



# AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES

(Approved by DME, UGC 2(f), Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM



NEWS LETTER  
July to December  
2024



## VISION

To be the leading institution offering world-class education and training in paramedical sciences, producing exceptional professionals such as Medical Laboratory Technicians, Optometrists, Radiographers, Anesthesia Technicians, etc. These professionals will excel in their fields, becoming leaders who contribute meaningfully to their communities, nation, and the world. We aspire to shape individuals of the highest moral integrity who will make impactful contributions to healthcare.

## MISSION

- Contribute to social and economic upliftment while enhancing the quality of life for all.
- Maximize human welfare through education, developing knowledge workers, practitioners, and educators committed to creating a better society.
- Provide individualized, professional learning experiences tailored to each student.
- Cultivate critical thinking, analytical abilities, and creativity in students.
- Enrich the curriculum with teamwork, leadership, persuasive communication, societal concern, and ethics.

## Al Shifa College of Paramedical Sciences

Al Shifa College of Paramedical Sciences, established in 2004, is an ISO 9001-certified institution approved by the Government of Kerala and affiliated with KUHS. Located in Perinthalmanna, it offers degree and diploma programs in paramedical sciences, supported by modern infrastructure, experienced faculty, and a serene campus. Clinical training is conducted at KIMS Al Shifa Healthcare, a NABH-accredited 650-bed tertiary hospital, ensuring students gain practical expertise for successful healthcare careers.



## Message From Managing Trustee

# Dr. P UNNEEN

Managing Trustee, Shifa Medicare Trust

It is with great pleasure that I address you all in this latest edition of Phoenix Reviews. As we navigate through an ever-evolving landscape in healthcare, I am proud to witness the unwavering dedication and resilience demonstrated by our students, faculty, and staff.

This quarter has been marked by significant accomplishments and milestones. Our students continue to excel, not only in their academic pursuits but also in their clinical practice, embodying the compassionate and skilled care that is the hallmark of our institution. I am continually inspired by the commitment to making a difference in the lives of your patients and communities.

As we reflect on these successes, it is important to acknowledge the collective efforts of our community. Every achievement is a result of the hard work and dedication of our students, faculty, and staff. I extend my heartfelt gratitude to each one of you for your contributions.

## Message From Principal

# Prof.(Dr.) SUDHEESH.K

Principal, Al Shifa College of Paramedical Sciences



Dear Students, Faculty, and Esteemed Readers,

I am immensely pleased to present this edition of the Alshifa College of Paramedical Science Newsletter. Reflecting on our achievements, it is heartening to see how far we've come in shaping the future of healthcare through education, research, and community service.

At Alshifa, we strive to provide our students with not just academic excellence but also the skills and values necessary to excel in the ever-evolving healthcare landscape. The field of paramedical science is integral to the healthcare system, and our mission remains focused on creating skilled professionals who will make meaningful contributions to the well-being of society.

I am immensely proud of the hard work and dedication shown by both our students and faculty. As we move forward, let us continue to foster a spirit of innovation, collaboration, and compassion in everything we do. Together, we will continue to set new benchmarks of success and service to humanity.

I hope this newsletter inspires all of you to remain committed to your journey of learning, growth, and making a positive impact on the world.

Thank you for being a part of the Alshifa family!

# Message from the Editor's Desk

Dear Readers,

Welcome to this edition of Phoenix Reviews, where we celebrate the dedication, perseverance, and compassion of our nursing students as they embark on their journey to becoming skilled healthcare professionals. Nursing is more than a profession—it is a calling that requires unwavering commitment, empathy, and a lifelong passion for learning.

In this issue, we take pride in highlighting the remarkable achievements of our students and faculty, sharing exciting developments within our college, and showcasing the dynamic learning environment that fosters excellence in nursing education. As the healthcare landscape continues to evolve, we remain steadfast in our mission to equip our students with the knowledge, skills, and values necessary to provide exceptional patient care.

We invite you to explore this edition and be inspired by the stories of resilience, innovation, and dedication that define our nursing community.

Happy reading!

