



BEST PRACTICE-2
ACADEMIC YEAR (2019-2020)

INDEX

S. No	Description	Page No
1	Title of the best practice	2
2	Objective of best practice	2
3	Context of the best practice	2
4	Practice of community pharmacy services	3
5	Evidence of success for the practice	4
6	Problems encountered during practice	5
7	Teen Glow: Empowering Adolescents with Menstrual Knowledge	7-15
8	Life Guard: Community Pharmacy Initiatives for Suicide Prevention	16-22
9	Health Harbor: Navigating through Malaria and Typhoid Awareness	23-29
10	Endo Guard Health Services: Empowering Communities Against Endocrine Disorders	30-37
11	AIDS Awareness Hub: Empowering Communities for Health	38-45



Title of the practice: Community Pharmacy Services by AIPS Apprentice Community Pharmacist

Objectives of the practice:

- Raise awareness about menstrual hygiene practices and ensure accessibility to hygiene products and to Promote an open dialogue on menstruation to reduce stigma.
- Increase awareness of mental health issues, recognizing signs of distress and suicidal tendencies and establish a network of mental health resources for community support.
- Promote preventive measures for malaria and typhoid, including bed nets and sanitation and to Raise awareness about early symptoms and the importance of seeking medical care for these diseases.
- Conduct health camps for regular screenings and educate on lifestyle modifications for endocrinology diseases and Encourage adherence to medications and routine check-ups.
- Dispel myths about HIV transmission, fostering empathy and support for those with AIDS and Establish community forums for open discussions on sexual health and AIDS awareness.

The Context:

In the quaint village of Tallavalasa, the AIPS apprentice community pharmacists embark on a multifaceted health awareness initiative, delving into the nuanced health needs of the community.

Context for awareness on teenagers' menstrual problems: Addressing the delicate issue of teenagers' menstrual problems, the program seeks to create an open dialogue around reproductive health. In a setting where cultural norms may contribute to silence on such matters, the initiative aims to dispel myths, providing teenagers with the knowledge and support needed to manage their menstrual health effectively.

Context for awareness on suicidal prevention: Simultaneously, the program addresses a critical concern—suicidal prevention, particularly through poisoning. Recognizing the gravity of mental health challenges, the AIPS apprentice community pharmacists engage in community-wide conversations, fostering an environment where individuals feel safe discussing mental health. By providing information on recognizing warning signs, the program endeavors to equip community members with the tools to offer support and intervention.

Context for awareness on infectious diseases: Malaria and typhoid, prevalent health issues in many villages, including Tallavalasa, take centre stage in another segment of the awareness program. The initiative educates the community on preventive measures, early symptoms, and the importance of seeking prompt medical attention. Through informative sessions and distribution of



PRINCIPAL

Avanathi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal

Vizianagaram (Dist) -531162



resources, the AIPS apprentice community pharmacists aim to empower villagers with the knowledge to combat these infectious diseases effectively.

Context for awareness on endocrinology diseases: Shifting gears to endocrinology diseases, the program homes in on prevalent conditions like diabetes and thyroid disorders. Recognizing the rising incidence of these disorders, the AIPS apprentice community pharmacists organize health camps, disseminating information on lifestyle management, regular screenings, and adherence to prescribed medications. The program aspires to create a community that understands the importance of early detection and proactive health management.

Context for awareness on AIDS: Lastly, the awareness initiative on AIDS confronts the stigma associated with the condition. In Tallavalasa, where misinformation may abound, the AIPS apprentice community pharmacists strive to provide accurate information on HIV/AIDS transmission, prevention, and treatment. Through community forums, the program aims to dismantle misconceptions, fostering empathy and support for individuals living with HIV.

In their endeavor to bring about positive change, the AIPS apprentice community pharmacists tailor each awareness program to the unique needs and cultural context of Tallavalasa. Through these initiatives, they aim not only to impart knowledge but to cultivate a community that prioritizes health, understanding, and collective well-being.

The Practice:

In the picturesque village of Tallavalasa, the AIPS apprentice community pharmacists are spearheading transformative health awareness practices that delve into the multifaceted health challenges faced by the community. The enchanting landscape of Tallavalasa is not devoid of health concerns, and the pharmacists recognize the need for a holistic approach to address various issues affecting the villagers.

Practice for Awareness on Teenagers' Menstrual Problems: The menstrual well-being of teenagers in Tallavalasa is a pivotal focus of the awareness program. The pharmacists aim to create a supportive environment by conducting workshops that not only educate on menstrual hygiene but also break societal taboos around the topic. They actively promote open discussions to empower teenagers with knowledge about their bodies, fostering a sense of confidence and self-care.

Practice for Awareness on Suicidal Prevention: The AIPS apprentice community pharmacists approach suicidal prevention with sensitivity and urgency. Recognizing the prevalence of poisoning as a method, they conduct awareness sessions on mental health, offering resources for those in distress. Community engagement events aim to create a network of support, emphasizing the importance of destigmatizing mental health challenges and promoting professional intervention.

Practice for Awareness on Malaria and Typhoid: Malaria and typhoid pose significant health



PRINCIPAL



risks in Tallavalasa, prompting the community pharmacists to focus on preventive measures. They organize campaigns advocating for the use of bed nets, improved sanitation practices, and access to clean water sources. Health camps provide essential screenings, ensuring early detection and timely medical intervention.

Practice for Awareness on Endocrinology Diseases: Endocrinology diseases, including diabetes and thyroid disorders, are addressed through targeted health camps and educational workshops. The pharmacists emphasize the significance of lifestyle modifications, adherence to prescribed medications, and regular health check-ups. By tailoring information to the community's understanding, they aim to empower individuals to manage these conditions effectively.

Practice for Awareness on AIDS: AIDS awareness takes center stage in Tallavalasa, with the pharmacists fostering a community-wide understanding of HIV transmission and prevention. The program includes informative sessions, community forums, and distribution of educational materials to dispel myths and encourage empathy and support for those living with AIDS. The pharmacists aspire to create an environment where individuals feel safe seeking information and assistance related to sexual health.

Evidence of success:

The AIPS apprentice community pharmacists have witnessed remarkable success in their health awareness initiatives tailored for Tallavalasa village. Through focused programs on teenagers' menstrual problems, suicidal prevention, malaria and typhoid awareness, endocrinology diseases like diabetes and thyroid, and AIDS, the community has experienced positive transformations. Observing increased attendance in educational workshops, reduced stigma around mental health discussions, improved sanitation practices, and higher participation in health camps, the pharmacists note tangible changes. The community's proactive engagement, evident in reduced health risks and increased awareness, reflects the success of these initiatives. This success is a testament to the tailored approach and cultural sensitivity employed by the pharmacists, fostering a healthier and more informed Tallavalasa community.

