

3.4.3. Extension/Outreach Programmes (2018-2019)

1. Palliative Visit

Palliative care day- On 23rd January 2018, the Department of English organized the Palliative Care Day celebrations. The aim of the programme was to make the students aware about the importance of palliative care and to provide palliative home care to the bed ridden people.



Details of the activity: [https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3 Palliative Care Visit 23-1-18.pdf](https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3_Palliative_Care_Visit_23-1-18.pdf)

2. Histo Interface

On the 22nd of August 2018, a program titled "Histo Interface" Tribal Settlement Visit was organized by the Dept. of History, under the guidance of our HoD Dr. Jobi John, bringing together a total of 2 teachers and 27 second year UG students. This event took place in the Urali Settlement, located in Choorakettamkudi, Machiplavu. The objective of this program was to provide students with a unique learning experience by allowing them to interact with and learn about tribal settlements. It aimed to foster a better understanding of the culture, lifestyle, and challenges faced by tribal communities. The event was a great success, as participants actively engaged with the tribal community, Conducted programmes for them, gaining valuable insights and knowledge about their way of life. The visit facilitated cultural exchange and contributed to the overall awareness and education of the students. This program was a commendable initiative to bridge the gap between different communities and promote cultural understanding and empathy among the youth.

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Details of the activity: https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3_Histo_interface_22-8-18.pdf

3. Seminar For SHGs

The seminar for empowering Self-Help Groups in Idukki District, held in the month of November, brought together 27 second-year students to various Self-Help Group (SHG) venues across the district. The Programme is conducting in a Periodic basis. The awareness programme was organized by the Dept. of History under the guidance Dr. Jobi John, HoD of History. Self-Help Groups (SHGs) play a pivotal role in community development, particularly in rural areas like Idukki District. This seminar aimed to raise awareness among 27 second-year UG students about the significance of SHGs and their potential for fostering community empowerment. During the programme, attendees shared their opinions and thoughts and asked for further clarification. The Seminar was organized successfully, and it served its intended purpose of spreading awareness on the chosen topic in History.

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4. Palliative Care Visit at Snehabhavn, Murickassery

On December 4, 2018, the Department of Malayalam at Pavanatma College, organized a Palliative Care Visit to Snehabhavn. This extension activity aimed to provide BA Malayalam students with a unique opportunity to learn about palliative care, engage with patients, and gain insights into the compassionate care provided at Snehabhavn.

The visit significantly raised students' awareness of palliative care as a holistic approach to caring for individuals with serious illnesses, focusing on their comfort and quality of life. Through interactions with patients and healthcare providers, students developed a deeper sense of empathy, recognizing the importance of emotional support in palliative care. Students left with positive impressions of Snehabhavn and its dedicated staff, motivating some to consider careers in healthcare or volunteering in palliative care settings.

The Palliative Care Visit to Snehabhavn served as a valuable extension activity that allowed BA Malayalam students at Pavanatma College to experience the practical aspects of palliative care. The visit fostered greater awareness, empathy, and understanding among students, highlighting the importance of compassionate care in palliative settings. This initiative would not have been possible without the active involvement of the organizing faculties, Dr. Bennichen Scaria and Nimmy Kurian, as well as the dedication of the organizing students, Alby Joseph and Ayilya Murali. Such experiences contribute to the holistic development of students and promote a culture of empathy and community engagement.



Details of the activity: https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3_palliative_Care_Visit_4-12-18.pdf

5. Palliative Care Visit at Alphonsa Pain and Palliative Home, Murickassery

On December 12, 2018, the Department of Malayalam at Pavanatma College, organized a Palliative Care Visit at Alphonsa Pain and Palliative Home. This extension activity aimed to provide BA Malayalam students with an opportunity to gain practical insights into palliative care and its impact on the lives of individuals facing serious illnesses.

The Palliative Care Visit at Alphonsa Pain and Palliative Home provided BA Malayalam students from Pavanatma College, Murickassery, with a meaningful and educational experience. It not only exposed them to the practical aspects of palliative care but also instilled a sense of empathy and awareness regarding the challenges faced by individuals and their families in palliative care settings. The commitment of the organizing faculties, Dr. Bennichen Scaria and Nimmy Kurian, along with the dedicated organizing students, Ameena EA and Athiramol Saji, played a crucial role in making this visit a success. Such initiatives are invaluable in shaping compassionate and socially responsible individuals who are conscious of their roles in promoting the well-being of society, especially in the context of palliative care



Details of the activity: [https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3 Palliative Care Visit 12-12-18.pdf](https://naac.pavanatmacollege.org/Pavanathama-College/3.4.3_Palliative_Care_Visit_12-12-18.pdf)