

3. Life skills

**(Yoga, Physical fitness,
Health and Hygiene)**

Criterion/KI/Metric No. ACP/SSOP/Criteria 5/16/18/24

Sl. No. **007**

Internal Quality Assurance Cell
Al Shifa College of pharmacy
Kizhatoor, Perinthalmanna,
Malappuram, Kerala- 679325

In House Programme - Event Record Sheet – 2024-2025

Date: 16/12/24

1. Name of the Event: ONE DAY WORKSHOP ON PHARMACY PERSPECTIVES: COMPREHENSIVE JOURNEY THROUGH HEALTH CARE.
2. Name of the Dept /Club organizing the Event: SSOP
3. Date/s of the event:- 16/12/24
4. College level/State/Regional/National/International: college
5. Nature of the event:
(Seminar/Invited lecture/workshop/Interaction etc): workshop
6. Venue: ACP Auditorium
7. Sponsors/Collaboration, if any: —
8. Fund received (from agency, if any): —
9. Chief Guest/s: —
10. Speaker/s: Mrs. Rajesh Thakkerchandrabai
11. Coordinator/s: Mrs. Ajithchandrabai, Mrs. Aswathy C, Dr. Shitha Bani
12. Honorarium/ TA paid: ✓
13. Audience Details and Number of Participants: third semester, seventh semester, 1st year 190 D
14. Documents mailed to IQAC(Please put ☒ mark in the concerned column)

- | | | |
|--|---|---|
| a) Circular / Brochure / Flyer <input checked="" type="checkbox"/> | b) List of Participants <input checked="" type="checkbox"/> | c) Programme Report <input checked="" type="checkbox"/> |
| d) Geo tagged Photographs <input checked="" type="checkbox"/> | e) Feedback Form <input checked="" type="checkbox"/> | f) Action Taken Report <input type="checkbox"/> |
| g) Video/Audio Recordings <input type="checkbox"/> | | |

Name & Signature of Programme Coordinator Aswathy C

Documents Checked and Verified by

[Signature]
IQAC Coordinator
AL SHIFA COLLEGE OF PHARMACY
POONTHAVANAM (PO)
MALAPPURAM DIST, KERALA-679325
Email: iqacalshifacollegeofpharmacy@gmail.com



Signature of the Principal

[Signature]
PRINCIPAL
AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM
MALAPPURAM DIST, KERALA

STUDENT AWARENESS PROGRAMME SUPPORTED BY SSGP, AL SHIFA COLLEGE OF PHARMACY

Topic: One day Workshop on Pharmacy Perspectives: A Comprehensive Journey through Health care

Participants: Students of Second year Pharm D, Third Semester and Eighth Semester B Pharm

Date& time: 16th March 2024 – 9.00 pm to 3.30 pm.

Principal

Prof. (Dr) Dilip C

SSGP Co-ordinators

1. Prof. Junise V
2. Dr. Smitha Rani

Student Support & Guidance Programme of ACP

The one-day workshop aimed to offer pharmacy students comprehensive insights into their profession. Dr. Dilip, the Principal, inaugurated the event, setting the tone for the day's proceedings.

Mr. Rajesh Thalapatambath, Senior Manager at Meitra Hospital, delivered several insightful sessions throughout the day, enriching students' understanding of pharmacy practice. The morning session covered topics like Hospital Administration, Pharmacy Structure, Core Functions, Stock Management, Ambulatory Care, and Pharmacy Automation. In the afternoon, discussions centered around Pharmacokinetics Consultation, Medication Safety, Stewardship Programs, Legal/Ethical Concerns, and Professional Ethics. The students actively engaged in interactive discussions, case studies, and practical demonstrations led by the speaker.

Professor Junise acknowledged Mr. Rajesh Thalapatambath's valuable contributions to the workshop and in the field of pharmacy. Mr. Ajith Chandran expressed gratitude to all attendees, speakers, and organizers for their

contributions, ensuring the smooth conduct of the workshop. Mrs. Aswathy C efficiently coordinated the event, ensuring seamless execution of various activities.

Internal Quality Assurance Cell (IQAC)

ONE DAY WORKSHOP ON PHARMACY PERSPECTIVES

A COMPREHENSIVE JOURNEY THROUGH HEALTHCARE



SPEAKER
Mr. RAJESH THALAPPARAMBATH
Senior Manager- Pharmacy Operations,
Meittra Hospital, Kozhikode

 **16th March 2024**

 **09 AM - 04 PM**

 **Multi Purpose Auditorium**

MODULES

- Anatomy of a healthcare system- 40 min
- Hospital Pharmacy system in modern hospitals- 40 min
- Pharmacy automation and Healthcare Informatics- 40 min
- Clinical Pharmacists: What do we expect- 40 min
- Specialized services in Pharmacy Practice-40 min
- Medication Safety- 40 min
- Healthcare quality and accreditations -40 min

Organised By:
SSGP & IQAC

Coordinators:
Mr. Ajith Chandran | Ms. Aswathy. C. | Dr. Smitha Rani



AL SHIFA COLLEGE OF PHARMACY

(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)
Kizhattur, Perinthalmanna. Pin: 679 325

A⁺ GRADE
QAS - KUHS

NAAC
ACCREDITED

nirf
NATIONAL
RANKING

ISO
9001:2015

ASSOCIATION
OF PHARMACY
SCHOOLS

**INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE**

Internal Quality Assurance Cell (IQAC)

ONE DAY WORKSHOP ON PHARMACY PERSPECTIVES A COMPREHENSIVE JOURNEY THROUGH HEALTHCARE



Organised By: SSGP & IQAC



AL SHIFA COLLEGE OF PHARMACY

(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)

