



**GOVERNMENT COLLEGE  
KARIAVATTOM**

## **SELF STUDY REPORT**

### ***7.2.1. Institutional Best Practices***



0471-2417112

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## 7.2.1. Best Practices implemented by the institution

### Best Practice I

#### 1. Title of the Practice: “Healing Hearts: Illuminating Hope for Bedridden Patients”

#### 2. Objectives of the Practice

- Provide holistic support to bedridden patients, including medical, emotional and financial assistance.
- Conduct palliative surveys to identify individuals 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 faced 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.
- Make students emotionally mature, empathetic, service minded and capable of facing real life situations by engaging them in palliative care activities.

#### 3. The Context

Our College has accessibility to the Medical College Health Center (PHC), Pangappara, organizations like St. Theresa’s Old Age Home, CH Mohammed Koya Mental Rehabilitation Center, Sadana Renewal Center (Psycho-social Rehabilitation Centre) Monvila, Different Art Centre (DAC), KINFRA Park, Thiruvananthapuram and residential colonies dwelled by people of lower socio-economic background. This opened avenues for the students and staff of the college to make necessary interventions through social service. The college takes initiatives to create awareness and foster understanding within the community to overcome social stigma and discrimination against the bedridden, terminally ill patients and those with psychological issues. The evolving needs of patients due to the progression of illness require continuous adaptation of support services. The college has Palliative Care Club ‘Prathidhi’ comprising both staff and students which play a major role in providing the support. NSS Cell, University of Kerala provides a fund for Student Palliative Care activities. The college has a counseling center ‘Jeevani’ with a psychologist that can provide necessary mental and emotional support to the patients and their caregivers. The collaboration with 'Jeevani' showcases a forward-thinking approach by acknowledging the importance of mental well-being in

healthcare. Two of our faculties have attended a 'Volunteer Training Program' conducted by the Trivandrum Institute of Palliative Sciences - Extension for Community Healthcare Outcomes (TIPS-ECHO) program of Pallium India.

Our college promotes holistic development of students through experiential learning by engaging them in social service. This holistic approach aligns with the traditional Indian values of compassion and empathy, extending the scope of education beyond academic boundaries. In this context the college has adopted palliative care activity as one of its best practices.

#### **4. The Practice**

The practice of "Healing Hearts: Illuminating Hope for Bedridden Patients" implemented by the 'PRATHIDHI' Palliative Club of the college reflects a unique and compassionate approach. In the bustling world of academia, this initiative stands out for its emphasis on social responsibility, community engagement, experiential learning for students and holistic care. The 'Prathidhi' Palliative Club breaks away from this norm by addressing the pressing needs of the people in the community. With the assistance of the Medical College Health Center (PHC), Pangappara, students conduct socio-economic-health surveys in the neighboring communities. Bedridden and terminally ill patients who require palliative care are identified and shortlisted under the guidance of palliative nurses of the PHC. Students thereafter visit their home along with 'Jeevani' psychologist and hospital authorities to provide necessary palliative care including supply of medicines, medical equipment and other supplies like crutches, wheelchair, dialyzers, walking sticks & walking assistance, diapers, food kits with groceries & vegetables, and bed sheets. The palliative care survey and activity of 'Prathidhi' was also extended to Vlavila Tribal Settlement, Kottur. Students and staff have also generated funds and contributed to all these palliative care activities.

Beyond medical support, the initiative recognizes the emotional challenges faced by patients. The Jeevani counselor interacts with the patients and bystanders to provide emotional and psychological support.

#### **5. Evidence of Success**

The 'Healing Hearts: Illuminating Hope for Bedridden Patients' initiative by the 'Prathidhi' Palliative Club of the College has shown considerable success, evidenced by its performance against targets and benchmarks. The initiative set specific goals related to providing holistic support, conducting palliative surveys, improving mental and emotional well-being and fostering a sense of community among bedridden patients.

