

Report of 61st National Pharmacy week Program on 23rd November 2022

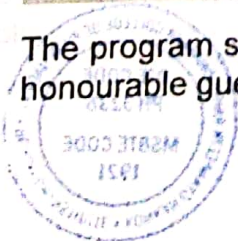
Konkan Gyanpeeth Rahul Dharkar College Of Pharmacy And Research Institute celebrated the 61st National Pharmacy week between the 20th -26th of November in association with IPA- MSB, IPA Raigad Local Branch, and Karjat Taluka chemist association.

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 23rd 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 Poojan by the honourable guests, speakers, and other dignitaries.





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)

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.

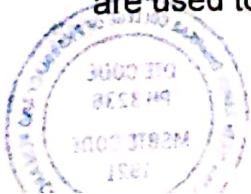
Hence it is very important for common people to be educated and remain aware of cyber-crimes. They should not fall prey to fancy lottery amounts or glamorous faces and lose their precious savings and even life.

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.

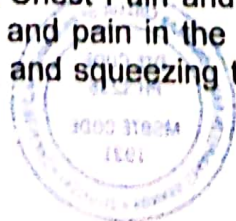
Sir also elaborated on first aid for electric shocks. In such situations, first, we should turn off the source of the electricity before touching the victim and call emergency medical services. Give CPR and AED if required. If you cannot locate the electrical isolating source, you can use a non-conducting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





**KONKAN GYANPEETH RAHUL DHARKAR
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Maharashtra State Branch

Indian Pharmaceutical Association - Maharashtra State Branch,
Indian Pharmaceutical Association Raigad Local Branch &
Karjat Taluka Chemist Association.

CELEBRATES  **61st National
Pharmacy Week**
20th - 26th November, 2022

Your esteemed presence is
solicited in the function
to be held on Wednesday,
23rd November, 2022
from **2:00 to 5:00 p.m.**

At,
KGRDCPRI, Karjat.



SPEAKER

Dr. Deepak Dalvi

EMS (Emergency Medical Services)
Consultant Has Kindly Consented
to deliver the Key Note Address on



CPR & FIRST AID TRAINING

Chief Guest

MR. K. D. KOLHE

Senior Inspector, Karjat Police Station, Karjat
has consented to be the Chief Guest

MR. LEELADHAR PATIL

President IPA, Raigad Branch,
has consented to be the Guest of Honour

MR. PRADEEPCHANDRA SHRINGARPURE

CEO, Konkan Gyanpeeth will preside over the function

The organizers take this opportunity to create awareness amongst the people about Pharmacist. The job of Dispensing of Medicines along with the counselling of patients has shifted from doctors to pharmacists. The IPA-MSB jointly with esteemed institutes & professional organizations has planned series of CPR & FIRST AID TRAINING in Mumbai University Region.

Conveners

Dr. Mohan Kale
Principal & Secretary,
IPA Raigad Branch

Mr. Satish Shah
Vice-President
IPA-MSB

Mr. Dinesh Solanki
Treasurer Bombay Zone,
Chemist Association

Mr. Shekhar Borade
President, Karjat Taluka
Chemist Association.

Co-ordinator

Mr. Baban Thawkar
Ms. Nilofar Khan
Ms. Rupali Yewale



समाजमाध्यमांचा अतिवापर ठरतोय सायबर गुन्हेवाढीस कारण मोबाईलसह संगणकीय माध्यमातून २० टक्के गुन्हे नोंद

कर्जत : पुढारी वृत्तसेवा

पोलीस ठाण्यांमध्ये नोंदवण्यात येणाऱ्या गुन्हांमध्ये २० टक्के सायबर गुन्हे आहेत. समाजमाध्यमांचा अतिवापर हा अशाप्रकारचे गुन्हे वाढण्यास कारणीभूत ठरत आहे. त्यामुळे सतर्कता बाळगा, असे आवाहन कर्जत पोलीस ठाण्याचे निरीक्षक के.डी. कोल्हे यांनी केले.

कोकण ज्ञानपीठ राहुल धारकर फार्मसी महाविद्यालय, आयपीए-एमएसबी, आयपीए रायगड स्थानिक शाखा आणि कर्जत तालुका केमिस्ट असोसिएशन यांच्या संयुक्त विद्यमाने ६१ वा राष्ट्रीय फार्मसी रुग्णांचे आयोजन सेमिनार हॉलमध्ये करण्यात आले होते. समारंभाचे उद्घाटन कर्जत पोलीस ठाण्याचे वरिष्ठ निरीक्षक के.डी. कोल्हे यांच्या हस्ते दीप प्रज्वलित करून करण्यात आले. यावेळी ते बोलत होते.

याप्रसंगी जीवन समर्थक इन्स्टिट्यूट ऑफ हेल्थ सायन्स नवी मुंबईचे डॉ. दीपक दळवी, एमएसपीसीचे कार्यकारिणी सदस्य श्री. नितिन मणियार, संस्थेचे खजिनदार प्रदीपचंद्र शृंगारपुरे, महाविद्यालयीन विकास समिती सदस्य विजय मांडे, प्राचार्य डॉ.



मोहन काळे, केमिस्ट असोसिएशनचे मुंबई विभागाचे खजिनदार दिनेश सोळंकी, केमिस्ट असोसिएशनचे कर्जत तालुका अध्यक्ष शेखर बोरडे आदी उपस्थित होते.

मोबाईल, लॅपटॉप, कॉम्प्युटरमुळे हे गुन्हे होत असतात. फेसबुक, इन्स्टाग्राम वापरामुळे आपण सायबर गुन्हांमध्ये अडकत जातो आणि बदनामी टाळण्यासाठी तरुणवर्ग आत्महत्या करण्यास मागेपुढे पाहत नाही. काही वर्षांपूर्वी लॉटरी लागली आहे, असा मेसेज यायचा. त्यामुळे पैशांच्या लोभामुळे अनेकांना गंडा घातला गेला.

डॉ. काळे यांनी उपस्थित मान्यवरांचे स्वागत करून प्रास्ताविकात

एटीएम कार्डांमुळेसुद्धा फसवणूक होते. अशिक्षित ग्राहक आणि ज्येष्ठ नागरिक यांचे बळी ठरतात. ११२ हा नंबर तत्काळ पोलीस मदतीसाठी आहे. या नंबरवर कॉल केल्यास आपली अडचण थोडक्यात सांगितल्यास अर्ध्या तासाच्या आत पोलीस येतात. मात्र, खोटी माहिती सांगू नका, असा सल्ला कर्जत पोलीस ठाण्याचे पोलीस निरीक्षक के.डी. कोल्हे यांनी येथे केले.

महाविद्यालयाच्या चढत्या आलेखाची माहिती सांगितली. त्यानंतर डॉ. दळवी यांनी सीपीआर आणि प्रथमोपचार प्रशिक्षण या विषयावर विद्यार्थ्यांशी संवाद साधला. तसेच प्रथमोपचार देण्याची तत्त्वे समजावून सांगितली. गरम वस्तू किंवा अग्नीमुळे होणाऱ्या वान्स हाताळण्याच्या तंत्राची चर्चा केली. त्यांनी पीडितेला वाचवण्यासाठी स्टॉप, ड्रॉप आणि रोल पद्धतींचा उल्लेख केला. विजेच्या धक्क्यांवर प्रथमोपचार करण्याबाबतही सरांनी सविस्तर माहिती दिली. कमी रक्तातील साखर असल्यास त्या स्थितीला कसे सामोरे जावे, याची माहिती पोलीस निरीक्षक कोल्हे यांनी दिली.