Kizhattur, Perinthalmanna. Pin: 679 325

A+ GRADE
QAS - KUHS



NAAC
NATIONAL ACADEMIC ACCREDITATION COUNCIL

nirf
NATIONAL INSTITUTE RANKING FRAMEWORK




**INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE**

8TH SEM B.PHARM STUDENTS LIST

| No | Student ID | Name | Signature |
|----|------------|-----------------------|---|
| 1 | 20190056 | ABU RAJAH K P | |
| 2 | 20190065 | AFEEFA T T | |
| 3 | 20190122 | AISWARYA U P | |
| 4 | 20190012 | AJMALA | |
| 5 | 20190116 | ALEENA M | |
| 6 | 20190022 | AMANA SHIRIN K | |
| 7 | 20200609 | ANJITHA A | |
| 8 | 20190395 | ANUJA THOMAS | |
| 9 | 20190059 | APARNA P N | |
| 10 | 20190109 | ASHIK TAJ | |
| 11 | 20190026 | ASHIKA S | |
| 12 | 20190009 | ASHLEY JOHN | |
| 13 | 20190007 | ASNA KAPPIL | |
| 14 | 20190392 | ASWIN K | |
| 15 | 20190102 | BABY HASEENA T.M | |
| 16 | 20190394 | Dinya M | |
| 17 | 20190018 | FADHIYA C | |
| 18 | 20190053 | FASNA C | |
| 19 | 20200004 | FATHEMATH NISA | |
| 20 | 20200003 | FATHIMA AFNA | |
| 21 | 20190025 | FATHIMA ASHANA | |
| 22 | 20190028 | FATHIMA FIDHA N.P | |
| 23 | 20190035 | FATHIMA HASNA |  |
| 24 | 20190217 | FATHIMA HIND SHAREEF | |
| 25 | 20190173 | FATHIMA JINSHA E K |  |
| 26 | 20190064 | FATHIMA RAJIYYA V P | |
| 27 | 20190023 | FATHIMA SHAHALA M | |
| 28 | 20190055 | FATHIMA SUHAIRA P | |
| 29 | 20190046 | FATHIMATH ASHIFA | |
| 30 | 20190047 | FATHIMATH FOUSIYA M K | |
| 31 | 20190171 | FATHIMATH NAFLA M | |
| 32 | 20190219 | FATHIMATHU THAJUNNISA | |

| | | | |
|----|----------|--------------------------|--------------|
| 33 | 20190060 | FIZA MARIYAM | |
| 34 | 20190004 | FOUSIYA A | |
| 35 | 20190027 | HANEENA P T | |
| 36 | 20190057 | HISANA THASNEEM.K | |
| 37 | 20190220 | HIZANA | |
| 38 | 20190051 | HUDHA THASNEEM | |
| 39 | 20190019 | HUSNA FIDHA V K | <i>Husna</i> |
| 40 | 20190048 | IRFANA NISA A.C | |
| 41 | 20190054 | JASNA C | |
| 42 | 20190125 | JINOY K V | |
| 43 | 20190132 | MAJID YOUSUF | <i>Majid</i> |
| 44 | 20190192 | MAJIDHA NASRIN A | |
| 45 | 20190068 | MARVA N | |
| 46 | 20190108 | MELAN SURESH | |
| 47 | 20190077 | MOHAMED SHAMEER K P | |
| 48 | 20190006 | MOHAMED ZAFAL.M | |
| 49 | 20190076 | MOHAMMED ANSITH P P | |
| 50 | 20190372 | MOHAMMED ARSHAD | |
| 51 | 20190343 | MOHAMMED JASIM | |
| 52 | 20190218 | MOHAMMED MUHSIN | |
| 53 | 20190024 | MOHAMMED MURSHID.P | |
| 54 | 20190131 | MOHAMMED SHAHINSHA P | |
| 55 | 20190039 | MUHAMED ASHIQ | |
| 56 | 20190107 | MUHAMMAD ALI | |
| 57 | 20190067 | MUHAMMED ANSHID K | |
| 58 | 20190193 | MUHAMMED FASIL | |
| 59 | 20190198 | MUHAMMED IJAS K | |
| 60 | 20190177 | MUHAMMED SHAHIN SHAN V A | |
| 61 | 20190127 | MUHSINA A | |
| 62 | 20190069 | MURSHIDA | |
| 63 | 20190113 | MUSHRIFA NASRIN P | |
| 64 | 20190075 | NAJIYA FAIZAL P T | |
| 65 | 20190169 | NAJIYA M P | |
| 66 | 20190124 | NANDHANA | |

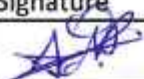
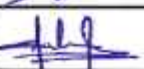




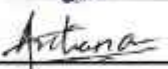

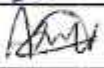






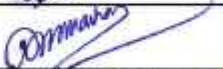
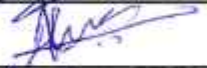



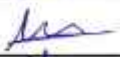




| | | | |
|-----|----------|---------------------|---------|
| 67 | 20190197 | NASIYA ABDUL KADER | |
| 68 | 20200005 | NIDHA P | |
| 69 | 20200613 | RABEEH ALI M K | |
| 70 | 20200209 | RAMEESA M | |
| 71 | 20190063 | RANIYA | |
| 72 | 20190176 | RANIYA PANTHALINGAL | |
| 73 | 20190168 | RASHIDA P N | |
| 74 | 20190066 | REBEEA V M | |
| 75 | 20190119 | RESHMA BAIJU | |
| 76 | 20190114 | RESHMA DEVASIA | |
| 77 | 20190062 | RINSHA K | |
| 78 | 20190194 | RINSHANA K.K | |
| 79 | 20190058 | RINSI CP | |
| 80 | 20190038 | RISVANA JALEEL | |
| 81 | 20190120 | RUVAIDA DANIYA | |
| 82 | 20190190 | SALMANUL FARIS M | |
| 83 | 20190195 | SANA MOHAMED | |
| 84 | 20190061 | SHABANA ISMATH | |
| 85 | 20190371 | SHABANA YASMIN K | |
| 86 | 20190216 | SHAHANAS SHERIN C | |
| 87 | 20190020 | SHAHEEDA N | |
| 88 | 20190215 | SHAHEEN C | |
| 89 | 20190191 | SHAHEERA | |
| 90 | 20200606 | SHAHID BABU M | |
| 91 | 20190174 | SHAHLA JASMIN | |
| 92 | 20190214 | SHAHNA SHERIN K P | |
| 93 | 20190070 | SHAMEEMA | |
| 94 | 20190196 | SHANIBAH THASNI | |
| 95 | 20190221 | SHEFANA KOORIKKADEN | Shefana |
| 96 | 20200002 | SHIFA T | |
| 97 | 20190172 | SHIFANA THASNEE T | |
| 98 | 20190052 | SHIJIYA SHIRIN.K | |
| 99 | 20190049 | SHUBAIBA SHANIN | |
| 100 | 20190008 | SIDHARTH P | |

| | | | |
|-----|----------|---------------|---|
| 101 | 20200612 | SNEHA K T | |
| 102 | 20190163 | SNEHA M | |
| 103 | 20190050 | SOORYA P |  |
| 104 | 20200604 | SREERESMI.P | |
| 105 | 20190017 | SUHAIL A | |
| 106 | 20190021 | THAHANI | |
| 107 | 20190178 | VINAY P | |
| 108 | 20190126 | VINAYA ANTONY | |








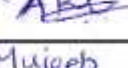
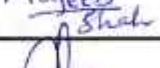

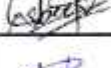






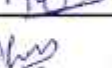
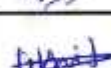

