



Santwanam – Pain and Palliative Care Club of Vimala College

Santwanam, the pain and palliative care club of Vimala College, aims at improving the quality of life of patients and their families who face problems associated with life-threatening illness. The members of the club conduct various activities to help the suffering and support them to have a quality life. The club conducts awareness programmes on palliative care. The members are trained by qualified personnel. Home visits are conducted to lend care and to spend quality time with the patients and their families.

Faculty Coordinator



Dr Regina Jose

Student Coordinator

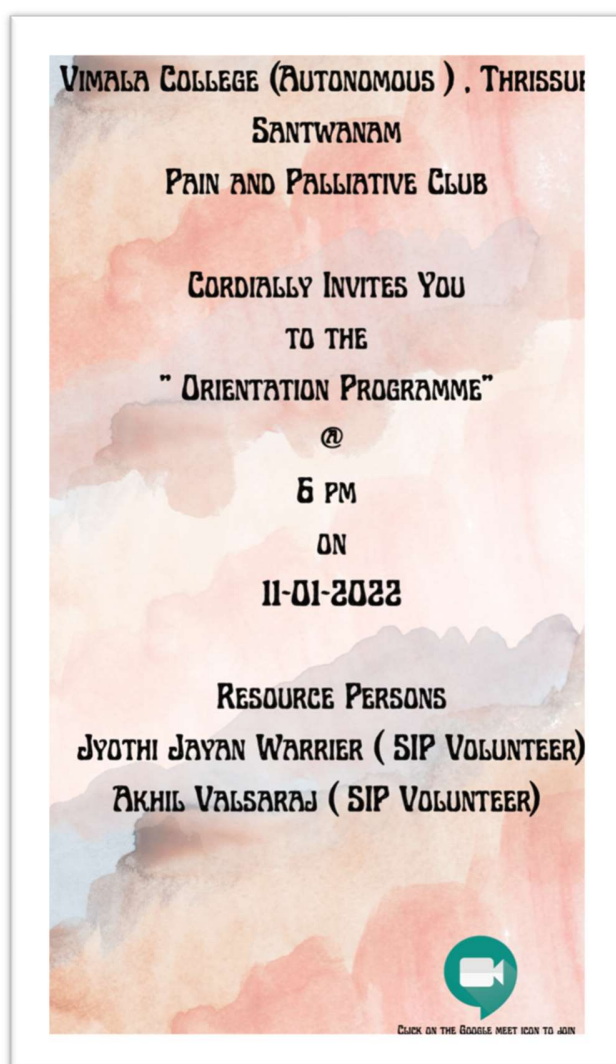


Ms Greena V Abraham

ACTIVITIES (2021-2022)

Orientation Programme (11th January, 2022)

As an initiative to create awareness about the importance and activities of Pain and Palliative Care Club, an orientation programme was conducted on 11/01/2022. The programme was organized by the Staff coordinators of the club. Mrs Jyothi Jayan Warriar and Mr Akhil Valsaraj were the resource persons for the talk. The programme was conducted through Zoom platform at 6 pm. Mam Jincy Franson gave the welcome speech. Mrs Jyothi Jayan Warriar delivered an astounding class regarding the scope of Pain and Palliative Club. Mr Akhil Valsaraj shared his experiences as an SIP volunteer. Ms. Padmaja, former Vimalite threw some light by sharing her memories as an SIP volunteer. The inspiring words of the resource persons fueled the energy of the club members. Club representative gave the vote of thanks and the programme ended by 7:00 pm. Around 75 members participated in the programme.