Performance indicators include successful identification of patients in the Kazhakoottam Ward and Kottur village; delivery of essential items such as medicines & medical equipment, food kits, diapers, bedsheets and providing psychological support. The engagement with patients, both in St. Theresa's Old age home, CH Mohammed Koya Mental Rehabilitation Center, Sadana Renewal Center (Psycho-social Rehabilitation Centre) Monvila, Different Art Centre (DAC), KINFRA Park, Thiruvananthapuram and residential colonies dwelled by people of lower socio-economic background and individual households, demonstrates the initiative's effectiveness in reaching its target demographic.

The regular follow-up system established by the club indicates a commitment to ongoing support and monitoring of patients' progress. The collaborative efforts with 'Jeevani' for psychological support signify a comprehensive approach in addressing the emotional needs of bedridden patients and caregivers.

The evidence of success suggests that the initiative has made significant strides in achieving its objectives, providing holistic care, and creating a supportive network for bedridden patients in the identified areas. The results indicate not only the program's efficacy in addressing the targeted needs but also sensitizing the students with regard to the requirements of the needy.



**Details of palliative care activity is provided in the link below:**

- <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2022/03/Survey-Report-2022.pdf>
- <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/05/2021-22-11-14.pdf>
- <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2023/09/Copy-of-40-Palliative-Socio-Economic-Survey-Report.pdf>

- <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2023/10/Students-Palliative-Care-activity-report.pdf>

## 6. Problems encountered, and resources required:

The implementation of the "Healing Hearts: Illuminating Hope for Bedridden Patients" initiative encountered several challenges and required specific resources:

- Resource Constraints:** Limited funding and cost of medical supplies posed challenges in providing comprehensive care to bedridden patients. Additional financial support and resource mobilization were essential for expanding the scope and effectiveness of the program.
- Patient Privacy:** Maintaining confidentiality in close-knit communities was a crucial challenge.
- Changing Patient Needs:** The evolving needs of patients due to the progression of illness required continuous adaptation of support services, which could not be met due to limited funds and lack of regular & continuous availability of volunteers.
- Caregiver Stress:** Providing emotional support to patients takes a toll on caregivers. Time constraints of staff and students limited the provision for providing caregiver training and continuous mental health support to alleviate caregiver stress.

Despite these challenges, the 'PRATHIDHI' Palliative Club's initiative stands as a beacon of hope, emphasizing the transformative impact of higher education when coupled with a genuine commitment to community welfare.

## **Best Practice II**

### **1. Title of the Practice**

**“Empowering Villages through Institutional Linkage-Nattu Velicham”**

### **2. Objectives of the Practice**

The program aims to uplift the participatory village by advancing general awareness among the village community through multifaceted approach which includes the following

- **Community Empowerment:** To empower the locality to enable them in decision making processes.
- **Skill Development:** To provide the local community with practical learning experiences and skill development which could be useful for their livelihood.
- **Community Development:** To contribute to socio-economic development of the village community through targeted interventions.
- **Mutual Learning:** To facilitate mutual learning between students and community members.
- **Promotion of Sustainable Practices:** To promote and implement sustainable practices beneficial to the environment and community.
- **Personal Growth & Reflection:** To encourage personal growth and reflection among students about their role as global citizens and agents of change.
- **Long-term Engagement:** To establish long-term relationship and engagement between the college and the village.

### **3. The Context**

One of our faculty members hails from Thelikkachal village of Pullampara Panchayath, Vamanapuram and is in close association with the activities of ‘Phoenix Library’ of the village. The library authorities have been engaged in activities for uplifting the local community, majority of who are from lower socio-economic backgrounds. This opened up the opportunity for community intervention by staff and students of the college, at the village. The college has ample knowledge and human resources that can be utilized to join hands with library authorities in their efforts in empowering the village community. The college has skilled trainers and experts in various disciplines of applied sciences who can extend their proficiency that can be beneficial for the village in various aspects.

Our institution emphasises on the comprehensive development of students through experiential and participative learning by engaging them in participatory village activity named “**NATTU VELICHAM**”.

#### **4. The Practice**

The uniqueness of this initiative lies in its systematic and inclusive methodology, starting with a meticulous village selection process based on accessibility and educational background. The initiative commenced with a pilot visit and socio-economic survey aimed at assessing local facilities, understanding the educational landscape, and engaging with the community to tailor the program to its specific needs. This approach ensured that the program targets communities where the impact of our initiatives can be most transformative.

