

SREE NARAYANA COLLEGE CHENGANNUR

National Service Scheme (unit no: 49a&b)



Palliative Care Report

2021 - 2022



Certificate of Appreciation

This certificate of Appreciation is awarded to

SREE NARAYANA COLLEGE, CHENGANNUR

in recognition of the exemplary services rendered to the society during 2021-22 through the Student Palliative Care Units implemented by the University as part of its institutional social responsibility.

Siddhik R.
Director, Student Services

Prof. (Dr.) Shaji A.
Programme Co-ordinator, NSS

Prof. (Dr.) V.P. Mahadevan Pillai
Vice Chancellor



Thiruvananthapuram
10 March 2022

INTRODUCTION

Palliative care is a specialized medical care for the people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. Palliative care is an interdisciplinary medical caregiving approach aimed at optimizing quality of life and mitigating suffering among people with serious, complex illnesses. Engaging students in palliative care has a dual advantage. One is that their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of the students.

The student palliative care unit is an initiative by the NSS unit (Unit No. 49 A & B) of SN College Chengannur. We are expressing our gratitude to Dr. Shaji A, Programme Coordinator, NSS, University of Kerala, Nishad Sir (NSS District Coordinator), Anzer Sir (State NSS officer) to provide students palliative care opportunity and the timely advises to complete this project. Student palliative care in our college had inaugurated by our College Principal Ms. Sherin K. All the teachers and other staffs of Sree Narayana College, Chengannur had supported to complete this project.

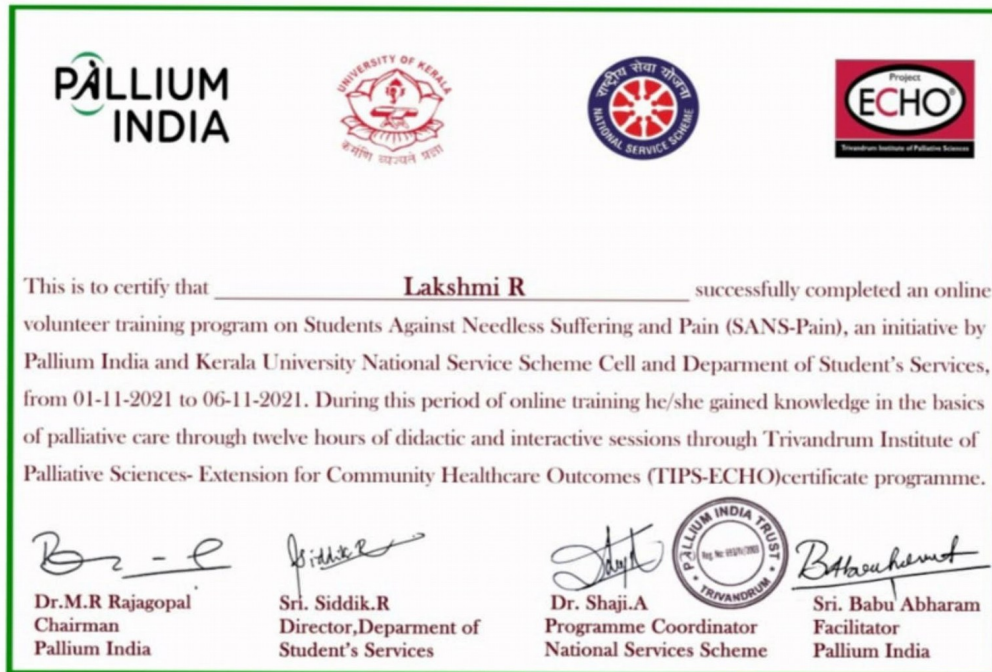
ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

1. UNIVERSITY LEVEL TRAINING

As part of the palliative care training College NSS Volunteers had sent for the training. Many of our volunteers got the certificate of online training from Pallium India. There were two level training were provided by the team. First level training for University level volunteers & the second level training for the district level volunteers. From our college there were two volunteers who attended the first level under the university level training & in the second level our four volunteers attended the district level sessions.

