

Secretariat:

Institute of Palliative Medicine
Medical College, Calicut
Kerala, India. PIN-673 008
Email: anilpaleri@gmail.com,
nio.palliative.india@gmail.com

MESSAGE FROM THE SECRETARY

Dear Friends,

I have been to Thiruchirappally, the venue of our next International Conference, last week. The arrangements are almost finalised and Dr. Mohanasundram, the organising secretary, has done a superb job. He has a wonderful team to support him. I am really looking forward to the conference.

You know that the theme for this year's conference is 'care of older people'. IAPC is hoping to come out with a declaration on the 'significance of palliative care in the care of older people'. I request all the members and well wishers who will be at the conference to contribute to the discussions and help finalising the declaration. Last month, the Government of Kerala came out with another piece of legislation supporting palliative care. The new government order sets the guidelines for Local Self Government Institutions in Kerala to take up palliative care projects. With a series of policy decisions and follow

up orders dating back from the modified narcotic rules almost a decade ago, Kerala government has consistently shown concrete support for palliative care. I believe that this is a model for the rest of the country and use this opportunity to place IAPC's appreciation on record.

Recently there was a land mark directive from the Medical Council of India. A sub-committee was set up by the MCI to follow up the bill (Palliative Care-Recognition, Teaching and Training- bill, 2008) by Sri. C. K Chandrapapan, former Member of Parliament from Thrissur. Now MCI has approved the report which says that the Central Government, in consultation with MCI, should take necessary steps for providing due emphasis to the study of Palliative care in the Postgraduate level of medical studies. There are other important suggestions as well. Even though they are very much cancer oriented and nothing much mentioned about including palliative care in under graduate studies I still see this as a great step. Now, to make the best

out of this MCI initiative, as in the case of any other policy or directives, there need to be persistent follow up by interested groups. On behalf of the organisation I thank Sri. Chandrappan and the MCI.

This year there is definitely an increasing in the number of activities related to World Hospice and Palliative Care Day. We have received reports and photographs from all over India. We have tried to include every report in this news letter and full texts and photographs of these World Day activities will be made available in our website.

A few members of the Central Council are stepping down this year. They are Dr. V. Nandini, Dr. Abhijith Dam, Dr. Anjum Joad, Mr. Gafoor Thaneri and Dr. Kabindra Bhagabati. I thank them all for their contribution to the betterment of the organisation. I wish them all the best.

Hope to see you at Trichy in February 2010. Wish you all a Happy New Year!

Warm regards

Anil

CONFERENCE INFORMATION**IAPC Conference 2010****17th International conference of IAPC**

Venue : Thiruchirappally (Trichi), Tamil Nadu

Date: 12th to 14th February-2010

The objective of the conference is to update the palliative care today and to have a vision for tomorrow. The theme is "light up the twilight years" necessitating "Bringing the excellence for the elderly".

If you haven't registered yet, Register Now

For other details and registration please contact the organising secretary of the conference

Phone: 0431-2761171.

Email: mohan.sudharsana@gmail.com Or
log on to www.palcontrichi.com

Hospice Exhibition and painting competition are other programmes organising as part of the conference. The organising committee welcomes all to participate.

CURRENT IAPC EC MEMBERS

President: Prof. Sukdev Nayak/ suk_dev@rediffmail.com

Secretary: Dr. Anil Kumar Paleri/ anilpaleri@gmail.com

Treasurer: E. Abdul Majeed / abdulmajeed.e@gmail.com

President Elect: Dr.S.Nagesh Simha / nagesh.simha@gmail.com

Editor: Dr. Sushma Bhatnagar/ shumob@yahoo.com

EXECUTIVE MEMBERS

Dr. Anjum Joad/ anjumjoad@hotmail.com

Dr. Nandini V/ aanandini@gmail.com

Mr. Gafoor Thaneri

Dr. Kabindra Bhagabati/ kbhagabati@yahoo.co.uk

Dr. Abijith K Dam/ ratuldham@yahoo.com

Mr. Hariprasad Borah / painassam@rediffmail.com

Ms. Harmala Gupta/ harmalagupta@hotmail.com

Dr. Muhammed Ashraf T/ ashrafteli2004@yahoo.com

Dr. Priyadarshini Kulkarni / priyadarshinikulkarni@gmail.com

Dr. Shyamal Sarkar / drsarkarsmay@rediffmail.com

Past Secretary : Dr. Dinesh Chandra Goswamy /
goswamidcg@yahoo.co.in

TRICHIPALCON

Note from the Organising Secretary

Dear Friends,

In less than two months from now we all will be coming together for the XVII International Conference of Indian association of Palliative Care in Tiruchirappalli, Tamilnadu.

The richness of ancient culture, the rhythm of Bharatha Natyam and, the time old temples depicting the Tamilian civilization will treat to your eyes and souls. The delicious South Indian dishes mixed with the warm reception will indulge you.

The registration has crossed three hundred mark and the programmes are being finalised and there going to be events full of knowledge, fun and memories.

