



**UNIVERSITY OF KERALA**



**St. Gregorios College, Kottarakara**

**(Accredited by NAAC with B grade)**

**Student Palliative Care Unit**

**Annual Unit Report 2019-2020**

## **PREFACE**

St. Gregorios College, Kottarakara, Kerala, the first and only higher educational institution in Kottarakara Taluk was named after St. Gregorios of Parumala, canonized saint of Malankara Orthodox Church. The institution was founded in 1964 by his Holiness Moran Mar Baselios Marthoma II, former Catholics of the east and the Malankara metropolitan. The college affiliated with the University of Kerala is under St. George Bethlehem Ashram, Chengamanad, Kottarakara, and has been catering to the educational needs of all sections of people in and around Kottarakara. The institution is in its 56<sup>th</sup> year of envious existence reiterating its motto **“study serve and sanctify in god”**. The college has been accredited by the NAAC with a B++ grade in 2006 and reaccredited with a B grade in March 2015.

The palliative care unit since its establishment in 2019 as the first student palliative care unit in the district has been a remarkable achievement in its history. From its one year of activities and performance, it has been contributing a major role in achieving the motto of the institution. The service made by the unit to the vulnerable sections of the society and activities made by the students a motive to be responsible citizens of the country. The directives given by the palliative care members of the Taluk Hospital Kottarakara made the students aware of their duties and responsibilities to Indian society. The club has also initiated providing awareness programs, orientation classes, field visits for the unit members at the college. The unit has actively participated in supplying medicines, clothes, food, and care to needy persons.

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## INTRODUCTION

A Healthy system mainly performs three key roles to the people. Firstly it tries to ensure a robust practice capable of preventing diseases and maintain a healthy lifestyle. Secondly, the system should adopt suitable measures to reverse and cure diseases with immediate and minimal effect. Finally, the system is responsible for extending relief measures for those patients who are beyond the level of cure but demand long-term care and attention. The former two have got sufficient attention in healthcare. But the third aspect eclipsed in the shadow of the former and mainly paved for the palliative care movement.

Cicely Saunders was, of course, the founder of St Christopher's Hospice in London, and she is generally recognized as the founder of the palliative care movement. She trained as a nurse, then as a social worker and she devotes her life to caring for the dying-a most neglected group. A health system will cater to the needs of people if and only if it is satisfying these basic dimensions of health care. According to the Government of India out of 922 palliative care centers in India, more than 850 centers are located in Kerala (Ministry of Family and Health Care, 2012). Even though in India 59 lakh people need palliative care, only 2% are receiving it. Palliative care is aiming at improving quality of life, by employing what is called active total care. Treating pain and other symptoms, and at the same time offering social, emotional, and spiritual support.

### **Basic aims:**

- Offers relief from pain through constants care and support
- Extending emotional as well as psychological support.
- Extending the support to the family to cope with the situation

Kerala has moved a long way in palliative care, following the initiatives from western and central India, Kerala has started its first palliative unit in 1993 at Kozhikode medical college in connection with the institute of palliative medicine.

## **ABOUT STUDENT PALLIATIVE CARE UNIT**

The student palliative care unit initiates to showcase the idea of youth involvement in palliative care and explore the possibility of replication. It has been done through structured sensitization in colleges and training programs for enrolled student volunteers. Participation of the student community in palliative care is possible as social participation towards a common public good is always an integral character of student communities around the globe.

The student palliative care unit in St. Gregorios College has been a remarkable success for society. The volunteers have been fuelled up with orientation lessons on palliative care, field training, and also residential training for selected candidates. They have been imparted training by the Taluk and the district medical system ensuring moral and emotional support to the vulnerable from the students. The unit has been equipped with 45 members who have been producing immense efforts for its activities which have been monitored by the college administration and the NSS unit of the college. The field training for the volunteers under the Taluk Hospital, Kottarakara has produced the most efficient results in the palliative care movement in college.