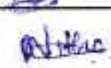


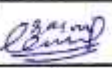






STUDFENTS LIST -2ND YEAR PHARM.D

| No | Student ID | Name | Signature |
|----|------------|------------------------|---|
| 1 | 20210203 | AL NAZEEM K |  |
| 2 | 20220411 | ANJANA SAJI |  |
| 3 | 20220524 | ANSILA THASNEEM V A | |
| 4 | 20220410 | APARNA BALACHANDRAN A | Absent |
| 5 | 20220397 | ASHIK SHIJU |  |
| 6 | 20220396 | FATHIMA HIBA P |  |
| 7 | 20220438 | FATHIMA NASHWA AMEER | |
| 8 | 20220393 | FATHIMA RIDA N | |
| 9 | 20220395 | FATHIMA SHANA C P | |
| 10 | 20220408 | FATHIMATHUL HIBA P P |  |
| 11 | 20220399 | GOWRI P B |  |
| 12 | 20220445 | ISTHIYAQ AHAMED S |  |
| 13 | 20220407 | JISHNA K V |  |
| 14 | 20220521 | MEHRA THAJ | Absent |
| 15 | 20220403 | MIRNA | |
| 16 | 20220398 | NASIF NOUFAN M |  |
| 17 | 20220409 | NEHA SHIBU | Absent |
| 18 | 20220443 | NIDHA RABIYA |  |
| 19 | 20220439 | NIMNA MEERA YOUSUF |  |
| 20 | 20220400 | RAIMA ROSE E |  |
| 21 | 20220441 | RIYA |  |
| 22 | 20220392 | SHADAN T |  |
| 23 | 20220405 | SHAFNA TK |  |
| 24 | 20220404 | SHAMMA |  |
| 25 | 20220440 | SHARON ROSHAN SEQUAIRA |  |
| 26 | 20220442 | SHIFNA P S | |
| 27 | 20220520 | SHIYANA | |
| 28 | 20220412 | SIVANI MP |  |
| 29 | 20220402 | SREEJITHA WARRIER J S | |
| 30 | 20220406 | SWALIH N |  |

STUDENTS LIST - THIRD SEM B.PHARM

| No | Student ID | Name | Signature |
|------|------------|----------------------------|---|
| ✓ 1 | 20220495 | ADHIL MOHAMMED K |  |
| ✓ 2 | 20220429 | AFLA SHARIN |  |
| 3 | 20230694 | AKHIL O | |
| ✓ 4 | 20220510 | AMEENA FAYISA ABDUL MAJEED |  |
| ✓ 5 | 20220421 | AMINA MAWIYA N |  |
| ✓ 6 | 20220487 | ANITA BIJU |  |
| ✓ 7 | 20220422 | ANITTA JOHN |  |
| ✓ 8 | 20220592 | ARCHANA M S |  |
| ✓ 9 | 20220436 | ARSHA P |  |
| ✓ 10 | 20220589 | ARYA C DAS |  |
| 11 | 20230696 | ASWATHY S S | |
| ✓ 12 | 20220416 | AYISHA RAHSA JUNAS K |  |
| ✓ 13 | 20220608 | AYISHA RANA AFSAL |  |
| ✓ 14 | 20220531 | AYSHA KOUKAB |  |
| ✓ 15 | 20220491 | AYSHA NOWREEN |  |
| ✓ 16 | 20220609 | DEBIYA |  |
| ✓ 17 | 20220431 | FARHA K T |  |
| ✓ 18 | 20220477 | FARHANA PALAKKA PARAMBIL |  |
| ✓ 19 | 20220437 | FATHIMA AFREENA K P |  |
| ✓ 20 | 20220529 | FATHIMA FAMINA M |  |
| ✓ 21 | 20220496 | FATHIMA FIDHA |  |
| ✓ 22 | 20220451 | FATHIMA HIBA T |  |
| ✓ 23 | 20220427 | FATHIMA JASMIN |  |
| ✓ 24 | 20220607 | FATHIMA NAFLA B P |  |
| 25 | 20230695 | FATHIMA NAJA C | |
| ✓ 26 | 20220603 | FATHIMA NOORA V |  |
| ✓ 27 | 20220378 | FATHIMA RINSHA |  |
| 28 | 20220419 | FATHIMA SAFNA M C |  |

| | | | |
|------|----------|--------------------------|-----------|
| ✓ 29 | 20220467 | FATHIMA SHABNAM V P | Shab |
| ✓ 30 | 20220506 | FATHIMA SHAHINA P | Shahina |
| ✓ 31 | 20220426 | FATHIMA SURUMI K P | Surumi |
| ✓ 32 | 20220511 | FATHIMATH FIDHA K V | Fidha |
| ✓ 33 | 20220621 | FATHIMATH RISHANA | Rishana |
| ✓ 34 | 20220428 | FATHIMATH SHURAIFA JEBIN | Shuraifa |
| 35 | 20220492 | FATHIMATHUL ASNA P | |
| ✓ 36 | 20220418 | FATHIMMA RIJA | Rija |
| ✓ 37 | 20220525 | FIJINA T | Fijina |
| ✓ 38 | 20220546 | GOPIKA V S | Gopi |
| ✓ 39 | 20220586 | GREESHMA K P | Greeshma |
| ✓ 40 | 20220512 | HABEEBA K C | Habeeba |
| ✓ 41 | 20220414 | HALA SULAIMAN K P | Hala |
| ✓ 42 | 20220588 | HASMATH | Hasmath |
| ✓ 43 | 20220605 | HIBA O P | Hiba |
| ✓ 44 | 20220413 | HISANA THASNEEM P P | Hisana |
| ✓ 45 | 20220475 | HUDA NIZAR | Huda |
| ✓ 46 | 20220420 | JASMA K | Jasma |
| ✓ 47 | 20220610 | JINSHAN BASHEER | Jinshan |
| ✓ 48 | 20220489 | KADEEJATH SHABANA C P | Kadeejath |
| ✓ 49 | 20230691 | LASMA | Lasma |
| ✓ 50 | 20220547 | MALAVIKA PRADEEPAN | Malika |
| ✓ 51 | 20220583 | MARWA SHERIN M V | Marwa |
| ✓ 52 | 20230693 | MEHARIN P V | Meharin |
| ✓ 53 | 20220611 | MINHA FATHIMA | Minha |
| ✓ 54 | 20220579 | MOHAMED JASEEM P T | Mohamed |
| ✓ 55 | 20220606 | MOHAMMED AHANSHAH V M | Mohammed |
| ✓ 56 | 20220453 | MOHAMMED BASIM | Mohammed |
| ✓ 57 | 20220613 | MOHAMMED HAFEES P | Mohammed |
| ✓ 58 | 20220504 | MOHAMMED RAYYAN | Mohammed |

