

STORY OF MY VOLUNTEERING LIFE

WHAT DO I DO? WHAT DOES IT MEAN TO ME?



Ashla Rani

Volunteer of Pallium India (<https://palliumindia.org/>) – a national registered charitable trust formed in 2003 with a vision to integrate palliative care in all health care so that every person has access to effective pain relief and quality palliative care along with disease-specific treatment and across the continuum of care.

LIFE STORY



Born and brought up in a rural village of Kerala, India



Worked as a full-time software engineer for 4 years



Met with an accident, sustained a spinal cord injury and became quadriplegic



4 years of hospitalization for physiotherapy after the acute treatment



Search for something meaningful to do in life resulted in becoming a volunteer at Pallium India

WHAT DO I DO AT PALLIUM INDIA?

- Executive Assistant to Dr M R Rajagopal – Chairman, Pallium India
- Counsellor at Half-Way-Home, a project aimed at helping the spinal cord injured people to come back to life
- A friend in need for children in Unarv – the bereavement support group
- Advocacy for palliative care and accessibility
 - Awareness programs at schools and colleges
 - Meetings with government officials
 - Workshops for people with disabilities

WHAT DOES IT MEAN TO ME?

- Sharing my smile with someone who has forgotten how to smile
- Listening to people in the most vulnerable time of their lives
- Using life experience to help similarly placed people to live with dignity
- Creating opportunities for improving quality of life for people with disabilities
- Giving a purpose for my life