



Malwanchal University

(A Private State University Established by the Madhya Pradesh
Niji Vishwavidhyalaya Adhiniyam No. 17 of 2017) Registration No. MPPU20

Index Institute of Pharmacy

Ref.No. MU/IIP/PO/2024/09B

Date: 18/04/2024

CIRCULAR

This is inform to all our students of institute that a Four day seminar on "DO-IT-YOURSELF MEDICINES" health and wellness will organized from 22/04/2024 to 25/04/2024.

Topic: Do-It-Yourself Medicines.

Venue: Index Institute of Pharmacy, lecture hall no. I

Date: 22/04/2024 to 25/04/2024

Time schedule: 11:00 to 13:00 hrs.

Sr. no	Particular	In Hrs.
01	Lecture	11:00 to 13:00
02	Lunch Break	13:00 to 14:00
03	Continue the topic	14:15 to 15:45

Speaker Name:

Sr. no	Speaker Name	Day
01	Dr. Praveen Sharma, Acropolis Institute of science & technology	1 st
02	Dr. Sumit, Acropolis Institute of science & technology	2 nd
03	Dr. Harit Rawal, Jagdal institute of Pharmacy	3 rd
04	Dr. Javed Khan Pathan, Index Institute of Pharmacy	4 rd



Dr. Javed Khan Pathan

Principal

CC:

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Index City, Nemawar Road, NH-59A, Indore, M.P.- 452016

Contact No.:- 0731 4215757, 0731 4044715

**MALWANCHAL
UNIVERSITY, INDORE**



**INDEX INSTITUTE OF
PHARMACY**

Index city, NH-59A, Nemawar Road
Indore, Madhya Pradesh

VALUE ADDED COURSE

TOPIC: DO-IT YOURSELF
MEDICINES

SCHEDULE

Contact person: Event coordinators
Resource person: Dr. Javed Khan Pathan
Date: 22/04/2024-25/04/2024
Venue: Room no. 02 (IIP)

CONCEPT

The course is designed to provide participants with a comprehensive understanding of governance principles, ethical leadership, transparency, and accountability in organizational and societal contexts.

MODULE

- Introduction to Ethical Leadership and Decision Making
- Inclusivity and Equity in Governance
- Governance and Sustainable Development
- Global Perspectives on Good Governance

LEARNING

- Enhanced understanding of principles and their applications.
- Improved decision-making and ethical leadership abilities.
- Ability to implement transparency and accountability practices in organizations.
- Increased awareness of governance's impact on sustainable development and public trust.
- Stronger commitment to promoting inclusivity.

LEARNING OBJECTIVES

This course aims to develop participants' understanding of transparency, accountability, and ethical leadership while equipping them with practical skills for fostering inclusivity and sustainable development in governance processes.

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INDEX INSTITUTE OF PHARMACY
REPORT ON "DO-IT-YOURSELF MEDICINES"

Date- 29/04/2024

A Value Added Course on "**Do-It-Yourself Medicines**" health and wellness based VAC was conducted between 22/04/2024 to 25/04/2024 at Lecture hall no. 01 of Index Institute Of Pharmacy, Indore.

The program was scheduled for 16 Hrs.

Topic: Do-It-Yourself Medicines.

Venue: Index Institute of Pharmacy, lecture hall no. 1

Date: 22/04/2024 to 25/04/2024

Time schedule: 11:00 to 13:00 hrs.

Sr. no	Particular	In Hrs.
01	Lecture	11:00 to 13:00
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03	Dr. Harit Rawal, Jagdal institute of Pharmacy	3 rd
04	Dr. Javed Khan Pathan, Index Institute of Pharmacy	4 th

Topic was covered by the speakers are:

1. Why do people use self-medication?
2. Role and responsibilities of a pharmacist
3. Factors influencing self-medication

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4. Prevention of potential risks with self-medication

People do self-medication because it is instant and of course, there is no expense of the doctor. But when eventually, they suffer from severe health issues, their medical expense increases two-fold. **Self-medication as a habit can damage one's health irrevocably, causing disabilities and even premature death.**

On the first day session was conducted by Dr. Praveen Shurma, Aeropolis Institute of science & technology, Indore. In which she started with an introduction on self-medication. Self-medication has traditionally been defined as "the taking of drugs, herbs or home remedies on one's initiative, or on the advice of another person, without consulting a doctor. In this session, he explained why people use self-medication.

