



NATIONAL COLLEGE OF PHARMACY

Approved by Pharmacy Council of India, AICTE, DME & Govt of Kerala
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Criterion 7	INSTITUTIONAL VALUES AND BEST PRACTICES
Key Indicator: 7.2	Best Practice
Metric No : 7.2.1	SARVA SWASTHYA VIDYALAYA /SPIRITUAL SPARKLE VIBE(SSV)

Sr. No.	Particulars
1	HAPPINESS SPREADING TO COMMUNITY
2	AWARENESS PROGRAMS AMONG COMMUNITY
3	AWARENESS CAMPS ON REMOTE AREAS
4	THE HAPPINESS & WELLNESS DEPARTMENT
5	MENTOR-MENTEE SYSTEM
6	ORIENTATION PROGRAMS
7	AESTHETE
8	HAPPY CLASSROOMS
9	GLOBAL CAREER PROGRAMS
10	INDUSTRIAL EXPOSURE
11	PERSONALITY DEVELOPMENT PROGRAMS
12	EXAM SUCCESS CELEBRATION
13	BIRTHDAY CARD DISTRIBUTION
14	HAPPINESS TO STAFFS
15	HAPPINESS THROUGH YOGA



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16	INTERNATIONAL HAPPINESS DAY CELEBRATION
17	HAPPINESS THROUGH HEALTH AND FITNESS
18	NUTRITION AWARENESS PROGRAMS
19	NUTRITIONAL FOOD FEST
20	BALANCED DIET PLAN



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TO WHOMSOEVER IT MAY CONCERN

This is to certify that the information given in the attached documents are verified by me and is true to the best of my knowledge.

Dr. Sujith Varma.K **PRINCIPAL**
Principal National College of Pharmacy
Manassery, Kozhikode
National College of Pharmacy
Manassery, Mukkam, Kozhikode





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Best practice 2:

SARVA SWASTHYA VIDYALAYA सर्व स्वास्थ्य विद्यालय / SPIRITUAL SPARKLE VIBE (SSV)

Objectives

- To promote the well-being of students, staff, and the local community.
- To extend the culture of well-being to nearby 'Vidyalayas' (schools) and the local community
- To enhance academic performance, healthy eating habits, and emotional support among students.
- To create a clean, green, and celebratory campus environment.
- To ensure a happy and healthy workplace and learning ambience where everyone would treat each other with mutual respect and consideration

Context

- In a fast-paced academic environment, student and staff well-being is often neglected. Academic pressures, unhealthy lifestyles, and lack of awareness pose challenges to holistic well-being.
- The nearby schools and local community face similar health and well-being challenges.
- SSV combines balanced diet, fitness programs, awareness programs, and celebrations for students, faculty and the community.

Practice

The SSV practice stands out in Indian higher education due to its holistic approach that integrates physical and mental well-being seamlessly into the academic environment and its extension to the nearby '**Vidyalayas**' (schools) and local community.



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Extension to nearby Vidyalayas (schools) and the local community

- Organizing Nutrition Awareness Programs at Govt Schools in the local community where surveys are conducted on the dietary habits of students and distribute informative leaflets during awareness sessions.
- NCP organised cultural programs followed by nutritious lunches to children at Pratheeksha Special School to support their well-being.
- Furthermore, our National Nutrition Week celebrations include campaigns and counselling sessions for the local community, spreading awareness and promoting healthier lifestyles.

The Happiness & Wellness Department, part of the HR division within KMCT group of Institutions, is dedicated to enhancing the well-being of students. It focuses on two critical aspects:

- **Mental Well-being:** This is structured into three layers:
 1. **Institutional Level:** The Mentor-Mentee System
 2. **Counselor Level:** Counseling sessions with psychologists, with prior consent from parents and the Principal.
 3. **Psychiatrist Level:** Following counseling sessions, if necessary, students may be recommended for psychiatrist consultations.
- **Physical Well-being:** This aspect focuses on promoting physical fitness through activities like Yoga, Sports, Exercise.

NCP celebrates student success with cake cutting ceremonies and awards, promoting a culture of appreciation and recognition.

NCP recognizes student's birthdays by distributing birthday cards through their class teachers.

Psychologists from the **Happiness & Wellness Department** offer counselling during Induction programs at the commencement of each new batch.

Nutritional Food Fest: Annually, NCP hosts the "**NutriQuest**" Food Fest, open to the local community. This highlights the importance of nutritious food for a wholesome lifestyle.



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Balanced Diet Plan: A balanced diet plan to promote a culture of health and wellness within the educational institution and the community.

Organic Produce: - SSV promotes a healthy life style by producing and distributing organic fruits and vegetables among students and staff.

Evidence of Success:

- Positive feedbacks from schools.
- Improved academic performance since implementing the Mentor-Mentee system and well-being initiatives.
- Effectiveness of the orientation program in addressing mental and physical well-being needs.
- Positive feedback on increased concentration and reduced stress levels after participating in well-being programs.
- Positive changes in weight and BMI measurements after fitness programs.
- Steady rise in overall campus participation rates.
- Constructive feedback on balanced diet plans.

Problems Encountered:

- Resource limitations hinder program expansion.
- Stigma surrounding mental health discourages some parents and students from using psychology services.
- The faculty mentors have time management constraints for mentor-mentee interactions.
- Variations in individual dietary habits pose challenges in promoting a universal balanced diet.

Resources Required:

- SSV activities demands more financial and human resources
- Require faculty training programs
- Awareness campaigns to reduce mental health stigma and raise awareness.
- Resources for outreach programs and extension of SSV to Other nearby schools.



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HAPPINESS SPREADING TO COMMUNITY

Spreading happiness to the community is a wonderful endeavor that can have a positive impact on society. Even small acts of kindness can have a ripple effect, spreading happiness throughout our community and making it a better place for everyone to live. NCP organize outreach programs that allow community members to come together and create happy memories.