1. Educating teenagers about the physiological and emotional aspects of menstruation, promoting a healthier understanding and approach.
2. Educating community members on recognizing signs of suicidal tendencies and promoting mental health awareness to prevent poisoning incidents.
3. Educating the community on preventive measures against malaria and typhoid, emphasizing hygiene and regular health check-ups.
4. Educating community members about the causes, symptoms, and preventive measures for diabetes and thyroid disorders.





ESTD : 2005

5. Educating the community about the modes of HIV/AIDS transmission, prevention methods, and the importance of regular testing for early detection.

Problems encountered and Resources required:

Problems encountered:

Problems encountered for Awareness on Teenagers' Menstrual Problems: In the pursuit of creating awareness on teenagers' menstrual problems in Tallavalasa village, the AIPS apprentice community pharmacists faced challenges rooted in cultural taboos and societal stigmas surrounding menstruation. Overcoming these obstacles required delicate community engagement strategies to ensure open conversations and a destigmatized understanding of menstrual health.

Problems encountered for Awareness on Suicidal Prevention: Addressing suicidal prevention posed challenges related to the sensitive nature of mental health discussions. The community exhibited hesitancy in acknowledging mental health concerns, highlighting the prevailing stigma. AIPS apprentice community pharmacists had to employ empathetic approaches, fostering trust and creating a safe space for discussions on mental well-being and suicide prevention.

Problems encountered for Awareness on Malaria and Typhoid: Malaria and typhoid awareness encountered challenges linked to misconceptions and misinformation within the community. A lack of understanding about preventive measures and symptoms led to resistance in adopting healthier practices. The AIPS apprentice community pharmacists focused on dispelling myths and providing clear, culturally sensitive information to overcome these hurdles.

Problems encountered for Awareness on Endocrinology Diseases: In the context of endocrinology diseases like diabetes and thyroid disorders, the challenges included low health literacy and a lack of awareness about these conditions. Overcoming these challenges necessitated educational campaigns tailored to varying literacy levels, ensuring that every community member could comprehend the information and take proactive steps toward their health.

Problems encountered for Awareness on AIDS: AIDS awareness efforts faced resistance rooted in deep-seated societal norms and stigma surrounding HIV/AIDS. The AIPS apprentice community pharmacists worked tirelessly to break down these barriers, emphasizing the importance of accurate information, testing, and fostering a compassionate environment for those affected.

These challenges underscore the need for culturally sensitive and community-specific approaches in health awareness programs, guiding the AIPS apprentice community pharmacists in refining their strategies to effectively address the unique dynamics of Tallavalasa village.





ESTD : 2005

Resources required:

To successfully execute the awareness programs in Tallavalasa village, the AIPS apprentice community pharmacists require a range of resources tailored to the unique challenges posed by each initiative.

Resources required for Awareness on Teenagers' Menstrual Problems: For tackling teenagers' menstrual problems, resources must include educational materials like pamphlets and booklets, as well as access to community spaces for conducting workshops. Collaborations with local healthcare professionals and educators are vital to provide accurate information and dispel myths around menstrual health.


Resources required for Awareness on Suicidal Prevention: In the realm of suicidal prevention, resources should encompass training programs for mental health professionals, community workshops, and the establishment of helplines. Additionally, printed materials and awareness campaigns would be crucial in promoting mental health literacy and encouraging open conversations about suicidal prevention.

Resources required for Awareness on Malaria and Typhoid: For malaria and typhoid awareness, resources must focus on the development and distribution of informative materials in local languages. Health workshops and community forums would require funding for venue arrangements and logistics. Access to diagnostic tools for health check-ups is essential for early detection and prevention.

Resources required for Awareness on Endocrinology Diseases: Endocrinology diseases like diabetes and thyroid disorders demand resources for health check-up camps, informational brochures, and community engagement events. Translation services and collaborations with certified healthcare professionals are essential to bridge potential language barriers and ensure accurate communication.

Resources required for Awareness on AIDS: In the context of AIDS awareness, resources should be allocated for the development of culturally sensitive educational materials, transportation facilities for testing campaigns, and collaborations with local influencers to enhance the reach of the program. Establishing support groups and counseling services would require ongoing financial support.




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in

Date: 15-07-2019

Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on teenager's menstrual problems on the theme **"Teen Glow: Empowering Adolescents with Menstrual Knowledge"** on 16-07-2019 in the village of Tallavalasa to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
2. Consultant Community Pharmacists -AIPS
3. Incharge Apprentice Community Pharmacists -AIPS
4. All HOD's
5. All Pharm -D Students




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

Report On Awareness on Teenagers menstrual problems

Date: 16-07-2019

Venue: Tallavalasa

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 33

Title of the practice: “Teen Glow: Empowering Adolescents with Menstrual Knowledge”

Introduction: Menstrual problems among teenagers can be common as they navigate the onset of menstruation and hormonal changes during adolescence. Irregular menstrual cycles, heavy or painful periods, and other related issues can impact a teenager's physical and emotional well-being. Common menstrual problems include dysmenorrhea (painful periods), menorrhagia (heavy menstrual bleeding), and irregular cycles. Hormonal fluctuations during puberty can contribute to these challenges. Stress, inadequate nutrition, and underlying medical conditions may also play a role. It is crucial for teenagers to communicate openly with healthcare providers or seek guidance from a trusted adult if they experience persistent menstrual issues. Medical professionals can offer guidance, address concerns, and provide appropriate management options, ensuring that teenagers receive the support and care needed to navigate this aspect of their reproductive health. Education about menstrual health, hygiene, and normal variations in menstrual cycles is essential to empower teenagers and foster a positive attitude towards their changing bodies.

Objectives of the practice:

- Increase awareness among teenagers in Tallavalasa about the fundamentals of menstrual health, including the menstrual cycle, hygiene practices, and the normal range of experiences.
- Foster an environment that eliminates stigmas surrounding menstruation in Tallavalasa. Encourage open conversations to normalize discussions about menstrual health, reducing shame or embarrassment among teenagers.
- Equip teenagers with knowledge about common menstrual issues such as irregular periods, dysmenorrhea, and premenstrual syndrome (PMS). Ensure they understand when to seek help and how to manage these problems effectively.
- Promote lifestyle factors that contribute to better menstrual health, including maintaining a balanced diet, regular exercise, and stress management. Empower teenagers in Tallavalasa to make informed choices that positively impact their menstrual well-being.
- Provide information about local resources and healthcare services available in Tallavalasa for teenagers facing menstrual problems. Ensure that they know where to seek professional advice and support when needed.



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

- Facilitate community-wide discussions on menstrual health to involve not only teenagers but also parents, educators, and community leaders. Promote a collective understanding of the importance of supporting teenagers during this crucial phase of their development.

