

Pain and Palliative Day Observation

Event Name	Pain and Palliative Day Observation
Date	15.01.2026
Time	09.00 AM
Venue	Family Health Centre (FHC), Velur
Organised by	Department of Community Medicine
Collaborating Institution	Amala College of Nursing
Resource Persons	Dr. Sruthi (CM), Dr. Adrika, Dr. Sreedev
Participants	BSc Nursing Students
Activities Conducted	Awareness Classes, Flashmob, Quiz Competition, Health Rally

Report

Pain and Palliative Day was observed on **15th January 2026 at 9.00 AM** at the **Family Health Centre (FHC), Velur**. The programme was organized by **Amala RHTC, Vellattanjoor** in collaboration with the **Amala College of Nursing**.

As part of the observation, **awareness classes** on pain management and palliative care were conducted by **Dr. Sruthi (CM), Dr. Adrika, and Dr. Sreedev**. The sessions highlighted the importance of compassionate care, pain relief, and ensuring dignity and quality of life for patients requiring palliative support.

In addition, a **flashmob performed by BSc Nursing students**, a **quiz competition**, and a **health rally** were organized to spread awareness among the public. The activities received good participation and helped convey key messages related to pain relief and palliative care.

The programme was meaningful and effective in creating awareness among healthcare workers, students, and the community about the importance of pain management and palliative care, reinforcing the message of health, dignity, and security for all.



Betsy

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AMALA RHTC, VELLATTANJOOR
 IN COLLABORATION WITH
 AMALA COLLEGE OF NURSING
 ORGANIZES

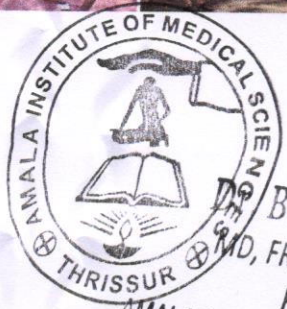
PAIN AND PALLIATIVE DAY OBSERVATION

CLASSES LEAD BY
 Dr. Sruthi CM
 Dr. Adrika
 Dr. Sreedev

OTHER EVENTS
 Flashmob - BSc Nursing
 Students
 Quiz competition
 Health Rally

FHC, VELUR
 15-01-26
 09.00AM

TOGETHER, LET'S ENSURE EVERYONE
 LIVES IN HEALTH, DIGNITY AND
 SECURITY.



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20/03/2005

2/10

Diagnosis: Anorexia Nervosa 2. Contact phone number

No	Name	Age	Sex	Referral	Vitals	BP	Weight	Phone Number
1	MANIKANDAN	30	Male	Self	HR 110 BP 110/70	152/84	48.5	9846230873
2	MANIKANDAN	35	Male	Self	HR 110 BP 110/70	151/80	48.5	9943597962
3	SHANTAKUMAR	30	Male	Self	HR 110 BP 110/70	151/80	48.5	9946553927
4	MADY	19	Female	Self	HR 110 BP 110/70	168/96	48.5	9946226218

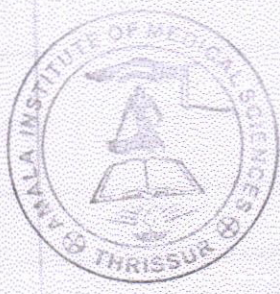


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Date				Receipt	Amount	Page No.
23	Mamamma	STP	1000 HTN DLP	General check of		9539150379
24	Anamma	STP	1000 HTN DLP	General check of		9539150379
29	Celena	STP	1000 HTN DLP	General check of		9539150379
	Ano e	STP	1000 BEP DLP	General check of		9539150379



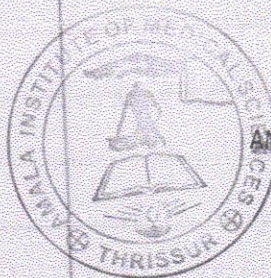
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MAY

08/05/25

Sl. No	Name	Age	Diagnosis	Procedure	Remarks	Phone Number
1)	Hadha	69/M	HTCA, HTN (3+ years)	Vitals checkup	BP-130/80 -7/14/20 Do RFT	730679072
2)	Vilasini	61/F	old cut, HTN Parkinsonism?	Vital, checkup	GRBS-174 BP-170/110 mild	9744738322
3)	Babu	59/M	HTN	Vitals, checkup	BP-126/85 mild	9946948728
4)	Ludolph	51/M	DM, CAD	Vital checkup	Physio →	7511776193

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