






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 Coordinators	Dr Regina Jose Assistant Professor Department of Physics	
	Ms Jincy T P Assistant Professor Department of Mathematics	 <small>MS JINCY T P</small>
Student Coordinator	Ms Greena V Abraham UG English (2021-24)	

Members of Santwanam - Pain And Palliative Care Club 2021-22

Sl No.	Name	Programme of Study	Year of joining	email id	Whatsapp Number
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20	SWALIHA PARVEEN SADIK. KK	BSc Physics	2021	Pswaliha149@gmail.com	9496120162
21	ANU VARGHESE	BSc Zoology	2021	anuv73786@gmail.com	8137054538
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23	ARCHANA K B	BSc Mathematics	2021	archanababuraj17@gmail.com	8137822077
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27	UTHARA K U	BSc Statistics	2021	utharaku11@gmail.com	9633646565
28	SNEHA.A.I	BSc Statistics	2021	Snehaai004@gmail.com	8547055528
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52	UTHARA K U	BSc Statistics	2021	utharaku11@gmail.com	9633646565
53	SWALIHA PARVEEN SADIK. KK	BSc Physics	2021	Pswaliha149@gmail.com	9496120162
54	ANJANA KV	BSc Statistics	2021	anjanakv003@gamil.com	8714131822
55	NANDAMOL.N	BSc Statistics	2021	nandhaa121@gmail.com	8606296168
56	ANAGHA K	B Voc Web Technology	2021	kanagha2004@gmail.com	9746675300

57	ANGEL MERY	B Voc Web Technology	2021	angelmery061@gmail.com	9744113927
58	SWETHA A. J	B Voc Web Technology	2021	Swethaaj2002@gmail.com	9747669885
59	SWEETY PAPPACHAN	B Voc Web Technology	2021	Sweetypappachan@gmail.com	7736558566
60	SWEETY PAPPACHAN	B Voc Web Technology	2021	Sweetypappachan@gmail.com	7736558566
61	CATHERIN T.P	B Voc Web Technology	2021	Catherinpaulson1@gmail.com	8590587607
62	SANDRA MARIYA ROSHAN	BSc Computer Science	2021	sandramroshan@gmail.com	7510489474

(List of students registered via the google form in January 2022. Even more students participates in the programmes)

List of students opted to participate in home visits

1	NANDANA S	B A ENGLISH
2	MANASI NIGHIL A	B A ENGLISH
3	GREENA V ABRAHAM	B A ENGLISH
4	PAVIYA POULOSE PAREKATT	B A ENGLISH
5	LABEEBA C V	B A ENGLISH
6	SHAHMA P C	B A ENGLISH

7	NAVYA C	B A ENGLISH
8	GAYATHRI NARENDRAN	B A ENGLISH
9	NANDITHA K	B A ENGLISH
10	AHITHA K P	BSC PHYSICS
11	SANET DAVIS	BSC PHYSICS
12	SHIKHA SOMAN K	BSC PHYSICS
13	DHIMYA DELEEP KUMAR	BSC PHYSICS
14	AARCHA JAYAN A	BSC PHYSICS
15	LITTY E P	BSC PHYSICS
16	ANEENA JOSEPH	BSC PHYSICS
17	SHIMA T S	BSC PHYSICS
18	ASWATHY I R	BSC PHYSICS
19	ATHIRA K V	BSC PHYSICS
20	CHANJAL P J	BSC PHYSICS
21	SWALIHA PARVEEN SADIK KK	BSC PHYSICS
22	ABHIRAMY K P	BSC PHYSICS
23	GEETHIKA SHIJU	BSC PHYSICS
24	JYOTHIKA P K	BSC PHYSICS
25	ANAGHA BABU V	BSC PHYSICS
26	SILPA K V	BSC PHYSICS
27	ANJANA T V	BSC PHYSICS
28	AMITHA DAS	BSC PHYSICS
29	LAMIYA SHARIN P	BSC PHYSICS
30	LAKSHMI T S	BSC PHYSICS
31	SWATHI K S	BSC STATISTICS