The Context:

In the community of Tallavalasa, there exists a significant gap in awareness regarding menstrual health, particularly among teenagers. Many adolescents in this community lack essential knowledge about menstrual cycles, hygiene practices, and common menstrual problems. Consequently, teenagers may find themselves navigating the challenges of menstruation without adequate information or support, leading to misconceptions and potential neglect of their menstrual health. Recognizing the need for a comprehensive awareness initiative, AIPS Apprentice Community Pharmacists embarks on a community-driven health initiative in Tallavalasa, we recognize a crucial need to address the prevailing lack of awareness among teenagers regarding menstrual health. In interactions with community members, we have observed a dearth of knowledge surrounding menstrual cycles, hygiene practices, and common menstrual problems among adolescents. The AIPS apprentice community pharmacists are dedicated to filling this informational void by launching a targeted awareness program. AIPS apprentice community pharmacists' goal is to empower teenagers in Tallavalasa with essential knowledge about menstrual health, fostering a supportive environment that encourages open discussions and dismantles stigmas associated with menstruation. AIPS apprentice community pharmacists aim to equip teenagers with the resources they need to navigate their menstrual health confidently and promote a culture of informed well-being within the community.

The Practice:

- Conduct a series of workshops focusing on the menstrual cycle, covering its phases, duration, and hormonal changes, to ensure a comprehensive understanding among teenagers in Tallavalasa.
- Hold interactive sessions emphasizing proper menstrual hygiene practices, discussing the importance of using sanitary products correctly, and providing guidance on maintaining cleanliness during menstruation.
- Organize forums specifically addressing menstrual problems such as irregular periods, dysmenorrhea, and premenstrual syndrome (PMS), encouraging an open dialogue about symptoms, causes, and available solutions.
- Provide one-on-one consultations with apprentice community pharmacists to address personalized concerns related to menstrual problems, offering confidential and tailored advice.
- Develop and distribute informational pamphlets highlighting common menstrual disorders,



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

symptoms, and available treatments to increase awareness and understanding among teenagers.

- Integrate nutritional education sessions, emphasizing the impact of a balanced diet on hormonal balance and overall menstrual well-being.
- Conduct workshops on the benefits of regular exercise in managing menstrual symptoms, offering practical tips and easy-to-follow routines suitable for teenagers.
- Provide workshops on stress management techniques, recognizing the influence of stress on menstrual health and offering coping mechanisms tailored to the needs of teenagers.
- Develop a user-friendly mobile application that allows teenagers to track their menstrual cycles, symptoms, and mood changes, empowering them with knowledge about their own reproductive health.
- Collaborate with local schools to integrate comprehensive menstrual health education into the curriculum, ensuring a sustained and widespread impact among teenagers.
- Conduct follow-up sessions to track progress, address emerging concerns, and provide ongoing support to teenagers in their journey towards understanding and managing menstrual health.

Evidence of success:

- Measure the success of the awareness program by tracking the attendance and active participation of teenagers in workshops, webinars, and other educational sessions. A significant increase in participation indicates growing interest and engagement.
- Conduct post-awareness surveys and gather feedback from teenagers in Tallavalasa to assess their knowledge levels before and after the program. Positive feedback and an improvement in understanding menstrual health concepts demonstrate the effectiveness of the initiative.
- Monitor the utilization of support services provided, such as individual consultations with pharmacist advisors and peer-led support groups. An increase in the number of teenagers seeking assistance indicates the program's impact on encouraging open discussions and seeking help for menstrual concerns.
- Assess changes in hygiene practices among teenagers through observations and self-reporting. An increase in the adoption of proper menstrual hygiene practices indicates the successful dissemination of hygiene-related information.
- Assess the success of the initiative by the level of community engagement and dialogue surrounding menstrual health. Positive conversations and increased visibility of the topic within the community indicate a reduction in stigmas and a more open approach to discussing



PRINCIPAL



ESTD : 2005

menstrual problems.

- Evaluate any observable long-term behavioral changes among teenagers, such as improved stress management practices, sustained adherence to a balanced diet, and a proactive approach to seeking information about menstrual health. These changes signify the program's lasting impact on promoting overall well-being among teenagers in Tallavalasa.

Problems encountered and Resources required:

Problems encountered:

- Overcoming cultural stigmas and taboos related to menstruation may prove challenging. Deep-rooted beliefs and societal norms might hinder open discussions and the acceptance of menstrual health education.
- Some teenagers in Tallavalasa may face barriers to accessing educational resources due to economic constraints or limited availability of materials. This hampers the widespread distribution of crucial information on menstrual health.
- Teenagers may be hesitant to openly discuss menstrual problems or seek professional help due to societal norms or personal discomfort. This reluctance poses a challenge in providing personalized guidance and support.
- Lack of collaboration and support from schools in integrating menstrual health education into the curriculum can hinder the reach and impact of the awareness program among teenagers in Tallavalasa.
- Community members, including parents and guardians, might resist embracing a shift in cultural attitudes toward discussing menstrual health openly. Overcoming resistance requires targeted efforts to educate and involve all stakeholders in the community.

Resources required:

- Develop informative pamphlets, brochures, and visual aids covering the menstrual cycle, hygiene practices, and common menstrual issues. These materials should be culturally sensitive and accessible to teenagers in Tallavalasa.
- Collaborate with healthcare professionals specializing in gynecology, as well as educators with expertise in adolescent health. Their knowledge and guidance will enhance the quality and credibility of the awareness program.
- Utilize online platforms and webinar tools to conduct virtual workshops, webinars, and interactive sessions. This ensures flexibility in reaching a wider audience and facilitates engagement among teenagers in Tallavalasa.



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating the people about common menstrual problems




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162




ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice pharmacists raising awareness about common issues like menstrual cramps, irregular periods and premenstrual syndrome and also educating about available treatment options for these problems




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating the women by encouraging them to practice self-care during their menstrual cycle, such as getting enough rest, managing stress and maintaining a healthy diet



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162




ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating about the importance of hygiene to avoid menstrual problems




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



Date: 07-08-2019

Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on suicidal prevention on the theme **“Life Guard: Community Pharmacy Initiatives for Suicide Prevention”** on 08-08-2019 in the village of Tallavalasa to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
2. Consultant Community Pharmacists -AIPS
3. Incharge Apprentice Community Pharmacists -AIPS
4. All HOD's
5. All Pharm -D Students




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

Report On Awareness on suicidal prevention

Date: 08-08-2019

Venue: Tallavalasa

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 45

Title of the practice: “Life Guard: Community Pharmacy Initiatives for Suicide Prevention”

Introduction: Suicide prevention and poisoning mitigation are vital components of public health strategies, emphasizing early identification of risk factors and providing support to individuals facing emotional distress. Suicide prevention efforts focus on mental health awareness, accessible support services, and crisis interventions, aiming to reduce self-harm incidents. Concurrently, poisoning incidents, whether accidental or intentional, are addressed through poison control centers that offer guidance on managing exposures promptly. Educational programs and community initiatives play crucial roles in fostering awareness and creating supportive environments. By combining mental health resources, crisis helplines, and poison control measures, comprehensive approaches can effectively address both suicide prevention and poisoning incidents, promoting overall well-being and resilience in individuals facing mental health challenges.