| | | | |
|----|----------|---------------------------|---|
| 59 | 20220488 | MOHAMMED SALIM |  |
| 60 | 20220612 | MOHAMMED SANJID A P |  |
| 61 | 20220425 | MOHAMMED SHANIL |  |
| 62 | 20220505 | MUFLIH M |  |
| 63 | 20220458 | MUHAMMED ASIF A |  |
| 64 | 20220430 | MUHAMMED SHAHIN K |  |
| 65 | 20220617 | MUHAMMED SHAMIL |  |
| 66 | 20220528 | MUHAMMED SHIBIL A K |  |
| 67 | 20220122 | MUJEEB GULZAR |  |
| 68 | 20220490 | MUZAMMIL P |  |
| 69 | 20220616 | NABEELA KABEER |  |
| 70 | 20220536 | NAJIH RAYYAN |  |
| 71 | 20220507 | NAJIYA NASRIN |  |
| 72 | 20220615 | NAJMA FAISAL P |  |
| 73 | 20220470 | NANDANA M |  |
| 74 | 20220474 | NANDANA PRASANNAN |  |
| 75 | 20220539 | NANDANA S |  |
| 76 | 20220466 | NASRIN K N |  |
| 77 | 20220587 | NEHA |  |
| 78 | 20220417 | NIKHI M |  |
| 79 | 20220545 | NIRANJAN R S |  |
| 80 | 20220585 | NITHA P |  |
| 81 | 20220534 | RAMISHA N |  |
| 82 | 20220460 | RASHIDA BANU THUPPILIKATT |  |
| 83 | 20220590 | RASMIYA E A |  |
| 84 | 20220493 | REEMA P |  |
| 85 | 20220435 | RIDHA ZAKKIR HUSSAIN |  |
| 86 | 20220604 | RINSHA JABIN V |  |
| 87 | 20220494 | RINSHA T |  |
| 88 | 20220415 | RISHA K P |  |

| | | | |
|-----|----------|------------------------|---------------------|
| 89 | 20220618 | RISHA RASLI K | <u>Rusha</u> |
| 90 | 20220526 | RISVIN N K | W |
| 91 | 20230692 | RUMANA SHIRIN | <u>R</u> |
| 92 | 20220432 | SAFA JAHFAR | Safa |
| 93 | 20220434 | SAHDIYA NASRIN | Sahdiya |
| 94 | 20220602 | SANA FATHIMA T | <u>Sana</u> |
| 95 | 20220530 | SANA MOL A | <u>Sana</u> |
| 96 | 20220509 | SAYA P Y | <u>Saya</u> |
| 97 | 20220502 | SHAHANA SHERIN K P | Shahana |
| 98 | 20220508 | SHAHANA SHERIN T | <u>Shahana</u> |
| 99 | 20220614 | SHAHNA SHERIN T | <u>Shahna</u> |
| 100 | 20220424 | SHAMNA SHERIN V | <u>Shamna</u> |
| 101 | 20220522 | SHAMSHAD ALI | Shamshad |
| 102 | 20220623 | SHANA SHERIN P M | <u>Shana</u> |
| 103 | 20230690 | SHANAVAS F | <u>Shanas</u> |
| 104 | 20220584 | SHEZA FATHIMA | <u>Sheza</u> |
| 105 | 20220503 | SHIBILA BADAR MAMBADAN | <u>Shibila</u> |
| 106 | 20220622 | SINANA SALVA K | <u>Sinana</u> |
| 107 | 20220527 | SREELEKSHMI S L | <u>Sreelekshmi</u> |
| 108 | 20230697 | VASIL. T | |
| 109 | 20240001 | VISMAYA M | <u>Vismaya</u> |
| 110 | 20220433 | WAFI PANTHAR | <u>Wafi</u> |

Criterion/KI/Metric No. ACP/IQAC/SSCP CR5/08/05/24

Internal Quality Assurance Cell
 Al Shifa College of pharmacy
 Kizhatoor, Perinthalmanna,
 Malappuram, Kerala- 679325

In House Programme - Event Record Sheet - 2024 - 2025Date: 8/5/24

1. Name of the Event: Navigating Academia with confidence.
2. Name of the Dept /Club organizing the Event: SSCP + SQAC
3. Date/s of the event:- 08/05/24
4. College level/State/Regional/National/International: college level.
5. Nature of the event: Student awareness programme
(Seminar/Invited lecture/workshop/Interaction etc):
6. Venue:
7. Sponsors/Collaboration, if any: -
8. Fund received (from agency, if any): -
9. Chief Guest/s: -
10. Speaker/s: Mr. Junice V
11. Coordinator/s: SSCP
12. Honorarium/ TA paid: -
13. Audience Details and Number of Participants: Students of Third Semester B Pharm, SQ
14. Documents mailed to IQAC (Please put ☒ mark in the concerned column)

- | | | |
|--|---|---|
| a) Circular / Brochure / Flyer <input checked="" type="checkbox"/> | b) List of Participants <input checked="" type="checkbox"/> | c) Programme Report <input checked="" type="checkbox"/> |
| d) Geo tagged Photographs <input checked="" type="checkbox"/> | e) Feedback Form <input type="checkbox"/> | f) Action Taken Report <input type="checkbox"/> |
| g) Video/Audio Recordings <input type="checkbox"/> | | |

Name & Signature of Programme Coordinator

Documents Checked and Verified by


 IQAC Coordinator

AL SHIFA COLLEGE OF PHARMACY
 POOTHANNA, KIZHATTUR
 MALAPPURAM DIST. KERALA-679325

Email: iqacalshifacollegeofpharmacy@gmail.com

Signature of the Principal

Repe
 PRINCIPAL
 AL SHIFA COLLEGE OF PHARMACY
 KIZHATTUR, POOTHANNA
 MALAPPURAM DISTRICT, KERALA

NAVIGATING ACADEMIA WITH CONFIDENCE



08th May 2024



01 PM - 04 PM



Seminar Hall

Organised by

SSGP & SQAC



RESOURCE PERSON

Prof. JUNISE. V

Vice Principal, Al Shifa College of Pharmacy



AL SHIFA COLLEGE OF PHARMACY

(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)

Kizhattur, Perinthalmanna. Pin: 679 325



STUDENT AWARENESS PROGRAMME SUPPORTED BY SSGP, AL SHIFA COLLEGE OF PHARMACY

Topic: Navigating Academia with Confidence

Participants: Students of Third semester B Pharm, 21st Batch

Date& time: 8th May 2024 , 1.00 pm to 4.00 pm.

