



National Service Scheme UNIT 17 A & B GOVERNMENT COLLEGE KARIAVATTOM



STUDENTS PALLIATIVE CARE INITIATIVE REPORT

2022-23

STUDENTS PALLIATIVE CARE CLUB



കൂട്ടായി കരുതലായി കാരുണ്യമായി



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REPORT OF STUDENT'S PALLIATIVE CLUB 2022-2023

INTRODUCTION

Students Palliative Club 'PRATHIDHI' is functioning as part of NSS Unit 17 A & B, Government College Kariavattom since August 2021. Our motto is "Koottaayi, Karuthalaayi, Kaarunyamaayi" (കൂട്ടായി, കരുതലായി, കാരുണ്യമായി). The club aims at bringing in hope and light to the lives of bedridden patients dwelling in and around our participatory village. We attempt at proving mental, emotional, and financial support to those identified through a Palliative survey. We have a psychologist of 'Jeevani' who is also part of the club and offers psychological assistance to the patients in despair and distress.

This year we executed palliative care activities in association with Puthenthope CHC and Palliative Centre at Puthenthope. Sri. Arumukhan, (Health Supervisor, Puthenthope CHC), Sri Vishnu (Jr. Health Inspector, Puthenthope PHC), Sister Sindhu and ASHA workers provided us all the information for the same. Apart from information obtained from survey, we also collected details of bedridden and terminally ill patients and patients with other diseases, from Sister Radhamoni, Palliative center, PHC Pangappara.

We also visited few patients who were included for palliative care last year.

In addition to fund given by the university, we generated a small amount for the Palliative care activities through auction sale and selling lotion made by volunteers.

Palliative Survey was conducted initially and list of patients who need Palliative care was made. We selected the following patients who are financially unstable and need palliative care. Help was rendered to these patients in form of food kit, medicine kit, groceries, sanitation kits, equipment, and drawing material for one of the patients.

Patients staying in Kazhakoottam Ward: Following patients were identified for giving medicines, food kit, diapers, bedsheets and medical equipment.

S.No	Name of Patient	S.No	Name of Patient
1.	Sri. Vijayakumaran, Ambalathinkara	10.	Sri. Abhijith K., Market Road
2.	Sri. Vasudevan Nair, Ambalathinkara	11.	Smt. Sarojini, Vetturoad, Kazhakoottam
3.	Smt. Shantha, Ambalathinkara	12.	Sri. Sasidharan, Ambalathinkara
4.	Sri. Appu, Ambalathinkara	13.	Sri. Appu, Harijan Colony, Ambalathinkara
5.	Kum. Athulya, Harijan Colony, Ambalathinkara	14.	Smt. Gomathy, Kariyil, Kazhakoottam
6.	Sri. Sasidharan Shiva Nagar, Kazhakoottam	15.	Smt. Meera, Pangappara
7.	Sri. Sugu, Kunnuvila, Mangattukonam	16.	Smt. Kamalamma, Tharapoika
8.	Smt. Girija, Moozhinada	17.	Smt. Selvi, Tharapoika
9.	Sri. Shajahan, Kazhakoottam	18.	Smt. Sanuja, Sreekaryam
19.	St. Theresa's Old age home, Kariavattom (5 inmates)		

ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

1. UNIVERSITY LEVEL TRAINING

The following students attended University level Palliative training conducted from 27th July 2022 to 29th July 2022, at Student Centre, PMG, Thiruvananthapuram.

Sl. No.	Training program	Name of Volunteer	Gender	Class
1	Palliative Care training	Hasna Maheen	Female	1st Year B. Sc. Chemistry & Industrial Chemistry
		Daliya Heric	Female	

Lekshmi Subhash, 2nd year Geography had sung the NSS song.





2. DISTRICT LEVEL TRAINING

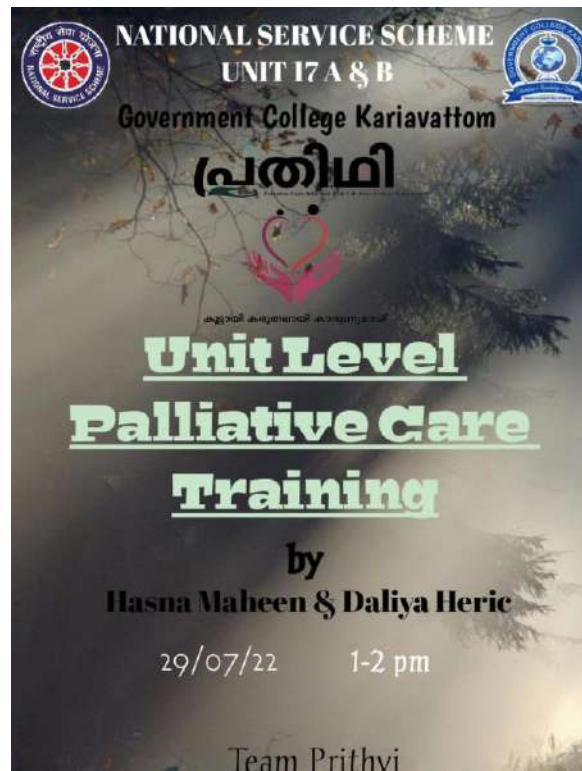
The following student attended District level online Palliative training conducted on 3rd September 2022 at Seminar Hall, University College, Thiruvananthapuram.

Sl. No.	Training program	Name of Volunteer	Gender	Class
1.	Palliative Care training	Adarsh	Male	1st Year B. Sc. Biotechnology



3. UNIT LEVEL TRAINING/AWARENESS PROGRAMME

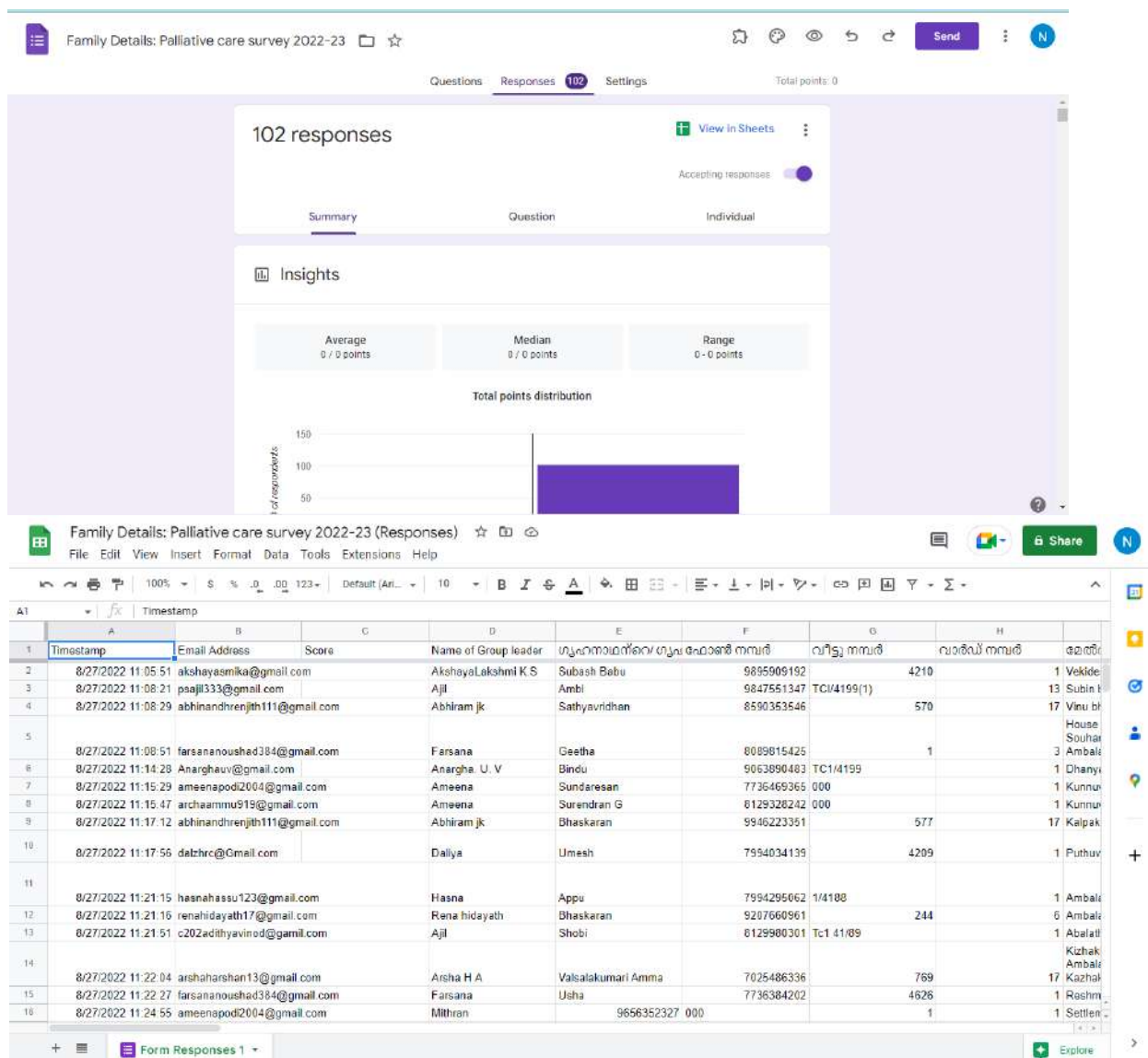
Volunteers who got Palliative training at University and District level, shared the information with rest of the volunteers on 30th July 2022.



