Sri Lakshmi Narayana Institute of Medical Sciences

Date: 14-09-2019

From

Dr.G.Somasundram
Principal of Allied Health Sciences,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

To

The Dean,
Sri Lakshmi Narayana Institute of Medical College
Bharath Institute of Higher Education and Research,
Chennai.

Sub: Permission to conduct value-added course: antihistamines

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: **Antihistamines** from October to November 2019. We solicit your kind permission for the same.

Kind Regards

Dr.G.Somasundram

FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean: **Dr. Jayalakshmi**

The HOD: **Dr. Somasundram. G**

The Expert: **Dr. Antony**

The committee has discussed about the course and is approved.

Dean	Subject Expert	HOD
(Sign & Seal)	(Sign & Seal)	(Sign & Seal)

Dr. G. JAYALAKSHMI, BSC., MBBS., DTCD., M.D.,
DEAN
Sri Lakshmi Narayana Institute of Medical Sciences
Osudu, Agaram, Kudapakkam Post,
Villianur Commune, Puducherry - 605502.

PRINCIPAL
Allied Health Sciences
Sri Lakshmi Narayana Institute of Allied Health Sciences
Osudu, Agaram Post, Puducherry - 605 502.

OFFICE OF THE DEAN

Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST,
PUDUCHERRY - 605 502.
[Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME (P -II) dt. 11/07/2011]
[Affliated to Bharath University, Chennai - TN]

Circular

29.09.2019

Sub: Organizing Value-added Course: "Antihistamines ".reg

With reference to the above-mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research** is organizing **"Antihistamines"**. The course content and registration form is enclosed below."

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before October to November 2019. Applications received after the mentioned date shall not be entertained under any circumstances.

Dean

Dr. G. JAYALAKSHMI, BSC., MBBS., DTCD., M.D.,
DEAN
Sri Lakshmi Narayana Institute of Medical Sciences
Osudu, Agaram, Kudapakkam Post,
Villianur Commune, Puducherry - 605502.

Encl: Copy of Course content

VALUE ADDED COURSE

1. Name of the programme & Code

"Antihistamines" & VAC/AHS/2019-14/10

2. Duration & Period

30 hrs. & October to November 2019

3. Information Brochure and Course Content of Value-Added Courses

Enclosed as Annexure- I

4. List of students enrolled

Enclosed as Annexure- II

5. Assessment procedures:

Assessment - *Enclosed as Annexure- III*

6. Certificate model

Enclosed as Annexure- IV

7. No. of times offered during the same year:

1 time October to November 2019

8. Year of discontinuation: 2020

9. Summary report of each program year-wise

Value Added Course- October to November 2019					
Sl. No	**Course Code**	**Course Name**	**Resource Persons**	**Target Students**	**Strength & Year**
1	**VAC03/AHS/2019-14/10**	Antihistamines	Dr. Antony	AHS	21 students October to November 2019

10. Course Feed Back

Enclosed as Annexure- V

RESOURCE PERSON

COORDINATOR
Dr.G.Somasundram

PRINCIPAL
Allied Health Sciences
Sri Lakshmi Narayana Institute of Allied Health Sciences
Osudu, Agaram Post, Puducherry - 605 502.

Course Proposal

Course Title: "**Antihistamines"**

Course Objective:

1. To enhance the performance skill in antihistamines.
2. To assess the objectives and protocols in antihistamines.
3. To assess the reaction of target allied Health students towards the antihistamines by getting their feedback.

Course Outcome: Improvement in the "Antihistamines"
Course Audience: Students of AHS Batch 2019
Course Coordinator: Dr.G.Somasundram
Course Faculties with Qualification and Designation:

1. Dr. Antony

Course Curriculum/Topics with schedule (Min of 30 hours)