Community outreach programs



Sujitha
PRINCIPAL

National College of Pharmacy
Manassery, Kozhikode

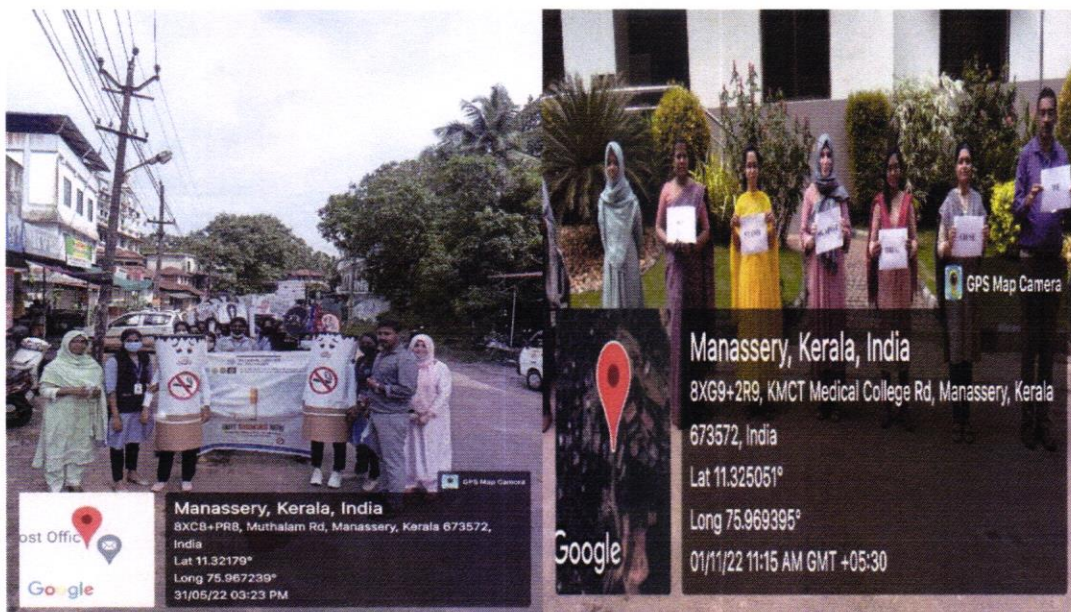


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AWARENESS PROGRAMS AMONG COMMUNITY

NCP promoting various healthcare awareness programs, each addressing specific health-related issues within communities.



Community awareness programs



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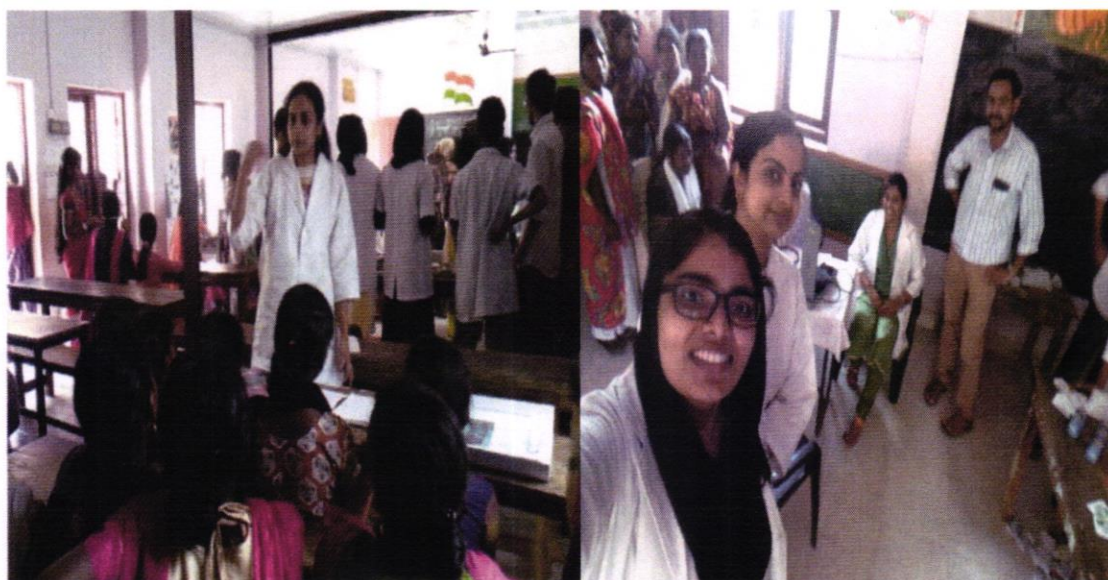


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AWARENESS CAMPS ON REMOTE AREAS

Conducting awareness camps in remote areas can be a valuable way to educate and empower communities on various important topics. Awareness camps in remote areas can make a significant difference in improving the quality of life for the communities and can create a positive and lasting impact.



Awareness camps on remote areas



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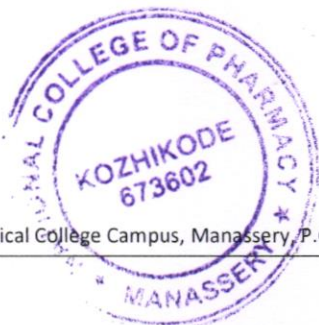
THE HAPPINESS & WELLNESS DEPARTMENT

MENTOR-MENTEE SYSTEM

The Mentor-Mentee system assigns each student a faculty mentor from enrollment to graduation. Mentors maintain records of their mentees, enabling them to identify and address stress and anxiety levels through regular interactions. Maintain regular and open communication. Schedule meetings to discuss progress, challenges, and questions. Mentors can recommend books, articles, workshops, or conferences that can aid the mentee's professional development.

