

1. Palliative Care Program by Our Students

Objective

- The growing instances of cancer in society, and the pain and suffering of the patients are a matter of deep concern to all. As an educational institution it is our responsibility to reach out to the needs of the population.
- To create among youth a sense of social responsibility. It was felt that the energy of youth must be directed towards healthy and socially useful channels.
- It keeps them busy, makes them feel worthy and useful. It increases their feelings of self-worth.
- It acts as an effective check against youth falling into bad habits, especially in cases when the students realize firsthand that causes of cancer are linked to addictions of various kinds.
- To sensitize young minds to become more caring and humane. Not everyone is aware of the suffering that ill- health brings. Those who are in good health and young often develop a sense of false confidence about themselves. They are also likely to be inconsiderate towards the elderly and the ill, simply because they have not taken the time & effort to understand those less fortunate than them.
- Engaging students in the Palliative care program at once brings out the volunteer in them and gives them an exposure to dimensions of life, hitherto unknown to them. It helps in overall personality development of the students.
- It increases the interaction between this educational institution and the neighbouring population creating a bond of trust and goodness between the two.
- It equips the overburdened palliative care staff of the Panchayath Health Services with a few extra pairs of hands, to reduce their strain.

The context –

- The National Service Scheme Units of this college have been engaged in a wide variety of outreach and extension activities, working in tandem with several governmental and non-governmental agencies over a period of time for the benefit of the local population.
- It was found that cases of cancer are on the rise generally in Kerala, and the same could be said to be true for Pallipuram Panchayath.
- There are many houses where there are the aged and the ill, with no proper nursing care available for them, who are dependent on the Panchayath Health Services. This is especially true for those who are bedridden and could only be helped through house visits of medical staff at regular intervals.
- In this context, it was decided to go in for a sustained Palliative Care Program where the students would accompany the Panchayath Medical staff on their house visits.

- The NSS Units of our college have been engaged in Palliative Care work since 2014. This year we decided to extend it to include all students of the college.

The practice-

- To begin the Program, each year, and owing to the tremendous responsibility it entails, the first step was a series of training sessions for the new volunteer students by the government agencies.
- Our student volunteer attended an Orientation Program on Palliative Care organized by Kerala University on 10/10/2019
- On 12/12/2019, our Principal Dr. B. Gopakumar inaugurated the student Palliative Care Club. The event was presided over by Dr. Raji Prasad, NSS Programme Officer. Panchayath President Mr. Harikuttan, Ward member Ms. Sajimol, Former NSS Programme Officer Ms. Sudha Rajasekhar, College Union Chairman Shri. Anand offered felicitations. Dr. Anoop V. offered the vote of thanks. With the formation of this club, and with the active involvement of the Student's Union Chairman, Palliative Care Program has been officially extended to include all students of the college. Students will now work under the leadership of the NSS volunteers. Earlier the Program had been limited to NSS volunteers alone
- Ten volunteers attended a One-Day Training Program on Palliative Care organized by the National Service Scheme, Kerala University on 01/02/2020 at Bishop Moore College, Mavelikkara. These student leaders in turn offered the training to other volunteers.
- Students are sensitized to the special requirements of the Palliative Care Patients
- They are also trained on appropriate bedside manners and behavior with the patients and with the relatives of the patient
- The students are then grouped, where 2 or 3 students, i.e. one senior student and 1 or 2 students from the juniors, were allotted turns to make regular house visits.
- The Palliative care vehicle of the Panchayath with a nurse and another staff would reach the college premises by 10 am and the students were picked up by them from the college.
- The students visit a few houses and are dropped back in the college before closing time by the vehicle.
- In the houses where the visits are made, the students learn by observation and practice the various skills required, including, sponging, making fresh beds, helping the patients to change into fresh clothes or to assist the nurse in simple first aid or health care.
- Students are encouraged to contribute one rupee a day towards donation for Palliative Care work

- During Onam kits were distributed to 20 homes under Palliative Care. Each kit comprises food grains and other household essentials
- New clothes were gifted to 5 homes under Palliative Care
- Foodstalls were set up by the NSS volunteers on Arts' Day, Union Day and during the exhibition titled Kazhcha to raise funds for helping cancer patients for chemotherapy.
- A Biryani challenge was initiated as a fund raiser for the Palliative Club. The teachers and students of the college purchased Biryani to help raise funds for the Palliative Club
- Students also visited a hospice and offered their services there.