## Members of Editorial Board

**PATRON**



**Dr. P. Unneen**

*Managing Trustee, Shifa Medicare Trust*

**EDITORIAL BOARD CHAIRMAN**



**Prof. (Dr.) Sudheesh. K**

*Principal, Al Shifa College of Paramedical Sciences*

**CHIEF EDITOR**



**Mr. Askar. P K**

*HOD of Optometry &  
Vice Principal In Charge*

**EXECUTIVE EDITOR**



**Mrs. Aswathi. P**

*Assistant Professor  
Department of Basic Science*

**EXECUTIVE EDITOR**



**Mrs. Nadeera banu V**

*Assistant professor  
Department of Optometry*

# KUHS UNIVERSITY EXAM (1ST, 2ND, 3RD YEAR)

## BSC MLT- COLLEGE TOPPERS 2024



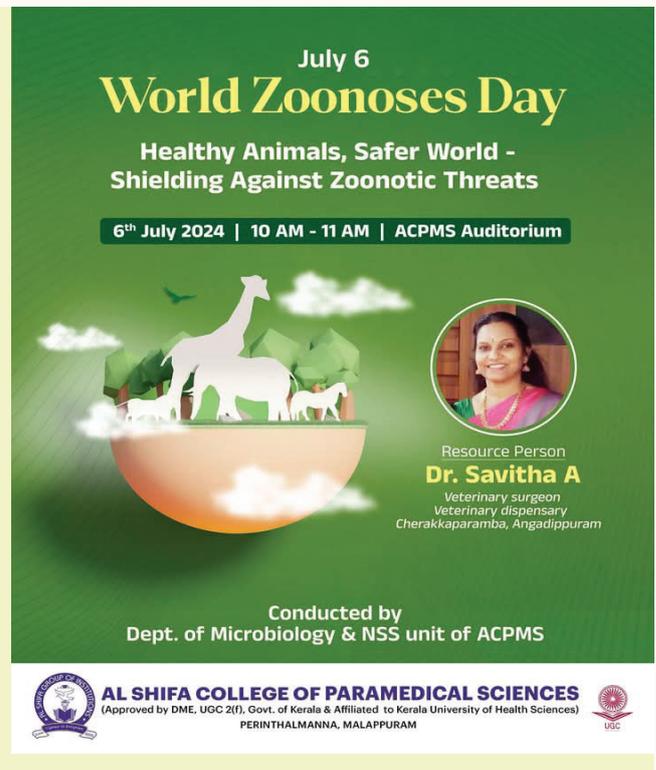
## BSC OPTOMETRY- COLLEGE TOPPERS 2024



# WORLD ZONNOSES DAY

Al Shifa College of Paramedical Sciences (ACPMS) celebrated World Zoonoses Day on July 6, 2024, from 10 AM to 11 AM at the ACPMS Auditorium. The event was organized by the Department of Microbiology and the NSS Unit of ACPMS.

The programme featured a session by Dr. Savitha, a Veterinary Surgeon from the Veterinary Dispensary, Cherakkaparamba, Angadippuram. Dr. Savitha shared valuable insights on zoonotic diseases, their transmission from animals to humans, and the importance of prevention and control measures.



July 6  
**World Zoonoses Day**  
Healthy Animals, Safer World -  
Shielding Against Zoonotic Threats  
6<sup>th</sup> July 2024 | 10 AM - 11 AM | ACPMS Auditorium

Resource Person  
**Dr. Savitha A**  
Veterinary surgeon  
Veterinary dispensary  
Cherakkaparamba, Angadippuram

Conducted by  
Dept. of Microbiology & NSS unit of ACPMS

**AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES**  
(Approved by DME, UGC 2(f), Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM

# WORLD SIGHT DAY CELEBRATIONS

The Department of Optometry at Al Shifa College of Paramedical Sciences, in collaboration with the Government District Hospital, Perinthalmanna, organized a series of events on the occasion of \*World Sight Day\*. The program was inaugurated by \*\* M.K.Rafeeqa\*\*, President of the District Panchayath, Malappuram.



## Poster making competition



# WORLD NO TOBACCO DAY

Al Shifa College of Paramedical Sciences (ACPMS), in association with the Perinthalmanna Municipality, organized an awareness program on 31st May 2024 from 2:00 PM to 4:00 PM at the Moosakkutty Memorial Bus Stand, Perinthalmanna. The event was organized by the NSS Unit of ACPMS.

The program featured a range of informative activities, including poster presentations, awareness classes, and role play performances, aimed at educating the public on important health and social issues.



**MAY 31**  
**WORLD NO TOBACCO DAY**  
**Awareness program**

- Poster presentation
- Awareness class
- Awareness role play

**Organized by**  
NSS unit ACPMS  
In association with  
Perinthalmanna Municipality

- 31<sup>st</sup> May 2024
- 2 PM - 4 PM
- Moosakkutty Memorial Bus stand, Perinthalmanna

**AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES**  
(Approved by DME, UGC 201, Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM



# WORLD ENVIRONMENT DAY

Al Shifa College of Paramedical Sciences (ACPMS) celebrated World Environment Day on 5th June 2024 near Angadippuram Rob, organized by the NSS Unit of ACPMS in association with the Angadipuram Grama Panchayat. The event aimed to raise awareness about environmental conservation and promote sustainable practices in the community.

The celebration included several activities such as the renovation of the local bus stop, environmental quiz, tree planting, poster presentations, and a photography contest focusing on environmental themes.



