



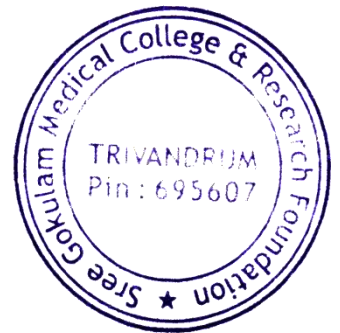
# Sree Gokulam Medical College & Research Foundation

(A Unit of Foundation of Non-Resident Indians)

Approved by NMC, Affiliated to Kerala University of Health Sciences, Thrissur

## To whomsoever it may concern

This is to certify that the information in the attached document is verified by me and is found to be true to the best of my knowledge.



**PRINCIPAL**  
*Sree Gokulam Medical College &  
Research Foundation, Venjaramoodu  
Thiruvananthapuram-695 607*



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## **GOKULAM THANAL (CHARITY CLUB)**

### **Overview:**

Gokulam Thanal is an organization formed by the students of Sree Gokulam Medical College, operational since 2012. Our mission focuses on providing financial, social, and emotional support to those in need with our limited resources. We receive substantial support from our college, its departments, staff, and students. Our goal is to instill empathy, love, compassion, and kindness among our medical students. We regularly conduct programs such as visits, campaigns, and awareness programs, in addition to providing donations to those in urgent need of assistance.

Our community's efforts have been characterized by sincerity and selflessness, demonstrating our commitment to providing care and support to deserving individuals. Despite our limitations, we have set an example by assisting economically and socially disadvantaged individuals.

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## Annual Report 2020-21

### Key Activities:

- **December 2020:** Donated food, toys, and clothes to Amma Thottil, an orphanage under the Kerala State Child Welfare Society, as part of our New Year Program.
- **Republic Day 2021:** Conducted "Birthday Bliss" at the Geriatric Ward, post-COVID-19 lockdown, adhering to necessary precautions.
- **COVID-19 Lockdown Support:** Assisted 10 students facing financial difficulties with a donation of ₹70,000.
- **Medical Assistance:** Provided a donation to Mohammed, a child affected by SMA.
- **Back to School Challenge:** Raised ₹20,000 to support a child in need.
- **Collaboration:** Partnered with the Child Help Foundation to support two children in need of medical assistance.
- **Renovation Contribution:** Donated ₹10,000 for the renovation of Snehatheeram.
- **Education Support:** Provided smartphones to students of Nedunkandam School for online classes.

### Financial Summary:

- **21/01/21:** Donation for a student's medical needs: ₹10,000. New Balance: ₹42,231.
- **22/01/21:** COVID-19 fines: ₹6,000. New Balance: ₹50,531.
- **26/01/21:** Birthday Bliss expenses: Total Income ₹8,651, Total Expense ₹3,780, Balance: ₹4,871.
- **11/02/21:** Donation for a school kit: ₹1,000. New Balance: ₹56,402.
- **22/02/21:** Smilefix New Year program donation: ₹6,000. New Balance: ₹63,202.
- **22/02/21:** Donation for hospital cleaning staff: ₹10,000. New Balance: ₹53,202.
- **30/03/21:** Back to School Kit Challenge: ₹25,000. New Balance: ₹28,202.
- **01/04/21:** 2020 batch fund collection: ₹17,510. New Balance: ₹45,712.

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- **06/04/21:** Treatment donation for a child via Child Helpline Foundation: ₹10,000. New Balance: ₹35,712.
- **24/04/21:** Support for a staff member's brother: ₹5,000. New Balance: ₹30,712.
- **12/06/21:** Road traffic support: ₹5,000. New Balance: ₹25,712.
- **24/06/21:** Donation for Snehathheeram renovation: ₹10,000. New Balance: ₹15,712.
- **04/07/21:** Spinal Muscular Atrophy donation: ₹4,100. New Balance: ₹15,712.
- **16/07/21:** COVID-19 fines for 2019 batch: ₹5,000. New Balance: ₹20,712.
- **03/08/21:** Mobile support for M.M.M. Govt. LP School: ₹6,000. New Balance: ₹14,712.
- **10/08/21 to 20/08/21:** Fundraising: ₹33,832. New Balance: ₹48,544.
- **05/09/21:** Staff support for Forensic Department: ₹15,000. New Balance: ₹33,544.
- **22/09/21:** Hospital patient support: ₹2,000.
- **29/09/21:** Child Help Foundation donation: ₹5,000.
- **22/11/21:** Staff support for a son's education: ₹3,000. New Balance: ₹23,544.