32	CELEENA SAMBRIN	BSC STATISTICS
33	ALEENAMOL T A	BSC STATISTICS
34	JUSAILA P S	BSC STATISTICS
35	UTHARA K U	BSC STATISTICS
36	SNEHA A I	BSC STATISTICS
37	ANJANA V J	BSC STATISTICS
38	RADHIKA P R	BSC STATISTICS
39	ANJANA K V	BSC STATISTICS
40	ASWATHY P M	BSC STATISTICS
41	AISWARYA P	BCOM SELF
42	ARYA DAS	BCOM SELF
43	MAHALAKSHMI	BCOM SELF
44	DEVIKA S	BCOM SELF
45	VAISHNAVI SANTHOSH	BCOM SELF
46	DEVAPRIYA A M	BCOM SELF
47	ANEENA JOSE	BCOM SELF
48	SONA M V	B VOC WEB TECH
49	ANAGHA K	B VOC WEB TECH
50	GAYATHRI V R	B VOC WEB TECH

51	SONA THOMAS	B VOC WEB TECH
52	SWEETY PAPPACHAN	B VOC WEB TECH
53	SWETHA A J	B VOC WEB TECH
54	CATHERINEPAULSON	B VOC WEB TECH
55	ANGEL MERY DELSON	B VOC WEB TECH

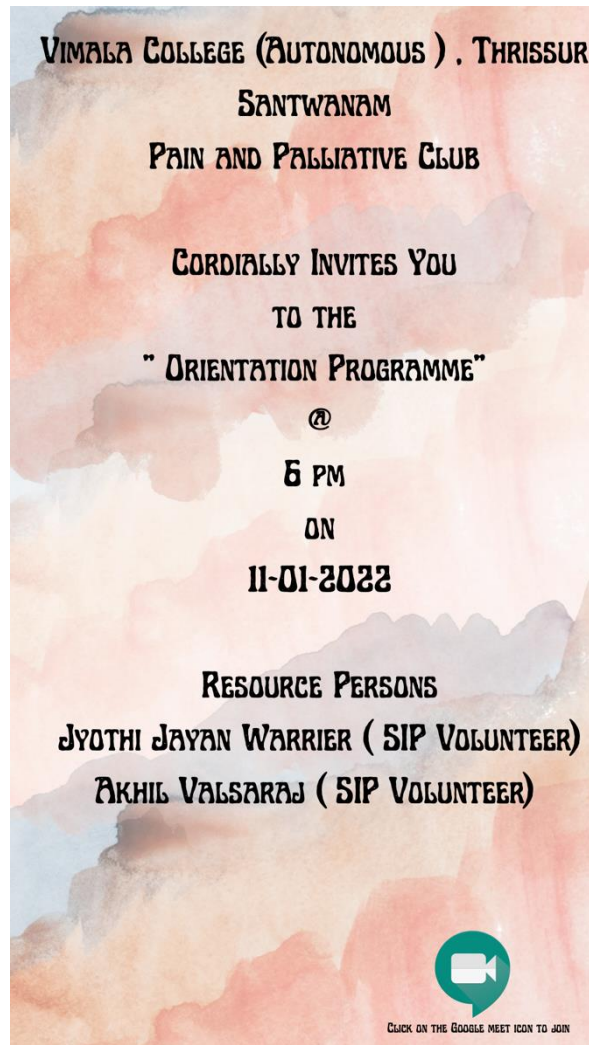
56	S SMRITHI	BSC MATHS
57	KHADEEJA AMAL KK	BSC MATHS
58	ANJANA N	BSC MATHS
59	DEVA D SUNIL	BSC MATHS
60	ALEENA BABU	BSC MATHS
61	MARIA ANN	BSC MATHS
62	IRIN SAJU	BSC MATHS
63	ARCHANA K B	BSC MATHS
64	MEERA K J	BSC MATHS
65	ANN MARY ANTO	BSC ZOOLOGY
66	MARIA PAUL	BSC ZOOLOGY
67	DEVIKA DAMODARAN	BSC ZOOLOGY
68	ANU VARGHESE	BSC ZOOLOGY
69	LATTISHA SHIBYU	BSC ZOOLOGY
70	SNEHA V SATYAJITH	BSC ZOOLOGY
71	SWARGA K K	BSC ZOOLOGY
72	POOJA T S	BSC ZOOLOGY
73	RUBIL T S	BSC ZOOLOGY
74	LAYA C J	BSC ZOOLOGY
75	AKSHAYA K B	BSC ZOOLOGY
76	ASWATHY	BSC COMP SCN
77	R AISWARYALAKSHMI	BSC COMP SCN
78	SREELAKSHMI K	BSC COMP SCN
79	NEHA MEJO	BSC COMP SCN
80	MALAVIKA P B	BSC COMP SCN

