

NSS COLLEGE CHERTHALA
NATIONAL SERVICE SCHEME

43 A AND B

PALLIATIVE CARE REPORT 2021-22

Introduction

The National Service Scheme unit 43 A & B of NSS College Cherthala, Alappuzha has been functioning well with so many activities furnishing development to the volunteers as well as the community. The NSS volunteers did their best with the support of the Principal Dr Gopakumar, programme officers and other faculties in the college. In the year 2021-22, we completed so many community development programmes, awareness programmes, etc. were successfully conducted with the support and participation of the volunteers.

Home care field visits: -

The students were divided into several groups and each group were assigned specific wards. They visited the house with the assistance of staff of Pallippuram primary health centre. Sister Anu.

30/06/2021

Work site: -ward 12

Number of participants-two NSS volunteers

Duty time: -5 hours

Number of people who visited by the team: -4

Work: -The team check the BP of patient. Given the medicine. They spent some time with patients.

05/07/2021

Work site: -ward 2

Number of participants: - 2 NSS volunteers

Number of people who visited by the team: -4

Duty time: - 5 Hours

Work: -The team assisted to the palliative care nurse. They were spent some time with patients and check their BP



08/07/2021

Work site: -ward 2

Number of participants: -2 NSS volunteers

Number of people who visited by the team: -6

Duty time: - 6 hours

Work: -Home care. The team were spent some time with patients and they were check the BP of patients.

8/7/2021
Palliative work
home care



12/07/2021

Work site: -ward 2

Number of participants: -2 NSS volunteers

Number of people who visited by the team: -7

Duty time: - 5hours

Work: -The spent some time with patients and check the BP of patients. Assisted to the palliative care nurse. They were given the medicine.

12/07/2021
Palliative work
home care



20/07/2021

Work site: -ward 16

Number of participants: -2 NSS volunteers

Number of people who visited by the team: -4

Duty time: - 5hours

Work: -The team given the medicine to patients. Check the BP. Spent some time with patients.
Assisted to the palliative care nurse.



17/08/2021

Work: -Sneha sammanam

NSS College Cherthala, National service scheme 43 A&B has presented the programme 'Sneha sammanam' in connection with the Onam Celebration. In this programme we were provided food kit to some people who affected diseases and financially weak persons from our adopted village. We are provided food kit to 20 families who are urgently need them. The food kit consists of 5 kg rice, 1 kg parippu, 1 kg payar, 1 kg kadala, 1 kg uzhunnu, ½ kg mulakupodi, ½ kg turmeric powder, ½ kg mallippodi, semia, ghee, casheqnut, kismis, 2 kg sugar, 1kg Sharkkara etc. The Programme was inaugurated by the Panchayath President Sudheesh S and preceded by our Principal Dr.Gopakumar sir. The families are very happy and they are thankful to our NSS unit.



12/12/2021

Work site: -ward 4

Number of participants-2 NSS volunteers

Number of people who visited by the team: -9

Duty time: - 5Hours

Work: -The team visited the house of patients. Check the BP of patients. Spend some time with them.



17/01/2021

Work site: -ward 17

Number of participants-Two NSS volunteers

Number of people who visited by the team: -5

Duty time: - 5 Hours

Work: - The team were given the adult diapers for bed sour. They were spent some time with patients and H. E given.



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PALLIATIVE CARE REPORT 2021-22

The Palliative care unit since its establishment in 2016 as the first student Palliative Care Unit in the district has been a remarkable achievement in its history. The National Service Scheme unit 43 A & B of NSS College Cherthala, Alappuzha has been functioning well with so many activities furnishing development to the volunteers as well as the community. From its first year of activities and performance, it has been contributing a major role in achieving the motto of the institution. The NSS volunteers did their best with the support of the Principal Dr Gopakumar, programme officers and other faculties in the college.

The directives given by the Palliative Care members of the PHC, Pallippuram, Cherthala made the students aware of their duties and responsibilities to the society. The Club has also initiated providing awareness programmes, orientation classes, field visits for the unit members at the college level. The unit has actively participated in supplying medicines, cloths, food and care to the needy persons. We form a palliative care unit in our college with the help of Dr.Reshmi, Senior Doctor, PHC Pallippuram. Then the inauguration of this unit and followed by an orientation class conducted by our palliative care unit volunteers. College Palliative care coordinators were selected. Sivandhu and Arun R were selected as the college level coordinators. One of our volunteer coordinators participated in the District level online awareness programme on student palliative care class. College palliative care unit coordinator Sivendhu attended a two-day online training session at the Kerala University Student Palliative Care. Under the guidance of Palliative staff nurse Anu from the PHC, volunteers of the student community were given field training. Due to Covid-19 pandemic we are not able to conduct more programmes in full-fledged manner. Even then, we have performed very well in our adopted village Chennam Pallippuram Panchayath.

This was a new experience for the student member community to identify their job and their place in society. All the unit members were compiled to take part in the field visit once a week. Travel was made up by the Hospital Palliative Care unit. Unit members along with nurses

visit the houses of the patients in the panchayath under the PHC.

