



**UHV PROJECT
ON**

TOPIC :- ELECTORAL LITERACY CAMP

THIRD YEAR B PHARMACY DIV:- B SEMESTER:- V ACADEMIC YEAR :- 2024-2025

NAME OF STUDENTS

SR.NO	ROLL NO	NAME OF STUDENTS	SIGN
1	51	PATHAN FAZAL	
2	61	SARKHOT MUZAMMIL	
3	64	SHAH IRSHAD ALI	
4	66	SHAIKH MOHD.ANAS	
5	68	SHAIKH MOHD.RIZWAN	
6	74	SHAIKH WAHAJ	
7	75	SHARMA ABHIJEET	
8	76	SHARMA AMIT KUMAR	

Name of Project Supervisor

Principal

MRS. Dipti .H. Chirmade.

DR. TUSHAR LOKHANDE

Signature



College Seal

PRINCIPAL
H. K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400102

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Introduction

In a vibrant democracy like India, informed citizen participation is the bedrock of electoral success and good governance. With this principle in mind, On 27 October 2024, MES HK College of Pharmacy organized an “Electoral Literacy Camp” at Hanuman Mandir Swatantra Mandal, Yadav Nagar, Sahakar Road, Jogeshwari, Mumbai. This initiative was aimed at educating citizens about their electoral rights, responsibilities, and the significance of active participation in the democratic process. The event was strategically held in the bustling community of Yadav Nagar, ensuring outreach to a diverse audience comprising youth, women, first-time voters, and senior citizens. By addressing barriers to voter participation and promoting awareness about the electoral process, the camp sought to foster a culture of informed and responsible voting.

India, being the largest democracy in the world, thrives on the active engagement of its citizens in elections. However, despite the constitutional guarantee of universal adult franchise, many eligible voters remain unaware of their rights or lack the motivation to participate in elections. Issues like voter apathy, misinformation, and procedural confusion often hinder the electoral process, particularly in urban areas like Jogeshwari, where the population is diverse, mobile, and often disconnected from the grassroots level of governance. Recognizing these challenges, the Electoral Literacy Camp was designed as an inclusive platform to bridge the gap between citizens and the democratic system.

The camp emphasized the importance of electoral participation, not only as a right but as a civic duty. Through interactive sessions, hands-on demonstrations, and engaging activities, attendees were educated about the voting process, the role of the Election Commission of India, and the significance of making informed electoral choices. Special attention was given to first-time voters, as their active involvement is crucial for shaping the nation's future. By providing on-site voter registration assistance, the camp made it convenient for eligible individuals to enroll in the electoral roll, thus breaking down one of the first barriers to participation.

Another key focus of the camp was addressing common myths and misconceptions about the electoral process. Misunderstandings about the security of electronic voting machines (EVMs), the anonymity of voting, and the implications of NOTA (None of the Above) were clarified through open discussions and expert-led sessions. Attendees were also introduced to the digital tools and platforms provided by the Election Commission, such as the voter helpline app, to encourage technological adaptation in accessing voter services.

By organizing this event, MES HK College of Pharmacy demonstrated its commitment to empowering the local community with knowledge and tools to actively engage in the electoral process. The initiative highlighted the transformative power of voter education in strengthening democracy and fostering a sense of collective responsibility. The camp not only educated participants but also inspired them to take ownership of their role in shaping India's democratic landscape. Through efforts like these, the gap between governance and the governed can be bridged, leading to a more participatory and inclusive democratic process.

Primary Objectives of Electoral Literacy Camp

1. Promote Awareness of the Right to Vote:-

To educate citizens about their constitutional right to vote and its significance in shaping a democratic society.

2. Highlight Voters' Rights and Responsibilities:-

To provide comprehensive knowledge about voters' rights, including the right to confidentiality, accessibility, and fair electoral processes, while emphasizing their responsibility to participate actively.

3. Introduce Suvidha 2.0:-

To familiarize participants with the Election Commission of India's Suvidha 2.0 application, demonstrating its features and benefits for candidates, voters, and electoral officers.

4. Encourage Registration of New Voters:-

To guide first-time voters and those who have relocated in registering on the electoral roll and ensuring their names are correctly updated.

5. Educate About the Electoral Process:-

To simplify and explain the procedures involved in elections, from filing nominations to the declaration of results, making the system transparent and understandable.

6. Promote the Use of Technology in Voting:- To create awareness about the use of technology, such as EVMs (Electronic Voting Machines) and VVPAT (Voter

Verifiable Paper Audit Trail), ensuring trust in the voting process, To create awareness about the use of technology, such as EVMs (Electronic Voting Machines) and VVPAT (Voter Verifiable Paper Audit Trail), ensuring trust in the voting process.

7. Combat Voter Apathy:-

To address and dispel myths and misconceptions leading to low voter turnout, emphasizing the importance of each vote in influencing governance and policies.

8. Educate About Electoral Ethics:-

To inform citizens about ethical voting practices, discouraging malpractices such as bribery, coercion, and misinformation campaigns.

9. Promote Gender and Social Inclusivity in Voting:-

To encourage equal participation in elections, emphasizing the importance of marginalized groups, including women, differently-abled individuals, and minorities, in the electoral process.

10. Raise Awareness of Grievance Redressal Mechanisms:-

To provide information on how voters can raise complaints and resolve issues related to voter registration, polling station accessibility, and other electoral concerns effectively.

Detailed Plan of Report

On 27th October 2024, MES HK College of Pharmacy, under the esteemed guidance of Dr. Sheela Yadav, successfully organized an Electoral Literacy Camp at Hanuman Mandir Swatantra Mandal, Yadav Nagar, Sahakar Road, Jogeshwari, Mumbai. This camp aimed to create awareness about the electoral process, promote voter registration, and encourage ethical voting practices among the local community. The event was supported by an enthusiastic group of student volunteers, including Abhijeet Sharma, Amit Sharma, Wahaj Shaikh, Shaikh Mohammed Rizwan, Fazal Pathan, Muzammil Sayed, and Irshad Shah, whose dedicated efforts ensured the camp's success.

The primary goals of the camp included educating the community about the right to vote, emphasizing voters' responsibilities, and introducing the Suvidha 2.0 application by the Election Commission of India. The camp also focused on demonstrating the use of Electronic Voting Machines (EVMs) and VVPAT systems to instill confidence in the electoral process.

The camp's preparations began weeks in advance under Dr. Sheela Yadav's guidance. The volunteer team was divided into sub-groups to handle logistics, publicity, and resource preparation. Flyers and posters were distributed throughout Yadav Nagar to invite residents, while banners were strategically placed around the venue. A digital campaign was also launched to extend the outreach. The team ensured that the venue at Hanuman Mandir Swatantra Mandal was equipped with seating arrangements, a projector for presentations, and technical support for live demonstrations of the Suvidha 2.0 app.

The camp commenced with a welcome speech by Dr. Sheela Yadav, who emphasized the importance of electoral participation. This was followed by an address from a representative of the Election Commission, highlighting the significance of the Suvidha 2.0 application in simplifying the electoral process.

- A live demonstration of the Suvidha 2.0 app was conducted, showcasing its features such as candidate nomination filing, voter registration, and polling booth information.

- The use of EVMs and VVPATs was explained, and participants were given hands-on experience to understand the voting process better.

Volunteers facilitated discussions on the rights and responsibilities of voters, addressing common queries and dispelling myths about the voting process. Skits were performed to highlight ethical voting practices and the impact of every vote on democratic governance.

Cultural Engagement: Cultural activities such as patriotic songs and art displays further engaged the audience, making the event informative yet enjoyable.

Challenges and Solutions: The team faced challenges like language barriers and initial low turnout. To address these issues, volunteers conducted one-on-one sessions in local dialects and used visual aids to communicate effectively.

The camp saw an overwhelming response, with many residents registering to vote and pledging to participate in upcoming elections. The introduction of Suvidha 2.0 was highly appreciated, with attendees expressing confidence in its utility. The hands-on EVM demonstration helped build trust in the voting process.

Summary

The report on the "Electoral Literacy Camp" organized by MES HK College of Pharmacy at Hanuman Mandir Swatantra Mandal, Yadav Nagar, Sahakar Road, Jogeshwari, Mumbai, aims to provide a detailed overview of the event's objectives, activities, and outcomes. The camp was held to promote awareness about the electoral process and the importance of voting, especially among the youth and first-time voters. The initiative was designed to educate the participants on their rights and responsibilities in a democratic system, emphasizing the significance of informed voting in shaping the country's future. The camp was part of a nationwide effort to improve electoral literacy and engage citizens in the democratic process. The event began with an introductory session that highlighted the purpose and relevance of electoral literacy in today's society. Various experts, including faculty members from MES HK College of Pharmacy and guest speakers from the Election Commission of India, were invited to speak on the topic. They discussed the registration process, the importance of voting, the role of the Election Commission, and the procedures followed on polling day. Interactive sessions allowed participants to ask questions, clearing doubts about the election process and encouraging them to become responsible voters. Several activities were organized to make the learning experience more engaging. These included demonstrations on how to check voter registration status online, the use of Voter Verifiable Paper Audit Trail (VVPAT) machines, and the process of casting votes in an electronic voting machine (EVM), Suvidha 2.0 and voter helpline app. The camp also featured discussions on the history of elections in India, the evolution of electoral laws, and the impact of voting on national and local governance.

A key component of the camp was the involvement of students from the college, who acted as volunteers, assisting in organizing the event and helping participants understand various electoral concepts. The camp's interactive approach ensured that the attendees grasped the importance of being informed voters and learned how to contribute positively to the democratic process. At the end of the event, the participants were provided with certificates of participation, and they expressed their gratitude for the valuable insights shared during the

sessions. Feedback was collected to assess the effectiveness of the camp and gather suggestions for future events.

Overall, the Electoral Literacy Camp successfully achieved its goal of educating the participants about electoral processes, encouraging them to exercise their voting rights responsibly. It also fostered a sense of civic duty among the youth, motivating them to stay actively engaged in the democratic framework of the country. The event contributed to the broader aim of ensuring a more informed, empowered electorate in India.

BROUCHER

Electoral Literacy Club Of HKCP

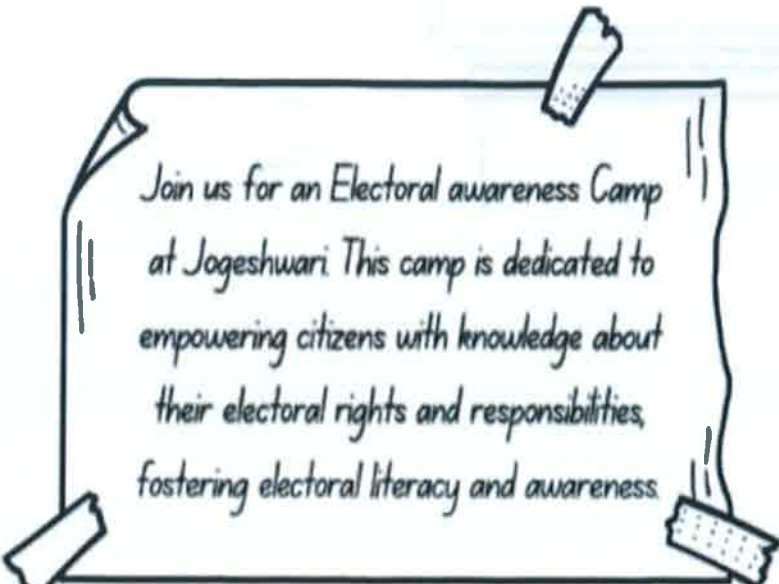
In Collaboration with

**Extension & Outreach And Department Of
Lifelong Learning & extension**

Organises

ELECTORAL LITERACY CAMPAIGN

On Sunday, 27th October, 2024



Join us for an Electoral awareness Camp
at Jogeshwari. This camp is dedicated to
empowering citizens with knowledge about
their electoral rights and responsibilities,
fostering electoral literacy and awareness.

Venue

Hanuman mandir, Swantra
mandal, Yadav nagar,
Sahakar road, Jogeshwari
(W) Mumbai-400102.

Timing

From 10 Am Onwards

GEO- TAG IMAGE



1



2



3



4



5



6

Program outcome

The program outcome of the "Electoral Literacy Camp" organized by MES HK College of Pharmacy was highly successful in achieving its core objectives of educating participants about the electoral process and encouraging responsible voting. The camp helped raise awareness about the significance of voting, voter registration, and the overall democratic framework, particularly targeting youth and first-time voters.

For students of H.K College, the camp provided an invaluable opportunity to deepen their understanding of democratic processes and electoral systems. Students gained firsthand knowledge about the election process, voting rights, and the tools used in modern elections, such as Electronic Voting Machines (EVMs) and Voter Verifiable Paper Audit Trails (VVPAT). This hands-on experience equipped students with practical insights that will not only aid them in their personal voting journey but also empower them to inform and educate others. The program enhanced their communication, leadership, and organizational skills, as many students volunteered to assist in the event's organization and interaction with participants. Additionally, their participation in the camp fostered a sense of civic responsibility and encouraged them to become more active, informed members of society. By taking on the role of facilitators, the students also learned the importance of community service and contributing to the common good.

The impact on society was equally significant. The Electoral Literacy Camp played a crucial role in raising awareness about the electoral process among the local community, particularly in areas where voters may lack sufficient knowledge about their rights and responsibilities. It helped demystify the election process, ensuring that first-time voters, as well as the general public, understood the importance of registering, casting informed votes, and participating actively in the democratic system. By reaching out to the community through practical demonstrations and interactive sessions, the camp bridged gaps in electoral knowledge, empowering individuals to exercise their voting rights responsibly. Moreover, it contributed to the broader national goal of enhancing electoral literacy, ensuring that people from diverse backgrounds could make well-informed decisions when participating in elections.