Mentor		Mentee	
NATIONAL COLLEGE OF PHARMACY, MANASSERY MENTORSHIP PROGRAMME			
Mentor Name:	ATHIRA A	Mentee Name:	SABARISH P
Designation:	ASST PROFESSOR	Sex:	MF
Department:	PHARMACEUTICS	DOB:	1806
		Course:	B-Pharm
		Year of admission:	2018
		12 th syllabus:	CBSE/State/others
		12 th mark percentage:	51%
		Moblie no:	6238505569
		Hobbies:	
Parents details Father Name: VIJAYAN P Occupation: Abroad Mob. No: Mother Name: SEETHI P Occupation: IT-SECTOR Mob. No: 9497271219		Address for correspondence PANACHIKUNATH (HO) KACHIRIPADI MANASSERY (PO - 676121)	
Name and address of local guardian (if any) KACHIRIPADI PANACHIKUNATH (HO) KACHIRIPADI MANASSERY			

Form for Mentorship program



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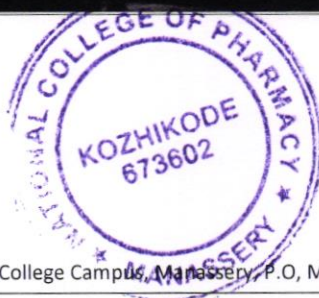
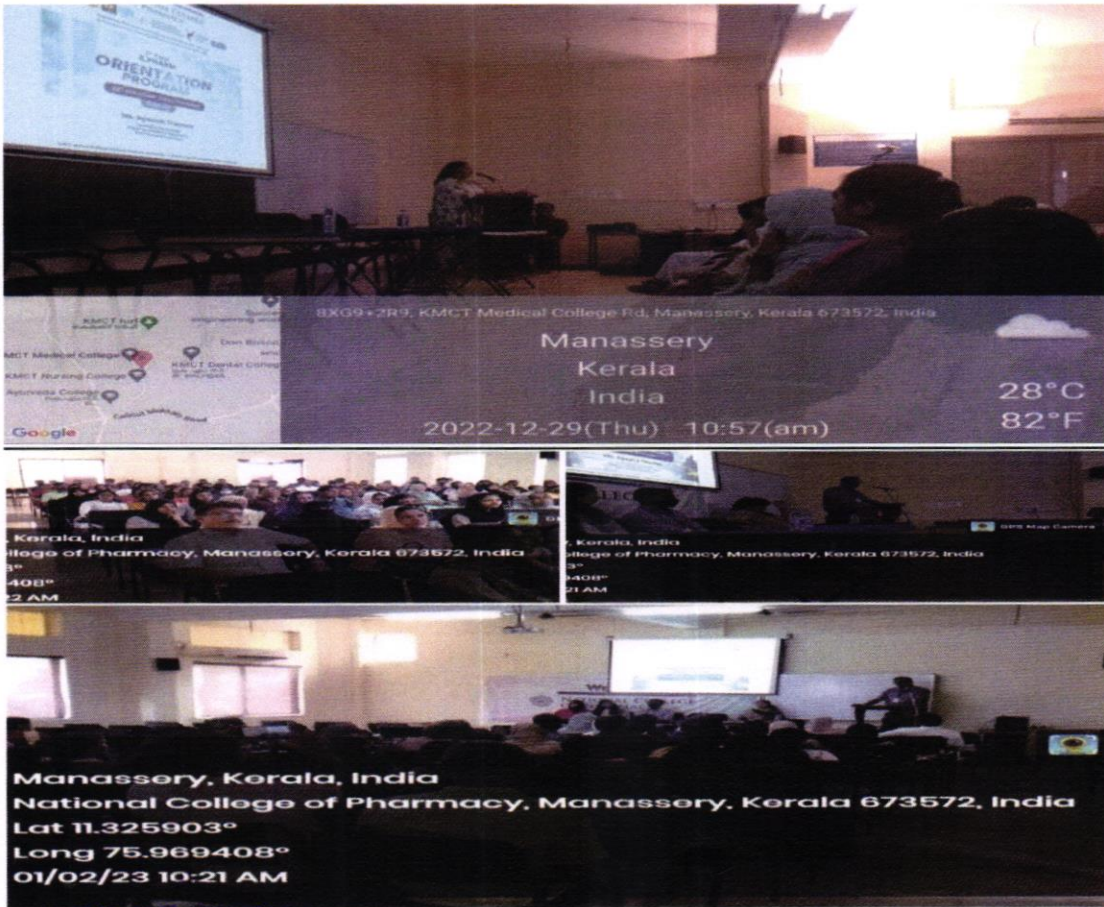


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ORIENTATION PROGRAMS

NCP offers orientation programs at the commencement of each new batch in collaboration with the Happiness and Wellness initiatives to reduce anxiety and stress among students, fostering a positive and contented learning environment.



Orientation programs at NCP

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AESTHETE

A specific area of NCP named “ AESTHETE” is arranged with beautiful seats under the canopy of green lush. The area is provided with cafeteria serving flavorsome snacks so that the students and faculties who spend their leisure time enjoying greenery, peace and freshness around them.



Students enjoying leisure time at aesthete



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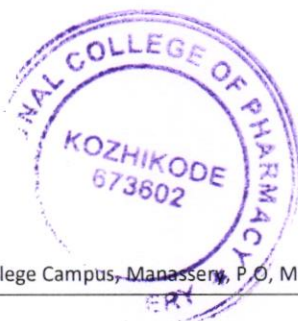
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HAPPY CLASSROOMS

NCP encourage active participation and open discussions, allowing students to express their thoughts and questions freely and creates a welcoming and inclusive atmosphere where students feel comfortable sharing their ideas and opinions without fear of judgment. Utilize technology to enhance the learning experience, such as incorporating e-learning platforms. NCP recognize and celebrate student achievements and milestones to boost morale and motivation. NCP establish open channels for feedback from students and faculty to continuously improve the quality of education and classroom experiences. Tailor teaching methods to individual student needs, allowing for personalized learning experiences. NCP invites guest speakers from the pharmaceutical industry to provide real-world insights and inspiration to students.