4. HOME VISITS: PALLIATIVE SURVEY

Volunteers, along with Program Officers and ASHA worker visited households of Harijan Colony, Ambalathinkara on 27th August 2022 and 26th Dec 2022. Volunteers had prepared a questionnaire, based on which information was collected. Visited each house, interacted with the

family members and enquired about their socio-economic and health status. The data was entered in the google form for analysis. 102 households were visited. 85 volunteers participated in the survey.





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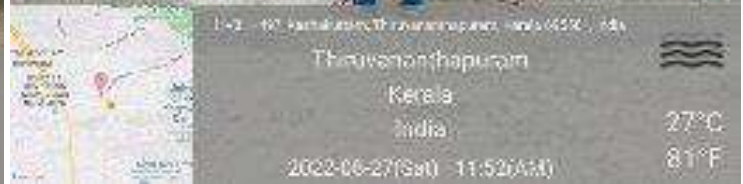
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Volunteers bought food packet for an old ill Woman during the survey





- DISTRIBUTION OF FOOD KIT FOR ONAM:** Families of seven patients were selected based on lower economic status. Since they could not even afford a good meal, we distributed Onam kits containing food packet and grocery items required to prepare Onam Sadhya, on 5th September 2022.





6. **DISTIBUTION OF MEDICINE AND FOOD KIT:** Volunteers re-visited the patients to whom the palliative activity was rendered previously on 22nd Oct 2022. List included Athulya with muscular dystrophy. Volunteers spoke to her of the plan of exhibiting her art works and taking the list of articles she need to continue her art. Then a mother who lives alone was visited next, spent some time talking to her, then moved to the next house where medicinal help was given. Gave medicine and food kit to the patients who required it.





**7. VISIT TO SADANA RENEWAL CENTER (Psycho-social Rehabilitation Centre),
Monvila: 27th Oct 2022**

15 Volunteers along with Aiswarya, Psychologist, Jeevani visited the centre and spent time with the bedridden and ill people at the centre and attended to their needs. Palliative sister Sindhu, CHC Puthenthope had also accompanied. Volunteers participated in vaccination drive also.







- 8. VISIT TO ST. THERESA'S OLD AGE HOME, KARIAVATTOM:** There are five female inmates in the home, out of which two are bedridden and rest suffering from age related ailments. We visited the home on three different days.

1st visit: 12th dec 2022: We gave one wheelchair, one walking stick and diapers to the inmates of the home. Spent time with the inmates and attended to their needs.



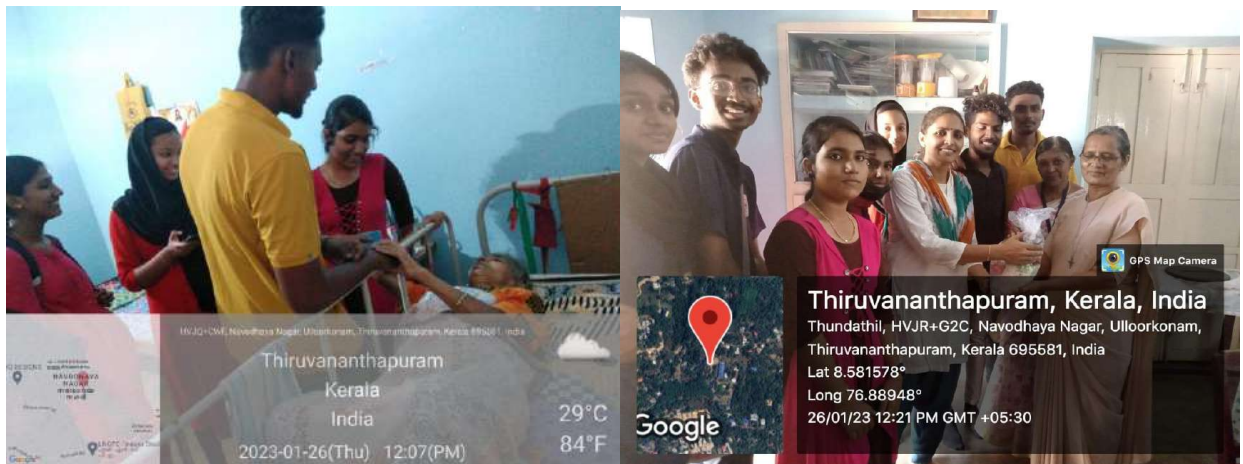


2nd visit to St. Theresa's Old age home (on 17th December 2022): We visited the home once again with a cake, made X'mas tree for the inmates, spent some timewith them. Aiswarya, Psychologist Jeevani gave counselling to those who were in distress.





3rd visit to St. Theresa's Old age home (on 26th January 2023): We visited the home again to give some grocery items and diapers. We also spent some time talking to the mothers at the home.





9. SUPPLY OF FOOD KIT AND BEDSHEET

We had made a list of ill and bedridden patients from the survey details and also collected information from Palliative sister Sindhu, Puthenthope CHC. As per the requirement of patients we distributed kit containing diapers, medicines (as required by patients), grocery items, sanitary materials (soap and dettol) and bedsheet to 15 families under Puthenthope CHC. Palliative Sister Smt. Sindhu and ASHA workers had accompanied us during the activity. 20 volunteers participated in this activity.





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Thiruvananthapuram
Kerala
India
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10. SUPPLY OF EQUIPMENT: We distributed two wheelchairs, two walking sticks and four dialysers to needy patients.

(i). Supply of dialysers for kidney patients: Four dialysers; two to Smt., Sanuja, and two to Sri Sugu.



Giving two sets of Dialyzer to a kidney patient Smt. Sanuja



Giving two sets of Dialyzer to a kidney patient Sri. Suku

(ii). **Supply of Walking stick:** Two walking sticks- to Smt. Meera from last years Palliative care list and to St. Theresa old age home.