Principal

Prof. (Dr) Dilip C

SSGP Co-ordinators

1. Prof. Junise V
2. Dr. Smitha Rani

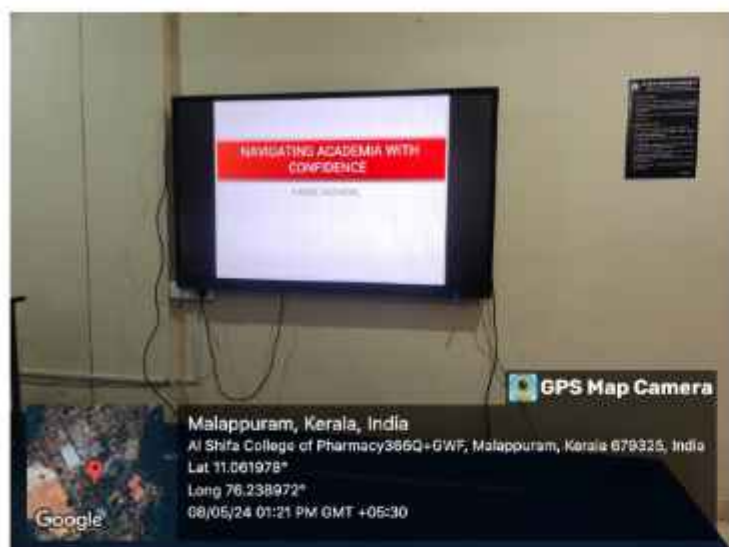
Student Support & Guidance Programme of ACP

The "Navigating Academia with Confidence" workshop, held on May 8, 2023, was a transformative event orchestrated by the Student Support and Grievances Cell and SQAC at Al Shifa College of Pharmacy. Geared towards the 21st Batch, third-semester B Pharm students, the workshop aimed to tackle prevalent challenges encountered in their academic pursuits. Mr. Junise V. facilitated the session, which commenced with an inaugural address by Dr. Dilip C, Principal, and was graced by Dr. Smitha Rani. A total of 52 enthusiastic students actively participated in the workshop, orchestrated seamlessly by Mrs. Aswathy C.

The workshop began by delving into the pervasive issue of low self-esteem and its consequential impact on academic performance. Through interactive sessions and group activities, students were equipped with strategies to combat self-doubt and cultivate confidence in their abilities. Emphasizing the significance of emotional intelligence, participants were guided on stress management techniques, constructive criticism handling, and resilience building. Practical methodologies, including mindfulness exercises and stress-relief strategies, were imparted to foster emotional well-being among students. Essential study skills were elucidated, focusing on note-taking strategies, organization techniques, and information retention methodologies. Students were empowered with the expertise to devise personalized study schedules, prioritize tasks, and utilize resources effectively.

The SQR3 method was introduced as a structured approach to enhance comprehension, retention, and critical thinking skills. Additionally, the workshop underscored the importance of time management, urging students to set realistic goals, manage deadlines, and avoid procrastination. Insights into the Kerala University of Health Sciences (KUHS) exam pattern, including question formats, marking schemes, and crucial topics, were provided to aid students in efficient exam preparation.

Conclusively, the "Navigating Academia with Confidence" workshop culminated at 4 PM, leaving a lasting impact on students' academic journey. By equipping participants with invaluable skills and knowledge, the workshop served as a catalyst for academic growth and bolstered confidence. Such initiatives spearheaded by the Student Support and Grievances Cell are instrumental in nurturing holistic development and fostering a conducive academic environment.



Criterion/KI/Metric No..... IACP/IQAC/Criteria 5/at 17/05/24

Internal Quality Assurance Cell
 Al Shifa College of pharmacy
 Kizhatoor, Perinthalmanna,
 Malappuram, Kerala- 679325

In House Programme - Event Record Sheet - 2024-20....

Date: 17/05/2024

1. Name of the Event: BASIC LIFE SUPPORT TRAINING
2. Name of the Dept /Club organizing the Event: CRITERIA 4
3. Date/s of the event:- 17/05/2024
4. College level/State/Regional/National/International: COLLEGE
5. Nature of the event: WORKSHOP
(Seminar/Invited lecture/workshop/Interaction etc);
6. Venue: MULTIPURPOSE AUDITORIUM
7. Sponsors/Collaboration, if any: NIL
8. Fund received (from agency, if any): NIL
9. Chief Guest/s: DR. VIMAL KR
10. Speaker/s: DR. VIMAL KR
11. Coordinator/s: NIKHILA T
12. Honorarium/ TA paid: 6000/-
13. Audience Details and Number of Participants : 120
14. Documents mailed to IQAC(Please put ☒ mark in the concerned column)

a) Circular / Brochure / Flyer ☒b) List of Participants ☒c) Programme Report ☒d) Geo tagged Photographs ☒e) Feedback Form ☒f) Action Taken Report ☐g) Video/Audio Recordings ☐

NIKHILA T

Name & Signature of Programme Coordinator

Documents Checked and Verified by

[Signature]
 IQAC Coordinator
 AL SHIFA COLLEGE OF PHARMACY
 POONTHAVANAM (PO)
 MALAPPURAM DIST, KERALA-679325
 Email: iqacalshifacollegeofpharmacy@gmail.com



Signature of the Principal

[Signature]
 3/6/24
 PRINCIPAL
 AL SHIFA COLLEGE OF PHARMACY
 KIZHATTUR, POONTHAVANAM
 MALAPPURAM DISTRICT, KERALA

Basic First Aid Programme



Resource Person

Dr. Vimal K. R

Associate Prof.
Devaki Amma Memorial
College of Pharmacy
Founder and MD Medicare Pharma

Date : 17th May 2024

Time : 11 AM

Organized by Criteria V



AL SHIFA COLLEGE OF PHARMACY

(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)
Kizhattur, Perinthalmanna, Pin: 679 325

A+ GRADE
SAS - KIMS

NAAC

nirf

WOMEN EMPOWERMENT

INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE

INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE

SESSION - II

| SL No | Name | Signature |
|-------|--|-----------|
| 1 | Muhsidha Farsana-P.T 19 th B.Pharm | |
| 2 | Arshana T.V 19 th B.Pharm | |
| 3 | Sneha T 19 th B.Pharm | |
| 4 | RASHA SHUKKOR 19 th BPHARM | |
| 5 | Mufeeda Sherin 19 th B.Pharm | |
| 6 | Shahana Shery 19 th B.Pharm | |
| 7 | Riya 13 th Pharm D | |
| 8 | Arijana 13 th Pharm D | |
| 9 | Irfana 14 th Pharm-D | |
| 10 | Mubishina M.V 14 th Pharm-D | |
| 11 | AYISHA NAJAH 14 th PHARM-D | |
| 12 | Adhila Abdul Razak | |
| 13 | Isha Risvana | |
| 14 | Bismillah | |
| 15 | Mohammed Shahab 14 th Pharm D | |
| 16 | Sumayya M | |
| 17 | Fathime Nedba V.P - 14 th Pharm D | |
| 18 | Fathima Hiba K.K - 14 th Pharm D | |
| 19 | Faheema - 14 th Pharm D | |
| 20 | Nayana Antony 14 th Pharm D | |
| 21 | Diya Mirsha K.P 14 th Pharm D | |
| 22 | Aparna Balachandran A (13 th Pharm D) | |
| 23 | Nidha Rabiya (13 th Pharm D) | |
| 24 | Sharon Roshan Sequaica (13 th Pharm D) | |
| 25 | Fathima Hiba P | |
| 26 | Fathima Shana C.P | |
| 27 | Shriyana (13 th Pharm D) | |
| 28 | Mirna (13 th Pharm D) | |
| 29 | ASHPK SHEPU (13 th Pharm-D) | |
| 30 | ANSILA THASNEEM (13 th Pharm D) | |
| 31 | FATHIMATHUL HIBA P.P | |
| 32 | SHATHMA (13 th Pharm D) | |
| 33 | Fathima Sharmel (13 th Pharm D) | |
| 34 | Shafna P.S | |
| 35 | Nimna Meera Yousuf | |
| 36 | Nashwa Ameez (13 th Pharm D) | |
| 37 | Fathimath Mahira 22 nd Bpharm | |
| 38 | Hana Nasreen (22 nd Bpharm) | |
| 39 | Catharine Dilip Manikath (22 nd Bpharm) | |
| 40 | Fathima Rapa (22 nd Bpharm) | |
| 41 | Aparna Shashi (22 nd Bpharm) | |