**WORLD ENVIRONMENT DAY**  
Bus stop renovation | Envi Quiz | Tree planting  
Poster presentation | Photography contest  
5<sup>th</sup> June 2024 | Near Angadippuram ROB

Organized by  
NSS unit ACPMS in association with Angadipuram Grama panchayath

**AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES**  
(Approved by DME, UGC 201, Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM

## TEACHERS DAY CELEBRATION

Al Shifa College of Paramedical Sciences (ACPMS) celebrated Teacher's Day on 5th September 2024 at 11:00 AM. The event, organized by the NSS Unit of ACPMS, was held to honor and appreciate the hard work and dedication of the teachers.

The program included speeches, cultural performances, and various activities to recognize the invaluable contributions of the faculty to the academic and personal growth of students. The highlight of the event was the cake-cutting ceremony, led by the Principal, Prof. K. Sudheesh, who expressed his gratitude to the teaching staff for their commitment and efforts in shaping the future of the students.



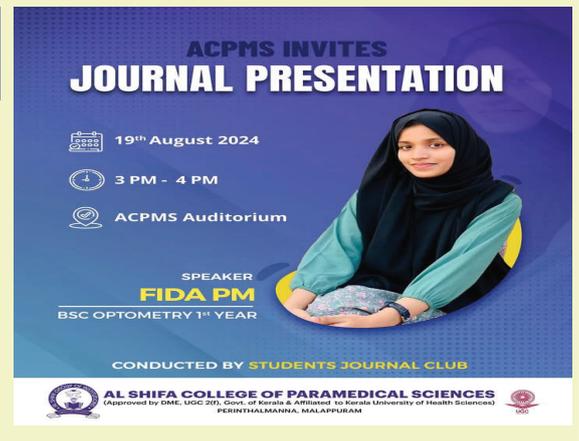
## THE MENTAL HEALTH TALK

The Mental Health Talk, conducted by Dr. Jishnu Narayanan and team Consultant and HOD of Psychiatry and Psychology at KIMS Alshifa Hospital, took place at the Alshifa College of Paramedical Auditorium. The session, scheduled from 3 pm to 5 pm, was well-attended, with 90 faculties from the departments of Pharmacy, Nursing, Paramedical, and Arts Colleges participating.



## STUDENTS JOURNAL PRESENTATION

The Al Shifa College of Paramedical Sciences Invites Journal Presentation. The Program was held on 19th August 2024 3 pm- 4 pm. The program was Presented by FIDA PM 1st year BSC Optometry. The program was conducted by STUDENTS JOURNAL CLUB



ACPMS INVITES  
**JOURNAL PRESENTATION**

19<sup>th</sup> August 2024  
3 PM - 4 PM  
ACPMS Auditorium

SPEAKER  
**FIDA PM**  
BSC OPTOMETRY 1<sup>st</sup> YEAR

CONDUCTED BY STUDENTS JOURNAL CLUB

AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES  
(Approved by SMC, UGC 20<sup>th</sup>, Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM



## SEMINAR ON SURVIVING VIVA

A seminar on "Surviving VIVA: A Guidance for Candidates" was conducted by Mr. Gopakumar, Professor at Government Medical College, Thiruvananthapuram. Principal Prof Dr. Sudheesh presided over the event, highlighting the significance of the topic.

## PTA MEETING 10TH BATCH BSC OPTOMETRY (2ND YEAR)

Al Shifa College of Paramedical Sciences (ACPMS) conducted a PTA meeting for the 10th Batch of BSc Optometry (2nd Year) on 22nd June 2024, from 10 AM to 12 PM at the ACPMS Auditorium. The meeting was organized by the Department of Optometry.

The Principal, Prof. (Dr.) Sudheesh K., addressed the parents and students, discussing academic progress and future goals. During the event, the Principal also presented a prize to the 1st Year University Exam Topper, recognizing outstanding academic achievement.





## Luseena Paloli

Associate Professor (Biochemistry)

### **“BIOCHEMISTRY BREAKTHROUGHS REVOLUTIONIZE THE FIGHT AGAINST LIFESTYLE DISEASES”**

In an era where lifestyle diseases like diabetes, obesity, kidney diseases and cardiovascular disorders have reached epidemic proportions, biochemistry has emerged as a key role in understanding and combating these global health challenges. Recent scientific advancements in this field are shedding light on the molecular underpinnings of these diseases, paving the way for innovative diagnostic tools, preventive strategies, and personalized treatments.

Lifestyle diseases are often rooted in disruptions at the cellular and biochemical levels. Researchers have made significant progress in identifying these disruptions, particularly in conditions like Type 2 diabetes and obesity. For instance, studies on insulin resistance have revealed the complex signalling pathways that regulate glucose metabolism, offering insights into how the disease progresses. Similarly, hormones like leptin and ghrelin, which influence appetite and metabolism, have become critical targets in obesity research.