Giving Walking assistance to Meera, a patient who has undergone heel surgery and to St. Theresa's old age home

(iii). Supply of Wheelchairs: To Smt. Gracy (St. Theres's Old age home) and Sri. Shajahan





Giving wheelchair to Smt. Gracy (underwent hip fracture), St. Theresa's Old age home





Giving wheelchair and grocery kit to Sri. Shajahan

11. SUPPLY OF DIAPERS: Diapers were given to bedridden patients on 6th December 2022, 23rd December 2022 and 27th January 2023.





12. X'MAS GIFT TO ATHULYA: Drawing material (worth Rs. 400) including paint, brush, colour pencil, crayon and drawing pencil was gifted to Athulya, with muscular dystrophy.



13. COUNSELLING FACILITIES PROVIDED

Smt. Aiswarya A. U., Psychologist, Jeevani, of our college had accompanied to old age home and Sadana renewal centre and spoke to the inmates. She has given counselling sessions to all these patients. Volunteers also spent time talking to the patients. Taking pictures was avoided to respect privacy of patients.

14. VISIT TO STATE INSTITUTE FOR THE MENTALLY CHALLENGED: Volunteers visited “C H Mohammed Koya Memorial State Institute for The Mentally Challenged” on International Volunteer Day, on 5th Dec 2022. They interacted with the inmates and tried to understand their problems.



15. SERVICE TO DIFFERENT ART CENTRE (DAC), KINFRA PARK, Thiruvananthapuram: Volunteers visited the DAC situated in Magic planet, run by Sri. Gopinath Muthukad on six different days. They offered service including kitchen work, serving food, gardening, and interaction with the differently abled children of the centre.

(i). Day 1 (6th August 2022): Volunteers who visited- Anargha U.V, Adharsh V.R, Daliya

Heric, Hasna Maheen, Abinjith A.B. They helped in the kitchen and served food to the children of the centre.





(ii). **Day 2 (15th August 2022):** Volunteers who visited- Ameen P, Abhiram J.V, Hasna Maheen, Daliya Heric, Adarsh S, Alan S, Ajith. In addition to other activities, Volunteers also participated in Independence Day celebration along with the children at the centre.





(iii). **Day 3 (20th August 2022):** Volunteers who visited- Amal Krishna, Abhirami Suresh, Arpith S, Nihal, Veena. Volunteers helped in the kitchen, served food to the children of the centre and interacted with them.



(iv). **Day 4 (22nd October 2022):** Volunteers who visited- Aswin, Neethu, Athira, Akshaya Lekshmi, Aiswarya Ashok. Volunteers helped in the kitchen, served food to the children of the centre and got involved in vegetable gardening.



(v). **Day 5 (5th November 2022):** Volunteers who visited- Anjali, Riyamol, Sruthi, Manjima, Anas. Volunteers helped in the kitchen, served food to the children of the centre, did cleaning around the premises and interacted with the children of the centre.





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HVMH+RQ5, Thiruvananthapuram, Kerala 695585, India
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16. AWARENESS CLASS BY SISTER SINDHU, Palliative Centre, Punthenthope CHC:

Sister Sindhu described the various palliative care activities and discussed the use of equipment and emergency tips for bedridden patients. We honored Sister Sindhu and ASHA worker by giving ponnada, for their service rendered to the society.



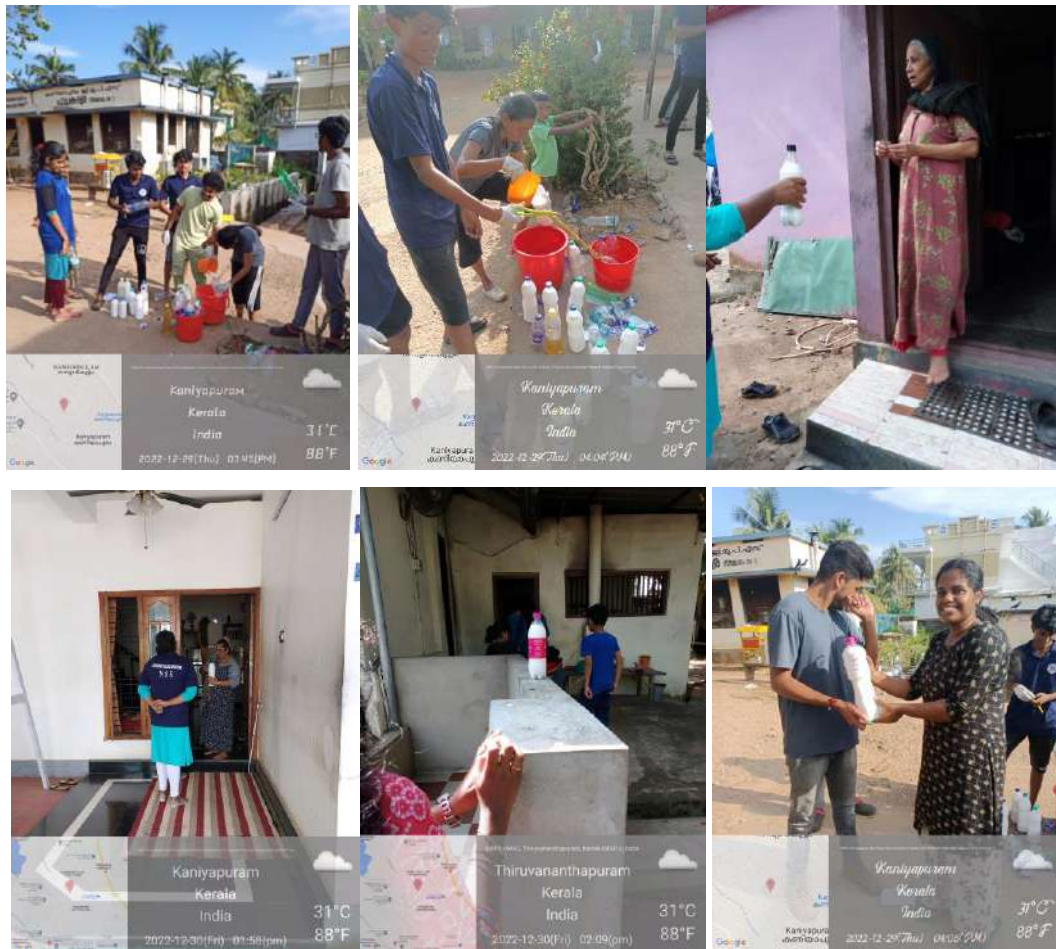


Brahmanayakam Sir Honouring Palliative sister and ASHA worker by giving Ponnada

17. Fund Generation: By auction sale of coconut oil and eggs during X'mas celebration of teaching staff. One litre of coconut oil and five eggs were auctioned, and this was purchased by Dr. Mereena, Department of Geography for an amount of Rs. 1500.



Volunteers also generated funds by making lotion and selling them for Rs 2700, during annual residential camp.



This amount was utilized for procuring dialyser for Sri Sugu and grocery kits for families of four severely ill patients and to St. Theresa old age home.



