

NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



**National Program for Prevention & Control of Cancer, Diabetes,
Cardiovascular Disease and Stroke (NPCDCS)**

Public awareness programs against Diabetes

Date & Time	25/09/2019, 10 am
Venue	Nirmala Medical Center, Muvattupuzha
Collaborating agency	ISPOR/NSS, Nirmala College of Pharmacy
Events	Patient awareness and distribution of leaflet
No. of students participated	20
No. of participants benefitted	150

Nirmala College of Pharmacy, Muvattupuzha, Kerala organized a community campaign in collaboration with Nirmala Medical Center, Muvattupuzha on September 25, 2019, was a commendable initiative to promote safe and effective use of medicine among the local population. This event was organized by the ISPOR KUHS student chapter and NSS of the college. The main aim of this program was to promote medication safety and encourage rational antibiotic use. Patients in the doctor's waiting area were educated regarding the importance of completing antibiotics course as prescribed by the doctors and about the threats of antibiotic resistance. Patients who are using high-risk medication were provided with valuable information on proper use of medications. They were also informed about the significance of regular monitoring to ensure its safety and effectiveness. The harmful effects of over usage of Over-The-Counter medications without seeking medical advice were also explained in detail. Many people tend to self-medicate, which can have harmful consequences. By explaining these risk, we aimed to encourage responsible medication practices. As a region with a high incidence of diabetic population, advice was given regarding the preventive measures that can adopt in their lifestyle to reduce the risk of developing diabetes. To enhance the effectiveness of medication counselling a leaflet was prepared in the local language. This made it

[Type here]



NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



easier for participants to understand and retain the information provided during the session. The program ended at 12.30 pm after clarifying the doubts of patients.



Know Your Medicines

HAPPY PHARMACIST'S DAY

September 25, 2019

THINGS TO KNOW...

- ▶ അനുവദിച്ചിട്ടില്ലാത്ത മരുന്നുകൾ ഉപയോഗിക്കാതിരിക്കുക. റെസിപിറ്റിന്റെ നിർദ്ദേശങ്ങൾ അനുസരിച്ച് മാത്രം മരുന്നുകൾ ഉപയോഗിക്കുക.
- ▶ മരുന്നുകൾ എങ്ങോണം വായനാമുഖത്തോടു ചേർന്നിരിക്കാൻ ശ്രദ്ധിക്കുക.
- ▶ സിന്റേറ്റിക് മരുന്നുകൾ കൂടുതൽ സുരക്ഷിതമാക്കാനും തരം ഉപയോഗിക്കുക.
- ▶ കാര്യം നല്ലിടയിൽ പാലിറ്റർ ടെംകൾ ഉപയോഗിക്കാൻ ശ്രദ്ധിക്കുക.
- ▶ മരുന്നുകൾ കഴിക്കുമ്പോൾ ശരീരത്തിൽ എന്തെങ്കിലും മാറ്റങ്ങൾ കാണുകയാണെങ്കിൽ ഡോക്ടറെ /ഫാർമസിറ്റുമാരി ബന്ധപ്പെടുക.

മരുന്നുകളുടെ സുരക്ഷിതവും ഫലപ്രദവുമായ ഉപയോഗം എങ്ങനെ?

[Type here]