One of the most impactful advancements in biochemistry has been the development of biomarkers for early diagnosis. Cystatin c helps

for the early detection of renal failure, Tests for C-reactive protein (CRP) levels now help assess cardiovascular risk, while glycated haemoglobin (HbA1c) provides a reliable measure of long-term glucose control in diabetics.

Diet plays a crucial role in the prevention and management of lifestyle diseases, and biochemistry is unravelling the science behind it. Research shows that diets rich in antioxidants, omega-3 fatty acids, and low glycaemic index foods can reduce the risk of chronic diseases. These findings underscore the importance of healthy eating patterns tailored to individual biochemical needs.

Biochemistry has also driven innovation in pharmacology, leading to the development of groundbreaking medications. Drugs like SGLT2 inhibitors for diabetes and PCSK9 inhibitors for lowering cholesterol have shown remarkable efficacy in managing these conditions. These treatments work by targeting specific biochemical pathways, minimizing side effects and enhancing patient outcomes.

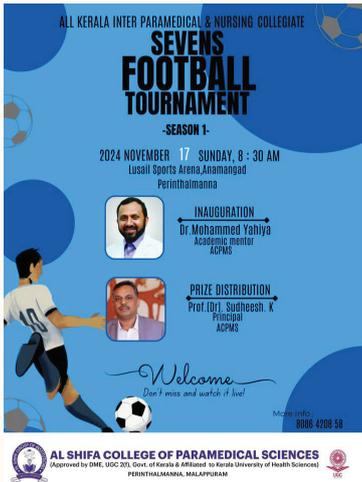
The advancements in biochemistry are not just scientific milestones—they are lifelines for millions affected by lifestyle diseases. By addressing these conditions at their molecular roots, biochemists are offering hope for a healthier, disease-free future.

With these advancements, biochemistry is proving to be a game-changer, providing effective tools to combat some of the most pressing health issues of our time.

# ALL KERALA NURSING AND PARAMEDICAL INTER-COLLEGE SEVENS FOOTBALL TOURNAMENT 2024

The All Kerala Nursing and Paramedical Inter-College Sevens Football Tournament, organized by Al Shifa College of Paramedical Sciences, was held on 17th November 2024 at the Lusail Sports Arena, Turf PERINTHALMANNA, The event brought together 11 teams from nursing and paramedical colleges across Kerala, fostering sportsmanship and camaraderie.

The tournament was inaugurated by Dr Muhammed Yahiya, academic mentor, who emphasized the significance of sports in promoting unity, discipline, and overall development among students.



## MEDICAL CAMP @ THACHANATTUKARA

Al Shifa College of Paramedical Sciences (ACPMS) organized a free medical camp at the Rural Health Centre, Thachanattukara, on 31st August 2024 (Saturday) from 9:30 AM to 1:00 PM. The camp aimed to provide medical assistance and health check-ups to the local Community.



## ONAM CELEBRATION

Al Shifa College of Paramedical Sciences (ACPMS) celebrated the vibrant Onam festival (Armadham) on 12th September 2024. The celebration was organized by the Students Welfare Team, with active participation from the students.

The Onam programme featured traditional cultural performances, including dance, music, and the famous Onam pookalam (flower rangoli). Students showcased their talents and embraced the festive spirit, creating an atmosphere of joy and unity. The celebrations were a perfect reflection of Kerala's rich cultural heritage, bringing the ACPMS community together in celebration.



## NATIONAL READING DAY COMPETITION

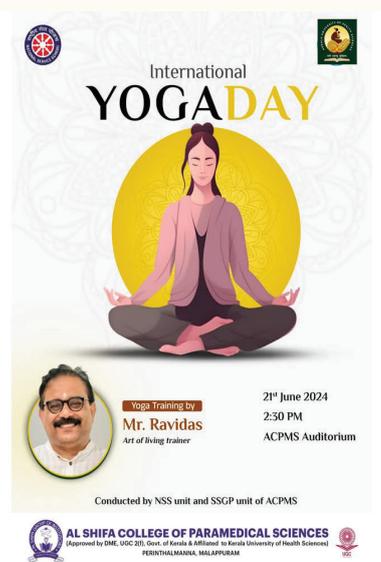
Al Shifa College of Paramedical Sciences (ACPMS) conducted a National Reading Day competition on 19th June 2024 at the ACPMS Library. The event saw enthusiastic participation from both teachers and students, who took part in various reading-related activities.

ASKAR PK (Associate Professor at ACPMS) delivered an insightful speech during the programme, highlighting the importance of reading in personal and professional growth. He emphasized the role of reading in enhancing knowledge, improving focus, and fostering creativity.