81	EVANJALIN JOY	BSC COMP SCN
82	CATHERIN SHAJI	BSC COMP SCN
83	SREELAKSHMI A A	BSC COMP SCN
84	SHABANA	BSC COMP SCN
85	RAVEENA	BSC COMP SCN
86	CIYA YESUDAS	BSC COMP SCN
87	JANET JOHNSON	BSC COMP SCN
88	CATHERIN RAIJU	BSC COMP SCN
89	SANDRA MARIYA ROSHAN	BSC COMP SCN

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.



VIDEO CLIPS

<https://drive.google.com/file/d/1rvRYJWRlvdSmCBogBIjoVcQnZA8qJ5Sw/view?usp=sharing>

<https://drive.google.com/file/d/1rvRYJWRlvdSmCBogBIjoVcQnZA8qJ5Sw/view?usp=sharing>

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.



Pain and palliative care society
Thrissur

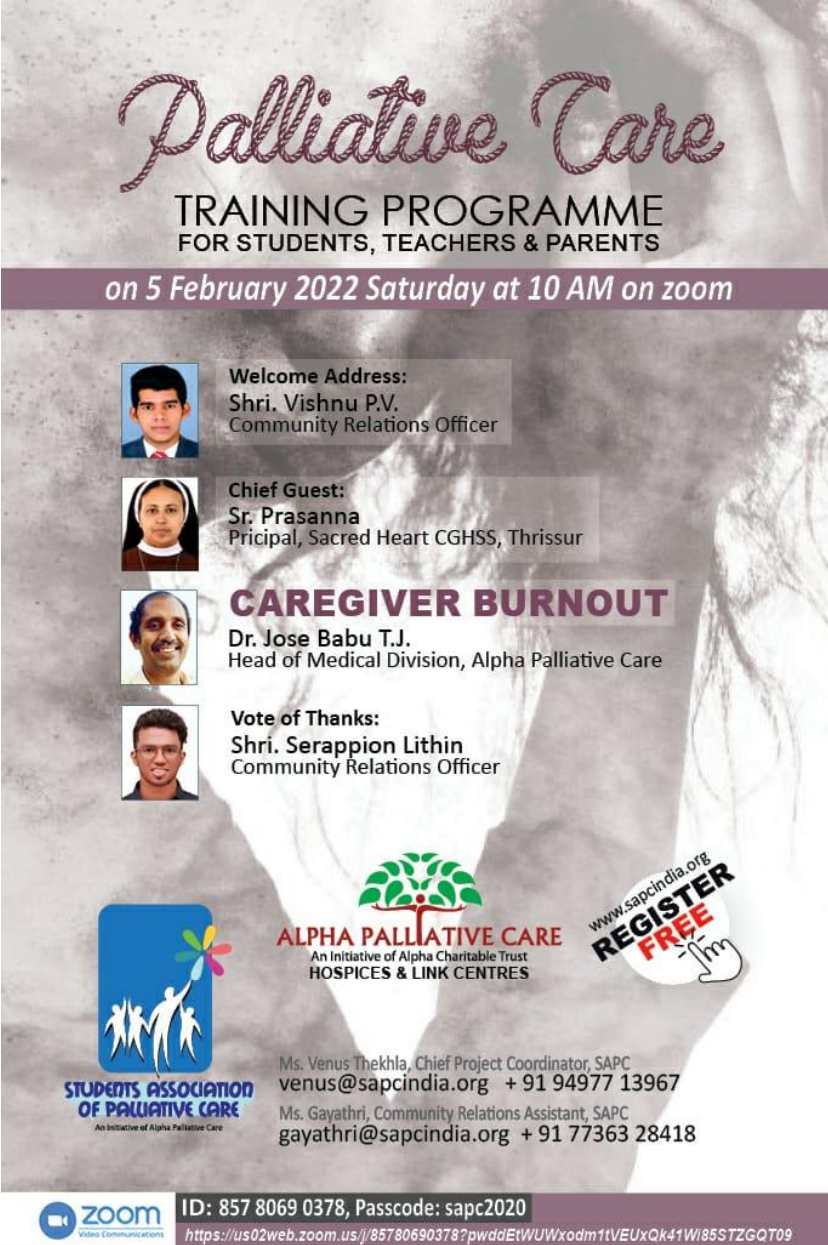


“അലിവ് ചാലിച്ചറിവ് നേടാം
നാട്ടുകൂട്ടം ശക്തമാക്കാം
അവരെയറിയാ അറിയെയെത്താം”

പരിചരണത്തിന് അയൽപക്ക കൂട്ടായ്മകൾ


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.





Palliative Care
TRAINING PROGRAMME
FOR STUDENTS, TEACHERS & PARENTS


on 5 February 2022 Saturday at 10 AM on zoom


 **Welcome Address:**
Shri. Vishnu P.V.
Community Relations Officer


 **Chief Guest:**
Sr. Prasanna
Principal, Sacred Heart CGHSS, Thrissur

 **CAREGIVER BURNOUT**
Dr. Jose Babu T.J.
Head of Medical Division, Alpha Palliative Care