| SL No | Name | Signature |
|-------|--|-----------|
| 42 | Amisha Dev (Bpharm 2 nd) | Amisha |
| 43 | Dilsha Mehrin (Bpharm 2 nd) | Dilsha |
| 44 | Shijila.P (Bpharm 2 nd) | Shijila |
| 45 | Fathimath Zahra Bathool | Bathool |
| 46 | Fathimath Zahra | Zahra |
| 47 | Mohammed Saifuddin (19 th Bpharm) | Kheen |
| 48 | Krishnendhu.T (Bpharm 19 th batch) | Krishna |
| 49 | Mishiraja.V.P (B-pharm 19 th batch) | Mishiraja |
| 50 | Bhahala.A.V (B-Pharm 19 th batch) | Bhahala |
| 51 | RISHNA.K.K (B-PHARM 19 th BATCH) | Rishna |
| 52 | Mohammed Ramees (12 th Batch Pharm) | Ramees |
| 53 | Barjis Anwar (12 th batch Pharm) | Barjis |
| 54 | Mohammed Faris Sha (11 th Yr Pharm) | Faris |
| 55 | Mohsin Abdullah (11 th Yr Pharm) | Mohsin |
| 56 | Mohamed Aziz (11 th Yr Pharm) | Aziz |
| 57 | Muhammad Bilal (3 rd year Pharm) | Bilal |
| 58 | Mubin Mugeeb (3 rd Pharm) | Mubin |
| 59 | Robin Varghese (3 rd Pharm) | Robin |
| 60 | Ah-NAZEEM-IK (3 rd Pharm) | Nazeem |
| 61 | Shamna Kp (1 st year Pharm) | Shamna |
| 62 | Fathimath Thasleefa (1 st year Pharm) | Thasleefa |
| 63 | Nafitha (21 st B-pharm) | Nafitha |
| 64 | Shamshed Ali (21 st Bpharm) | Shamshed |
| 65 | Mugeeb Ghalzan (21 st Bpharm) | Mugeeb |
| 66 | Wafa Panthar (21 st Bpharm) | Wafa |
| 67 | Shifna Shamim (1 st year Bpharm) | Shifna |
| 68 | Airmiya.P | Airmiya |



AL SHIFA COLLEGE OF PHARMACY

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Perinthalmanna



Report on Basic Life Support (BLS) Training

Date : 17-05-2024

Time : 11 AM

Venue: Multipurpose Auditorium

On the 17th of May, 2024, a comprehensive Basic Life Support (BLS) training session was organized by Criteria 5, targeting students from D Pharm, Pharm D, and B Pharm programs, as well as 20 teaching and non-teaching staff members. The event, held in the main auditorium, was designed to equip participants with essential life-saving skills and knowledge.

The session was handled by Dr. Vimal K.R, Asso. Professor, Devaki Amma Memorial College of Pharmacy, Kozhikkode. The training began promptly at 11:00 AM with a warm welcome address by Dr. Dilip C, Principal Al Shifa College of Pharmacy. He highlighted the importance of BLS training, emphasizing how critical these skills are for both personal and professional scenarios.

Throughout the training, participants were encouraged to ask questions and engage in discussions. The instructors provided individualized feedback during the practical exercises, ensuring everyone could perform the techniques correctly and confidently. The training session handled CPR (Cardio Pulmonary Resuscitation) Hands-on practice on mannequins to perform high-quality chest compressions and rescue breaths, Demonstrations and practice sessions on using AEDs effectively and Procedures to assist choking victims, both conscious and unconscious.

The session concluded with a brief evaluation where participants expressed their satisfaction with the training. Many noted that the hands-on practice and real-life scenarios were particularly beneficial. Certificates of participation were distributed to all attendees, recognizing their commitment to acquiring these vital skills.


Coordinator


Principal

PRINCIPAL
AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM P.O.
MALAPPUZHAM DISTRICT

Basic First Aid Programme



17-05-2024



AL SHIFA COLLEGE OF PHARMACY

(Approved by AICTE, PCI, DME, UGC 2(F) & Affiliated to Kerala University of Health Sciences)

Kizhattur, Perinthalmanna. Pin: 679 325




Internal Quality Assurance Cell
 Al Shifa College of pharmacy
 Kizhatoor, Perinthalmanna,
 Malappuram, Kerala- 679325

In House Programme - Event Record Sheet - 2024-2025

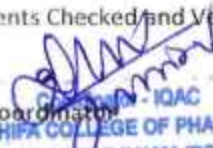
Date: 24/06/2024.


1. Name of the Event: International Yoga Day Celebration
2. Name of the Dept /Club organizing the Event: NSS UNIT, NAAC CRITERIA-5
3. Date/s of the event:-
4. College level/State/Regional/National/International:
5. Nature of the event:
(Seminar/Invited lecture/workshop/interaction etc):
6. Venue: Al Shifa College of Pharmacy
7. Sponsors/Collaboration, if any:
8. Fund received (from agency, if any):
9. Chief Guest/s:
10. Speaker/s:
11. Coordinator/s:
12. Honorarium/ TA paid: 3000/-
13. Audience Details and Number of Participants: First Year Pharmacy students (BPharm, DPharm)
14. Documents mailed to IQAC (Please put ☒ mark in the concerned column)

- | | | |
|--|--|---|
| a) Circular / Brochure / Flyer <input checked="" type="checkbox"/> | b) List of Participants <input type="checkbox"/> | c) Programme Report <input checked="" type="checkbox"/> |
| d) Geo tagged Photographs <input checked="" type="checkbox"/> | e) Feedback Form <input type="checkbox"/> | f) Action Taken Report <input type="checkbox"/> |
| g) Video/Audio Recordings <input type="checkbox"/> | | |


 Padmaraj C.P.
 Name & Signature of Programme Coordinator

Documents Checked and Verified by


 IQAC Coordinator - IQAC
 AL SHIFA COLLEGE OF PHARMACY
 POONCHAVANAM (PO)
 MALAPPURAM DIST, KERALA-679325
 Email: iqacalshifacollegeofpharmacy@gmail.com