Evidence of success

The Palliative Care Program of our college has been very well received by the society, the Panchayath, the students and the patient beneficiaries & their families.

It has been ongoing for several years now.

The Panchayath members are enthused with the energy brought in by the youth

The students are better volunteers and with a changed better perspective that has lasted.

Students have reported how patients waited to see them and talk to them; they have been touched with the love of the patients and their families. And they have been moved by the plight of these people.

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Problems & limitations-

Only government agencies and funding are inadequate to meet the requirements, there is the need for more NGOs and several like-minded people to support the cause.

The hectic academic calendar of semester system, examinations, along with other co-and extra-curricular activities make it a huge challenge for students to participate in this program because of time constraints.

2. VIDYANIDHI - Student Support Programme

Objective

- To create a support system for our students drawn from the student and teacher community of the college.
- To instill in our students a sense of belongingness and responsibility towards all
- To nurture the value of volunteerism. This is much needed in today's society. In the absence of traditional support systems, the college has felt the need to inculcate the

practice of volunteerism among its students. This practice will go a long way in curing several ails of the society, bringing happiness for the receiver and meaningfulness for the giver.

- To create a fund generated through donations by students and teachers as an emergency fund for students in need, in order to supplement the family's efforts.

The context –

- Several financial obstacles hamper the pursuit of education of most of our students, coming as they do from poor socio- economic backgrounds. Students get disheartened and are unable to focus on academics. There is also the chance of increasing student dropouts due to such financial challenges
- VIDYANIDHI was thus started as a humanitarian effort to reach out to students in crisis and provide some financial relief in deserving cases.
- It aims to help the families of the students in such trying times
- It is also meant as a morale booster to students in difficulty, giving them mental solace, through caring by friends and teachers.
- Above all, Vidyanidhi attempts to ensure that students are supported enough to be able to continue their college education.

The practice-

- The College Council in its meeting on 12/11/2019 unanimously decided on an initiative titled Vidyanidhi, as a student support programme, and to mobilize an emergency fund to meet any urgent requirements of students. The IQAC has discussed and approved the matter.
- Smt. Anjali Devi N, Asst Prof., Political Science was given the charge of Vidyanidhi.
- Teachers and students were informed via official circulars regarding the details of this new initiative
- Genuinely deserving students were identified with the help of tutors
- The formal inaugural function of VIDYANIDHI was held on 16 January 2020, presided over by Dr. B.Gopakumar and inaugurated by Ward Member of Pallipuram Panchayath, Ms.Sajimol.
- On this occasion two economically deserving students – Ms.Amrutha V.S.(II yr B.A.History) and Ms. Beena Lakshmi (I yr B.A. Malayalam) were given a sum of Rs 2000/- each to meet educational expenses.

Additionally funds were also allocated to,Mr.Sarang R. (I B.A.Malayalam) towards hostel fee.

- Through Vidyanidhi, the college has extended substantial financial assistance towards the medical expenses of one student diagnosed with brain tumour.

Evidence of success

- VIDYANIDHI, student support programme, has been very well received by the students, the teachers and the parents
- It is being continued into the next year also.
- Students have expressed their appreciation of such an initiative from the college and find greater hope and togetherness as a result of the programme.

Problems & limitations-

- Several challenges thrown up by the Covid situation have made it tough for Vidyanidhi to be taken forward smoothly.
- Student requirements are often beyond the capacity of such a venture owing to the limitation of funds collected.
- We see the need for major socio-economic changes in this very backward region of the state to ensure a greater opportunity for better living for its people and a better environment for education for all our students
- In spite of temporary setbacks, the programme is poised for the long term and shows no lack of team support.