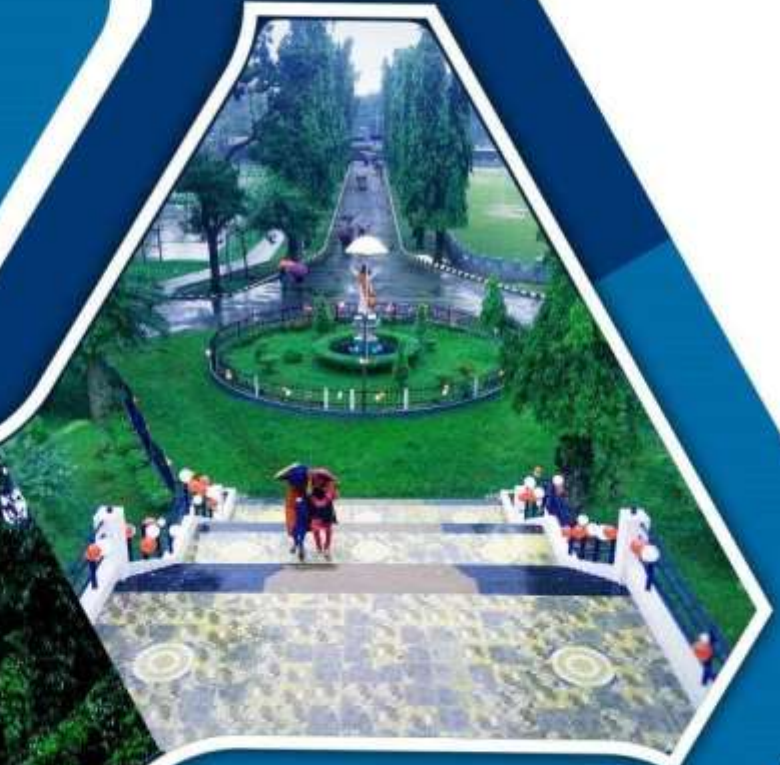


# FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)  
Affiliated to University of Kerala



## 2.2.1 Palliative Club

**IQAC** INTERNAL QUALITY ASSURANCE CELL

# Report on Palliative Club, 2021-2022

## INTRODUCTION

Fatima Mata National College, is one of the premier autonomous institutions in the Kollam district, Kerala. Student palliative club is the preliminary initiative under the NSS even though our students are doing various palliative care activities under the Community Health club. FMNC is having two units 26 A and B.

## ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

### 1. UNIVERSITY LEVEL TRAINING PARTICIPANTS

Sl. No.	Name of Volunteer	Gender	Class
1	Nishin S.	M	II DC Malayalam
2	Aleena A.	F	II DC Malayalam

Above students completed online Palliative training from 1.11.2021 to 06.11.2021

### 2. DISTRICT LEVEL TRAINING PARTICIPANTS

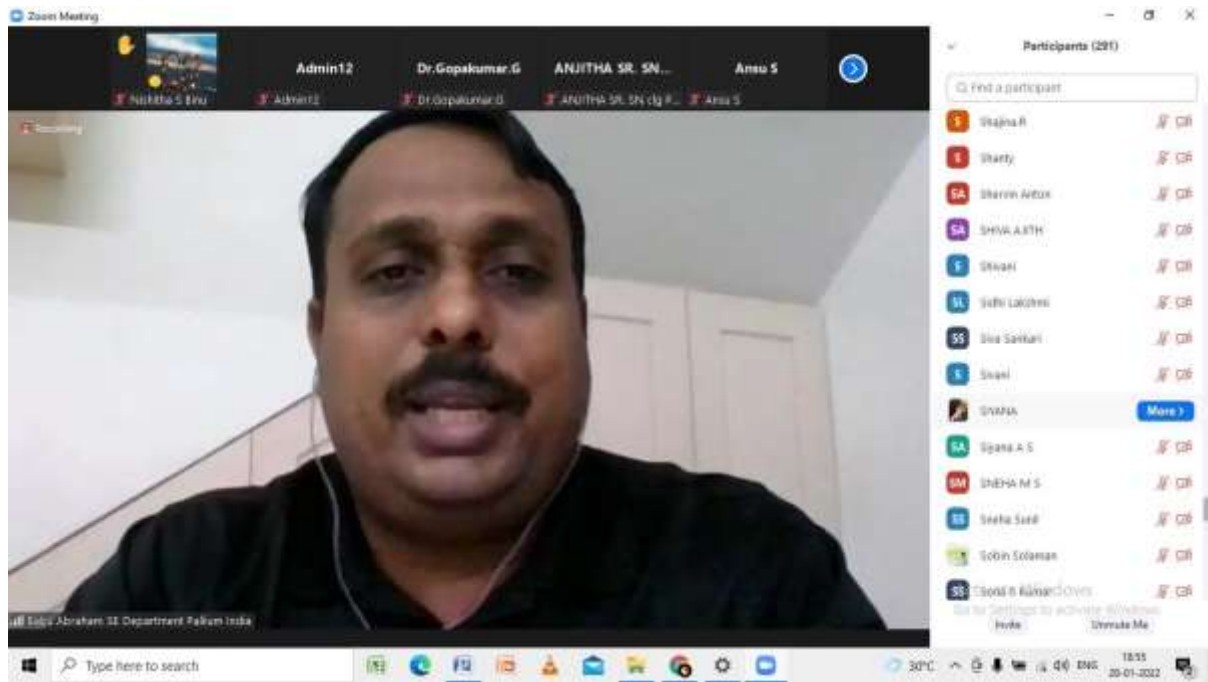
Sl. No.	Name of Volunteer	Gender	Class
1	Sandra Sajeev	F	II DC Economics
2	Nifa Roy	F	II DC History
3	Navya Nomi	F	II DC Chemistry
4	Bijitha B.	F	II DC Botany