Overall, the program outcome for both the students and society was the creation of a more informed, engaged, and active electorate. The camp not only improved the knowledge of electoral processes but also fostered a deeper understanding of the value of voting as a civic duty. This initiative helped students and community members realize their potential as informed citizens, thus strengthening the democratic framework of the nation.

COURSE OUTCOME:

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE:

The future scope of the Electoral Literacy Camp organized by MES HK College of Pharmacy includes expanding outreach to more communities, incorporating digital platforms for wider accessibility, and organizing follow-up sessions to reinforce electoral awareness, especially for first-time voters, ensuring sustained civic engagement and participation.

ACKNOWLEDGEMENT:

We would like to formally acknowledge the invaluable contributions of Maharashtra Education Society's Humera Khan College of Pharmacy and Swatantra Narayani Seva Trust who presented us with such an opportunity to enlighten and spread awareness on the topic of Election process at hanuman mandir, Yadav nagar sahakar road (Jogeshwari-West). We are grateful for the support of our Principal, Dr. Tushar Lokhande, for overseeing such an initiative.

We are profoundly grateful to our guide, Dr. Sheela Yadav and Mrs. Dipti chirmade, for their exceptional guidance, expertise, and encouragement throughout this project. Their insights were instrumental in shaping the direction of our visit. We are also grateful for the vital support of the hanuman mandir trust and Swatantra narayani seva trust who actively participation to made such an event possible with their unwavering encouragement.

H.K. COLLEGE OF PHARMACY

Oshiwara, Jogeshwari West, Mumbai 400102



UHV Report

on

Madhavbaug Multidisciplinary Cardiac Care Clinic & Hospital Visit, Khopoli

Third year B.Pharm
Division: B
Semester: V
Academic Year: 2024-2025

Serial No.	Roll No.	Name of Student	Signature
1	48	Prafull Pandey	
2	49	Shreya Pandey	
3	50	Saloni Parab	
4	55	Mubashira Qazi	
5	80	Anushka Shelar	

Name of Project Supervisor
Mrs. Dipti chirmade

Principal
Dr. Tushar Lokhande

Signature:



College Stamp:

PRINCIPAL
H K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400 102

Vision: To be recognized as the institution providing quality education in pharmacy to serve the healthcare center

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OBJECTIVE OF THE WORK

The objective of the visit was to understand the functioning of a cardiac care unit. Madhavbaug cardiac care clinic and hospital situated at Khopoli is an ayurvedic care unit that focuses on treating patients via the old believed sciences and methodologies stated in ayurveda.



INTRODUCTION :-

Heart patients with various amount of blockages, who are advised bypass surgery and angioplasty, but who want a non-surgical, no side effects then get enrolled for Madhavbaug.

Madhavbaug with more than a decade of expertise in preventive cardiology has a strong track record of patients who have obtained relief from life threatening diseases with Madhavbaug's Sampurna Hruday Shuddikaran (SHS) therapy. Madhavbaug has established a strong foothold in non-surgical cardiac care with 200+ clinics and 2 hospitals.

'Madhavbaug', the world's first Ayurvedic Cardiac Rehab Centre follows strict principles of lifestyle modification laid down by ancient ayurved with a modern touch. 'Madhavbaug Hospital' is situated in Khopoli away from the city pollution, amid with lush greenery.

Madhavbaug treatments rely on advanced therapies with systematic non-surgical approach to relieve patients of heart disease and risk factors or conditions that cause heart disease. Thier treatments are scientifically researched integration of Ayurveda and modern medical science.

PLAN OF WORK

DATE & TIME	ACTIVITY
	Arrival
	Visit To Baug
	Quick Look At Hospitals Facility
	Learning Diseased State And Diagnostic Tools
	Learning Ayurvedic Methods Of Treatment
	Evaluation

DETAILED WORK CARRIED OUT

1) ARRIVAL

Bus was arranged to visit Madhav Baug on 6th of October 2024.

2) VISIT TO BAUG

After arrival at the location, quick tour was given by the guide Mr. Tushar Waghmode. Madhav baug, Khopoli is stretched in 6 acre of land with houses for patients & visitors as well.

3)



QUICK LOOK AT HOSPITAL

Madhav baug cardiac care hospital provides services like

- OPD
- IPD
- ICU
- PANCHKARMA (ALL TYPES)
- PHYSIOTHERAPY
- DIAGNOSTIC TOOLS

- 1) Stress test
- 2) 2D Echo with Gl's
- 3) ECG
- 4) Impedance cardiography
- 5) Pulmonary function tests
- 6) Hoiter monitoring



7) Clinical trials in cardiology

4) LEARNING DISEASED STATE AND DIAGNOSTIC TOOLS :--

We learned various diseased condition and various diagnosis tools to treat patient with cardiac problems. All of the things we learned are as follow:-

FACILITY AND THIER TREATMENT: -

1) DIABETES REVERSAL

Madhavbaug's diabetes management program is based on a combination of proven Ayurvedic therapies, yoga, and lifestyle modifications. Customized exercises also help to reduce fat accumulation on liver which reduces insulin resistance and stabilizes blood sugar levels, while Ayurvedic and yoga treatments support the insulin production and reduce insulin resistance. Madhavbaug's programs for diabetes has helped reverse diabetes symptoms for several patients who enjoy a full and healthy life today.

2) HEART DISEASE REVERSAL TECHNIQUE

Madhavbaug has a specialised ayurvedic heart treatment, the Apexbeat program, a non-invasive treatment that helps with complex heart diseases across different stages. It is an evidence-based treatment that helps patients heal and improves their overall heart health.

3) HYPERTENSION MANAGEMENT PROGRAM

Madhavbaug's ApexBeat program ayurvedic treatment for blood pressure is a holistic approach to managing blood pressure. The blood pressure management program includes modification in the patient's overall lifestyle, physical activity, and diet in combination with ayurvedic medicines and treatments.

4) OBESITY MANAGEMENT PROGRAM

In Ayurveda, it is said that obese/ overweight people suffer significantly more physically and mentally than excess thin/ lean people. Considering Ayurveda and modern principles, Madhavbaug designed a scientific treatment protocol in Obesity Management therapy to reduce excess fat, rectify abnormal metabolism, and clear the body channels.

Panchakarma detoxification techniques are precisely developed to cleanse, mobilize, and prevent the formation of fat.

DIAGNOSTIC TOOLS

1) STRESS TEST

A stress test usually involves walking on a treadmill or riding a stationary bike. A health care provider watches your heart rhythm, blood pressure and breathing during the test. People who can't exercise may be given a medicine that creates the effects of exercise.

2) 2D Echo with GLs

A 2D echo with global longitudinal strain (GLS) is a diagnostic test that uses ultrasound waves to evaluate the heart's function and detect changes in the heart muscle at an early stage

3) ECG

An electrocardiogram (ECG or EKG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at certain spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by lead wires

4) Impedence cardiography

Impedance cardiography (ICG) is a non-invasive technique that measures the electrical conductivity of the thorax, or chest, to monitor cardiac output and other cardiodynamic parameters

ICG uses Ohm's law to measure how the electrical resistance of the thorax changes during a heartbeat. The technique involves attaching four patches to the neck and thoracic wall

5) Pulmonary function tests

Pulmonary function tests (PFTs) determine how well your lungs work. They determine how much air goes into and out of your lungs, how much air goes from your lungs to your blood and how well your lungs work during exercise

6) Hoiter monitoring

The Holter monitor is a device that works on Galvanometer's principle to record electrocardiographic signals from an individual going about his daily activities, like continuous ambulatory electrocardiography

5) LEARNING AYURVEDIC METHODS OF TREATMENT (PANCHKARMA TREATMENT)

Madhavbaug has pioneered research-based approaches to Diabetes, enabling patients to normalise and control their blood sugar with minimal or without the use of allopathic medicines With the help of panchkarma ayurvedic technique

Panchkarma technique include:-

A) SNEHAN THERAPY

A therapy which involves a scientific body massage with a medicated oil to improve overall blood circulation throughout body.

B) SWEDAN THERAPY

A therapy that helps eliminate toxins from your body through sweat.

C) BASTI THERAPY

A therapy which enhances insulin sensitivity and provides potent antioxidants to help prevent organ damage.



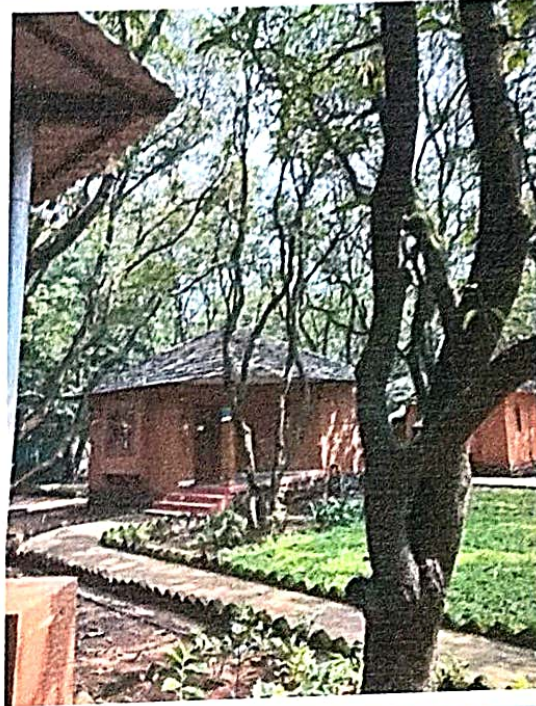
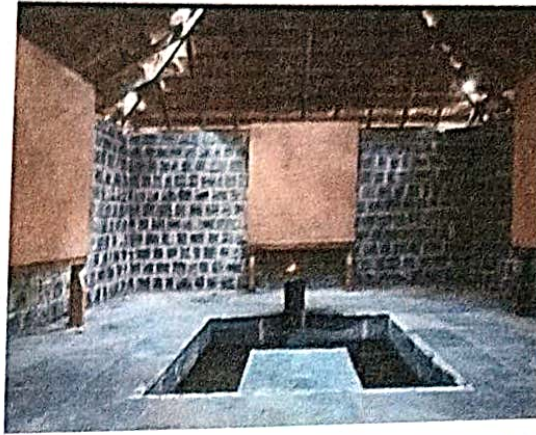
EVALUATION

After thoroughly evaluating the Madhav baug cardiac care hospital, it is clear that it offers a unique blend of traditional healing methods and a holistic approach to treating cardiac conditions. The hospital's integration of Ayurvedic principles, such as herbal therapies, personalized treatments, and lifestyle management, shows significant potential in promoting heart health, particularly for patients seeking alternatives or complements to conventional medical treatments.

The hospital's strengths lie in its holistic approach, where cardiac care is not just about managing symptoms but about addressing the root causes of heart conditions through natural therapies, diet, and wellness practices. The personalized treatment plans that consider a patient's physical constitution and lifestyle also reflect the depth of Ayurvedic philosophy, which can offer long-term benefits to cardiac patient

PICTURES/IMAGES OF THE EVENT/CAMPAIGN:

PICTURES/IMAGES OF THE EVENT/CAMPAIGN:



FUTURE SCOPE

Ayurveda, as a future of cardiac care, seems promising, especially as an add-on in current treatments. Ayurveda's approach to prevention, stress management, and natural healing has multiple benefits in cardiac health. Herb-based treatment with Arjuna, detoxification treatment, and lifestyle adaptation may manage chronic heart diseases. Yoga, meditation, and pranayama may reduce stress, the primary culprit behind heart diseases. In fact, the personalized treatment approach taken by Ayurveda according to the individual's constitution follows the current concept of personalized medicine; therefore it has potential to be a valuable adjunct in preventive care and rehabilitation for cardiac patients.

ACKNOWLEDGEMENT

MS. SAYLI ARUN SAWANT & MRS. SHEELA YADAV: For organizing such an eventful visit and their guidance, support, and encouragement throughout this project made the experience even more enriching.

COLLEGE AUTHORITIES: For providing us with bus facilities.

MADHAVBAUG STAFF: For providing us an opportunity to visit their and a wholesome environment.

HKCP LIBRARY: For their help in finding relevant literature and articles

I would like to extend my heartfelt thanks to HK College of Pharmacy for organizing the insightful visit to Madhavbaug Ayurvedic Hospital at Khopoli. The opportunity to observe and learn firsthand about Ayurvedic healthcare practices was an invaluable experience that has significantly enhanced my academic and practical knowledge.

A special thanks to Department of Lifelong Learning and Extension Work for coordinating the visit, and to the faculty members who provided continuous guidance and support throughout the process.

Support from teachers made this learning experience both enriching and smooth.





UHV Project Report

On

Topic: REPORT ON TYPHOID PPTX

Third Year B. Pharmacy Div: B Semester: V Academic Year: 2024-25.

Name of students:

Sr. No.	Roll Number	Name	Sign
1	71	Saniya shaikh	
2	73	Shifa shaikh	
3	70	Saima shaikh	
4	69	Naved shaikh	

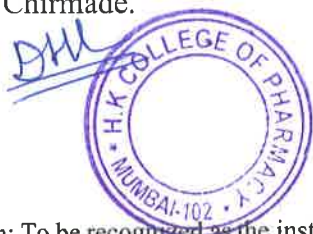


Name of Project Supervisor:

Mrs. Dipti H. Chirmade.

Signature:

College Seal:



Principal

Dr. Tushar Lokhande

PRINCIPAL
H K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400 102

Vision: To be recognized as the institution providing quality education in pharmacy to serve the heal.