Please start applying for the free type accommodation for volunteers. There are many hotels around the venue, within a walkable distance, to choose from. The hotel authorities had given special concession to the room tariff at the venue. We request you to book your accommodation early. For all the details visit www.palcontrichy.com

Please tell us about your arrival and departure details as soon as possible so that the organising committee can make arrangements to pick you up and drop you.

We had made arrangements for setting up reception counters at



Mumbai, Chennai and Trichy Domestic and International Airports and write to us for your requirements like onward booking, local transportations, accommodations at these places etc.

The Continuing Education Programmes will be conducted on 11th Feb Thursday 2010, separately for doctors by the EPEC Curriculum, for staff nurses by Gilly Burn and the team, and for social workers and volunteers by Dr. Rajashree and the team. Please book your place for these sessions at the earliest.

Not to forget to plan for the post conference tours and make sure that you give a special request for that.

If you need any thing, feel free to contact the organising committee. We will be there for you!

Welcome to Trichy... "The Gate way to Heaven..."

Painting competition

Painting Competition on "Light up the twilight Years" is open and the participants are requested to go through our Website for further details. Please confirm your participation for your display allotment.

Please always go through our website for further needs and feel free to write to us. **Website: www.palcontrichy.com**

A REPORT ON THE PALLIATIVE CARE SCENARIO IN ASSAM

The palliative care services in general are a few in the North East parts of India. There are programmes in Assam for almost a decade and recently services were started in Aizwal (Mizoram) and Imphal (Manipur). The following is a brief description of the centres with in Assam.



Home Care programme by GPPCS, Assam

Guwahati

The Guwahati Pain and Palliative Care Society is the pioneer organisation in the Eastern India to develop Palliative Care service. Established in 1999 by a handful of like minded persons and much needed oral morphine was made available to the needy

free of cost since then. Apart from the daily outpatient clinic run by the Society, stress is also given on training professionals, common man, family of patients and also the patients when ever needed. The organisation strives to improve the quality of life and thus ensuring dignified life in most of chronic illnesses and older persons.

The core group at GPPCS consists of 4 doctors, 3 nurses, 7 Home Health Aides supported by dedicated volunteers. The Society runs 2 clinics in Guwahati-one at RCC (3 days in a week) and second at Uzan bazar (6 days in a week). Approximately 30-40 patients avail these services daily. Home care is offered on need basis to everyday. 50 bedded hospice in the city run in association with Sacred Heart Sisters. They provide inpatient care. The Society has been successful in initiating link centers in Digboi, Jorhat and Silchar. Apart from advocating the government to integrate the Palliative Care to the basic health care programs, the Society is actively promoting community participation so that care can be delivered at home in a most effective way. Training program for doctors, nurses, volunteers and awareness program for common people are organised regularly. A media workshop was organised on 10th October 2009 on the occasion of World Palliative Care Day.

The team at the Pain and Palliative Care Clinic at Dr B Baruah Cancer Institute comprise of clinical psychologist, social worker besides doctor and nurses. Opioid availability workshops are conducted at different capital towns of North East region.

Contact Person : Dr. Dinesh Ch Goswami. Phone: 9435731435

Digboi

Digboi Pain & Palliative Care Society was established on 7th October 2001 with the support of IOL (Assam Oil Division), which has provided the infrastructure for the clinic. The clinic runs every Sunday. Patients are given medicines free of cost. Patients from neighbouring areas in upper Assam and part of Arunachal Pradesh come to this clinic.

Home care is offered as and when required. There are 72 life members comprising of professionals and others. Except two paid staff, all others volunteer their time and effort. The ambulance used for home care service and for transporting patients to the clinic is donated by Rotary Club. Recently, a scheme has been launched to supply essential commodities like rice, dal, and potato to the needy patients.

Contact Person: Dr. Nareswar Sarma Phone: 9435137841

Jorhat

Jorhat Pain and Palliative Care Society was established in 2006.

The clinic's address is Abul Kamal Pain & Palliative Care Clinic, T.R.Phookan Road, Jorhat-785001. It offers OP consultation on every Sunday along with home care.

Contact Person : Mr. Prakash Barua Phone No. 9954533861

Silchar

The Pain and Palliative care centre at the Cachar Cancer Hospital and Research Centre, Silchar, Assam began to function formally from May 2009. It was initiated with generous support of the Indo-American Cancer Association and Trivandrum Institute of Palliative Science. The Palliative Care team sees on an average 70 patients in a month. The team comprises 2 doctors, 8 nurses and 1 programme coordinator. Besides OP clinic, there are 14 beds for inpatient care. Apart from local patients from Cachar District, many patients come from neighbouring North Tripura, Manipur, Mizoram and Meghalaya. Regular training and awareness program are also being organised.