## **ACKNOWLEDGEMENT**

The student palliative care unit has been a recent initiative by the NSS unit of St.Gregorios College. Extending the love and gratitude to Dr. Suman Alexander, Principal St.Gregorios College, Kottarakara, Manager Rev. Fr. Baby Thomas, Prof. Asha G and Dr. Manu V, NSS Program Officers, St. Gregorios College, Kottarakara, Dr.C.R. Jayasankar, DMO Kollam, Dr. Merrina Paul, Medical Superintendent, Taluk Hospital, Kottarakara, Dr. Sankar S, Palliative care medical officer, Taluk Hospital Kottarakara, Mr.Anooj, District coordinator, Ms.Remya Chandran, Palliative Staff Nurse, Taluk Hospital Kottarakara and Ms.Shemeena, Physiotherapist, Taluk Hospital, Kottarakara, Palliative care coordinators and members of the unit; who have been providing immense support for the good establishment and beyond work of the student palliative care unit in the College.

## **MESSAGE**

Palliative care is a vital role domain in which still needs into the health care system. Extension of students into palliative care would make them responsible for society. Placing the vibrant youngsters at the center of any development process can result in inclusiveness and sustainable participation. It would result in enabling the students to identify the genuine opportunity to better their own lives and for the community as a whole.

During the academic year, 2019-2020, the palliative care activity of our NSS volunteers started through the umbrella distribution. Our unit collects 13 threefold umbrellas for the children of secondary palliative patients registered under the Taluk Hospital Kottarakara. Then we form a palliative care unit in our college with the help of Dr. C R Jayasankar, DMO Kollam District. 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. Abhijith S, Aromal Krishnan, and Surya S Sathyan were selected as the College level coordinators. The first student palliative care unit in the Kollam district is inaugurated in our college. This is one of the memorable events. The program is inaugurated by Shri S H Panchapakesan, Principal and District Sessions Judge, District Court, Kollam. Our student volunteers participated in the District level awareness class program. Unit volunteer and college Palliative care unit coordinator Surya S Sathyan attended a two-day residential training session at the Kerala University student cell on Palliative care on October 10 and 11. A one-day workshop on the manufacturing of umbrellas was organized and active participation of our student volunteers is noticed. Under the guidance of the Taluk Hospital Palliative care unit, Kottarakara volunteers of the student community were given field training. Our 24 volunteers completed the training program and their certificate is issued on January 15, National palliative care day. Functions were held on January 15 at the Kollam town hall in connection with the National palliative care day observance, our volunteers participated in different cultural activities. We planned a one-day pleasure trip for our dear palliative members. Due Covid- 19 pandemic this trip is postponed. The mind was happy to be able to participate in the activities of the palliative care unit. Once again, I would like to thank all the members of the palliative care unit and wish them the blessings of the future generations to take up such activities and to carry out such activities.

# **Camps and activities**

## **Camps/Activities/Programs organized or participated by unit members**

SL NO	CAMPS/ACTIVITIES/ PROGRAMS	ORGANIZED BY	PLACE	DATE
1	Formation of Palliative care unit	NSS Unit, St. Gregorios Collge	St.Gregorios Collge, Kottarakara	10/08/2019
2	Inauguration of our Palliative care unit and Orientation and awareness classes for unit members.	National Health Mission and Palliative Care Unit Govt. Taluk Hospital Kottarakara and NSS unit	St Gregorios College Seminar Hall	17/08/2019
3	District level orientation class	District collector's student community and health care department of Kerala	The district training center, Kollam	25/08/2019
4	Inauguration of the first Student Palliative Care Unit in Kollam District	NSS Unit, St.Gregorios Collge	St.Gregorios Collge Kottarakara	20/09/2019
5	One day workshop on umbrella making	Taluk palliative care unit	Taluk Hospital Conference Hall, kottarakara	05/12/2019
6	Residential camp for the unit members	Kerala University Palliative Cell.	Kerala University student cell	10/10/2019- 11/10/2019
7	Field visits and training for the unit members	Taluk palliative care unit	Panchayath under Kottarakara Taluk	24/08/2019- 12/12/2019
8	Palliative day observance and function	District palliative care cell	Kollam Town Hall	15/01/2020

