

ESTD -2006



# KONKAN GYANPEETH RAHUL DHARKAR COLLEGE OF PHARMACY AND RESEARCH INSTITUTE, KARJAT

(Approved by AICTE & P.C.I. (New Delhi), D.T.E. (Govt. of MS) & Affiliated to University of Mumbai & MSBTE)

Date: 24/11/2022

## Report of 61<sup>st</sup> National Pharmacy week Program on 23<sup>rd</sup> November 2022

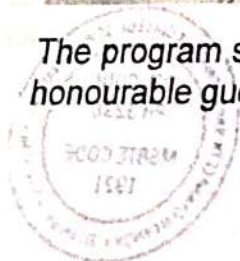
Konkan Gyanpeeth Rahul Dharkar College Of Pharmacy And Research Institute celebrated the 61<sup>st</sup> National Pharmacy week between the 20<sup>th</sup> -26<sup>th</sup> of November in association with IPA- MSB, IPA Raigad Local Branch, and Karjat Taluka chemist association.

As a part of this celebration eminent speakers from the field of emergency medical services, Dr. Deepak Dalvi (From life supporter Institute of health science, Navi Mumbai) and Mr. K. D. Kolhe sir, Senior Inspector, Karjat police station was invited to talk on the subject of CPR, first aid training, and cyber-crimes. This program was organized on 23<sup>rd</sup> November 2022.

Other guests who were present for the program were **Mr. Nitin Maniar**, Director of Bombay college of pharmacy and Executive member of MSPC, **Mr. Dinesh Solanki**, Treasurer, Bombay zone, Chemist association, **Mr. Shekhar Borade**, President, Karjat Taluka, Chemist Association, **Mr. Pradeepchandra Shringarpure**, CEO, KG Trust, Karjat, **Dr. Mohan kale** Principal KGRDCP & RI and CDC member **Mr. Vijay Mande**.



The program started with a traditional lamp lighting ceremony and Saraswati Pooja by the honourable guests, speakers, and other dignitaries.





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Later Dr. Mohan Kale (Principal, KGRDCP & RI), gave an introductory remark on the occasion of the program. Sir mentioned the importance of conducting such a program at the institute for students and staff. Sir also mentioned about participation and contribution of the college in the development of students as competent pharmacy professionals.

Next in the program Mr. K. D. Kolhe, Senior Inspector, Karjat police station, talked about Cyber-crimes. He informed the audience that amongst all the crimes happening 20% of crimes are cyber-crimes, which are due to the uncontrolled use of Personal computers, mobile phones, and the internet.

He said that under the guise of socializing, people are now largely getting dependent on social media, such as Facebook, Twitter, Instagram, etc., where they are disclosing private information to the public. Such information is largely being used by cybercriminals in carrying out the crimes such as blackmailing and extortion. Hence, he appealed to the audience that they should not share personal information, bank-related information, passwords, PINs, or OTP with any unknown person on the telephone or untrustworthy internet websites.

He also said that we should never accept a friend request on social media from unknown persons. These days a lot of fake profiles, emails, and even bank accounts are created to execute the cyber-crimes, and even Police officials are also finding it technically difficult to trace the criminals.

Hence it is very important for common people to be educated and remain aware of cyber-crimes. They should not fall prey to fancy lottery amounts or glamorous faces and lose their precious savings and even life.

He also mentioned the availability of a Police helpline number i.e. "112" which is available to serve the people in need 24/7.

The next session in the program was delivered by Dr. Deepak Dalvi, a Consultant at Emergency medical services. He talked on the topic of CPR and first aid training.

He explains the Principles of administering First Aid, he mentioned that whenever you witness any emergency, before taking any action you first need to check that the area is safe, then you have to check whether the victim is responsive and alert or not. If the victim is responsive and alert, introduce yourself and ask permission to help. Also, call EMS or 108, and get a first aid kit & AED. He said before handling victims in emergencies wear protective equipment such as gloves, bags, etc. And check him in an orderly way. If the victim is responsive and alert ask him "what is the problem"

While checking the victim if he appears to be unresponsive, call EMS/108, and start CPR if needed. also, look for bleeding and medical information. Other general principles for administering First Aid are that do not move the victim unless it is necessary. Also try to ensure victims' comfort, safety, and well-being. He also mentioned the techniques such as leg pull, Pick-A-bag, Cradle lift, Fireman lift and carry, shoulder tag, Chair Carry, etc. which are used to move the victim who is in danger.