List of volunteers for attended the university level:-

1. Sreelekshmi.S
2. Lakshmi R





2. DISTRICT LEVEL TRAINING


List of volunteers for attended the district level:-

1. Dhanya P S
2. Nabin Nazar


- 3. Raju G
- 4. Megha Murali





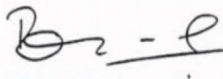


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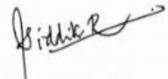


CERTIFICATE



This is to certify that Dhanya P S successfully completed an online volunteer training program on Students Against Needless Suffering and Pain (SANS-Pain), an initiative by Pallium India and Kerala University National Service Scheme Cell and Department of Student's Services, from 22-11-2021 to 27-11-2021. During this period of online training he/she gained knowledge in the basics of palliative care through twelve hours of didactic and interactive sessions through Trivandrum Institute of Palliative Sciences- Extension for Community Healthcare Outcomes (TIPS-ECHO) certificate programme.



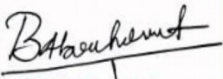
Dr. M.R. Rajagopal
Chairman
Pallium India



Sri. Siddik.R
Director, Department of
Student's Services

Dr. Shaji.A
Programme Coordinator
National Services Scheme



Sri. Babu Abharam
Facilitator
Pallium India







CERTIFICATE

This is to certify that Megha Murali successfully completed an online volunteer training program on Students Against Needless Suffering and Pain (SANS-Pain), an initiative by Pallium India and Kerala University National Service Scheme Cell and Department of Student's Services, from 22-11-2021 to 27-11-2021. During this period of online training he/she gained knowledge in the basics of palliative care through twelve hours of didactic and interactive sessions through Trivandrum Institute of Palliative Sciences- Extension for Community Healthcare Outcomes (TIPS-ECHO) certificate programme.



Dr. M.R. Rajagopal
Chairman
Pallium India



Sri. Siddik.R
Director, Department of
Student's Services



Dr. Shaji.A
Programme Coordinator
National Services







No. TP-SANS714



CERTIFICATE

This is to certify that Nahin Nazim successfully completed an online volunteer training program on Students Against Needless Suffering and Pain (SANS-Pain), an initiative by Pallium India and Kerala University National Service Scheme Cell and Department of Student's Services, from 22-11-2021 to 27-11-2021. During this period of online training he/she gained knowledge in the basics of palliative care through twelve hours of didactic and interactive sessions through Trivandrum Institute of Palliative Sciences- Extension for Community Healthcare Outcomes (TIPS-ECHO) certificate programme.



Dr. M.R. Rajagopal
Chairman
Pallium India




Sri. Siddik.R
Director, Department of
Student's Services






Dr. Shaji.A
Programme Coordinator
National Services Scheme




Sri. Babu Abharam
Facilitator
Pallium India





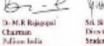


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


CERTIFICATE



This is to certify that Raju G successfully completed an online volunteer training program on Students Against Needless Suffering and Pain (SANS-Pain), an initiative by Pallium India and Kerala University National Service Scheme Cell and Department of Student's Services, from 22-11-2021 to 27-11-2021. During this period of online training he/she gained knowledge in the basics of palliative care through twelve hours of didactic and interactive sessions through Trivandrum Institute of Palliative Sciences- Extension for Community Healthcare Outcomes (TIPS-ECHO) certificate programme.




Dr. M.R. Rajagopal
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The Volunteers who all attended the training got the classes in introduction to palliative care, Home based palliative care, Psycho- social support & community participation, communication, concept of students initiative in palliative care, Testimony by SIPC volunteers and feedback session and action plan. After this training our volunteers got the participant certificate and they formed a cell in our college for palliative care.

3. UNIT LEVEL TRAINING

The NSS Volunteers who all got the Palliative training in University level and District level had conducted the unit level training. By this training all our NSS volunteers got trained in Palliative care.



4. HOME VISITS

After this training our volunteers got the participant certificate and they formed a cell in our college for palliative care. In the NSS camp our cell organization members take an orientation class started by the volunteers. When we execute our plan into the action we took ward 4,2,3,8,1 of Cheriyand Panchayath in Alappuzha for our project. From this word we have selected the eligible persons and done our best to them. A small group of volunteers collect the details of patients who must have the palliative care near to the college. The NSS volunteers (unit no: 49a&b) of our college have organized a palliative care program on 21st

and 22nd December 2021, 2pm to 5:30pm. They are divided into two groups to interact with the patient's and bystanders home through this programme. The spirit of palliative care can have a positive effect on the patients and on our team volunteers.