## INTERNATIONAL YOGA DAY

Al Shifa College of Paramedical Sciences (ACPMS) celebrated International Yoga Day on 21st June 2024 at 2:30 PM in the ACPMS Auditorium. The event was organized by the NSS Unit and SSGP Unit of ACPMS. The programme featured a special yoga training session conducted by Mr. Ravidas, an Art of Living trainer. Mr. Ravidas led the students and faculty through various yoga practices, emphasizing the importance of physical fitness, mental clarity, and overall well-being. As a token of appreciation, the Principal, Prof. (Dr.) Sudheesh K., presented a memento to Mr. Ravidas for his valuable contribution to the event. The celebration aimed to promote a healthy lifestyle and encouraged participants to incorporate yoga into their daily routine for better physical and mental health.



## JOURNAL PRESENTATION

The Pathology Department of Al Shifa College of Paramedical Sciences (ACPMS) conducted a journal presentation on 8th November 2024, from 2:30 PM to 3:30 PM at the ACPMS Library. The program was presented by Mrs. Rose Mary Mathew, Assistant Professor in the Department of Medical Laboratory Technology (MLT).

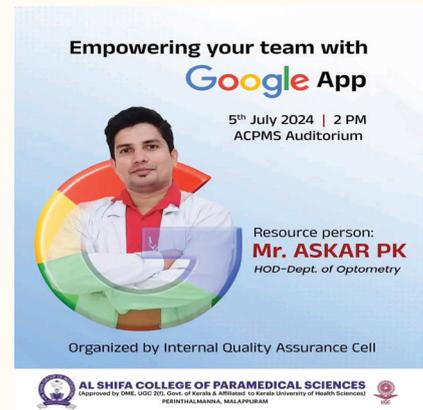
The session, organized by the Journal Club, provided an opportunity for faculty and students to engage in academic discussions and share insights on recent developments in pathology. Mrs. Rose Mary Mathew presented a well-researched journal, followed by a Q&A session that encouraged interaction among the attendees.



# EMPOWERING TEAM WITH GOOGLE APP

Al Shifa College of Paramedical Sciences (ACPMS) organized a session titled "Empowering Team with Google App" on 5th July 2024, from 2:00 PM at the ACPMS Auditorium. The program was presented by Mr. ASKAR PK (Head of the Department of Optometry).

The session focused on the effective use of Google Apps to enhance productivity, collaboration, and communication within teams. The program was organized by the Internal Quality Assurance Cell (IQAC) and aimed to equip faculty and staff with digital skills to better manage tasks and improve teamwork.



# INDEPENDENCE DAY

Al Shifa College of Paramedical Sciences (ACPMS) celebrated National Independence Day on August 15, 2024, with great enthusiasm and patriotism. The ceremony began with the flag hoisting by Mr. K.T. Abdul Rassaque, the Secretary of the institution.

Mr. Harshad, the Vice Principal, delivered an inspiring speech on the significance of Independence Day, emphasizing the values of freedom and unity. The students then recited a prayer, followed by the singing of the National Anthem, which added to the solemnity and pride of the occasion.



# GRADUATION CEREMONY

Al Shifa College of Paramedical Sciences (ACPMS) hosted a graduation ceremony on Tuesday, 3rd September 2024, for the 6th and 7th batches of BSc Optometry and the 10th and 11th batches of BSc MLT at the Shifa Convention Centre.

The event was graced by Chief Guest Dr. Ashalatha PR, Professor and Head of Anatomy at Malabar Medical College, Calicut, and a renowned author and laureate. Dr. M. Pradeep Kumar, Associate Professor at Government Medical College, Thiruvananthapuram, and Chairman of the Board of Studies for MLT at KUHS, was the Guest of Honour. The ceremony was presided over by Dr. P. Unneen, Managing Trustee of Al Shifa Group of Institutions, and Prof. (Dr.) Sudheesh K., Principal of ACPMS.



# IXORIA WELCOME CEREMONY

On the occasion of the class opening ceremony of Al Shifa College of Paramedical sciences 14th November 2024





**Shameema M**  
Assistant Professor  
Department Of MLT

## **HIDDEN FROM VIEW:FOLLOW A SAMPLE TO FIND OUT WHAT HAPPENS NEXT.....?**

Your doctor has decided to extract blood from you and send it "off to the lab" so they may conduct tests. Have you ever questioned who will send your sample and run the tests?

There are many knowledgeable and experienced laboratory personnel that you, as a patient, you may never see face-to-face. Nonetheless, these people are crucial to your medical treatment. Testing that yields vital information for disease detection, diagnosis, treatment, and monitoring is the responsibility of those employed in the clinical laboratory. These professionals are expert in handling various types of instruments and they can also handle different types of samples without any hesitation.

