

## "Compassion in Action: Palliative Care, Disability Support, and Food Aid"

Working in emotionally demanding environments like palliative care or disability centers builds resilience and emotional maturity. Students learn how to cope with loss, manage stress, and maintain emotional balance. For students in healthcare or related fields, hands-on experience in palliative care or disability centers allows them to apply theoretical knowledge in real-world scenarios, developing their practical skills and clinical judgment. Regular visits to disability centers and participation in palliative care foster a strong sense of social responsibility in students. They become more engaged in community work, gain a clearer understanding of social challenges, and feel motivated to contribute positively to society.

Structured orientation and ongoing training programs can equip students with the necessary skills and knowledge. Supervision by experienced professionals can also help students feel more confident and supported.

Incorporating **community-centered initiatives**, such as **providing shelter for the homeless** and offering **dialysis for kidney patients**, further enhances the impact of these experiences. By actively participating in initiatives like these, students can make a direct difference in the lives of those who are most vulnerable. **Providing shelter for homeless people** addresses a critical social issue, ensuring that individuals in need have access to basic necessities and security. Likewise, **providing dialysis to kidney patients** offers a vital service that improves the health and quality of life for those facing chronic health challenges.

Such initiatives also broaden students' understanding of healthcare beyond clinical settings, reinforcing the importance of social determinants of health and the need for compassionate care across diverse populations. These experiences contribute to the development of not only competent healthcare professionals but also compassionate individuals who are motivated to work for the betterment of society.

Through active involvement in **community work** and healthcare initiatives, students gain a deeper appreciation for the interconnectedness of healthcare, social responsibility, and emotional well-being. Their involvement in these causes helps build a culture of care, empathy, and action, ultimately creating a more compassionate and equitable healthcare system.

## VISITING NAIPUNYA CENTRE FOR DISABILITIES

The students took the time to interact with the children, engaging them in conversations and listening to their stories. They played games, shared laughter, and built connections, making the children feel valued and supported. The children's faces lit up with excitement as they received the study materials, which included notebooks, pens, pencils, and other educational essentials. The visit not only provided much-needed resources but also encouraged the children, showing them that others cared about their education and well-being. The students left with a sense of fulfilment, knowing they had made a positive impact on the children's lives.



## VISITING CENTRE FOR DISABILITIES

On the occasion of Children's Day, students of SN College, Nattika visited the Naipunia Centre for Disabilities. We were deeply impressed by the dedicated efforts of the authority to create an inclusive and supportive environment. The facility prioritizes accessibility, providing ramps and elevators for easy mobility. The staff exhibited genuine care, offering tailored assistance to individuals with needs. Our volunteers provided a variety of snacks, craft items and study materials to the children there. We spent some time with them by making crafts, playing and communicating with them. They also sang songs and were happily involved with us. In this busy world, the primary importance was given to the happiness of the children by our students. The employees and children of Naipunia Centre for Disabilities informed us that frequent interaction with students gave strength and a sense of relief to them. I observed a vibrant sense of communion as individuals engaged in activities that fostered skill development and social connections. The atmosphere radiated positivity and resilience, showcasing the centre's role in breaking down barriers and promoting equal opportunities. Overall, the visit emphasized the centre's pivotal role in enhancing the lives of those with disabilities through holistic support and a nurturing community.

The visit also provided an opportunity for us to learn more about the challenges that individuals with disabilities face on a daily basis. By engaging with the children, we gained a deeper appreciation for their resilience and determination. The staff members, who work tirelessly to ensure the children's well-being, shared insightful stories about their journey and how the center has evolved over time to better meet the needs of its residents.

In addition to the crafts and games, we also had meaningful conversations with the children, learning about their unique talents and interests. It was inspiring to see their creativity and enthusiasm despite the challenges they face. Many of them showcased remarkable skills in music, art, and storytelling, reminding us that every individual has something valuable to offer.

The visit highlighted the importance of fostering inclusive spaces where everyone, regardless of ability, can thrive and feel valued. It was heartening to see the smiles on the children's faces as they interacted with the students, and it was clear that such experiences contribute to building a more compassionate and understanding society.

Overall, the experience was a beautiful reminder that when we come together to support one another, we create a stronger, more united community, where no one is left behind.



## **PROVIDING DIALYSIS MEDICINE TO KIDNEY PATIENTS**

The “Coconut Challenge” initiative at Sree Narayana College, led by NSS units 51 & 135, showcases a remarkable community-driven effort to support healthcare needs for vulnerable populations. Volunteers were encouraged to contribute coconuts, and the funds raised from their sale were dedicated to providing dialysis medicines for cancer patients. This unique fundraising strategy was designed to alleviate financial hardships faced by patients, improve accessibility to essential treatments, and promote a fairer healthcare system for those struggling with cancer.

The formal distribution of these medicines took place at Natika Kudumbarogya Kendra, where Dr. Kishor accepted the donated medicines on behalf of the patients. The event was attended by Medical Officer Priya Jayaprakash, Junior Health Officer Seenath Beebi, Asha Worker Subhila Prasad, as well as nurses from the pain and palliative care team, all of whom played a supportive role in ensuring the smooth execution of this initiative.