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INTRODUCTION :-

Typhoid fever and paratyphoid fever are clinically indistinguishable febrile multisystemic illnesses caused by *Salmonella enterica* serotypes Typhi (S Typhi) and Paratyphi (S Paratyphi) A, B, and C. Collectively known as enteric fever, more than 9 million people are sickened, and 110,000 die from the disease every year around the globe.[WHO. Typhoid Fact Sheet. 2023] Enteric fever is the leading cause of community-acquired bloodstream infections in South and Southeast Asia.[1] A reportable disease in the United States and many other developed nations, enteric fever is second only to malaria as a cause of severe and sometimes life-threatening infection in travelers.[2]

Following an incubation period of 6 to 30 days, enteric fever presents insidiously with the gradual onset of fever with fatigue, anorexia, headache, malaise, and abdominal symptoms. If treatment is delayed or inadequate, meningitis, sepsis, or intestinal perforation can occur. With a history of S Typhi and S Paratyphi strains rapidly developing antimicrobial resistance with the widespread use of successive antibiotics, the recent emergence of extensively drug-resistant strains has greatly complicated treatment and raised alarms.

S Typhi and S Paratyphi are said to spread by the "4 Fs" (flies, fingers, feces, and fomites). They afflict people living or traveling in low- and middle-income countries around the globe that lack clean water, adequate sanitation, and hygiene, known collectively as WASH. Improved WASH infrastructure is the foundation for decreasing the incidence of enteric fever and other diseases spread via the fecal-oral route.

Historically, enteric fever has received less investment and attention than the "big 3" (human immunodeficiency virus/acquired immunodeficiency syndrome, tuberculosis, and malaria). However, with the specter of untreatable variants on the horizon, enteric fever control efforts have been renewed. Recently developed typhoid conjugate vaccines, improved surveillance and understanding of antimicrobial resistance patterns, and WASH initiatives have decreased the disease burden.

This activity covers the epidemiology, pathophysiology, treatment, management, complications, patient education, prevention measures, and the role of the interprofessional team in improving patient care and decreasing the burden of this disease. While several barriers to controlling this disease exist, recent advancements provide hope that the impact of enteric fevers can be limited or eliminated in the future

PRIMARY OBJECTIVE :-

- ❖ Identify the key clinical manifestations and diagnostic tests
- ❖ To promptly diagnose typhoid and paratyphoid fever.
- ❖ Implement appropriate treatment strategies, incorporating the latest research and guidelines, for efficient typhoid fever management.
- ❖ Apply an understanding of individual risk factors to appropriately counsel patients about preventing typhoid and other infections transmitted through the oral route, including vaccination strategies.
- ❖ Coordinate with other healthcare professionals to ensure a multidisciplinary approach in the care and management of typhoid fever, including reporting to public health officials.

DETAILS OF THE REPORT:

On September 21, 2024, H. K. College of Pharmacy, in collaboration with the Maharashtra State Pharmacy

Council (MPSC), organized an insightful seminar titled "Reporting on typhoid for patient safety"

This event was part of the National Coordination Centre Pharmacovigilance Program of India's efforts and took place during the 4th National Pharmacovigilance Week, which was celebrated nationwide from September 17 to 23, 2024.

The seminar aimed to emphasize the critical role of typhoid reporting in enhancing patient safety, highlighting the need for a proactive culture of pharmacovigilance within the healthcare system.

Bringing together healthcare professionals, pharmacists, and students, the event focused on fostering awareness and understanding of typhoid reporting processes, the significance of patient involvement, and the collective responsibility of healthcare stakeholders in ensuring drug safety.

The seminar provided a platform for in-depth discussions on overcoming the challenges of underreporting and creating a collaborative environment where typhoid reporting is viewed as essential to patient care.

This initiative aligns with the national mission to strengthen pharmacovigilance systems, ultimately contributing to safer therapeutic practices across India.

PARTICIPANTS DETAILS:

Total no. of students : 4

SUMMARY OF THE REPORT

Ms. Nikhat khan (Faculty) initiated the session by highlighting the importance of the activity to the audience comprising of students and faculty members.

Prof. (Dr.) Tushar Lokhande, Principal of H. K. College of Pharmacy, gave the keynote address on Pharmacovigilance. He was felicitated with a floral bouquet.

Dr. Roja Rani Budha (Faculty) then educated the audience on the basics of typhoid. She further emphasized that the occurrence of any typhoid should be immediately reported to the concerned authorities i.e. peripheral coordination centers for effective pharmacovigilance. Further, she shared her experience on identification of typhoid. She stressed that students should learn about the identification and monitoring process, to educate their communities. She asserted that such endeavors would result in increased awareness in society about drug safety and efficacy.

Additionally, gave an overview on the importance of pharmacovigilance and the established protocols that need to be followed by pharmaceutical companies to gather any linked to their marketed product. She explained the role of various regulatory authorities who monitor and interpret pooled reports from various parts of the world.

IMAGES

TYPHOID FEVER

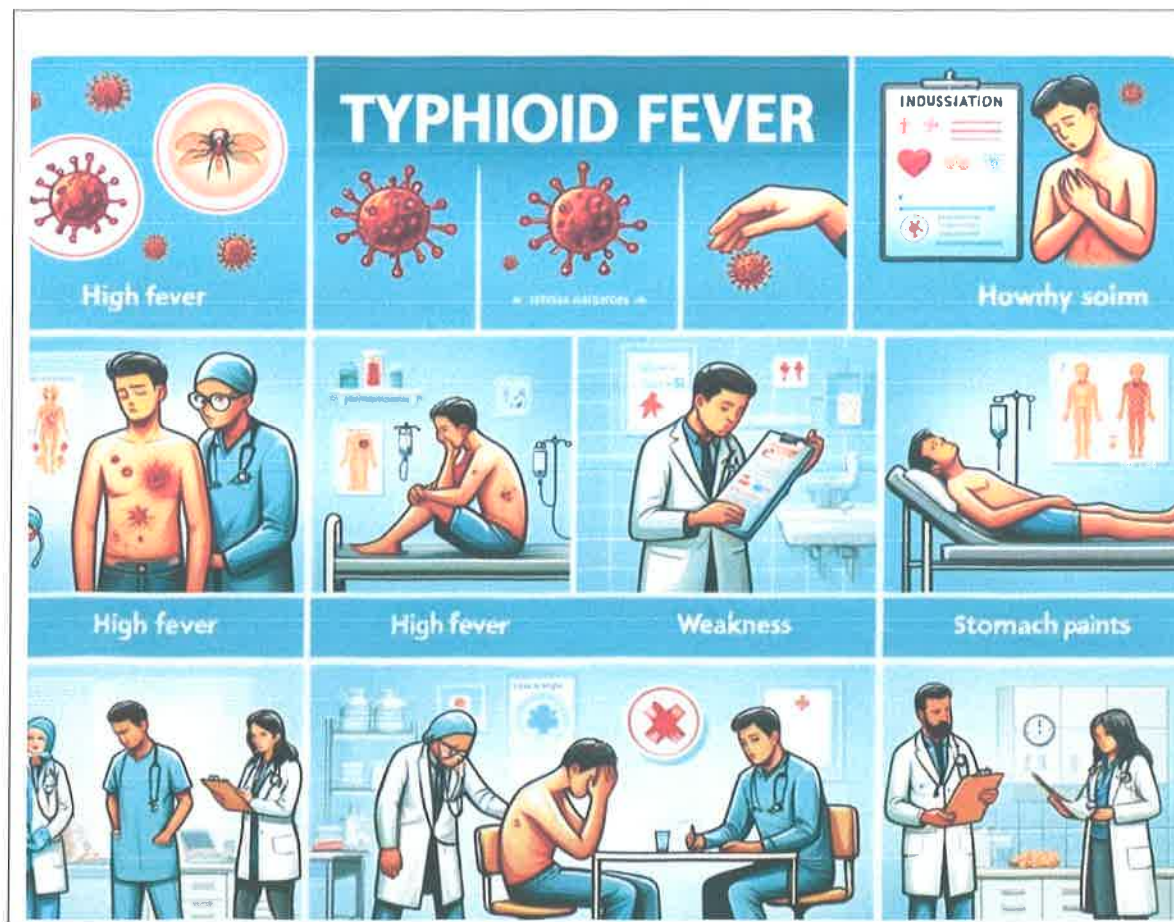
white coating
on the tongue

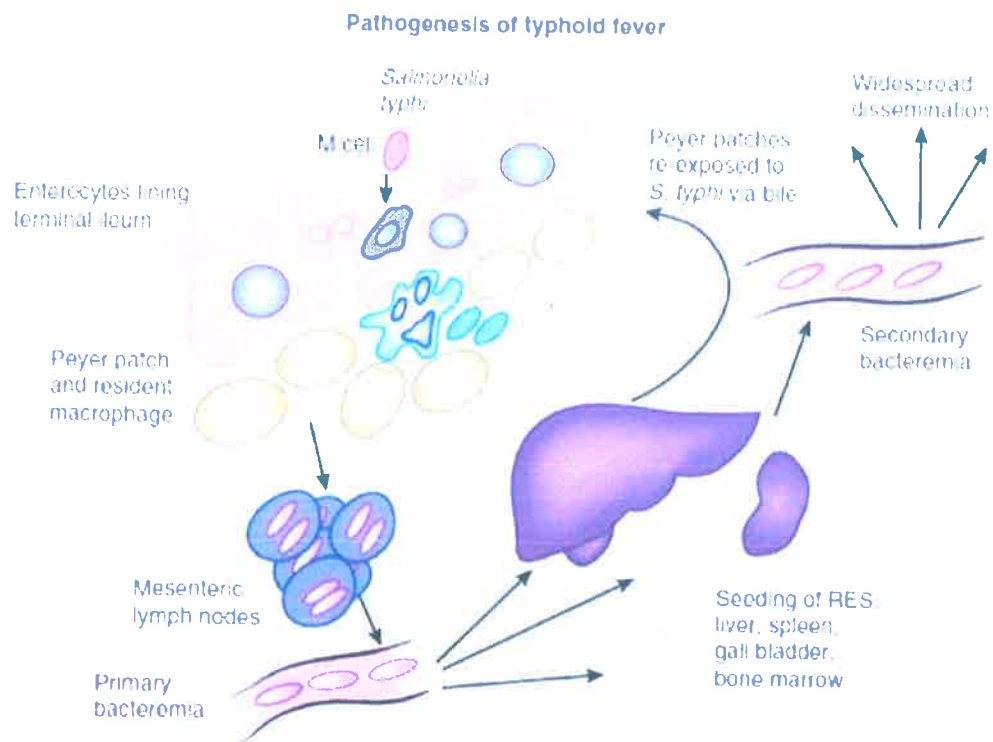


rash
on
body

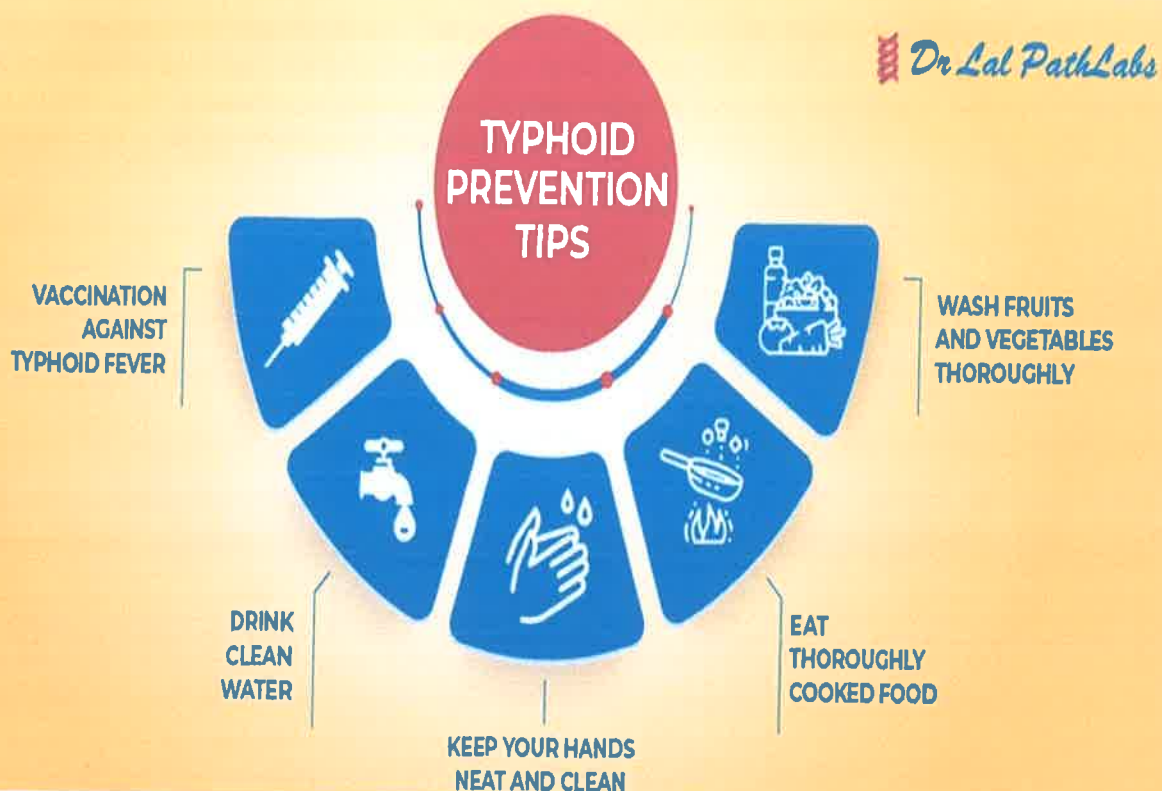
enlarged liver
and spleen

ulcers
in the
intestine





Pathogenesis of Typhoid Fever



PROGRAM OUTCOME :

The audience gained valuable insights into the critical aspects of typhoid detection and reporting, as well as the pivotal role played by government regulatory authorities in the implementation of these processes.

Through the comprehensive presentations and discussions, they came to understand the importance of timely and accurate typhoid reporting as an essential element of ensuring patient safety. The seminar illuminated how typhoid, if left undetected or unreported, can lead to severe consequences for patients, and how pharmacovigilance systems, supported by healthcare professionals and regulatory bodies, are designed to mitigate these risks.