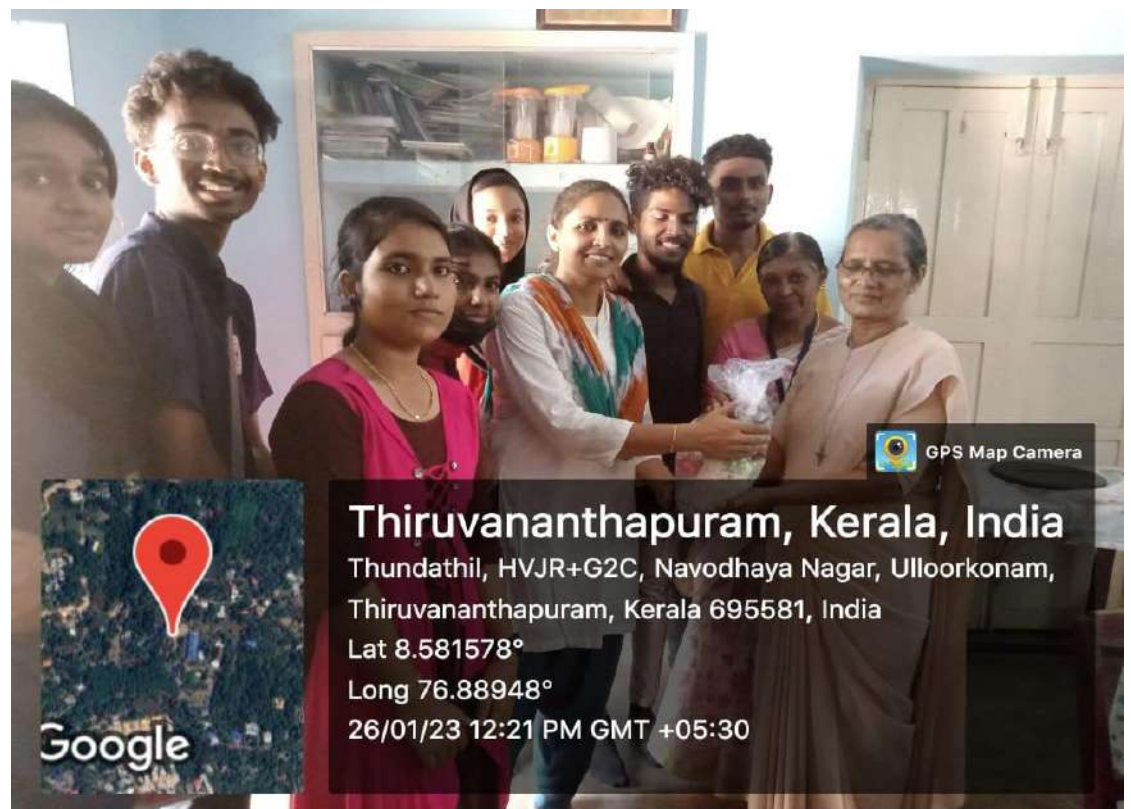


Giving dialyzer to Sri Sugu



Giving grocery kits to Sri Sugu







REPORTS ON SOCIAL MEDIA

NSS Unit 17 A & B has a Facebook page and Insta page. All palliative care activities have been posted on the same.

<https://www.instagram.com/p/Cn4faM7yHzS/?igshid=MDJmNzVkMjY=>

<https://www.instagram.com/p/Cn4gKUryjFb/?igshid=MDJmNzVkMjY=>

<https://www.instagram.com/p/Cn4gvSsSa-5/?igshid=MDJmNzVkMjY=>

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National Service Scheme

UNIT 17 A & B

GOVERNMENT COLLEGE KARIAVATTOM



SOCIO-ECONOMIC-HEALTH SURVEY REPORT 2022-23

STUDENTS PALLIATIVE CARE CLUB



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**DATA BANK/ SURVEY REPORT PREPARED BY THE STUDENT PALLIATIVE
CLUB OF GOVERNMENT COLLEGE KARIAVATTOM**

**(An initiative of the University of Kerala implemented through the National Service
Scheme and Department of Students Services)**

January 2023

**SOCIO-ECONOMIC AND HEALTH STATUS OF
HARIJAN COLONY, AMBALATHINKARA
KAZHAKOOTTAM WARD**

ACKNOWLEDGEMENT

We express our heart-felt gratitude to the inmates of Harijan Colony, Ambalathinkara, Kazhakkootam ward and all others who helped us in this venture for sharing their valuable time, energy, and services. Without their patience, and cooperation, this Survey would have been impossible.

Dr. C. R. Dhanya

Dr. Abhilash

NSS Programme Officer/ Officers)

Government College Kariavattom

Smt. Jaya A. S.

Principal, Government College Kariavattom

INTRODUCTION

Socio-economic survey is one of the most significant sources of statistical data on household expenditure and income as well as other data on the status of housing, individual and household characteristics and living conditions. It gives an idea of the status of the community. As far as NSS is concerned, this data is very crucial because, it can extend service to community based on the information obtained from the survey.

NSS Unit 17 A & B, Govt. College Kariavattom conducted socio economic and health survey of families in and around Harijan Colony, Ambalathinkara, Kazhakootam Ward during August 2022.

OBJECTIVES OF THE STUDY

The general objective of the present study was to understand the social, economic, and health status of people residing in and around Harijan Colony, Ambalathinkara, Kazhakootam Ward.

The specific objectives of the survey are:

1. To assess the socio-economic and health status of the community.
2. To assess the needs and problems of the community.
3. To identify target groups who deserve support, economic assistance, and health care.

METHODOLOGY

Survey was conducted by questionnaire method. Questionnaire comprising of questions related to the survey was prepared. NSS Volunteers in groups, visited each of the houses, collected information and entered the data in a google form. Excel sheet was extracted, and the data was tabulated and analyzed.

The procedure adopted for the investigation is summarized below under various heads.

a. Sample

The sample of the present survey consists of 102 households belonging to area in and around Harijan Colony, Ambalathinkara, Kazhakoottam Ward.

b. Variables

The study is descriptive in character. To evaluate the socio economic and health status, a few important variables were identified. They are:

- Demographic profile
- Religion and caste
- Housing and other amenities
- Age
- Education
- Employment and income
- Health and diseases
- Treatment facilities for diseases

c. Tools Used

Questionnaire was used to collect the data from the households. Data was entered in a google form. Link and screen shot of the google form is given below:

<https://forms.gle/bRBTDyVgSSzymC8c8>

27th August 2022 Family Details: Palliative care survey 2022-23

Questions Responses 102 Settings Total points: 0

Socio-economic-health details: Palliative care survey 2022-23

Form description

Email *

Valid email

This form is collecting emails. [Change settings](#)

Image title

പ്രതിമി
Palliative Club, NSS Unit, ST A.P. B, Kozhikode, Kerala

d. Procedure for Data Collection

The survey was conducted on 27th August 2022 and 26th Dec 2022. 102 households in and around Harijan Colony, Ambalathinkara, Kazhakootam ward participated in the survey. In Kazhakootam ward, 85 NSS volunteers were divided into ten groups. Each team collected an average of 10 questionnaires during a time span of 10am to 4pm. Personal interview was used to collect data and recordings were done in the google forms for easy analysis.

e. Statistical Techniques

The major statistical techniques used to analyze the data were averages and percentages. Pie diagrams/bar graphs were prepared for easy understanding of the data distribution. The results and the interpretations of the statistical analysis are presented in the following Chapter III.

RESULTS AND DISCUSSION

Harijan Colony, Ambalathinkara, Kazhakootam Ward

The data obtained from the samples were subjected to statistical analysis. The results of the analysis are given under various heads.

SOCIO-DEMOGRAPHIC PROFILE OF THE STUDY POPULATION

3.1. Sex-age Distribution of the Population

The age-sex distribution of population in the ward under investigation is given in figure 3.1. which shows that among the total population maximum percentage of both male and female belong to age category of 36-60.

