



# Best Practices



**2022-23**



## BEST PRATICE-1

### Title

Empowering Villages through Institutional Linkage

### Objective

The program aims to uplift a village by promoting awareness of higher education. Objectives include providing free training to school students, offering orientation on college subjects, and establishing an MoU with the village library for resource sharing. The initiative strives to empower the community through educational opportunities and knowledge transfer.

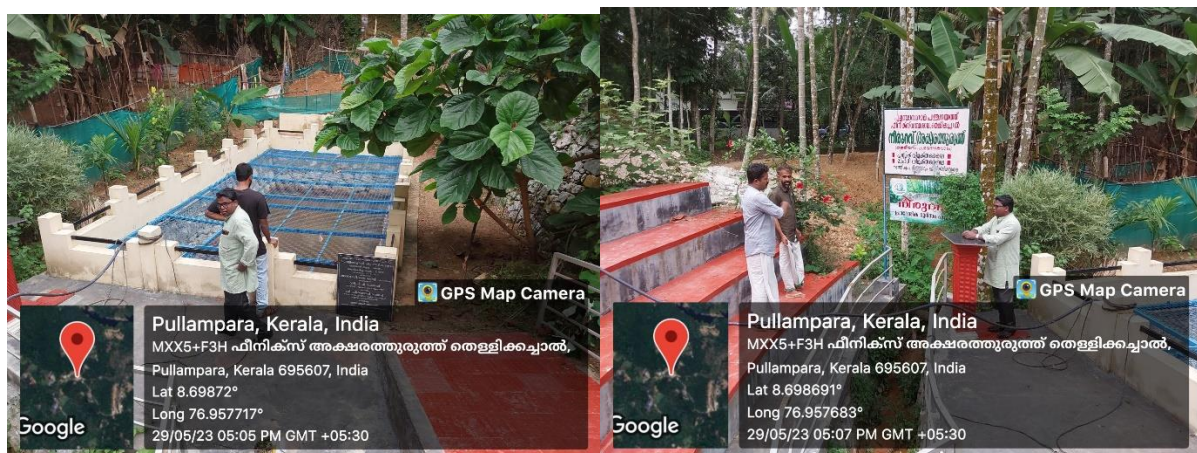
### Context

"EducateRise" is a transformative initiative by Nature Club and Gandhian Studies Centre at Government College Kariavattom. Focused on Tellickachal village, the program aims to enhance higher education awareness. Through free training, orientation, and a library partnership, it seeks to empower the community, fostering educational growth and knowledge transfer.

### Practice

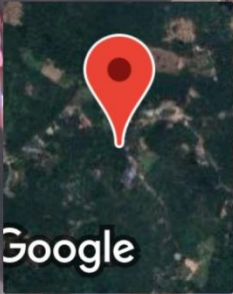
"EducateRise" operates through collaborative efforts, starting with a village selection based on accessibility and educational background. A pilot visit assessed local facilities. In October 2023, the program plans free training for school students, college subject orientations, and an MoU with the village library for resource sharing, fostering educational empowerment.

