








### **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 Binu Ann Kuriachan Assistant Professor Department of Economics	
	Dr Regina Jose Assistant Professor Department of Physics	
	Ms Jincy T P Assistant Professor Department of Mathematics	 <small>MS JINCY T P</small>
Student Coordinators	Ms Greena V Abraham UG English (2021-24)	
	Ms Fidha Farzin UG Family and Community Science (2023-26)	

# ACTIVITY REPORT

## Academic Year 2022-2023

### Activity - 1

**Name of the Event:** Donating grocery to the inmates of Christ Villa Poor Home

**Date:** 22 August 2023

**Organized by:** Pain and Palliative Care Club

#### Brief Report of the Event:

In connection with Onam celebration the student volunteers of palliative club of Vimala College collected groceries and contributions from faculty and students and handed them to Rev Fr Ditto Koola, Director, Christ Villa Poor Home, Ramavarmapuram

#### Photo



## **Activity - 2**

**Name of the Event:** One day Palliative Training Programme

**Topic:** One day Palliative Training Programme for Student Volunteers

**Date:** 11 December 2023

**Time:** 9:30 am to 3:00 pm

**Venue:** Lissieux Hall

**Organized by:** Pain and Palliative Care Club

**Collaboration (if any):** General Hospital, Thrissur

**No. of participants:** 54 Students + 2 faculties + 2 Health Staff

**Resource Person:** Dr Arsha Lohith, Medical Officer, Palliative Care-National Health Mission,  
General Hospital Thrissur

### **Brief Report of the Event:**

A one day palliative training programme for the student volunteers under the auspices of Thrissur Corporation was conducted by the palliative care club of Vimala College in association with the Palliative Care Unit of General Hospital, Thrissur on 11th December 2023. Dr Arsha Lohith, Medical Officer, Palliative Care-National Health Mission of General Hospital Thrissur led the session. Mrs. Rini, staff nurse palliative care unit of General Hospital, Thrissur talked about the palliative home care and demonstrated the patient care procedures. Students actively took part in the role play and discussions and get themselves equipped as volunteers for patient home care visits.



## List of Attachments:


### Brochure

VIMALA COLLEGE (AUTONOMOUS), THRISSUR  
SANTWANAM PAIN & PALLIATIVE CARE CLUB


IN ASSOCIATION WITH  
GENERAL HOSPITAL, THRISSUR  
ORGANIZES

TRAINING PROGRAMME ON PALLIATIVE CARE

Resource Persons



Dr Mithun Rosh C K  
Medical Officer in charge  
Palliative Care Unit  
General Hospital Thrisur



Dr Arsha Lohith  
Medical Officer  
Palliative Care National Health Mission  
General Hospital Thrisur

**DATE : 11 /12/2023**  
**TIME : 9:30 am TO 3:00 pm**

**VENUE : Lissieux Hall**  
No registration fees  
Certificates will be issued  
Lunch and refreshments will be provided

Faculty Coordinators Dr Binu Ann Kuriachan Dr Regina Jose Ms Jincy T P	Student coordinators Parvathy G Prakash Greena V Abraham
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## Photos



### Activity - 3

**Name of the Event:** Donating grocery to the families of palliative patients

**Date:** 21 December 2023

**Organized by:** Pain and Palliative Care Club

#### Brief Report of the Event:

In connection with Christmas celebration the student volunteers of palliative club of Vimala College collected groceries and contributions from faculty and students and prepared 15 kits including grocery items and cakes. Principal, Dr Sr Beena Jose handed over the kits to the health staff to be shared with the families of palliative patients.

#### Photos





## Activity - 4

**Name of the Event:** Participation in District Level Awareness Rally - Palliative Care Day

**Date:** 15 January 2024

**Organized by:** District Medical Office (Health), Thrissur district

### Brief Report of the Event:

In connection with Palliative Care Day observation, 35 student volunteers of palliative club of Vimala College participated in District level awareness rally on 15th January 2024 organized by District Medical Office (Health), Thrissur. The rally started from District Medical Office, Thrissur to Sakthan Thampuran bus stand.

### Photos



## Activity - 5

**Name of the Event:** Participation in District Level Awareness Rally - Palliative Care Day

**Date:** 15 January 2024

**Date:** 11 December 2023

**Time:** 10:00 am to 12:00 noon

**Venue:** St Mary's College, Thrissur

**Organized by:** Thrissur Corporation and Pain and Palliative Care Society, General Hospital, Thrissur

### Brief Report of the Event:

In connection with Palliative Care observation week (15-21 January 2024), 19 student volunteers of palliative club of Vimala College attended 'RANG 2024' held at St Mary's College, Thrissur on 16th January 2024. It was a meet of palliative care student volunteers aimed to give orientation on palliative care and club level activities.

### Photos

