



BEST PRACTICE-2
ACADEMIC YEAR (2020-2021)
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ESTD : 2005

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

Objectives of the practice:

1. Enhance community understanding of pulmonary diseases, emphasizing preventive measures and effective management.
2. Educate the community on responsible antimicrobial use, combat antibiotic resistance, and promote adherence to prescribed treatments.
3. Raise awareness about COVID-19 precautions and promote community-wide adherence to preventive measures.
4. Provide tools and strategies for stress management to improve mental health and well-being.
5. Educate community members on family planning options, emphasizing informed choices for reproductive health.

The Context:

Context for awareness on pulmonary diseases: In Dakamarri, a serene village surrounded by lush landscapes, the air is filled with a mixture of tradition and the daily rhythms of life. However, the tranquil atmosphere masks a concern—pulmonary diseases affecting the community. Many individuals, unaware of the impact of asthma and COPD, face challenges in managing respiratory health. The Pulmonary Diseases Awareness Practice is a response to this need, aiming to bring a breath of fresh air to Dakamarri by enlightening its residents on preventive measures and effective management of pulmonary conditions.

Context for awareness on overuse of antibiotics: In Dakamarri, with its close-knit community, is not immune to the global issue of antibiotic resistance. In this idyllic village, where health practices intertwine with age-old traditions, the Awareness on Antibiotic Use Practice emerges as a shield against the dangers of overusing antibiotics. The community, often relying on home remedies, needs to understand the importance of responsible antimicrobial use. Through informative posters and community forums, this practice aims to foster a collective understanding of antibiotic resistance and promote adherence to prescribed treatments.

Context for precautions on COVID-19: The village of Dakamarri, a haven of cultural richness, faces the unprecedented challenge of the COVID-19 pandemic. The COVID-19 Precautions Practice is a timely response to protect the community from the virus's impact. Led by local influencers who understand the nuances of Dakamarri's cultural fabric, this practice transforms the village square into a vibrant stage for education and celebration. The goal is not only to inform about COVID-19 precautions but also to instil a sense of collective responsibility in turning the fight



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against the virus into a community-wide endeavour.

Context for awareness on Stress Management: Amidst the tranquillity of Dakamarri lies the subtle undercurrent of stress affecting the mental well-being of its residents. The Stress Management Practice is a compassionate response to this silent struggle. In a community where support networks are integral, the workshops on stress management become a therapeutic space. By providing practical tools and encouraging open discussions, this practice aims to weave resilience into the cultural fabric of Dakamarri, fostering a community that understands and addresses stress with empathy.

Context for Family Planning Awareness: In Dakamarri, where familial bonds are cherished, is ready to engage in open conversations about family planning. The Family Planning Awareness Practice acknowledges the importance of informed choices in reproductive health. In a setting where privacy and cultural sensitivities matter, this practice creates a supportive environment for discussions. Through informative sessions and dispelling myths, it seeks to empower community members with knowledge, enabling them to make decisions that align with their values and aspirations.

The Practice:

Practice for awareness on pulmonary diseases: The Pulmonary Diseases Awareness Practice unfolds as a comprehensive health symphony in Dakamarri. Interactive workshops, led by local healthcare professionals, engage community members in understanding the nuances of asthma and COPD. The village square transforms into an educational hub, complete with lung function demonstrations and personalized respiratory health guidance. To enhance accessibility, informative pamphlets, translated into local languages, serve as lasting resources. Additionally, regular health check-up camps focus on respiratory screenings, creating a harmonious blend of education and proactive health measures.

Practice for awareness on overuse of antibiotics: The Awareness on Antibiotic Use Practice takes shape as a grassroots movement in Dakamarri. Visual notes in the form of eye-catching posters dot the village, conveying the importance of responsible antimicrobial use. Community forums, facilitated by healthcare professionals, provide a platform for open discussions on the consequences of antibiotic resistance. Helplines are established to address queries and concerns. Collaborations with local pharmacies ensure that prescribed antimicrobial treatments are accessible, promoting adherence and creating a sustainable culture of informed medication practices.

Practice for precautions on COVID-19: The COVID-19 Precautions Practice transforms Dakamarri into a vibrant stage for community engagement. Local influencers lead the charge, organizing lively events in the village square. These events include vaccination drives, where



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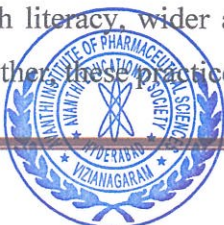
vaccinations are administered by trained healthcare professionals. Educational skits and performances convey the importance of COVID-19 precautions, making the information not only informative but also entertaining. The practice extends to distributing masks, sanitizers, and creating accessible handwashing stations, fostering a community-wide commitment to combatting the virus.

Practice for awareness on Stress Management: Wellness workshops, facilitated by mental health experts, offer practical stress-relief techniques tailored to the community's needs. Tranquil spaces within the village are designated for meditation and relaxation. Local support groups emerge, providing a network for individuals to share experiences and coping strategies. The practice is not just about managing stress but also nurturing a culture of emotional well-being, where community members support each other through life's ups and downs.

Practice for Family Planning Awareness: The Family Planning Awareness Practice creates a safe and supportive environment for open conversations in Dakamarri. Informative sessions, led by healthcare professionals and community health workers, dispel myths surrounding family planning. Personalized consultations ensure that individuals receive tailored guidance. To respect privacy, a confidential helpline is established for additional inquiries. The practice also includes the distribution of educational materials, empowering community members with knowledge to make informed decisions about their reproductive health. Community-led discussions further reinforce the importance of family planning in alignment with cultural values.