 Signature of the Principal
 PRINCIPAL
 AL SHIFA COLLEGE OF PHARMACY
 KIZHATTUR, POONCHAVANAM
 MALAPPURAM DISTRICT, KERALA



INTERNATIONAL YOGA DAY

21st June 2024 | 1:30 PM



Resource Person

SUNIL KUMAR. C

Secretary, Yoga Association, Malappuram
Malappuram District Co ordinator State Resource centre
Govt. of Kerala
State Yoga Refree of Kerala

Organised by NSS unit



AL SHIFA COLLEGE OF PHARMACY

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Kizhattur, Perinthalmanna. Pin: 679 325



INTERNATIONAL YOGA DAY CELEBRATION

Venue: Al Shifa college of Pharmacy, Perinthalmanna

Date: 21/06/2024

Organized By: NSS unit, Al Shifa college of Pharmacy

The NSS unit of Alshifa College of Pharmacy organized an International Yoga Day celebration on June 21, 2024, at the college campus. The event commenced with a welcome speech by **Prof. Junise V**, Vice Principal and NSS Malappuram district coordinator.

The inauguration was carried out by **Dr. Dilip C**, Principal of Alshifa College of Pharmacy, who emphasized the importance of integrating yoga into daily life for overall well-being.

A yoga training session followed, conducted by **Mr. Sunil Kumar C**, an esteemed International Yoga trainer, Secretary of the Yoga Association Malappuram, and district coordinator for the State Resource Center, Kerala Government. He was assisted by **Mrs. Divya**, a member of the Yoga Association Malappuram district.

Dr. Arun Rasheed, Vice Principal Academics, delivered a felicitation speech, highlighting the significance of yoga in managing stress. Another felicitation address was given by **Mr. Padmaraj C P**, the NSS Programme Officer.

International Yoga Day, celebrated on June 21st each year, holds significant importance for various reasons:

1. Global Awareness of Yoga:

- The day serves to raise worldwide awareness of the many benefits of practicing yoga. It underscores yoga's holistic approach to health and well-being, emphasizing the harmony between mind, body, and spirit.

2. Promotion of Physical and Mental Health:

- Yoga is known for its physical benefits, such as improved flexibility, strength, and balance. It also offers mental health benefits, including stress reduction,

increased mindfulness, and better mental clarity. International Yoga Day highlights these benefits on a global scale.

3. Cultural Significance:

- Yoga has its roots in ancient Indian tradition. International Yoga Day honors and preserves this cultural heritage, promoting a practice that has been beneficial for thousands of years.

4. Unity and Peace:

- The practice of yoga encourages inner peace and harmony. On a broader scale, International Yoga Day promotes unity and peace among individuals and communities worldwide, fostering a sense of global solidarity.

5. Encouragement of a Healthy Lifestyle:

- The celebration encourages people to adopt healthier lifestyles. By integrating yoga into daily routines, individuals can improve their overall health and well-being, leading to a more balanced and fulfilling life.

6. Inclusivity and Accessibility:

- International Yoga Day events often include free yoga sessions, workshops, and seminars, making yoga accessible to a broader audience. This inclusivity helps demystify yoga and makes it approachable for people of all ages and backgrounds.

7. Environmental Connection:

- Yoga fosters a deeper connection to the environment. Many International Yoga Day events are held outdoors, promoting an appreciation for nature and encouraging environmentally friendly practices.

8. Stress Management:

- In today's fast-paced world, stress and anxiety are prevalent. Yoga offers effective tools for managing stress, and International Yoga Day serves as a reminder of these valuable practices.

9. Strengthening Community Bonds:

- The celebration brings people together, strengthening community bonds. Group yoga sessions, community events, and collective participation foster a sense of community and shared purpose.

The event concluded with a vote of thanks from Ms. Naza, a first-year PharmD student. The celebration saw active participation from first-year Pharmacy students (BPharm, DPharm, PharmD) and staff members.


24/06/2024

PROGRAMME OFFICER


24/6/24

PRINCIPAL



PRINCIPAL
AL-SHIFA COLLEGE OF PHARMACY
KADAMATTUR, POONTHA
KALAPURAM DISTRICT, KERALA



Criterion/KI/Metric No. **ACPI/IQAC/criteria 5/dt 09/10/2024**

Internal Quality Assurance Cell
Al Shifa College of pharmacy
 Kizhatoor, Perinthalmanna,
 Malappuram, Kerala- 679325

In House Programme - Event Record Sheet – 20.... – 20....

Date:

1. Name of the Event: **Fat to Fit Physical Education programme**
2. Name of the Dept /Club organizing the Event: **Criteria 5**
3. Date/s of the event:- **09/10/2024**
4. College level/State/Regional/National/International:
5. Nature of the event:
(Seminar/Invited lecture/workshop/Interaction etc):
6. Venue:
7. Sponsors/Collaboration, if any: **NIL**
8. Fund received (from agency, if any): **NIL**
9. Chief Guest/s: **NIL**
10. Speaker/s: **Reichan A Abol**
11. Coordinator/s:
12. Honorarium/ TA paid: **NIL**
13. Audience Details and Number of Participants:
14. Documents mailed to IQAC (Please put ☒ mark in the concerned column)

a) Circular / Brochure / Flyer ☐b) List of Participants ☐c) Programme Report ☒d) Geo tagged Photographs ☒e) Feedback Form ☐f) Action Taken Report ☐g) Video/Audio Recordings ☐**Nikhila-T****19/10/24**

Name & Signature of Programme Coordinator

Documents Checked and Verified by

IQAC Coordinator

AL SHIFA COLLEGE OF PHARMACY
POONTHAVANAM (PO)
MALAPPURAM DIST, KERALA-679325

Email: iqacalshifacollegeofpharmacy@gmail.com

Signature of the Principal
PRINCIPAL

AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM P.O.
MALAPPURAM DIST., KERALA

