



OFFICIAL NEWSLETTER

We are excited to present our latest newsletter, showcasing the touching stories of our patients and the diverse initiatives we have embarked upon. This issue places a special emphasis on our dementia care initiatives. Your invaluable support has been essential in bringing these endeavors to fruition, and for this, we extend our sincere gratitude.

Understanding the Unseen Battles of Dementia

Dementia, an umbrella term for various cognitive disorders, is a condition that affects millions of people worldwide. It is characterized by the gradual decline of cognitive abilities, such as memory, reasoning, and communication. This journey into the world of dementia is a complex and emotional one, often marked by both challenges and moments of profound insight.

"Dementia takes away the memories and identities of those we hold dear," says a daughter of patient X who was diagnosed with dementia.

Her poignant words encapsulate the essence of what many individuals and families face when dementia becomes a part of their lives. The experience of living with or caring for someone with dementia is a unique and often heart-wrenching journey, filled with valuable lessons. One of the most significant lessons in dementia care is patience.

"In the face of repetitive questions and unpredictable behaviours, patience becomes your greatest virtue," shares Y who cares for his mother with dementia. It is a reminder that love and support extend beyond comprehension and memory. Education is another critical component. Learning about the different forms of dementia, their progression, and available resources can be a lifeline for families. **"Understanding the disease helps us adapt and provide the best care possible"** Resilience emerges as a powerful theme.

"My mother may not remember our history, but her ability to find joy in the present is inspiring," remarks Z. Witnessing moments of resilience in loved ones with dementia teaches us the strength of the human spirit.

Udbodh

Udbodh stands as a beacon of care and compassion, operating as a day care centre for dementia patients in collaboration with Arike Palliative Care, Kochi. This nurturing space offers solace and purpose to patients, particularly for those affected by dementia. Udbodh operates from 10 AM to 4:30 PM, offering crucial support to dementia patients. At Udbodh, patients actively participate in activities meticulously designed to ignite their memory capacities. These engaging sessions, led by a dedicated psychologist, employ a thoughtful combination of events and tangible stimuli. Every moment, from morning engagement to evening snack time, serves as an opportunity for patients to enhance their cognitive abilities. The activities are not just routines; they are carefully crafted experiences that tap into the reservoirs of memory, ensuring a holistic approach to patient well-being. At Udbodh, the focus is not just on providing care but on creating an environment where memories are rekindled, offering a sense of purpose and dignity to those entrusted in their care. Creating a safe and supportive environment is paramount. Simple adjustments to daily routines and living spaces can improve quality of life and reduce stress for both individuals with dementia and their caregivers. The experiences of those touched by dementia underscore the importance of empathy and understanding. Behind the diagnosis is a person who deserves respect and dignity. Dementia is a challenging journey, but within its intricate tapestry, there are threads of hope, love, and profound human connection. As we strive to better understand this condition, let us also gain insights from the experiences of those who have conquered it by discovering strength, resilience, and the enduring power of love.

COMMUNITY ENGAGEMENTS AND COLLABORATIONS

MEETING WITH MIND OFFICE BEARERS AND KOOT VOLUNTEERS



Arike Palliative Home Care had a discussion with Mr. Krishnakumar PS, Vice- Chairman MIND Trust, Ms. Emy Sebastian, Convener MIND Trust, and KOOT volunteers about organizing home care services for MIND members with special emphasis on their physiotherapy needs. Also, discussion was held on improving the mobility of people with disabilities. The meeting, held at IMA, Cochin, included Dr. Sreenivasa Kammath, Dr. Athul Joseph Manuel, Dr. Haneesh, Dr. George Tukkalan, Ms. Geena Varghese, Mr. Donal Marshal, Dr. Krishnakumar K, Mr. Al Ameen A.S, Mr. Suhail Sujahi, and Mr. Rafi Mohammed.

SUPPORT FOR MUSCULAR DYSTROPHY AWARENESS WALK



We actively supported Dr. Arun Sadashivan's awareness walk from Kasaragod to Thiruvananthapuram, extending our solidarity to individuals affected by muscular dystrophy. Arike collaborated with St. Albert's College, organizing an awareness class and a function led by Dr. Arun Sadashivan to enhance the campaign's impact.

COMMUNITY VOLUNTEER ENGAGEMENT

Mr. Lal CY, a dedicated community volunteer from Mulanthuruthy, joined our ranks and actively participated in home visits, embodying the spirit of service and unity.

SUPPORT OUR CAUSE



A/C NAME:
ARIKE DAY CARE NURSES
A/C NUMBER: 000205300024004
IFSC CODE: DLXB0000002
BRANCH: DHANLAXMI BANK,
SHANMUGHAM ROAD,
ERNAKULAM

Arike Daycare Nurses has provided home-based palliative care for three years, assisting 1,499 patients and families. Despite our dedication, we are struggling with financial constraints to cater to the growing demand for care. Your support is crucial in extending our reach and ensuring dignified lives for those in need. Please consider contributing to ARIKE!