Objectives of the practice:

- Increase awareness among community members of Tallavalasa about the risk factors associated with suicidal ideation and poisoning. Provide information on common triggers and signs that may indicate an individual is at risk.
- Raise awareness about the proper storage and disposal of medications to prevent accidental poisonings and reduce the availability of harmful substances that could be used for self-harm.
- Provide mental health first aid training to community members of Tallavalasa, equipping them with the skills to recognize signs of distress and intervene appropriately. Emphasize the importance of seeking professional help for individuals at risk.
- Foster a community culture that encourages open discussions about mental health and removes stigma. Promote an environment where individuals feel comfortable reaching out for help and supporting others who may be struggling.
- Establish partnerships with local healthcare providers to conduct outreach programs, workshops, and seminars on suicidal prevention and poisoning. Ensure that community members of Tallavalasa have access to accurate information and resources for mental health support.
- Distribute information on local crisis intervention hotlines, mental health services, and



PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

community resources. Ensure that community members of Tallavalasa are aware of where to seek help for themselves or others in times of mental health crises.

The Context:

In the community of Tallavalasa, there exists a pressing need for awareness and education on suicidal prevention, particularly in the context of poisoning. Many community members of Tallavalasa may not be fully aware of the risk factors associated with suicide, the potential dangers of poisoning, or the available resources for prevention and intervention. This lack of awareness can lead to delayed recognition of warning signs, limited support for individuals in crisis, and a general absence of a proactive approach to mental health. Recognizing this critical gap, the initiative to raise awareness on suicidal prevention and poisoning in Tallavalasa AIPS Apprentice Community Pharmacists aims to dismantle stigmas, foster open conversations about mental health, and provide community members of Tallavalasa with the knowledge and resources needed to identify, prevent, and respond to instances of suicidal ideation and poisoning effectively. Through interactions, AIPS Apprentice Community Pharmacists identified a lack of understanding about the signs of suicidal ideation, the risks associated with poisoning, and the importance of timely intervention. By addressing these issues head-on, the community of Tallavalasa can work together to create a safer and more supportive environment for all residents in Tallavalasa.

The Practice:

- Organize workshops to educate community members of Tallavalasa about the risk factors associated with suicidal ideation and poisoning. Provide information on recognizing signs of distress and potential dangers.
- Develop and distribute pamphlets that outline the common risk factors for suicidal tendencies and poisoning. These materials should be accessible at local pharmacies and community centers.
- Launch a community-wide campaign encouraging responsible storage and disposal of medications to prevent accidental poisonings and reduce access to harmful substances.
- Collaborate with mental health professionals to provide training sessions on mental health first aid. Equip community members with the skills to identify signs of distress and intervene appropriately.
- Conduct webinars addressing the importance of mental health, suicide prevention, and poisoning risks. Engage community members virtually to disseminate information and answer questions.
- Set up information centers at local pharmacies with details on crisis intervention hotlines, mental health services, and community resources. Ensure visibility and accessibility for all



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005


residents.

- Partner with local healthcare providers to offer free mental health screenings or consultations, fostering an environment where individuals can seek professional help without stigma.
- Facilitate community forums or discussion groups that encourage open conversations about mental health. Provide a safe space for community members to share experiences and express concerns.
- Collaborate with schools to integrate mental health education into the curriculum. Reach out to students, teachers, and parents to ensure a holistic approach to awareness and prevention.
- Establish peer-led support groups where individuals who have experienced or overcome mental health challenges share their stories. This creates a supportive network within the community.
- Develop wallet-sized cards with emergency contact information for crisis intervention hotlines and mental health services. Distribute these cards at pharmacies and community events for quick reference.
- Periodically conduct surveys to assess the community's awareness levels, changes in behavior, and the effectiveness of the awareness campaign. Use feedback to adapt and enhance future initiatives.
- Leverage social media platforms to run targeted campaigns, sharing information, success stories, and resources related to suicidal prevention and mental health awareness.
- Host community events, such as health fairs or awareness walks, to bring people together, raise awareness, and reinforce the importance of mental health within the community of Tallavalasa.

Evidence of success:

- Measure the success of the awareness program by monitoring the attendance and active participation in workshops, webinars, and community events. An increase in participation indicates growing interest and engagement in the topic.
- Conduct post-awareness surveys to gather feedback from community members of Tallavalasa. Positive feedback, along with an improvement in knowledge levels and attitudes toward mental health, serves as evidence of the program's success.
- Track the usage metrics of crisis intervention hotlines and mental health services. An increase in the number of community members of Tallavalasa seeking assistance through these resources suggests that individuals are reaching out for help when needed.
- Assess the success of the program by evaluating the level of collaboration with local




PRINCIPAL
Avanathi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Approved by A.I.C.T.E., P.C.I., New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)

Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.

www.avanthipharma.ac.in, principal@avanthipharma.ac.in

healthcare providers and schools. Increased partnerships and sustained support from these entities demonstrate the program's positive impact and integration into the community of Tallavalasa.

- Collaborate with local healthcare facilities to monitor and analyze data on accidental poisonings within the community of Tallavalasa. A decrease in the number of such incidents can be indicative of the program's success in preventing poisonings and promoting awareness.
- Observe and document any observable cultural shifts within the community concerning mental health discussions. Increased openness and a reduction in stigma surrounding mental health topics serve as qualitative evidence of success.

Problems encountered and Resources required:

Problems encountered:

- Overcoming societal stigma and misconceptions surrounding mental health and suicide prevention can be challenging. Misunderstandings about mental health may lead to reluctance in seeking help or engaging in awareness programs.
- Some community members in Tallavalasa may face barriers to accessing mental health services, including a shortage of healthcare professionals or limited availability of affordable mental health resources.
- Tailoring the awareness program to be culturally sensitive is crucial. Cultural norms and practices may impact the community's reception to mental health discussions, necessitating careful consideration in program design and messaging.
- Encouraging open conversations about mental health can be met with resistance due to cultural norms or personal discomfort. Breaking through this resistance is essential for creating an environment conducive to discussions on suicide prevention.
- Gaining active community engagement and participation in awareness programs may be a challenge. Factors such as busy schedules, lack of interest, or competing priorities can hinder the effectiveness of the initiatives.

