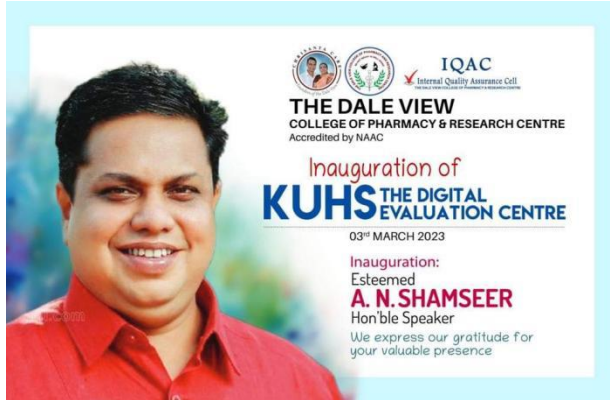




# VOICE OF DALE

March 2023

## KUHS INVIGILATION CENTRE INAUGURATION



**Punalal:** Inauguration of KUHS Digital Evaluation Centre: It was inaugurated by esteemed A.N. Shamseer, hon'ble speaker of the Kerala legislative assembly on 3<sup>rd</sup> march 2023.





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## DIC EXTENSION SERVICE



**Punalal:** On 02nd March 2023, Red Ribbon Club of The Dale View College of Pharmacy and Research Centre conducted free medical checkup organized by Third year Pharm D students Ms. Aswathy and Ms. Lekshmi, under the guidance of Ms. Kavya S and Dr. Maneesha MS, Assistant Professor, Department of Pharmacy Practice. The drug information Centre routinely receives queries from hospital staffs, patients and responds to queries regarding ADRs, drug interactions, Pharmacokinetic parameters of drugs and information on new drugs available in the market.

Free medical checkup includes Blood pressure, Blood sugar and weight of about 10 patients at TK nagar, Punalal and also took informations about basic information, social status, patient drug history, past medication history and past medical history and finally provided patient counselling. Patient counselling includes lifestyle modifications, physical exercise and control of diet.

## INTERNATIONAL WOMEN'S DAY CELEBRATION

**Punalal:** The NSS unit of The Dale View College of Pharmacy and Research Centre celebrated



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International Women's Day on March 8, 2023. It gives a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. The purpose of the day is to



uphold women's achievements, recognize challenges, and focus greater attention on women's rights and gender equality. This year's women's day was celebrated under the theme "[DigitALL: Innovation and technology for gender equality](#)", recognizes and celebrates the women and girls who are championing the advancement of transformative technology and digital education.

The observance will explore the impact of the digital gender gap on widening economic and social inequalities, and it will also spotlight the importance of protecting the rights of women and girls in digital spaces and addressing online and ICT-facilitated gender-based violence. Mrs. Remya Sreekantan, the first woman firefighter of South India was the chief guest for the celebration. She explained about the experience and the hurdles faced during the works. And a 'My Story' session was headed by Dr. Abhirama, HOD, and Pharmacy Practice department.



Various competitions like reel making, Photography contest were also conducted in connection with the celebration. And also a debate was arranged to discuss the common views and problems related to the topic, 'Parents role in controlling the mindset of students'. 132 students were participated for the same.





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## WORLD KIDNEY DAY

**THE DALE VIEW**  
COLLEGE OF PHARMACY & RESEARCH CENTRE  
THIRUVANANTHAPURAM  
Affiliated by Kerala University of Health Sciences, Approved by PCI  
Accredited by NAAC

**CHHISANTA CARE**  
Founders of the Dale View

**09**  
MARCH

**WORLD KIDNEY DAY**

**Official interaction and interview on World Kidney Day**

**Dr. Preethy James**  
(General Hospital Thiruvananthapuram)

**Dr. Divya Sadhasivan**  
(Additional DMO, Thiruvananthapuram)

**Dr. Anil Kumar**  
(Additional DMO & DSO, Thiruvananthapuram)

**KIDNEY HEALTH FOR ALL**  
PREVENTION FOR THE UNEXPECTED, SUPPORTING THE VULNERABLE!

*"Kidneys are of the most important organs of our bodies and they need to be attended regularly everyone."*

**Punalal:** On 09th March 2023, Red Ribbon Club of The Dale View College of Pharmacy and Research Centre conducted an interactive session and interview on 09th March 2023.