Evidence of success:

In the village of Dakamarri, a transformative scene unfolds with the Pulmonary Diseases Awareness Practice, marking a paradigm shift in community health. The success is vividly portrayed through heightened participation in health workshops, visible changes in behavior like reduced tobacco use, and improved indoor air quality. Respiratory health check-ups report increased engagement, affirming the community's proactive stance in managing pulmonary diseases. Simultaneously, the Awareness on Antibiotic Use Practice demonstrates success through a decline in inappropriate antibiotic use, evident in widespread informative posters and collective awareness about antibiotic resistance. The COVID-19 Precautions Practice contributes to a significant rise in vaccination rates, lively vaccination drives, and improved hygiene practices, resulting in decreased COVID-19 cases. The Stress Management Practice unfolds as a success story, breaking stigmas around mental health and fostering proactive stress management. Finally, the Family Planning Awareness Practice witnesses increased community engagement, enhanced health literacy, wider access to contraceptives, and positive maternal and child health outcomes. Together, these practices showcase a holistic approach to community well-being in Dakamarri.



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1. Educating the community on recognizing symptoms and preventive measures for pulmonary diseases, promoting early detection and effective management.
2. Educating about responsible antibiotic use, emphasizing the dangers of overuse and the development of antibiotic resistance, fostering a culture of informed medication practices.
3. Educating on essential precautions for COVID-19, emphasizing vaccination benefits, proper hygiene, and mask-wearing, empowering individuals to protect themselves and the community.
4. Educating on stress management techniques, raising awareness about mental health, and providing tools for coping with stressors, fostering a supportive community.
5. Educating on family planning, covering topics like contraceptive options, reproductive health, and responsible family planning decisions, promoting overall well-being and maternal and child health.

Problems encountered:

Problems encountered for awareness on pulmonary diseases: In the Pulmonary Diseases Awareness Practice, the AIPS apprentice community pharmacists may encounter challenges rooted in deep-seated cultural beliefs surrounding respiratory issues. Convincing community members about the importance of preventive measures and lifestyle modifications may be met with skepticism. Communicating complex medical information about pulmonary diseases in local languages might pose a language barrier, requiring additional efforts to bridge understanding. Furthermore, limited access to healthcare facilities could hinder the effectiveness of regular health check-up camps and screenings, especially in a rural setting where healthcare resources may be scarce.

Problems encountered for awareness on overuse of antibiotics: The Awareness on Antibiotic Use Practice might face resistance to change as the community may be accustomed to ingrained practices regarding antibiotic use. Convincing individuals to adhere to responsible antimicrobial use may encounter initial skepticism. Ensuring that the information on antibiotic resistance is comprehensible to individuals with varying levels of health literacy is another potential challenge. Additionally, managing a consistent supply of prescribed antimicrobial treatments may be logistically challenging, especially considering potential supply chain issues in a rural community.

Problems encountered for precautions on COVID-19: Implementing the COVID-19 Precautions Practice may involve addressing societal norms and hesitations related to openly discussing COVID-19 precautions. Overcoming vaccine hesitancy and misinformation may be crucial in ensuring community-wide participation in vaccination drives. Resource limitations could impact the scale of the practice, with challenges in distributing masks, sanitizers, and setting up handwashing stations. Balancing public health measures with cultural sensitivities is essential to



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fostering community-wide commitment to combatting the virus.

Problems encountered for awareness on Stress Management: The Stress Management Practice may encounter challenges associated with the stigma around mental health. Overcoming stigmas and encouraging individuals to participate in stress management workshops requires a sensitive approach. Tailoring stress management practices to align with cultural sensitivities and traditions is crucial to their acceptance. Moreover, addressing limited mental health resources in the community may impact the availability of ongoing support for stress management, highlighting the need for sustainable solutions.

Problems encountered for Family Planning Awareness: In the Family Planning Awareness Practice, addressing privacy concerns related to family planning discussions is paramount. Overcoming cultural taboos surrounding reproductive health may pose challenges in fostering open conversations. Ensuring access to a variety of contraceptives and family planning methods may be constrained by resource limitations. Tackling these issues requires a culturally sensitive and respectful approach, acknowledging the community's values while promoting informed decisions about reproductive health.

Resources required:

Resources required for awareness on pulmonary diseases: The Pulmonary Diseases Awareness Practice necessitates resources for culturally tailored health workshops, educational materials, and regular health check-up campaigns. Collaborations with local healthcare professionals and the establishment of respiratory health screening stations would require financial investment and community support. Additionally, ensuring access to affordable respiratory medications and inhalers is crucial, highlighting the need for sustainable healthcare solutions.

Resources required for awareness on overuse of antibiotics: The Awareness on Antibiotic Use Practice requires resources for informative posters, community forums, and collaborations with healthcare professionals. Establishing helplines and providing educational materials in accessible formats necessitate financial support. Moreover, ensuring a consistent supply of prescribed antimicrobial treatments would require coordination with local pharmacies and healthcare providers, calling for both financial and logistical investments.

Resources required for precautions on COVID-19: Implementing the COVID-19 Precautions Practice demands resources for community-led discussions, vaccination drives, and the creation of informational booklets. Collaboration with local influencers, transportation facilities for vaccination events, and the development of culturally sensitive materials would necessitate funding. Furthermore, distributing masks, sanitizers, and setting up handwashing stations would require logistical support, emphasizing the importance of a well-organized approach.



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Resources required for awareness on Stress Management: The Stress Management Practice calls for resources to conduct stress management workshops, produce informational brochures, and organize community engagement events. Access to mental health professionals for ongoing support is essential and requires financial investment. Creating confidential spaces for consultations and tailoring stress management practices to align with cultural sensitivities demand careful planning and cultural understanding.