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## Annual Report 2021-22

### Key Activities:

#### Transition of Leadership:

- Responsibility for Gokulam Thanal was assumed on December 4, 2021.

#### Distribution of Onam Kits:

- A small amount of money was allocated for the distribution of Onam kits.
- Support was provided to the Welfare Society for the Blind in Kerala, focusing on the welfare, social upliftment, and rehabilitation of differently-abled individuals.

#### Cultural Performances and Contributions:

- Cultural activities were performed, and financial support was given to various institutional events.

#### Community Support:

- Sympathy and empathy were developed within the community, contributing significantly to various causes.
- Assistance was provided to destitute individuals in different wards, offering much-needed relief and support.

#### Post-COVID Initiatives:

- The "Birthday Bliss" program was revived.
- Visits were made to Ashraya Theeram, an old-age home in Charity Village, where sweets, other supplies, and valuable time were provided to the residents.

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## **Engagement with Medical Students:**

- The aim was to instill a mindset in medical students to identify and assist those in need among hospital patients during their studies.

## **Hair Donation Campaign:**

- The first-ever Hair Donation Campaign for cancer patients from Thrissur was conducted.
- Five students willingly participated in donating their hair.

## **Acknowledgements:**

- Special thanks are extended to Dr. Raman Sir for providing essential support and motivation.

## **Future Outlook:**

- Gokulam Thanal will continue to provide help to those in need and strive for continuous improvement over time.

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## Annual Report 2022-23

- **Transition of Leadership:**
  - Took charge of the organization from the former office-bearers on December 17, 2022.
  - Faced significant responsibilities in this transition period.
- **Support to Families and Students:**
  - Assisted many families within and outside Sree Gokulam Medical College.
  - Helped students at risk of dropping out of school and college due to financial difficulties.
  - Provided medical assistance to those in need.
- **"Be a Santa for Someone" Initiative:**
  - Collected clothing, food items, and toys from December 18 to December 31.
  - Distributed these items to the inmates of Amma Thottil in Thiruvananthapuram on New Year's Eve.
- **"Birthday Bliss" Program:**
  - Collected small donations from students celebrating their birthdays each month.
  - Conducted visits to spend quality time with inmates.
  - Provided financial support for institutional activities.
- **Food Kit Distributions:**
  - Participated in distributing food kits over several months.
  - Allocated funds for kits to needy families in Pothencode.
  - Supported the Welfare Society for the Blind in Kerala, focusing on the upliftment and rehabilitation of differently-abled individuals.
  - Contributed to the distribution of Onam kits.
- **Support to the Geriatric Ward:**
  - Visited every Friday evening to provide relief to residents.
  - Successfully implemented the "Evening Crowd" initiative.
- **Medical Camp:**
  - Held on Kerala's birthday, although delayed.
  - Conducted medical check-ups and tests for inmates of Venjaramoodu Ashratheeram Charity Village.

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- Collaborated with Avenir '23, 2017 batch House Surgeons, under the leadership of Geriatric HOD Dr. Raman Nair.
- **Development of Empathy:**
  - Focused on helping students develop empathy and identify needs within hospital wards during their studies.
  - Encouraged meaningful contributions through the organization.
- **Future Plans:**
  - Aim to continue and expand activities with uninterrupted support.
  - Hope to further enhance support for those in need in society.
- **Acknowledgements:**
  - Extended heartfelt congratulations to the new office-bearers taking over the reins

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## Annual Report 2023-24

### November 2023

- **November 20, 2023:**
  - Niya Fathima, a 9-year-old patient at MIMS Hospital, Calicut, diagnosed with Thalassemia Major, was advised to undergo Haplo-Identical Stem Cell Transplant Surgery. A donation of ₹5,000 was made to support this procedure.
- **November 23, 2023:**
  - Mr. Unnikrishnan from the Geriatric Ward underwent Umbilical Hernia Repair Surgery. A donation of ₹5,000 was made for this cause.