The Dangers of Self-Medication

Our culture tends to normalize drinking or drug use during stressful times. People go out for drinks after a bad day at work, or smoke marijuana to "take the edge off" when they feel upset. As a result, self-medication often goes undetected or, to users, seems like a harmless act. The problem is, it can lead to dangers such as:

- **Worsened mental health conditions:** As noted above, self-medicating a mental health problem can create worsened symptoms. For example, cocaine use has been associated with worsened progression of bipolar disorder.
- **Development of additional mental health issues:** Drug and alcohol use can change the brain structure and function after a period of time. These changes can then trigger an underlying predisposition to develop a mental illness, or secondary mental health condition, including mood, psychotic, and impulse-control disorders.
- **Development of a substance use disorder:** Perhaps the most obvious outcome of self-medication is the potential to develop a dependence on drugs and alcohol. Substance addiction is common among those with mental health conditions for this very reason. They


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repeatedly use drugs and alcohol, and in time, require those substances to function and feel good. Substance use disorders come with their own slew of negative symptoms and dangers, particularly as they relate to a person's mental and physical health. However, regular substance abuse also puts a person at greater risk for overdose, which is among the greatest dangers of all.

Aside from these dangers, other risks of self-medication include:

- **Delays in getting help:** Substances can mask the symptoms of a mental health problem, or even physical issue. This can lead to delays in seeking proper help, which can be particularly dangerous if there are severe issues or diseases at play.
- **Incorrect self-diagnosis:** Self-medication quite literally implies self-administration of drugs and alcohol, meaning there is no clinical diagnosis of the issue. This means that many individuals are diagnosing themselves without seeing a professional physician.
- **Dangerous drug interactions or reactions:** When using drugs at home, many people do not always research the adverse effects or potential reactions they cause. Some may use multiple substances together to achieve a desired effect, such as painkillers and alcohol, which can cause immediate dangers, as well.

In the second session, Dr. Sumit, Acropolis Institute of science & technology, Indore. Was the resource person and delivered his lecture on the Role and responsibilities of a pharmacist.

- Verifying dosage on medications prescribed by health care providers
- Preparing prescriptions according to prescriber instructions
- Advise patients about potential side effects of medication and answer any questions they may have.

On the third day, Dr. Harit Rawal, Jagdal institute of Pharmacy, Indore. Was the resource person and delivered his lecture on the Factors influencing self-medication.

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On the last day, a session was conducted Dr. Javed Khan Pathan, Index Institute of Pharmacy, Indore, in which he explained the prevention of self-medication. He guides students about how to prevent self-medication.

Self-medication can be avoided by:

1. Attending behavioral programs to understand stress management techniques and gain confidence.
2. Understanding ways to manage the symptoms or stress factors and use appropriate treatment options.
3. Improving the understanding of the label and leaflet accompanying the medication.

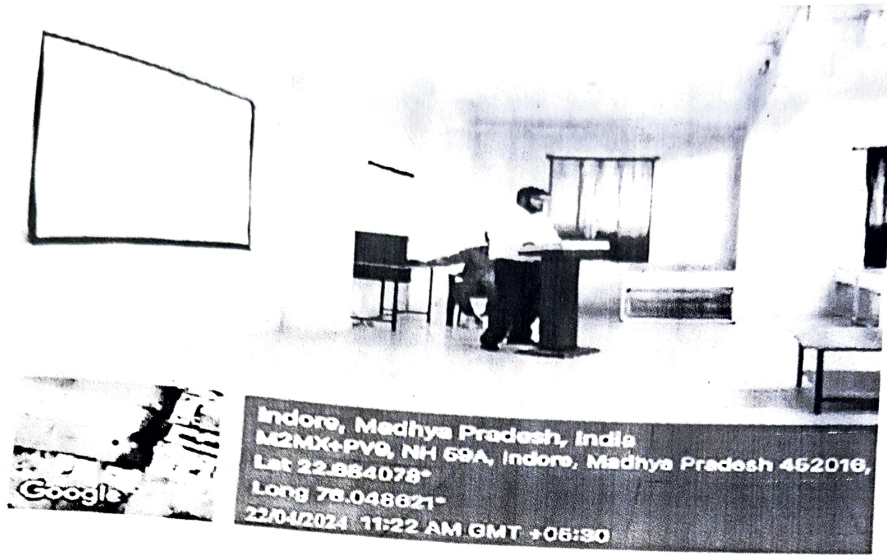
The participants were given a few worksheets on these and their performance was evaluated. In the last part of the workshop, a few participants gave their feedback explaining how the program helped them to avoid self-medication.