Distribution of male-female population based on age

Age Group	Male Number	Female Number	Total Number
Up to 5	14	17	31
6-12	12	5	17
13-19	14	7	21
20-35	31	33	64
36-60	51	54	105
Above 60	26	38	64
Total	148	154	302

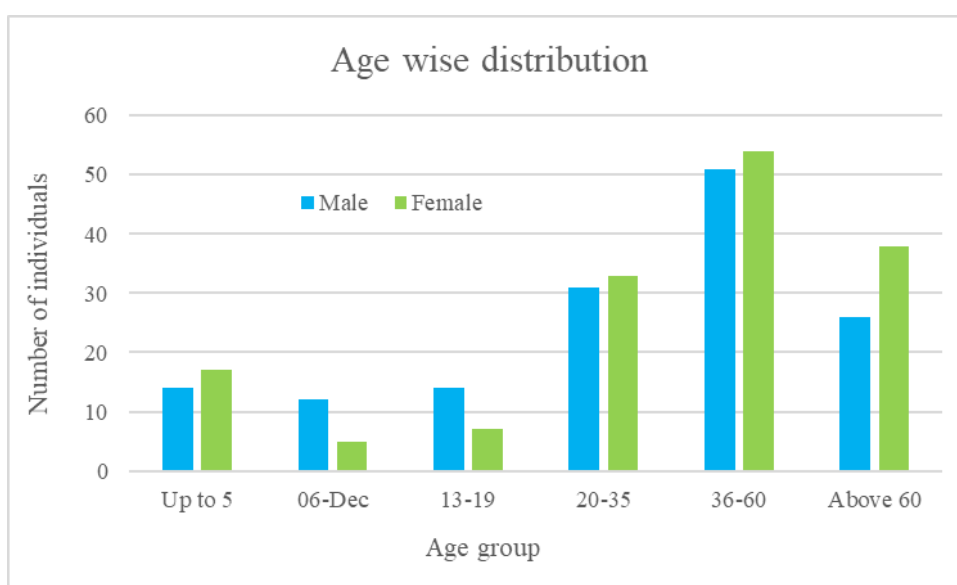


Figure 3.1

3.2. Distribution of Households by Religion and Caste

The distribution of population by religion and caste is given in Table 3.2, Figure 3.2. Highest percent of population was Hindus. Among caste the percentage of SC is highest.

Table: 3.2

Distribution of Households based on Religion and Caste

Religion & Caste	No.	Percentage
Hindu	90	88.2
Muslim	1	1
Christian	10	9.8
Others	2	2
Total	103	
SC	46	48.4
ST	3	3.2
OBC	15	15.8
OEC	1	1.1
Ezhava	21	22.1
Others	4	4.2
Total	90	

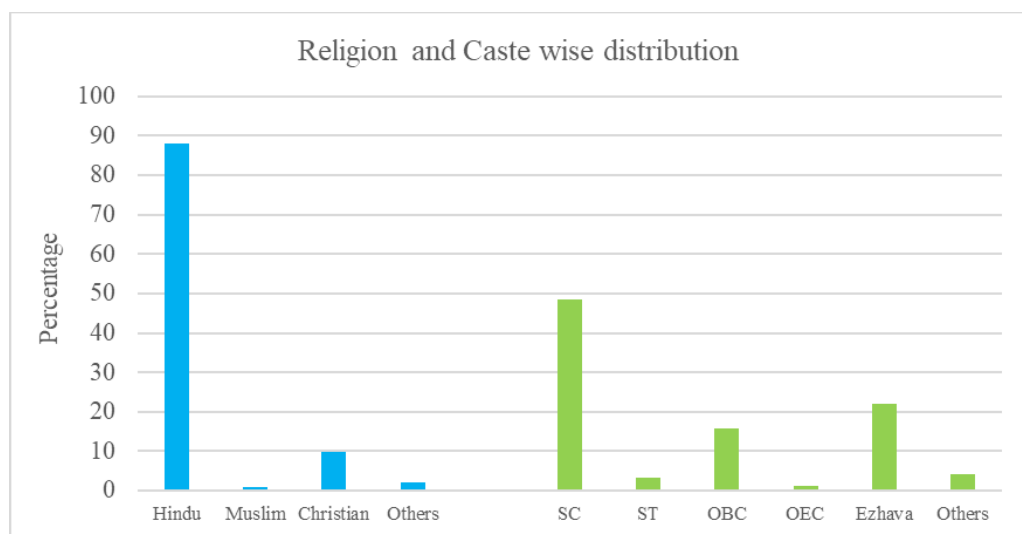


Figure 3.2

3.3. Distribution of Population According to Education

Highest percentage of both males and females are high school passed.

Table: 3.3

Distribution of Population based on Education

Education	Number	
	Male	Female
LP	5	12
UP	21	18
HS	52	44
Plus 2	19	24
Degree	19	29
PG	1	8
Technical	2	1
Professional	6	6
PhD	0	0
Literate	2	3
Illiterate	5	6

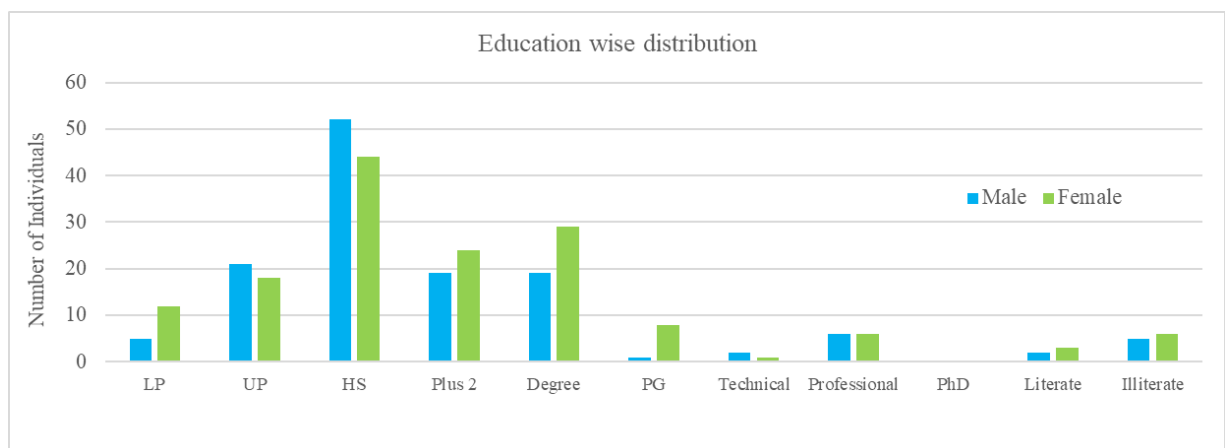


Figure 3.3

3.4. Occupational status

The distribution of population according to occupational status is given in Table 3.4 and Figure 3.4. An employed individual in a society is an indicator of economic and social status. Table 3.4 and figure 3.4 shows the occupation wise distribution of males and females.

Table: 3.4

Distribution of Population based on Occupational Status

Activity status	Description	Male	Female
Earning Members	Government Servant	7	5
	Private Job	11	6
	Business	6	2
	Agriculture	0	0
	Professional	3	2
	Daily Wages	49	19
	NRI	0	0
	House maid/servant	1	8
Non-earning Members	Unemployed	14	24
	Homemaker	1	39
	Retired	5	1

