# 22nd ANNUAL REPORT OF CARE PLUS (2024-2025)

Dear Members,

The new executive committee was inducted on 23rd April 2024, after being elected at the 21st AGM held at RCC.

## Key highlights of the year: -

- Palliative Health Provider activities were restarted which got stopped due to COVID. The services of a doctor and a nurse were utilized for the purpose.
- Registration of Care Plus with the Society Registrar was renewed on 23-02-25.
- Food kits were supplied directly to the patient's home which were purchased from Police Society. A Total number of 388 kits were distributed to the patients worth Rs. 4,64,739/-.
- Cots were supplied to needy patients on the basis of their requirements and provided to 15 patients on free to use and return basis.
- A total no: of 62 students were provided with books, stationeries, bags, etc. worth Rs. 60,487/-. They were distributed to the students according to their requirements by visiting their home and by supply to them directly braving inclement weather.
- Onam was celebrated on 13th September 2024 with gaiety at SFS Church, Vattiyoorkavu, 192 persons participated, they were given Onam sadhya and special kits and TA too provided to the patients.
- World Palliative Care was observed on 12th October 2024, in a befitting manner. A seminar on Palliative Care- yesterday today and tomorrow was conducted in association with IMA

Trivandrum in the forenoon at IMA Hall of Trivandrum branch and in the afternoon an awareness programme on Palliative Care was conducted in association with IMA for the volunteers of Samyukta Santhwanam Samithi, at St. Ann's Church, Valyathura.

- Christmas was celebrated and special kits were distributed to patients on 19th December 2024.
- The Management of Aries Plus SL theatre sponsored to view the 3D movie A.R.M. on 1st October 2024 and total number of 48 persons including the patients utilized the opportunity and TA was also provided to the patients.
- Care Plus continuous to provide one staff nurse at the palliative OP of RCC.
- An MBA Student of St. Xaviers Institute of Management and Entrepreneurship, Kochi joined Care Plus for doing internship for the period from 2nd January 2025 to 22nd January 2025 as part of the Socially Useful and Productive Activities (SUPA) programme.
- A new bank account was started with Federal Bank kumarapuram Branch for starting the 100rupee campaign from employees of Organizations. The software was provided by the Federal Bank and it has been incorporated in the Web site which is to be launched shortly.
- A total number of 12 (5+7) Managing Committee meetings were held of which number were online meetings and direct meetings.
- Care Plus is having two vehicles namely Ertiga (2020) and EECO (2019) and they were effectively used for providing palliative health of patients and for distribution of kits during the period. During the period total no: of 8612 km was covered by Ertiga and EECO covered 1853 km.
- Rehabilitation- Project proposal- “Jeevamritham” and Mushroom farming. A team headed by Dr Robin Abraham conducted a feasibility study for popularising “Jeevamritham”

and Mushroom cultivation as a rehabilitation project. On approaching the families of patients, though they showed interest no one came forward to implement the same. For Mushroom cultivation, they preferred training in their locality.

**Palliative Health Provider**

Palliative health was provided to 236 patients in Trivandrum by visiting them time and again and a total number of 873 such visits were made during the period. Dr Elizabeth and Nurse Marry Treesa where in charge of home care. The patients were supplied with free medicines, nebulization, air bed, cots etc. in addition suction apparatus and oxygen concentrator which were supplied on a free to use and return basis.

**Educational support**

62 students were given books, bags and stationeries. As in the previous year it was decided to proceed to the beneficiary home and to disturb the notebooks, bags and stationeries according to their requirements. An amount of Rs. 60,487/- was incurred for the purchase of the books and stationery which were mostly purchased from Police society, Secretariat cooperative society and Scooby day bags from Anna Aluminum Company.

We are supporting students of patients starting from LKG to Post Graduate Level.

- Total expenditure on account of educational support comes to Rs. 5,67,500/- during the period from 2024-2025.

## Pension and Family Support

Pension is being given to 19 palliative patients and financial support to the patients is also given.

- Total expenditure on account of Pension and family support comes to Rs.2,33,000 during the period from 2024-2025.