SlNo	Date	Topic	Time	Hours
1.	14.10.2019	Introduction to antihistamines, Background, Objectives,	4-6p.m	2
2.	16.10.2019	What are allergies	2-4p.m	2
3.	18.10.2019	Introduction to allergies	4-6p.m	2
4.	19.10.2019	Substances or allergen's that cause allergies	4-6p.m	2
5.	21.10.2019	Symptoms of histamine	4-6p.m	2
6.	23.10.2019	Classification of antihistamines	4-6p.m	2
7.	24.10.2019	conventional didactic lecture and video	4-6P.M	2
8.	26.10.2019	Difference between second & first generation	4-6p.m	2
9.	28.10.2019	H1 first generation antihistamines	4-6p.m	2
10.	30.10.2019	H2 generation antihistamines	4-6p.m	2
11.	01.11.2019	Side effects of antihistamine	4-6p.m	2
12.	04.11.2019	Forms of antihistamines	4-6p.m	2
13.	05.11.2019	Pre course and Post Course evaluation, Feedback analysis from Likert scale	2-4p.m	2
13.	06.11.2019	Steps model explanation and various performance assessment methods	4-6p.m	2
14.	08.11.2019	Orientation of the students about the training program and assessment	2-4p.m	2
		Total		30 hrs

REFERENCE BOOKS:

1. Leslie G Grammer & Paul a Greenberg, Patterson's Allergic Diseases.
2. Ekaterini Tiligada & Madeleine Ennis, Histamine Receptors as Drug Target
3. Kevin Parker, a Clinical Guide to Allergic Diseases

Antihistamines

- Antihistamines are a class of drugs commonly used to treat symptoms of allergies.
- These drugs help treat conditions caused by too much histamine; a chemical created by your body's immune system.
- Antihistamines are a class of drugs commonly used to treat symptoms of pollen and other allergens. They are also used to treat a variety of other conditions such as stomach problems, colds, anxiety and more.

What are allergies?

- Your body protects you from many threats. Your ribs protect your heart and lungs from injury.
- Your skin protects your body from outside elements like sun, wind and bacteria that can cause disease and infections. Your eyelashes protect your eyes from debris.
- And your body's internal protection system – your immune system – battles substances that enter your body that are deemed "foreign."
- An allergy occurs when your immune system overreacts to the "foreign" substance.
- In the case of an allergy, substances that are usually harmless and don't bother some people, such as dust or animal dander, do bother you! Your body views these substances as "foreign," which then triggers an overreaction by your body's defense system that includes the release of histamine.
- The substances that trigger the overreaction are called allergens. The symptoms that result are called an allergic reaction.
- Allergies are one of the most common chronic conditions in the world. Some 40 million to 50 million people in the United States have them.

- **What is histamine?**

- Histamine is an important chemical that has a role in a number of different bodily processes.
- It stimulates gastric acid secretion, plays a role in inflammation, dilates blood vessels, affects muscle contractions in the intestines and lungs and affects your heart rate.
- It also helps transmit messages between nerve cells and helps fluids move through blood vessel walls. Histamine is also released if your body encounters a threat from an allergen.
- Histamine causes vessels to swell and dilate, leading to allergy symptoms.

What are some of the substances, or allergens, that cause allergies?

The top eight most common things that can cause an allergic reaction in some people include:

- Food.
- Dust.
- Pollen.
- Pet dander, saliva or urine.
- Mold.
- Insect bites and stings.
- Latex.
- Certain medications/drugs.

What allergic symptoms do histamines cause?

Too much histamine, caused by your body being oversensitive and overreacting to an allergen, causes a variety of symptoms. Symptoms include:

- Congestion, coughing.
- Wheezing, shortness of breath.
- Tiredness (fatigue).
- Itchy skin, hives and other skin rashes.
- Itchy, red, watering eyes.
- A running or blocked nose, or sneezing.
- Insomnia.

What are antihistamines?

An antihistamine is a prescription or over-the-counter medication that blocks some of what histamine does. “Anti” means against, so antihistamines are medicines that work against or block histamine.

How are antihistamines classified?

- Antihistamines are divided into two major subtypes. The first subtype is called H-1 receptor antagonists or H-1 blockers.
- This subtype of antihistamines is used to treat allergy symptoms. The second subtype is called H-2 receptor antagonists or H-2 blockers.
- They are used to treat gastrointestinal conditions, including gastroesophageal reflux disease [GERD] (also called acid reflux), peptic ulcers, gastritis, motion sickness, nausea and vomiting.
- The naming structure (H-1 and H-2) tells doctors and scientists the cell type the location of the histamine receptor that the antihistamine medication blocks.

- The H-1 blocker subtype is further broken down into two groups — first-generation antihistamines and second-generation antihistamines.

What’s the difference between first- and second-generation antihistamines?