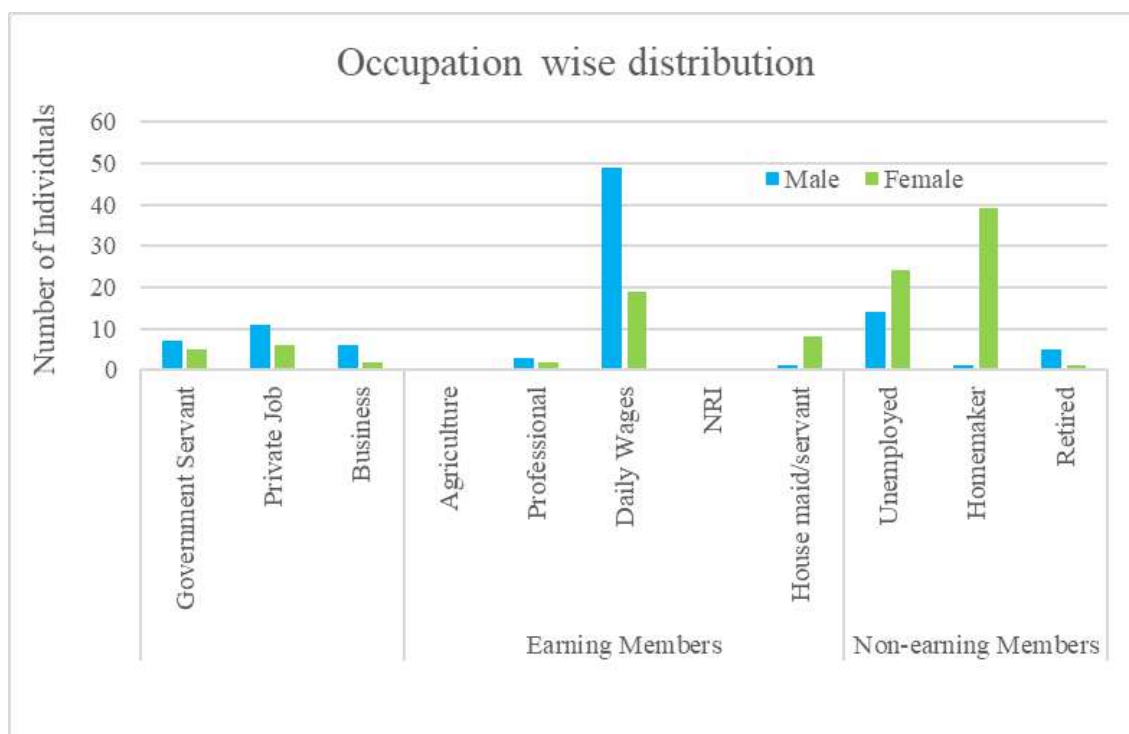


Figure 3.4

3.5. Annual Income

Distribution based on annual income is given in Figure 3.5. Majority of the people has annual income of less than Rs. 20000. 62.7% of the population investigated was found to be Below Poverty Line.

Distribution of Households based on Annual Income

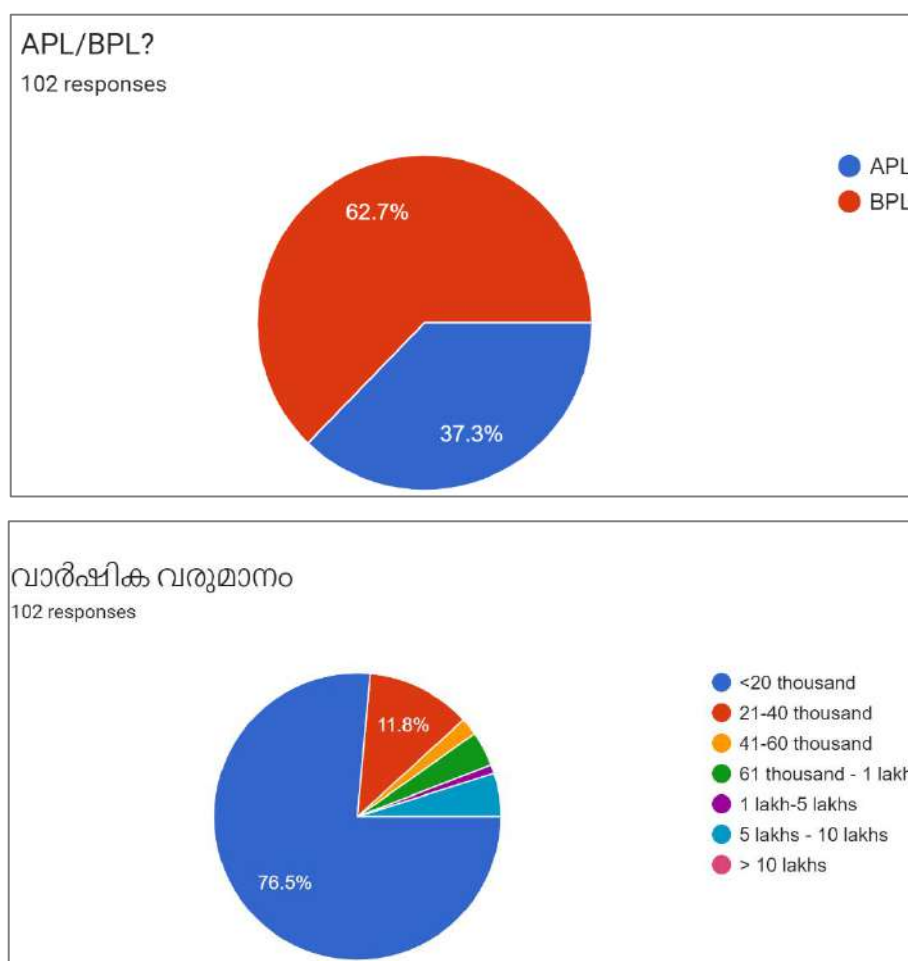


Figure 3.5

3.6. Land owned

The distribution of households by area of land owned is given in figure 3.6. Maximum percent of people own land between 2-5 cents.