The program was led by NSS volunteer Dhanya P S, Sreelekshmi , in the presence of volunteer secretary Avani Suseelan, Abin A and other volunteers .Then we got best support from our program officers Dr. Nishad .A & Smt. Bindu .VK, and the practical support and guidance were from Cheriyanad FHC Palliative nurse Bindu Udayakumar.



The main objective of SIP is to those under the tight grip of deadly disease, struggling with pain and living in a dark room is extended a helping hand and brought out into the light and the bedridden are supported and sheltered and the tears and troubles of the people, the one who are suffering, in pain and those in hunger will be assisted by the members of the

Students Initiative in Palliative Care Unit to relieve their troubles. On the 20th and 21st January 2022, from morning onwards we have started the activity at 10:00am and the same day, we started our practical sessions from 1.30 pm to 5:30 pm. Our action team were actually done their job very happily and they all are excited to do this project as their own responsibility in the pandemic situation. Patients in the ward close to the college were given the high priority. We have completed this mission considering all the eligible families.



5. SUPPLY OF MEDICINS

The goal of palliative care is to relieve the suffering of patients and their families by the comprehensive diagnosis and treatment. By engaging students in palliative care, their energy can be utilized for the benefit of patients with chronic disease and their participation will inculcate the spirit of care and positive effect. Student Palliative Care links the local palliative care units, which function in different parts of the local areas, by which students are becoming active volunteers in fund collection and home care. Our NSS Volunteers had promised to support the patients by selling products made by patients to raise the fund. For this our NSS Volunteers are planning to do the campaign in selected areas to spread the concept of helping palliative patients and the relevance of society to support the helpless patients.



The third group of volunteers prepared the medical facilities including medicines, diapers stretching ball, stretching band etc., and the fourth group taken the responsibility of preparing the food kit. Then the fifth group of volunteers had provided the transportation facilities, and the palliative care cell coordinators of our college, program officers, palliative care nurse, and Asha works had helped us to reach out to the patients. Another group of volunteers rechecked the data of palliative care patients and conducted the survey. Thereby we can understand the patient's situation and can suggest solution to their problems. Through the survey palliative care volunteers got a better idea regarding the problems of the patients.

6. DISTRIBUTION OF FOOD KITS



Sree Narayana College Chengannur had started a campus Pain & Palliative Centre to provide specialized medical and nursing care for people with life-limiting illnesses. The centre is associated with National Service Scheme units of the college.

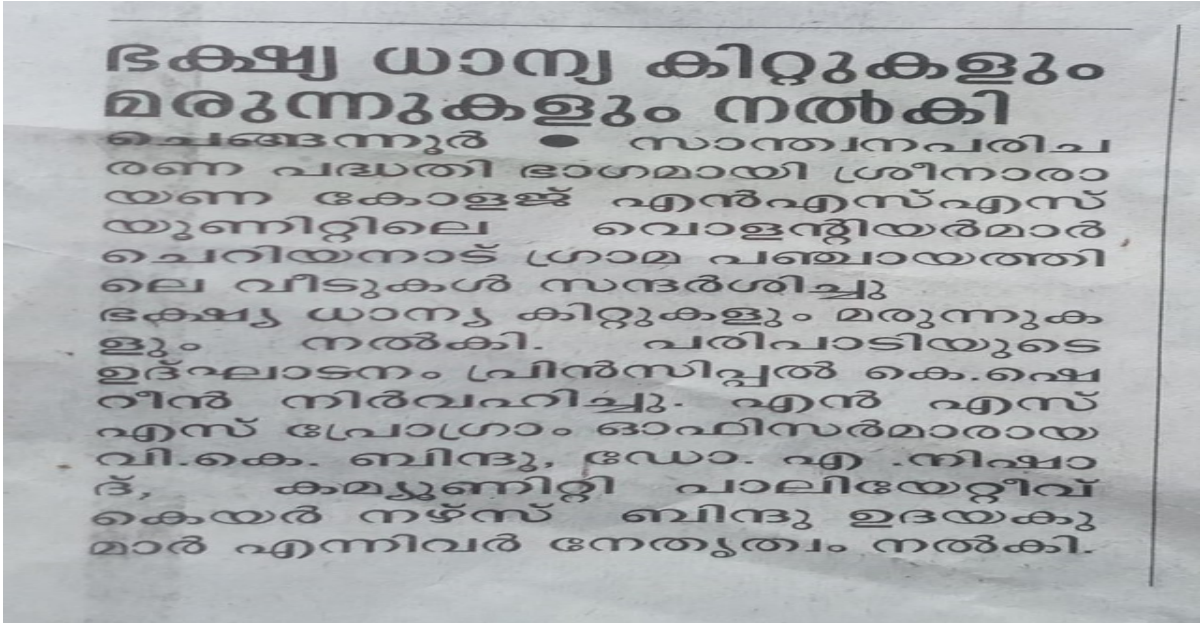
7. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES



8. COUNSELING FACILITIES PROVIDED

Our Palliative care volunteers provide the counseling facilities to the palliative patients. The volunteers who all got the university level and district level palliative care training had given the counseling to the palliative patients.





News Published in the news paper regarding SN College Chengannur NSS Volunteers Palliative care activities

Palliative Care Activity Volunteers List

- 1. Sanjay Sajayan
- 2. Midhun mohan
- 3. Nabin Nazar
- 4. Raju G
- 5. Lakshmi R
- 6. Megha Murali
- 7. Navaneeth AR
- 8. Sayujya jayaraj
- 9. Arsha R
- 10. Aparna Raj
- 11. Abhaya us
- 12. Ashwany s lalu
- 13. Shalu Shaji
- 14. Sona Aji
- 15. Ashwin Binu
- 16. Abin
- 17. Avani suseelan
- 18. Adithya Raj
- 19. Shery shibu
- 20. Punya s
- 21. Anagha s
- 22. Arathy s
- 23. Muhammad Bilal

24. Muhammad Asif
25. Anees Rahman
26. Aswin vk
27. Vinoy
28. Dhanya Babu
29. Dhanya P S
30. Sreelekshmi s
31. Adarsh s
32. Toni Chandra
33. Ganga Lakshmi
34. Sreehari
35. Varsha v
36. Dayal
37. Anseena
38. Abhijith
39. Subin S

DETAILS OF STUDENT PALLIATIVE CATRE INTERVENTIONS(2021-22)

Sl. No	Name of activity	No. of Volunteers participated	Total Hours worked	Beneficiaries	Asset Created/ Monetary Value in Rs.
1	University Level Training	2	12 Hours	Sree Lekshmi S Lekshmi R	-
2	District Level training	4	12 Hours	Dhanya p s Nabin Bazar Raju G Megha Murali	-
	Unit Level Training	33	3 Hours		-
	Home visits	12	10 hours		600.00
	Supply of Medicines	14	8 Hours		12913.53
	Distribution of food kits	22	14 Hours		8463.70
	Distribution of equipments	-			1582.50
	Distribution of cloths	8	4 Hours		-
	Distribution of furniture	-	-		-
	Distribution of surgical	-	-		-
	Counselling facilities	6	14 Hours		-
	Other interventions(Palliative Survey)	10	15 Hours		300.00

Counter Signature of Principal

Signature of the Programme Officer

College Seal

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1	University Level Training	2	12 Hours	SreeLekshmi S Lekshmi R	-
2	District Level training	4	12 Hours	Dhanya p s Nabin Bazar Raju G MeghaMurali	-
	Unit Level Training	33	3 Hours		-
	Home visits	12	10 hours		600.00
	Supply of Medicines	14	8 Hours		12913.53
	Distribution of food kits	22	14 Hours		8463.70
	Distribution of equipments	-			1582.50
	Distribution of cloths	8	4 Hours		-
	Distribution of furniture	-	-		-
	Distribution of surgical	-	-		-
	Counselling facilities	6	14 Hours		-
	Other interventions(Palliative Survey)	10	15 Hours		300.00

[Handwritten Signature]
08/02/2022

Counter Signature of Principal
PRINCIPAL
SREE NARAYANA COLLEGE
CHENGANNUR



[Handwritten Signature]

Signature of the Programme Officer

NSS PROGRAMME OFFICER
SREE NARAYANA COLLEGE
CHENGANNUR