Resources required for Family Planning Awareness: In the Family Planning Awareness Practice, resources should be directed toward educational materials, confidential spaces for family planning consultations, and community-wide awareness campaigns. Collaborations with healthcare professionals specializing in reproductive health, transportation facilities for outreach programs, and the provision of contraceptives would require financial investment. Moreover, ensuring accessibility to family planning resources and services would demand ongoing support and coordination.




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ESTD : 2005

Date: 27-04-2021


Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on pulmonary diseases on the theme **“Breath of Life Initiative: Empowering Communities Against Pulmonary Diseases”** on 28-04-2021 in the village of Dakamarri to educate the village community members. All are requested to actively participate in the program.

Circulated To:

1. Head Community Pharmacist- AIPS
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4. All HOD's
5. All Pharm -D Students




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Report on Awareness on Pulmonary diseases

Date: 28-04-2021

Venue: Dakamarri

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 28

Title of the practice: “Breath of Life Initiative: Empowering Communities Against Pulmonary Diseases”

Introduction: Pulmonary diseases encompass a range of respiratory conditions affecting the lungs and airways, with two prevalent disorders being asthma and Chronic Obstructive Pulmonary Disease (COPD). Asthma is a chronic inflammatory condition characterized by bronchospasms and airway inflammation, leading to recurrent episodes of wheezing, shortness of breath, and coughing. It often begins in childhood and can be triggered by various factors, including allergens and irritants. COPD, on the other hand, is a progressive respiratory disease primarily caused by smoking, exposure to pollutants, and genetic factors. It includes chronic bronchitis and emphysema, leading to airflow limitation and breathing difficulties. Both asthma and COPD can significantly impact daily life, requiring long-term management through medications, inhalers, and lifestyle adjustments. Prevention strategies involve avoiding triggers, quitting smoking, and maintaining a healthy lifestyle. Public health initiatives emphasize awareness, early diagnosis, and access to effective treatments to enhance the quality of life for individuals affected by asthma and COPD, while also focusing on preventive measures to reduce the incidence of these pulmonary diseases.

Objectives of the practice:

- Enhance community understanding of pulmonary diseases, such as asthma and COPD, by providing comprehensive information on causes, symptoms, and preventive measures.
- Encourage regular health check-ups and screenings to facilitate the early detection of respiratory issues, allowing for prompt intervention and management.
- Provide information on common triggers of respiratory diseases, including environmental factors like air pollution and allergens, to empower individuals to minimize exposure and manage their condition effectively.
- Offer practical demonstrations and guidance on the correct use of inhalers for those diagnosed with respiratory conditions, ensuring optimal medication delivery and management of symptoms.




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- Facilitate community support groups and discussions to foster an environment where individuals with pulmonary diseases feel understood, supported, and encouraged to adhere to treatment plans.
- Establish partnerships with local healthcare providers to ensure accessibility to respiratory health services, medications, and follow-up care for the community members in Dakamarri village.

The Context:

In Dakamarri village, people are facing health challenges related to their breathing, like asthma and COPD. Even though the village is peaceful, some residents quietly deal with these respiratory issues. Many are not fully aware of these conditions, and there's a lack of resources to address them. Dakamarri stands at a point where understanding these pulmonary diseases is crucial. So, the AIPS apprentice community pharmacists are taking steps to inform the villagers about respiratory health, aiming to create a community where everyone can lead a healthier life with better knowledge about the prevalence of pulmonary diseases such as asthma and chronic obstructive pulmonary disease (COPD). A significant portion of the community members of Dakamarri contends with the daily struggles of compromised respiratory health. The cool breeze that sweeps through the village of Dakamarri carries not only the scent of nature but also the subtle whispers of individuals grappling with wheezing breaths and persistent coughs. Against this backdrop, the AIPS apprentice community pharmacists have taken up the mantle to illuminate the shadows cast by these pulmonary conditions. The aim is to weave a narrative of awareness, understanding, and support, ensuring that every villager of Dakamarri is equipped with the knowledge and tools needed to confront these respiratory challenges.

The Practice:

The AIPS apprentice community pharmacists have expanded their community health services to Dakamarri village, adopting a comprehensive strategy towards raising awareness and empowering the community regarding pulmonary diseases like asthma and COPD. Acknowledging the restricted availability of formal healthcare services, these pharmacists actively initiate educational outreach programs tailored for individuals managing pulmonary conditions, focusing on both patients and caregivers.

- The practice involves educating community members of Dakamarri village on recognizing symptoms like shortness of breath, persistent cough, and wheezing, which are indicative of pulmonary diseases such as asthma and COPD.




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- Emphasizing preventive measures, the initiative encourages the community to avoid exposure to environmental pollutants, allergens, and tobacco smoke to reduce the risk of developing pulmonary conditions.
- Providing information on a balanced diet that supports respiratory health, including foods rich in antioxidants and anti-inflammatory properties, is an integral part of the practice.
- The community is educated on the diverse causes of pulmonary diseases, ranging from genetic factors to environmental triggers, enabling individuals to make informed lifestyle choices.
- Addressing the impact of environmental factors, such as air quality and occupational hazards, the practice aims to raise awareness about creating a respiratory-friendly living and working environment.
- Practical sessions on how to use inhalers correctly are conducted, ensuring that individuals prescribed with inhalers for managing pulmonary conditions understand the proper techniques for effective medication delivery.
- Encouraging routine health check-ups to monitor respiratory health, this practice promotes a proactive approach to identifying and managing pulmonary diseases at an early stage.
- Facilitating community discussions and engagement events to create an open dialogue about pulmonary health, fostering support networks within the village.
- The initiative involves debunking myths and misconceptions surrounding pulmonary diseases, reducing stigma, and promoting accurate information within the community of Dakamarri.
- Beyond medical aspects, the practice encourages holistic lifestyle modifications, including stress management and regular physical activity, contributing to overall respiratory well-being.
- Offering personalized consultations for community members with existing pulmonary conditions to develop tailored care plans that align with their specific health needs.
- Establishing collaborations with local healthcare professionals ensures ongoing support, expertise, and resources for managing pulmonary diseases within the village community of Dakamarri village.

