



PALLIATIVE CARE ACTIVITY REPORT



GOVT. COLLEGE KARIAVATTOM

NSS UNIT 17 A&B

STUDENTS PALLIATIVE CLUB

പ്രതിമി



കുടുംബ കരുണാശ്രമം

2021-22



NSS Unit 17 A & B, Government College Kariavattom has an active Palliative club named ‘PRATHIDHI’ functioning since august 2021. Our motto is “**Koottaayi, Karuthalaayi, Kaarunyamaayi**” (കൂട്ടായി, കരുതലായി, കാരുണ്യമായി). Our club intends to add hope and light to lives of patients who are in the grips of despair, distress, and anguish due to illnesses. We aim at offering physical, mental, emotional, and financial support to the patients. Psychologist of ‘Jeevani’ of our college is also part of the palliative club and is at aid of patients who need a psychological support. 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 Pangappara. We selected 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 study material for dependent children of the patients.

ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

1. UNIVERSITY LEVEL TRAINING

The following students attended University level online Palliative training conducted from 1st Nov 2021 to 6th Nov 2021.

Sl. No	Training program	Name of Volunteer	Gender	Class
1	Palliative Care training	Adwaith S	Male	IInd year B.Sc. Biochemistry
		Chethana Sankar	Female	IInd year B.Sc. Biochemistry
2.	Breast Cancer Awareness Training	Adwaith S	Male	IInd year B.Sc. Biochemistry
		Amala A L	Female	IInd year B.Sc. Computer Science
		Anjana A S	Female	IInd year B.Sc. Chemistry & Industrial Chemistry
		Mekha Krishnan	Female	IInd year B.Sc. Geography
		Sai Gayathri	Female	IInd year B.Sc. Statistics