Contact Person: Dr. Iqbal Bahar Phone No.9435034399

NATIONAL FACULTY WORKSHOP ON END OF LIFE CARE

A two day workshop for the national faculty of the Indian Association of Palliative Care (IAPC) on End of Life Care (EOLC) was held at Karunashraya Hospice, Bangalore on 31st October and 1st November 2009. Thirty seven delegates from different parts of India participated. Mr. Kishore Rao, Managing Trustee of Karunashrya, welcomed the participants.



National Faculty Workshop at Bangalore

During the workshop Dr. Shobha N Nair, St. John's Medical College & Hospital, Bangalore presented the paper on decision making and management. Sessions on Indian Care Pathway and Communication was lead by Dr. Rajashree K. C, Pain and Palliative Care Society, Kozhikode, Kerala and Mr. P. T. Muhammed Saif, NRHM Arogya Keralam Project Manager of Kerala did a presentation on Socio Cultural Issues during EOLC. Dr. E. Divakaran, Director, Pain and Palliative Care Society, Thrissur lead the session on Ethical Issues during EOLC.

Legal Practitioner Dr. S. V. Joga Rao, who specialises in medico legal and other related health care laws and a founding faculty member of the National law school, Bangalore was invited to take a session on "Legal Issues". Delegates were able to know more about legal issues related to health care. Discussion during the sessions was very interactive.

There was also a meeting to review the IAPC Certificate Course on the second day of the workshop. The workshop organised by Indian Association of Palliative Care was supported by Project Kiran.

KERALA GOVERNMENT EMPOWERS PANCHAYATS TO TAKE CARE OF CHRONICALLY ILL

The government of Kerala issued a circular on November 2nd 2009, which directs the Local Self Government Institutions (LSGI) to support the palliative care movement financially and administratively. This is considered as an innovative step for providing basic home care to the chronically ill, by utilising the local self government institutions.

The circular issued by Local Self Government Department Principal Secretary S. M. Vijayanand, gives detailed instruction on how to establish home care service for the chronically bedridden and incurably ill patients in partnership with local organisations and government health agencies

The order directs every panchayath, municipality and corporation in the state to set up a project management committee for the execution of palliative care in their respective areas. The committee will be headed by the head of LSGI. Each LSGI will also set up a team of volunteers who will be trained in Palliative Care.

This circular is considered as a firm and effective government initiatives on the palliative care front that started with the pronouncement of a palliative care policy by the government of Kerala two years ago. No other government has taken so many effective steps in palliative care in such a short interval of time.

MCI FOR INCLUDING PALLIATIVE CARE IN THE PG (MEDICAL) COURSE

The Medical Council of India (MCI) has announced a land mark decision regarding professional education in palliative care and improving palliative care service in India. A sub-committee was set up by the Medical Council of India to follow up the bill (Palliative Care -Recognition, Teaching and Training- bill, 2008) by Sri. C. K Chandrapapan, former Member of Parliament from Thrissur, Kerala. Now MCI has approved the report which says that the Central Government, in consultation with MCI, should take necessary steps for providing due emphasis to the study of Palliative care in

the Postgraduate level of medical studies. Now the executive committee of the Medical Council of India has made following suggestions

- ♦ The Central Government, shall, in consultation with Medical Council of India, take necessary steps for providing due emphasis to the study of Palliative care in the Postgraduate level of medical studies, so that the doctors are equate with necessary knowledge and skills of Palliative Care.
- ♦ Palliative Care Medicine training

centres should be established for doctors and nurses in each state.

- ♦ Palliative Care Medicine Centre should be located primarily in
 - (i) All Regional Cancer Centres of India
 - (ii) Hospitals attached to Medical colleges/other hospitals where Cancer treatment are regularly been done.
 - (iii) Dedicated Cancer treatment hospitals or units

We hope this will eventually will lead to incorporating Palliative care training in Medical Education

WORKSHOP ON "THEME CENTRED INTERACTION" FOR NATIONAL FACULTY



National Faculty Workshop at Kozhikode

A workshop on "Theme Centred Interactions" for National faculty members of the Indian Association of Palliative Care was

organised at the Institute of Palliative Medicine, Medical College, Kozhikode, Kerala on 4th, 5th and 6th of November 2009 with the support of Project Kiran. Seventeen delegates participated.

The theme Centred Interaction (TCI) workshop was not specifically related to palliative care, but for developing professional effectiveness. It is a system for self transformation and personal effectiveness based on experiential learning. It is used in professional growth, counselling and leadership. The central theme of the workshop was "leading my self and leading others TCI as a steering tool".

The workshop was facilitated by Mr. Herman Eppler (Switzerland), one of the leading international faculty members in TCI. N.P Hafis Muhammed, a sociologist and a member of TCI - India was the Co-facilitator.

This is for the first time in India, that TCI did a workshop for health care professionals.

"SREE" SET TO GIVE SOLACE



Support
Rehabilitation
Education &
Empowerment

"SREE" a civil society alliance in Palliative Care comprising students, police personnel and community volunteers in Palliative Care in Kozhikode City, Kerala was inaugurated by the former President Dr. A. P. J. Abdul Kalam in a grand function organised by the Institute of Palliative Medicine and the Students Union of Medical College, Kozhikode at the Medical College on 15th October 2009.