Evidence of success:

- Observing a rise in the correct use of inhalers among individuals with pulmonary diseases, indicating improved self-management.
- Higher participation in community workshops and discussions on pulmonary health, suggesting increased awareness.
- Analyzing health check-up records to find a higher number of individuals seeking regular check-ups for pulmonary conditions.



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- Gathering positive feedback and testimonials from community members expressing improved understanding and management of their pulmonary health.
- Noticing an improvement in medication adherence, reflecting the success of educational efforts on the importance of following prescribed treatment plans.
- Evidence of community members adopting healthier lifestyles, such as smoking cessation and environmental adjustments, contributing to better pulmonary health.
- Conducting surveys that reflect an enhanced quality of life among individuals with pulmonary diseases, indicating the positive impact of the awareness program.

Problems encountered and Resources required:


Problems encountered:

- Many community members faced challenges in accessing inhalers, a crucial tool for managing pulmonary diseases, leading to suboptimal control of their conditions.
- Stigma associated with respiratory conditions led to hesitancy in seeking help or attending awareness programs, hindering the dissemination of important information.
- The prevalence of environmental factors, such as poor air quality, posed challenges in controlling symptoms, requiring additional efforts in community education on environmental management.
- Language disparities within the community created obstacles in conveying complex medical information effectively, emphasizing the need for multilingual resources.
- Economic constraints limited access to preventive measures, medications, and healthcare services, necessitating targeted efforts to address socioeconomic factors affecting pulmonary health.

Resources required:

- Establishing a program for distributing inhalers at affordable rates or free of charge to ensure accessibility for all community members of Dakamarri.
- Training community health workers and pharmacists in culturally sensitive communication to address stigma associated with pulmonary diseases.
- Developing educational materials in multiple languages spoken within the community to bridge language barriers and enhance understanding.
- Establishing community health clinics or mobile clinics to provide affordable healthcare services, including regular check-ups and consultations for individuals with pulmonary conditions.





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AIPS apprentice community pharmacist fostering awareness within the community about pulmonary diseases such as asthma and COPD




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AIPS apprentice community pharmacist educating the community about signs and symptoms of pulmonary diseases




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AIPS apprentice community pharmacist actively educating the community on the importance of a nutritious diet during pulmonary diseases for enhanced respiratory health




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Date: 03-05-2021


Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on overuse of antibiotics on the theme **“Pharma Guard: Empowering Your Community Against Antibiotic Overuse”** on 04-05-2021 in the village of Dakamarri to educate the village community members. All are requested to actively participate in the program.

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Report On Awareness on overuse of antibiotics

Date: 04-05-2021

Venue: Dakamarri

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 35

Title of the practice: “Pharma Guard: Empowering Your Community Against Antibiotic Overuse”

Introduction: Community antibiotic overuse refers to the excessive and inappropriate use of antibiotics within a community or population. This practice contributes to the emergence of antibiotic resistance, a global health threat. Antibiotic overuse occurs when these medications are prescribed, purchased, or used without a clear medical indication, such as treating viral infections like the common cold or flu, for which antibiotics are ineffective. The misuse of antibiotics leads to the survival of bacteria that are resistant to the drugs, making infections harder to treat and posing a risk to public health. Community education on the appropriate use of antibiotics, emphasizing the importance of completing prescribed courses, and healthcare provider awareness are crucial in combating antibiotic overuse. Public health campaigns, regulations, and guidelines aim to curb unnecessary antibiotic prescriptions, encouraging a responsible approach to antibiotic use within communities to preserve the effectiveness of these vital medications for future generations.

Objectives of the practice:

- Increase community awareness about the concept of antibiotic resistance, emphasizing the importance of using antibiotics judiciously to prevent the development of resistant strains.
- Communicate the potential dangers associated with overusing antibiotics, such as increased healthcare costs, prolonged illnesses, and the risk of severe infections that are resistant to treatment.
- Encourage community members to consult healthcare professionals before taking antibiotics, promoting a culture of responsible self-medication and discouraging the sharing of antibiotics without proper medical guidance.
- Inform the community about alternative approaches to managing common illnesses, such as viral infections, that do not require antibiotic treatment, emphasizing the role of supportive care and symptom relief.
- Empower individuals with the knowledge to distinguish between bacterial and viral infections, enabling them to make informed decisions about when antibiotics are truly necessary for their health.




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- Facilitate access to healthcare services, ensuring that community members have affordable and convenient avenues to consult healthcare professionals for proper diagnosis and prescription of antibiotics when needed.

The Context:

In the village community of Dakamarri, a concerning scenario unfolds as antibiotic overuse becomes a prevalent practice. The simplicity of daily life sometimes leads to self-medication without proper guidance, contributing to the misuse of antibiotics. Residents often resort to self-prescription, unaware of the potential risks associated with antibiotic misuse. This scenario reflects a common misconception about the role of antibiotics in treating various health issues. In response, the AIPS apprentice community pharmacists are gearing up to address this challenge, aiming to create awareness about the consequences of antibiotic overuse. Their goal is to empower community members with knowledge, encouraging them to seek professional advice before resorting to antibiotics, ultimately fostering a healthier and informed approach to medication in Dakamarri village. By fostering a deeper understanding of the risks associated with indiscriminate antibiotic use, these pharmacists aspire to instigate a positive shift towards more informed and conscientious medication practices within Dakamarri Village.