Resources required:

- Develop and print educational materials, including pamphlets, brochures, and wallet-sized emergency information cards, to distribute at local pharmacies, community centers, and healthcare facilities.
- Establish partnerships with local healthcare providers, schools, and community organizations to support the awareness program. Collaborate with these entities to host events, distribute materials, and integrate mental health education into school curriculum



PRINCIPAL

Avanathi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal

Vizianagaram Dt., - 531162

Avanathi Institute of Pharmaceutical Sciences




AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating community population on maintaining their mental health on not to commit suicide




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



AIPS apprentice community pharmacists rising awareness among people to communicate with their trusted individuals about their negative things regarding the suicidal thoughts




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



Date: 09-09-2019


Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on infectious diseases on the theme “**Health Harbor: Navigating through Malaria and Typhoid Awareness**” on 10-09-2019 in the village of Tallavalasa to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
2. Consultant Community Pharmacists -AIPS
3. Incharge Apprentice Community Pharmacists -AIPS
4. All HOD's
5. All Pharm -D Students




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

Report On Awareness on Infectious diseases

Date: 10-09-2019

Venue: Tallavalasa

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 29

Title of the practice: "Health Harbor: Navigating through Malaria and Typhoid Awareness"

Introduction: Infectious diseases, such as malaria and typhoid, pose significant global health challenges, affecting millions of individuals each year. Malaria, caused by Plasmodium parasites transmitted through the bite of infected mosquitoes, primarily occurs in tropical and subtropical regions. Typhoid fever, caused by the bacterium Salmonella Typhi, spreads through contaminated food or water and is prevalent in areas with poor sanitation. Both diseases can result in severe illness and, if left untreated, can be life-threatening. Prevention efforts for malaria include mosquito control measures and the use of bed nets, while typhoid prevention involves improved sanitation and access to clean water, as well as vaccination. Timely diagnosis and appropriate treatment are critical for managing these infectious diseases, and public health initiatives focus on raising awareness, improving healthcare infrastructure, and implementing preventive measures to reduce the burden of these illnesses on communities worldwide.

Objectives of the practice:

- Increase awareness among community members in Tallavalasa about the transmission routes of infectious diseases like malaria and typhoid. Emphasize the role of contaminated water, food, and vectors in the spread of these diseases.
- Encourage and educate community members on the importance of personal hygiene practices, including proper handwashing, safe food handling, and the use of mosquito repellents. These measures aim to minimize the risk of contracting and spreading infectious diseases.
- Raise awareness about the early symptoms of malaria and typhoid fever. Stress the importance of seeking prompt medical attention upon experiencing symptoms to facilitate early diagnosis and treatment, preventing the progression of these diseases.
- Promote the importance of vaccination as a preventive measure against certain infectious diseases. Collaborate with healthcare providers to organize vaccination programs in the community, focusing on diseases like typhoid where vaccines are available.
- Engage the community in vector control efforts, especially for diseases like malaria transmitted by mosquitoes. Encourage the use of bed nets, elimination of stagnant water breeding grounds, and other community-driven measures to reduce the mosquito population.



PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal

Vizianagaram Dt., - 531162



ESTD : 2005

- Ensure that awareness materials and campaigns are presented in local languages to enhance understanding and accessibility. Tailor information to the cultural context of Tallavalasa to maximize the impact of the awareness program.

The Context:

In the vibrant community of Tallavalasa, there exists a significant gap in awareness concerning infectious diseases, notably malaria and typhoid. Many community members are not fully informed about the transmission modes, early symptoms, and preventive measures associated with these diseases. The lack of awareness has resulted in delayed recognition of symptoms, potential exposure to contaminated sources, and limited understanding of the importance of seeking timely medical assistance. Recognizing this critical void, the AIPS Apprentice Community Pharmacists raise awareness on infectious diseases particularly malaria and typhoid and aims to bridge the information gap. Through interactions, AIPS apprentice community pharmacists have observed a lack of knowledge among community members about the modes of transmission, early symptoms, and preventive measures for these diseases. By fostering a culture of understanding, the community can empower its members to take proactive measures in personal hygiene, vector control, and seeking prompt medical attention. The ultimate goal is to create a resilient community in Tallavalasa, well-equipped with knowledge to combat and prevent the spread of infectious diseases.

The Practice:

- Conduct interactive workshops to educate community members about the transmission modes of infectious diseases such as malaria and typhoid. Explain how contaminated water, food, and vectors contribute to the spread of these illnesses.
- Develop and distribute informative pamphlets, posters, and brochures detailing the early symptoms of malaria and typhoid, emphasizing the importance of recognizing these signs for prompt medical attention.
- Organize information sessions in the local language to ensure that all community members can comprehend and engage with the awareness program effectively.
- Collaborate with the community to implement vector control measures. Emphasize the use of bed nets, elimination of mosquito breeding sites, and safe disposal of stagnant water to reduce the risk of malaria transmission.
- Advocate for personal hygiene practices, including proper handwashing, safe food handling, and sanitation measures to minimize the risk of typhoid and other waterborne diseases.
- Conduct practical demonstrations on proper handwashing techniques, emphasizing the significance of hand hygiene in preventing the spread of infectious diseases.
- Coordinate with healthcare providers to organize community-wide vaccination drives,



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



especially for diseases like typhoid where vaccines are available.

- Invite local healthcare professionals to participate in awareness campaigns, providing insights into disease symptoms, treatment options, and preventive measures.
- Collaborate with healthcare providers to organize health screenings and check-ups within the community, facilitating early detection of infectious diseases and timely medical intervention.
- Conduct training sessions on crisis preparedness, educating community members on the immediate steps to take in case of suspected infectious diseases and the importance of seeking professional medical help promptly.
- Organize feedback sessions and question-and-answer forums to address community queries and concerns. Foster an open dialogue to ensure that information is well-understood and tailored to the community's specific needs.
- Implement follow-up campaigns to reinforce key messages and ensure continuous education. Regularly assess the community's understanding and adjust awareness strategies accordingly for sustained impact.

Evidence of success:

- Measure the success of the awareness program by monitoring the attendance and active participation in workshops, health screenings, and community events. A significant increase in participation indicates growing interest and engagement.
- Conduct post-awareness surveys to gather feedback from community members in Tallavalasa. Positive feedback, along with an improvement in knowledge levels and attitudes toward infectious diseases, serves as evidence of the program's success.
- Assess the community's engagement in vector control initiatives. A reduction in mosquito breeding sites and increased usage of preventive measures, such as bed nets, demonstrates the success of community-driven efforts.
- Collaborate with healthcare providers to track vaccination coverage rates within the community. An increase in the number of community members receiving vaccinations for diseases like typhoid indicates the success of vaccination drives.
- Observe and document improvements in personal hygiene practices within the community. Increased adherence to proper handwashing and sanitation measures signifies positive behavioral changes resulting from the awareness campaign.
- Collaborate with local healthcare facilities to monitor and analyze data on reported cases of infectious diseases. A decrease in the number of reported cases suggests that the awareness program has contributed to preventing and managing these diseases effectively.



PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

Problems encountered and Resources required:

Problems encountered:

- Overcoming language and cultural barriers may pose challenges in effectively conveying information about infectious diseases. Tailoring the awareness materials and campaigns to align with the local language and cultural nuances is crucial.
- Some community members in Tallavalasa may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program.
- Encouraging behavioral changes, such as adopting new hygiene practices or participating in vector control initiatives, may be met with resistance. Deeply ingrained habits and cultural practices could hinder the acceptance of these changes.
- Addressing misinformation and dispelling myths about infectious diseases can be challenging. Pre-existing beliefs within the community may conflict with accurate information, leading to skepticism or reluctance to accept new knowledge.
- Gaining active community engagement and participation in awareness programs may be a challenge. Factors such as busy schedules, competing priorities, or a lack of perceived urgency can hinder the effectiveness of the initiatives.

Resources required:

- Develop and print educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities. These materials should contain information on infectious diseases, their transmission, symptoms, and preventive measures.
- Invest in translating awareness materials and messages into the local language spoken in Tallavalasa. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers.
- Collaborate with healthcare professionals and educators specializing in infectious diseases. Their expertise is valuable for conducting workshops, seminars, and training sessions within the community, providing accurate and authoritative information.
- Allocate resources for organizing community engagement events such as health fairs, workshops, and informational sessions. These events provide platforms for direct interaction, Q&A sessions, and practical demonstrations, enhancing community participation.



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162




ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating about the signs and symptoms of malaria




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists rising awareness about prevention measures such as taking mosquito repellents, wearing protective clothes and by eliminating stagnant water source to reduce mosquito breeding grounds



PRINCIPAL
Avanathi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

Date: 25-10-2019

Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on Endocrinology diseases on the theme “**Endo Guard Health Services: Empowering Communities Against Endocrine Disorders**” on 26-10-2019 in the village of Tallavalasa to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
2. Consultant Community Pharmacists -AIPS
3. Incharge Apprentice Community Pharmacists -AIPS
4. All HOD's
5. All Pharm -D Students




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



Report On Awareness on Endocrinology diseases

Date: 26-10-2019

Venue: Tallavalasa

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 37

Title of the practice: “Endo Guard Health Services: Empowering Communities Against Endocrine Disorders”

Introduction: Endocrinology diseases encompass a range of conditions that affect the endocrine system, a network of glands that produce hormones regulating various bodily functions. Two prevalent disorders within this domain are diabetes and thyroid disorders. Diabetes, characterized by high blood sugar levels, results from insufficient insulin production (Type 1) or the body's inability to use insulin effectively (Type 2). It can lead to complications affecting the heart, kidneys, eyes, and nerves. Thyroid disorders involve dysfunction of the thyroid gland, with conditions like hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). These disorders impact metabolism, energy levels, and overall well-being. Management of diabetes typically involves lifestyle modifications, medication, and insulin therapy, while thyroid disorders are often treated with medications or, in some cases, surgery. Endocrinologists play a crucial role in diagnosing, treating, and managing these conditions, emphasizing the importance of regular monitoring, medication adherence, and lifestyle adjustments to enhance the quality of life for individuals affected by diabetes and thyroid disorders. Public health initiatives aim to raise awareness, promote early detection, and improve overall understanding of these endocrinological conditions to optimize care and prevent complications.

Objectives of the practice:

- Increase awareness among community members in Tallavalasa about the risk factors associated with endocrinology diseases such as diabetes and thyroid disorders. Emphasize the importance of recognizing early signs and symptoms for prompt medical attention.
- Advocate for lifestyle modifications to prevent and manage endocrinology diseases. Encourage healthy eating habits, regular physical activity, and weight management to reduce the risk of diabetes and maintain thyroid health.
- Emphasize the importance of regular health screenings for early detection of endocrinology diseases. Encourage community members to undergo routine blood tests, check-ups, and screenings to identify and manage conditions like diabetes and thyroid disorders in their early stages.



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

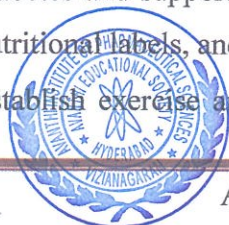
- Organize nutrition workshops to provide practical guidance on balanced diets, portion control, and understanding nutritional labels. Equip community members with the knowledge to make informed food choices, crucial for managing conditions like diabetes.
- Stress the significance of medication adherence for individuals diagnosed with endocrinology diseases. Promote regular medical check-ups to monitor blood sugar levels, thyroid function, and overall health. Encourage proactive management under healthcare professionals' guidance.
- Create a supportive community network where individuals with endocrinology diseases can share experiences, discuss challenges, and provide mutual support. Reduce stigma associated with these conditions and promote a community that understands and empathizes with those affected.

The Context:

In the serene community of Tallavalasa, there exists a notable gap in awareness regarding endocrinology diseases, specifically diabetes and thyroid disorders. Many community members lack crucial knowledge about the risk factors, early signs, and preventive measures associated with these conditions. The absence of awareness has resulted in delayed diagnoses, limited understanding of necessary lifestyle modifications, and challenges in managing these endocrinology diseases effectively. So, AIPS Apprentice Community Pharmacists has discerned a crucial need for heightened awareness regarding endocrinology diseases, notably diabetes and thyroid disorders. Through interactions, AIPS Apprentice Community Pharmacists have observed a dearth of knowledge among community members about the subtle signs, risk factors, and preventative measures associated with these conditions. By fostering understanding and offering practical guidance, the goal is to instill a proactive approach within the community, promoting healthier lifestyles and early intervention for improved overall well-being.

The Practice:

- Conduct interactive workshops to educate community members about the risk factors associated with diabetes and thyroid disorders. Discuss lifestyle factors, genetic predispositions, and environmental influences contributing to these conditions.
- Collaborate with healthcare providers to organize health screenings and check-ups within the community. Provide on-site testing for blood sugar levels and thyroid function, facilitating early detection and raising awareness about the importance of regular check-ups.
- Organize nutritional guidance sessions to promote a balanced diet suitable for managing diabetes and supporting thyroid health. Provide information on portion control, understanding nutritional labels, and incorporating healthy eating habits into daily life.
- Establish exercise and physical activity programs tailored to different age groups within the



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

community. Emphasize the role of regular exercise in managing diabetes and maintaining overall health, including activities suitable for those with thyroid disorders.