The main activities done our unit are:

1. Offers a support system to help the family during the patients' illness.
2. Provides relief from the pain and other distressing symptoms.
3. Provides the psychological support where ever necessary
4. Provides physical support like medicines, cloths and food.
5. Awareness class taken to the family members about the importance of the disease and the caring of patients.

In the 7-day Camp, we completed so many community development Programmes, awareness Programmes, etc. These were successfully conducted with the support and participation of the volunteers. We started the 7-day camp on 23/12/2021 to 28/12/2021. On 27/12/2021, we made a survey in the Palliative Day.

Palliative Survey Report of Seven Day Camp

The Survey started at 9.30 am on 27th December 2021 as Palliative care day. The volunteers were divided into ten groups and each group consists of 5 volunteers. The survey was conducted at our adopted village Pallippuram panchayath ward No. 14 and 15. There were 1068 families living in and around the college which is under the ward 15 and 14. We have covered 50 families from the total population because it is a herculean task to cover all the households within a stipulated time. Simple random method is used for the study. Already we are working palliative care activities there in connection with our PHC hospital. 3 volunteers are involved in the palliative activities in three days every week and even in Covid period also we are continuing our activities in the respective areas. They prepared questionnaire for the survey and asked the questions to the respondents and filled it up. The questionnaire included questions based on their personal details and their health problems specially focusing the Covid cases. Generally, our village consists of several cancer patients, disabled persons, and multi illness persons. Therefore, it is very important to conduct a palliative care survey in our adopted village. The important findings we met through the survey are as follows:

Findings

1. There are nearly 10 cancer patients in the surveyed area.
2. We have covered 50 houses in the adopted village there are nearly 14 bedside Patient. 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
3. 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. There are mostly 41 aged people.
4. There were 20 children below 1-year age group.
5. Through the survey we can find out that there were 75 people who affected by corona.
6. Almost 98 percent people are vaccinated from the PHC. Cancer patients are not vaccinated due to their medication. 38 household members aged above 60 were under the treatment of either Diabetes and Blood Pressure.

Programme Officers

Dr. Raji Prasad G V

Dr. Anoop



Certificate of Appreciation

This certificate of Appreciation is awarded to

NSS COLLEGE, CHERTHALA

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

VIDYANIDHI

Title of the Practice VIDYANIDHI - Student Support Programme

Objective

- To establish a support system for financially vulnerable students by drawing on the student and teacher community of the college.
- To instill a spirit of volunteerism in students. Volunteerism has the potential to supplement traditional support systems and at the same time serve as a curative influence against many social ills.
- To constitute a corpus fund from donations by students and teachers to serve as an emergency fund for students in need.

The context –

One of the main reasons that college education of our students get disrupted is due to financial problems. Most of our student community hails from poor socio-economic backgrounds and are often unable to cope with the financial requirements of higher education despite receiving government aid and scholarships. VIDYANIDHI extends a helping hand to such students to help them continue their college education. It also enables students to help their peers who deserve aid. The scheme also seeks to provide emotional support to students in need.

The practice-

Started in November 2019, this initiative titled VIDYANIDHI, a student support programme to assemble an emergency fund to meet any urgent requirements of students, has evolved to become one of our best practices.

Teachers and students continued to support this initiative.

- This year (2021-22) our college extended financial assistance through VIDYANIDHI to a BA English student whose father required an emergency surgery.
- We were also able to provide a mobile phone to a student of BSc Zoology for attending online classes.
- We also provided financial assistance to a BCom student to pay her third and fourth semester examination fees.
- Financial assistance was also extended to a BSc Environmental Science student.

Evidence of success

- The very fact that we have been able to continue with VIDYANIDHI, speaks for its success. In spite of the pandemic situation, it has been well supported by both teachers and students
- Students continued to benefit from the program.

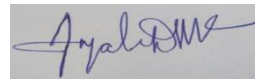
Problems & limitations-

- The programme suffered because of the irregular academic schedule and the absence of regular classes, brought on by the pandemic.
- The financial difficulties caused by the pandemic situation created constraints in the contributions of students towards this fund. However, even in tough times, the spirit of volunteerism has been kept alive by this program.

Report of Vidyanidhi, 2021-22

Vidyanidhi, a student support programme has been initiated by N S S College, Cherthala in November 2019. The aim of this programme is to support students financially during emergency situations. In the academic year 2021-22 we could extend helping hand to

1. Ms.**Sruthy Mohan** (PG) of the Department of Commerce to pay her third and fourth semester examination fees
2. Given financial assistance to Ms.**Arya Dinachandran** of third B.A. English as her father was in need of emergency surgery.
3. Financial support has been extended to Ms.**Revathy L. R.**, of Environmental Science
4. An android phone has been given to Ms. **Amrutha Sudhir** of the Department of Zoology when online classes were going on in the month of August 2021.



Convener

Dr. Anjali Devi M.