+91 7034 336999

You can contact us at-
arikeinfo@gmail.com
arikecare.org



4. CUSAT'S SCHOOL OF INDUSTRIAL FISHERIES SIGNS MOU WITH PLAN@EARTH NGO

The School of Industrial Fisheries (SIF) at Cochin University of Science and Technology (CUSAT) has entered into a significant Memorandum of Understanding (MoU) with Plan@earth, a leading non-governmental organization committed to environmental conservation. This collaboration marks a vital step towards achieving the Sustainable Development Goals (SDGs) related to environmental protection and sustainability. The MoU was signed by Dr S Sabu, the director, school of industrial fisheries and the President of Plan@earth Mr Mujeeb Mohammad in a function presided by Dr Sivanandan Achari, The Registrar of CUSAT. Mr Nishin TP, Senior Specialist – CSR, Apollo Tyres Foundation delivered the keynote address.

Under this MoU, SIF-CUSAT will associate in the ongoing projects named Drive for recovery of ocean plastic (DROP) and Mangrove Restoration and Conservation (MARC). This MoU will enable providing technical expertise and support to Plan@earth in executing various environmental projects. The partnership will foster consultancy opportunities for the faculty at SIF, allowing them to contribute their knowledge and skills to the NGO's ongoing initiatives. Furthermore, the collaboration will offer students of SIF-CUSAT a chance to actively participate in these projects. They will have opportunities to volunteer, gain hands-on experience, and engage in internships that align with their academic and professional aspirations. This involvement will not only enrich their educational journey but also equip them with practical skills in environmental conservation.



Fig.14.3.43. CUSAT Signs MoU with Plan@earth NGO

6. INTERNATIONAL COASTAL CLEANUP DAY CELEBRATION

On International Coastal Cleanup Day, the Department of Marine Biology, Microbiology, and Biochemistry at CUSAT, in collaboration with the National Centre for Coastal Research (NCCR), CIFNET, and UC College, Aluva, organized a coastal cleanup at Fort Kochi Beach. Around 100 students and teachers gathered at Vasco de Gama Square on Saturday, September 16, 2023 Fort Kochi Beach, Kerala, India, ready to contribute to marine conservation. The event commenced with a presidential address by Dr. Sajeevan T P, Professor and Chief Coordinator of the cleanup, followed by Dr. Bijoy Nandan, Senior Professor and Dean, who welcomed the gathering and emphasized the urgent need to address marine litter and microplastic pollution. He highlighted the impact these pollutants have on marine ecosystems and stressed the critical importance of conservation.

Special guests, including MLA Sri. K J Maxi and Councilor Sri. Antony Kureethara, praised the students and faculty for their proactive efforts. They emphasized the value of such programs in raising awareness about plastic pollution and underscoring the urgent need to protect our oceans and biodiversity. Following these opening remarks, the participants moved to the beach and spent over an hour collecting approximately 40 gunny bags of waste, totaling around 480 kg. The majority of the waste consisted of plastic items, which were sorted and handed over to Plan@earth, an organization focused on environmental conservation, for responsible disposal. The initiative also saw participation from LitterLog, an AI-based system that monitors plastic pollution.

After the cleanup, participants took part in an awareness rally with placards and banners advocating for effective waste management and highlighting the pressing need to address marine litter, particularly plastic. The event sent a strong message about the significance of safeguarding our oceans and preserving marine biodiversity. CUSAT plans to expand this initiative, involving all departments to strengthen its impact and promote sustainable practices for a healthier ocean and a more secure future.



Fig.14.3.45. Team from CUSAT participated in Coastal cleanup in connection with International Coastal cleanup day



Fig.14.3.46. Volunteers from CUSAT engaging in cleanup activities

4.PROJECT DROP: TACKLING OCEAN PLASTIC POLLUTION

The DROP project addresses the pressing issue of plastic pollution along Kerala’s coastline. Plastic waste in the ocean poses a growing threat to marine life, human health, and local economies. With Dr. Hareesh’s (Associate Professor of Business Management at the School of Industrial Fisheries, Cochin University of Science and Technology (CUSAT) strategic input, Plan@earth develops community-based programs to recover plastic waste and create sustainable recycling solutions. His focus on data-driven research and community engagement supports a long-term circular economy for coastal waste management.



Fig. 14.5.10. Newspaper Report on Project DROP: Tackling Ocean Plastic Pollution

5. VEMBAND’S MACRO FIGHT: COMBATTING INVASIVE WATER WEEDS

The Vemband’s Macro Fight project uniquely targets the removal of invasive macrophytes, or water weeds, from the ecologically critical Vembanad Lake. These invasive species degrade water quality, harm local aquatic ecosystems, and disrupt livelihoods. Dr. Hareesh N. Ramanathan’s, (Associate Professor of Business Management at the School of Industrial Fisheries, Cochin University of Science and Technology), consultancy focuses on sustainable removal techniques and repurposing the extracted biomass for productive uses, such as compost or bioenergy. The community-centric approach also engages local stakeholders, including fishers and farmers, in protecting and restoring the lake.