A Memorandum of Understanding (MoU) has been signed with the village library for resource sharing as an initiative of collaborative spirit, leveraging existing community resources for the benefit of the community. Fundraising was done from among the faculty members to initiate these activities.

In view of the objectives, following programs were organised at the Thellickachal village.

- **Yuvatha Nadiyodoppam**: NSS unit of the college organized a program “Yuvatha Nadiyodoppam’(Youth for Rivers) at the banks of Vamanapuram River of Thelikkachal Village. Program included an awareness class by Sri. Balakrishnan, an environmentalist, planting mangrove saplings along the banks and conducting the ‘Protect the River’ campaign.
- **Kalarivanam**: A mini forest (with plants of medicinal value) and butterfly park was set up at the banks of the Vamanapuram river. Plants in the mini forest were identified and given regional and botanical name boards with the assistance of Alumni of the college.
- **River bank mapping**: Students under the guidance of faculty of Geography and Zoology departments, conducted field investigation at the left bank of Vamanapuram river. The investigation included creation of river profile and descriptive empirical analysis using questionnaires.
- **Nature walk**: Students and faculty along with the local residents walked along the village to experience and familiarise themselves with the native life and nature.
- **Health camps and campaigns**: Department of Biochemistry organised the following programs at Thellickachal village
  1. Lifestyle diseases awareness class
  2. Free lifestyle diseases screening camp

3. Free dental check-up camp, in association with PMS Dental college
  4. Introduction of ecofriendly menstrual cups to the women community
- **Eco-friendly gallery:** College has participated in setting up an eco-friendly gallery for small gatherings and awareness classes in a nature friendly environment.
  - **Setting up of library:** Students and faculty contributed books for upgrading the library.
  - **NEP based awareness class:** Trained faculty of our college offered an orientation and awareness class to the higher secondary school students of the villages and their parents about NEP based Four Year UG Program (FYUGP) which is going to be implemented in Kerala across universities in the current academic year.

## 5. Evidence of Success

The performance of the program has been gauged through several key indicators.

Providing training and resources to community members enhanced their skills and knowledge in respective areas. Environment related activities created awareness and sensitized both students and the village community about the significance of protecting the environment. Health related campaigns offered an understanding of their individual health status. Introducing the use of eco-friendly menstrual cups was welcomed by the women community of the village.

- **Yuvatha Nadiyodoppam:** <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Yuvatha-Nadiyodoppam.pdf>
- **Riverbank mapping:** <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/River-Bank-Study.pdf>
- **Socio-economic Survey:** <https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Socio-Economic-Survey.pdf>
- **Nature walk:** [https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Nature-walk\\_compressed.pdf](https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Nature-walk_compressed.pdf)
- **Health camps and campaigns:** [https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Health-Campaign-Survey\\_compressed.pdf](https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Health-Campaign-Survey_compressed.pdf)



- **Eco-friendly gallery:**

<https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/Aksharathuruthu.pdf>

The level of involvement and enthusiasm from community members was commendable. The wholehearted participation and cooperation from the community in these activities served as a catalyst in building a positive partnership which encouraged the students for active engagement. This suggests that the initiative effectively reached the intended beneficiaries.

The participation rate in the NEP based free training session for school students and parents exceeded expectations, with a significant turnout from the target demographic and successfully addressed the knowledge gap between secondary and higher education. The clarity provided during these orientations has contributed to an informed decision-making among students regarding their educational paths.

- **NEP based awareness class:**

<https://govtcollegekariavattom.ac.in/wp-content/uploads/sites/25/2024/06/NEP-based-Awareness-class.pdf>

Through participatory village activity our students were also benefited as they learned to handle leadership roles, manage events and improve proficiency in applying theoretical knowledge in real life situations.

## **6. Problems Encountered and Resources Required**

Major challenges encountered by the college in participatory village activity are

- The distance of the participatory village from our institution hindered regular and frequent visits.
- Limited infrastructure for conducting training/orientation sessions in the village.
- Inadequate funding and logistics support for expansion of the activities.