

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
	SANJESHA	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	Anessa . P.	Anessa
6	Fidhil	Fidhil
7	Muhammed Shan	Muhammed
8	Ginni	Ginni
9	Anu Varghese	Anu
10	Akhila . P	Akhila
11	Therese	Therese
12	Dipin	Dipin
13	Shomas . Kip	Shomas
14	Midhun	Midhun
15	Talveech	Talveech
16	Amal. Prasad	Amal

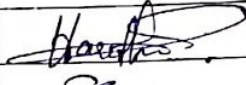



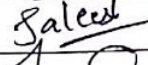
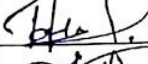





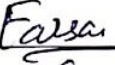

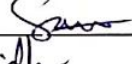
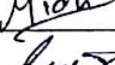



Co-ordinator : Fasalul Rahman . k

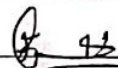


Students have taken part in the construction of new houses.

Date : 15 and 16th February 2019.

No. of students attending the activity : 18.

Sl. No	Name	Signature
1	Haritha	
2	Shamil	
3	ANTHIA	
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	



Co-ordinator : Fasalu 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	Shahana Shereen	Shahana
7	Lilina Laly	Lilina
8	Saranya N.V	Saranya
9	Thesneem	Thesneem
10	Shahana K.C	Shahana
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		