Medical laboratory professionals are the backbone of modern healthcare, playing a critical role in diagnosing, monitoring, and treating diseases. Often working behind the scenes, these professionals ensure the accuracy and reliability of test results that inform up to 70% of medical decisions. Despite their pivotal contributions, their work is not always fully appreciated or understood by the public and even within the healthcare community.

### **Who are they?**

Accurate and timely laboratory results are fundamental to effective healthcare which is possible only by our unsung heroes.

- **Diagnosis:** Identifying infections, cancers, and other conditions relies on laboratory testing.
- **Treatment Monitoring:** Evaluating the effectiveness of therapies, such as chemotherapy or antibiotics, depends on lab results.
- **Public Health:** Detecting and tracking outbreaks like COVID-19 hinges on robust laboratory systems.

Without these professionals, healthcare providers would lack the data necessary to make informed decisions.

### **Challenges Facing the Profession**

Medical laboratory professionals face several challenges in their roles, which can affect both the quality of their work and their overall job satisfaction. Some of the key challenges include:

With an increasing demand for diagnostic testing, lab professionals may be tasked with processing an overwhelming number of samples, which can affect efficiency and accuracy. Rapid advances in medical technology require laboratory professionals to continually update their skills. Additionally, maintaining and troubleshooting complex lab equipment can be time-consuming and costly. Ensuring the accuracy of test results is paramount. Errors in testing can have serious consequences for patient care. Lab professionals need to adhere to strict quality control standards to avoid errors, and even minor lapses can lead to significant problems.

Medical laboratories must comply with numerous regulations and standards, such as those set by the Clinical Laboratory Improvement Amendments (CLIA) and other governing bodies. Staying

updated on changing regulations can be challenging and time-consuming. Medical labs handle potentially hazardous materials, including blood, chemicals, and infectious samples. Ensuring a safe work environment and adhering to health and safety protocols is crucial but can sometimes be difficult, especially in busy settings. Effective communication between laboratory professionals, clinicians, and patients is essential for proper diagnosis and treatment. However, miscommunication or lack of clear information sharing between different parties can lead to delays or errors. Many laboratory tests are time-sensitive, and delays in processing or reporting results can have serious implications for patient care.

As the field evolves, laboratory professionals must stay up-to-date with new diagnostic techniques and regulations. Working in a healthcare environment, especially when handling serious conditions or high-stakes situations, can lead to emotional strain. Laboratory professionals must deal with the pressure of ensuring accurate diagnoses while maintaining emotional resilience. Medical laboratory professionals may face ethical challenges, such as ensuring patient privacy, handling test results that could impact a patient's life significantly, or dealing with conflicts in diagnosis or treatment decisions.

These challenges require a balance of technical expertise, communication, and the ability to manage stress and stay adaptable in a rapidly changing medical landscape.

### The Future of Medical Laboratory Science

As healthcare becomes increasingly reliant on precision medicine, the role of medical laboratory professionals will only expand. Advances in genomics, personalized therapies, and automation will create new opportunities and challenges. Medical laboratory scientists are increasingly involved in genomic testing, enabling personal-

ized treatment plans based on individual genetic profiles. Lab science supports the development and monitoring of therapies tailored to specific patients. Techniques like PCR and next-generation sequencing (NGS) are revolutionizing the detection and monitoring of pathogens. Molecular tests help identify specific biomarkers for cancer, improving early detection and treatment strategies. To ensure the profession keeps pace, investments in education, training, and advocacy are critical.

### Recognizing Their Contributions

Medical laboratory professionals deserve greater recognition for their indispensable role in healthcare. By raising awareness of their contributions, improving workplace conditions, and supporting professional development, we can ensure these unsung heroes continue to thrive. The COVID-19 pandemic highlighted the essential role of medical laboratories in responding to global health crises, underscoring the need for highly skilled professionals who can rapidly scale diagnostic testing. The medical laboratory profession is a dynamic and indispensable field within healthcare. It requires a blend of technical expertise, analytical thinking, and strong communication skills. The profession offers numerous opportunities for specialization and growth, with its practitioners contributing directly to improving patient outcomes and advancing public health.

Whether diagnosing a rare disease or monitoring a patient's recovery, medical laboratory professionals are at the heart of healthcare excellence. It is time to shine a spotlight on their work and celebrate their vital contributions to society.