# 1. Palliative Care Unit Formation

Dr. C. R. Jayasankar, DMO Kollam District come to the college and proposed an idea for forming a student palliative care unit in our college. We are already in part of the palliative care unit activity of Govt. Taluk Hospital Kottarakara. The NSS unit upheld this decision very happily and the unit was set to work. Based on this idea we form a palliative care unit on August 10. The unit formation program was inaugurated by Dr. Jayasankar, DMO Kollam District. Members from Taluk Hospital palliative care unit, NSS Programme Officer Asha G, and volunteers participated in the program. After the formation of the palliative care unit, a brief idea about palliative care and its importance in the present situation is discussed with our volunteers.



SGC Palliative Care Unit







## 2. Palliative Care College Unit Inauguration

A Palliative care unit is formed in our college on August 10. We conduct an inauguration session of our college-level palliative care unit on August 17. The program is inaugurated by Dr. Jayasankar, DMO Kollam District. College Principal Dr.Suman Alexander, Manager Rev.Fr. Baby Thomas, Dr. Sankar S, Palliative Care Medical Officer, Taluk Hospital Kottarakara, Mr. Anooj, District Palliative care coordinator, Ms. Remya Chandran, Palliative Staff Nurse, Taluk Hospital Kottarakara and Ms. Shemeena, Physiotherapist, Taluk Hospital, Kottarakara, NSS program officer Asha G and NSS palliative care volunteers have participated in the program.

After the inauguration session Dr. Jayasankar, DMO Kollam District leads an orientation class for the palliative care volunteers. Mr. Anooj, the District Palliative care coordinator handle the afternoon session. It was an interactive session in which unit volunteers actively participated. Unit volunteers clarified their doubts followed by lessons on the need for palliative care.







### 3. District Level Palliative Care Orientation Class

A district-level awareness and orientation for the student Palliative members around the district from various colleges were held on 25/08/2019 at the District training Centre, Kollam. Assistant Collector Mamony Doley IAS officially inaugurated the session and delivered the inaugural address for the session. The session was arranged with the District collector's student community service cell and health care department of Kerala. The session was carried out by Dr.C. R. Jayasankar, DMO, Kollam. Palliative care district coordinator Mr. Anooj began the session with a welcome address. Students from various colleges around the district of the student Palliative care unit actively participated in the session. Nine volunteers from our student palliative care unit attended the awareness class.





## കോളേജ് വിദ്യാർഥികൾക്കായി പാലിയേറ്റീവ് ബോധവൽക്കരണം

കൊല്ലം

കലക്ടറുടെ സ്റ്റുഡന്റ്സ് കമ്മ്യൂണിറ്റി സർവീസ് പ്രോഗ്രാമും ആരോഗ്യ വകുപ്പുമായി ചേർന്ന് കോളേജ് വിദ്യാർഥികൾക്കായി പാലിയേറ്റീവ് കെയർ ബോധവൽക്കരണം സംഘടിപ്പിച്ചു.

എസ് എൻ കോളേജ് കൊല്ലം, എസ് എൻ വിമൻസ് കോളേജ്, ഫാത്തിമ മാതാ നാഷണൽ കോളേജ്, കൊട്ടാരക്കര സെന്റ് ഗ്രിഗോറിയസ് കോളേജ്, ടി.കെ.എം കോളേജ് ഓഫ് എൻജിനീയറിംഗ്, ചവറ ബിജെഎം കോളേജ്, ബിഷപ്പ് ബെൻസിഗർ കോളേജ് ഓഫ് നഴ്സിംഗ്, എം.ഇ.എസ് ഇൻസ്റ്റിറ്റ്യൂട്ട് ഓഫ് മാനേജ്മെന്റ് ടെക്നോളജി, ചാത്തന്നൂർ എന്നീ കോളേജുകളിൽ നിന്നായി 80 വിദ്യാർഥികൾ പങ്കെടുത്തു. അസിസ്റ്റന്റ് കലക്ടർ മാമോനി ഡോലൈ ഉദ്ഘാടനം ചെയ്തു.