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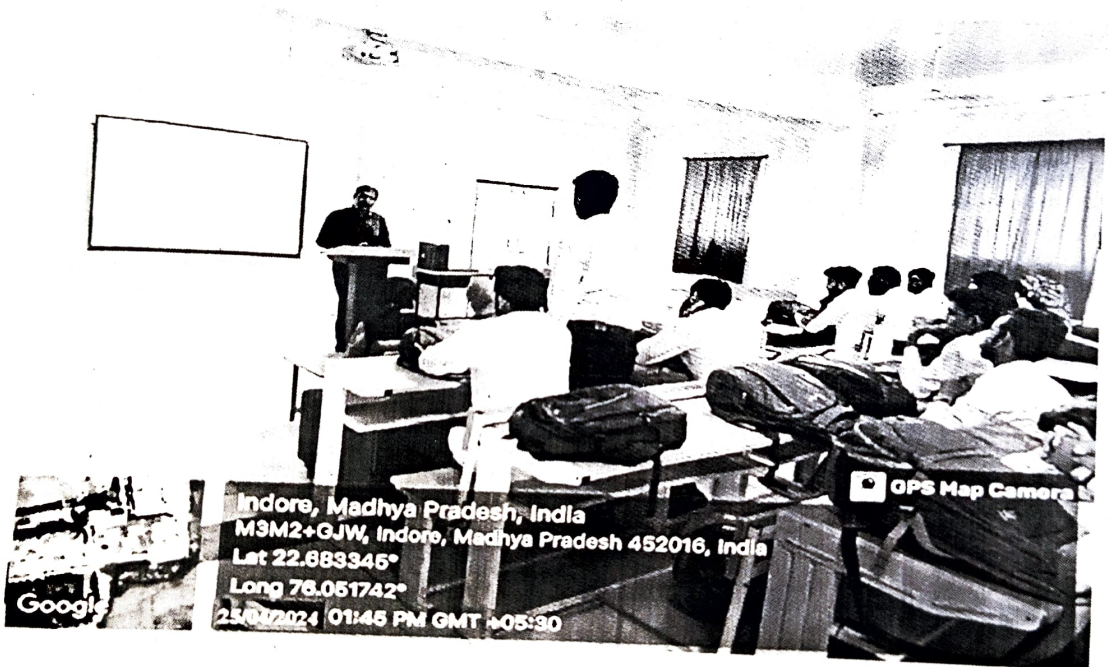


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Photos of "DO-IT-YOURSELF MEDICINES" seminar




Discussion related to Medicines



One to one discussion with Students

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Attendance

DATE: 25/11/24

Topic: Do-it Yourself Medicines

Sr. No	Name	Signature
1	Abhishek Prasad	[Signature]
2	Altaf Sheikh	[Signature]
3	Faiz Khan	[Signature]
4	Shahban Dikawat	[Signature]
5	Shoiba Makhani	[Signature]
6	Shahban Mirza	[Signature]
7	Lalit Panwar	[Signature]
8	Suhani Vadav	[Signature]
9	Sneha Mathore	[Signature]
10	aman Patel	[Signature]
11	aryan jaiswal	[Signature]
12	Aryati Vadav	[Signature]
13	Hema Bhargava	[Signature]
14	Gargi Dhpt	[Signature]
15	Ashayal mouyga	[Signature]
16	Ashesh K. Sheikh	[Signature]
17	Principals Sisodiya	[Signature]
18	Jaspreet Singh Bisdodiy	[Signature]
19	Mehul Koushik	[Signature]
20	Nishtha Ladav	[Signature]
21	Shahab Khuraj	[Signature]
22	Hiranshu Sharma	[Signature]
23	Vinit Mandloi	[Signature]
24	Sanjay Lothi	[Signature]
25	DEVIKAT Bhandav	[Signature]
26	AKSHAT Bhandav	[Signature]
27	Jivan Behal	[Signature]
28	Dr. Gopala Gaud	[Signature]
29	Dr. Anuj Kumar	[Signature]
30	NAFEES KHAN	[Signature]
31	Arvind Bawade	[Signature]
32	Pradum Singh More	[Signature]
33	Jaydev Bhalie	[Signature]
34	Sumit malviya	[Signature]
35	SUMIT KUMAR	[Signature]

[Signature]

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Attendance

DATE: 25/4/24

Topic: Do it yourself Medicines

Sr. No	Name	Signature
1	Rohan Khan	[Signature]
2	Nidha Yadav	[Signature]
3	SHANUPRATAP Singh Rathore	[Signature]
4	Rohit Patidar	[Signature]
5	Ditendra Rathore	[Signature]
6	Sanjay Lathi	[Signature]
7	Ashwin	[Signature]
8	A. Dattabhai Bannya	[Signature]
9	Akhil Chhajjari	[Signature]
10	Akshay Senthil	[Signature]
11	Devraj Senthil	[Signature]
12	Kushendra Patidar	[Signature]
13	Garjala Girish	[Signature]
14	Pranav Singh More	[Signature]
15	Jivraj Bhal	[Signature]
16	Jaydev Bhal	[Signature]
17	Arvind Bawade	[Signature]
	Anuraj Tiwari	[Signature]
	Akhil Tiwari	[Signature]
	Pajinder Panwar	[Signature]
	Vishakhya Guptha	[Signature]
	Ritika Guptha	[Signature]
	Nalini Khat	[Signature]
	Smita Kumari	[Signature]
	Jyoti Malviya	[Signature]

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