This project not only underscores the power of community engagement in tackling serious health challenges but also emphasizes the significance of improving access to life-saving treatments for those in need. By offering free medicines, the program aims to lessen the financial burden on families, encouraging continuity in care and adherence to treatment plans. The initiative demonstrates the transformative effect of compassionate, community-led healthcare efforts and the potential for similar projects to inspire sustainable support for patients. Through such collaborative efforts, communities can provide crucial aid to individuals battling cancer, enhancing both their quality of life and their chances for recovery.

### **Palliative care**

Students of Sree Narayana College, Nattika, in association with the Pain and Palliative Care Society, Thrissur, organized a heartwarming event for differently-abled on the 4th of November, 2023. The event took place at the picturesque Valappad Beach in Thrissur, Kerala. This gathering was a unique opportunity for the differently-abled individuals to spend quality time in the serene company of nature, enjoying the soothing sea view. The event was a collaborative effort between the student team of the Pain and Palliative Care Society (SIP) and Sree Narayana College, Nattika, both of whom extended their wholehearted support and assistance.



The day commenced early in the morning, with participants and volunteers alike gathering at Valappad Beach. A sense of excitement and anticipation filled the air as the participants eagerly awaited the day's activities. The event began with volunteers assisting the attendees, ensuring everyone was comfortable and ready to enjoy their day.

After a morning of mingling and lunch, the event continued with a vibrant cultural program that included dance performances, musical renditions, folk songs, and various other engaging activities. This cultural segment not only entertained the participants but also highlighted their unique talents and abilities. After that, participants were treated to an enchanting afternoon at the beach. The attendees, with the assistance of dedicated volunteers, had the opportunity to enjoy the cool sea breeze and the soothing sound of waves. It was a heartwarming sight to see the participants revelling in the beauty of nature and sharing joyful moments with their fellow attendees.

The tireless efforts and dedication of the volunteers from the Pain and Palliative Care Society (SIP) and Sree Narayana College were instrumental in ensuring the event's success. These volunteers played a pivotal role in organizing the event, providing support to the participants, and making it a memorable day for everyone involved. Valappad is one of the adopted villages of Sree Narayana College. This event exemplified the college's commitment to academic excellence, community engagement, and social responsibility.





It stands as a testament to the importance of inclusivity, community engagement, and the power of empathy in bringing joy to the lives of those who need it the most.

The success of this event was not only marked by the enjoyment of the participants but also by the strong sense of solidarity and compassion that enveloped the gathering. The volunteers, who gave their time and energy selflessly, helped create an environment where every participant felt valued and supported. From assisting with mobility to providing emotional support, they ensured that everyone could fully partake in the day's events, without any barriers.

The cultural performances, which included various forms of music and dance, were a highlight of the day. These acts not only entertained but also brought out the immense talent within the differently-abled community. The event gave them a platform to showcase their skills, boosting their confidence and giving them a sense of pride. It was a celebration of their abilities, rather than a focus on any limitations.

The tranquil setting of Valappad Beach further added to the serenity of the event. The beach, with its gentle breeze and rhythmic waves, offered a peaceful environment where the participants could relax, reflect, and connect with nature. The participants shared laughter, stories, and experiences, forming lasting bonds with one another and with the volunteers who supported them.

Sree Narayana College Nattika is known for its focus on community development, and this event perfectly embodied the program's values. By adopting Valappad, Sree Narayana College has made a significant impact on the local community, providing avenues for social inclusion and support. The event was a powerful reminder that when communities come together with kindness and empathy, they can create spaces that foster a sense of belonging for everyone, regardless of their physical abilities.

This gathering at Valappad Beach also served as an important message to the wider community, emphasizing the need for more inclusive practices and environments where differently-abled individuals can thrive. It demonstrated the importance of compassion, not just as an act, but as a way of life that enriches everyone involved. This heartwarming event stands as an example of the positive change that can take place when educational institutions, social organizations, and the community at large work together toward a common goal of empowerment and inclusivity.

## **PALLIATIVE CARE**

On November 9, 2023, Students of Sree Narayana College, Nattika, in association with Alpha Palliative Care Edamuttam, organized a flash mob regarding the observation of Palliative Day at Thriprayar Bus Stand. The flash mob aimed to raise awareness about palliative care and its importance in providing comfort and support to patients with life-limiting illnesses. Students performed a well-choreographed flash mob that conveyed the message of palliative care in a creative and engaging way. The flash mob attracted a large crowd of onlookers, who were impressed by the performance and the message it conveyed. After the flash mob, students distributed pamphlets and held an awareness session to educate the public about palliative care. The volunteers explained what palliative care is, why it is important, and how it can benefit patients with life-limiting illnesses. The awareness session was well-received by the public, and many people expressed their gratitude for providing them with valuable information about palliative care.

The event also featured interactive discussions where students shared real-life stories and examples of how palliative care has positively impacted individuals and families. Many community members were surprised to learn that palliative care is not just for those at the end of life, but can also offer relief and support throughout the course of serious illnesses.