Classroom at NCP



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GLOBAL CAREER PROGRAMS

NCP offers opportunities for students to gain global exposure through internships, study abroad programs, or pharmacy rotations in different countries. Programs provide training and coursework that can help students prepare for pharmacist licensure exams in multiple countries, facilitating the ability to practice pharmacy internationally.

Global Career Guidance Programme
Topic: **GLOBAL CAREER OPPORTUNITIES & PLACEMENT FOR PHARMACY STUDENTS**
30th May 2023
1:30 PM to 3:30 PM

RESOURCE PERSON
Mr. Deepak Luthra
Director Admissions
Griffith College, Ireland

RESOURCE PERSON
Mr. Sony Akkara
International Certified Career Coach
Founder & Executive Director,
EasyLink Academy

Organized by Placement Cell, National College of Pharmacy

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KMCT Medical College Campus, Mukkam, Kozhikode - 673602 | www.nationalcollegeofpharmacy.org

8XG9+7M8, Manassery

Global career programs at NCP



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INDUSTRIAL EXPOSURE

Industrial exposure is crucial for pharmacy students to gain practical experience and prepare for careers in the pharmaceutical industry. NCP have programs that connect students with practicing pharmacists in the pharmaceutical industry for mentorship and guidance. It include visits to pharmaceutical manufacturing facilities, research labs, and distribution centers to see the production and quality control processes firsthand.



Pharmaceutical Industrial visit

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PERSONALITY DEVELOPMENT PROGRAMS

Personality development programs in NCP aims to enhance students' personal and professional skills, ensuring they are well-rounded and prepared for their future careers. These programs are designed to complement the technical knowledge and clinical skills that pharmacy students acquire during their education, ultimately preparing them to excel in their careers and interact effectively with patients and colleagues.



SEMINAR ON :

**PERSONALITY DEVELOPMENT,
BUILDING ETIQUETTE,
CLUSTER CONFIDENCE, GENERAL FITNESS**

01st March, 2023
Wednesday, 10:30 AM to 12:30 PM

Resource Persons

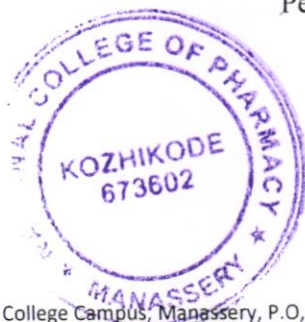

Rabeesh Bhaskaran
Business Strategist &
Motivational Speaker

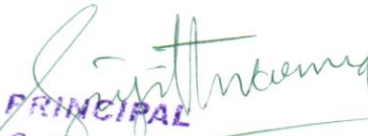

K. Akshay Kumar
General Fitness (Bodybuilding,
Yoga Cross Fit)

ENGLISH
www.english.com

Organized by IQAC, IIC, Dept. of Pharmaceutics, National College of Pharmacy

Personality development programs at NCP




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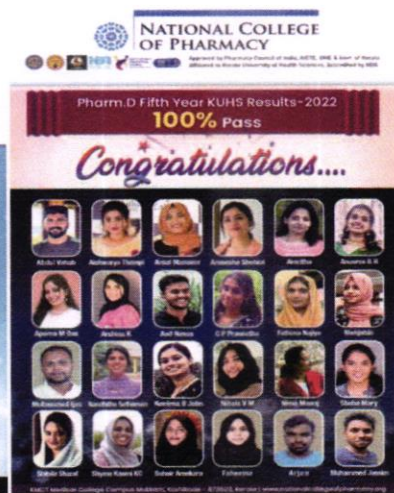
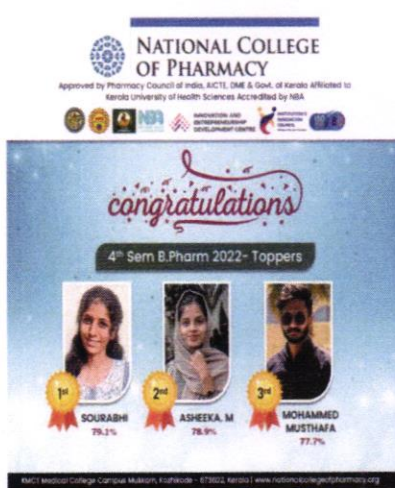


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EXAM SUCCESS CELEBRATION

NCP rewards students on accomplishment of their exams success through cake cutting. Recognize outstanding academic achievements and contributions to the college with awards and certificates during a special ceremony. Collaborate with college administrators, student associations, and faculty to plan and execute these celebrations successfully.



Exam celebrations at NCP

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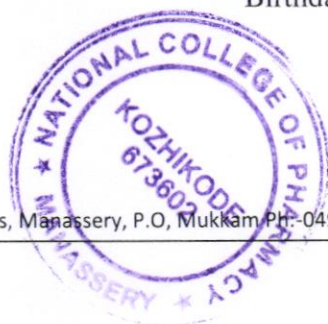
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BIRTHDAY CARD DISTRIBUTION

NCP introduce a unique and personalized Birthday Card Distribution event. Each student's birthday is a significant occasion, and our dedicated teachers want to make it even more memorable. Our teachers understand the importance of birthdays as a time for celebration and reflection. Alongside their signatures, each card will include warm wishes and words of encouragement.



Birthday Card Distribution



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HAPPINESS TO STAFFS

Working in academia, especially in the demanding field of Pharmacy, can be challenging. Recreation activities provide an essential outlet for staff to unwind, destress, and recharge their minds and bodies. Participating in recreational activities fosters better team dynamics among our staff members. It encourages collaboration, communication, and the development of positive relationships beyond the workplace.