It was organized by Fourth year and Third year Pharm D students under the guidance of Ms. Kavya S and Dr. Sini S G, Assistant Professor, Department of Pharmacy Practice. The theme of the day was **"Kidney Health for All- Preparing for the unexpected, supporting and vulnerable"**. World Kidney day, a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations, is a global campaign that

aims to raise awareness of the importance of our kidneys to overall health and to reduce the frequency and impact of kidney disease and its associated health problems.

Chronic Kidney disease, also called chronic kidney failure, describes the gradual loss of kidney function. The kidneys filter waste and excess fluids from the blood, which is then excreted in the urine. When chronic kidney disease reaches an advanced stage, dangerous levels of fluids, electrolytes and wastes can build up in the body.

In this day we conducted an official interactive session and interview with Dr. Anil Kumar, Additional DMO(H) & DSO, Thiruvananthapuram, Dr. Divya Sadasivan, Additional DMO, Thiruvananthapuram and Dr. Preethy James, Medical Superintendent, General Hospital, Thiruvananthapuram. Sandra Prasanth, 4th year Pharm D student conducted the interview session.



The interactive session mainly focused on the prevalence, life style modifications, kidney stones and UTI, dialysis, statistical analysis of dialysis patients on government.



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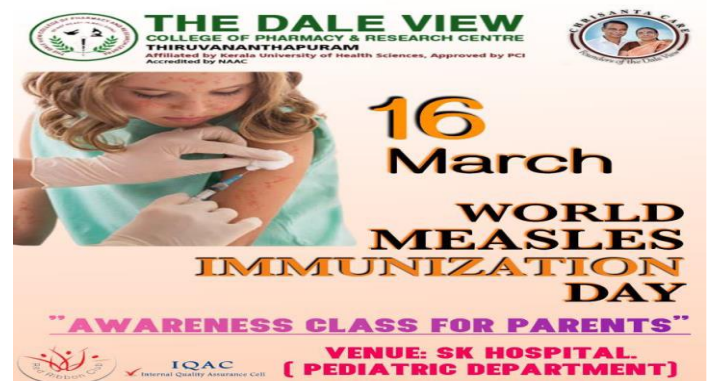
## NO SMOKING DAY

**Punalal:** On 11<sup>th</sup> march 2023, Red Ribbon Club and Department of Pharmacy Practice of our institution coordinated No Smoking Day in order to raise awareness to avoid smoking. The program was successfully completed in association with CLUB FM. The theme of this year was **“STOPPING SMOKING IMPROVES YOUR BRAIN HEALTH”**. The programme was strictly adhered to the theme. National No Smoking Day, is held every second Wednesday of March, This year it will be March 8, 2023. The day has been done to urge people to give up smoking and be aware of its harmful effects. Smoking is one of the biggest preventable causes of premature death. It is one of the main causes of serious and often fatal conditions, including heart disease and lung cancer. National No Smoking Day 2023 is designed as a time to reach out to friends or family members who suffer from nicotine addiction.

Research shows that the number of people around the world who still smoke cigarettes and are not actively trying to quit is severely dwindling. The significance of National No Smoking Day 2023 is to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The goal of this day is to raise awareness about the detrimental health impacts of smoking and other forms of tobacco intake. One of the worst habits a person may develop is smoking. Though people are aware of the danger, thousands of people begin smoking every day. Coughing and throat irritation are the first symptoms of smoking. It also causes lung cancer, heart disease, pneumonia, stroke, etc. So it's critical for people to understand how it harms our bodies. So that National No Smoking Day 2023 helps to remember all these effects of

smoking. So, people should aware of these and try to quit smoking as soon as possible. Third Year Pharm D student, Ms. Reshma M , of our institution had introduced about the NO SMOKING CHALLENGE which is conducting at our college in CLUB FM platform on 11<sup>th</sup> march 2023. It was broadcasted at the morning show (10am-1pm) by RJ Sukanya. She had given a detailed view about the aim and purpose of NO SMOKING CHALLENGE, its outcomes, practical difficulties and procedures adopted for the success of the event. And also some counselling and awareness regarding smoking was also delivered through this platform.