- Conduct workshops on stress management techniques, as stress can impact both diabetes and thyroid health. Teach relaxation exercises, mindfulness practices, and strategies for coping with daily stressors.
- Initiate community garden projects to promote access to fresh, locally grown produce. Encourage residents to participate, fostering a sense of community and providing a sustainable source of nutritious foods that support overall health.
- Launch regular informational campaigns through posters, flyers, and community newsletters. Share insights on early signs of diabetes and thyroid disorders, emphasizing the importance of seeking medical advice if symptoms arise.
- Develop programs to promote medication adherence for individuals diagnosed with diabetes or thyroid disorders. Provide information on the importance of consistent medication use and regular follow-ups with healthcare professionals.
- Establish support groups for individuals affected by diabetes and thyroid disorders. These groups serve as platforms for sharing experiences, providing emotional support, and exchanging practical tips for managing these conditions.
- Organize recurring health check events where community members can monitor key health parameters, such as blood pressure, blood sugar, and body mass index (BMI). Provide personalized feedback and guidance based on these measurements.
- Ensure that all awareness materials and communication are available in the local language, making the information accessible to a broader audience and overcoming language barriers.
- Utilize technology platforms to disseminate information, conduct virtual workshops, and engage community members who may face physical or logistical challenges in attending in-person events.
- Implement mechanisms for continuous monitoring of the community's understanding and awareness levels. Adapt awareness strategies based on feedback and changing community needs for sustained impact.

Evidence of success:

- A rise in the number of community members participating in health screenings for diabetes and thyroid disorders serves as tangible evidence of increased awareness and proactive health-seeking behavior.
- Conduct post-awareness surveys to gather feedback from community members in Tallavalasa. Positive responses indicating improved knowledge, changed behaviors, and a proactive



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

approach to health contribute to the program's success.

- Increased attendance and active participation in educational workshops signify a growing interest and engagement level within the community, showcasing the success of the awareness initiatives.
- Anecdotal or reported instances of community members adopting healthier lifestyles, such as incorporating balanced diets and regular exercise, indicate a positive impact of the awareness program on lifestyle modifications.
- The growth and sustained participation in support groups for individuals affected by diabetes and thyroid disorders demonstrate community members' willingness to share experiences and seek mutual support, indicating success in fostering a supportive environment.
- Observing community engagement in stress management workshops and an uptake of stress-relief techniques suggests that the program has influenced individuals to manage stress, a factor that can impact endocrine health positively.
- An increased recognition of early symptoms of endocrinology diseases, leading to prompt medical intervention, can be considered a success in achieving the awareness goal and improving overall community health.

Problems encountered and Resources required:

Problems encountered:

- Overcoming language and cultural barriers may pose challenges in effectively conveying information about endocrinology diseases. Tailoring the awareness materials to align with the local language and cultural nuances is crucial.
- Some community members in Tallavalasa may face difficulties accessing healthcare services due to geographical constraints, economic factors, or a lack of healthcare infrastructure. This limitation can hinder the effectiveness of the awareness program.
- Encouraging behavioral changes, such as adopting new lifestyle habits or participating in health screenings, may be met with resistance. Deeply ingrained habits and cultural practices could hinder the acceptance of these changes.
- Addressing misinformation and dispelling myths about endocrinology diseases can be challenging. Pre-existing beliefs within the community may conflict with accurate information, leading to skepticism or reluctance to accept new knowledge.
- Gaining active community engagement and participation in awareness programs may be a challenge. Factors such as busy schedules, competing priorities, or a lack of perceived urgency can hinder the effectiveness of the initiatives.



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



Resources required:

- Develop and print culturally sensitive educational materials, including pamphlets, posters, and brochures, to be distributed at local pharmacies, community centers, and healthcare facilities.
- Invest in translating awareness materials and messages into the local language spoken in Tallavalasa. This ensures that the information is accessible and comprehensible to all community members, overcoming language barriers.
- Collaborate with healthcare professionals and educators specializing in endocrinology. Their expertise is valuable for conducting workshops, seminars, and training sessions within the community, providing accurate and authoritative information.
- Allocate resources for organizing community engagement events such as health fairs, workshops, and informational sessions. These events provide platforms for direct interaction, Q&A sessions, and practical demonstrations, enhancing community participation.
- Establish mobile health clinics to provide accessible healthcare services, health screenings, and vaccinations directly within the community. This ensures that community members have easy access to essential health resources and services.




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.

www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists educating people about the common symptoms of endocrine disorders



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162




ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists counselling about the impact of healthy life style changes and hormone replacement therapy




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.

www.avanthipharma.ac.in, principal@avanthipharma.ac.in

Date: 30-11-2019

Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on AIDS on the theme “**AIDS Awareness Hub: Empowering Communities for Health**” on 02-12-2019 in the village of Tallavalasa to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
2. Consultant Community Pharmacists -AIPS
3. Incharge Apprentice Community Pharmacists -AIPS
4. All HOD's
5. All Pharm -D Students



PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal

Vizianagaram Dt., - 531162



ESTD : 2005

Report On Awareness on AIDS

Date: 02-12-2019

Venue: Tallavalasa

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 30

Title of the practice: "AIDS Awareness Hub: Empowering Communities for Health"

Introduction: Acquired Immunodeficiency Syndrome (AIDS) is a severe and advanced stage of infection with the Human Immunodeficiency Virus (HIV). HIV weakens the immune system, making individuals susceptible to opportunistic infections and certain cancers. The virus is primarily transmitted through unprotected sexual intercourse, sharing of contaminated needles, and from an infected mother to her child during childbirth or breastfeeding. While there is no cure for HIV, antiretroviral therapy (ART) can effectively suppress the virus, allowing individuals with HIV to lead relatively healthy lives. Prevention strategies include safe sex practices, needle exchange programs for people who inject drugs, and the use of pre-exposure prophylaxis (PrEP). Global efforts aim to raise awareness, reduce stigma, and increase access to testing and treatment, with the ultimate goal of curbing the spread of HIV/AIDS and improving the quality of life for those affected by this pandemic. Education, comprehensive healthcare, and destigmatization are essential components of the multifaceted approach to addressing the HIV/AIDS epidemic.

Objectives of the practice:

- Increase awareness among community members in Tallavalasa about the various modes of HIV transmission, including sexual contact, blood contact, and mother-to-child transmission, to promote preventive measures.
- Encourage the adoption of safe practices such as consistent and correct condom use, regular HIV testing, and the importance of needle safety to reduce the risk of HIV transmission within the community.
- Combat stigma and discrimination associated with HIV by fostering a more empathetic and supportive community. Promote understanding of the virus and emphasize that individuals living with HIV can lead fulfilling lives with proper care.
- Promote the importance of regular HIV testing for early detection. Encourage community members to know their HIV status, facilitating timely medical intervention and reducing the risk of further transmission.
- Connect community members to local support services, including counseling, healthcare facilities, and community organizations, to provide assistance for individuals affected by HIV



PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.

www.avanthipharma.ac.in, principal@avanthipharma.ac.in

and to foster a supportive environment.

- Raise awareness about preventing mother-to-child transmission of HIV by promoting antenatal care, HIV testing during pregnancy, and appropriate medical interventions to ensure the health of both mothers and infants.