- Just like the name implies, the first-generation antihistamine were the first type approved by the Food and Drug Administration (FDA).
- They began to be approved in the United States in the 1930s and are still prescribed today.
- They work on histamine receptor in the brain and spinal cord along with other types of receptors.
- Most notable about this generation of antihistamines is that they cross the blood-brain barrier, which results in drowsiness.
- Second-generation antihistamines were approved by the FDA and first came to market in the 1980s.
- The second-generation antihistamines do not cross the blood-brain barrier to the extent that first-generation do and therefore do not cause drowsiness at standard dosage levels.
- Second-generation antihistamines are considered to be safer than first generation antihistamines because they don't cause drowsiness and interact with fewer drugs.

What are some examples of H-1 first- and second-generation antihistamines and H-2 blockers?

There are many prescription and over-the-counter H-1 antihistamines. If you have allergies, you're likely taking a H-1 antihistamine. A few examples of first-generation over-the-counter and prescription H-1 blockers include:

- Brompheniramine (Children's Dimetapp Cold®).
- Chlorpheniramine (Chlor-Trimeton®).
- Clemastine (Dayhist®).
- Cyproheptadine (Periactin®).
- Dexchlorpheniramine Dimenhydrinate (Dramamine®).
- Diphenhydramine (Benadryl®).
- Doxylamine (Vicks NyQuil®, Tylenol Cold and Couth Nighttime®).

- Hydroxyzine (Vistaril®).
- Phenindamine (Nolahist®).

A few examples of second-generation over-the-counter and prescription H-1 blockers include:

- Azelastine (Astelin®).
- Loratadine (Claritin®).
- Cetirizine (Zyrtec®).
- Desloratadine (Clarinex®).
- Fexofenadine (Allegra®).

If you're taking an antihistamine to help with stomach issues, you're likely taking a H-2 antihistamine. A few examples of H-2 antihistamines include:

- Cimetidine (Tagamet HB®).
- Famotidine (Pepcid®).
- Nizatidine (Axid®).
- Ranitidine (Zantac®).

Besides allergies, what other medical conditions do antihistamines treat?

H-1 antihistamines treat:

- Allergic rhinitis/hay fever.
- Allergic conjunctivitis.
- Hives and other skin rashes.
- Colds.
- Food allergies.
- Hypersensitivity to certain drugs.
- Insect bites and stings.

First-generation H-1 antihistamines also treat:

- Insomnia.
- Motion sickness.
- Anxiety.

H-2 antihistamines treat:

- Heartburn.
- Gastroeophageal reflux disease (GERD).
- Duodenal and gastric ulcers.
- Zollinger-Ellison syndrome.

Other conditions antihistamines treat include:

- Anorexia.
- Headaches.
- Anaphylaxis.
- Vertigo.
- Parkinson's disease (to decrease stiffness and tremors).
- Some types of bone pain.

Your healthcare provider may prescribe antihistamines for even other conditions.

What are the side effects of antihistamines?

You and your healthcare provider should discuss specific antihistamines and decide together if the potential benefits of an antihistamine outweigh its potential side effects.

Some of the common side effects of first-generation antihistamines include:

- Drowsiness.

- Dry mouth, dry eyes.
- Blurred or double vision.
- Dizziness and headache.
- Low blood pressure.
- Mucous thickening in the airways.
- Rapid heart rate.
- Difficulty urinating and constipation.

Some of the common side effects of second-generation antihistamines include:

- Headache.
- Cough.
- Tiredness.
- Sore throat.
- Abdominal pain or discomfort
- Nausea or vomiting.

Common side effects of H-2 antihistamines include:

- Drowsiness.
- Joint or muscle pain.
- Headache.
- Confusion in the elderly.
- Dizziness.
- Breast swelling and tenderness.

what dosage forms are antihistamines available?

Antihistamines come in several forms including:

- Liquids.
- Lotions.
- Syrups.
- Gels.
- Eye drops.
- Tablets.
- Nasal sprays.
- Creams.
- Capsules.
- Suppositories

How do I know which antihistamine to take?