The Practice:

The AIPS apprentice community pharmacists have expanded their services to the residents of Dakamarri Village, adopting a holistic approach to medication management. In alignment with their commitment to responsible healthcare practices, the pharmacists also focus on addressing the issue of antibiotic overuse, aiming to educate the community on the proper use of antibiotics and promote informed decision-making regarding healthcare in Dakamarri Village.

- Conducting regular workshops in Dakamarri Village to educate community members about the risks associated with antibiotic overuse, emphasizing the importance of completing prescribed courses.
- Hosting interactive seminars where AIPS apprentice community pharmacists engage with community members to discuss common misconceptions, myths, and the consequences of inappropriate antibiotic use.
- Disseminating pamphlets, brochures, and posters in local languages, providing easy-to-understand information on when antibiotics are necessary, the importance of prescription adherence, and the risks of self-medication.
- Facilitating open forums where residents can share their experiences and concerns related to antibiotic use, encouraging a collective understanding of the issue within the community.



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- Offering one-on-one consultations with community members to address individual concerns, clarify misconceptions, and provide personalized guidance on antibiotic usage.
- Extending awareness efforts to schools through interactive sessions and educational programs, targeting both students and educators to foster a culture of responsible antibiotic use from a young age.
- Collaborating with local pharmacies to monitor antibiotic sales, ensuring that medications are dispensed only with valid prescriptions and discouraging over-the-counter access.
- Organizing health camps for regular check-ups, including discussions on the appropriate use of antibiotics and disseminating information about alternative treatments for common ailments.
- Engaging with healthcare professionals in Dakamarri Village to reinforce awareness messages during routine medical consultations, creating a unified front against antibiotic misuse.
- Providing cultural sensitivity training to AIPS apprentice community pharmacists to ensure effective communication and understanding of local beliefs and practices related to health and medication.
- Implementing a long-term follow-up plan to assess the sustained impact of the awareness campaign, adapting strategies based on feedback and emerging needs within the community.

Evidence of success:

- Observing a significant reduction in instances of self-medication, indicating improved awareness about the risks associated with antibiotic overuse.
- Noting a higher rate of completion for prescribed antibiotic courses, reflecting a positive shift in community members' understanding of responsible antibiotic use.
- An uptick in attendance at workshops, seminars, and webinars on antibiotic overuse, suggesting a growing interest and recognition of the issue among community members.
- Positive collaboration with local pharmacies in promoting responsible antibiotic practices, indicating increased cooperation between healthcare providers and the community.
- Noting a visible decrease in over-the-counter antibiotic sales, signaling a decline in unauthorized access and a more regulated approach to antibiotic usage in Dakamarri Village.

Problems encountered and Resources required:

Problems encountered:

- The diversity of languages spoken in Dakamarri Village poses a challenge to effective communication, hindering the awareness campaign on antibiotic overuse.



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- The village's limited access to formal healthcare facilities makes it challenging to disseminate information about antibiotic overuse, especially in remote areas.
- Overcoming ingrained cultural practices and beliefs related to self-medication and antibiotic use proves to be a significant challenge in Dakamarri Village.
- Community members facing financial limitations may struggle to access healthcare services and medications, impacting the success of the awareness campaign.
- Insufficient infrastructure for disseminating awareness materials may hinder the campaign's effectiveness, especially in reaching all corners of the community.

Resources required:

- To address language barriers, resources are required for translation services to create multilingual educational materials.
- Setting up mobile health clinics or health camps is crucial to reach remote areas with limited health infrastructure.
- Resources for community engagement initiatives, such as workshops and discussions, are essential to address resistance to change.
- To overcome financial constraints, resources are needed to provide subsidized or free health services and medications.
- Funding is required for the production and distribution of pamphlets, posters, and other educational materials to ensure widespread awareness in Dakamarri Village.




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AIPS Apprentice Community pharmacist educating about the irrational utilization of antibiotics




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AIPS Apprentice Community pharmacists taking initiation for educating the community about the proper dosage and frequency of antibiotics




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Date: 20-05-2021

Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on precautions for covid on the theme “**Pharma Safe: Community Pharmacy's Guide to COVID-19 Precautions**” on 21-05-2021 in the village of Dakamarri 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




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Report On Awareness on precautions for COVID

Date: 21-05-2021

Venue: Dakamarri

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 33

Title of the practice: "Pharma Safe: Community Pharmacy's Guide to COVID-19 Precautions"

Introduction: To safeguard against COVID-19, it is crucial to adhere to preventive measures. Prioritize vaccination to reduce the severity of illness and transmission. Maintain rigorous hygiene practices, including frequent handwashing and the use of hand sanitizer. Wear masks, especially in crowded settings, to prevent the spread of respiratory droplets. Practice physical distancing of at least 6 feet from individuals not in your household and avoid large gatherings. Cover your mouth and nose when coughing or sneezing, and promptly dispose of tissues. Regularly clean and disinfect frequently-touched surfaces to mitigate the risk of surface transmission. Monitor for COVID-19 symptoms and seek testing if any signs emerge. These precautions collectively contribute to curbing the spread of the virus and protecting both individual and community health.

Objectives of the practice:

- Raise awareness about the modes of transmission of COVID-19, emphasizing the importance of understanding how the virus spreads within the community.
- Encourage the adoption of proper personal hygiene practices, including regular handwashing, use of hand sanitizers, and maintaining cleanliness to prevent the spread of the virus.
- Stress the importance of wearing masks as a preventive measure, emphasizing the proper way to wear and handle masks to maximize their effectiveness.
- Educate community members on the significance of social distancing, both in public spaces and within households, to minimize close contact and reduce the risk of transmission.
- Disseminate accurate information about COVID-19 vaccines, addressing concerns and promoting vaccination as a crucial step in safeguarding individual and community health.
- Actively work to dispel myths and misinformation surrounding COVID-19, providing reliable information to empower the community to make informed decisions about their health and safety.