The audience also learned about the intricate processes involved in pharmacovigilance, including the collection, analysis, and interpretation data by regulatory authorities, who use this information to make informed decisions about drug safety.

Additionally, they gained an understanding of the protocols that pharmaceutical companies are required to follow when marketing their products, ensuring linked to these drugs are properly monitored and reported. This holistic view of ADR detection, reporting, and the role of government authorities helped reinforce the essential nature of the process in creating a safer healthcare environment.

The seminar emphasized that effective pharmacovigilance is not just the responsibility of individual healthcare professionals, but a collaborative effort between various stakeholders, including pharmaceutical companies, healthcare institutions, and regulatory agencies, all working together to protect public health and enhance the overall safety of medicinal products.

COURSE OUTCOME :

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE :

The future scope of building a strong reporting culture for patient safety includes several key developments. Technological advancements, such as AI and big data analytics, making reporting easier and faster.

Mobile apps and digital platforms will allow for real-time data collection by both healthcare professionals and patients. Global collaboration and data sharing between regulatory bodies will strengthen drug safety monitoring on an international scale.

Additionally, continued education and awareness programs

ACKNOWLEDGEMENT :

We would like to express our heartfelt gratitude to all those who contributed to the successful organization of the seminar for Patient Safety” at H. K. College of Pharmacy. Our sincere thanks go to Prof. (Dr.) Tushar Lokhande, Principal of the college, for his inspiring keynote address and unwavering support for initiatives that enhance patient safety.

Lastly, we would like to thank all the faculty members, students, and attendees who participated in this event, as their engagement and enthusiasm were crucial in making the seminar a success. Together, we can foster a culture of safety and vigilance in our healthcare system, ultimately ensuring better health outcomes for our communities.

--END OF REPORT--

UHV Project Report

On

Topic: Snehasadan orphanage awareness campaign.Third Year B. Pharmacy Div: B Semester: V Academic Year: 2024-25.

Name of students:

Sr. No.	Roll Number	Name	Sign
1	59	Sanna Rangrez	<u>Sanna Rangrez</u>
2	65	Azra Shaikh	<u>Azra</u>
3	72	Shakeela Shaikh	<u>Shakeela</u>
4	91	Sneha Tiwari	<u>Sneha</u>
5	101	Sidrah Vohra	<u>Sidrah</u>

Name of Project Supervisor:

Mrs. Dipti H. Chirmade.

Phonde

Principal

Dr. Tushar Lokhande

Signature:



PRINCIPAL
H. K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400 102

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Objective of the work:

- To promote healthy habits and lifestyle choices among orphanage girls to support bone health, menstrual well-being, and anemia prevention.
- To provide a safe and supportive environment for orphanage girls to discuss their concerns and ask questions about bone health, menstrual health, and anemia.
- To encourage orphanage girls to prioritize their health and well-being, and seek medical attention when needed.
- To empower girls with knowledge and skills to maintain good bone health, manage menstrual hygiene, and prevent anemia.

Introduction

Women in the age group of 50-70 years face declining health contributing to many factors including diet, menopause, stress, etc. Women are prone to hormonal imbalance. Variations in hormone secretion becomes prominent during menstruation, pregnancy and menopause. Any fluctuation or decrease in estrogen due to physical stress like over exercising, low fat or low carbohydrate diets, undereating/fasting and dramatic weight loss may lead to anxiety, restlessness and sleep disturbance [1]. With prominent declining estrogen and progesterone levels leading to frequent menstrual cycle delays, declining bone health [2]; iron deficiency anemia [3],[4]; the alarming rate of incidences of osteoporosis and development of arthritis [2] in post-menopausal women have been a subject of research.

Anemia is prevalent in 57% of women aged 15 to 49 and 67% of children between six months and 59 months in India, supported from government data [5]. Adolescent girls are at a higher risk of iron deficiency anemia due to factors like iron loss during menstruation and inadequate iron intake [6].

Osteoarthritis and Osteoporosis

Osteoarthritis (OA) is highly prevalent in postmenopausal women. The Women's Health Initiative demonstrated that 44% of the participating postmenopausal women reported OA. Menopause is a result of estrogen deficiency occurring in women between 45 to 56 years. Menopause is a normal non-pathological process where follicle-stimulating hormone (FSH) is diminished. The primary

ovarian follicles do not mature leading to inadequate release of estrogen and prevention of LH surge causes cessation of ovulation and endometrial development. The role of estrogen is crucial in regulating joint and bone health. The Chondro-protective roles of estrogen is contributed by its part in the glycosaminoglycan synthesis. Reactive oxygen species damage the chondrocytes in response to cyclooxygenase 2 mRNA expression in articular chondrocytes. Estrogen prevents such damage by inhibiting its expression [7]. Evidences have linked declining levels of endogenous estrogen and its metabolites in pre- and post-menopausal women with osteoarthritis compared to healthy women or women with Rheumatoid arthritis [8],[9].

According to WHO, "Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones)." According to the International Osteoporosis Foundation statistics, worldwide, 1 in 3 women over the age of 50 years will experience osteoporosis fractures. A study of 860 women in China concluded that menopause is associated with cartilage degeneration of knee joint in comparison with pre and peri-menopausal women [10]. Thus, absence or dysregulation of estrogen can prove to be fatal for women. Osteoporosis is a part of arthritis. The incidence of osteoporosis in women with rheumatoid arthritis is significantly higher than healthy subjects. Women of postmenopausal status were associated with significant lumbar spine and hip bone mass density reduction [11].

Symptoms [12]

According to WHO (2023), symptoms of osteoarthritis include **pain, swelling, stiffness and trouble moving the affected joint. As a consequence of reduced movement, muscles often lose strength and people become less able to perform physical activities. Osteoarthritis can affect any joint but is most common in the knees, hips, spine and small joints in the hands. Muscles and tissue around the joint are often affected. Symptoms can develop slowly or start quickly after an injury or strain. Osteoarthritis is chronic and often progressive, so changes happen gradually over time. In severe cases, it can make the joint unusable and cause long-term pain. Some people feel pain even when resting.**

Being less physically active can lead to other conditions, including cardiovascular diseases, obesity and diabetes. Osteoarthritis can greatly reduce the quality of life. It makes movement painful and

difficult, which can stop people from participating in home, work or social activities. This can lead to mental health impacts, trouble sleeping and problems in relationships.

Treatment and Prevention [12]

1. **Watch Your Weight.** Obesity is one of the most common causes of osteoarthritis in women. As you grow older, metabolism slows, more fats are getting stored especially if you are not physically active. In turn, this is reflected in your joints. Losing weight is one of the few tips to lessen the risk of further joint injuries.
2. **Watch What You Eat.** Sticking to a healthy diet is imperative in maintaining a healthy lifestyle. Losing weight is one of the benefits of doing so – also lessening the risk of potential osteoarthritis in women. Antioxidant and calcium supplements can also boost your bone strength as prescribed by a dietician.
3. **Stay Active.** Hands down, exercise is still the best treatment for osteoarthritis in women. This doesn't just help you lose weight; it also boosts your outlook, eases the pain, and improves blood circulation. Just your usual walking for errands and the occasional swimming can go a long way. Though you may want to add a more regular routine for better results.
4. **Sleep On It.** Having a good night's sleep is one of life's simple pleasures. You'll have a better outlook overall and can help you feel less pain. When you have trouble sleeping, you may want to talk to your doctor or physical therapist to offer apt sleeping positions. Sometimes you just need a good mattress as well. Taking a warm bath before going to bed is also advisable to relax sore muscles.
5. **Take Your Medicine.** Nonsteroidal anti-inflammatory drugs (NSAIDs) or nonprescription painkillers can soothe osteoarthritis in women. But note that it should be taken accordingly. Some creams, rubs, and sprays can also be applied to the skin to help relieve pain in addition to oral painkillers, but use it accordingly as well.

Anemia

According to WHO, "anemia is a condition in which the number of red blood cells or the hemoglobin concentration within them is lower than normal. Hemoglobin is needed to carry oxygen and if you have too few or abnormal red blood cells, or not enough hemoglobin, there will

be a decreased capacity of the blood to carry oxygen to the body's tissues." Iron deficiency anemia is most prevalent in women of child bearing age [13]. Various studies have revealed that iron deficiency is largely common among women of childbearing age due to the increase in demand for iron during pregnancy, breastfeeding, menstruation and reproductive cycle associated nutritional deficiencies [14]. Menstruation is one of the most common causes for iron loss as demonstrated in a study on adolescents with heavy menstrual bleeding, where low levels of ferritin <20 ng/mL were detected in at-risk patients with 41.4% of them being anemic [15].

The second most common cause is inadequate nutritional uptake as demonstrated in a cross-sectional study was employed on adolescent girls living in refugee camps to measure the prevalence of anemia. It was revealed that late adolescents were 2 times more likely to have anemia as compared to early adolescents. Those who ate heme iron food sources less than once per month were 11 times more likely to develop iron deficiency anemia compared to those that ate more than twice a week [16]. Thus, various factors contribute to iron deficiency among adolescent girls include lack of nutritional sources, awareness and menstruation.

Iron deficiency occurs as a spectrum beginning with tissue iron store depletion and progressing to impaired erythropoiesis and anemia. Iron is an essential element required for numerous vital processes, including energy metabolism, cell signaling, gene expression, and cell growth regulation and differentiation.

Symptoms [17]

According to American Society of Hematology, symptoms of iron deficiency anemia include:

- Being pale or having yellow "sallow" skin
- Unexplained fatigue or lack of energy
- Shortness of breath or chest pain, especially with activity
- Unexplained generalized weakness
- Rapid heartbeat
- Pounding or "whooshing" in the ears
- Headache, especially with activity
- Craving for ice or clay
- Sore or smooth tongue

- Brittle nails or hair loss

Diagnosis and Tests [18]

- Complete blood count (CBC): Healthcare providers use this test to check on all of your blood cells, with a focus on your red blood cells. Medical pathologists examine blood samples to count your red blood cells. They also examine your red blood cells' size and shape. Healthcare providers may use this test to check on your vitamin B12 or B9 levels.
- Hemoglobin test: Hemoglobin is the main component of red blood cells. The test is often used to detect anemia.
- Hematocrit test: This test measures the percentage of red blood cells in your blood.
- Peripheral blood smear: Healthcare providers examine your red blood cells under a microscope to assess blood cell size and shape.
- Reticulocyte count: Reticulocytes are immature red blood cells. This test checks if your bone marrow is producing enough healthy red blood cells.

Treatment and Prevention [17]

Even if the cause of the iron deficiency can be identified and treated, it is still usually necessary to take medicinal iron (more iron than a multivitamin can provide) until the deficiency is corrected and the body's iron stores are replenished. In some cases, if the cause cannot be identified or corrected, the patient may have to receive supplemental iron on an ongoing basis.

There are several ways to increase iron intake:

1. Diet:
 - Meat: beef, pork, or lamb, especially organ meats such as liver
 - Poultry: chicken, turkey, and duck, especially liver and dark meat
 - Fish, especially shellfish, sardines, and anchovies
 - Leafy green members of the cabbage family including broccoli, kale, turnip greens, and collard greens
 - Legumes, including lima beans, peas, pinto beans, and black-eyed peas
 - Iron-enriched pastas, grains, rice, and cereals
2. Medicinal Iron:

The amount of iron needed to treat patients with iron deficiency is higher than the amount found in most daily multivitamin supplements. The amount of iron prescribed by your doctor will be in milligrams (mg) of elemental iron. Most people with iron deficiency need 150-200 mg per day of elemental iron (2 to 5 mg of iron per kilogram of body weight per day). Ask your doctor how many milligrams of iron you should be taking per day. If you take vitamins, bring them to your doctor's visit to be sure.

3. Intravenous Iron:

In some cases, your doctor may recommend intravenous (IV) iron. IV iron may be necessary to treat iron deficiency in patients who do not absorb iron well in the gastrointestinal tract, patients with severe iron deficiency or chronic blood loss, patients who are receiving supplemental erythropoietin, a hormone that stimulates blood production, or patients who cannot tolerate oral iron. If you need IV iron, your doctor may refer you to a hematologist to supervise the iron infusions. IV iron comes in different preparations:

- Iron dextran
- Iron sucrose
- Ferric gluconate

Large doses of iron can be given at one time when using iron dextran. Iron sucrose and ferric gluconate require more frequent doses spread over several weeks. Some patients may have an allergic reaction to IV iron, so a test dose may be administered before the first infusion. Allergic reactions are more common with iron dextran and may necessitate switching to a different preparation. Severe side effects other than allergic reactions are rare and include urticaria (hives), pruritus (itching), and muscle and joint pain.

4. Blood Transfusions:

Red blood cell transfusions may be given to patients with severe iron-deficiency anemia who are actively bleeding or have significant symptoms such as chest pain, shortness of breath, or weakness. Transfusions are given to replace deficient red blood cells and will not completely correct the iron deficiency. Red blood cell transfusions will only provide temporary improvement. It is important to find out why you are anemic and treat the cause as well as the symptoms.

Menstrual Health

Menstrual health refers to 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, in relation to the menstrual cycle'. Speaking about menstrual health openly is often seen as a taboo even in urban areas. Maintaining menstrual hygiene is an integral part of a woman's life.

According to the Menstrual Hygiene Management: National Family Health Survey 4, 2015-16:

- Among women in the age group (15-24 years), 42% use sanitary napkins, 62% use cloth, and 16% use locally prepared napkins. Overall, 58% of women in this age group use a hygienic method of menstrual protection.
- In the rural areas 71.4% of women (15-24 years) use cloth and use of sanitary napkins and locally prepared napkins are 33.6% and 14.8% respectively.
- Women with 12 or more years of schooling are more than four times as likely to be using a hygienic method as women with no schooling (81% versus 20%).
- Women from the highest wealth quintile are more than four times as likely to use a hygienic method as women from the lowest wealth quintile (89% versus 21%). 48% of rural women use a hygienic method of menstrual protection, compared with 78% of urban women.