### Evidence of Success



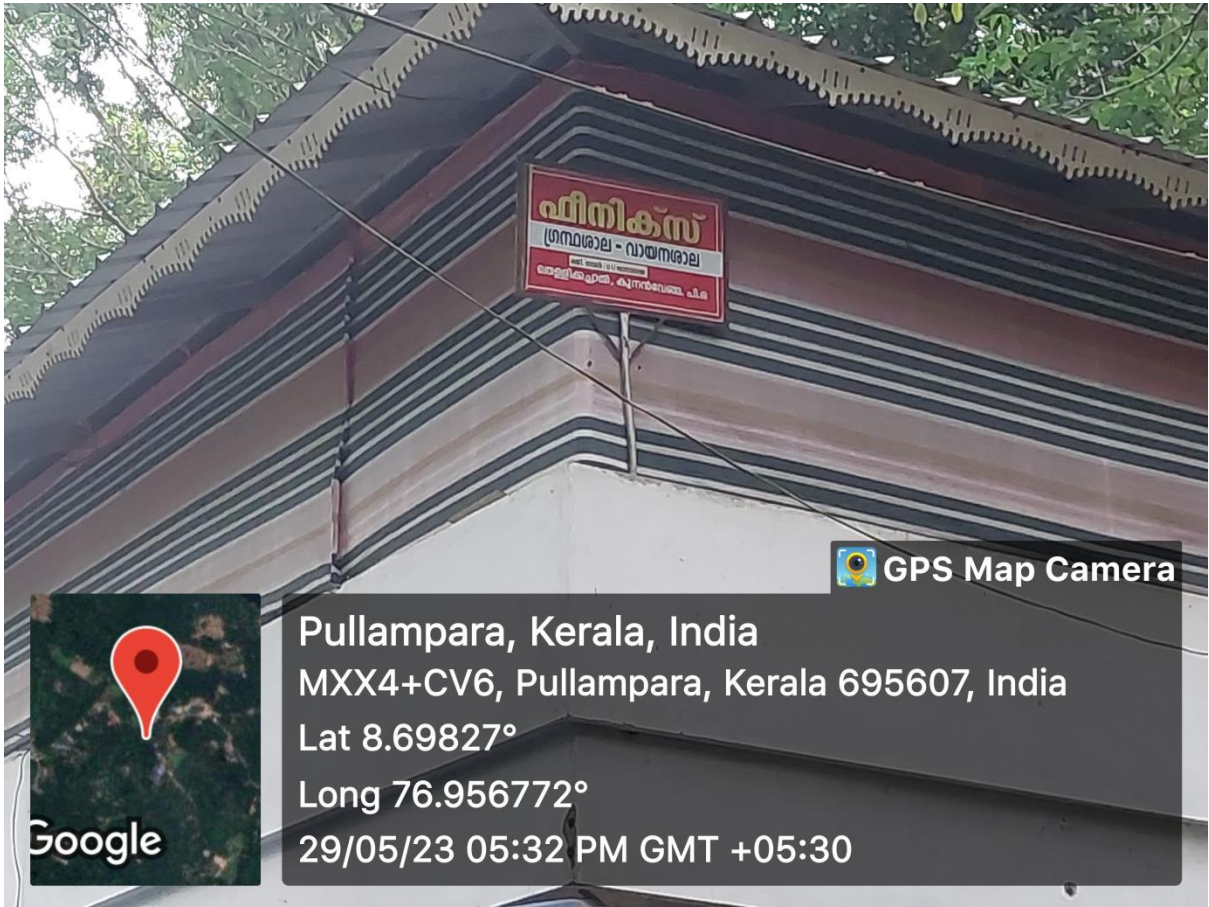


GPS Map Camera

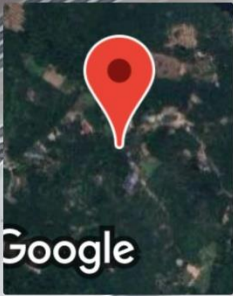


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MXX4+CV6, Pullampara, Kerala 695607, India  
Lat 8.698192°  
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### Problems Encountered and Resources Required

1. **Limited Accessibility:** Challenges in reaching remote villages like Tellickachal may hinder regular engagement and resource delivery.
2. **Educational Disparities:** Addressing varying educational levels within the village poses a challenge in tailoring programs to diverse needs.
3. **Resource Constraints:** Inadequate funds may limit the scope and sustainability of the program.

### Resources Required:

1. **Funding:** Adequate financial support for organizing training sessions, orientations, and sustaining long-term initiatives.
2. **Educational Materials:** Books, multimedia resources, and educational aids for effective training and orientation programs.
3. **Transportation:** Facilitating easy access to the village for committee members, trainers, and resources.
4. **Collaborative Networks:** Building partnerships with educational institutions, NGOs, and local authorities to enhance program impact and sustainability.

## BEST PRACTICE – 1

**Title:** *Healing Hearts: Illuminating Hope for Bedridden Patients*

### Objectives:

- Provide holistic support to bedridden patients, including medical, emotional and financial assistance
- Conduct palliative surveys to identify individual within our community effectively
- Improve the mental and emotional well being of patients by offering access to psychological support through collaboration with 'Jeevani'
- Alleviate the financial burdens faces by bedridden patients, ensuring they can afford necessary medical care and daily expenses
- Foster a sense of community among patients to reduce isolation and promote a supportive network of care

### Context:

In a bustling world, the 'PRATHIDHI' Palliative Club at Government College Kariavattom emerged in August 2021 as a beacon of hope for often overlooked bedridden patients. Beyond medical care, they recognize the emotional and financial struggles these individuals face. Meticulous Palliative surveys identify needs, addressing emotional, mental, and financial challenges. Collaborating with a psychologist from 'Jeevani,' they provide holistic support, emphasizing unity and compassion. In the midst of modern life's frenzy, the club's work embodies enduring values, illuminating lives and inspiring acts of kindness. Their mission: making a positive impact through compassion, one step at a time.

