



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION

SELF-MEDICATION: A CHALLENGE IN THE HEALTHCARE MANAGEMENT

Date: 28-11-2023 (Tuesday)

Venue: Ghamroj, Gurugram

Type of Activity: Extension Activity

Mode of Activity: Offline

Target Group: Local Population

Resource Person: Dr. Khalid Bashir Mir

Ms. Parakh Basist

**Organized By: School of medical & Allied Sciences, K. R. Mangalam University in
Collaboration with NSS-KRMU**

Event Co-ordinator(s): 1. Dr. Khalid Bashir Mir (Associate Professor, SMAS)

2. Ms. Parakh Basist (Assistant Professor, SMAS)

Number of Participants: 30 Persons

The School of Medical and Allied Sciences in collaboration with NSS-KRMU orchestrated a pivotal offline extension activity at Ghamroj on November 28, 2023, delving into the critical subject of "Self-Medication: A Challenge in Healthcare Management." Dr. Khalid Bashir Mir, a

distinguished Associate Professor, and Dr. Parakh Basist, an adept Assistant Professor, spearheaded the event, marking it as a significant initiative to address the burgeoning concerns surrounding self-medication and its profound implications on healthcare management.

The day commenced with an enlightening presentation by Dr. Khalid Bashir Mir, wherein he meticulously elucidated the multifaceted risks entailed in self-medication. These risks ranged from the potential for misdiagnosis to the emergence of adverse drug reactions and the alarming specter of antibiotic resistance. Dr. Mir underscored the imperative for individuals to seek professional medical counsel and emphasized the pivotal role healthcare practitioners play in disseminating knowledge about responsible medication management.

Following the illuminating presentation, the audience, comprising students, healthcare professionals, and the general public, actively engaged in a thought-provoking panel discussion. Dr. Parakh Basist, alongside other seasoned experts in the field, shared invaluable insights and real-world experiences related to self-medication and its ramifications on healthcare management. The discourse spanned diverse aspects, including the urgent need for heightened public awareness, improved accessibility to healthcare services, and the implementation of regulatory measures to curb the prevalent practice of self-medication.

The event not only served as an educational platform but also facilitated meaningful interactions between students and seasoned professionals. The participants were encouraged to think critically about the challenges posed by self-medication and its far-reaching impacts on healthcare systems. By fostering an environment of open dialogue, the extension activity proved to be an instrumental catalyst for promoting responsible healthcare practices and instilling a sense of collective responsibility in managing one's health.

In conclusion, the extension activity on "Self-Medication: A Challenge in Healthcare Management" conducted by the School of Medical and Allied Sciences in Ghamroj emerged as a beacon of enlightenment and an impactful forum for constructive discourse. The insights gained and awareness raised during this event is anticipated to contribute significantly to the ongoing efforts to enhance healthcare management practices and address the pervasive challenges posed by self-medication.





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Gurugram, Delhi-NCR



**School of Medical & Allied Sciences
in Collaboration with NSS-KRMU
Organizes
Self Medication: A Challenge in the Healthcare Management**

Date: 28-11-2023
Time: 9:30 a.m. onwards
Venue: Ghamroj

Mode : Offline

Faculty Coordinators:

Dr. Khalid Bashir Mir (Associate Professor)
Ms. Parakh Basist (Assistant Professor)



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