The declaration of "SREE" was released by Dr. Kalam and the nearly 3000 people gathered in the hall read the declaration along with him.

The Director of the Institute of Palliative Medicine Dr suresh Kumar and the City Police Commissioner Mr. S. Sreejith explained

the concept of "SREE" at the function. Medical College Principal Dr. C. Raveendran facilitated the function. College Union Chairman Rakesh Kumar Jha presented a birthday gift by students to Dr. APJ Abdul Kalam as October 15th was his 78th birth anniversary. Mr. Kalam congratulated the venture and said attempts like "SREE" would create a broad coalition to help rehabilitate terminally ill patients.



Former president Dr. A. P. J. Abdul Kalam launching the declaration of SREE

"They alone live, who live for others. The rest are more dead than alive," Mr. Kalam said, quoting Swami Vivekananda. Continuing in his inspirational vein, he asked the young people in the audience to ensure that they provide affordable healthcare to all sections of the population.

At the end of his speech, Kalam asked the audience to take a vow to provide palliative care to the needy and suffering. An interactive session with students was also held. He answered questions from the medical students, which ranged from the need for a manned mission to moon, whether his knowledge of science had altered his concept of God and how doctors could help in achieving Mr. Kalam's pet project 'Vision 2020'.

IAPC CERTIFICATE COURSE ENTERS IN TO THIRD YEAR

The sessions for the candidates of the fifth batch of the Certificate Course in Essentials of Palliative Care started on 1st November 2009 at 16 centres all over India. This time too we received an enthusiastic response from doctors and nurses and two hundred and eighty candidates have registered with this batch.

235 candidates have successfully completed the course in the June 2009 batch out of 279 registered.

In 2010 IAPC will run two batches of the course through different regional centres in India. Just as in previous years the first batch will begin on 1st June and the second one on 1st November 2010.

The Indian Association of Palliative Care has launched this course in November 2007 with support from Project Kiran to create awareness among medical professionals in Palliative Care. Doctors who have completed MBBS/ BDS (also those who are doing their internship) and nurses with BSc Nursing degree/ GNM are eligible to apply.

Application forms can be downloaded from the website of IAPC : www.palliativecare.in

It is also available from regional centres and by email from nio.palliative.india@gmail.com



Certificate distribution function held at Trichi for the candidates who had successfully completed the IAPC Certificate course at Sudharshana Palliative Care Centre- Trichi

"SREE" aims to spread the message and skills in Palliative care further in the civil society. The initial targets are :

At the moment "SREE" concentrates its efforts to

- Give awareness to at least one lakh people in the Kozhikode corporation area in the care of the bedridden and chronically ill and to
- Give practical training to at least four thousand people in the city in the care of patients needing supportive and palliative care.

For the future, "SREE" aims to develop a system to provide care to all bedridden and chronically ill patients in the Kozhikode Corporation area.

DCBI (NON COMMUNICABLE DISEASE AND AIDS): COURSE LAUNCHED BY IPM AND SOMS



Sri. John Paul, Script writer and Academic Director of School of media studies inaugurating the course at IPM, Kozhikode

A New Diploma course 'Community Based Interventions (Non communicable diseases and AIDS)' has been launched jointly by Institute of Palliative Medicine, Medical College, Kozhikode and School of Media Studies, Kochi, Kerala on 1st December 2009. The course is useful for health care activists, community volunteers in palliative care, Local self government members, Health care workers from primary health centres, journalists specialising on health issues, members of social and political organisations, socially or politically active students etc. The minimum qualification for joining is a pass in plus-two or equivalent course.

Along with modules related to palliative care and community participation the course also offers training in documentation, advocacy and mass communication. The training on this module is being done by School of Media Studies.

The duration of this part time course is one year and at the moment the Institute of Palliative Medicine is the only course centre.

**For more details log on to : www.soms.asia,
www.instituteofpalliativemedicine.org,
www.pain&palliativecare.org**

WORLD DAY REPORT WORLD DAY PROGRAMME



With the theme Voices for the Hospices, this year, the World Hospice and Palliative care day was celebrated in more than seventy countries around the world on October 10th 2009. More than 1000 events were held globally to raise awareness and funds for local Hospices and Palliative Care Services.

A new Youtube channel high lightening hospice and palliative care around the world has been launched. To add films to this channel, email, worldday@helpthehospices.org.uk.

World Hospice and Palliative Care Day will take place next year on 9th October.

Report from India

World day has been celebrated all over India with different programmes like musical events, Hospice tour, exhibitions, workshops etc. The celebrations were organised at different centres all over India.