The students emphasized that palliative care is about improving the quality of life for patients, focusing on pain management, emotional support, and addressing the mental and spiritual well-being of both patients and their families. They also highlighted the role of healthcare providers and volunteers in delivering this compassionate care.

The flash mob and awareness session were not only a creative way to spread the message but also helped to break down misconceptions about palliative care, showing that it's about living well, not just about end-of-life care. The community's positive response to the event

sparked conversations on the importance of integrating palliative care into healthcare systems and encouraged many to support local palliative care initiatives.

By the end of the day, the students of Sree Narayana College had not only educated the public but also instilled a sense of empathy and understanding about the significance of palliative care in improving the lives of those with serious illnesses.



## FOOD DONATION

The NCC cadets of Sree Narayana College, Nattika conducted a food donation campaign on 4th October 2023, Wednesday.

Cadets marched from our college to the Sree Rama Temple, Tripprayar to donate the food packets for homeless and poor people who used to sit at the temple premises. Cadets brought home made food packets for food donation. Program was driven to a success because of the boundless approach of the cadets in their responsibility under ANO Captain. K.S. Letha , we could see the drops of happiness on the face of the receivers. Active participation and handwork cadets marked the success of the day.





## DISTRIBUTING MEALS TO THE NEEDY

On 27 October, the First year NSS volunteers brought selected number of Pothichor to be distributed among needy people. Providing free food to the needy is a commendable initiative that addresses immediate hunger and fosters community support. This effort not only meets basic human need but also promotes social cohesion and empathy. 8 groups containing 5 members each were made to distribute meals in selected areas. Triprayar Stand, Poly Junction, Y Mall, Chandanapadi, Nattika Beach, Thalikulam, and Triprayar Temple were the assigned places. The food donation programme made a positive impact among people by addressing immediate hunger and fostering a sense of community support. Continuous indulgence in coordination, assessment, and awareness will enhance the effectiveness of future initiatives, ensuring a sustained positive influence on the community.



## Abhayam Sneha Nirmana Padhathy

The **Biryani Challenge** is an exciting and impactful event designed to raise funds for individuals without shelter. The primary goal of the event is to combine the love for food with the spirit of charity. Students utilized social media platforms to spread awareness about the event and its purpose. Posts can highlight the importance of supporting the homeless community and encourage people to participate by enjoying a delicious meal for a good cause. Distributed flyers and place posters in high-traffic areas, including student hubs and local businesses, to ensure maximum participation and engagement. Engaged with local influencers, student organizations, and businesses to help promote the event and attract a larger audience.

Moreover, the use of gift coupons and prizes keeps the atmosphere light-hearted and fun, motivating more people to participate. It's a perfect example of how something as simple as food can bring people together for a bigger cause — to provide shelter, safety, and hope to those who have none.

Such contributions are a reminder that when businesses and communities come together, they can make a lasting impact on the lives of those who need it the most. Through their continued support, the Muhammad Ali Group is not just providing shelter, but also fostering a sense of belonging and security for people who have experienced hardship and uncertainty for far too long.



വീട് നിർമ്മാണത്തിനായുള്ള സ്ഥലത്തിന്റെ ആധാരം പ്രിൻസിപ്പൽ ഇൻ ചാർജ്ജ് ഡോ. പി. എസ്. ജയയിൽ നിന്നും ഗുണഭോക്താവ് ഷൺമുഖൻ എടുവാങ്ങുന്നു.

### അഭയം സ്നേഹ നിർമ്മാണ പദ്ധതി

തൃപ്രയാർ: നാട്ടിക എസ്.എൻ കോളേജിലെ എൻ.എസ്.എ സ്യൂണിറ്റ് നിർമ്മിച്ചു നൽകുന്ന അഭയം സ്നേഹ നിർമ്മാണ പദ്ധതിയിലെ വീടിന്റെ നിർമ്മാണ ഉദ്ഘാടനം നടന്നു. വീട് നിർമ്മാണത്തിനുള്ള സ്ഥലം ഗൾഫാർ മുഹമ്മദാലി ഗ്രൂപ്പാണ് സൗജന്യമായി നൽകിയത്. സ്ഥലത്തിന്റെ ആധാരം പ്രിൻസിപ്പൽ ഇൻ ചാർജ്ജ് ഡോ. പി. എസ്. ജയയിൽ നിന്നും ഗുണഭോക്താവ് ഷൺമുഖൻ എടുവാങ്ങി. ഡോ. രമ്യ, ഡോ. ആര്യ വിശ്വനാഥ്, ഡോ. ശ്രീധന്യ, ശ്രീലത, സൗമ്യ, നവാസ് എന്നിവർ സംസാരിച്ചു. എൻ.എസ്.എസ് വിദ്യാർത്ഥികൾ ബിരിയാണി ചലഞ്ചും സമ്മാനകൂപ്പൺ വിതരണവും നടത്തിയാണ് ധനം സമാഹരിച്ചത്.