### December 2023

- **December 24, 2023:**
  - The program "Snehathanalil Oru Christmas" was organized in the Geriatric Ward. Christmas was celebrated with the patients through carol singing, dance performances by college students, and a cake-cutting session with the patients and staff. A donation of 75 bedsheets was made to patients in need. Total amount spent: ₹2,235.
- **December 28, 2023:**
  - A 4-year-old child admitted to MIMS Hospital, Calicut, diagnosed with Multiple Deformation Abnormalities, underwent Reconstruction Surgery. A donation of ₹5,000 was made for this procedure.

### January 2024

- **January 6, 2024:**
  - A case of premature childbirth from Telangana's Sowmya Children's Hospital was noted. A donation of ₹5,000 was made for the ventilator facilities provided for the child.
- **January 25, 2024:**
  - A 10-year-old child admitted to MIMS Hospital, Calicut, diagnosed with T-Acute Lymphoblastic Leukemia, was advised to undergo



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chemotherapy. A donation of ₹5,000 was made to support this treatment.

## February 2024

- **February 16, 2024:**
  - Mrs. Mini, a staff member from the Geriatric Ward, is suffering from RHD and is taking medications. A donation covering two months of medication, costing around ₹4,329, was made.
- **February 23, 2024:**
  - Mrs. Bindu's mother, a staff member from the college, was diagnosed with Chronic Liver Disease and is undergoing treatment. A donation of ₹10,000 was made to support her treatment.

## Birthday Bliss

- Gokulam Thanal has been conducting the "Birthday Bliss" program for the past 5 years. Money collected from students celebrating their birthdays is used to arrange visits to old-age homes and orphanages. Efforts are made to spread joy and happiness among those in need through support and care.
  - Events included cake-cutting and game sessions at various children's homes and performances by children and college students.
  - On March 24, a visit to Balasadhanam in East Fort, TVM, included a donation of ₹10,000 for the marriage function of a former child of Balasadhanam.
  - Programs were also conducted at Snehatheeram, Kallara, a non-profit institution sheltering about 120 residents. Happiness and positivity were spread, and daily supplies were donated.
- **Financial Summary:**
  - Total Amount Received: ₹36,503
  - Total Amount Spent: ₹21,349
- **Disciplinary Fines Received:**
  - October: ₹1,000
  - December: ₹90,000
  - April: ₹20,000
  - Total: ₹1,11,000

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## JEEVAN – BLOOD DONATION CLUB

**JEEVAN Blood Donation Club** is a pivotal organization within the medical college, dedicated to promoting and facilitating voluntary blood donation. Established with the aim of addressing the critical need for blood in medical emergencies and treatments, the club plays a crucial role in organizing blood donation drives, educational campaigns, and community outreach programs.

Key activities of the JEEVAN Blood Donation Club include:

- **Blood Donation Drives:** Regularly organized events to encourage students, faculty, and staff to donate blood, ensuring a steady supply for hospitals and patients in need.
- **Awareness Campaigns:** Initiatives to educate the college community and the public about the importance of blood donation, the process involved, and the impact it has on saving lives.
- **Competitions and Events:** Engaging activities such as letter writing contests, cartoon drawing competitions, and quizzes to raise awareness and foster a culture of voluntary blood donation.
- **Recognition Programs:** Special programs like "Gift to the Blood Donor" to honor and appreciate the contributions of dedicated blood donors, further motivating continued participation.

Through these efforts, the JEEVAN Blood Donation Club not only helps maintain a critical blood supply but also cultivates a sense of social responsibility and community service among its members.