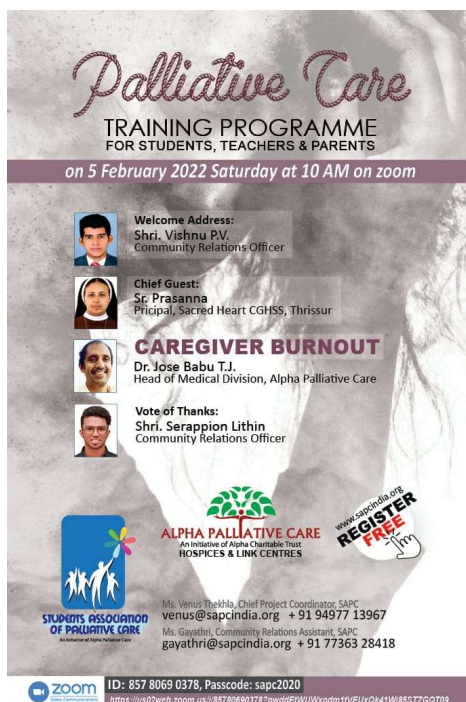
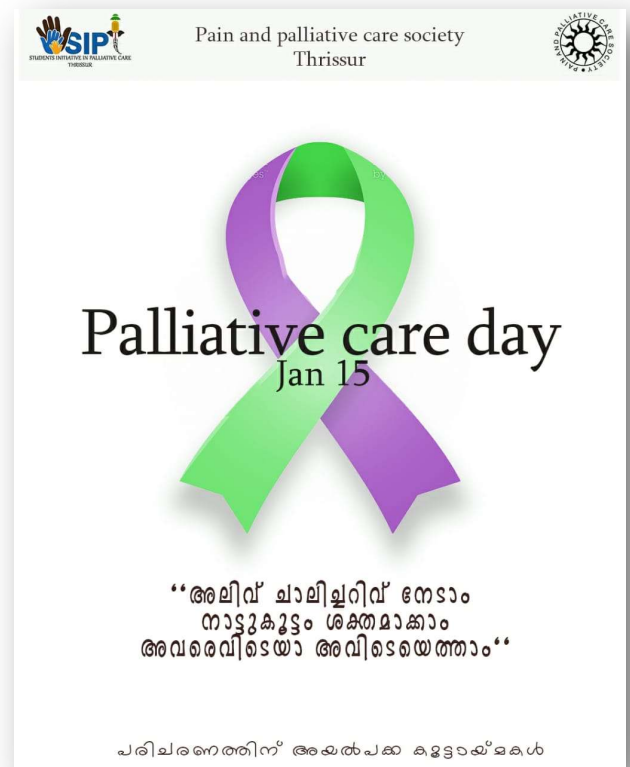
Palliative Corner (13th January, 2022)

As the part of Palliative Care Day “Palliative Corner “was organized on January 13 from 12 to 12:30 pm. It was a half hour long interactive session between the former Pain and Palliative volunteers of Vimala College and the new members of the club at Leisure Tower, Vimala College. Volunteers asked their queries and shared ideas on home care. The video clip of this programme was presented on the meeting of Pain and Palliative Care Day Celebrations of SIP. The video received a lot of appreciation from the members of Thrissur SIP. Around 50 members participated in the “Palliative Corner” meet.



Palliative Care Day (15th January, 2022)

As the part of Palliative Day Celebrations Zoom meet was organized by PPCS Thrissur from 6:00 pm to 9:00 pm. Students from various colleges participated and presented programmes. Many members of SIP shared their experiences with home care and palliative visits. As a representation of Vimala College, Nandhana S and Greena V Abraham took part in the programmes. Video of the “Palliative Corner” was also presented. Around 65 members of the club participated in the meeting.



Online Palliative Training (5th February, 2022)

The Students Association of Palliative Care (SAPC) of Alpha Palliative Care organized an online training programme for pain and palliative care members on 5 February, 2022 from 10:00 am to 11:00 am. Dr. Jose Babu T J conducted the training based on the topic “CAREGIVER BURNOUT”. It was an informative and interactive session. 110 members participated from our club.

World Cancer Day (5th February, 2022)

30 of the club members participated in an online awareness programme organized by Government Dental College, Thrissur, in association with Students Initiative of Palliative Care (SIP), Thrissur, during 3:00 – 4:00 PM. It was a session on oral cancer named “Close the Care Gap”, lead by Dr Sudha, Vice principal of Government Dental College, Thrissur.

