



ST. ANTONY'S COLLEGE PERUVANTHANAM

Affiliated to MG University, Accredited by Govt of Kerala
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CARE AND SHARE

CARE AND SHARE is a philanthropic project of St. Antony's College Peruvanthanam to popularize palliative care among the student community. CARE is an attempt to improve the quality of people with life-limiting or disabling diseases, while SHARE is a ray of comfort to provide a helping hand to the old citizens in the old age home by delivering meals once a week. The NSS unit of St. Antony's College Peruvanthanam is organizing affordable support for this program.

Objectives of the Practice

CARE

- To ensure students participation in Palliative care units.
- To generate a perception in students on social and civic responsibilities.
- To assist bed-ridden patients in the locality through home care services.
- To offer relief from pain and promote the health through frequent physical care and emotional support.

SHARE

- To develop humane qualities among students.
- To promote sharing mentality and Social and Environmental sensitivity among young community.
- To provide assistance in the rehabilitation of the patients.
- To encourage community participation in the palliative care activities.
- To create a sense of family environment and togetherness in inhabitants.

The context

The Permade Taluk Hospital provided palliative training to 37 NSS volunteers, who initiated visiting bed ridden patients in the Peruvanthanam Panchayat and Kokkayar Panchayat. In response to the flood and Covid pandemic, Shantinilayam, an old age homes in Yenthayar, requested the college to lend a hand for the welfare inmates. The management and student council decided to deliver meals to the inmates every Wednesday.

The practice

The trained NSS volunteers in association with the Health Department Peermade Taluk Hospital provided care and assistance for palliative patients. They also collected homemade meals from students and teachers on Wednesdays and distributed them to the inmates. SHARE also conducted programmes for the old citizens, which was an opportunity for the concerned people and society to appreciate the youth joining hands with the elderly people.

The Evidence of Success

- **CARE AND SHARE** project successfully completed one academic year.
- The leading newspaper Malayala Manorama Reported the Project.
- Appreciation letters were given by the Old Age Home, Peerumade Taluk Hospital , acknowledging the co-operation of college and students.

Problems Encountered and Resources Required

- Number of trained students are very less to continue the practice as compared to the need.
- Unexpected holidays and Semester Examinations.
- Though the meals are collected from students and staff on a rotation basis, some students are facing difficulty in bringing meals to the college.
- The Old Age Home is not near to the college so that the college has to hire a taxi to distribute the meals every week.