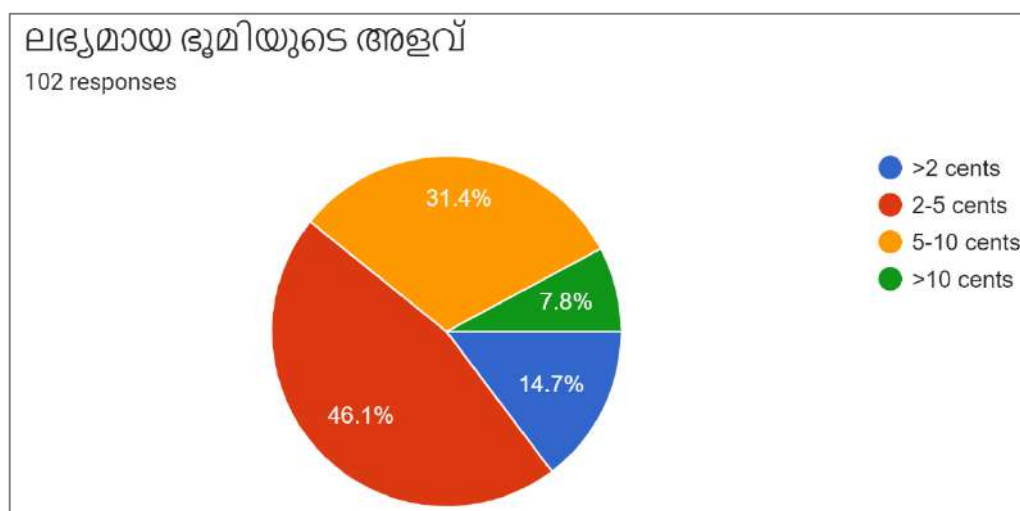
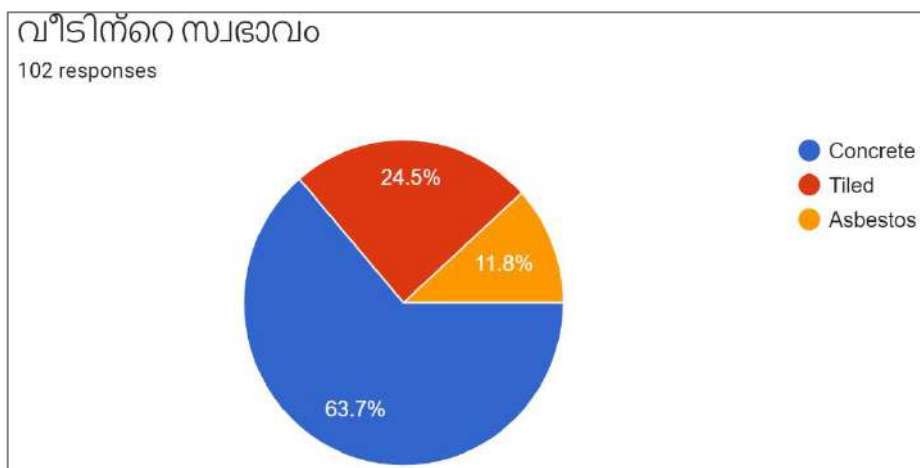
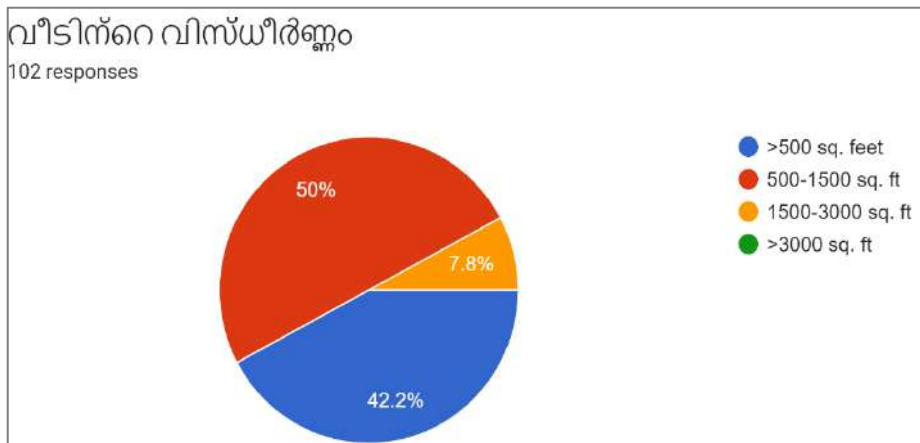
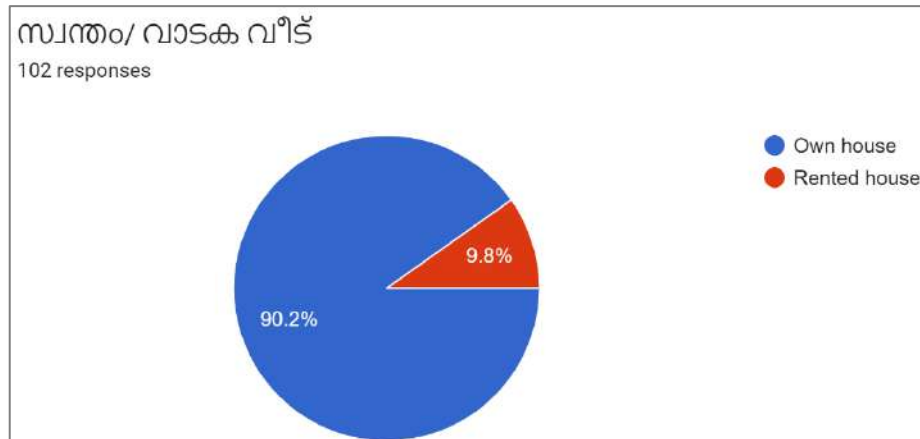
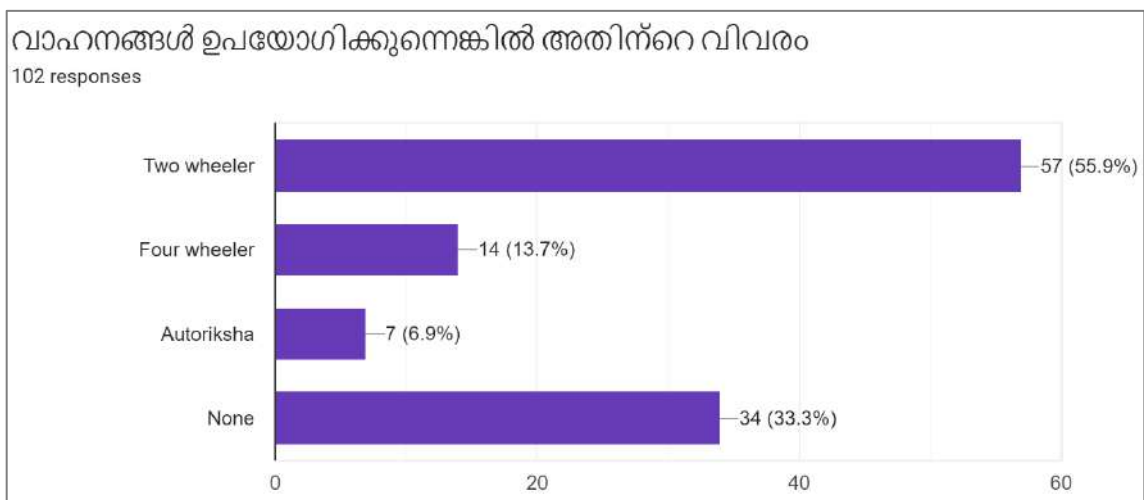
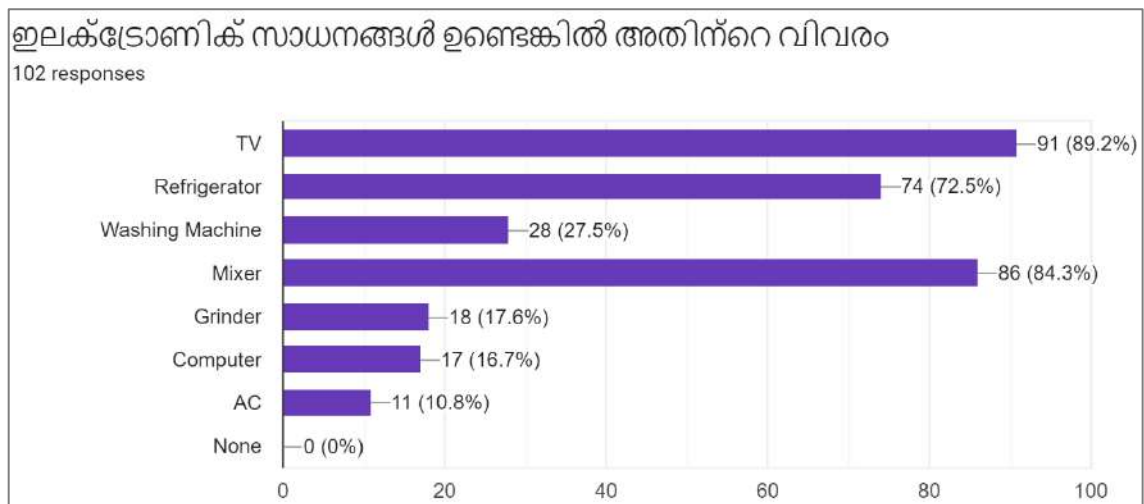


Figure 3.6

3.7. Details of house, electronic items and vehicles owned.

90% of the people live in own house. Distribution of people based on area of house owned is also given below. 63% own concrete house. And all have electricity connection. Majority own TV, fridge and mixie. 56% own two-wheeler.

