,use and how to sterilize the same etc. She gave a clear idea about the treatment for PCOD and the treatment related side effects. The session was very beneficial to the students as well as general public .By the end of the session , Sini S G ,Assistant Professor, department of Pharmacy Practice proposed vote of thanks.

PHOTOGRAPHS:

THE DALE VIEW
College of pharmacy and research centre
Punalai. P. O, Poovachal Thiruvananthapuram 695575

Red Ribbon Club

PROGRAMME SCHEDULE

Awareness class on
Sexual and Reproductive Health

Session handling by

Dr. Ambily. V. Sudhakar
Govt. Medical college
Madurai

DATE: 12 February 2023
TIME: 7:00 PM

Join us on Google meet
<https://meet.google.com/zep-acpd-hbh>

Prayer song: Reshma. M
3rd year Pharm D student

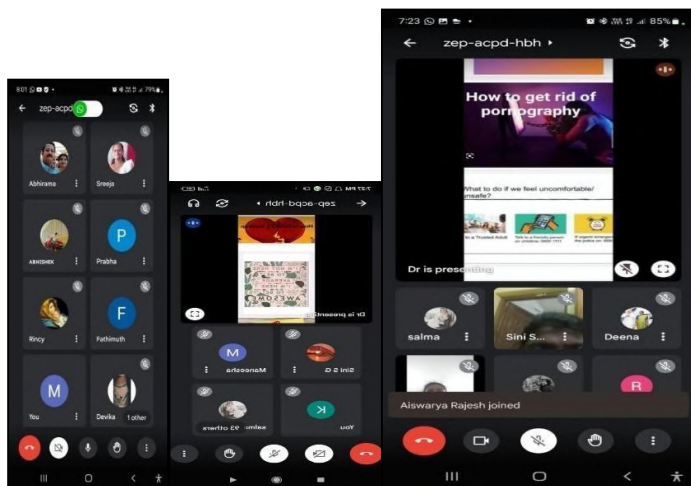
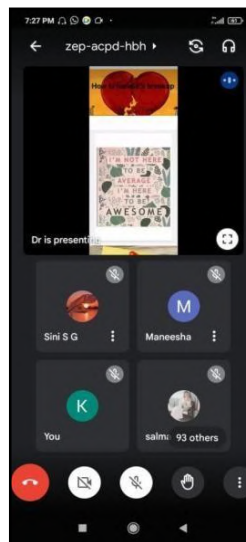
Welcome speech: Dr. Maneesha. M. S
Assistant professor
Dept. of Pharmacy Practice

Presidential Address: Dr. Shiji Kumar P S
Principal
DVCP & RC

Speaker: Dr. Ambily. V. Sudhakar
Govt. Medical College
Madurai

Discussion

Vote of thanks: Dr. Sini. S. G
Assistant professor
Dept. of Pharmacy Practice



THANK YOU