 **Vote of Thanks:**
Shri. Serapion Lithin
Community Relations Officer


ALPHA PALLIATIVE CARE
An Initiative of Alpha Charitable Trust
HOSPICES & LINK CENTRES


STUDENTS ASSOCIATION OF PALLIATIVE CARE
An Initiative of Alpha Palliative Care


www.sapcindia.org
REGISTER FREE

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 **ID: 857 8069 0378, Passcode: sapc2020**
<https://us02web.zoom.us/j/85780690378?pwd=ElWUWxodm1tVEUxQk41Wi85STZGQT09>

Participant list
Vimala College (Autonomous), Thrissur
Online Palliative Care Training Programme - February 5, 2022

1	ANAGHA BABU V	BSC PHYSICS
2	JYOTHIKA P K	BSC PHYSICS
3	GREENA V ABRAHAM	B A ENGLISH
4	SANET DAVIS	BSC PHYSICS
5	LABEEBA C V	B A ENGLISH
6	SILPA K V	BSC PHYSICS
7	DHIMYA DELEEP KUMAR	BSC PHYSICS
8	ASHWATHY I R	BSC PHYSICS
9	ANJANA T V	BSC PHYSICS
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12	GAYATHRI V R	BVOC WEB TECH
13	ANAGHA K	BVOC WEB TECH
14	SONA THOMAS	BVOC WEB TECH
15	ABHIRAMY K P	BSC PHYSICS
16	SWETHA A J	BVOC WEB TECH
17	NANDHITA K	B A ENGLISH
18	RUBIL T S	BSC ZOOLOGY
19	GEETHIKA SHIJU	BSC PHYSICS
20	MANASI NIGHIL A	B A ENGLISH
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23	MAHALAKSHMI	BCOM SELF
24	DEVIKA S	BCOM SELF