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About various accidental situations which we may face at household setup or outside, he mentioned that several traditional methods which we use to deal with it, might not always be useful, or even sometimes that can be dangerous. Hence we all must be aware of the correct first aid practices. He also demonstrated the techniques to handle different types of fractures on site. He gave RICE word to deal with the accidental fractures of victims. Where in "RICE" R stands for rest. Immediately resting the injured part reduces internal bleeding and swelling, which prevents the injury from becoming worse. "I" stands for ice, applying ice helps to limit inflammation and reduces pain by causing blood vessels to constrict, restricting the amount of fluid and swelling in the injured part. Next is "C", which stands for compression. Wrapping the injured part with tape or an elastic bandage helps to limit swelling by reducing blood flow to it. Next in RICE is "E", E stands for elevation, raising the injured part above the heart reduces blood flow to it.

Next, he discussed the techniques to handle burns caused by hot objects or fire. He mentioned the "STOP, DROP, and ROLL methods, to rescue the victim.

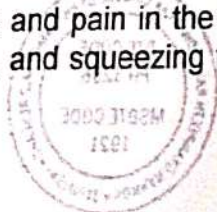
Sir also elaborated on first aid for electric shocks. In such situations, first, we should turn off the source of the electricity before touching the victim and call emergency medical services. Give CPR and AED if required. If you cannot locate the electrical isolating source, you can use a non-conducting object to remove the victim from the electrical source provided the voltage is less than 440 V.

Dr. Dalvi next mentioned how to deal with the condition of 'Low blood sugar. This generally happens with a person with diabetes who has not eaten or has vomited or injected too much insulin. Signs of low blood sugar can be detected by a change in behavior such as confusion or irritability, sleepiness, weakness, hunger, thirst or weakness, sweating, pale skin color, and to the worst seizure. Hence, we have to act to deal with low blood sugar conditions depending upon the situation of the victim. If the victim can seat up and swallow, give him a sugar-containing substance to eat up or drink and ask him to sit quietly or lie down. If the victim is unable to seat up or swallow and is unresponsive, ask for help or dial 108 for emergency medical services and if needed start with CPR."

Next Dr. Dalvi stated about fainting. He mentioned several reasons for fainting and later on also discussed actions that were supposed to be taken to deal with it. We should assist him in lying flat on the ground by taking a few simple steps. If the victim remains dizzy, raise the victim's leg in an elevated position. If the person lost consciousness and fell, check him for injuries.

Later sir discussed the situation where we come across an Asthma patient suffering from breathing problems such as very fast or slow breathing, noisy breathing, unable to speak, and being out of breath. In such a situation we have to help him immediately to improve the symptoms.

Next Dr. Dalvi explained about Chest Pain and Heart Attacks. He said that if the victim is having uncomfortable feelings and pain in the upper body, breathing problems, dizziness, uncomfortable chest pressure, and squeezing then the situation has to be taken seriously.







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In such cases, we have to call for emergency medical help by dialing number 1298, and also get AED for emergency use.

Dr.Dalvi in his session next talked about brain stroke, where he mentioned that the strokes

Date	Time	Speaker	Name of Organization	Topic
23/11/2022	1:00 p.m.- 04:00 p.m.	Mr. K. D. Kolhe	Inspector, Karjat Police station	Cyber Crime
		Dr. Deepak Dalvi	life supporter Institute of health science, Navi Mumbai)	CPR and First Aid for Burn, Fracture etc.

are generally due to blockage of the cerebral artery. The occurrence of stroke in the victim can be identified by sudden facial droop, sudden numbness or weakness on one side of the body, and trouble speaking. Here we need to act by helping the victim to lie down slowly, note the time of onset, and call EMS/1298.

Sir mentioned that a correct early diagnosis of the victim's condition is very essential for his treatment and recovery.

Toward the end of the session, sir also demonstrated in detail the procedure of CPR with the help of a dummy. He has also shown the use of AED.

The 61<sup>st</sup> National Pharmacy week celebration program ended with a vote of thanks delivered by Mrs. Manisha Chaudhari (HOD, Diploma course)

This program was hosted by Mrs.Tanishka Thakare. The overall program was coordinated by Mr.Baban Thawkar, Mrs.Rupali Yevale, and Mrs.Nilofar Khan.

## Outcomes:

1. Students and Staff got guidance about Cyber Crime, how they occur and how we should be cautious regarding it.
2. Students got an idea about Emergency Conditions faced in day to day life, ways to tackle them through First aid, its Principles, and Management etc.



*Mohan Kale*  
Dr. Mohan Kale  
(Principal)