The Context:

In the village of Dakamarri, the scenario unfolds with a harmonious blend of tradition and a collective commitment to combat the challenges brought by the COVID-19 pandemic. The close-



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knit community, deeply rooted in its cultural practices, is faced with the necessity of adapting to new norms. The village's limited access to healthcare facilities and the lack of widespread awareness accentuates the challenges. Residents, bound by strong communal ties, are navigating the delicate balance between preserving cherished traditions and implementing necessary precautions to safeguard against the virus. The unique village scenario, compounded by a lack of awareness, underscores the urgency for comprehensive and targeted initiatives. So, the AIPS apprentice community pharmacists navigate the context of raising awareness about precautions for COVID-19 with a keen understanding of the community's unique dynamics. This picturesque village, nestled in natural beauty, grapples with the dual challenges of preserving its cultural heritage and addressing the pressing need for modern health practices. The scenario unfolds against a backdrop where healthcare resources are limited, and the village relies heavily on community-driven initiatives. The absence of widespread awareness about the virus and preventive measures poses a significant hurdle, highlighting the critical role of local interventions. The community, deeply rooted in collective traditions, faces the evolving landscape of the pandemic with a sense of unity. The AIPS apprentice community pharmacists recognize the need to delicately balance cultural preservation with the imperative of cultivating COVID-19 awareness. Their role becomes pivotal in fostering a shared responsibility within the community, weaving a narrative where tradition and health consciousness coalesce for a resilient and informed Dakamarri village.

The Practice:

- The AIPS apprentice community pharmacists initiate regular workshops, engaging community members in discussions about COVID-19, its transmission, and preventive measures.
- Utilizing local channels, the pharmacists distribute pamphlets, posters, and informative materials in the vernacular, ensuring accessibility to all residents.
- Practical sessions on handwashing techniques and the use of sanitizers are conducted to reinforce the importance of personal hygiene.
- The pharmacists distribute masks and encourage their proper use, emphasizing the role of masks in preventing the spread of the virus.
- Establishing partnerships with local leaders helps in gaining community trust and promoting adherence to safety guidelines.
- Incorporating traditional communication methods, such as village meetings and storytelling, to convey COVID-19-related information resonates well within the community.
- The practice involves dispelling myths and addressing misconceptions related to COVID-19, fostering an environment of accurate information.




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- The pharmacists actively monitor symptomatic cases, providing guidance on isolation, testing, and seeking medical attention when necessary.
- Organizing vaccination drives and providing information on the importance of vaccination as a crucial preventive measure against severe illness.
- Interactive campaigns involve the community in creating and implementing safety protocols, fostering a sense of collective responsibility.
- Implementing technology, such as virtual awareness sessions and mobile applications, to reach a wider audience and ensure continuous communication.
- Creating helplines or contact points where community members can seek information, report symptoms, and receive guidance on COVID-19-related concerns.
- The pharmacists conduct regular follow-ups to assess the community's understanding of precautions and address emerging challenges or concerns.
- Recognizing and respecting cultural nuances, the practice tailors its approach to align with the community's values, ensuring a more effective awareness campaign.

Evidence of success:

- Surveys and community feedback indicate a significant rise in awareness levels regarding COVID-19, its symptoms, and preventive measures.
- Observable changes in community behavior, such as increased mask-wearing, adherence to hand hygiene practices, and social distancing, signify successful adoption of preventive measures.
- Recorded data on COVID-19 transmission rates within the village show a decline, suggesting that community members are effectively implementing the recommended precautions.
- Successful organization of vaccination drives with high community participation reflects increased trust in the vaccination process and a proactive approach to community health.
- Reports of community-led initiatives, such as self-monitoring for symptoms and prompt reporting, indicate that the community has embraced a proactive role in safeguarding against COVID-19.
- Evidence of reduced stigma and discrimination against individuals with COVID-19 symptoms or those who have recovered, indicating a positive shift in community attitudes and understanding.




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Problems encountered and Resources required:


Problems encountered:

- The community faced challenges due to a lack of initial awareness about COVID-19, requiring intensive efforts to educate residents about the virus and preventive measures.
- Insufficient access to reliable information sources posed a hurdle, demanding resources for disseminating accurate information through community outreach programs, posters, and pamphlets.
- Some community members initially resisted adopting new behaviors, such as mask-wearing and social distancing. Addressing this resistance required targeted awareness campaigns and community engagement.
- Language and cultural diversity within the community presented communication challenges. Resources were needed for translating materials and implementing culturally sensitive awareness practices.

Resources required:

- Provision of educational materials in multiple languages to address the diverse linguistic composition of the community.
- Allocation of resources for conducting extensive community outreach programs, including workshops, seminars, and door-to-door campaigns.
- Financial support for translation services to ensure that information is accessible to all community members, regardless of language barriers.
- Investment in training programs to enhance cultural sensitivity among the AIPS apprentice community pharmacists, ensuring effective communication with diverse groups.
- Financial resources to improve healthcare infrastructure, including setting up vaccination centers, testing facilities, and ensuring adequate medical support for suspected cases, thereby enhancing the community's resilience against COVID-19.