AL SHIFA COLLEGE OF PHARMACY**15TH BATCH PHARM.D**

| SL NO | STUDENT ID | NAME | SIGNATURE |
|-------|------------|-------------------------|-----------|
| 1 | 20240293 | AALIYA N | Aaliya |
| 2 | 20240267 | AMEL FATHIMA | Amel. |
| 3 | 20240322 | ARDHRA PRADEEPKUMAR P | Ardhra. |
| 4 | 20240298 | ASHIK R MADHU | Ashik |
| 5 | 20240256 | ASNU FATHIMA C M | Asnu |
| 6 | 20240330 | BHAVANA BABU A | Banu |
| 7 | 20240252 | FARHANA | Farhana |
| 8 | 20240258 | FATHIMA FARSANA K P | Farsana |
| 9 | 20240257 | FATHIMMA RITHA | Ritha |
| 10 | | FATHIMA HUSSAIN | Hussain |
| 11 | 20240263 | FIDHA | Fidha |
| 12 | 20240299 | FIDHA M N | Fidha |
| 13 | 20240262 | HANAN HASIF NEERMUNDA | Hanan |
| 14 | 20240254 | JASMI M | Jasmi |
| 15 | 20240287 | MAHIDHAR KRISHNA | Mahidhar |
| 16 | 20240320 | MIHNA ASHRAF | Mihna |
| 17 | 20240379 | MINHA FATHIMA K S | Minha |
| 18 | 20240255 | MUHAMMED ASHMAL E P | Ashmal |
| 19 | | NANDANA V V | Nandhana |
| 20 | 20240380 | NEHA NASNIN | Neha |
| 21 | 20240259 | NIYA FATHIMA T A | Niya |
| 22 | 20240253 | NOR ZITA BINT JAMSHI | Norrita |
| 23 | 20240300 | POUN SUSHMITHA PRIYA SP | Poun |
| 24 | 20240297 | SALWA MOHAMMAD | Salwa |
| 25 | 20240260 | SANA C M | Sane |
| 26 | 20240329 | SHEKHA A | Shekha |
| 27 | 20240261 | SHIZA S | Shiza |
| 28 | 20240331 | SNEHA P | Sneha |
| 29 | 20240378 | SUBHANA SALIM | Sub |
| 30 | 20240333 | SUMAIYA BUSRA A | Sumaiya |

PROF(DR) Dilip.C

PRINCIPAL

PRINCIPAL

AL SHIFA COLLEGE OF PHARMACY

KIZHATTUR, POONTHAVANAL

MALAPPURAM DL, KERALA



AL SHIFA COLLEGE OF PHARMACY

Approved by AICTE, PCI, DME & Affiliated to Kerala University of Health Sciences
Perinthalmanna



Report: Fat to Fit - Physical Education Programme

Date: 9th October 2024

Time: 9:00 am - 10:00 am

Participants: First Year PharmD Students

Resource Person: Mrs. Raihan, Assistant Professor

Objective:

To promote physical fitness and wellness among first-year PharmD students through a engaging and interactive session.

Programme Overview:

The "Fat to Fit" physical education programme was conducted on 9th October 2024, from 9:00 am to 10:00 am. Mrs. Raihan, Assistant Professor, Department of Pharmaceutical Chemistry led the session, which aimed to encourage students to adopt a healthy lifestyle and improve their physical fitness.

Programme Highlights:

- Warm-up exercises (10 minutes)
- Strength training exercises (15 minutes)
- Cool-down stretches (10 minutes)
- Interactive discussion on nutrition and wellness (5 minutes)

Key Takeaways:

- Importance of regular exercise for physical and mental well-being
- Benefits of balanced diet and healthy eating habits
- Simple exercises for improving flexibility and strength

Student Feedback:

The participants expressed enthusiasm and appreciation for the programme, citing it as a refreshing break from academic routine. They reported feeling energized and motivated to incorporate physical activity into their daily lives.

Conclusion:

The "Fat to Fit" programme successfully achieved its objective, engaging first-year PharmD students in physical activity and promoting awareness about healthy lifestyle choices. We look forward to conducting similar initiatives in the future.


Coordinator




Principal

PRINCIPAL
AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM P.O.
MALAPPURAM DL., KERALA



Criterion/KI/Metric No. ACP/IQAC/criteria 5/dt 15/10/24

Sl. No.

083

Internal Quality Assurance Cell
Al Shifa College of pharmacy
Kizhatoor, Perinthalmanna,
Malappuram, Kerala- 679325

In House Programme - Event Record Sheet – 20.... – 20....

Date:

1. Name of the Event: Gym Training Facility and usage at Al Shifa College of Pharmacy.
2. Name of the Dept /Club organizing the Event: Criteria V
3. Date/s of the event:- 15/10/2024
4. College level/State/Regional/National/International:
5. Nature of the event:
(Seminar/Invited lecture/workshop/Interaction etc):
6. Venue: APT block
7. Sponsors/Collaboration, if any: NIL
8. Fund received (from agency, if any): NIL
9. Chief Guest/s: NIL
10. Speaker/s: NIL
11. Coordinator/s: -
12. Honorarium/ TA paid: -
13. Audience Details and Number of Participants :
14. Documents mailed to IQAC(Please put ☒ mark in the concerned column)

- | | | | | | |
|--------------------------------|-------------------------------------|-------------------------|--------------------------|------------------------|-------------------------------------|
| a) Circular / Brochure / Flyer | <input type="checkbox"/> | b) List of Participants | <input type="checkbox"/> | c) Programme Report | <input checked="" type="checkbox"/> |
| d) Geo tagged Photographs | <input checked="" type="checkbox"/> | e) Feedback Form | <input type="checkbox"/> | f) Action Taken Report | <input type="checkbox"/> |
| g) Video/Audio Recordings | <input type="checkbox"/> | | | | |

Nikula. T
Name & Signature of Programme Coordinator

Documents Checked and Verified by

[Signature]
IQAC Coordinator
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Email: iqacalshifacollegeofpharmacy@gmail.com



[Signature]
Signature of the Principal
PRINCIPAL
AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM P.O.,
MALAPPURAM DIST., KERALA



AL SHIFA COLLEGE OF PHARMACY

Approved by AICTE, PCI, DME & Affiliated to Kerala University of Health Sciences



Report: Gym Training Facility and Usage at Al Shifa College of Pharmacy

Location: First Floor, APJ Block

Objective: To provide a comprehensive report on the gym training facilities and usage at Al Shifa College of Pharmacy.

Introduction:

The gym at Al Shifa College of Pharmacy is an essential facility for promoting physical fitness and well-being among students. Located on the first floor of the APJ Block, the gym provides an ideal space for students to engage in regular exercise and maintain a healthy lifestyle.

Usage Statistics:

- Over 15 boy students utilize the gym daily.
- Peak usage hours: 7:00 am - 9:00 am and 4:00 pm - 6:00 pm.
- Average duration of workout: 45 minutes to 1 hour.

Equipment and Facilities:

- Treadmills
- Stationary bicycles
- Weightlifting equipment (dumbbells, barbells)
- Resistance bands
- Sound system for music

Benefits:

- Improved physical fitness and overall health
- Enhanced mental well-being and stress relief
- Increased energy levels and concentration
- Opportunities for social interaction and teamwork

Recommendations:

- Increase gym hours to accommodate more students.
- Introduce fitness classes or workshops (yoga, aerobics, etc.).
- Hire a certified fitness trainer for guidance and supervision.
- Expand equipment range to cater to diverse fitness needs.

Conclusion:

The gym at Al Shifa College of Pharmacy is a valuable resource for students, promoting physical fitness and overall well-being. With regular usage and positive feedback, we aim to enhance the facility and services to meet the evolving needs of our students.

Prepared by: Nikhila T



Principal

Principal
AL SHIFA COLLEGE OF PHARMACY
KIZHATTUR, POONTHAVANAM P.O.
MALAPPURAM DIST., KERALA