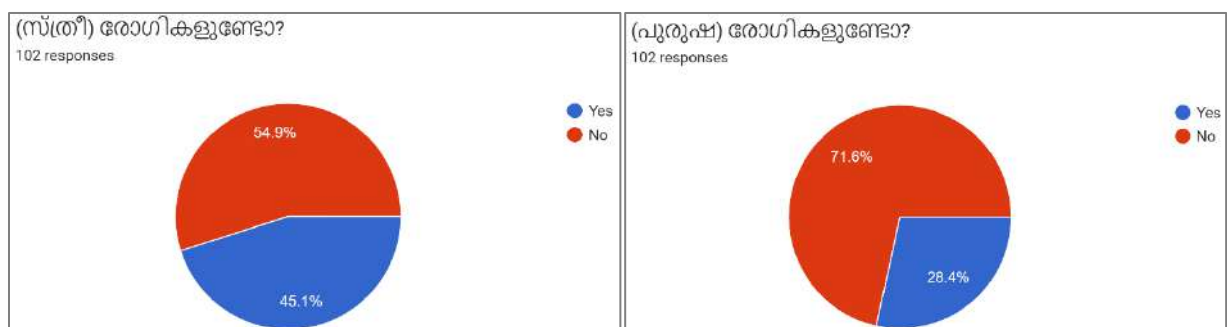




3.8. Health status and health care service utilization

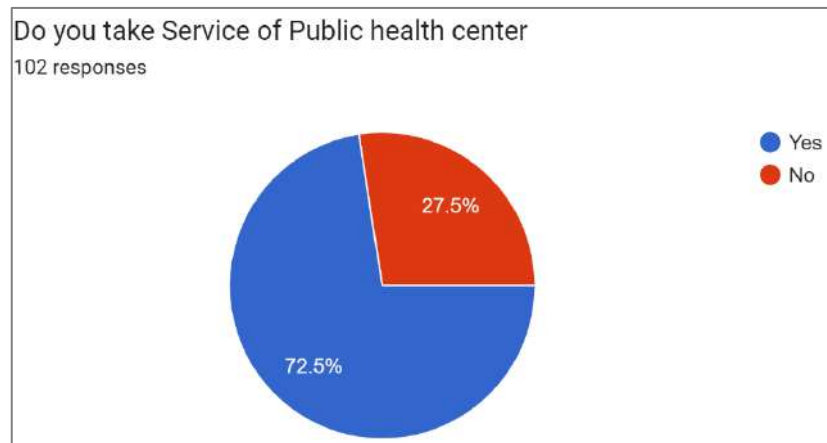
One of the main objectives of the survey was to explore the health status and health care service utilization of the community. The major areas of the healthcare and health status come across the survey is presented below under various heads.

Survey demonstrated that 45% of females and 28% of males have some or other ailments, out of which 9.8% are bedridden. The disease of patients has been given in graph below.



3.8a. Health care system utilization

It has been found that 80% of total investigated population was found to go to Govt. hospital and 25% to private hospital. 72.5% depend on Public health centre.



3.8b. Health Status

Major health problems identified in the survey were chronic lifestyle diseases such as hypertension, diabetes, heart diseases, etc. It was found that 45.7% of females and 38% of males has diabetes. This is followed by hyper cholesterolemia which is found in 22% females and 12% males.

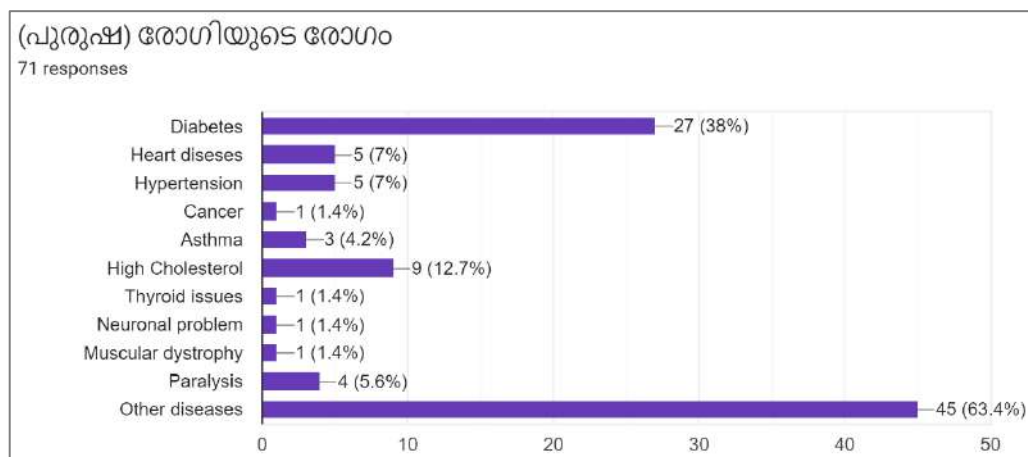
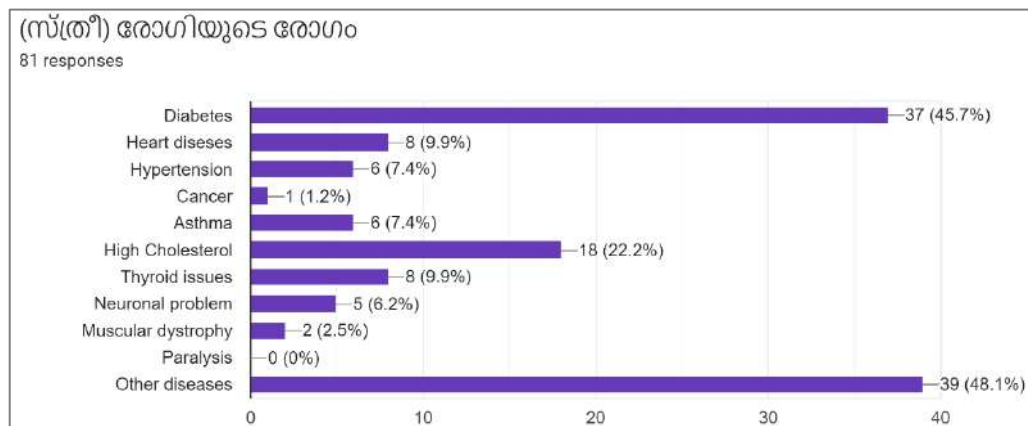


Figure 3.8

SUMMARY AND CONCLUSION

The general objective of the present survey was to understand the social, economic, and health status of people residing in and around Harijan Colony, Ambalathinkara, Kazhakoottam Ward.

The sample of the present survey consists of 102 households belonging to area in and around Harijan Colony, Ambalathinkara, Kazhakoottam Ward. To evaluate the socio economic and health status, a few important variables like

- Sex and age
- Religion and caste
- Housing and other amenities
- Education
- Employment and income
- Health and diseases; treatment facilities for diseases

Major Findings

The major findings derived from the results of statistical analysis of data were as follows:

1. Age distribution: Among the total population maximum percentage of both male and female belong to age category of 36-60.
2. Distribution based on Religion and caste: 90% of the people are Hindus and 10% are Christians. Muslims comprised 1%. 46% belong to SC category, 21% to Ezhaya and 15% OBC.
3. Distribution according to education: 52% of males and 44% males have completed high school. Only very few are having Professional degree or gone for higher education.
4. Distribution based on occupation: 49% of males and 19% females are working for daily wages. Very few (7% males and 5% females) have Govt jobs. No one has agriculture as occupation.
5. Distribution based on income: 62.7% people belong to BPL category. 76.5% have annual income of less than 20 thousand rupees.
6. Distribution based on housing facilities: 46% people have land area between 2-5 cents. 90% live in owned house. 50% own house less than 500 sq. ft and 500-1500sq. ft. 63% has concrete homes.
7. Distribution based on household assets: All have electricity connection. Majority own TV, fridge and mixie. 56% own two-wheeler.
8. Health status and utilization of health care system: 45% of females and 28% of males have some or other ailments, out of which 9.8% are bedridden. 80% of total investigated

population was found to go to Govt. hospital and 25% to private hospital. 72.5% depend on Public health centre. 45.7% of females and 38% of males has diabetes. This is followed by hyper cholesterolemia which is found in 22% females and 12% males.

Limitations of the study:

Information was collected by strictly respecting privacy of the individuals. Some were skeptic in giving away their details. This has reflected on the data collection which is not cent percent complete.

SUGGESTIONS AND RECOMMENDATIONS

The present study offers certain suggestions and recommendations, which can be considered by the authorities concerned while implementing future programmes aimed at community development.

1. Medical camps may be conducted to identify and manage the different diseases.
2. Awareness classes on prevention of lifestyle diseases may be enforced.
3. Measures may be taken to promote agriculture by the residents.