### Practice:

Here's a step-by-step guide on how to carry out such activities:

1. **Needs Assessment:** Conduct thorough needs assessments or Palliative surveys within the identified community. Gather information about bedridden patients, their medical conditions, emotional well-being, and financial challenges.
2. **Resource Mobilization:** Secure the necessary resources, including financial support, medical supplies, and volunteers. Collaborate with local healthcare providers and organizations to enhance your capabilities.
3. **Training and Education:** Ensure that your team members, including volunteers, receive proper training in palliative care, empathy, and communication skills. This is crucial for interacting with patients and addressing their emotional needs.
4. **Psychological Support:** Collaborate with mental health professionals or psychologists, like the partnership with 'Jeevani' in your example, to provide psychological support to patients dealing with emotional distress.
5. **Targeted Assistance:** Based on the needs assessment, tailor your support to individual patients. This may include providing medical supplies, arranging for home healthcare visits, offering financial aid, and organizing social events to reduce isolation.
6. **Regular Follow-up:** Establish a system for regular follow-up with patients to monitor their progress, assess changing needs, and provide ongoing support.
7. **Community Building:** Foster a sense of community among patients through support groups or social activities. Encourage patients to share their experiences and provide emotional support to one another.
8. **Advocacy and Awareness:** Raise awareness about the challenges faced by bedridden patients within the broader community. Advocate for policies and services that improve their quality of life.

9. **Data Collection and Evaluation:** Continuously collect data and feedback on the impact of your palliative care activities. Use this information to evaluate the effectiveness of your initiatives and make necessary improvements.
10. **Sustainability:** Develop strategies to ensure the sustainability of your palliative care program. This may involve fundraising, expanding your network of volunteers, and building partnerships with local stakeholders.
11. **Documentation and Reporting:** Keep detailed records of your activities and their outcomes. Prepare regular reports to share with supporters, donors, and the community to demonstrate the positive impact of your efforts.
12. **Inspire and Engage:** Inspire others in your community to join your cause by sharing stories of your patients' transformations and the positive impact your palliative care activities have had on their lives.

**Bright Proof of Progress and Success [Detailed report is attached]**

**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	11.	Sri. Abhijith K., Market Road
2.	Sri. Vasudevan Nair, Ambalathinkara	12.	Smt. Sarojini, Vetturoad, Kazhakoottam
3.	Smt. Shantha, Ambalathinkara	13.	Sri. Sasidharan, Ambalathinkara
4.	Sri. Appu, Ambalathinkara	14.	Sri. Appu, Harijan Colony, Ambalathinkara
5.	Kum. Athulya, Harijan Colony,	15.	Smt. Gomathy, Kariyil, Kazhakoottam
6.	Sri. Sasidharan Shiva Nagar,	16.	Smt. Meera, Pangappara
7.	Sri. Sugu, Kunnuvila, Mangattukonam	17.	Smt. Kamamma, Tharapoika
8.	Smt. Girija, Moozhinada	18.	Smt. Selvi, Tharapoika
9	Sri. Shajahan, Kazhakoottam	19.	Smt. Sanuja, Sreekaryam
10.	St. Theresa's Old age home, Kariavattom (5 inmates)		

**Problems encountered and resources required:**

- ✓ **Resource Constraints:** Limited funding, volunteers, and medical supplies can restrict the scope and effectiveness of care.
- ✓ **Patient Privacy:** Maintaining confidentiality and respecting patient privacy, especially in close-knit communities, is essential.
- ✓ **Stigma and Discrimination:** Overcoming social stigma and discrimination against bedridden patients can be a barrier to receiving care.
- ✓ **Changing Patient Needs:** Evolving patient needs due to the progression of illness require ongoing adaptation of support services.
- ✓ **Caregiver Stress:** Providing support to patients can take an emotional toll on caregivers, necessitating their well-being.
- ✓ **Access to Healthcare:** Limited access to healthcare facilities may hinder the quality of care provided.
- ✓ **Communication Challenges:** Effective communication with patients who have mobility or sensory impairments can be difficult and requires special attention.