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## JEEVAN – 2018 -19 Annual Report

- A student notice board was established in the college lobby.
- **June 14, 2018:**
  - An online creative writing competition named VAZHITHIRIVU was held.
    - 1st place: Alphonse Jolly (2016)
- **July 23, 2018:**
  - A mass blood donation drive took place at RCC, in conjunction with the convocation ceremony, known as Kompass.
- **March 8, 2019:**
  - In association with International Women's Day, over 50 female candidates participated in a blood donation drive.
- **June 14, 2019:**
  - A greeting card and slogan competition was organized on the topics of blood donation and universal access to safe blood transfusion. Badges were awarded to those who had completed more than one voluntary donation.





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## JEEVAN 20-21 Annual Report

Due to the unexpected arrival of SARS-CoV-2 (COVID-19), many were in a dilemma about health issues and the associated social anxiety.

Efforts were made to raise awareness about treatment modalities, including blood transfusion and plasma therapy.

Despite the challenges posed by the ongoing pandemic, a count of 108 was achieved within a short span of time.

Over the 14-year journey, assistance has been provided to nearly 10,000 patients.

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## JEEVAN 2021

June 14 - World Blood Donor Day

### • Letter Writing Competition

The letter writing competition was held to celebrate World Blood Donor Day. The prize winners were:

1.A. R. Aravind (2021)

2.Meenu Raj (2021)

The distribution of prizes to the winners of the letter writing competition was conducted, recognizing their creative efforts and contributions.



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## • Cartoon Drawing Competition

A cartoon drawing competition was organized to further engage participants. The prize winners were:

1. Arjun Vishwanath (2021)
2. Sreelakshmi V (2020)

The prize distribution ceremony for the cartoon drawing competition was held, celebrating the artistic talents of the participants.







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## October 1 - National Voluntary Blood Donation Day

### Weekly Quiz Competition

To mark National Voluntary Blood Donation Day, a weekly quiz competition was conducted to enhance awareness and knowledge about blood donation.





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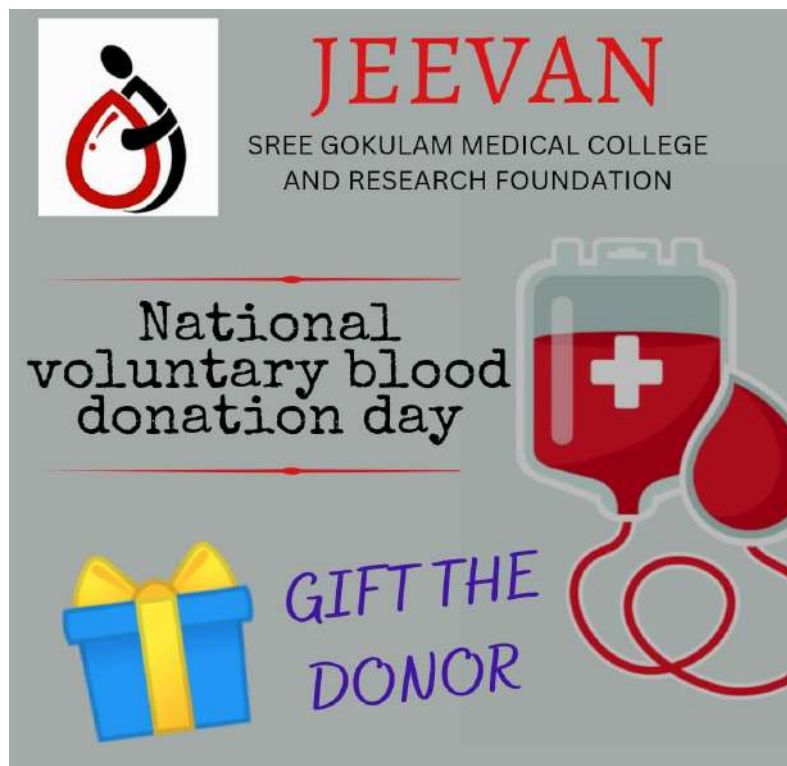
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## Gift the Donor Program

The "Gift the Donor Program" is an initiative designed to honor and appreciate the selfless contributions of blood donors. This program aims to acknowledge their generosity and encourage continued participation in blood donation drives.





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## September 28, 2022

A special ceremony was held to honor the Jeevan members from the 16th batch. Mementos and certificates were handed over to recognize their dedication and contributions to the cause.



*[Handwritten Signature]*



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