- If you need a prescription antihistamine, you and your healthcare provider will work together to figure out what medication will be best for you. Many drugs interact with antihistamines, so your healthcare provider will want to know what medical conditions you have and medications you are currently taking.
- They will also want to know if you are pregnant, plan to become pregnant or are breastfeeding.
- Some antihistamines are not recommended in pregnancy because they may cause birth defects in very high doses. Antihistamines can pass into breast milk, so you should consult with your healthcare provider before using antihistamines if you are breastfeeding.
- Children and the elderly are more sensitive to the effects of antihistamines, so special consideration will be given to the use of these products in these patients.
- Never give over-the-counter cough and cold antihistamines to children under four years of age.

These medications can cause life-threatening side effects.

Can antihistamines cause fever?

Fever is not one of the side effects of antihistamines.

Can antihistamines cause constipation?

Yes, some antihistamines, such as diphenhydramine, do cause constipation as a side effect.

Can antihistamines cause dizziness?

Yes. Dizziness is a common side effect of some antihistamines.

Can antihistamines cause depression?

One study of 92 people with chronic itchiness saw that patients who took the antihistamines cetirizine and hydroxyzine reported an increase in depression and anxiety. The effects of all antihistamines on mood disorders have yet to be studied.

Can antihistamines cause high blood pressure?

If you're already taking medication for high blood pressure, combining that with an antihistamine can increase your heart rate and raise your blood pressure. Talk to your healthcare provider about your options.

Can antihistamines cause weight gain?

Antihistamines can cause you to gain weight, yes. One antihistamine, cyproheptadine, is used for that reason. Histamine is known to reduce your appetite, so antihistamines cancel that out.

What antihistamines can you take together?

Antihistamines should not be combined unless directed to do so by your healthcare provider under their guidance and supervision. Antihistamines should be used only as directed or you could experience serious side effects. Read labels very carefully.

What should I do if antihistamines don't work?

Talk to your regular healthcare provider, your pharmacist or get an allergist to help you find ways to treat your allergies. Some allergies can be treated with decongestants or immunotherapy.

Can I take antihistamines if I'm pregnant or breastfeeding?

It's safest to talk to your healthcare provider if you are pregnant, planning to become pregnant or are breastfeeding. Animal studies have shown that some antihistamines can cause birth defects. Small amounts of antihistamines pass on to your baby if you breastfeed. For these reasons your healthcare provider will want to talk with you and make careful choices (or different choices) if there is any concern for your or your child's safety.

Are antihistamines safe for dogs?

Diphenhydramine is a common medication used to treat allergies, hives, food allergies, anxiety and other conditions in dogs. However, you should consult your veterinarian about the use of diphenhydramine in your pet. The dosage in dogs is based on their weight plus your veterinarian will want to examine your dog to be sure an antihistamine is the correct drug for the correct diagnosis. If an antihistamine is needed, your veterinarian will want to

prescribe a brand that is specific to animals and at a dosage correct for your pet.

Do antihistamines cause dementia?

Long term use of some antihistamines may increase your risk of dementia. Diphenhydramine (Benadryl®) blocks the effects of a neurotransmitter called acetylcholine. This neurotransmitter is vital for memory and learning. Diphenhydramine increased the risk of dementia by 54% in one 3,000 patient study followed for seven years.

What questions should I ask my healthcare provider?

- What type of antihistamine would work best for me?
- How do I proper take the prescribed antihistamine?
- What side effects might occur with the recommended medication?
- What antihistamine won't interfere with the current medications I am taking?
- When, or for what conditions, does taking an antihistamine that would make me drowsy make sense?
- Can I live my life normally while using this medication? Can I drive? Can I operate heavy machinery?
- Can I take antihistamines if I am pregnant, planning to become pregnancy or am breastfeeding?
- Can antihistamines be safely given to my child?
- What are the consequences if I don't take an antihistamine to help with my allergies?

A note from Cleveland Clinic

- Histamine is on your side. The chemical does its best to regulate help your heart and lungs and protect your body from foreign allergens, among other roles.
- But it can be oversensitive, and it can overreact, and that's where antihistamines can help.
- If you're have allergies, stomach symptoms or any of the other conditions and symptoms mentioned in this article, talk to your healthcare provider about your options. Your symptoms may be able to be treated.

Summary

- Most healthcare providers recommend using second- or third-generation antihistamines to treat mild to moderate allergy symptoms, including congestion, watery eyes, and itchy skin.
- People can still buy first-generation antihistamines. However, these forms can cause drowsiness and sedation.
- People can choose between a wide range of antihistamines in drugs stores and online.
- Parents and caregivers may want to consult a health care professional before giving an antihistamine to a child, especially if the child is 12 years old or younger.