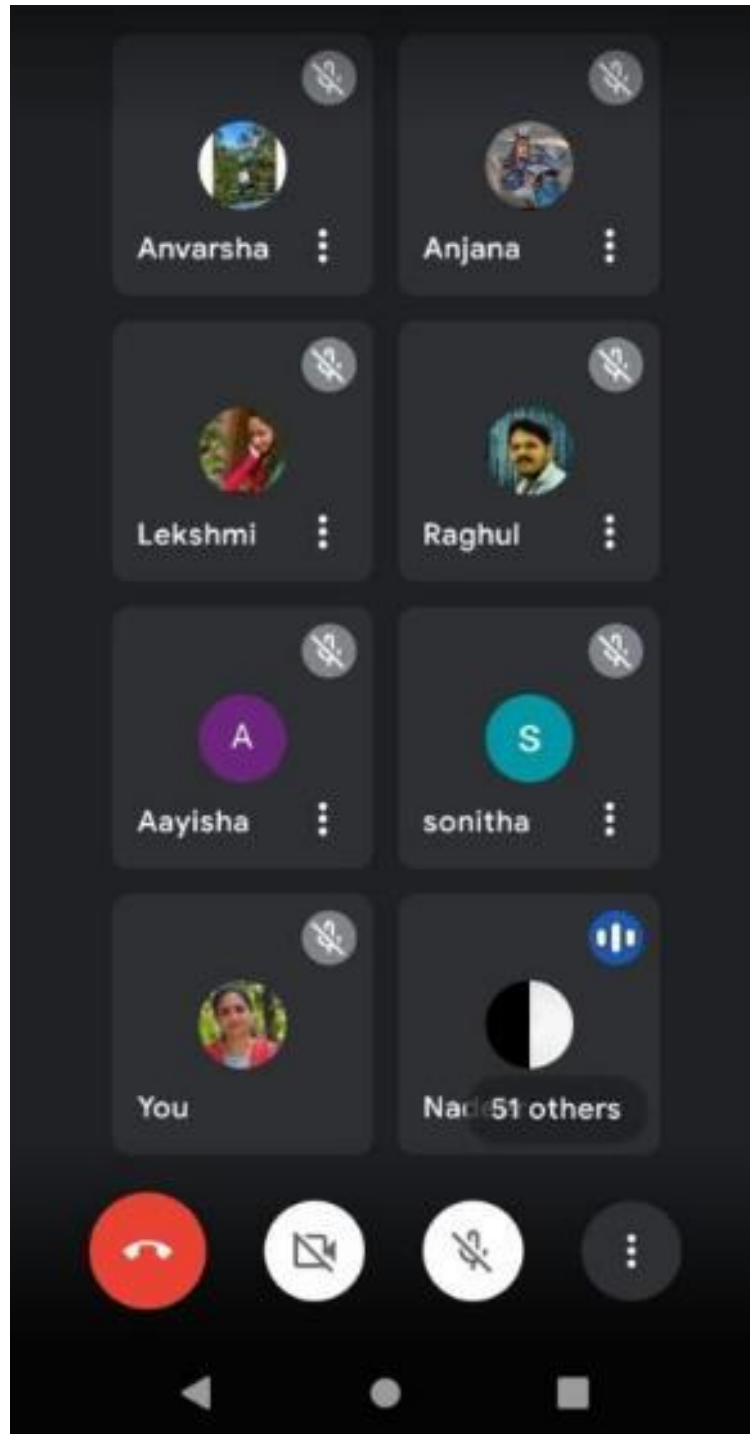
2. DISTRICT LEVEL TRAINING

The following students attended District level online Palliative training conducted from 8th Nov 2021 to 13th Nov 2021.

Sl. No.	Name of Volunteer	Gender	Class
1	Amala A L	Female	IInd year B.Sc. Computer Science
2	Mekha Krishnan RS	Female	IInd year B.Sc. Geography
3	Amal M	Male	IInd year B.Sc. Industrial Chemistry
4	Devadathan	Male	IInd year B. Sc. Physics and Computer Application

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 14th Nov 2021, in online platform.



4. HOME VISITS

Volunteers visited households in and around Kariavattom on 25th Dec 2021 and 12th Jan 2022. They had prepared a questionnaire. Visited each house, interacted with the family members. Enquired about their socio-economic and health status. The data was entered in the google form for analysis.