The Context:

In the vibrant community of Tallavalasa, a profound need for awareness on AIDS has been recognized, unveiling a complex scenario that demands attention and understanding. Many community members remain uninformed about the transmission modes, preventive measures, and the impact of stigma surrounding HIV and AIDS. This lack of awareness contributes to the prevailing challenges of late diagnoses, increased vulnerability to transmission, and a regrettably high level of stigma towards those affected. Recognizing this critical gap, an initiative has been undertaken to disseminate crucial information about AIDS. AIPS Apprentice Community Pharmacists have identified a pressing need for heightened awareness concerning AIDS. Interactions with community members have unveiled a concerning lack of understanding about the modes of transmission, prevention strategies, and the pervasive stigma surrounding HIV and AIDS. This informational void contributes to delayed diagnoses, an increased risk of transmission, and the perpetuation of unwarranted stigma toward those affected. In response, the AIPS apprentice community pharmacists have embarked on an impactful initiative to bridge this knowledge gap. Through targeted awareness campaigns, educational sessions, and community engagement, aims to empower Tallavalasa residents with accurate information that promotes prevention, dispels myths, and fosters a more supportive and informed community in the face of HIV and AIDS.

The Practice:

- Conduct informative workshops detailing various modes of HIV transmission, including sexual contact, blood contact, and mother-to-child transmission. Utilize visual aids and interactive discussions to enhance understanding.
- Create and distribute pamphlets, brochures, and posters detailing HIV transmission and preventive measures. Ensure materials are available in the local language to enhance accessibility.
- Emphasize the importance of consistent and correct condom use to prevent sexual transmission. Advocate for safe needle practices, discouraging needle-sharing behaviors, to reduce the risk of blood transmission.
- Organize seminars highlighting the significance of regular HIV testing. Address misconceptions, fears, and provide information on accessible testing facilities within the community.



PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162

Avanthi Institute of Pharmaceutical Sciences



ESTD : 2005

- Collaborate with local healthcare professionals to conduct sessions on HIV prevention and care. Encourage community members to seek medical advice, promoting a proactive approach to healthcare.
- Initiate campaigns aimed at reducing stigma and discrimination associated with HIV. Organize awareness sessions to challenge stereotypes and foster a more compassionate community.
- Establish support groups where individuals affected by HIV can share experiences, receive emotional support, and access information on healthcare resources.
- Conduct workshops targeting expectant mothers and families to raise awareness about preventing mother-to-child transmission. Highlight the importance of antenatal care and medical interventions.
- Organize role-plays and skits addressing real-life scenarios related to HIV transmission and prevention. This engaging approach helps community members grasp practical preventive measures.
- Provide counseling services for individuals seeking guidance on HIV-related concerns. Create a confidential and non-judgmental space to address fears, misconceptions, and questions.
- Participate in and organize local events, festivals, and gatherings to disseminate HIV awareness. Utilize these occasions to engage with a broader audience and initiate conversations.
- Implement community outreach programs, including door-to-door campaigns and mobile health units. This ensures information reaches individuals who may face barriers to accessing traditional awareness channels.
- Establish partnerships with local schools and colleges to integrate HIV awareness into educational curricula. Reach out to young individuals, fostering a culture of awareness from an early age.
- Establish a system for regular information dissemination through community newsletters, local radio broadcasts, and social media platforms to reinforce key messages and sustain awareness efforts.

Evidence of success:

- Observe a significant rise in the number of community members voluntarily seeking HIV testing post-awareness campaigns. This indicates increased awareness about the importance of testing and early detection.
- Collect testimonials and feedback from community members who participated in the awareness programs. Positive anecdotes and expressions of gratitude can serve as qualitative evidence of the impact on individuals.




PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences

Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

- Monitor and document a decrease in reported cases of stigma and discrimination towards individuals living with HIV within the community. This reflects a positive shift in community attitudes and perceptions.
- Track the engagement levels and growth of support groups for individuals affected by HIV. Increased participation and the formation of new support groups indicate a more supportive community environment.
- Document instances of community members adopting safer practices, such as consistent condom use and safe needle practices. These behavioral changes serve as tangible evidence of the effectiveness of the awareness initiatives.
- Conduct surveys within the community to assess knowledge retention and awareness levels post-awareness campaigns. Positive survey results, indicating increased understanding of HIV transmission and prevention, provide quantitative evidence of success.
- Monitor participation rates in community outreach programs organized by the AIPS apprentice community pharmacists. Increased attendance indicates a growing interest in accessing information and resources related to HIV awareness.
- Collaborate with healthcare providers to observe and analyze cases of mother-to-child transmission post-awareness initiatives. A reduction in such cases indicates successful education on preventive measures during pregnancy.

Problems encountered and Resources required:

Problems encountered:

- Addressing deep-seated stigma and misconceptions about AIDS within the community poses a significant challenge. Overcoming these barriers requires a comprehensive approach to change attitudes and perceptions.
- Some community members may face challenges accessing healthcare services, including testing facilities and counselling services. This limitation can hinder the effectiveness of awareness initiatives and testing campaigns.
- Ensuring cultural sensitivity in the dissemination of information is crucial. Adapting awareness materials to align with local customs and norms is challenging and requires a nuanced approach to prevent misinterpretations.
- Encouraging behavioural changes, such as adopting safer practices or seeking regular HIV testing, may be met with resistance due to cultural norms, fear, or a perceived lack of urgency.

PRINCIPAL

Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162






ESTD : 2005

- Gaining active community engagement and participation in awareness programs may be challenging. Factors such as busy schedules, competing priorities, or a lack of perceived urgency can hinder the effectiveness of the initiatives.

Resources required:

- Develop and distribute culturally sensitive educational materials in the local language. This includes pamphlets, brochures, posters, and visual aids that convey information about AIDS transmission, prevention, and dispel myths.
- Collaborate with local healthcare professionals, including doctors, nurses, and counselors. These professionals can provide accurate information during workshops, seminars, and health sessions, enhancing the credibility of the awareness campaigns.
- Establish mobile health clinics equipped with HIV testing facilities, counseling services, and informational resources. This resource helps overcome barriers related to limited access to healthcare services within the community.




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.
www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice community pharmacists giving awareness about prevention of AIDS by suggesting them to avoid sharing of needles




PRINCIPAL
Avanthi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162



ESTD : 2005

AVANTHI INSTITUTE OF PHARMACEUTICAL SCIENCES
(Approved by A.I.C.T.E, P.C.I, New Delhi, Recognized by the Govt. of A.P. & Affiliated to JNTUK-Kakinada)
Cherukupally (Village), Chittivalasa (SO), Bhogapuram (Mandal), Vizianagaram (Dist) -531162.

www.avanthipharma.ac.in, principal@avanthipharma.ac.in



AIPS apprentice of community pharmacists engages in discussions with community member about the efficacy and impact of HIV on individuals




PRINCIPAL
Avanathi Institute of Pharmaceutical Sciences
Cherukupally (V), Bhogapuram Mandal
Vizianagaram Dt., - 531162