Recreation programs for staffs at NCP



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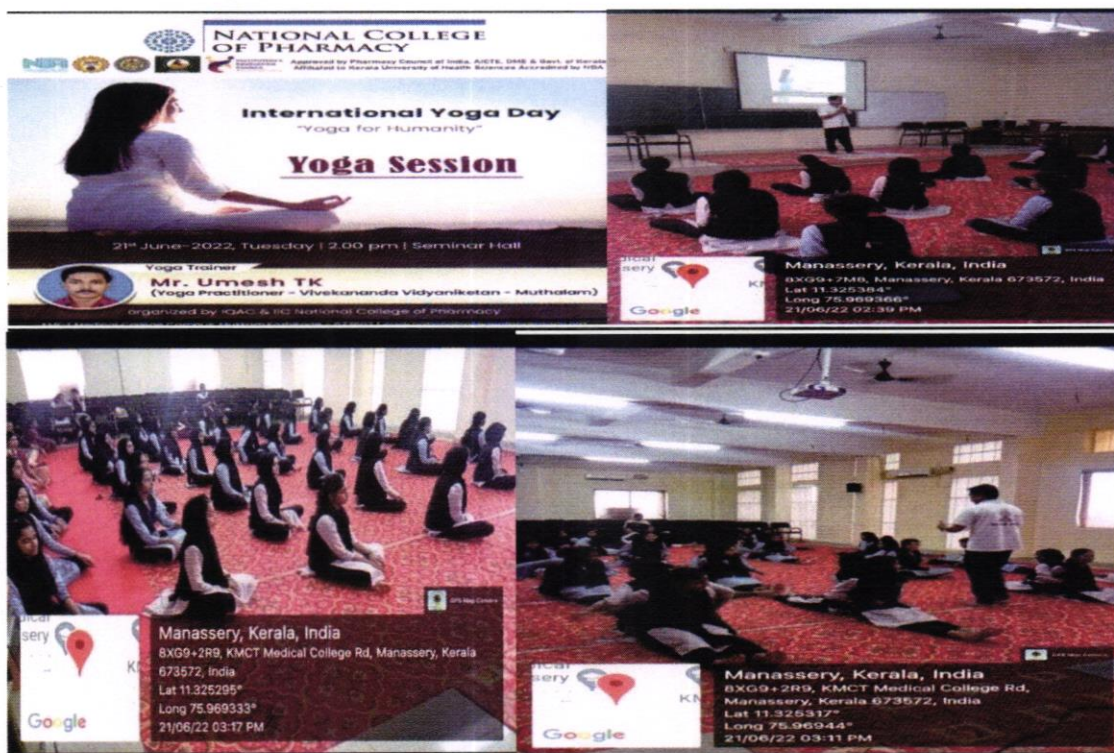


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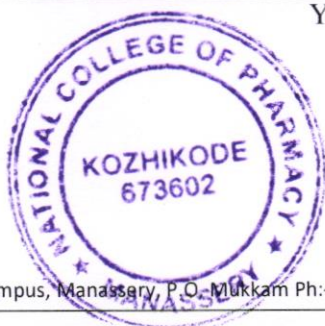
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HAPPINESS THROUGH YOGA

Celebrating International Yoga Day can be a great way to promote holistic health among students. Yoga has its roots in Indian culture and philosophy. Celebrating Yoga Day can foster cultural appreciation and diversity among students, promoting physical well-being by improving flexibility, strength, and posture, reduce physical tension, effective stress in management. National College of Pharmacy organize yoga sessions, workshops, and awareness programs to highlight the physical and mental benefits of yoga lead by certified yoga instructor.



Yoga session at NCP



Srinithyama
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National College of Pharmacy
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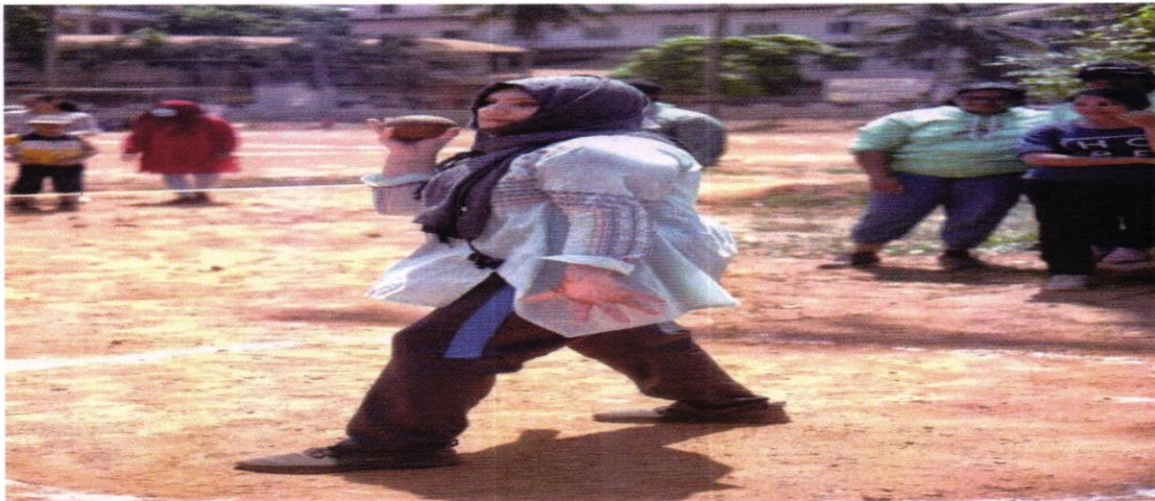
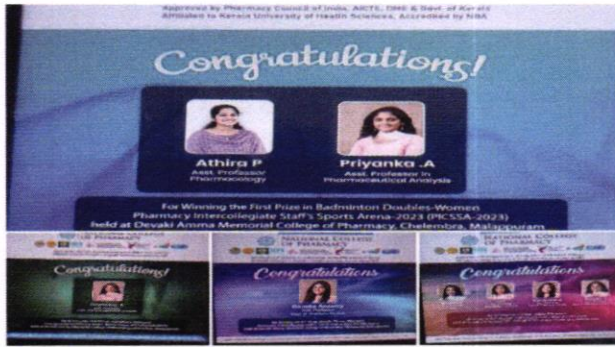


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SPORTS

This Sports Celebration is an opportunity for our college community to come together, celebrate the achievements of our athletes, and build lasting memories.



