

THE SPARROW



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FAITH IN GOD INCLUDES FAITH IN HIS TIMING

Mr. Mani is a retired officer (Co-operative Society), he is entering into 54th year of marriage this year. His wife Mrs. Dhanalakshmi is a home maker. They have two daughters who are married and have children who are all well settled. Mr and Mrs. Mani are a happy go lucky couple who were content with their life until one day when the Storm hit them hard. Mrs. Dhanalakshmi (70yr old) was diagnosed with Multiple Myeloma- IgG subtype (Lambda free chain -Relapsed). The whole family was shattered. Mr. Mani's only goal in life was to take care of his wife till he breathes his last. He had to somehow arrange Rs. 10,000/- every week for chemotherapy alone. By the time he settles down with the chemo expenses, he has to start thinking of generating the money for next treatment. They sold all their properties, jewels, savings on her treatment. During the treatment, Dhanalakshmi had developed anaemia, UTI along with severe Mouth Ulcers, Cold and Cough. She was advised to get admitted and get treatment for the same. Here came a new challenge of managing the room rent apart from the treatment. Luckily one of the Nurse had suggested to approach Shantham - Palliative care where the room rents are manageable.

HERE IS A FEEDBACK WRITTEN BY MR.MANI HIMSELF.

Once we reached Shantham, the ambiance felt so peaceful and gave us a hope. From Day 1 all the Nurses have taken very good care of us. They lovingly call my wife paatima or amma and are very kind to her. We are extremely satisfied with Shantham and the services provided by the Doctors, Counsellors and Nurses. Food and Hygiene is yet another thing which we were totally happy with.

By right we should have got discharged 5 days back but we requested to extend the admission as my wife had not recovered fully. This morning I was very concerned that we are extending the stay and didn't know how to manage the expenses and prayed to the Almighty that he shows us a way out of this current situation. Coincidentally Dr.Harsha came for morning Rounds, and as she was leaving she came to me and asked if everything was ok . She said you look a bit worried; you can share your concerns or worries with me like you share it with your daughter. The moment she heard our concerns, she said that everything will be taken care of and asked us to extend our admission for two more days. We were taken aback by her kind gesture. She had also asked the counsellors to counsel us as we were so stressed. It may sound like a small thing but for us it is a huge favour that this organisation has done. My heartfelt gratitude to all the staffs of CCF and PSG for the timely help.

Mrs.Dhanalakshmi passed away peacefully in Shantham. Mr.Mani was near her till she breathed her last. He was given Bereavement Counselling and he is still in touch with the counselling team.

PSYCHOLOGICAL WELLBEING

Positive psychology emphasizes traits, thinking patterns, behaviors, and experiences that are forward-thinking and can help improve the quality of a person's day-to-day life. These may include optimism, spirituality, hopefulness, happiness, creativity, perseverance, justice, and the practice of free will. It is an exploration of one's strengths, rather than one's weaknesses. The goal of positive psychology is not to replace those traditional forms of therapy that center on negative experiences, but instead to expand and give more balance to the therapeutic process.



About CERVICAL Cancer Free Coimbatore

In support of the World Health Organisation's call for global elimination of cervical cancer by 2030, Coimbatore Cancer Foundation (CCF) has partnered with the Confederation Of Indian Industry (CII) Coimbatore, Young Indians (YI) and Covai Obstetrics and Gynecology Society (COGS) to launch the Cervical Cancer Free Coimbatore project in January 2022. The project has three verticals. It aims to raise awareness on the importance of HPV Vaccination in adolescent girls and screening in women to reduce the incidence of cervical cancer. Social media will be used primarily for this purpose. The second vertical is screening and we will be screening 10,000 women (30-60 years) in Coimbatore district using a HPV test. Since 11th January 2022 we have completed screening for 1273 women. The third vertical is treatment and women who are diagnosed with cervical pre-cancer or cancer will be offered appropriate treatment at tertiary care hospitals.



Activity of the month

**Avinashlingaam
University, MSW
team organized
an awareness
program on
08/04/2022
About Palliative
care, by
Dr.Harsha Singh**



Goralan Switch Gear Private Limited organised a program on 20/04/2022 by our trustee Ms.Rajine, in which 70 women participated. Dr.Harsha Singh, Mrs.Saraswathi, Mrs.Priyadarshini and our Intern Mrs.Graceya educated the participants about breast and cervical cancer, their symptoms, treatment and care.





On (21/04/2022)T at Paruvai our Aravanippu team conducted a volunteer meeting with 15 volunteers. The meeting was about CCF, Aravanaippu project and palliative care.



Our CCF interns conducted an activities (skit,music,dance) to reduce the distress for patients who are receiving chemotherapy. Ms.Shruthi & Ms.Devadharshini through group counseling, clarified various doubts about the treatment.

An awareness program was held at Govt. High school, Sangothipalayam on 22nd of April. Discussion was regarding Tobacco usage and cancer. Students of classes 9,10 and their teachers actively participated and the feedback was encouraging.



Avinashilingam MSW Team organized an awareness program at Kadampadi village near Sulur Air Force. In this program 30 women from SELF-HELP Group participated and gained knowledge about cervix and breast cancer. Risk factors of cancer, signs and symptoms and treatment were explained by CCF Counsellors.



Monthly statistics

Aravanippu Statistics

PHC visiting-2

Awareness program -1

New referrals - 2

Review Patients -99

Bereavement - 2

PSG Hospital patient statistics

New Patient counselled - 76

Review patient counselled - 227

Fund Support

CCF extended their financial assistance of Rs.40,000 for PSG Hospitals and 22,000 for GKNM hospital for the cancer treatment this month