Table. Commonly available antihistamines

Antihistamine	Generation and classification	Common trade names
Chlorpheniramine	First, sedating	Chlor-Trimeton
Brompheniramine	First, sedating	Dimetapp
Diphenhydramine	First, sedating	Benadryl
Cetirizine	Second, nonsedating	Zrytec
Levocetirizine	Second, nonsedating	Xyzal
Loratadine	Second, nonsedating	Claritin
Desloratadine	Second, nonsedating	Clarinex
Fexofenadine	Second, nonsedating	Allegra

SRI LAKSHMI NARAYANA INSTITUTE OF ALLIED HEALTH SCIENCE

MEDICAL EDUCATIONAL PROJECT

Antihistamine - VAC03/AHS/2019-14/10

SlNo.	Name of the Students	University Register Number	Signature
1	**PUNNYA PRAKASH**	**UAH1902233**	
2	**RAHUL A**	**UAH1902234**	
3	**RANGANAYAGI P**	**UAH1902235**	
4	**SABIR KS**	**UAH1902236**	
5	**SANJAY K**	**UAH1902237**	
6	**SARATH KRISHNAN R**	**UAH1902238**	
7	**SINDHU P**	**UAH1902240**	
8	**SREE BHAGYA V**	**UAH1902241**	
9	**SURIYA GAYATHIRI S**	**UAH1902242**	
10	**USHA RANI B**	**UAH1902243**	
11	**VENKADALAKSMI A**	**UAH1902244**	
12	**VIGNESHWARAN V**	**UAH1902245**	
13	**VISHNU PRIYA MADHU**	**UAH1902246**	
14	**VIVEDHA K**	**UAH1902247**	
15	**VYSHNAV KRISHNAN C**	**UAH1902248**	
16	**YUKESH S**	**UAH1902249**	
17	**HRIDHIK DINAKAR**	**UAH1907101**	
18	**MOHAMMED NIZHAMUDHEEN MV**	**UAH1907102**	
19	**MOHAMMEDNIHAD K M**	**UAH1907103**	
20	**NANDHU P. R**	**UAH1907104**	
21	**REEHANA U**	**UAH1907105**	

SRI LAKSHMI NARAYANA INSTITUTE OF ALLIED HEALTH SCIENCE

MEDICAL EDUCATIONAL PROJECT

Antihistamine - VAC03/AHS/2019-14/10

SlNo.	Name of the Students	University Register Number	Signature
1	PUNNYA PRAKASH	UAH1902233	
2	RAHUL A	UAH1902234	
3	RANGANAYAGI P	UAH1902235	
4	SABIR KS	UAH1902236	
5	SANJAY K	UAH1902237	
6	SARATH KRISHNAN R	UAH1902238	
7	SINDHU P	UAH1902240	
8	SREE BHAGYA V	UAH1902241	
9	SURIYA GAYATHIRI S	UAH1902242	
10	USHA RANI B	UAH1902243	
11	VENKADALAKSMI A	UAH1902244	
12	VIGNESHWARAN V	UAH1902245	
13	VISHNU PRIYA MADHU	UAH1902246	
14	VIVEDHA K	UAH1902247	
15	VYSHNAV KRISHNAN C	UAH1902248	
16	YUKESH S	UAH1902249	
17	HRIDHIK DINAKAR	UAH1907101	
18	MOHAMMED NIZHAMUDHEEN MV	UAH1907102	
19	MOHAMMEDNIHAD K M	UAH1907103	
20	NANDHU P. R	UAH1907104	
21	REEHANA U	UAH1907105	

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

Annexure - III

Assessment Form

Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry

Course code: VAC03/AHS/2019-14/10

Multiple Choice Question 10x2=20

1. Antihistamines are a class of drugs commonly used to treat symptoms of ……..
    a) **A**llergies
    b) Rashes
    c) Both a&b
    d) None of the above
2. An allergy occurs when your immune system overreacts to the ……substance.
    a) Pollen
    b) Foreign
    c) dust
    d) None of the above
3. ……..is an important chemical that has a role in a number of different bodily processes
    a) Antihistamine
    b) Histamine
    c) Heparin
    d) All of the above
4. An example for the allergic reaction
    a) Pollen
    b) Pollution
    c) Radiation
    d) None of the above
5. Identify the symptom of the histamines……
    a) Fever
    b) Dizziness
    c) Congestion & coughing
    d) Headache