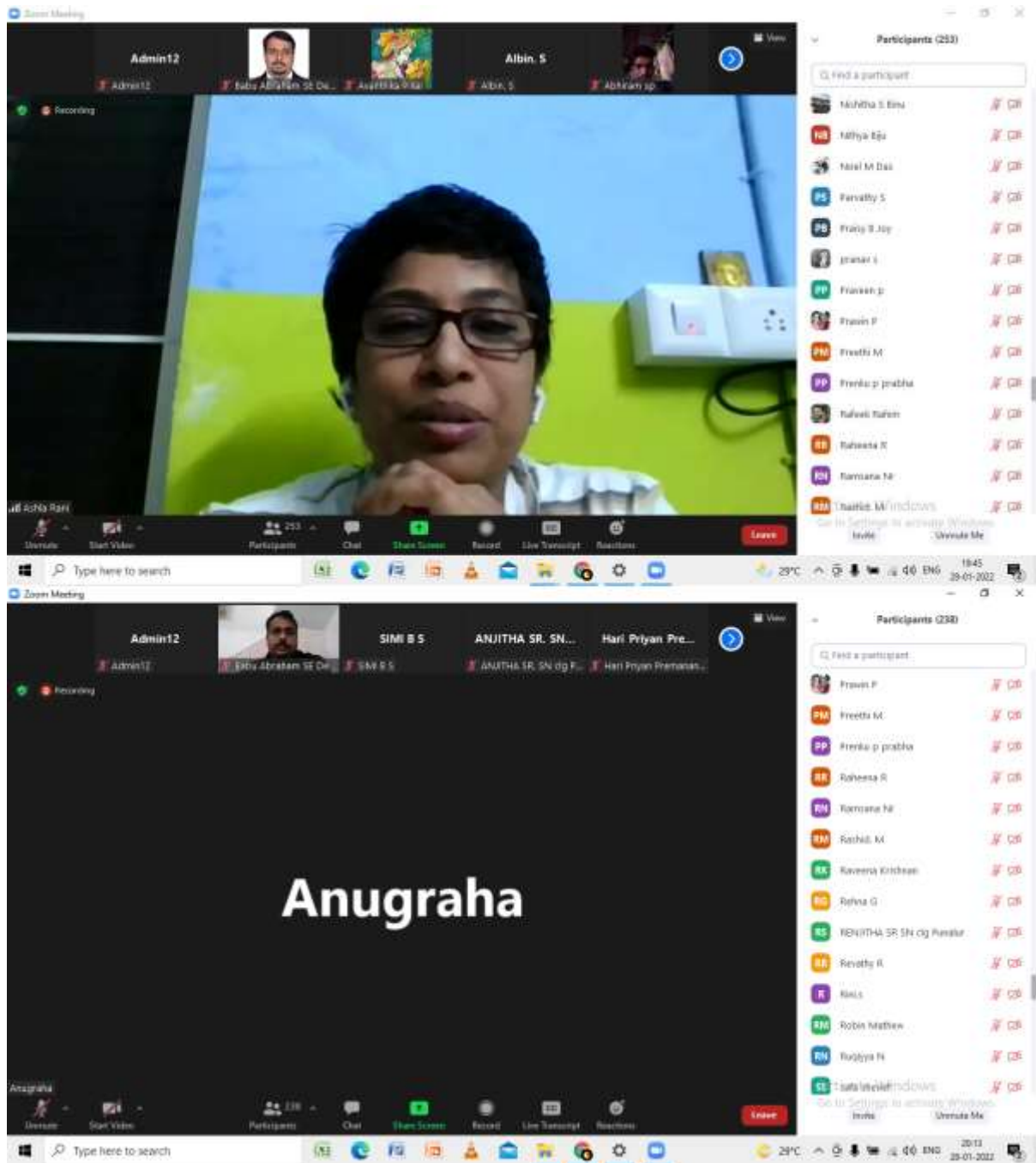
Above students completed online Palliative training from 15.11.2021 to 20.11.2021

### 3. UNIT LEVEL TRAINING/AWARENESS PROGRAMME

Unit level training for the whole volunteers was completed online via Zoom platform on 28.01.2022. Online session empowered student volunteers to provide basic social support, companionship to patients and to develop future generation with social responsibility. One of our volunteer Ms. Anugraha Mary Biju has presented the palliative works done by the

college.