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AIPS Apprentice community pharmacist educating people about COVID and precautions that need to be taken





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AIPS Apprentice community pharmacist demonstrating importance of maintaining social distance, wearing mask and sanitizing the hands frequently among community population




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Date: 01-06-2021


Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on stress management on the theme “**Calm Care: Community Pharmacy Services for Stress Relief**” on 02-06-2021 in the village of Dakamarri 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




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Report on Awareness on Stress management

Date: 02-06-2021

Venue: Dakamarri

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 32

Title of the practice: "Calm Care: Community Pharmacy Services for Stress Relief"

Introduction: Stress management is a critical component of maintaining overall well-being in the face of life's challenges. It involves adopting strategies to cope with stressors effectively and promote mental and physical health. Healthy stress management techniques include regular physical activity, which releases endorphins and reduces stress hormones. Mindfulness practices, such as meditation and deep breathing exercises, help cultivate a present-focused, calm mindset. Adequate sleep, a balanced diet, and hydration contribute to resilience against stress. Setting realistic goals, prioritizing tasks, and learning to say no can prevent feelings of overwhelm. Social connections and open communication provide valuable support networks. Professional help, such as counseling or therapy, can offer coping strategies and insights for managing stress. Recognizing and addressing stress promptly is key to preventing its adverse effects on mental health and overall quality of life.

Objectives of the practice:

- Educate the community on the concept of stress, emphasizing its impact on overall health and Increase understanding of stressors prevalent in Dakamarri village.
- Equip community members with practical coping mechanisms tailored to Dakamarri's lifestyle and culture and foster resilience by imparting skills for effective stress management.
- Challenge societal stigmas surrounding mental health in Dakamarri, encouraging open conversations and to Promote a cultural shift towards prioritizing mental well-being.
- Establish support groups within Dakamarri, fostering a sense of community and shared experiences and encourage mutual assistance and collaboration among community members of Dakamarri.
- Build resilience within the community, empowering individuals to navigate stressors effectively and to Develop strategies to cope with specific stressors prevalent in Dakamarri.

The Context:

In Dakamarri, a village blessed with natural beauty, the AIPS apprentice community pharmacists recognize the unseen challenges faced by residents, including stressors arising from work pressures,



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societal expectations, and lifestyle changes. Despite the idyllic surroundings, Dakamarri residents contend with stress-related issues. The AIPS apprentice community pharmacists' stress management initiative is a response to these challenges, aiming to create a supportive environment through awareness and empowerment. They delve into the daily lives of residents, considering cultural nuances, economic factors, and the communal fabric. This initiative is a fusion of global best practices and local insights, acknowledging the impact of traditions, community bonds, and lifestyle choices on stress levels. By tailoring the program to specific context, the pharmacists aim to create a resilient community that integrates stress management into overall health.

The Practice:

- Engage the community through dynamic workshops, providing insights into stress, its origins, and effective management strategies. Facilitate open discussions to address Dakamarri-specific stressors, fostering awareness and understanding.
- Conduct regular mindfulness sessions, incorporating Dakamarri's cultural preferences. Introduce meditation techniques and breathing exercises tailored to the community's lifestyle, promoting mental well-being.
- Establish localized support groups where community members can share experiences, concerns, and coping mechanisms. Create a safe space for mutual support, building a network of understanding and resilience.
- Organize interactive webinars featuring expert insights on stress-related topics. Encourage community participation through Q&A sessions, addressing specific concerns and providing practical tips for stress management.
- Set up stress assessment clinics to offer personalized evaluations, identifying individual stress triggers and recommending targeted interventions. Provide community members with valuable insights into their stress profiles.
- Facilitate skill-building workshops focusing on resilience, time management, and positive coping strategies. Equip participants with practical tools to navigate stressors effectively, enhancing their overall well-being.
- Integrate art and expression therapy as creative outlets for emotional expression. Encourage community members to explore diverse forms of artistic expression, promoting emotional release and stress relief.
- Promote physical activity as a stress-relief method, aligning with Dakamarri's preferences. Organize community-wide fitness programs and outdoor activities, emphasizing the positive impact of exercise on mental health.



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- Collaborate with mental health professionals to provide accessible counseling services. Establish counseling centers within the community, offering confidential and supportive spaces for individuals seeking professional guidance.
- Implement a robust feedback mechanism to gather insights from participants. Regularly assess the effectiveness of the program, adjusting content and approaches based on community feedback to ensure continuous improvement.

Evidence of success:

- Noticeable rise in community participation in stress management workshops and sessions.
- Gathering positive testimonials from community members experiencing the benefits of stress management practices.
- Observable behavioral changes, such as improved coping mechanisms and reduced stress-related incidents.
- Consistent attendance in stress assessment clinics and support group meetings.
- Active engagement on online platforms, indicating sustained interest and involvement.
- A decline in self-reported stress levels among surveyed community members.
- Successful establishment of support networks, fostering a sense of community resilience.
- Evident integration of stress management practices into the daily lives of community members.

Problems encountered and Resources required:

Problems encountered:

- Initial resistance due to cultural stigma surrounding mental health discussions.
- Challenges in providing extensive one-on-one counseling due to limited mental health professionals.
- Navigating cultural sensitivities when addressing stress management, requiring nuanced approaches.
- Overcoming technological barriers for online initiatives, ensuring inclusivity.
- Balancing community schedules and time constraints for participation in workshops and sessions.

Resources required:

- Increased resources for mental health professionals to offer counseling services.
- Investment in training programs to enhance cultural sensitivity among the AIPS apprentice community pharmacists.



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- Provision of necessary technological infrastructure for seamless online initiatives.
- Development and distribution of culturally relevant educational materials on stress management.
- Additional resources for expanding community outreach programs, ensuring wider participation.




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AIPS apprentice community pharmacists educating individuals about effective stress management




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AIPS apprentice community pharmacists educating about stress reliving parameters among community population




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AIPS Apprentice community pharmacists educating about cognitive stress therapy among community population



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AIPS Apprentice Community pharmacists counselling on preventive measures to overcome stress among community population



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Date: 15-06-2021


Circular

This is to inform that the AIPS apprentice community pharmacists will organize an awareness initiative on Family planning on the theme **“Family First: Community Pharmacy Empowerment for Family Planning”** on 16-06-2021 in the village of Dakamarri to educate the village community members. All are requested to actively participate in the program.