## Rehabilitation

A loan amount of Rs. 12,000/- was provided to a stage IV Cholangiocarcinoma patient who is basically an agriculturist hailing from Ottasekaramangalam for doing agriculture work. Now the patient who is aged 67, is doing intense cultivation in his property.

## Changes in Officer Bearers/ Management Committee

Dr C.V. Prasanth, President of Care Plus resigned on 08-07-2024 on personal/ official grounds and the Management Committee co-opted Smt. Suseela Mathew as the Ad hoc President.

Smt. V.K. Reghu, Joint Secretary due to personal reasons was unable to continue as Joint secretary and expressed his desire to step down and requested that someone else may be co-opted by the Committee as Joint secretary.

Smt. Elizabeth Jega Thomas is co opted as the second Vice President in the existing vacant post and is functioning as the second Ad hoc Vice President.

The Management Committee co-opted Dr Nandakumar. C and Sri. Sudheesh. A as Joint Secretaries. Now they are functioning as Ad hoc Joint Secretaries.

## Donations

All donations are welcome, whether it is small or large amount. But we have to mention some of the major contributions made to Care Plus by donors.

- Sri. Abdul Azeez, who retired from ISRO, is a regular donor of Care Plus from the very inception of Care Plus in 2003 and still continues to donate money generously each month to the Care Plus.
- Allianz of Techno Park, handed over medicines worth Rs. 25,000/- for distribution to the poor cancer patients of RCC at a function held on 17 -07-2024 at Care Plus office.
- Jyothis Bharath School charitable education trust, Varkala were donated Rs. 50,000/- on 17-12-2024.
- St. Anne's L P School, Pettah were donated Rs. 18,000/- on 21-02-2025.
- Students, Staff and Head Mistress of MVHSS, Arumanoor school were donated Rs. 14,541/- on 28-01-2025.
- Principal, teachers and students of Sarvodaya Central Vidyalaya donated Rs. 18,000/- on 17-12-2024.
- Sabarigiri School, Punalur donated Rs. 25,000/- on 16-01-2025.
- Our member Smt. Annie Thomas donated Rs.25,000/- for Christmas kit on 11-12-2024.
- Dr K. Abraham continuous to donate Rs. 10,000/- each month amounting Rs. 1,20,000/- during the period.
- Biju Kumar Ayyappan* donated Rs. 3000/- every month for patient support during the period.
- Sri. Rajive George continuous to donate Rs. 5,000/- each month amounting to Rs. 60,000 during the period.

- Sri. Nikhil Narayanan continuous to donate Rs. 10,000/- each month amounting to Rs. 60,000 during the period.
- Trivandrum Beach City Round Table donated Rs. 32,400/- on 25-09-2024.
- Regional Cancer Association donated Rs.25,000/- on 29-03-2025.
- One of the students named Sherin Raj, who was our beneficiary, after reaching Paris, is regularly sending the money for Care Plus.
- Anchal Lions Club donated Rs. 10,000/- on 29-10-2024.

**Acknowledgement**

Care Plus acknowledges the unwavering support of the Patrons viz. Princess Aswathy Thirunal Gouri Lakshmi Bayi, Suresh Gopi, Minister for state petroleum and natural gas of India and Dr Rekha. A. Nair, Director, RCC for the effective support of the activities of Care Plus.

We acknowledge the support given by the Administration of RCC in conducting patient care activities.

We express our heartfelt gratitude to Sri. Abdul Azeez, Dr. K. Abraham, Sri. Nikhil Narayanan and Sri. Rajive George for their regular monthly support of Care Plus.

We are indebted to several of our members who have personally made large amount as direct donations to number of patients.

We thank the Police Cooperative Society for arranging and packing kits during Onam, Christmas as also the monthly basis.

We are indebted to Father Baby Elanjimattom MSFS Church, Manjadimoodu, Vattiyoorkavu in conducting the Onam celebration and also that of Sri. Loveen Thomas

Care Plus acknowledge the service rendered by members in coming to office of the Care Plus and participating in various activities of patient support.

We are thankful to our auditors CA K. Thomas and CA Anand Thomas Jacob for auditing our accounts in time and processing all our FCRA and Income Tax papers.