ഡെപ്യൂട്ടി ഡി.എം.ഒ സി ആർ ജയശങ്കർ, ഡോ. എസ് ഹരികുമാർ, അനൂജ് എന്നിവർ സംസാരിച്ചു.

## **4. Inauguration of the First Student Palliative Care Unit in Kollam District**

The first student Palliative care unit in Kollam district inauguration is held at St. Gregorios College Kottarakara on September 20. The inauguration was graced with the presence of Shri. **S H Panchapakesan, Principal and District Sessions Judge, District Court, Kollam**. The program begins with the prayer song followed by the welcome address given by Prof.Asha G, NSS Programme Officer, St. Gregorios College. The presidential address is given by Dr. Suman Alexander, Principal, St.Gregorios College Kottarakara. The inauguration was officially done by lighting the ceremonial lamp by the chief guest and other dignitaries. Graceful presence of Dr. Jayasankar, DMO Kollam District, Dr. Merrina Paul, Medical Superintendent Taluk Hospital Kottarakara, Dr. Sankar S, Palliative Care Medical Officer, Taluk Hospital Kottarakara, Mr. Anooj, District Palliative care coordinator, Ms.Remya Chandran, Palliative Staff Nurse, Taluk Hospital Kottarakara and Ms. Shemeena, Physiotherapist, Taluk Hospital, Kottarakara.

**Shri. S H Panchapakesan** delivered his inaugural address indicating the value of student palliative care and its importance in society. As a legal guardian, the various experiences and feelings he faced are shared with our students. He wished all the blessings to the promised children of tomorrow's generation to build a virtuous society. Congrats to our NSS unit for initiating the students palliative care unit activity. Felicitations were given by Dr. C R Jayashankar and Dr. Merrina Paul, Dr. Sankar S, and Mr. Anooj. Finally, a vote of thanks was given by Dr. Manu V, NSS program officer. The students palliative care volunteers Surya S Sathyan and Anandhu R Nair share their palliative care experience. The experience they shared is thought-provoking and moisturizing the eyes. The NSS unit of the college coordinated the event and helped in making the event a great success. The speeches made by the dignitaries inspired the students a lot taking forward the palliative care unit to greater heights.







## **5. Two day residential camp at the Kerala University**



### **Residential session at the Kerala University student cell on Palliative care**

Unit volunteer and college Palliative care unit coordinator Surya S Sathyan attended a two day residential training session at the Kerala University student cell on Palliative care on October 10.

- ★ The main events were:
- ★ Session Why Palliative care and its need for the society
- ★ Students initiative on Palliative care and how it is taken out
- ★ What are the Activities done on?
- ★ Training on physiotherapy and other first aid.
- ★ Training on how to cope with a disastrous situation

The training session was a great success and speeches has inspired and motivated the students in taking the leadership of such an initiative at the college level.

## **6. One day workshop for manufacturing of umbrella**

A one-day workshop on the manufacturing of umbrellas was organized by the Kottarakara Taluk Hospital Palliative care unit members along with the Student palliative care unit of St.Gregorios College, Kottarakara. The Workshop was held on 05/12/2019 at the Taluk Hospital conference Hall, Kottarakara. The program aimed to create self-employment for the needy. The session was actively participated by senior citizens of the society and by the unit members providing assistance for them in understanding the method of manufacturing. The session was greatly successful.