Sports activities



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INTERNATIONAL HAPPINESS DAY CELEBRATION

National College of Pharmacy celebrates happiness day with a range of cultural that showcased their unique perspectives. To encourage more interaction between students, we organize events from different batches by creating amazing video exhibitions, fun competitions and games, and asked everyone to keep away from their phones for one day.



Happiness day celebration at NCp



Srinivasan
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HAPINESS THROUGH HEALTH AND FITNESS

PharmaZumba is open to all fitness levels, whether you're a seasoned dancer or have never tried Zumba before. Our instructor will guide you through the moves and ensure a comfortable experience for everyone. Between dance routines, we'll share valuable health and wellness tips, including advice on maintaining a balanced diet, staying active, and managing stress—all essential aspects of a healthy lifestyle.



Zumba at NCP



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NUTRITION AWARENESS PROGRAMS

The practice conducts nutrition awareness programs in collaboration with IQAC, IIC, and the Health and Wellness club. These efforts include outreach programs at GUPS Manassery which includes survey on the food habits of girl students, the distribution of informative leaflets and awareness sessions. National Nutrition Week celebrations also enhance awareness through campaigns, seminars, poster presentation and counseling sessions.

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Outreach Program at G.U.P.S, Manassery
in connection with Children's Day

Awareness class on NUTRITION IN GIRL CHILD
INTERACTIVE SESSION WITH STUDENTS

15th November 2022, Tuesday
10.30 am | G.U.P.S, Manassery

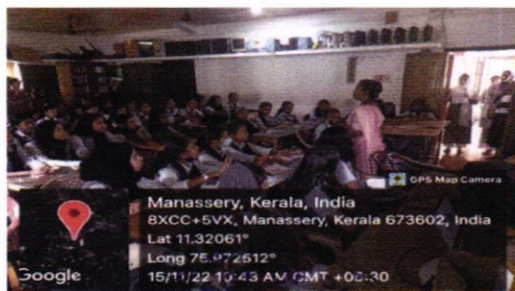
Resource Person
Ms. Dhanya K P
Associate Professor - Dept. of Pharmaceutics
National College of Pharmacy

Organized by Dept. of Pharmaceutics, Dept. of Pharmaceutical Chemistry
IQAC, HC & Health and Wellness Club, National College of Pharmacy
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National Nutrition Week - September 1st - 7th 2022

Seminar on A Trip to Healthy Life
September 1st & 2nd - 2022



Nutrition awareness programs



Srinthomas
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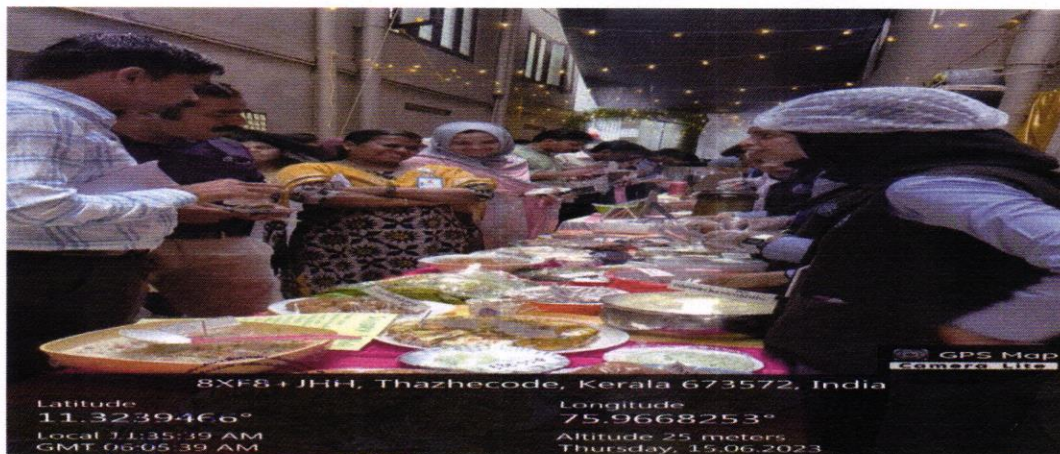
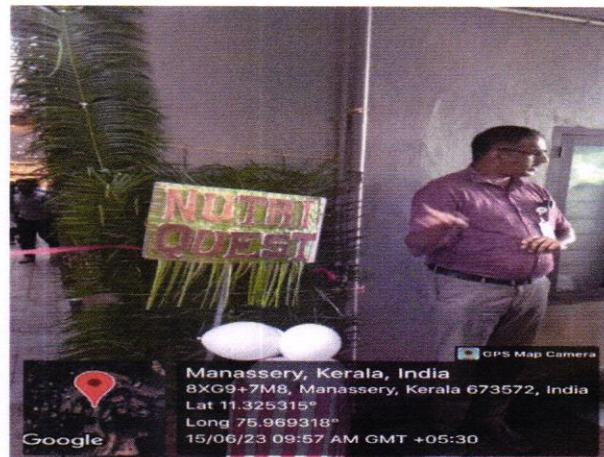
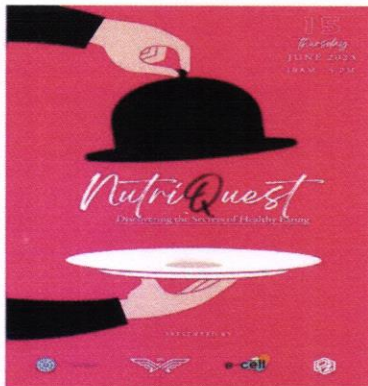


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NUTRITIONAL FOOD FEST

Annually, NCP hosts the NutriQuest Food Fest, a vibrant event that highlights the importance of nutritious food for a wholesome lifestyle. It provides a platform for students and participants to explore, savor, and learn about the pivotal role of nutrition in maintaining robust health and a thriving life.