Factors contributing to the lack of menstrual hygiene management:

1. Lack of Awareness

71% of girls' report having no knowledge of menstruation before their first period (). Girls often turn to their mothers for information and support, but 70% of mothers consider menstruation "dirty," further perpetuating taboos [19]. There is a substantial knowledge gap among the girls regarding the origins of menstrual blood. In the meta-analysis, only about 23% of the girls knew that the uterus is the source of bleeding, and approximately half (55%) considered menstruation normal [19].

2. Availability and affordability of appropriate to manage the menstrual flow.

The wealth index shows a staggering effect on the use of hygienic products, whereby adolescent girls from the lowest quintile have much lower odds ratios (0.09) when compared to the highest quintile category [20]. Even adolescent girls from the second highest quintile are less likely to use hygienic methods of protection in comparison to the next highest category [20]. In terms of caste category, adolescent girls from Scheduled Castes and Tribes have a lower probability of using hygienic products compared to girls

from other castes. The odds of using a hygienic method during the menstrual period is significantly lower for adolescent girls with either no or primary levels of education in comparison to their counterparts with higher levels of education [20].

3. Lack of adequate facilities

A study in West Bengal conducted on school-going girls in rural West Bengal found that the main reasons for girls' absence from school during menstruation were lack of proper disposal facility of sanitary napkins (75%) and lack of continuous water supply for washing (67.5%) in their school [21]. Another compounding factor is lack of a toilet at home. The privacy that girls and women need to manage their menstrual cycle like changing their disposable/re-usable absorbents or cleaning their reusable absorbents in a safe and hygienic manner is absent [21]. Educational television programs, trained school nurses/health personnel, motivated school teachers and knowledgeable parents can play a very important role in transmitting the vital message of correct menstrual hygiene to the adolescent girl of today.

Plan Of Work

Table 1:

Sr. No.	Activity	Date
1	Proposal of Awareness Campaign	15 July 2024
2	Inspection and Approval of Permission from Orphanage In-charge	18 July 2024
3	Preparation and Planning	19 July 2024
3	Awareness Campaign in the Orphanage	20 July 2024
4	Announcement of Report format	2 August 2024
5	Submission of Report	11 August 2024

Detailed Work Carried Out/ Summary of the Work

An awareness campaign was organized by the Universal Human Values cell of Maharashtra Education Society, Humera Khan College of Pharmacy on 20th July 2024. The campaign was held in an orphanage for girls where active students of the esteemed institution

participated enthusiastically to spread awareness on topics of bone health, menstrual health and anemia disorders to the resident girls of the orphanage. The volunteers made banners and charts to make the session informative and compelling for the young girls between the ages of 14-17. Ample number of stationary items including notebooks and pens donated by the students of the whole college were submitted to the orphanage. The volunteer students were accompanied by two supervising assistant professors Ms. Sayli Sawant and Ms. Nikhat Khan. The campaign was met with positive reviews from the girls and the event felt a success as a seed of awareness was instilled in their minds

Pictures of the Campaign



Image No. 1

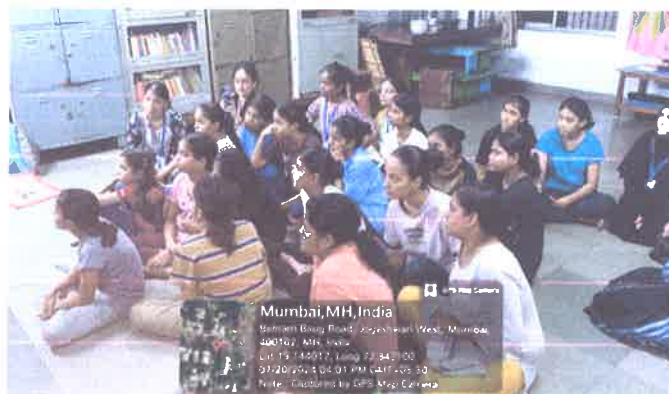


Image No. 2



Image No. 3



Image No. 4



Image No. 5



Image No. 6



Image No. 7

Outcome of Work

The project has successfully spread awareness to adolescent girls of the esteemed orphanage the importance of prioritizing health and hygiene. The adolescent girls of today will one day grow up to be mothers and role models for young girls of the next generation. It is of utmost importance that women are self-aware of their body and health so that the future generation may prosper. The girls were enlightened to share what they knew of the topics beforehand and were eager to learn more. They also shared some experiences of their own and what had to be done to counter them. It was a fruitful initiative by our esteemed institution. Verily, the importance of universal human values of respect, love and care were integrated in this campaign.

Future Scope

Young girls can be made more self-aware of their health and of the changes in their body. More topics regarding women's health can be touched. Emerging cases of cardiovascular risks, dementia and obesity in older women can increase the need for more awareness campaigns to educate adolescent girls.

Acknowledgement

We are grateful for the support of Maharashtra Education Society's Humera Khan College of Pharmacy who presented us with the platform to speak out. More gratitude to our Principal, Dr. Tushar Lokhande, for overseeing such initiatives. We appreciate the hard work of our guides, Ms. Sayli Sawant and Ms. Nikhat Khan, who inspected and sought permission from the orphanage.

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UHV Project Report

On

Topic: Tuberculosis PPTX.

Third Year B. Pharmacy Div: B Semester: V Academic Year: 2024-25.

Name of students:

Sr. No.	Roll Number	Name	Sign
1	63	Ismail Sayyed	
2	67	Sanabil Shaikh	

Name of Project Supervisor:

Mrs. Dipti H. Chirmade.

Signature:

College Seal:



Principal

Dr. Tushar Lokhande

PRINCIPAL
H. K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400 102

Vision: To be recognized as the institution providing quality education in pharmacy to serve the heal.

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INTRODUCTION :-

Tuberculosis (TB), also known colloquially as the "**white death**", or historically as **consumption**,^[8] is an **infectious disease** usually caused by *Mycobacterium tuberculosis* (MTB) **bacteria**.^[1] Tuberculosis generally affects the **lungs**, but it can also affect other parts of the body.^[1] Most infections show no symptoms, in which case it is known as **latent tuberculosis**.^[1] Around 10% of latent infections progress to active disease that, if left untreated, kill about half of those affected.^[1] Typical symptoms of active TB are chronic **cough** with **blood-containing mucus**, **fever**, **night sweats**, and **weight loss**.^[1] **Infection** of other organs can cause a wide range of symptoms.^[9]

Tuberculosis is **spread from one person to the next through the air** when people who have active TB in their lungs cough, spit, speak, or **sneeze**.^{[1][10]} People with latent TB do not spread the disease.^[1] Active infection occurs more often in people with **HIV/AIDS** and in those who **smoke**.^[1] **Diagnosis** of active TB is based on **chest X-rays**, as well as **microscopic** examination and **culture** of bodily fluids.^[1] Diagnosis of latent TB relies on the **tuberculin skin test** (TST) or blood tests.^[1]

Prevention of TB involves screening those at high risk, early detection and treatment of cases, and **vaccination** with the **bacillus Calmette-Guérin** (BCG) vaccine.^{[3][4][5]} Those at high risk include household, workplace, and social contacts of people with active TB.^[4] Treatment requires the use of multiple **antibiotics** over a long period of time.^[1] **Antibiotic resistance** is a growing problem, with increasing rates of **multiple drug-resistant**

Tuberculosis has existed since **antiquity**.^[15] The oldest unambiguously detected *M. tuberculosis* gives evidence of the disease in the remains of bison in Wyoming dated to around 17,000 years ago.^[16] However, whether tuberculosis originated in bovines, then transferred to humans, or whether both bovine and human tuberculosis diverged from a common ancestor, remains unclear.^[17] A comparison of the **genes** of *M. tuberculosis complex* (MTBC) in humans to MTBC in animals suggests humans did not acquire MTBC from animals during animal domestication, as researchers previously believed. Both strains of the tuberculosis bacteria share a common ancestor, which could have infected humans even before the **Neolithic Revolution**.^[18] Skeletal remains show some prehistoric humans (4000 **BC**) had TB, and researchers have found tubercular decay in the spines of **Egyptian mummies** dating from 3000 to 2400 **BC**.^[19] Genetic studies suggest the presence of TB in **the Americas** from about AD 100.^[20]

Before the **Industrial Revolution**, folklore often associated tuberculosis with **vampires**. When one member of a family died from the disease, the other infected members would lose their health slowly. People believed this was caused by the original person with TB draining the life from the other family members.^[21]

PRIMARY OBJECTIVE :

The primary objective of tuberculosis (TB) control is to eliminate the transmission of *Mycobacterium tuberculosis* and reduce the incidence and impact of the disease. Key goals include:

1. **Early Diagnosis:** Ensure timely identification of active TB cases to initiate treatment and prevent further spread.
2. **Effective Treatment:** Provide access to appropriate and complete antibiotic therapy to cure patients and prevent drug resistance.
3. **Prevent Transmission:** Implement measures to minimize the risk of spreading TB, especially in high-risk settings.
4. **Vaccination:** Promote the use of the BCG vaccine to protect vulnerable populations, particularly children.
5. **Public Awareness:** Increase understanding of TB, its symptoms, and the importance of seeking medical care to reduce stigma and promote early intervention.
6. **Surveillance and Research:** Strengthen monitoring systems to track TB trends, identify outbreaks, and support ongoing research for new diagnostics, treatments, and vaccines.

Overall, these objectives aim to control TB as a public health threat and ultimately work toward its elimination.

DETAILED PLAN OF REPORT :

On September 21, 2024, H. K. College of Pharmacy, in collaboration with the Maharashtra State Pharmacy Council (MPSC), organized an insightful seminar titled "Tuberculosis."

This event was part of the National Coordination Centre Pharmacovigilance Program of India's efforts and took place during the 4th National Pharmacovigilance Week, which was celebrated nationwide from September 17 to 23, 2024.

The seminar aimed to emphasize the critical role of reporting in enhancing patient safety, highlighting the need for a proactive culture of pharmacovigilance within the healthcare system.

Bringing together healthcare professionals, pharmacists, and students, the event focused on fostering awareness and understanding of reporting processes, the significance of patient involvement, and the collective responsibility of healthcare stakeholders in ensuring drug safety.

The seminar provided a platform for in-depth discussions on overcoming the challenges of underreporting and creating a collaborative environment where reporting is viewed as essential to patient care.

This initiative aligns with the national mission to strengthen pharmacovigilance systems, ultimately contributing to safer therapeutic practices across India.

PARTICIPANTS DETAILS:

Total no. of college students: 2

SUMMARY OF REPORT :

Ms. Nikhat Khan, (Faculty) initiated the session by highlighting the importance of the activity to the audience comprising of students and faculty members.

Prof. (Dr.) Tushar Lokhande, Principal of H. K. College of Pharmacy, gave the keynote address on Pharmacovigilance. He was felicitated with a floral bouquet.

The audience on the basics of tuberculosis. She further emphasized that the occurrence of any should be immediately reported to the concerned authorities i.e. peripheral coordination centers for effective pharmacovigilance. Further, she shared her experience on identification of tuberculosis. She stressed that students should learn about the tuberculosis identification and monitoring process, to educate their communities. She asserted that such endeavors would result in increased awareness in society about drug safety and efficacy.

Additionally, gave an overview on the importance of pharmacovigilance and the established protocols that need to be followed by pharmaceutical companies to gather any linked to their marketed product. She explained the role of various regulatory authorities who monitor and interpret pooled reports from various parts of the world.

BROCHURE:

Who typically gets tuberculosis?

A total of 1.6 million people died from TB in 2021 (including 187 000 people with HIV). Worldwide, TB is the 13th leading cause of death and the second leading infectious killer after COVID-19 (above HIV/AIDS).

In 2021, an estimated 10.6 million people fell ill with tuberculosis (TB) worldwide. Six million men, 3.4 million women and 1.2 million children. TB is present in all countries and age groups. But TB is curable and preventable.

REFERENCE:

World Health Organization, (2021, October 27). Tuberculosis: WHO. <https://www.who.int/news-room/fact-sheets/detail/tuberculosis>



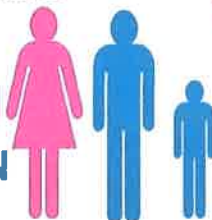
An estimated **10.6 M** people fell ill with TB worldwide.

6 MILLION MEN

3.4 MILLION WOMEN

1.2 MILLION CHILDREN

In 2021, **1.6 M** people died from TB worldwide



“**EVERY
BREATH
COUNTS,
STOP TB
NOW**”

TREATMENT AND PREVENTION

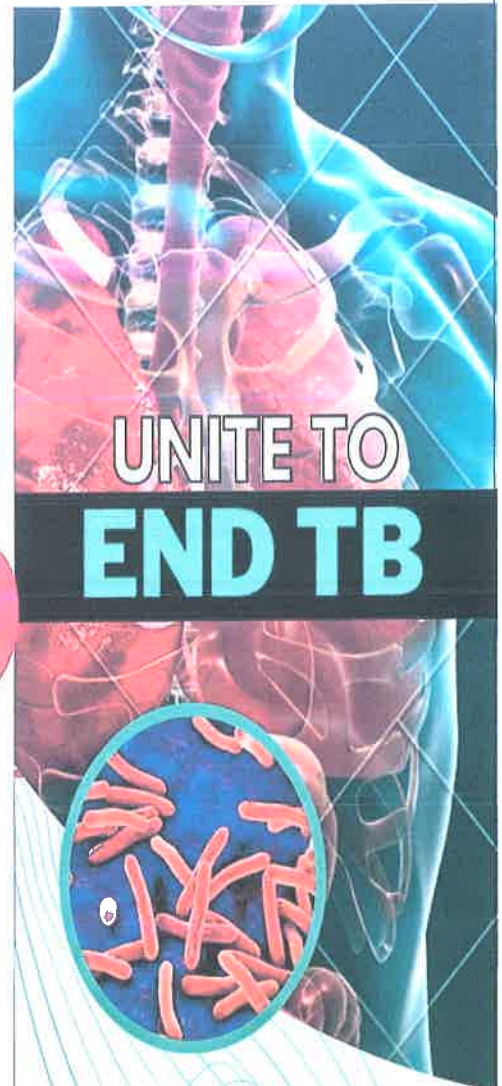


MEDICATIONS



VACCINATION

- Take your medicine exactly as the healthcare provider directed.
- When you cough, sneeze or laugh, cover your mouth with a tissue. Put the tissue in a closed bag and throw it away.
- Air out your room often so the TB germs don't stay in the room and infect someone else.
- Avoid close contact with anyone. Sleep in a bedroom alone.