Bokaro - "Hospice Tour India" by Dr. A. K Dam Koshish the Hospice,



Dr. Abijith K Dam with the team members of Snehanchal Hospice at Nagpur

Dr. Abijith K Dam and Mr. Surjit Singh from Koshish the Hospice, Bokaro steel city Jharkhand ventured in to a Hospice Tour as part of the world Hospice and Palliative Care day programme, covering different parts of rural India to assess and understand the health scenario and people's awareness regarding palliative care. He travelled many under developed parts of states in East and Central India which are Jharkhand, Orissa, Chattisgarh, Maharashtra, Madhya Pradesh, Uttar Pradesh and Bihar.

The tour was flagged off at 9.30 am on 9th October 2009 from Bokaro Steel city. The places they travelled were diverse in very respect, nature, customs, beliefs, living standards everything. They met people from all walks of life. There were health care professionals, gurus, travellers, merchants and men and women with various backgrounds.

During their 3000km long tour they visited and helped at Snehanchal, hospice at Nagpur. "The infrastructure of the hospice was excellent but snehanchal did not have a qualified palliative care specialist to guide them. There were 17 beds; all of them were occupied! They also had a waiting list!" observes Dr. Dam.

In conclusion Dr. Dam says "It seems useless to talk about quality and standards when the basic service does not exist in most parts of the country. But then drops of water make an ocean and we definitely shall strive forwards towards perfection soon. People we met also voiced on the importance of community participation".

New Delhi - Cansupport

In the evening of October 10th, the lamp of the Bahai House of Worship, New Delhi was lit by one of the patients, as the world hospice and palliative care day celebration organised by Cansupport was held there and lighting the lamp was one of the programmes.

After the unifying story was read out, Prof. Madan Gopal Singh and his friends lent their voices to the global concert, 'Voices for Hospices', through the melodious rendering of Sufi texts and poems on issues such as life and death.



Musical performance by Prof. Madan Gopal Singh and friends

After the concert, everyone joined the five minute multi-faith prayer that is held there every evening at 8pm.

New Delhi - DNipCare

World Hospice and Palliative Care Day was celebrated in M.P's Club, South Avenue, New Delhi by Delhi's National Initiative in Palliative Care (DNipCare). Mr. Oscar Fernandes, Member of Parliament and former Minister inaugurated the celebrations. He offered to render Palliative Care services whenever possible by becoming a volunteer of DNipCare. Dr. Christi Fernandez, IAS, Secretary to the President of India announced a one time grant of Rs.25,000/- from the President of India's funds to DNipCare for rendering Palliative Care. Dr. C.V. Anand Bose, IAS and Managing Director, National Agricultural Cooperative Marketing Federation of India addressed the gathering.



Interactive session with experts organised by DNipCare

Interactive session with Palliative Care experts from eminent hospitals of the capital city was also held. Volunteers, Patients and their relatives and the Public participated. Dr. Sushma Bhatnagar, Associate Professor, All India Institute of Medical Sciences, Dr. Manoj Sharma, Associate Professor, Department of Radiotherapy and Cancer, Maulana Azad Medical College, Dr. K.S. Manoj from St. Stephens Hospital and Dr. Suresh K Mohammed from National Aids Control Organisation were the experts participated.

A musical programme along with Mohiniyattam, by the troupe led by Padmashree Professor (Dr.) Leela Omcherry was staged for 45 minutes. It was a real feast to the hearts of all the audience including volunteers and patients.

There after a documentary 'Athijeevana' on the single handed effort by Mr. Kunhachan for bringing the leprosy patients and leprosy cured people into the mainstream of society was screened. The feedback forms received from the audience show that they are interested in providing /supporting palliative care for those needy persons around them.

Earlier Mr. K.V. Hamza, General Secretary DNipCare, welcomed the audience followed with the Presidential speech by Professor Omcherry N.N. Pillai, an eminent academician and social activist in India.

New Delhi - Global Cancer Concern

Global Cancer Concern India, New Delhi celebrated its 11th Annual Day by commemorating the World Hospice and Palliative Care Day on October 10th 2009. The occasion was marked by a

seminar entitled "Cancer - the Road Ahead" presented by a multidisciplinary team from Batra Hospital and Cancer Research Centre, New Delhi with emphasis on Palliative Care. The chief guest was the patron of GCC, Smt Gursharan Kaur, wife of the Prime Minister Sri. Manmohan Singh.

Children battling cancer and children of cancer patients who had passed away were given financial aid for their education. Cancer survivors and those patients receiving Palliative Care were given gifts.

Guwahathi - PPCS

A workshop was organised as part of the World Palliative care Day by Guwahathi Pain and Palliative care Society. The topic was "Media on Palliative Care". 43 media persons joined in the workshop. The concept "Present status of Palliative Care in Assam" was discussed. The workshop was inaugurated by Mr. T. G Baruah.



Media workshop at PPCS, Guwahathi

Guwahathi Pain and palliative Care Society has completed 10 years of its charitable service this year. The terminally ill patients are now taken care jointly by Sacred Heart Palliative Care Center and the Society at the Hospice situated in Hastinapur, Guwahathi.

Srinagar



banner display at RCC, Srinagar

Banners were displayed to generate awareness regarding palliative care on world day at Regional Cancer Centre, Srinagar by Pain and Palliative Care Services.