# ARTS FESTIVAL

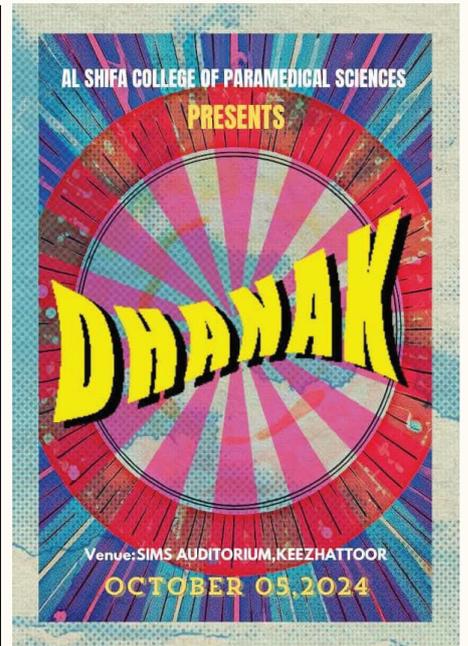
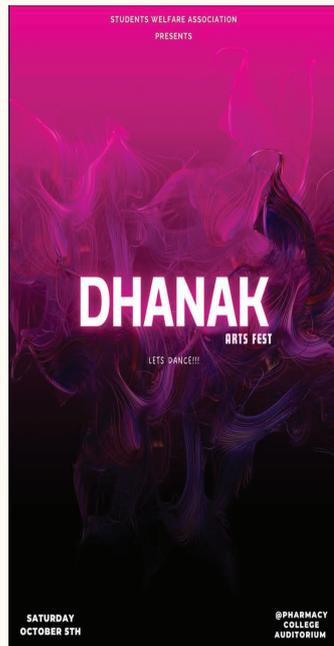
The 2024 Arts Festival at Al SHIFA College of Paramedical Sciences was a significant cultural event that highlighted the creative talents of students. The program conducted on 5th October 2024, started at 9 AM and continued until 6 PM, featuring various cultural performances. Shifa Medical Secretary Mr. Rasaq inaugurated the festival. Principal Dr. Sudheesh presided over the event.



## ACPMS Arts Poster Making 2nd Prize



## ACPMS Arts Poster Making 3rd prizes



## KAAGAZ

NSS Magazine cover page revealed by our Principal prof. Dr. Sudheesh sir in the inaugural ceremony of "Dhanak". Kaagaz will approach you soon.



## ALL STAFF JOURNAL PRESENTATION

Al Shifa College of Paramedical Sciences (ACPMS) invited all staff members to a Journal Presentation on 9th August 2024, from 2:00 PM to 3:00 PM at the ACPMS Library. The program was presented by Mr. Fahmid PS, Assistant Professor from the Department of Optometry.

The session, organized by the Journal Club - ACPMS, provided an opportunity for staff to engage in academic discussions, share knowledge, and explore recent advancements in the field. Mr. Fahmid PS presented a well-researched journal, followed by a Q&A session, which encouraged interaction and the exchange of ideas among the faculty

**ACPMS INVITES ALL STAFF**  
**JOURNAL PRESENTATION**

9th August 2024 02 PM - 03 PM ACPMS Library

**Speaker**  
**Mr. FAHMID PS**  
Assistant Professor  
Dept of Optometry

Organized by Journal Club - ACPMS

**AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES**  
(Approved by DME, UGC 2(f), Govt. of Kerala & Affiliated to Kerala University of Health Sciences)  
PERINTHALMANNA, MALAPPURAM

## 5TH INTERNATIONAL AHALIA CME

The Ahalia School of Optometry and Research Centre conducted the 5th International Ahalia CME on October 19th, focusing on innovations and challenges in contact lens technology under the theme know your Contacts. The event drew around 1000 participants from across India and was inaugurated by Dr. Mohanan Kunnummal, Vice-Chancellor of KUHS



## 9TH BATCH BSC OPTOMETRY FAREWELL PROGRAMME

Al Shifa College of Paramedical Sciences (ACPMS) hosted the farewell program for the 9th Batch of BSc Optometry on October 30th at the College Auditorium. The event was filled with emotion as faculty, students, and staff came together to celebrate the accomplishments of the graduating students.



## WAYANAD



# FREE EYE CHECK-UP CAMP

The Optometry Department of Al Shifa College of Paramedical Sciences (ACPMS) and Shine Arts and Sports Club jointly organized a free eye check-up camp on 4th November 2024 (Monday) at AMUP School, Vaniyannur. The camp aimed to provide essential eye care services to the local community. The program was inaugurated by Zainaba Chenath, the President of Tanur Block Panchayat, who emphasized the importance of regular eye check-ups for maintaining good health. The camp was well-received, with a large number of individuals benefiting from the free eye screening services provided by ACPMS Optometry students and faculty.



**നേത്ര പരിശോധനാ ക്യാമ്പ്**  
 പെരിന്തൽമണ്ണ അൽ ശിഫാ കോളേജ് ഓഫ് പാരാമെഡിസിൻ സൗകര്യത്തിൽ ഏർപ്പെടുത്തിയ നേത്ര പരിശോധനാ ക്യാമ്പിൽ പങ്കെടുത്തവരുടെ ചിത്രം. ക്യാമ്പിൽ പങ്കെടുത്തവരുടെ ചിത്രം. ക്യാമ്പിൽ പങ്കെടുത്തവരുടെ ചിത്രം.