## WORLD MEASLES DAY



**Punalal:** On behalf of World Measles Immunization Day. The Dale View College of Pharmacy and Research Center observed World Measles Immunization Day on 16<sup>th</sup> March 2023. It was organized by 6<sup>th</sup> Pharm D students under the guidance of Mrs. Rincy R L, Assistant Professor, Department of Pharmacy Practice. At SK Hospital Idapazhinji, Thiruvananthapuram. For this, the 6<sup>th</sup> Pham D students presented posters and Parent education. The poster includes valuable information about Measles its signs and symptoms, complications, prevention and control and importance of measles immunization, latest updates about measles. The students also conducted awareness class

based on measles and importance of vaccination.



The class was taken by 6th Pharm D students, charts were also displayed by the students. The program was very beneficial to both public and students. Also Dr. Meena Krishnan MBBS, MD Consultant Pediatrics department, SK Hospital conduct an interactive session about the measles to 6th pharm D students and awareness talk about the seriousness of the disease to the parents. The main purpose of awareness class is to aware others about the merits and demerits of Measles disease. Bincy Reena Vibhu and Megha U.S, students of the sixth year Pharm D gives counseling about the Measles Immunization.



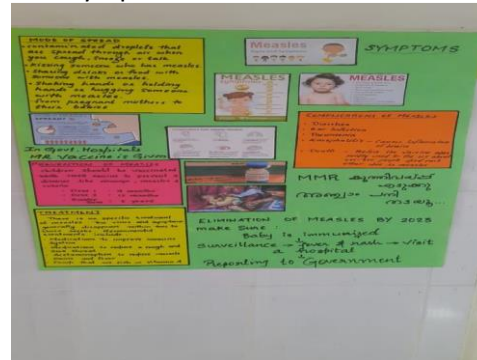
Measles is an acute viral respiratory illness. It is characterized by a prodrome of fever (as high as

105°F) and malaise, cough, coryza, and conjunctivitis -the three "C"s -, a pathognomonic enanthema (Koplik spots) followed by a maculopapular rash. A viral infection that's serious for small children but is easily preventable by a vaccine. The disease spreads through the air by respiratory droplets produced from coughing or sneezing.



Measles symptoms don't appear until 10 to 14 days after exposure. They include cough, runny nose, inflamed eyes, sore throat, fever and a red, blotchy skin rash.

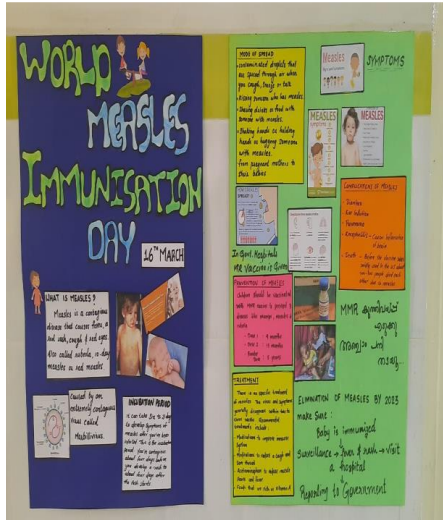
There's no treatment to get rid of an established measles infection, but over-the-counter fever reducers or vitamin A may help with symptoms.





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## WORLD ORAL CAMPAIGN

**Punalal:** World Oral Health Day is an annual global event that takes place on **March 20th** every year. The event is organized by the FDI World Dental Federation to raise awareness about the importance of oral health and promote good oral hygiene practices. The theme for World Oral Health Day 2023 was **'Be Proud of Your Mouth for Your Happiness and Well-Being'**.

Department of Pharmacy Practice in association with Red Ribbon Club had conducted a free dental camp on 20th March 2023 at college auditorium. Medical team from PMS dental college, Vattapara had conducted the camp from 9:00 am to 1:00 pm. The camp was inaugurated by Shri. Paul Gopurathingal, Member Kerala Lok Sabha, Global Chairman: Global Malayali Federation, Germany. Special address was delivered by Dr. Shaiju David Alfi, Managing Director and felicitation was done by Dr. Shijikumar P S, Principal, The Dale View College of Pharmacy and Research Centre. About 350 were participated in the camp and also the medical team provided mobile unit to get more effective treatment. In the mobile unit

they had conducted free cleaning process of dental caries and minor procedures. Altogether, the camp was most effective especially to the general public. Our students also actively involved in the camp. The camp came to an end by 1:00pm and the team had informed us a positive feedback regarding the conduction of the program.