കൊട്ടാരക്കര മുൻസിപ്പാലിറ്റി  
താലൂക്ക് സംസ്ഥാന ആശുപത്രി, കൊട്ടാരക്കര

**ഏകദിന തൊഴിൽ പരിശീലന പരിപാടി**  
(വിദഗ്ധ സാന്ത്വന പരിചരണം)

2019 ഡിസംബർ 05 താലൂക്ക് ആശുപത്രി കോൺഫറൻസ് ഹാൾ

കൊട്ടാരക്കര മുൻസിപ്പാലിറ്റി  
താലൂക്ക് സംസ്ഥാന ആശുപത്രി, കൊട്ടാരക്കര

**ഏകദിന തൊഴിൽ പരിശീലന പരിപാടി**  
(വിദഗ്ധ സാന്ത്വന പരിചരണം)

ഡിസംബർ 05 താലൂക്ക് ആശുപത്രി കോൺഫറൻസ് ഹാൾ



**Active workshop on making of umbrellas at the conference Hall Thaluk Hospital, kottarakara**

## **7. Field visits and training for student Palliative members**

Under the guidance of the Taluk Hospital Palliative care unit, Kottarakara volunteers of the student community were given field training. This training is assisted with the help of Ms. Remya Chandran, Palliative Staff Nurse, Taluk Hospital Kottarakara, and Ms. Shemeena, Physiotherapist, Taluk Hospital, Kottarakara.

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 patient in the panchayats under the Kottarakara Taluk.

### **The main activities are done:**

- ★ Offers a support system to help the family cope during the patient's illness and in their bereavement.
- ★ Provides relief from pain and other distressing symptoms.
- ★ Will enhance the quality of life, and may also positively influence the course of illness.
- ★ Integrates the psychological and spiritual aspects of patient care.
- ★ Affirms life and regards dying as a normal process.
- ★ Intends neither to hasten nor postpone death.

DATE	Unit members actively participated In the field visit
24/08/2019	Siva Jyothy G L , Bibin Babu, Surya S Sathyan
28/08/2019	Anandhu R Nair, Bibin Babu
25/09/2019	Greeshma Joseph, Anagha R
12/10/2019	Neenu Susan Joji, Shilpa Pramod, Jayalekshmi S
24/10/2019	Vincy Sebastian, Lekshmi, Sulfiya Sathar
6/12/2019	Thasleema S R, AlakaVinod, Vipul V Pillai
7/12/2019	Fathima S , Asiya S, Kalpana A
11/12/2019	Aromal Krishnan, Nithya Jacob, Parvathy D P
12/12/2019	K S Parthasarathy, Alfy George, Gopika B M

## **8. Palliative day observance and certificates distribution**

Nationally palliative care day is observed on January 15<sup>th</sup> of every year, and the aim of observing resides on the fact of importance of Palliative care. The unit volunteers of the St. Gregorios College became a part of the palliative care day programs organized by the district Palliative care held at Kollam town hall. The events included certificate distribution of the student Palliative members who have undergone field training. The event was successful with the graceful presence of eminent personalities and Palliative care coordinators who have been serving the society under any circumstances.



**Functions held on January 15 at the Kollam town hall observing the Palliative care day**

## DONATING UMBRELLA

NSS unit of St. Gregorios College Kottarakara donate umbrella on 2019 May 21 as a part of giving School kit for poor children in association with Govt. Taluk Hospital Kottarakara. Our palliative care volunteers handed over the umbrella to the Hospital Superintendent Dr.Biju B N. Dr. Sankar S, Palliative Care Medical Officer, Taluk Hospital Kottarakara also participated the function.





**TALUK HEAD QUARTERS HOSPITAL  
KOTTARAKARA**

KOLLAM (DIST), KERALA.  
Pin - 691 506  
Phone: 0474 - 2452610  
Email :- thqhktr@gmail.com

25.05.2019

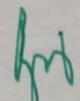
**CERTIFICATE OF APPRECIATION**

This certificate is awarded to the **NSS Unit of SG College, Kottarakara, Kollam District** in appreciation for sponsoring 13 three fold-umbrellas for the children of secondary palliative patients registered under this hospital on 21.05.2019.

We are thankful for the support and care you have extended to our Palliative Team.

