

## **BEST PRACTICE I**

### **1. Title of the Practice**

Healing Care

### **2. Objectives of the Practice**

- To provide relief from pain, physical stress and mental stress.
- To improve quality of life of the patient

### **3. The Context**

Palliative care is an approach that improves the quality of life of patients affected with life-threatening illness. This includes addressing practical needs and providing bereavement counseling.

### **4. The Practice**

Student volunteers attended university level training conducted by University of Kerala in association with Pallium, India. These students conducted a detailed survey of ward IX in Peringammala Panchayat and visited homes of palliative patients, distributed water beds, walking sticks, medicines, ointments, diapers, inhalers and so on.

### **5. Evidence of Success**

Palliative care is an affirmative act of living with dignity even whilst accepting that death is an inevitable part of life. The activities of students helped to relieve pain and to improve their quality of life during their illnesses.

### **6. Problems Encountered and Resources Required**

Student volunteers felt the fear of acquiring infection and risking their own health. They feared avoidance from the community. Sometimes very expensive drugs were prescribed and inexpensive medicines are unavailable.

## **BEST PRACTICE II**

### **1. Title of the Practice**

“Green with Gusto”

### **2. Objectives of the Practice**

- To educate students about the necessity of preserving environment

- To conserve local biodiversity
- To maintain greener environment

### **3. The Context**

The institution is situated in a bio-rich area with jack fruit trees and bamboo trees. The locals were unaware of value added products produced from natural resources available in plenty.

### **4. The Practice**

Significance of wetland conservation and the impact of deforestation and drought were highlighted through posters, nature photography, cartoon drawing and slogan writing. The neighbouring people were familiarized about the numerous benefits of jackfruit and bamboo tree found in the vicinity. Students took up sapling-planting initiative in and outside the campus.

### **5. Evidence of Success**

Enthusiastic participation of students instilled a sense of social responsibility among them. Students and locals became convinced about the several value added products made from jack fruit. Several dishes prepared by students using jackfruit were distributed in the neighbourhood.

### **6. Problems Encountered and Resources Required**

Fund for creating infrastructure for the proper conduct of the above activities is the main problem faced. Another problem is these activities required extra manual labour and technical expertise.

## Best Practice 1 Palliative Care

**സാമൂഹ്യനീതിവകുപ്പ്**  
തിരുവനന്തപുരം  
&  
മെയിന്റനൻസ് ട്രൈബ്യൂണൽ  
നെടുമങ്ങാട്

**ബോധവൽക്കരണ ക്ലാസ്**  
വിഷയം :  
മുതിർന്ന പൗരന്മാരുടെ സംരക്ഷണം  
അവതരണം : അഡ്വ. മേരി ജോൺ  
(കൺസീലിയേഷൻ ഓഫീസർ,  
മെയിന്റനൻസ് ട്രൈബ്യൂണൽ, നെടുമങ്ങാട്)

2021 നവംബർ 20  7.00 PM

ഉദ്ഘാടക : **ശ്രീമതി എം. ഷൈനീമോൾ**  
(ജില്ലാ സാമൂഹ്യനീതി ഓഫീസർ, തിരുവനന്തപുരം)

പങ്കെടുക്കുന്നവർ :  
**ഡോ. കോളേജ്, നെടുമങ്ങാട്**  
**ഇക്ബാൽ കോളേജ്, പെരിങ്ങമ്മല**  
**ഇമ്മാനുവൽ കോളേജ്, വാഴിച്ചൽ**  
എന്നീ കോളേജുകളിലെ എൻ.എസ്.എസ്.  
അംഗങ്ങൾ പങ്കെടുക്കുന്നു.

## Survey



## Home Visits



## Medicine and Material Distribution

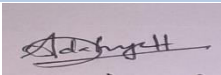




**DETAILS OF STUDENT PALLIATIVE CARE INTERVENTIONS (2021-22)**

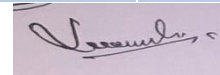
Sl. No	Name of activity	No. of Volunteers participated	Total Hours worked	Beneficiaries	Asset Created/ Monetary Value in Rs.
1	University Level Training	2	18 hour	200 volunteers	
2	District Level training	4	18 hours	200 volunteers	
3	Unit Level Training	92	2 hour	100 volunteers	
4	Home visits	30	6 hours	30 families	
5	Supply of Medicines	6	15 hours	5 families	2560/-
6	Distribution of food kits	8	15 hours	10 families	5000/-
7	Distribution of equipment	4	6 hours	5 families	3500/-
8	Distribution of cloths	8	10 hours	5 families	2500/-
9	Distribution of furniture	-	-	-	-
10	Distribution of surgical	4	10 hours	1 patient	2320/-
11	Counselling facilities	31	10 hours	31 families	
12	Other interventions (Provide details) As the part of Palliative care Programmes the National Service Scheme Palliative club of Iqbal College conducted Old age Home visit	30	5 hours	Inmates of Trippadam Old Age Home	4500/-

**Dr.Adabiya.H**



**NSS Programme Officer**

**Dr.R.Sumesh**



**NSS Programme Officer**



**Major Dr.U.Abdul Kalam  
Principal**

## **Best Practice 2 Green with Gusto**

### **Desertification and Drought Prevention Activities**

Program Link - <https://online.fliphtml5.com/odrtz/zypw>

### **Jackfruit – A Versatile Fruit**

Program Link - <https://youtu.be/3M5YgVLsEPs>

### **Conserving Bamboo**

Program Link - <https://youtu.be/XHYE2hcnDoQ>