## WORLD TUBERCULOSIS DAY



**WORLD TB DAY**  
**24 March 2023**

Slogan Writing Competition - Topic:

**Yes, We Can End TB**

Instructions:

Medium - Malayalam

Not more than 30 Words

No age Limit

Last date : 21 March 2023

Email : [dvcp.rrcpp@gmail.com](mailto:dvcp.rrcpp@gmail.com)

Time: 8:00 pm

For more info: please contact

Dr. Maneesha MS  
(Assistant professor)  
Ph: 7902311925

**Punalal:** In accordance with world TB day sixth semester B Pharm students of The Dale View College of Pharmacy and Research Centre in collaboration with District TB Centre, TVM had conducted an awareness video on TB, slogan writing competition on **'Yes, We Can End TB'**. Most of the students from our institution had participated in the slogan writing competition. Best two slogans are awarded and the prize distribution for that winners will be on coming events. Medium of slogan writing competition was Malayalam.



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Awareness video mainly focused about the severity, risk factors, complications, clinical presentations, diagnostic test, treatment and preventive methods to be adopted regarding TB. Awareness video has a great impact on general public who is not much aware about the spread of TB, prevention etc.

## WORLD WATER AND FOREST DAY CELEBRATION



**Punalal:** On 22nd MARCH 2023, The Dale View College of Pharmacy And Research Centre, in association with Nehru Yuva Kendra Sangathan, Ministry of Youth affairs and Sports Govt. of India celebrated World Water Day & World Forest Day. The theme for World Water Day 2023 was "**Accelerating the change to solve the water and sanitation crisis**". International Forests Day theme was '**Forests and Health**'. It re-emphasizes the role of forests in mitigating climate risks, purifying our air, and sequestering

carbon, among others.



On this day, competition on Drawing, Bottle art, Elocution and Quiz competition was conducted by Herbal & Biodiversity Club. About 40 students participated actively. The topic was based on "Accelerating the change to solve the water and sanitation crisis & forests and health". The competition took place in college auditorium at 11am and ended at 3pm. Out of it, the first, second and third positions for the respective competitions were selected by the judgment panel. The certificate distribution and results announcement will be done further. In addition to this a new venture, Green FM Radio was introduced by the herbal and biodiversity club members.







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## ANEMIA DETECTION CAMPAIGN

**Punalal:** For giving awareness about, Samyuktha organized AIWC sponsored Anemia Detection Camp Conducted on 12.04.2023 at The Dale View College of Pharmacy & Research Centre Campus, Punalal. We started the programme at 10.am with Morning Prayer by College choir, Dr. Deena Das Executive Secretary of Samyuktha did welcome speech. Ms. Divya (Junior Health Inspector, Community Health Centre, Vellanad) gave them the awareness about the importance of healthy food habits in our life, how can we prepare iron rich food with low cost form our surroundings by using leafy vegetable, how can we grow such iron rich vegetable in our kitchen garden etc. After the speech, there was tea break. Around 11.10 am, we started anemia detection tests till 1.40 pm.

The programme restarted at 2.05pm after lunch, the result showed 25 participants were found anemic out of 66. Dr .Maneesha took counselling session to the anemic participants and gave awareness about take healthy iron rich fruits & Vegetables in daily life to avoid such situations which may otherwise lead to various health issues. Iron tablets and syrups were distributed to the anemic and instructed them take it on time as prescribed by the doctor. The programme was very useful to all and they understood the seriousness of anemia.

We thanked AIWC on this occasion for the support for conducting the programme. We are planning the follow up camp on third week of July, 2023 for those who were anemic.

## WATER POTS FOR THIRSTY BIRDS

**THE DALE VIEW**  
COLLEGE OF PHARMACY & RESEARCH CENTRE  
THIRUVANANTHAPURAM  
Affiliated by Kerala University of Health Sciences, Approved by PCI  
Accredited by NAAC

**NSS Unit** Creating

**Water pots  
For Thirsty Birds**

*Inauguration*  
**SHRI ASWIN RAJ V**  
NSS Coordinator  
(Kerala State Award Winner)  
&  
Faculty of Biomedical Dept.,  
TKM Institute of Technology  
Kollam.

*"Lets Not Forget To Keep  
Water For The Birds"*

**Punalal:** The NSS unit happily introduced an idea of placing pots filled with fresh water in the various locations of the college campus for feeding thirsty birds during this extreme hot summer climate. The birds and other small animals are really suffered with this condition. The volunteers collected pots and hanged it on six various locations of the college where birds are regularly spotted. The activity was inaugurated by Mr. Aswin Raj V, NSS Programme Officer (State Award Winner), TKM Institute of Technology, Kollam. The presence of Prof. (Dr.) Shijikumar P S (The Principal) and Dr.



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Shaiju David Alfy (CEO & Managing Director) was a blessing for the programme.



An orientation class was conducted about the history, aims, objectives and activities of the National Service Scheme. The class was conducted by Mr. Arun Raj V, who was former programme officer of NSS at the TKM institute of technology and also an award winner for the best programme officer. His words really motivated students and encouraged them to do more things in relation to the NSS. Also he remembered about the various activities done by the unit under his leadership. After that there is an interactive session for the volunteers, they actively participated on that session and made clarifications on their regards.



As part of the second phase of anti-drug campaign organized by the Government of Kerala, the state NSS cell has directed to introduce the **ASAAD SENA** in the campus. On behalf of this, our NSS unit also take initiative to start the same on the campus. For this twenty students were elected from the volunteers and an inaugural ceremony was conducted on 31<sup>st</sup> March 2023.



The official function started with the NSS song, followed by the welcome address delivered by Ms. Alfiya S Ahmed, NSS Volunteer. The Hon'ble Principal Prof. (Dr.) Shijikumar P S officially inaugurated the function and delivered his valuable words about the roles and responsibilities of the volunteers. He wished all the success to the new venture. College CEO & Managing Director Dr. Shaiju David Alfy also delivered his wishes to the Sena Volunteers. After the inaugural function Mr. Sivaram R (Programme Officer) provided an orientation class for the volunteers about the ASAAD SENA. Volunteers actively participated on the discussion and clarified their doubts. After that



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vote of thanks has delivered by S Madan Raj (NSS Volunteer).

## FIRST AID CLASS

**Punalal:** The Dale View College of Pharmacy and Research Center conducted a first aid class for fifth year Pharm D students. It was organized for 5th Pharm D students under the guidance of Dr. Sini S.G, Assistant Professor, Department of Pharmacy Practice and Dr.Rincy R.L, Assistant Professor, Department of Pharmacy Practice.



conditions etc. The class was taken by the staff nurse of Government Community Health Centre Vellanad. She explained how we can give first aid for Snake bite, shock and Wasp sting, Burns, and also Cardiopulmonary Resuscitation. The students asked their doubts to the nurse and she clarified everything thoroughly. For each session she showed some demo to the students. The class were taken for 3hrs and Dr. Ajith , Medical Officer ,Government Community Health Centre, Vellanad also help to conducting the class. Total 13 students were attended the class. At last Dr. Sini S.G thanked the staff nurse who took class for the students and then wore ponnada as a token of gratitude to the nurse.



The first aid class conducted at Government Community Health Center, Vellanad. The class was taken by the staff nurse. She explained about the first aid treatments thoroughly to the 5 th Pham D students. And also she gives practice to students in how to give CPR to a patient with a student. It was a very good session and the nurse gave valuable information about first aid its importance, also how can we give first aid treatment in a critical situation, also before going to hospital if necessary how can gave CPR to a patient etc. The students also get some knowledge about the first aid treatment and its importance, as a medical student what first aid can gave in such





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## UPCOMING EVENTS

APRIL 2 - AUTISM AWARENESS DAY

APRIL 3 -SEMINAR ON GLOBAL CAREER  
OPPORTUNITY FOR PHARMACY  
STUDENTS

APRIL 5 -INDO-US SEMINAR

APRIL 13-MILLET  
FEST,GURUCHARANAM WITH HON'BLE  
VICE-CHANCELLOR OF KUHS

APRIL 19-ANEMIA DETECTION CAMP