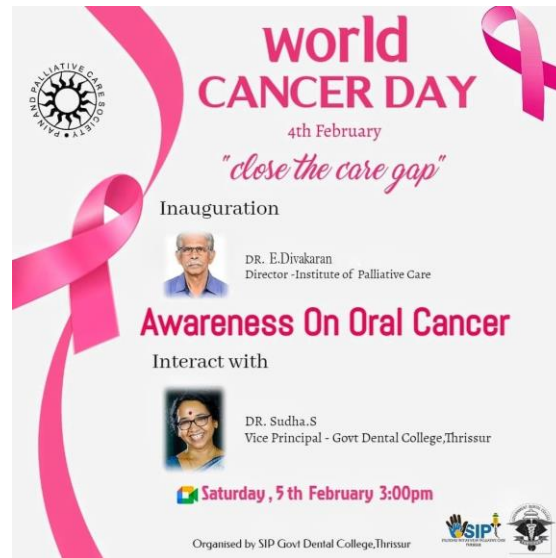
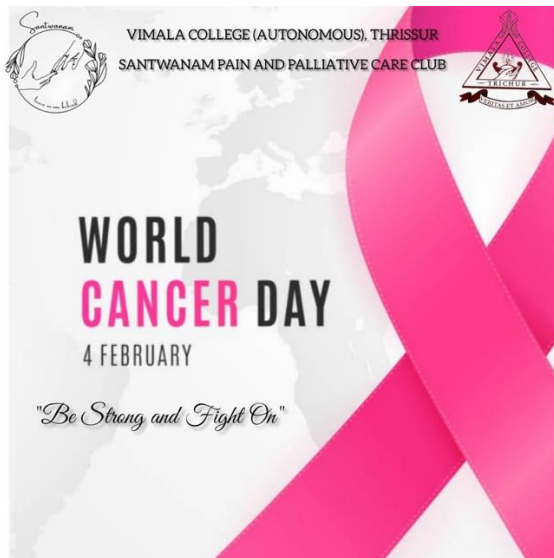
25	VAISHNAVI SANTHOSH	BCOM SELF
26	LAKSHMIKA K	BCOM SELF
27	NANDANA M S	BSC PHYSICS
28	SONA M V	B VOC WEB TECH
29	LAYA C J	BSC ZOOLOGY
30	JANET JOHNSON	BSC COMP SCN
31	POOJA T S	BSC ZOOLOGY
32	ANNMARY ANTO	BSC ZOOLOGY
33	ANANYA THOMAS	BSC COMP SCN
34	SREELAKSHMI K	BSC COMP SCN
35	MARIYAM FIDHA P M	BSC STATISTICS
36	IRIN SAJU	BSC MATHEMATICS
37	SWATHY K S	BSC STATISTICS
38	CIYA YESUDAS	BSC COMP SCN
39	MALAVIKA P B	BSC COMP SCN
40	SHAHMA P C	B A ENGLISH
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43	MARIA ANN JOSE	BSC MATHS
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63	R AISWARYALAKSHMI	BSC COMP SCN
64	KHADEEJA AMAL K K	BSC MATHS
65	CATHERIN PAULSON	B VOC WEB TECH
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67	ANEENA JOSEPH	BSC PHYSICS
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70	UTHARA K U	BSC STATISTICS
71	JUSAILA P S	BSC STATISTICS
72	NANDAMOL N	BSC STATISTICS
73	ALEENMOL T A	BSC STATISTICS
74	CELEENA SAMBRIN DSOUZA	BSC STATISTICS
75	JISMY A J	BCOM SELF

76	SHILTTA N SHAJI	BSC STATISTICS
77	ANGEL BABU C	B A ENGLISH
78	JENI JAMES	BCOM SELF
79	SKIKHA SOMAN K	BSC PHYSICS
80	LATTISHA SHIBU	BSC ZOOLOGY
81	SANDRA MARIYA C S	BCOM SELF
82	RIZWIN RASSAK M	BSC PHYSICS
83	JASMINE C J	BSC PHYSICS
84	ALEENA A T	BSC PHYSICS
85	NEHA MEJO	BSC COMP SCN
86	SWEETY PAPPACHAN	BVOC WEB TECH
87	ABIYA ALEX	BSC COMP SCN
88	CHANJAL P J	BSC PHYSICS
89	ASWATHY P M	BSC STATISTICS
90	RADHIKA P R	BSC STATISTICS
91	LITTY E P	BSC PHYSICS
92	ASWATHY I R	BSC PHYSICS
93	HRIDYA S	BSc Physics 2 nd Year
94	KAVYALAKSHMI M S	BSc Physics 2 nd Year
95	SWATHY S	BSc Physics 2 nd Year
96	DEEPA P V	BSc Physics 2 nd Year
97	JOMOL GEORGE	BSc Physics 2 nd Year
98	ROSE MARIYA	BSc Physics 2 nd Year
99	MILINDA ROSE GEORGE	BSc Physics 2 nd Year
100	ASHNA THERESA	BSc Physics 2 nd Year

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.