6. An ……. is a prescription or over-the-counter medication that blocks some of what histamine does
    a) Antihistamines
    b) Histamines
    c) Both a &b
    d) None of the above
7. Examples for H1 receptors
    a) Chlorpheniramine
    b) Pheniramine
    c) Cyclophrenine
    d) None of the above
8. H1 receptors are used to treat……..
    e) Allergic conjunctivitis
    f) Fever
    g) Rashes
    h) None of the above
9. Example for H2 receptors……
    a) Ranitidine
    b) Ranitidine
    c) Chlorpheniramine
    d) Pheniramine
10. H-2 antihistamines treat
    a) Heart burn
    b) Heart attack
    c) Allergic conjunctivitis
    d) None of the above

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

SREE BHAGYA.
JAH19022241

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

Annexure - III

Assessment Form

Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry

Course code: VAC03/AHS/2019-14/10

Multiple Choice Question 10x2=20

1. Antihistamines are a class of drugs commonly used to treat symptoms of .....
   a) Allergies
   b) Rashes
   c) Both a&b
   d) None of the above
2. An allergy occurs when your immune system overreacts to the .....substance.
   a) Pollen
   b) Foreign
   c) dust
   d) None of the above
3. .....is an important chemical that has a role in a number of different bodily processes
   a) Antihistamine
   b) Histamine
   c) Heparin
   d) All of the above
4. An example for the allergic reaction
   a) Pollen
   b) Pollution
   c) Radiation
   d) None of the above
5. Identify the symptom of the histamines.....
   a) Fever
   b) Dizziness
   c) Congestion & coughing
   d) Headache

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

6. An ..... is a prescription or over-the-counter medication that blocks some of what histamine does
    a) Antihistamines
    b) Histamines
    c) Both a&b
    d) None of the above
7. Examples for H1 receptors
    a) Chlorpheniramine
    b) Pheniramine
    c) Cyclophrenine
    d) None of the above
8. H1 receptors are used to treat.....
    e) Allergic conjunctivitis
    f) Fever
    g) Rashes
    h) None of the above
9. Example for H2 receptors.....
    a) Ranitidine
    b) Anisidine
    c) Chlorpheniramine
    d) Pheniramine
10. H-2 antihistamines treat
    a) Heart burn
    b) Heart attack
    c) Allergic conjunctivitis
    d) None of the above

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

REEHANA. O
UA U L90711105

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

Annexure - III

Assessment Form

Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry

Course code: VAC03/AHS/2019-14/10

Multiple Choice Question 10x2=20

1. Antihistamines are a class of drugs commonly used to treat symptoms of .....
   a) Allergies
   b) Rashes
   c) Both a&b
   d) None of the above
2. An allergy occurs when your immune system overreacts to the .....substance.
   a) Pollen
   b) Foreign
   c) dust
   d) None of the above
3. .....is an important chemical that has a role in a number of different bodily processes
   a) Antihistamine
   b) Histamine
   c) Heparin
   d) All of the above
4. An example for the allergic reaction
   a) Pollen
   b) Pollution
   c) Radiation
   d) None of the above
5. Identify the symptom of the histamines.....
   a) Fever
   b) Dizziness
   c) Congestion & coughing
   d) Headache

SRI LAKSHMI NARAYANA INSTITUE OF HIGHER EDUCATON AND RESEARCH

6. An ..... is a prescription or over-the-counter medication that blocks some of what histamine does
   a) Antihistamines
   b) Histamines
   c) Both a&b
   d) None of the above
7. Examples for H1 receptors
   a) Chlorpheniramine
   b) Pheniramine
   c) Cyclophrenine
   d) None of the above
8. H1 receptors are used to treat.....
   e) Allergic conjunctivitis
   f) Fever
   g) Rashes
   h) None of the above
9. Example for H2 receptors.....
   a) Ranitidine
   b) Anisidine
   c) Chlorpheniramine
   d) Pheniramine
10. H-2 antihistamines treat
   a) Heart burn
   b) Heart attack
   c) Allergic conjunctivitis
   d) None of the above

Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research

(Deemed to be University under section 3 of the UGC Act 1956)

CERTIFICATE OF MERIT

This is to certify that **RAHUL A(UAH1902234)** has actively participated in the Value Added Course on **Antihistamines VAC03/AHS/2019-14/10** held October to November 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

RESOURCE PERSON

Dr. G.Somasundram

COORDINATOR

Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research

(Deemed to be University under section 3 of the UGC Act 1956)

CERTIFICATE OF MERIT

This is to certify that **VIGNESHWARAN V(UAH1902245)** has actively participated in the Value Added Course on **Antihistamines VAC03/AHS/2019-14/10** held October to November 2019 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

RESOURCE PERSON

Dr. G.Somasundram

COORDINATOR

5Annexure- V

Student Feedback Form

Course Name: ANTIHISTAMINES

Subject Code: VAC03/AHS/2019-14/10

Name of Student: _____Roll No.:

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Feedback Form

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1. The course met my expectations.	○	○	○	○	○
2. I will be able to apply the knowledge learned.	○	○	○	○	○
3. The course objectives for each topic were identified and followed.	○	○	○	○	○
4. The content was organised and easy to follow.	○	○	○	○	○
5. The quality of instruction was good.	○	○	○	○	○
6. Class participation and interaction were encouraged.	○	○	○	○	○
7. Adequate time was provided for questions and discussion.	○	○	○	○	○

8. How do you rate the course overall?
   - ○ Excellent
   - ○ Good
   - ○ Average
   - ○ Poor
   - ○ Very poor

9. The aspects of the course could be improved?

10. Other comments?

Signature of the student:
Date:

5Annexure- V

Student Feedback Form

Course Name: ANTIHISTAMINES

Subject Code: VAC03/AHS/2019-14/10

Name of Student: VIVEDHA A.K Roll No.: UAM19D2247

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Feedback Form

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1. The course met my expectations.	✓	○	○	○	○
2. I will be able to apply the knowledge learned.	○	✓	○	○	○
3. The course objectives for each topic were identified and followed.	✓	○	○	○	○
4. The content was organised and easy to follow.	○	○	✓	○	○
5. The quality of instruction was good.	✓	○	○	○	○
6. Class participation and interaction were encouraged.	○	✓	○	○	○
7. Adequate time was provided for questions and discussion.	○	✓	○	○	○

8. How do you rate the course overall?
   - ✓ Excellent
   - Good
   - Average
   - Poor
   - Very poor

9. The aspects of the course could be improved? No

10. Other comments?
The was interesting

Signature of the student: Vivedha

Date: 8.11.2019

5Annexure- V

Student Feedback Form

Course Name: ANTIHISTAMINES

Subject Code: VAC03/AHS/2019-14/10

Name of Student: HRIDHIK DINAKAR Roll No.: UAH190710

We are constantly looking to improve our classes and deliver the best training to you. Your evaluations, comments and suggestions will help us to improve our performance

Feedback Form

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1. The course met my expectations.	✓	o	o	o	o
2. I will be able to apply the knowledge learned.	o	✓	o	o	o
3. The course objectives for each topic were identified and followed.	✓	o	o	o	o
4. The content was organised and easy to follow.	o	o	✓	o	o
5. The quality of instruction was good.	✓	o	o	o	o
6. Class participation and interaction were encouraged.	o	✓	o	o	o
7. Adequate time was provided for questions and discussion.	o	✓	o	o	o

8. How do you rate the course overall?
   - o Excellent
   - ✓ Good
   - o Average
   - o Poor
   - o Very poor

9. The aspects of the course could be improved? NO

10. Other comments? The class was good and from the Pratical class we learnt a lot

Signature of the student: Hridhik

Date: 8.11.2019

Date: 10.11.2019

From

Dr.G.Somasundram
Department of Pharmacology,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

Through Proper Channel

To

The Dean,
Sri Lakshmi Narayana Institute of Medical Sciences
Bharath Institute of Higher Education and Research,
Chennai.

Sub: Completion of value-added course: Antihistamines

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Antihistamines** from October to November 2019 for 21 AHS Students. We solicit your kind action to send certificates for the participants that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regards,

Dr.G.Somasundram

Encl: Certificates

Photographs