With Regards



  
**Dr. Biju B.N**  
**Superintendent**

സൂപ്രണ്ടി  
തമ്പ: താലൂക്ക് ആശുപത്രി  
കൊട്ടാരകര-691 506.

## **PALLIATIVE CARE UNIT MEMBERS OF SGC**

1. DR.SUMAN ALEXANDER (COLLEGE PRINCIPAL)
2. ASHA G (NSS PROGRAMME OFFICER)
3. DR.MANU V (NSS PROGRAMME OFFICER)
4. ABHIJITH S (PALLIATIVE CARE LEADER)
5. SURYA S SATHYAN (PALLIATIVE CARE LEADER)
6. AROMAL KRISHNAN (PALLIATIVE CARE LEADER)
7. K S PARTHASARATHY (VOLUNTEER)
8. ABHISHEK THOMAS (VOLUNTEER)
9. ROSHIN M ROY (VOLUNTEER)
10. ALFY GEORGE (VOLUNTEER)
11. SEROOYA LAL (VOLUNTEER)
12. VIPUL V PILLAI (VOLUNTEER)
13. ALAKA VINOD (VOLUNTEER)
14. THASLIMA S R (VOLUNTEER)
15. GOPIKA B M (VOLUNTEER)
16. SAFNA SALIM (VOLUNTEER)
17. KRIPA JOSEPH (VOLUNTEER)
18. NEENU SUSAN JOJI (VOLUNTEER)
19. ANANDHU R NAIR (VOLUNTEER)
20. BIBIN BABU (VOLUNTEER)
21. SIVA JYOTHY G L (VOLUNTEER)
22. LEKSHMI (VOLUNTEER)
23. VINEETHA L (VOLUNTEER)
24. GREESHMA JOSEPH (VOLUNTEER)
25. ANAGHA R (VOLUNTEER)
26. ARYA A L (VOLUNTEER)
27. AMINA SAKIR (VOLUNTEER)
28. SULFIYA SATHAR (VOLUNTEER)
29. JAYALAKSHMI S (VOLUNTEER)
30. SILPA PRAMOD (VOLUNTEER)
31. ABHISHEK A B (VOLUNTEER)
32. VINCY SEBASTIAN (VOLUNTEER)
33. KARIS GEORGE KOSHY (VOLUNTEER)
34. ADHITHYA KRISHNAN (VOLUNTEER)
35. AKHILA (VOLUNTEER)
36. PARVATHY D P (VOLUNTEER)
37. NITHYA JACOB (VOLUNTEER)
38. SHAHANA N S (VOLUNTEER)
39. LINCY THOMAS (VOLUNTEER)
40. NEENU SUSAN JOJI (VOLUNTEER)
41. MERLIN JOSEPH (VOLUNTEER)
42. FATHIMA S (VOLUNTEER)
43. ASIYA S (VOLUNTEER)
44. KALPANA A (VOLUNTEER)
45. SHILPA PRAMOD (VOLUNTEER)

46. ASWIN S (VOLUNTEER)
47. ALAN S JEEVA (VOLUNTEER)
48. BINCY BABU (VOLUNTEER)

The following volunteers of St.Gregorios College Kottarakara successfully completed three days Volunteer Training Course in Palliative Care conducted by the District Palliative Care Training Centre, District Hospital, Kollam.

1. SURYA S SATHYAN
2. AROMAL KRISHNAN
3. VIPUL V PILLAI
4. ANADHU R NAIR
5. K S PARTHSARATHY
6. BIBIN BABU
7. LINCY THOMAS
8. ALAKA VINOD
9. THASLIMA S R
10. GOPIKA B M
11. ALFY GEORGE
12. SHAHANA N S
13. VINCY SEBASTIAN
14. KRIPA JOSEPH
15. SAFNA SALIM
16. SULFIYA SATHAR
17. ANAGHA R
18. GREESHMA JOSEPH
19. VINEETHA L
20. LEKSHMI
21. SIVA JYOTHI G L
22. NEENU SUSAN JOJI
23. SHILPA PRAMOD
24. JAYALEKSHMI S