#### 4. HOME VISITS

Students are divided into eight groups and conducted survey at the participating village Moothakkara, Kollam and near by areas. Palliative patients were identified with the help of Asha workers and Quilon Service Society. 10 families were identified and distributed medicines, food kits and medical kits according to their needs



## Student Palliative Care survey done at participating village Moothakkara, Kollam



### 5. SUPPLY OF MEDICINES

Base on the survey and the details given by the Asha workers, Palliative care needed persons were identified. Volunteers themselves went to those identified houses and enquired about the types of medicines they were using and purchased those medicines for 1-2 months according to the cost and supplied to the identified patients.

## Student Palliative Care - distribution of medicines



FMNC

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### 6. DISTRIBUTION OF FOOD KITS

Base on the survey and the details given by the Quilon Service Society and Asha workers, Palliative care needed persons were identified. Volunteers themselves went to those identified houses and enquired about their needs and purchased necessary groceries for one month and supplied to the identified patients. Some of the palliative patients were provided with the medicines by some service oriented societies, such patients were selected for grocery distribution.

## Student Palliative Care - distribution of food kits



### 7. DISTRIBUTION OF EQUIPMENTS

Volunteers enquired about the financial status of dialysis patients in the Benziger Hospital, Kollam. It was noticed that several patients were skipping the dialysis procedure due to the financial shortage. We identified two patients who were very needy and provided Dialysis Kit for them.

### Student Palliative Care - distribution of equipments



### 8. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES

Based on the survey conducted by the volunteers, palliative



patients who are coming under BPL were provided with plastic coated clothes sheets and diapers.

### 9. COUNSELING FACILITIES PROVIDED

Counseling was done for the bed ridden and cancer patients by the Psychology student volunteers of FMNC.

### 10. OTHER INTERVENTIONS

Volunteers were initiated a rotating group which included 10 members each of which every month one of the group will be followed the palliative care activity for a selected family who are very needy. Collection of necessities made by the students themselves from their pocket money.

#### DETAILS OF STUDENT PALLIATIVE CARE 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	volunteers	
2	District Level training	4	12	volunteers	
3	Unit Level Training	98	2	volunteers	
4	Home visits	98	60	Palliative patients	662
5	Supply of Medicines	20	10	Palliative patients	6709
6	Distribution of food kits	20	10	Palliative patients under BPL	10008
7	Distribution of equipments	NA			



8	Distribution of cloths	20	1	Paralyse d patients	
9	Distribution of furniture	NA			
10	Distribution of surgical	20	5	Kidney patient s	2841
11	Counselling facilities	20			
12	Other interventions(Provide details)	10	10	Palliativ e Patients support	Collection made by the students themselves from their pocket money

## Blood donation camp

On 25.3.22 blood donation camp was conducted by NSS in corporation with District Hospital, Kollam. 61 volunteers donated blood.



Fig. Certificate issued by District hospital to the NSS unit of FMNC for organizing blood donation camp.

## **Cyclathon conducted for Cancer Care campaign**

It is a group initiative of Caritas INDIA and Ashakiranam with the volunteership of NSS and NCC of Fatima Mata National College to raise our hands of support to the hearts suffering from the mysterious hands of cancer cells and to make an awareness about the deadly disease.

On 17.12.2021 at 10.00 AM the flag off was done by the Honorable Mayor of Kollam Smt. Prasanna Earnest in the esteemed presence of Rev.Fr. Abhilash Gregory (Pro Manager) FMNC, Rev. Fr. Alphonse S, Director of Quilon Social Service Society, Mr Abeesh of QSS & Caritas INDIA and NSS Program Officer Gireesh U. The Cyclathon started from Kollam Beach passing the Congress Bhavan via SN College and finally reached Fatima Mata National College Kollam. The volunteers were provided with refreshments at the college.

An awareness programme was held at the college auditorium which was inaugurated by the honorable Deputy Mayor of Kollam Sri.Kollam Madhu. The programme started by seeking the divine presence of the almighty with a prayer song, followed by the welcome address by Rev.Fr.Alphonse S along with an introductory speech by Mr Abeesh about the need for Cancer Care and early detection and care about Cancer. Felicitations were given by Rev. Fr. Abhilash Gregory (Pro Manager, FMNC), Dr. Jojo P J (Principal, FMNC) Fr. George Vettikattil, Fr.Sabbas Ignatious, Fr.Rahul. B. Anto, Fr. Johnson, Fr.Lukose Kannimel, Fr. Samson Anjiliparampil, Fr. Samuel Vilayil, Fr. Varghese Chamakalayil, Fr. Thomas Mukalumpurath.

**The programme had made an awareness about the spread of cancer disease and pointed out the need for an early detection and treatment of cancer along with showing the importance of saying no to cancerous substances so as to lead a healthy life.**



**Fig.** Cyclathon for cancer care campaign.



**Fig.** Cyclathon for cancer care campaign.





Kollam, Kerala, India

211, Jawahar Nagar, Pattathanam, Kollam, Kerala 691001, India

Lat 8.885415°

Long 76.60288°

17/12/21 10:07 AM

**Fig.** Cyclathon for cancer care campaign.