**UNITE TO
END TB**

TUBERCULOSIS
tuh·bur·kyuh·low·suhs



GEO-TAG IMAGES :

Image A

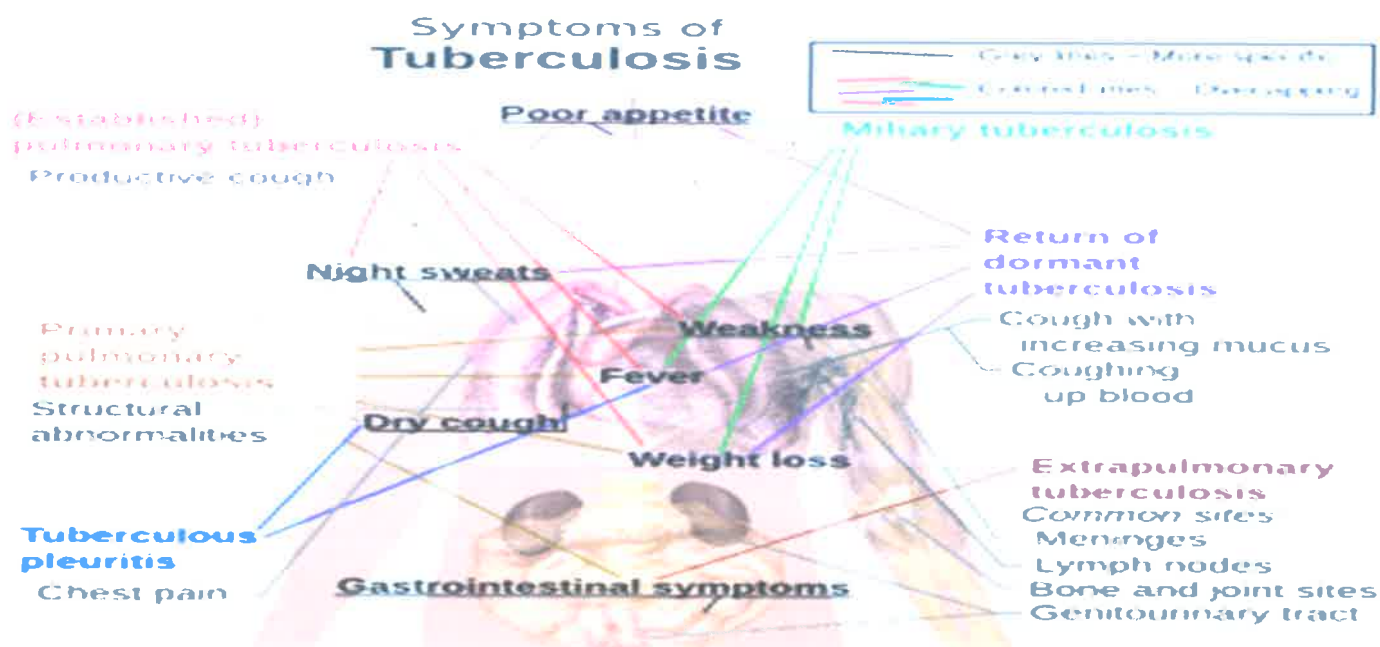
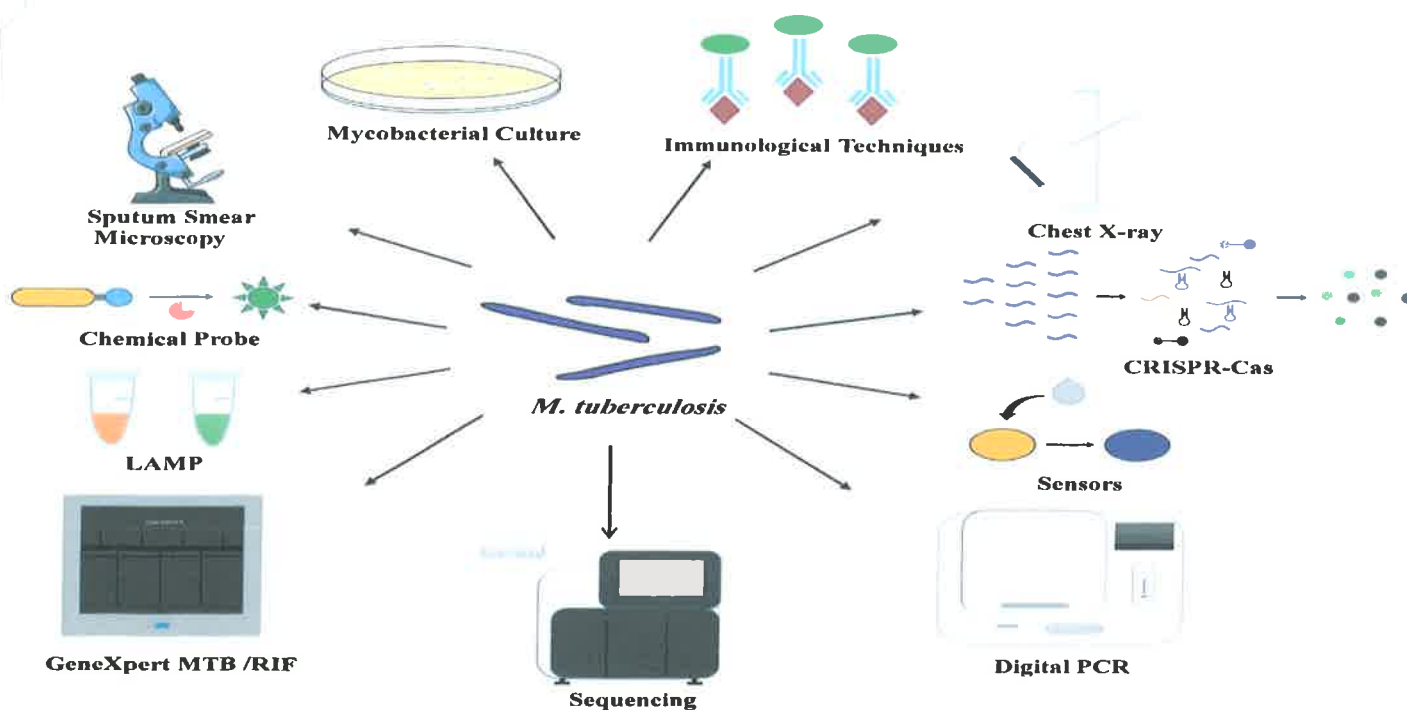


Image B



PROGRAM OUTCOME :

The audience gained valuable insights into the critical aspects of detection and reporting, as well as the pivotal role played by government regulatory authorities in the implementation of these processes.

Through the comprehensive presentations and discussions, they came to understand the importance of timely and accurate reporting as an essential element of ensuring patient safety. The seminar illuminated how if left undetected or unreported, can lead to severe consequences for patients, and how pharmacovigilance systems, supported by healthcare professionals and regulatory bodies, are designed to mitigate these risks.

The audience also learned about the intricate processes involved in pharmacovigilance, including the collection, analysis, and interpretation of by regulatory authorities, who use this information to make informed decisions about drug safety.

Additionally, they gained an understanding of the protocols that pharmaceutical companies are required to follow when marketing their products, ensuring that linked to these drugs are properly monitored and reported. This holistic view of detection, reporting, and the role of government authorities helped reinforce the essential nature of the process in creating a safer healthcare environment.

The seminar emphasized that effective pharmacovigilance is not just the responsibility of individual healthcare professionals, but a collaborative effort between various stakeholders, including pharmaceutical companies, healthcare institutions, and regulatory agencies, all working together to protect public health and enhance the overall safety of medicinal products.

COURSE OUTCOME :

To develop a sense of personal self in harmony with society and nature through integration of Universal Human Values.

FUTURE SCOPE :

The future scope of building a strong reporting culture for patient safety includes several key developments. Technological advancements, such as AI and big data analytics, will streamline and automate detection, making reporting easier and faster.

Mobile apps and digital platforms will allow for real-time data collection by both healthcare professionals and patients. Global collaboration and data sharing between regulatory bodies will strengthen drug safety monitoring on an international scale.

Additionally, continued education and awareness programs will ensure that healthcare providers and patients alike are equipped to actively participate in reporting, ultimately improving patient safety.

ACKNOWLEDGEMENT :

We would like to express our heartfelt gratitude to all those who contributed to the successful organization of the seminar "Tuberculosis" at H. K. College of Pharmacy. Our sincere thanks go to Prof. (Dr.) Tushar Lokhande, Principal of the college, for his inspiring keynote address and unwavering support for initiatives that enhance patient safety.

Lastly, we would like to thank all the faculty members, students, and attendees who participated in this event, as their engagement and enthusiasm were crucial in making the seminar a success. Together, we can foster a culture of safety and vigilance in our healthcare system, ultimately ensuring better health outcomes for our communities.

--END OF REPORT--

H. K. COLLEGE OF PHARMACY

PRATIKSHA NAGAR OSHIWARA, JOGESHWARI (W), MUMBAI 400102

NAAC Accredited Grade 'A'



Third Year B.Pharmacy(2024-2025) (Div-B) UHV Project

Sr. No.	Roll No.	Name of Activity	Date	Total No. of Students	Signature
1.	59, 65, 72, 91, 101	Snehasadan Orphanage awareness campaign	20/7/24	5	
2.	83, 95, 112, 57, 94, 47	Awareness campaign on water-borne diseases in slums	27/7/24	6	
3.	52, 78, 102, 106, 109, 111	Awareness on Dental Health	21/9/24	6	
4.	56, 58, 61, 92, 96, 103, 104, 105, 107, 108, 110	Building awareness on Adverse drug Reaction	21/9/24	11	
6.	77, 79, 85, 86, 84	Awareness on World Pharmacist Day	25/9/24	6	
7.	63, 67,	TB Awareness	26/9/24	2	
8.	71, 73, 70, 69	Typhoid Awareness	26/9/24	4	
9.	54, 53, 87, 93	CPR Training At Madhav Bhaug hospital (Khopoli)	6/10/24	4	
10.	48, 49, 50, 55, 80	Madhav Baug Multidisciplinary Cardiac Centre care clinic & hospital visit	6/10/24	5	
11.	62, 88, 89, 99, 100	Yoga Training at Madhavbaug Hospital (khopoli)	6/10/24	5	
12.	51, 61, 64, 66, 68, 74, 75, 76	Electoral Literacy Camp	27/10/24	8	

MAHARASHTRA EDUCATIONAL SOCIETY'S

H. K. COLLEGE OF PHARMACY

THIRD YEAR B. PHARMACY (2024- 2025) (B DIVISION) UHV PROJECT GR OUPS

GROUP 1					
SR.NO	ROLL NO	NAME	ACTIVITY	DATE	SIGNATURE
1	47	Pandey Nishant	Water borne disease awareness	27-7-2024	
2	48	Pandey Prafull	Hospital visit khopoli	6-10-2024	
3	49	Pandey Shreya	Hospital visit khopoli	6-10-2024	1
4	50	Parab Saloni	Hospital visit khopoli	6-10-2024	
5	51	Pathan Fazal	Electoral literacy camp	27-10-2024	
6	52	Patwa Mohan	Dental health camp	21-9-2024	
7	53	Poojary Anusha	CPR khopoli	6-10-2024	2
8	54	Prajapati Rishikesh	CPR khopoli	6-10-2024	
9	55	Qazi Mubashira	Hospital visit khopoli	6-10-2024	
10	56	Rai Riya	ADR	21-9-2024	
11	57	Rajbhar Rohit	Water borne disease awareness	27-7-2024	
GROUP 2					
1	58	Rajput Sanket	ADR	21-9-2024	
2	59	Rangrez Sanna	Orphanage donation	20-7-2024	
3	60	Sankpal Ekta	Nature Conservation Awareness	27-7-2024	
4	61	Sarkhot Muzummil	ADR	21-9-2024	
5	62	Sayed Meezan Fatima	Yoga training khopoli	6-10-2024	
6	63	Sayyed Mohammed Ismail	TB awareness pptx	26-9-2024	
7	64	Shah Irshad Ali	Electoral literacy camp	27-10-2024	
8	65	Shaikh Azra Aslam	Orphanage donation	20-7-2024	

9	66	Shaikh Mohammad Anas	Electoral literacy camp	27-10-2024	
10	67	Shaikh Mohammed Sanabil	TB awareness pptx	26-9-2024	
11	68	Shaikh Mohd Rizwan	Electoral literacy camp	27-10-2024	