Nutritional food fest at NCP

[Signature]
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Feed Back Form

Name Athira A
Gender FEMALE Age 30 Date 09/02/22
Phone 9497193757 Email athiramamathale@gmail.com
Address Kulargam Vedu, Parappady, Calicut.

1. Do you have any food allergies or sensitivities?
Yes No
2. Start the day with lukewarm water with lemon and honey?
Yes No
3. Have you ever been on a diet? Yes No
If yes, what diets have you tried?
Fruit Diet.
4. Are you currently following a special diet designed by NCP Health and fitness club
Yes No
If no, what diet are you on?
-
5. How would you rate your current diet?
Excellent Good Fair Poor
6. Has your appetite changed within the past month? Yes No
If yes, please explain: As NCP included fibre rich diet plan really helpful
7. How frequently do you exercise aerobically as per the fitness plan of NCP ?
2 days/week 60 minutes/day
8. Is there any improvements in the vitals? Yes No
If yes, please explain: Improvement in lung capacity, ease in breathing
9. How frequently do you meditate as per the fitness plan of NCP ?
2 days/week 60 minutes/day



Sijithamma

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10. Do you felt any improvement in mental health? Relatively there is ease in stress management

11. Have you increased intake of fruit juices or vegetable juices without added sugar/salt.
 Yes No

12. Which of the following beverages do you terminated completely during the diet plan? (Check all that apply)
Alcohol Soft drinks Soda Coffee Tea

13. How will you rate the overall diet plan
Excellent Good Fair Poor

14. Suggestions
Consider intermittent fasting / frequent meals (smaller) without affecting students for those who prefer it



Sujitha

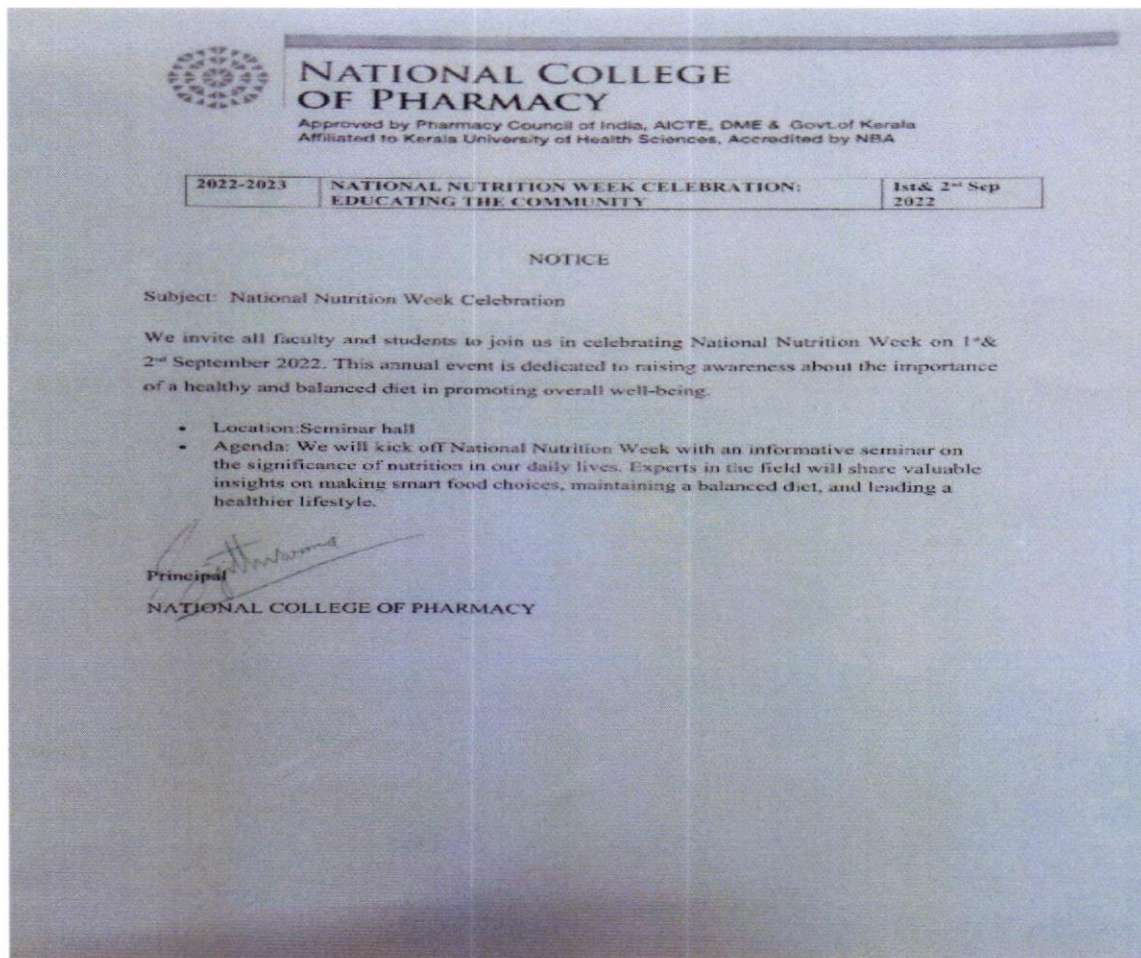
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NATIONAL NUTRITION WEEK



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2022-2023	NATIONAL NUTRITION WEEK CELEBRATION: EDUCATING THE COMMUNITY	1st & 2 nd Sep 2022
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NOTICE

Subject: National Nutrition Week Celebration

We invite all faculty and students to join us in celebrating National Nutrition Week on 1st & 2nd September 2022. This annual event is dedicated to raising awareness about the importance of a healthy and balanced diet in promoting overall well-being.