Chennai - Dean Foundation

At Chennai the Palliative Care Day celebrations by Dean Foundation began almost 6 weeks before 10th October 2009 with walks, distribution of printed material and talks at Parks and Beaches. The most significant event that made the run-up to World Day was the "Battle of the Buffet" where many NGOs showcased their work on 1st October 2009. Nearly 2000 people representing Corporates, walked past, learning about Palliative Care.



Musical programme organised by Dean foundation

On the World Day, Chennai Live Radio channel interviewed one of the volunteers of Dean Foundation on palliative care and its significance and this was broadcasted on the same day at 8.15 pm. The Doordharshan Chennai, featured Dean Foundation's activities which was telecasted both regionally and nationally.

Chennai City Centre Holdings (P) Ltd. was magnanimous to give Dean Foundation its Atrium in their Mega Mall at Mylapore, as a venue for creating awareness and raising funds. The Women's Christian College, a 100 year old institution, joined hands with Dean Foundation to raise awareness and funds, through a Carnival of fun, games, dances and singing, on World Hospice and Palliative Care Day. The "Ask a Doc" stall manned by Doctors, provided blood pressure and blood sugar checks for the general public. The event was hosted by Mr. Cary Edwards one of the famous personalities of Chennai. Mr. Benny Dayal, a reputed playback singer of the A R Rehman group, and his Band the Hexachord, had made the Mall delirious and Mr. Nabarun Ghosh, a leading Karaoke expert, had the crowd vying for the mike.

Chennai - Jeevodaya Hospice

Patients from Jeevodaya and their families, family members of patients who have passed away, staff, well wishers and the public assembled at MRF Hall of Loyola College, Chennai at 2.30 pm on 10th October to make this day ever memorable.

Dr. Udaya Mahadevan, Founder member and Social Work Consultant welcomed the gathering. Sr. Lalitha Teresa, Secretary, Jeevodaya gave an update about the activities of Jeevodaya. She also thanked Mr. Ram Krishnaswamy, for offering to donate the proceeds of the sale of his book 'REFLECTIONS' to Jeevodaya.



Mr. Eugene Antony an inmate of Jeevodaya handing over a gift to master Sharad Raja Gopal - A Singer

An 'Open House' was also organised and the theme was 'Improving the Quality of Life of Cancer Patients'. Patients shared their experiences with a panel of experts. The panellists were Dr. Bose 'Surgical Oncologist', Dr. Bala 'Radiation Oncologist', Dr. Vanitha Krishnamurthy 'Prof. Nuclear Medicine', Ms. Selma 'Nurse-private sector', Ms. Prasanna 'Nurse- Govt. Hospital', Dr. Pacifica Simon, Dr. Ponni, Sr. Lalitha Teresa, Fr. Joy Counsellor and Dr. Udaya Mahadevan, Social Worker. The session was coordinated by Dr. Manjula Krishnaswamy, Hon. Medical Director of Jeevodaya. Chief Guest was Dr. Balu David, Director, Govt. Arignar Anna Memorial Cancer Institute, Kancheepuram

Cultural programme was performed by young talented artists and students. Mrs. Sally Abraham distributed Certificates to the doctors and nurses who had successfully completed the IAPC Course in Essentials of Palliative Care.

Sr. Libarata, Executive Director and Founder Chairman of Jeevodaya thanked all those present.

Tiruchirappalli

A mass rally was organized at Tiruchirappalli on world Hospice and Palliative Care Day collectively by Trichy Palliative Care Association, Shanthalaya Hospice, and Sudharsana Palliative Care Hospital. Over 800 students from many colleges, Nursing schools, school children and representatives from self help group organisations participated in the rally.



Rally at Thiruchirappalli



Cultural programme at Trichi organised as part of the world day celebrations

The rally was flagged off by Dr.M.S.Ashraff, IMA President of Trichirappalli. An exhibition on palliative care was arranged at Shanthatlaya Hospice .

A meeting was held in the evening and a DVD show depicting the "Time is Short; but miles to Go" was shown explaining the origin and development of Shanthaalaya Hospice. A Signature campaign for promoting local community participation in palliative care was also organised.

Smt. S. Sujatha, the Mayor of Trichy also participated in the function. Conclusion remarks were made by Dr.Mohanasundaram of Sudharshana Palliative Care Hospital following which the students from different colleges in Trichy presented entertainment programmes.



Marathon organised at Gudalur

Gudalur - Palliative Care Society

Gudalur palliative care society celebrated the world palliative care day with a Marathon race. Two hundred young men braved the heat of the day for the palliative cause. The marathon was flagged off from the Municipal office premise at half past ten.

A few young men with placards, highlighting palliative concerns kept pace with the racing youth in open vehicles. The whole town woke up to the call and came out to watch the marathon. The police force along with the government officials extended their whole hearted support and cooperation. A big surprise awaited at the concluding function was fifteen more young men came forward to join the volunteer force

Bangalore - KIDWAI Memorial Institute of Oncology

At Bangalore about 1200 people from different organisations and hospitals participated in the Walkathon organised by KIDWAI Memorial Institute of Oncology(KMIO) .

