



KMCT

AYURVEDA MEDICAL COLLEGE

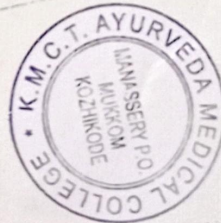
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TO WHOM SO EVER IT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge

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INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE



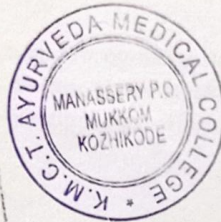


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7.2.1

BEST PRACTICES



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Best practice 1

1: Providing Assisted Living facility to Santhwanam (Old Age & Destitute Home)

Our institute believes in giving assistance with daily living activities, medical care, and other support services to individuals who are no longer able to live independently and require assistance with activities of daily living and their medical health care. KMCT Ayurveda Medical college Hospital has joined hands with Santhwanam Charitable Trust which is active in this area for many years. There are two residence facilities under the trust, separate for men and women.

Objectives of practice:

1. To provide doorstep delivery of medical care and thereby improve physical and mental wellbeing of residents.
2. To conduct regular health checkups, assess and manage the health needs of elderly residents.
3. To evaluate the gynecological disorders, postmenopausal syndromes, breast examinations for early detection and precise diagnosis.
3. To improve mental and physical health, awareness on various geriatric conditions like dementia, depression, arthritis, heart diseases, Alzheimer's, life style diseases, etc..
4. Helping the Panchayat in managing elderly population .

The context:

Kerala has an increasing elderly population and recognizing their needs, various rural local bodies have started implementing welfare measures. In line with this, our program aims to enhance the quality of life for the elderly or individuals with chronic health conditions by offering specialized medical care, assistance, and support within the facility.

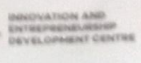
The Practice:

It comprises a well-organized team headed by a social worker, attenders, nurse, interns and a seniormedical officer who accompanies them on periodic visits to the Centre.

Regular checkups, early disease identification and modification of drugs is appropriately done so that unnecessary hospital visits may be avoided. Regular assessment of vitals and basic blood routines are done. Ambulance services are provided for easy transportation to hospitals at time of need. IP and OP services including medicines and therapies are provided free of cost for the inmates. . In case of hospital admission, KMCT provides treatment completely free of cost irrespective of the illness or duration of the hospital stay.



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Best practice 2

“PUNARJANI” – Uplifting health and behavior of jail inmates”

Holistic approach to promote comprehensive program for uplifting mental and physical health and behaviors of prisoners to enhance their overall quality of life.

Objectives of practice:

1. To improve physical health and flexibility through yoga and other exercises.
2. To enhance mental well-being through stress management and relaxation techniques.
3. To foster a sense of community and social bonding among inmates.
4. To provide personal counselling to improve social behavior and responsibilities
5. To master the mind and thoughts through yoga and meditation.
6. To understand their core self and make them aware of social responsibilities.

The context:

The crime rates are increasing drastically due to poverty, unemployment, lack of education, untreated mental health illness. Our program PUNARJANI aims to enhance the quality of life both physical and mental by providing personal counselling, yoga and meditations and awareness classes.

The practice

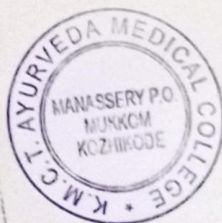
The team PUNARJANI comprises of medical professional, psychiatric counsellor, yoga trainer, social worker and interns.

Evidence of success

Our programme was delighted with enhancement of mental and spiritual health of several jail inmates. It was ensured great impact on them gradually in their mental and social behaviours. It seems a rebirth in overall quality of their life.

Problems encountered and Resources required:

Various challenges were encountered like disrespect and mistrust from inmates, volatile environments, language and cultural barriers etc. constant interaction between team PUNARJANI and inmates will help in building the rapport and lead to better results of the project.



Let's go
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Evidence of success:

The interns of KMCT Ayurveda Medical College attending the Swanthanam patients, develops clinical skills and learns basic human values of care, trust and empathy.

Problems encountered and Resources required:

No problems encountered.



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MEDICAL CAMP



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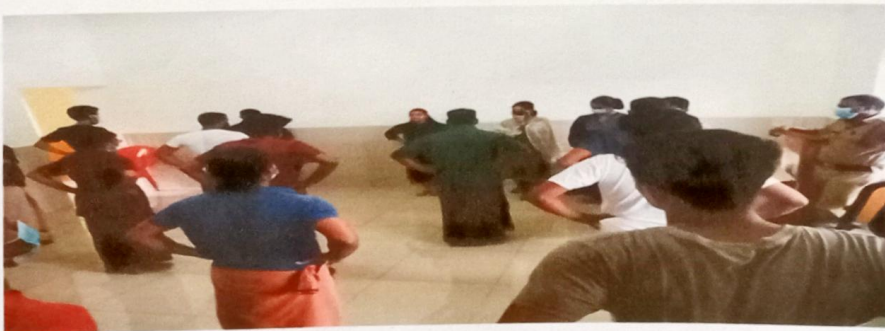


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YOGA PRACTICE IN JAIL



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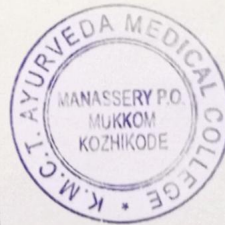




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SANDHWANAM MEDICAL CAMP



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