- Location: Seminar hall
- Agenda: We will kick off National Nutrition Week with an informative seminar on the significance of nutrition in our daily lives. Experts in the field will share valuable insights on making smart food choices, maintaining a balanced diet, and leading a healthier lifestyle.

Principal
NATIONAL COLLEGE OF PHARMACY

CS CamScanner



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Manassery, Kozhikode



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NATIONAL COLLEGE OF PHARMACY

KMCT Medical College Campus, Mukkam, Kozhikode - 673602



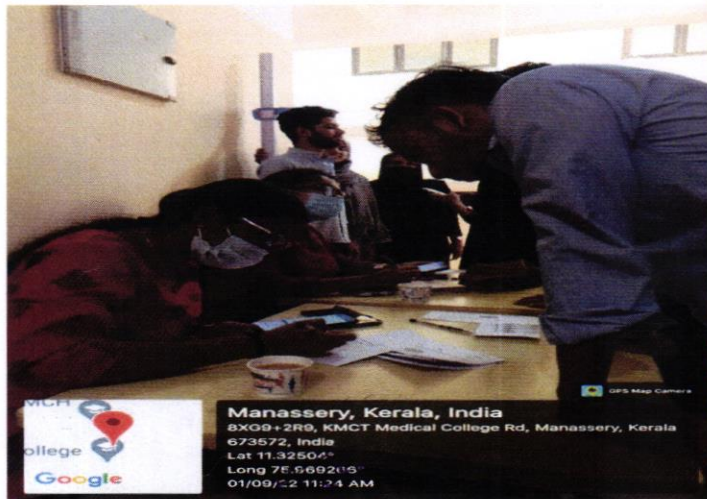
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National Nutrition Week - September 1st - 7th 2022

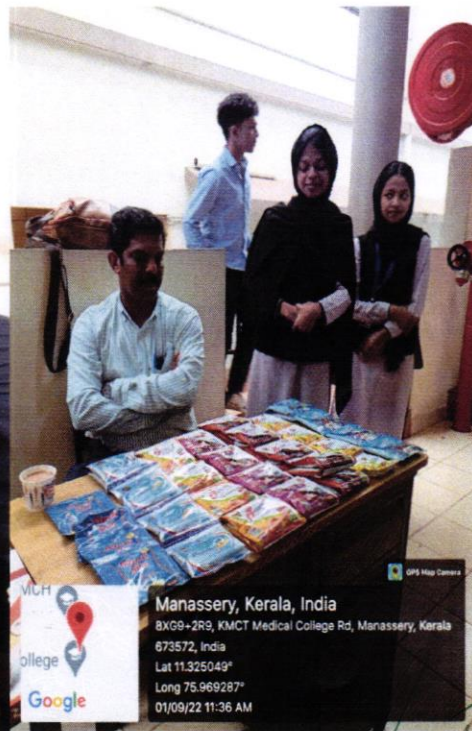


Seminar on A Trip to Healthy Life

September 1st & 2nd -2022



Manassery, Kerala, India
8XG9+2R9, KMCT Medical College Rd, Manassery, Kerala
673572, India
Lat 11.32504°
Long 75.96928°
01/09/22 11:24 AM



Manassery, Kerala, India
8XG9+2R9, KMCT Medical College Rd, Manassery, Kerala
673572, India
Lat 11.32504°
Long 75.96928°
01/09/22 11:36 AM



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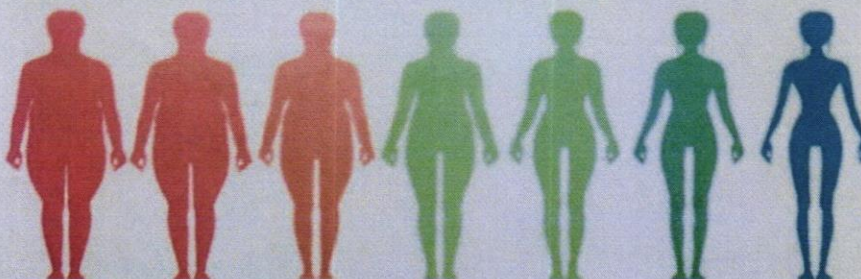


International Nutrition Week Programme

Name : Sona.V Age : 21 Sex: female
Height : 160 cm
Weight : 52 kg BMI: 20.3

Body Mass Index

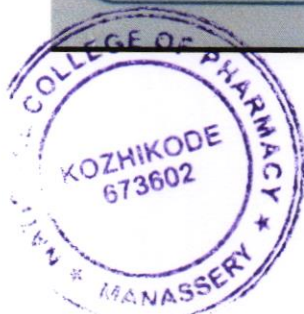
$$\text{BMI} = \frac{\text{BODY MASS}}{\text{HEIGHT}^2}$$



40> obesity third degree	35-40 obesity second degree	30-35 obesity first degree	25-30 weight over	18,5-24 norm	16-18,5 body weight deficit	16< body mass deficit
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According to CDC, body mass index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can be an indicator of high levels of body fats. It can be used to determine if a person has normal weight, is overweight or obese.

BMI Analysis



Sigit
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