GROUP 3					
1	69	Shaikh Naved	TB and typhoid pptx	26-9-2024	
2	70	Shaikh Saima	TB and typhoid pptx	26-9-2024	
3	71	Shaikh Saniya	TB and typhoid pptx	26-9-2024	
4	72	Shaikh Shakeela Iqbal	Orphanage donation	20-7-2024	
5	73	Shaikh Shifa	TB and typhoid pptx	26-9-2024	
6	74	Shaikh Wahaj	Electoral literacy camp	27-10-2024	
7	75	Sharma Abhijeet	Electoral literacy camp	27-10-2024	
8	76	Sharma Amit Kumar	Electoral literacy camp	27-10-2024	
9	77	Sharma Chandan	Awareness pharmacist day	25-09-2024	
10	78	Sharma Deep	Dental health camp	21-9-2024	3
11	79	Sharma Prem	Awareness pharmacist day	25-09-2024	4
GROUP 4					
1	80	Shelar Anushka	Hospital visit khopoli	6-10-2024	
2	81	Shende Swarangi	Nature Conservation Awareness	27-7-2024	5
3	82	Shinde Tanvi	Nature Conservation Awareness ADR	27-7-2024	
4	83	Shirke Janhavi	Water borne disease awareness	27-7-2024	6
5	84	Siddiqui Iqra	Awareness pharmacist day	25-09-2024	
6	85	Singh Aayushi	Awareness pharmacist day	25-09-2024	7

7	86	Singh Dipeshkumar	Awareness pharmacist day	25-09-2024	
8	87	Singh Pratiksha B	CPR khopoli	6-10-2024	
9	88	Singh Rishita	Yoga training khopoli	6-10-2024	2
GROUP 5					
1	89	Singh Stuti	Yoga training khopoli	6-10-2024	
3	90	Tiwari Aniket	Nature Conservation Awareness	27-7-2024	
4	91	Tiwari Sneha	Orphanage donation	20-7-2024	1
5	92	Tripathi Shreenarayan	ADR	21-9-2024	
6	93	Turki Mesbah Iqra I	CPR khopoli	6-10-2024	
7	94	Upadhyay Kishan	Water borne disease awareness	27-7-2024	
8	95	Vachheta Vishal	Water borne disease awareness	27-7-2024	
9	96	Varma Aditya	ADR	21-9-2024	
10	97	Verma Shubham	Nature Conservation Awareness	27-7-2024	
GROUP 6					
	98	Vishwakarma Abhishek	Nature Conservation Awareness	27-7-2024	
1					
2	99	Vishwakarma Priyam	Yoga training khopoli	6-10-2024	
3	100	Vishwakarma Shweta	Yoga training khopoli	6-10-2024	
4	101	Vohra Sidrah	Orphanage donation	20-7-2024	
5	102	Vora Taha	Dental health camp	21-9-2024	
	103	Yadav Abhishek Janardan	ADR	21-9-2024	10
6					
7	104	Yadav Ankit	ADR	21-9-2024	
8	105	Yadav Ayush	ADR	21-9-2024	
	106	Yadav Kritika Jaiprakash	Dental health camp	21-9-2024	
9					
10	107	Yadav Rahul	ADR	21-9-2024	
	108	Yadav Santosh	TB and typhoid pptx	26-9-2024	
11					

12	109	Yadav Suchit Kumar	Dental health camp	21-9-2024	
13	110	Yadav Vikas	ADR	21-9-2024	
14	111	Yadav Vipul Ramavtar	Dental health camp	21-9-2024	
15	112	Yadav Vishal	Water borne disease awareness	27-7-2024	

UHV Project Report
On**Topic:** World Pharmacist Day awareness CampaignThird Year B. Pharmacy Div: B Semester: V Academic Year: 2024-25.**Name of students:**

Sr. No.	Roll Number	Name	Sign
1	77	Chandan Sharma	Ch
2	79	Prem Sharma	Pm
3	85	Aayushi Singh	A.
4	86	Dipesh Singh	Dipesh Singh
5	84	Iqra Siddique	Iqra

**Name of Project Supervisor:****Principal**

Mrs. Dipti H. Chirmade.

Dr. Tushar Lokhande



Signature:

PRINCIPAL**H. K. COLLEGE OF PHARMACY**
Jogeshwari (W), Mumbai - 400 102

College Seal:



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Objective of the work:

- **Educate the Community:** Increase understanding of diabetes and its types, symptoms, management, and prevention. Highlight the dangers of drug abuse, including its physical and mental health impacts.
- **Promote Healthy Lifestyles:** Encourage healthy eating, regular exercise, and responsible medication use to prevent diabetes and substance abuse.
- **Highlight Pharmacists' Role:** Emphasize how pharmacists can support patients in managing diabetes, provide medication counseling, and offer resources for overcoming drug addiction.
- **Foster Communication:** Encourage open dialogues between patients, pharmacists, and healthcare providers about diabetes management and substance use, ensuring that individuals feel comfortable seeking help.
- **Reduce Stigma:** Work to eliminate the stigma associated with diabetes and drug abuse, fostering a supportive community environment.
- **Encourage Screening and Early Intervention:** Advocate for regular health screenings for diabetes and drug use to catch issues early and improve health outcomes.

INTRODUCTION

Diabetes and drug abuse are two pressing health issues that significantly impact individuals and communities worldwide, affecting millions of lives and straining healthcare systems. Diabetes, a chronic condition characterized by the body's inability to properly regulate blood sugar levels, requires ongoing management, lifestyle adjustments, and regular monitoring to prevent serious complications such as heart disease, kidney failure, and vision loss. The burden of diabetes extends beyond physical health, influencing emotional well-being and quality of life. On the other hand, drug abuse poses severe risks to both physical and mental health, often leading to addiction, social isolation, and devastating consequences for individuals and their families. The ripple effects of substance abuse can disrupt communities, increase healthcare costs, and perpetuate cycles of poverty and despair.

In this complex landscape, pharmacists emerge as essential healthcare providers, offering invaluable support in both diabetes management and addressing substance abuse.

Their expertise positions them as key players in the healthcare system, where they not only educate patients about diabetes management, medication adherence, and healthy lifestyle choices, but also actively engage in conversations about the dangers of drug abuse. Pharmacists can provide crucial resources, counseling, and referrals to treatment programs, helping individuals navigate their paths to recovery.

By fostering awareness and understanding of these interconnected issues, we can empower individuals to make informed health choices, recognize the importance of early intervention, and utilize pharmacists as trusted allies in their journeys toward better health. This collaborative approach not only enhances individual well-being but also strengthens community resilience, ultimately contributing to a healthier society. As we work together to raise awareness and reduce stigma surrounding diabetes and drug abuse, the role of pharmacists becomes increasingly vital in shaping a more supportive and informed healthcare environment.

DIABETES

Diabetes is a chronic condition that affects how the body processes glucose, a crucial source of energy for our cells. It occurs when the body either does not produce enough insulin, a hormone that regulates blood sugar levels, or becomes resistant to insulin's effects. There are several types of diabetes, with Type 1 typically developing in childhood or adolescence, and Type 2 often emerging in adulthood due to lifestyle factors and genetics. With over 400 million people worldwide living with diabetes, its prevalence continues to rise, leading to significant health complications such as cardiovascular disease, kidney failure, and nerve damage if not properly managed. Effective diabetes management involves a combination of medication, dietary changes, physical activity, and regular monitoring of blood sugar levels. Raising awareness about diabetes is essential for promoting prevention, early diagnosis, and better management strategies, ultimately improving the quality of life for those affected by this condition.



Symptoms

Diabetes can present with a variety of symptoms, which may vary depending on the type (Type 1 or Type 2) and individual factors. Common symptoms include:

1. Increased thirst: Feeling excessively thirsty and needing to drink more fluids.
2. Frequent urination: Needing to urinate more often than usual, especially at night.
3. Extreme hunger: Feeling very hungry even after eating.
4. Fatigue: Experiencing unusual tiredness or lack of energy.
5. Blurred vision: Having difficulty seeing clearly.
6. Slow-healing sores: Cuts or sores that take longer to heal than normal.
7. Weight loss: Unexplained weight loss, especially in Type 1 diabetes.
8. Tingling or numbness: Experiencing tingling or numbness in hands or feet.

Test for Diabetes:

There are several tests used to diagnose diabetes. Here are the most common ones:

Blood Tests

- **A1C Test:** Measures your average blood sugar level over the past 2-3 months. An A1C level of 6.5% or higher indicates diabetes.

- **Fasting Blood Sugar Test:** Measures your blood sugar level after you haven't eaten or drunk anything for at least 8 hours. A fasting blood sugar level of 126 mg/dL or higher indicates diabetes.
- **Oral Glucose Tolerance Test (OGTT):** Measures your blood sugar level before and after drinking a sugary drink. A diagnosis of diabetes is made if your blood sugar level is 200 mg/dL or higher two hours after drinking the sugary drink.

Urine Test

- **Urine Ketone Test:** This test is used to check for ketones in your urine, which can be a sign of diabetic ketoacidosis, a serious complication of diabetes.

Treatment:

1. **Lifestyle Changes:- Diet:** Focus on a balanced diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats. Limit sugar and processed foods.

- **Exercise:** Aim for at least 150 minutes of moderate aerobic activity per week, along with strength training exercises.

- **Weight Management:** Achieving and maintaining a healthy weight can improve insulin sensitivity and blood sugar control.

2. **Medication:- Type 1 Diabetes:** Requires insulin therapy.

- **Type 2 Diabetes:** May involve oral medications (like metformin) or insulin, depending on blood sugar levels and individual needs.

3. **Monitoring:** - Regular blood sugar monitoring to keep levels within target ranges.

- Routine check-ups with healthcare providers to assess overall health and diabetes management.

Prevention

1. **Healthy Eating:** - Follow a balanced diet to maintain a healthy weight and reduce the risk of developing Type 2 diabetes.

2. **Regular Physical Activity:** - Engage in regular exercise to improve insulin sensitivity and manage weight.

3. Weight Management:- Maintaining a healthy weight can significantly lower the risk of Type 2 diabetes.

4. Routine Health Check-ups: - Regular screenings for blood sugar levels, especially if you have risk factors (like a family history of diabetes, obesity, or high blood pressure).

DRUG ABUSE

Drug abuse is a complex and multifaceted issue that affects individuals, families, and communities worldwide. It involves the harmful or hazardous use of psychoactive substances, including illicit drugs and alcohol, leading to significant physical, psychological, and social consequences. Drug abuse can alter brain chemistry, impair judgment, and foster dependence, often resulting in a cycle of addiction that is difficult to break. The rise of drug abuse is driven by various factors, including genetic predisposition, environmental influences, and mental health issues, making prevention and treatment challenging. Addressing this pervasive problem requires a comprehensive approach that includes education, intervention, and support for those affected, highlighting the urgent need for effective strategies to combat drug abuse and its far-reaching effects.



Symptoms

Physical Signs

- Changes in appearance: Weight loss or gain, pale skin, poor hygiene, or disheveled appearance.
- Physical changes: Bloodshot eyes, dilated or constricted pupils, slurred speech, tremors, or physical coordination problems.
- Health issues: Frequent illnesses, infections, or unexplained injuries.

- **Withdrawal symptoms:** Physical discomfort or distress when the drug is not available, such as nausea, vomiting, sweating, or shaking.

Behavioural Signs

- **Changes in habits:** Altered sleep patterns, decreased interest in hobbies or activities, or sudden changes in friends or social circles.
- **Secretive behaviour:** Hiding drug paraphernalia or using drugs in private.
- **Legal problems:** Increased involvement in legal issues, such as arrests or citations.
- **Financial difficulties:** Trouble managing money, borrowing money frequently, or selling possessions.
- **Relationship problems:** Strained relationships with family and friends due to drug use.
- **Decreased performance:** Poor academic or work performance.
- **Increased risk-taking:** Engaging in dangerous or reckless behaviour.

Treatment and Prevention

Education and Awareness

- **Comprehensive education:** Teach students about the risks and consequences of drug abuse at a young age.
- **Informative campaigns:** Conduct public awareness campaigns to educate the community about the dangers of drugs.
- **Role models:** Promote positive role models who can influence young people's choices.

Family and Community Support

- **Strong family bonds:** Encourage healthy family relationships and communication.
- **Community involvement:** Promote involvement in community activities and programs.
- **Mentorship programs:** Provide mentorship opportunities for at-risk youth.

Early Intervention

- **Identify at-risk individuals:** Monitor students and community members for signs of substance abuse.

- **Provide support:** Offer counseling, mentoring, and other support services to at-risk individuals.

Healthy Lifestyle Promotion

- **Encourage healthy habits:** Promote healthy eating, exercise, and stress management techniques.
- **Alternative activities:** Offer engaging and positive alternatives to drug use.

Addressing Underlying Issues

- **Mental health support:** Provide mental health services to address underlying issues that may contribute to drug abuse.
- **Poverty reduction:** Implement programs to address poverty and inequality, which can be risk factors for drug use.

ROLE OF PHARMACIST IN SOCIETY

Pharmacists, the gatekeepers of medication, play a pivotal role in safeguarding public health. Their expertise in understanding drugs, their interactions, and their proper administration ensures that patients receive the correct medications for their ailments. Beyond dispensing prescriptions, pharmacists offer invaluable advice on medication usage, monitor for potential side effects, and educate patients about their conditions. As trusted healthcare professionals, pharmacists are essential in promoting medication safety and improving overall patient outcomes.

Medication Expertise

- **Knowledge of drugs:** Pharmacists possess extensive knowledge about drugs, including their indications, dosages, side effects, and interactions.
- **Drug counseling:** They provide patients with clear and concise information about their medications, including how to take them, potential side effects, and any necessary precautions.

Patient Safety

- **Medication verification:** Pharmacists verify prescriptions to ensure accuracy and prevent medication errors.

- **Monitoring for interactions:** They identify potential drug interactions that could lead to adverse effects.
- **Overdose prevention:** Pharmacists play a crucial role in preventing medication overdoses by providing appropriate counseling and monitoring.

Accessibility to Healthcare

- **Community pharmacies:** Pharmacists are often the first point of contact for patients seeking healthcare advice.
- **Accessible services:** They offer a range of services, including vaccinations, blood pressure checks, and minor ailment treatment.