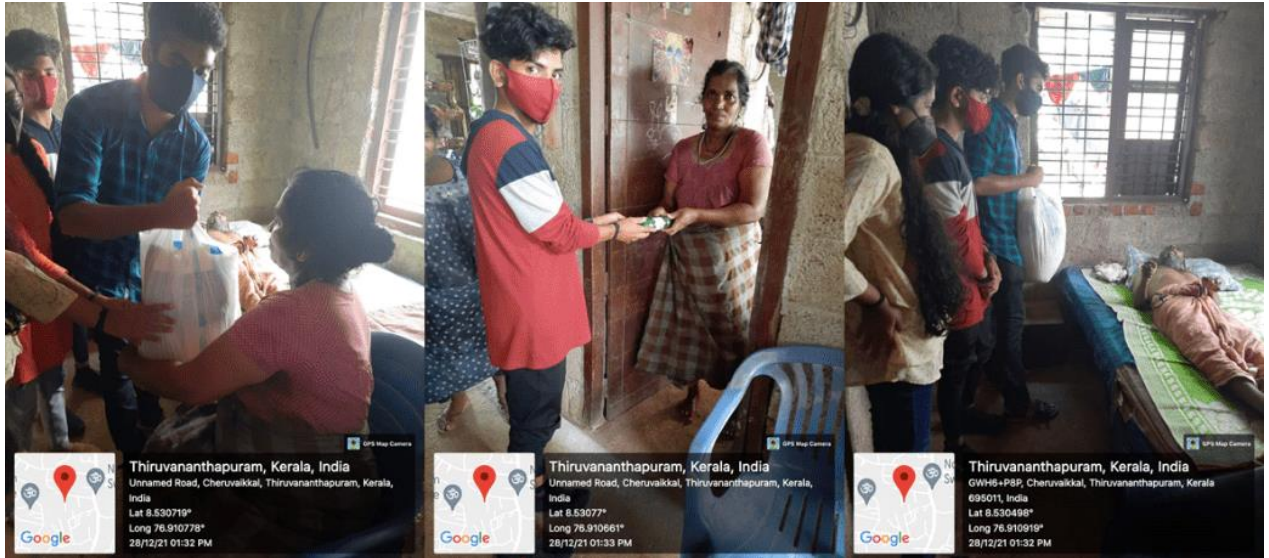
5. SUPPLY OF MEDICINES

Patients are getting most of the costly medicines from PHC. We had made a list of medicines and ointments (betadine ointment, Metrogyl, Dettol soap, Mupirocin ointment, Voveran, Neosporin) that was not supplied by PHC and this was given to patients (as per their requirement).



6. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES (SANITARY ITEMS)

Sanitizers, diapers, and dressing material (Pillow, bedsheet, Cotton wool, Dettol, Dettol soap, adult diapers, smaller size diapers) were given to patients (list given above).



7. DISTRIBUTION OF EQUIPMENTS

Wheelchair was given to Vighnesh, who is suffering from Muscular dystrophy. Crutches were given to Mr. Shyam, who lost one leg.



8. COUNSELLING FACILITIES PROVIDED

Smt. Aiswarya A. U., Psychologist, Jeevani, of our college had accompanied to all houses we had visited in Kazhakoottam ward, for palliative care activities. She has given counselling sessions to all these patients. Volunteers also spent time talking to the patients. All these were carried out maintaining strict Covid protocol. Concerning the privacy of the patients, counselling sessions were not captured on camera. Photos of interaction of volunteers with patients are given below.



Report in Malayala Manorama (1st Feb 2022) regarding Socio-Economic and Health survey and Palliative care



Our Units won award for one of the best Units for Palliative care activity (18th March 2022)



Dr. C. R. Dhanya (NSS PO) receiving the award



Anjana (volunteer) receiving the award

Individual participation of volunteers in various activities

1. Following volunteers participated in pre-RD selection camp at University of Kerala (19th Nov 2021)

Name of Volunteer	Sex	Class/Division	Contact no.	Email ID
NABEEL N.	Male	IInd year B.Sc. Chemistry & Industrial Chemistry	8281977576 9745597784	sumanoushad@gmail.com
SREEGESH K. C.	Male	IInd year B.Sc. Geography	6282528048	solorider130@gmail.com



2. Essay writing competition (India of My Dream – Vision 2047): Ameen Pareesa Sidique, 1st year Biotechnology participated (21st Dec 2021).
3. NSS University of Kerala Award function (1st dec 2021): Anjana AS did the anchoring of the function. Lakshmi Subhas sang NSS Song. Dr. C. R. Dhanya and Dr. Nishad N. also participated in the award function.



4. Seven days Volunteer Leaders' Training Camp (15th Dec to 21st Dec 2021): Adwaith S. and Amala A.L. attended the seven days Leaders' training Camp organised by University of Kerala.



5. Essay writing competition (19th Feb 2022) organised by NSS, TKM College, Kollam: Ameen Pareesa Sidique (1st year biotechnology), Adarsh V R (1st year Chemistry & Industrial Chemistry) and Abhiram J V (1st year biotechnology) participated.
6. National youth Parliament Festival, State level competition inauguration at Senate Chamber, University of Kerala (28th Feb 2022): Ameen Pareesa Sidique (1st year biotechnology), Adarsh V R (1st year Chemistry & Industrial Chemistry), Adarsh S (1st year biotechnology) and Abinjith, Daliya Heric and Hasna Maheen (1st year Chemistry & Industrial Chemistry) participated.
7. Palliative award function (18th March 2022): Lekshmi Subhash sang NSS song and Daliya Heric anchored the program. Ten volunteers attended the function.





Award for best Student Palliative care activity (for Program Officer, volunteer, and College)