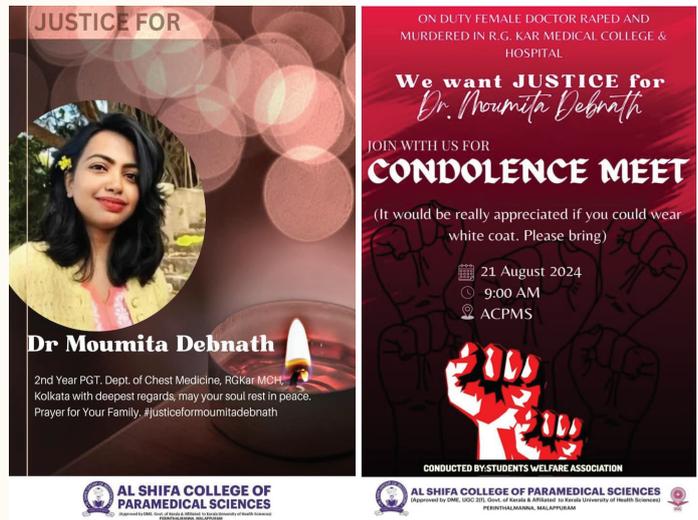
# ANTI-DRUG AWARENESS PROGRAMME

Al Shifa College of Paramedical Sciences organized anti-drug awareness programme in association with Nasha Mukti Bharath abhiyan and lahari muktha keralam mission on 1st November 2024 at ACPMS auditorium. College principal Prof (Dr) Sudheesh. K inaugurated the function and session lead by Nasha mukti Bharath abhiyan District coordinator Mr. Harikumar and assistant excise inspector Mr. Manoj. Vote of thanks done by Mrs. Aswathy p.



# CONDOLENCE MEET

Al Shifa College of Paramedical Sciences (ACPMS) conducted a solemn condolence meet on 21st August 2024 to honor the life and legacy of Dr. Maumita Debnath. The event, organized by the Students Welfare Association, took place at the college premises and began at 9 AM. Faculty, students, and staff came together to pay their respects and remember Dr. Debnath's invaluable contributions.



**JUSTICE FOR**

ON DUTY FEMALE DOCTOR RAPED AND MURDERED IN R.G. KAR MEDICAL COLLEGE & HOSPITAL

**We want JUSTICE for Dr. Maumita Debnath**

JOIN WITH US FOR **CONDOLENCE MEET**

(It would be really appreciated if you could wear white coat. Please bring)

21 August 2024  
9:00 AM  
ACPMS

**Dr Maumita Debnath**  
2nd Year PGT, Dept. of Chest Medicine, RGKar MCH, Kolkata with deepest regards, may your soul rest in peace. Prayer for Your Family. #justiceformoumitadebnath

CONDUCTED BY STUDENTS WELFARE ASSOCIATION

**AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES**  
(Approved by DME, SOC 201, Govt. of Kerala & Affiliated to Kerala University of Health Sciences, PUTHENKULAM, MALAPPURAM)

# ACPMS SPORTS MEET PRIZE DISTRIBUTION



# SPORTS MEET 22 AUGUST 2024

Al Shifa College of Paramedical Sciences organized an exciting Sports Meet from August 21 to August 26 at the college ground. The program began with a grand march-past, with teams proudly representing different colors: the Yellow Strikers, Team Neela, Red Royals, and Green Gladiators. The event included a wide variety of sports, such as Chess, Carroms, Relay Races, Throw Ball, Discus Throw, Long Jump, Ball Out, Shoot Out, Badminton, and Football.



DAY 2

## खेल

### ACPMS SPORTS MEET 2024

#### CARROMS DOUBLES (BOYS)

1 ARSHAD & THOUFEEQ GREEN

2 SAHAL & SANAD RED

3 JASEEL & DEEPAK YELLOW

*Congratulations*

AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES  
(Approved by DME, UGC 20), Govt. of Kerala & Affiliated to Kerala University of Health Sciences  
PERINTHALMANNA, MALAPPURAM



DAY 1

## खेल

### ACPMS 2K24 SPORTS MEET

#### ARM WRESTLING (BOYS)

1 ANAS GREEN

2 AJITH RED

3 SANAD RED

*Congratulations*

AL SHIFA COLLEGE OF PARAMEDICAL SCIENCES  
(Approved by DME, UGC 20), Govt. of Kerala & Affiliated to Kerala University of Health Sciences  
PERINTHALMANNA, MALAPPURAM