Circulated To:

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2. Consultant Community Pharmacists -AIPS
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4. All HOD's
5. All Pharm -D Students




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Report On Awareness on family planning

Date: 16-06-2021

Venue: Dakamarri

Time: 10:00AM to 12:00PM

Organized by: AIPS Apprentice Community Pharmacists

Community involved: 40

Title of the practice: “Family First: Community Pharmacy Empowerment for Family Planning”

Introduction: Family planning is a crucial aspect of reproductive health that involves making informed decisions about the number and spacing of children and choosing appropriate contraceptive methods. It empowers individuals and couples to have the desired number of children and achieve the best possible health outcomes for themselves and their families. Family planning services provide access to a range of contraceptive methods, including birth control pills, condoms, intrauterine devices (IUDs), and sterilization. These services also offer counseling on reproductive health, fertility awareness, and support for preconception and postpartum care. Family planning contributes to the well-being of individuals, families, and communities by promoting responsible parenthood, improving maternal and child health, and supporting economic stability. It plays a pivotal role in achieving broader global health and development goals. Education and awareness campaigns aim to reduce barriers to family planning, ensuring that individuals have the knowledge and resources to make informed choices about their reproductive lives.

Objectives of the practice:

- Increase community understanding of various family planning methods, promoting informed decision-making.
- Address cultural stigmas and taboos related to family planning, fostering open dialogue within the community.
- Improve access to family planning services, ensuring ease of availability for community members.
- Empower individuals to make informed choices regarding family planning, considering their unique needs and preferences.
- Encourage proactive approaches to reproductive health by promoting regular health check-ups and consultations.

The Context:

In the village of Dakamarri, the scenario surrounding family planning is characterized by limited awareness and deeply entrenched societal norms. Conversations related to reproductive health are



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often met with stigmas and misconceptions, creating barriers to open dialogue. Cultural resistance and a lack of access to healthcare services contribute to the challenges faced by the community in making informed family planning decisions. The AIPS apprentice community pharmacists recognize the need to address these complexities, striving to create a supportive environment that dismantles myths and empowers community members to make choices aligned with their well-being. The context for awareness on family planning presents a unique blend of cultural values, socio-economic factors, and limited access to reproductive health resources. The community is deeply rooted in traditional beliefs, influencing perceptions around family planning practices. Access to comprehensive reproductive health information and services is restricted, contributing to a gap in awareness and decision-making. The AIPS apprentice community pharmacists recognize the need to navigate these cultural dynamics, aiming to provide a supportive platform for open discussions and empower community members with accurate and accessible information on family planning.

The Practice:

- Conduct interactive workshops elucidating various family planning methods, debunking myths, and emphasizing their positive impact.
- Forge partnerships with healthcare professionals for expert-led sessions, ensuring accurate information dissemination and addressing specific health concerns.
- Organize mobile clinics to provide on-site consultations, making family planning services easily accessible and reducing barriers to healthcare.
- Implement training programs for healthcare providers, emphasizing cultural sensitivity to navigate and address community-specific concerns.
- Disseminate informative pamphlets and visual aids in the local language, promoting self-education and fostering conversations within households.
- Facilitate open dialogues within the community, encouraging conversations about family planning and creating a platform for sharing experiences.
- Launch targeted awareness campaigns using local media, incorporating culturally relevant messaging to reach a broader audience.
- Design programs specifically for the youth, addressing their unique needs and encouraging responsible family planning decisions.
- Set up counselling centres within the community, providing confidential spaces for individuals and couples to discuss family planning concerns.




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- Develop a systematic feedback mechanism to gauge the effectiveness of the initiative, ensuring continuous improvement based on community input.
- Train and empower community members to act as peer educators, disseminating accurate information about family planning within their social circles.
- Collaborate with local religious leaders to garner support and address any religious concerns related to family planning.

Evidence of success:

- Track a rise in contraceptive usage rates, indicating improved acceptance and utilization of family planning methods.
- Measure increased participation in community events, workshops, and dialogues, showcasing growing interest and engagement in family planning discussions.
- Analyze data on regular health check-ups related to reproductive health, demonstrating improved health-seeking behavior among community members.
- Collect testimonials and success stories from community members, illustrating positive experiences and outcomes related to family planning decisions.
- Conduct surveys and gather feedback from community members to assess the perceived impact of the awareness program on family planning knowledge and practices.
- Document a reduction in cultural stigmas and myths surrounding family planning, indicating a positive shift in community attitudes.

Problems encountered and Resources required:

Problems encountered:

- Address cultural resistance and misconceptions surrounding family planning, requiring tailored strategies to navigate deeply rooted beliefs.
- Tackle challenges related to limited access to healthcare facilities, necessitating innovative solutions to bring services closer to the community.
- Overcome communication barriers, particularly linguistic differences, by ensuring information is presented in a language accessible to all community members.
- Navigate societal norms that may hinder open discussions about family planning, requiring sensitivity and community engagement.
- Manage resource constraints, including financial and logistical limitations, to ensure the sustainable implementation of the awareness program.

Resources required:




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- Funding for the creation and distribution of culturally sensitive educational materials in the local language.
- Financial support for collaborating with healthcare professionals and experts for specialized sessions.
- Resources for organizing mobile clinics, including transportation, medical supplies, and staffing.
- Funding for training programs aimed at healthcare providers to enhance cultural sensitivity and effective communication.
- Resources for organizing community engagement initiatives, workshops, and events to promote awareness.




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AIPS Apprentice community pharmacists educating community population about various methods of family planning




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