Disease Management

- **Chronic disease management:** Pharmacists work closely with patients with chronic conditions, helping them manage their medications and understand their treatment plans.
- **Adherence counseling:** They provide guidance on medication adherence to improve treatment outcomes.

Public Health Initiatives

- **Vaccination campaigns:** Pharmacists participate in vaccination campaigns to promote public health and prevent the spread of diseases.
- **Medication disposal:** They provide safe and environmentally friendly methods for disposing of unused medications.

Research and Development

- **Clinical trials:** Pharmacists are involved in clinical trials to evaluate the safety and efficacy of new medications.
- **Drug development:** They contribute to the development of new drugs and formulations.

In conclusion, pharmacists are essential healthcare professionals who play a vital role in ensuring the safe and effective use of medications. Their expertise, dedication, and commitment to patient care make them invaluable members of the healthcare team.

Plan Of Work

Table 1:

Sr.No.	Activity	Date
1	Proposal of Awareness Campaign	20 th September 2024
2	Inspection and Approval of Permission from Station In-charge	23 rd September 2024
3	Preparation and Planning	23 rd -24 th September 2024
3	Awareness Campaign on the Station	25 th September 2024
4	Announcement of Report format	2 nd August 2024
5	Submission of Report	10 th October 2024

Brochure:



Maharashtra Educational Society's
H. K. College of Pharmacy
 Jogeshwari(W), Mumbai-102
 NAAC accredited with "A" Grade




In collaboration with Department of Lifelong Learning And Extension Celebrates

World Pharmacist Day 2024

To Inculcate Universal Human Values on
25th September 2024



Theme: Pharmacist Meets Global Health

Events

1. Health Awareness Campaign at Railway Station
2. Awareness on Role of Pharmacist in Society



Mrs. Gipti Chirmade Mrs. Shehnaaz Saksena
 Mrs. Sayli Sawant Mr. Prathmesh Kothawade
Faculty In-charge

Dr. Tushar N. Lokhande
Principal

Vision: To be Recognized as an institution providing quality education in pharmacy to serve the healthcare sector

Picture of the Awareness Campaign:



Image 1



Image 2



Image 3



Image 4



Image 5



Image 6



Image 7



Image 8

Summary of the work

On occasion of World Pharmacist day H.K College of Pharmacy organized an Awareness Campaign at Andheri Station. This campaign was organised by Extension and Outreach Committee in collaboration with Department of Life long learning and Extension (DLLE), to inculcate Universal Human Values. The event was held at Andheri Railway Station. We the students of Third Year Division B, HKCP UHV cell contributed in the program by creating awareness about Diabetes disease, the harmful effects of Drug Abuse and the Role of Pharmacist in society. This campaign was organised under the guidance of Ms. Sayli Sawant, Mrs. Dipti Chirmade and Mr. Prathmesh Kothawade.

Outcome of the work

The outcome of a **drug abuse awareness program** at a railway station was significant in raising public consciousness about the dangers of substance abuse. By providing information, distributing educational materials, and engaging in discussions with travelers, the program effectively reached a diverse audience. Participants gained a better understanding of the risks associated with drug use, as well as resources for help and prevention. Additionally, such initiatives fostered a sense of community responsibility, encouraging individuals to support one another and report suspicious activities. Overall, these programs contributed to reducing stigma, increasing awareness, and promoting healthier choices among the public.

The outcome of a **diabetes awareness program** at the railway station was impactful in raising public awareness about the prevention and management of diabetes. Through the distribution of educational materials, free health screenings, and discussions with travelers, the program reached a wide and diverse audience. Participants gained valuable knowledge about diabetes risks, symptoms, and the importance of early detection and lifestyle changes. The initiative also encouraged individuals to take proactive steps toward better health and seek medical advice if needed. Overall, the program contributed to increased awareness and promoted healthier lifestyle choices among the public.

The outcome of the awareness program about the **importance of pharmacists in society** was successful in enhancing public understanding of their critical role in healthcare. By offering informative sessions, distributing educational materials, and engaging in discussions, the

program reached a broad audience. Participants learned about pharmacists' responsibilities in medication management, patient counseling, and promoting public health. The initiative also highlighted how pharmacists contribute to safer medication use and healthcare accessibility. Overall, the program effectively raised awareness of the vital contributions pharmacists make to community health and wellbeing.

Future Scope

A **drug abuse awareness campaign** offers significant benefits to society by educating individuals about the risks and consequences of substance abuse, promoting healthier lifestyles, and encouraging early intervention. By targeting high-risk groups, such as young people and vulnerable populations, these initiatives foster safer communities, lower crime rates, and reduce the financial burden on healthcare and legal systems. Ultimately, drug abuse awareness campaigns contribute to a more informed and resilient society.

A **diabetes awareness campaign** offers numerous benefits by educating people on the prevention, early detection, and effective management of diabetes. These initiatives help reduce the incidence of diabetes by encouraging healthy lifestyle changes such as better diet and regular exercise. They also promote early screening, which can lead to timely intervention and prevent complications. By increasing public knowledge, this campaign empower individuals to make informed health decisions and can reduce healthcare costs associated with treating advanced diabetes-related conditions. Overall, diabetes awareness campaign contribute to a healthier, more informed society.

Explaining the role of pharmacists in society is crucial as it highlights their integral part in healthcare beyond just dispensing medications. Pharmacists ensure the safe and effective use of drugs, provide valuable advice on medication management, and educate patients on proper dosage and potential side effects. They play a key role in preventing drug interactions, guiding chronic disease management, and offering immunization services. By understanding the pharmacist's role, people are more likely to utilize their expertise, leading to improved medication adherence, better health outcomes, and reduced pressure on doctors and emergency services.

Acknowledgement

We are grateful for the support of Maharashtra Education Society's Humera Khan College of Pharmacy who presented us with the platform to speak out and to make people aware about about the role of a Pharmacist in their life and the whole society. More gratitude to our Principal, Dr.Tushar Lokhande, for overseeing such initiatives. We appreciate the hard work of our guides, Ms. Sayli Sawant, Mrs. Dipti Chirmade and Mr. Prathmesh Kothawade, who inspected and sought permission from the Station Authority as well as for guiding us for the proper and smooth conduct of the campaign.

UHV Project Report
On**Topic:** Yoga Training at Madhavbaug, Hospital, (Khopoli).Third Year B. Pharmacy Div: B Semester: V Academic Year: 2024-25.**Name of students:**

Sr. No.	Roll Number	Name	Sign
1	62	Sayed Meezan Fatima	<u>Meezan</u>
2	88	Singh Rishita Rajkumar	<u>Rishita</u>
3	89	Singh Stuti Ashok	<u>Stuti</u>
4	99	Vishwakarma Priyam	<u>Priyam</u>
5	100	Vishwakarma Shweta	<u>Shweta</u>

Name of Project Supervisor:

Mrs. Dipti H. Chirmade.



Signature:

Principal

Dr. Tushar Lokhande

PRINCIPALH. K. COLLEGE OF PHARMACY
Jogeshwari (W), Mumbai - 400 102**College Seal:**

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Date: 06th October 2024

Title: Yoga Training

Objectives:

- The objective of Yoga training is to educate individuals about the benefits of yoga in physical health and fitness through various yoga postures and techniques.
- Enhancing concentration, mental clarity, and mindfulness through breath control and meditation practices.
- Cultivating emotional resilience and inner peace through self-awareness, acceptance, and a balanced approach to life.
- Yoga is also a pathway toward spiritual development, self-discovery, and a deeper connection with oneself and the world around them.

Introduction:

ॐ असतो मा सद्गमय,
तमसो मा ज्योतर्गमय,
मृत्योर्मागमयतं,
ॐ शान्तिः शान्तिः शान्तिः.

Yoga is a spiritual practice that combines the mind, body, and breath to improve health. It's a science and art of living that aims to create harmony between the mind and body. The word "yoga" comes from the Sanskrit word yuj, which means "to join" or "to unite".

Here are some things to know about yoga:

➤ **History**

Yoga is believed to have originated at the beginning of civilization. Evidence of yoga's existence dates back to the pre-Vedic period (2700 B.C.). The period between 500 BC and 800 A.D. is considered the most prominent period in yoga's history.

➤ **Components**

Yoga includes physical postures, breathing exercises, deep relaxation, and meditation.

Yoga encourages a positive and healthy lifestyle for the physical, mental and emotional health of children. Yoga helps in the development of strength, stamina, endurance and high energy at the physical level. It also empowers oneself with increased concentration, calm, peace and contentment at a mental level leading to inner and outer harmony. With the help of yoga, you can manage daily stress and its consequences.

Yoga brings stability to the body and the wavering mind. Yoga practice is safe and can bring many health benefits to practitioners. The beauty of Yoga is that it can be practised by anyone. It doesn't matter how old you are or what shape you are in. Yoga increases an individual's physical coordination and promotes better posture. It helps stimulate the circulatory system, the digestive process as well as the nervous and endocrine systems. Yoga is dynamite to make you feel younger, refreshed and energetic.

Yoga is the perfect example of holistic health because of its combination of mind and body. Yoga is a multidisciplinary tool extremely useful to purify the mind and body and gain control over our minds and emotions. It is the most popular means for self-transformation and physical well-being.



Fig. 1



Fig. 2

Plan of work:

A Health Excursion to Madhavbaug, Khopoli, on 6th October 2024 was arranged by the Extension and Outreach Committee. The journey to Madhavbaug, Khopoli started when the students and the faculty members were told to report the college at reporting time 6:30 a.m. At 7:25 a.m. our bus departed from the college and journey began to reach to Madhavbaug. At 9:20 the bus arrived at Madhavbaug, Khopoli. After arriving one of the staff member of the hospital came to greet us and to guide us to canteen where we were provided with breakfast. After having our breakfast we were guided to seminar room, where a lecture by Mr. Arun Yadav has been organized to help us to understand the benefits of yoga, advantages of yoga, techniques of doing yoga, components of yoga, etc. Sir also told us about the speciality of Madhavbaug Hospital. After the seminar a CPR Training session has been organized to help us teach the importance of CPR and how to perform it. The CPR training was given by Dr. Tejashree Jadhav. After this session the group of students were divided into 2 groups, 1 group had gone to canteen to eat their lunch whereas the other group has gone for hospital tour visit. After completion of lunch and hospital tour, the students were guided to their respective bus and the bus departed from Madhavbaug at 4:30 p.m.



Fig. 3



Fig. 4

Pictures/Images of the Event/Campaign:



Fig. 5



Fig. 6



Fig. 7



Fig. 8



Fig. 9

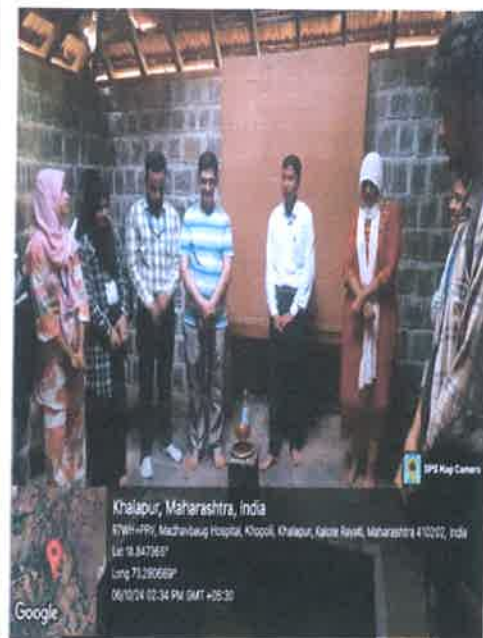


Fig. 10



Fig. 11

Summary of the work:

Health Excursion to Madhavbaug Khopoli, arranged on 6th October 2024 provided an insight about Yoga training and CPR training. On arriving the location healthy breakfast was served to us following a seminar of Yoga and CPR by Dr. Arun Yadav and Dr. Tejashree Jadhav respectively. After having lunch a hospital visit was arranged by the staff to give information about Madhavbaug hospital.

Key Outcome of the Activity:

For Yoga training activity following are the key outcomes:

- Awareness:
Through this activity we got the awareness about how yoga helps to keep one's body fit and healthy.
- Benefits:
Yoga offers a lot of benefits to the body be it flexibility, muscle strength, weight reduction and a lot more.
- Importance:
In today's world yoga plays an important role as it helps the body to relax and remain healthy (physically and even mentally).

Program Outcome:

PO1: Yoga Awareness

PO2: Coordination

PO3: Improves Health, focus and concentration.

PO4: Stress reduction

PO5: Spiritual Growth.

PO6: Calmness and mental peace.

PO7: Deeper connection to self.

PO8: Optimism and happiness

PO9: Better emotional regulation.

PO10: Increases energy and vitality.

PO11: Reduces symptoms of anxiety and depression.

PO12: Improves breathing and lung capacity.

PO13: Healthier lifestyle choices.

PO14: Community building.

PO15: Mindfulness and presence.

Acknowledgements:

This memorable event of Yoga session at Madhavbaug, Khopoli inculcated the physical, mental, emotional, social, community, and personal development benefits. This event was organised by Extension and Outreach committee and the Universal Human Values Cell of Maharashtra Education Society, Humera Khan College of Pharmacy on 6th October 2024. The event literally find beneficial to 60 students attendees and they were accompanied by supervisory professors namely Dr. Priyanka Goswami, Dr. Anagha Raut, Mr. Nihal Shaikh, Mr. Prathamesh Kothawade, Ms. Jayshree Vanshikumari, Ms. Sayli Sawant and respected Principal Sir Dr. Tushar Lokhande. The visit felt a success as a seed of awareness was instilled in student mind.

Ms. Sayli Sawant and Dr. Sheela Yadav

Extension and Outreach Committee

Dr. Tushar Lokhande

Principal