(16th March, 2022)

A one day training programme was organized by Alpha Palliative Care Society on March 16 for palliative club members of different colleges at Regional theatre, Sahitya Academy, Thrissur . 10 students from our college participated. The training was inaugurated by Aishwarya Dongri IPS and many other eminent personalities from various fields took classes on topics like *What is Palliative Care?*, *Home Care*, *History of Palliative care* etc. The training was concluded By 4 pm with some entertaining cultural programmes . Our club members found it extremely productive as it enhanced their knowledge in the various aspects of Palliative Care .



Students Association of Palliative Care
PALLIATIVE CARE WORKSHOP
 16 March 2022
 Regional Theatre, Thrissur

Palliative Care Workshop for Students and Teachers
 Organized by Students Association of Palliative Care (SAPC)
 an Initiative of Alpha Palliative Care

ALPHA PALLIATIVE CARE
 An Initiative of Alpha Charitable Trust
 HOSPICES & LINK CENTRES

For FREE Registration send details to sapckerala@gmail.com
www.sapcindia.org, Phone: +91 94977 13967

Official Function

9:00 AM : Registration (Cross checking the participant attendance and distributing Workshop Kit)
 * No Spot Registration

9:30 AM : SAPC Prayer

9:33 AM : Welcome Speech:
 Adv. Simmi A.M.
 Board Member, SAPC

9:35 AM : Presidential Address
Shri. K.M. Noordeen,
 Chairman, Alpha Palliative Care (Online)

9:40 AM : **INAUGURATION**

9:50 AM : Felicitation

9:55 AM : Felicitation

10:00 AM : Vote of Thanks:
 Shri. Thomas Tholath
 President, Alpha Palliative Care Thrissur Link Centre



Workshop

10:00 AM-10:20 AM : **What is Palliative Care**
 Dr. Jose Babu
 Medical Director, Alpha Palliative Care

10:20 AM-10:30 AM : Discussion

10:30 AM-10:50 AM : **Students for Palliative Care**
 Dr. Soni T.L.
 NSS Programme Coordinator, University of Calicut
 Board Member, SAPC

10:50 AM-11:00 AM : Discussion

11:00 AM-11:15 AM : Tea Break

11:15 AM-11:35 AM : **SAPC Evolution, History and Activities**
 Shri. K.M. Noordeen
 Chairman, SAPC

11:35 AM-11:45 AM : Discussion

11:45 AM-12:30 PM : **Experience Sharing of Former SAPC**
 Volunteers (Online + Offline)
 (Former SAPC Volunteers who are working in different MNC's and Institutions inside and outside India)

12:30 PM-1:30 PM : Lunch Break

1:30 PM-1:50 PM : **Alpha Model Palliative Care**
 Shri. Suresh Sreedharan
 Community Director, Alpha Palliative Care

1:50 PM-2:00 PM : Discussion

2:00 PM-2:15 PM : **Patient Stories Video Presentation**
 (6 Patients from 6 Alpha Link Centres, Ms. Kavitha, Shri. Biju Paul, Smt. Thankamani etc)

2:15 PM-2:30 PM : **Interaction with the Patients**

2:30 PM-3:00 PM : **Celebrities for Palliative Care**
 (Interaction with Celebrities Suggesting
 Shri. Sunil Sugatha, Smt. Jolly Chirayath,
 Dr. Rosy Thampi, Shri. Sathyan Anthikad,
 Shri. Sreenivasan, Shri. Vineeth Sreenivasan,
 Smt. Sithara, Shri. Arjun Ashokan etc.)

3:00 PM-3:30 PM : **Entertainment Session**
 Shri. Manoj Kammath, Club FM

3:30 PM-3:45 PM : Tea Break

3:45 PM-4:00 PM : **Valedictory Function**
 Discussion of Way Forward

RSVP: Ms. Venus Thekha, Chief Project Coordinator, SAPC, Mobile: 94977 13967
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List of Participants

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1	Greena V Abraham
2	Aleena Babu
3	Archana K B
4	Nanditha K
5	Maria Ann Jose
6	Sneha V Satyajith
7	Khadeeja Amal K K
8	Irin Saju
9	Deva D Sunil
10	S Smrithi

Certificate issued to participant (Specimen)