The walkathon started from KMIO at 9. 30 am and ended at Lalbagh at 11am



walkathon organised by KMIO Bangalore

MR. Shankar M Bidari , the commissioner of Police was the chief guest . Mr. Ramesh bhat(Actor) and Mr. Nagendra prasad (Magician) were other guests. Representatives from Karunashraya Hospice, St. John Medical college hospital , Bangalore Baptist hospital , Narayana Hrudayalaya and Mazumdar Shah Cancer Hospital,M.S. Ramaiah hospital,Vydehi Institute of Medical Sciences hospital , Helping hand (Volunteer's organisation)Sanjay Gandhi Nursing School, Oxford Nursing School participated in the walkathon.

Enthusiastic patients also joined walkathon. Children holding placards were the special attraction of the rally.

The programme was covered well by the media. It was telecasted in major news channels. News papers which published about the event include the Indian Express, Prajavani, Kannada prabha and DNA.

Bangalore - St. John's Medical College Hospital

Department of Pain and Palliative care at St. John's Medical College Hospital Bangalore, celebrated the World Day by organising different programmes. Awareness week was



Participants from St.John's Medical College Hospital in the Walkathon organised by KMIO as part of World Day Celebration

observed in the hospital as part of the celebration from 5th October. Volunteers interacted with the patients and their relatives who visited the hospital during the week.

A poster designing competition for the students and staff of the institution was held on 30th of September. Eighteen teams participated in the competition. The theme was "Discovering your Voice".

A one hour awareness programme was organized on 9th of October in the hospital for patients, relatives and volunteers. Special invitees were Mr. K. Unnikrishnan and Mrs. Dhanalakshmi Unnikrishnan, parents of Late Major Sandeep Unnikrishnan Ashok Chakra, who are supporting the cause of palliative care. Fr. Glen Mascarenhas, Director in Charge presided over the function.

The programme concluded on the 10th October with the participation in a walkathon from Kidwai Memorial Institute of Oncology to Lalbagh.

Hyderabad - Palliative Care Day Celebration

On October 10th, the team from Pain Relief and Palliative care Unit, MNJ Cancer Hospital, Hyderabad organised a get-together at the MNJ Hospital auditorium. Children, all dressed up colourfully, from the Paediatrics Palliative Care Department of MNJ Hospital and their parents took part in this programme actively.



Programme at MNJ

The guests of the programme were the famous artists from various Telugu T.V. Programmes. Sri. Indraneel, from Geminini T.V and his wife Mrs. Meghna and the other co-stars Sri Sagar, Sri Pavitra, Sri Vijay Reddy, Smt. Shruthi, Smt. Nagamani, Smt. Sana, Sri. Madhu and famous kuchupudi dancer N.K. Chawla and Ms. Tejaswini came forward to spend time with the children and make them happy. All the doctors and nurses of MNJ hospital were present.

The Pain Relief and Palliative Care Society released its first newsletter on the same day and also launched the official website of the society "palliativecarepartners.in"

In the evening children undergoing treatment also joined the dance programme. The director of MNJ hospital Dr. Madan Pal was the chief guest in the function.

Dr. Gayathri Palat. Dr. Durga Prasad Dr. Sudha spoke about palliative care.

Trivandrum - RCC

A continuing education programme in palliative care was organised at Regional Cancer centre Trivandrum, Kerala as part of the world day celebrations. Mr. Jose and Mr Eapen (Trainers in Palliative Care) lead the class. Director Dr. Paul Sebastian welcomed the audience. The chief guest was Sri. Vijayanand, secretary, Local self Government Department, government of Kerala.



candle of vigil organised at RCC Trivandrum

The function started with a 'Candle of Vigil' by children of Trivandrum International School. The RCC Campus was decorated with White Satin flags with the World Palliative Care day logo fluttering everywhere.

Kozhikode - Institute of Palliative Medicine

At Kozhikode, Kerala, the Institute of Palliative Medicine (IPM) with the support from Bankmen's Club of Kozhikode- a cultural organisation of Bank Employees organised a public function along with the Soorya Festival at Kozhikode on 10th October 2009. The Bankmens Club, who have given unflinching support to palliative care activities for many years, dedicated the Musical programme of the day to the World Day where the Chitrangali Music troop of Trivandrum performed fusion music. Early in the day the musicians came all the way to IPM to perform for the patients and families who otherwise will not be able to go for the public function. This was a spontaneous gesture which gave every one musicians and the viewers- many a memorable moments.



musical evening at IPM

At the public function before the musical evening at the Tagore Centenary Hall, Kozhikode in the same evening, Mr. Muhammed Saif, NRHM Arogyakeralam Project Manager made an awareness speech. Others present at the function were Dr. Anil Kumar Paleri (Secretary, IAPC), Mr. Rajagopal (President, Bankmens Club), Ms. Deedi Damodharan and Mr. T.A. Razak (Famous Script Writers).

