

Best practices

I. Student Initiative In Palliative (SIP)

Students Initiative in Palliative (SIP) is a sub-organisation of palliative care, aims to encourage the active participation of the students in the work of palliative care. The key motto of the SIP is to provide sufficient care, and attention to the bedridden patients and encourage them to the line. Each volunteer of the SIP is actively involved in the programmes of palliative care and provide enough confidence and energy to debilitated patients.

As our college situated in rural areas where people have to travel long distance for getting medication, the college community has taken special initiatives in Palliative care. Most of the families cannot afford the huge amount needed for the treatment and the follow-up. Moreover, the psychological levels and confidence of the patients and families need to be taken care of.

Placing energetic youngsters at the centre of any development processes can ensure inclusiveness and sustainable participation. SIP is a programme that enables the students to organise adequate and affordable support programmes for the bedridden incurably ill and dying people.

In collaboration with the nearby palliative care center “Snehatheeram”, students from Mar Thoma College have been conducting different social service activities during holidays and other special days. The services are spread across Chungathara Panchayath and has been continuing for the past two years. Some of the activities by SIP are listed below.

1. They provide immense help and support with demolishing of old houses.
2. Help with the reformation of houses of the people of low income.
3. Students have been providing enormous support with the making of new septic tanks in the area many times.
4. They have made commendable contributions in the renovation of the bathrooms of the houses of bedridden patients and making at their convenience. Also helped in the reforming of Indian style closets to the Western styles.
5. Students go to the houses of low income-bedridden patients and assist them in their daily activities such as cleaning and bathing.

6. Students conduct a food drive program every month called “Subhiksha” where they donate food for approximately ten families.
7. Students have taken part in the construction of new houses at the hillsides (areas of higher altitudes), by bringing the materials for the same.
8. Students are actively involved in the social services at each palliative day care centre.
9. Students assist Chungathara Snehatheeram and Taluk hospital Nilambur, to the patients who are debilitated by spine injury by helping them with moving to the wheelchairs, feeding them and also help with toileting needs.
10. They spend quality time with children who are developmentally delayed and make them engaged in different activities to develop their skills.
11. They have been able to deliver food kits to hundreds of people of low income on the occasion of Vishu, Christmas, and New year.
12. They go to houses of orphan’s and senior citizen and bring them necessary clothing.
13. They were able to make commendable contributions during the time of natural disasters such as the recent flooding that occurred in Kerala by providing clothing and food items to the people who are affected by it.
14. Our students were able to buy new textbooks and other study materials for the school children who were affected by the flooding.
15. Help with the whitewashing of the houses of poor people.
16. Assist with the renovation of the rooms of the patients by making it a safe environment where they don’t get any infections from dust or microorganisms.
17. Students visited “Uppada Mission Complex” old age home and they have been arranging meals on special occasions.
18. College celebrate Palliative Care day by conducting classes, seminars, flash mob and rally for creating awareness in the society.

Students participating in the village survey



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Students visiting Snehatheeram Palliative Care.



We celebrate Palliative Care day by conducting classes, seminars, flash mob and rally for creating awareness in the society.



Palliative day celebration (13-10-2018)

As a part of palliative day celebration a speech was arranged on 13-10-2018. Dr. Raina Thomas inaugurated the programme. The chief guest of the programme was Arun calicut SIP state trainer. He delivered an interacting session. This session was very much interesting and students are actively participated in the session. Dr. Rajeev Thomas (ICAI co-ordinator), Dr. Jayaprakash (State secretary) facilitated the programme. The programme had wind up by vote of thanks by Mr. Fazole Rahman. Total number of participants is 30.

Fazole.

Fazole Rahman.

Students Initiative in Palliative (2017-18)

Inaugural programme of SIP (2017-18)
on 11 September 2017.

The inaugural programme of students initiative in palliative 2017-18 was conducted on 11th september 2017. Prof. Raina Thomas, principal of the college presided over the meeting. Mrs. Rincy James, co-ordinator of this programme, delivered a speech on "palliative care". 30 students are enrolled in this programme. The following students are selected as committee members and executive committee members.

Committee members

- 1) Amal Sebastian - president
- 2) Ajay - Vice president
- 3) Anu Varghese - Secretary
- 4) Lilina Kaku - Joint Secretary
- 5) Deepa .R - Treasurer

Executive committee

- 1) Dipin
- 2) Ashly
- 3) Sathy Thomas
- 4) Anusha M.R
- 5) Sathara Beegam.
- 6) Muhammed shan.

Rincy James

Activity : visit to Socha-theeram.

Date : 9/12/2017

No. of students : 6

Group : 3

List of students attending the activity.

sl. no.	Name	signature
	Yadhu Krishna	Yadhu
	Anu Varghese	Anu
	Tom Thomas	Tom
	Justin	Justin
	Pshely	Pshely
	Pesmi M.R	Pesmi
	SANJEEVA	Sanj

Co-ordinator : Rincy James



students go to the homes of patients in Socha-theeram and there is their everyday activity.

Date : 12/10/2018

No. of students participated in this activity : 16

sl. no.	Name	signature
1	Abhishta	Abhishta
2	Amala Sebastian	Amala
3	Anjana T. S	Anjana
4	Sofy Thomas	Sofy
5	Anneena . P.	Anneena
6	Fidhil	Fidhil
7	Muhammed Shan	Muhammed
8	Sumi	Sumi
9	Anu Varghese	Anu
10	Akhila . P	Akhila
11	Therese	Therese
12	Dipin	Dipin
13	Shamasa Kip	Shamasa
14	Midhun	Midhun
15	Talveech	Talveech
16	Amal. Prasad	Amal

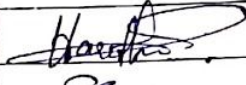



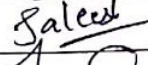
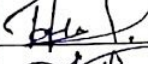





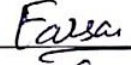

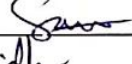
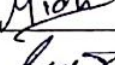


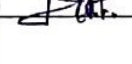
Co-ordinator : Fasalul Rahman.k (P-3)




Students have taken part in the construction of new houses.

Date : 15 and 16th February 2019.

No. of students attending the activity : 18.

Sl. No	Name	Signature
1	Haritha	
2	Shamil	
3	ANTANIA	
4	ADIL	
5	Jaleesha	
6	Hancha	
7	Toel Mathew	
8	sr. Alithina	
9	NIMISHA	
10	Fashed	
11	Ajisha	
12	Farsana	
13	Seli. k. baby	
14	Sr. Simi mariya	
15	Mithun	
16	Geethangali	
17	Abhinav	
18	TITHIN	

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Co-ordinator : Fasalul Rahman. k

provide Training programme to SIP volunteers

Date : 29/01/2019.

Trainer: Anu calicut SIP state trainer

No. of students participated : 22.

Sl. No	Name	Signature
1	Salmath Beegam K.P	Salmath
2	Shabana Rahman	Shabana
3	Sintha Maryam shaji	Sintha
4	Selva. K.P.	Selva
5	Sithasa Beegam	Sithasa
6	Shabana Shereen	Shabana
7	Lilina Laly	Lilina
8	Saranya N.V	Saranya
9	Thesneem	Thesneem
10	Shabana K.C	Shabana
11	Ronald	Ronald
12	Akhila.P	Akhila
13	EDWIN	Edwin
14	Anu Varghese	Anu Varghese
15	Falaha Denika	Falaha
16	Adil	Adil
17	Jobin	Jobin
18	Sandra.	Sandra
19	Mithun	Mithun
20	Jaleesha	Jaleesha
21	Kaishnendu	Kaishnendu
22	Joyal Mathew	Joyal
Co-ordinator: Fasalu Fasalu Rahman.K		

II. Housing Project

The Mar Thoma College, Chungathara is one of the prestigious institutions of the Mar Thoma Syrian Church of Malabar, an institution established with a vision to uplift the socially, economically and educationally backward communities of Malappuram District. The management has launched this Higher Education institution in this area to help the people in their struggles for creation of a better society, by providing them knowledge based technical skills, exposure to new avenues of knowledge and to create knowledge based morally oriented new generation. These privileges were not available to the people of this area. This institution also aims at helping the needy in this locality to attain at least the basic human needs to bring them to the mainstream of the society.

As the college is situated in a rural area, the institution has taken up the responsibility of providing Higher Education and the development of rural people and thereby fulfilling the mission, vision and objectives of the institution. The influence made by the institution in the various levels of the society is tremendous and it is evident in the progress of society. The activities of the management are student oriented. The institution aims at the enlightenment and well being of all.

Being a human being, it is important to identify the needs of fellow beings and support them. One of the basic needs of man is home. Taking up the Housing Project for the last 3 years is a part of this awareness. The students named their project as 'Sahapadikkoru Snehaveedu' (A Sweet Home for our classmate). When the NSS units of our college decided to build a house for the needy, the students and the staff identified that the needy person is our own student. Identifying the needy is a difficult task, as in the present scenario the students are reluctant to share with their classmates what their need is. The students found out the miserable life of Miss. Sujisha without a home and this reveals the intense personal relationships among the students. All the construction work except the

skilled labour needed for the house construction was done by the students themselves.

During 2016-17, the NSS units of the college collected 5,57,000 Rupees and worked sincerely for completing the 'Sahapadikkoru Snehaveedu' project. The fund for this project was collected from different sources such as students, staff, well wishers, shop owners etc. We also received support from the Alumni of the College and the Merchant Associations. The house constructed for Sujisha, II BA Economics student has 650 sq.ft area. This project was inaugurated by Mr. P.V Anwar, MLA and dedicated by the College Manager Rt. Rev. Mar Theethos Episcopa. The whole place was in a festive mood on the day of the Key handing over ceremony. All teaching and Non-teaching staff of the college attended the function. Sweets were distributed on the occasion.





During the academic year 2017- 2018 the NSS units collected 6,50,000 Rupees and successfully completed the ‘ Ayalkkaranoru veedu’(A home for the neighbour) project. The house is constructed for Mrs. Fathima, a widow living with her unmarried daughter in Muthukad, who has no other income earning source. Mrs. Fathima is a patient too. NSS constructed a 700 sq.ft house for them. This programme was inaugurated by Dr. Abdul Majeed, Registrar, University of Calicut and dedicated by the College Manager Rt. Rev. Dr Thomas Mar Theethos Episcopa on 13th December 2017.





In 2018 - 2019 , the NSS units of Mar Thoma College has started a new housing project under 'Abhayam' project of the University of Calicut which was inaugurated by Dr. Abdul Majeed, Registrar, University of Calicut on 13th December 2017. The college constructed a house for Mr. Thomas & his family at Kodalipoyil. The house has 900 sq.ft area. The work started on 16th December 2018. The total expenditure is around six lakh rupees including sponsorship. The house is dedicated by the College Manager Rt. Rev. Dr Thomas Mar Theethos Episcopa on 30th January 2019.