Trivandrum - Pallium India and Sukrutham Palliative Care Society

The programmes of 10th of October started in Trivandrum with a motorbike rally to promote palliative care. It was organised by Sreekumar and team of Sukrutham Palliative Care Society. The rally ended in Cotton Hill School where Pallium India, its link centers in Trivandrum district and S.U.T Hospital jointly organised a get together of patients and relatives.

Students of seven schools in the city treated the audience to a musical and dance program. Dr Sanghamitra Bora of Cansupport led a memorial program for people who are no more. There was a session in which some patients and families shared their experience. In the evening, a Voice for Hospice program was organized by Rajeswari Foundation.

The 'bharatanatyam' programme of Surya Festival in that evening was dedicated to World Hospice and Palliative Care Day.

HUMAN RIGHTS WATCH RELEASES "INDIA REPORT"

At a press conference at India International Center at New Delhi on 29th October 2009, Diederik Lohman of Human Rights Watch released the report, "Unbearable Pain: India's Obligation to Ensure Palliative Care". This report has been considered to be helpful in providing strength to the efforts towards integration of palliative care into routine medical practice in India. Several newspapers and other media have come out with reports on this.

The whole report (including a three minute video) can be accessed at: <http://www.hrw.org/en/reports/2009/10/28/unbearable-pain-0>

We congratulate Diederik and his colleagues for their efforts in making this report.

FELLOWSHIP IN PALLIATIVE CARE AT KMIO-BANGALORE

Kidwai Memorial Institute of Oncology, Bangalore will be launching a new programme in "Fellowship in Palliative care" from 1st January 2010. Duration of the course is one Year.

Eligibility: MD, MS, DNB, MDS (All specialities)

For details, contact : Dr. Lingegowda

Mob: 9845226581, E mail : dpmkidwai@gmail.com

AGM ANNOUNCEMENT

Notification is here by given for the Annual General Body Meeting of Indian Association of Palliative Care on 13.02.2010 at 3.30 pm at Thiruchirappally, Tamil Nadu.

Agenda

- ◆ Confirmation of the proceedings of the last AGM (Feb 2009)
- ◆ Mid Annual General Council Meeting, Bangalore (August 2009)
- ◆ IAPC Course and Other Projects
- ◆ Accounts
- ◆ Election
- ◆ AOB with permission from the chair

All members are requested to attend the meeting.

s/d

Kozhikode
08.12.09

Dr. Anil Kumar Paleri
Hon. Secretary

ELECTION NOTIFICATION 2010

Election to the Governing Council of Indian Association of Palliative Care for the year 2010 will be held during the Annual General Body meeting at Thiruchirappally, Tamil Nadu. Vacancies open for the year 2010 are as follows:

- 1. Secretary Elect** - (One Post- Secretary from 2011 to 2014)
The Applicant to the post must have an uninterrupted Membership of the IAPC for atleast 5 years on the date of being nominated.
- 2. Executive Committee Member** - (Five Posts - from 2010 to 2012)
The Applicant to the post must have an uninterrupted Membership of the IAPC for atleast 3 years on the date of being nominated.

The break up of vacancies as follows:

North East - 1, South - 2, West - 1, East - 1

The states and UTs coming under each regions are:

North East: Assam, Arunachalpradesh, Manipur, Mizoram, Meghalaya, Thripura

South: Andhrapradesh, Tamil Nadu, Kerala, Karnataka, Andaman & Nicobar Is, Laskshadweep Is, Pondichery

West : Rajasthan, Gujarat, Maharashtra, Madhyapradesh, Goa, Daman&Deu, Dada Nagar Haveli

East: West Bengal, Orissa, Bihar, Sikkim, Jharkhand , Chattisgarh

Last date for receiving the nomination
10th January 2010

Publication of Final list of candidates
11th February 2010 at Conference Venue

Election : 13th February 2010

NOMINATION FORM

Nominations should reach the Secretary, IAPC before 5pm on 10th January 2010

To
The Secretary,
Indian Association of Palliative Care
Institute of Palliative Medicine
Medical College PO, Calicut, Kerala, India
Email:anilpaleri@gmail.com

I..... (Name of proposer),
IAPC membership number..... do hereby propose.....
.....(Name of the candidate), IAPC membership number.....to the post
of Secretary Elect/ Executive Committee Member.

Signature of the proposer:

Dated:

I.....(Name of the person supporting the
proposal), IAPC membership number.....do hereby support the nomination of
.....IAPC membership number..... to
the post of Secretary Elect/ Executive Committee Member of the Indian Association of Palliative Care.

Signature:

Dated:

DECLARATION BY THE CANDIDATE

I.....do hereby confirm that if elected,
I will be willing to work as Secretary/ Executive Committee Member of Indian Association of Palliative Care.

Date:

Signature of the candidate:

Place: