



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING AQAR (2022-2023)



CRITERION 5 – STUDENT SUPPORT AND PROGRESSION

Key Indicator 5.1– Student Support

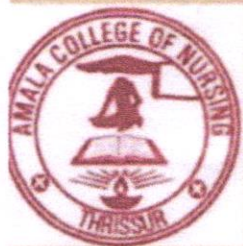
**Metric No. 5.1.2- Capability enhancement and development schemes
employed by the Institution for Students**

SUBMITTED TO



National Assessment and Accreditation Council

YOGA AND WELLNESS



AMALA COLLEGE OF NURSING

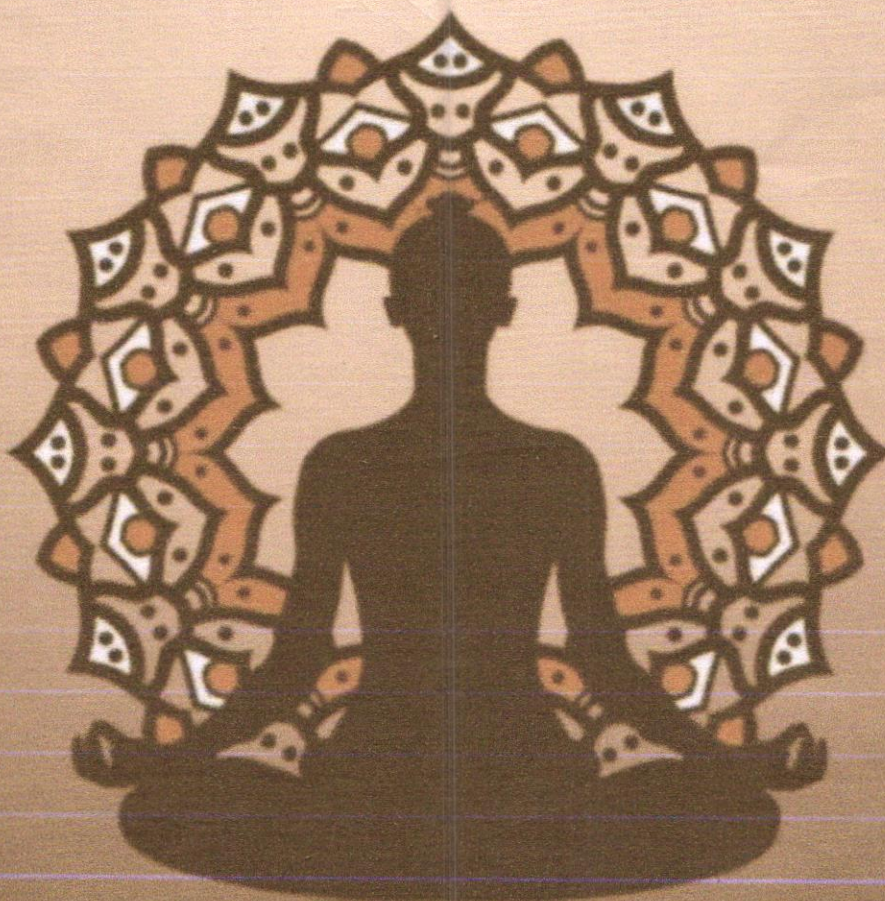


YOGA TRAINING

Resource person : Mrs. Deepthy C (MSc. Yoga)

Yoga trainer

Vaidhyaratnam Ayurvedha College, Ollur



DATE : 17-06-2022

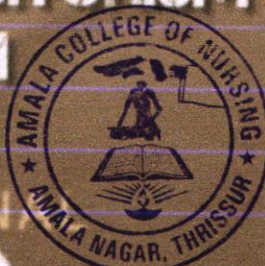
VENUE : AMALA AUDITORIUM

TIME : 10AM

21st JUNE

INTERNATIONAL

Yoga Day



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

AMALA COLLEGE OF NURSING
AMALA NAGAR PO., THRISSUR-680 555

College union/NSS



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

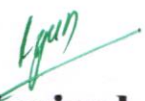
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Date: 15.06.2022

CIRCULAR

Yoga training programme is arranged at 10.30 a.m. on 17.06.2022 All BSc Nursing students are directed to attend the class without fail.




Principal

Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555



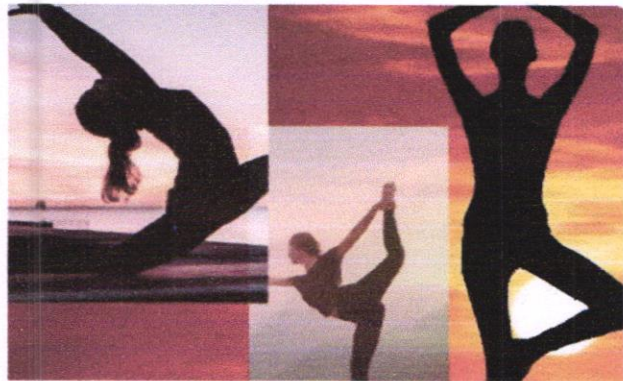
AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

International Yoga Day Celebration-2022

The relevance of yoga as a holistic practice for mental, physical, and spiritual well-being is highlighted on International Yoga Day. It gives people the chance to get together and experience the transforming power of yoga as a community. Its worldwide commemoration encourages people to accept, acknowledge, and share yoga as a beneficial instrument for social harmony and individual and community well-being. On June 17, 2022, Amala College of Nursing celebrated Yoga Day and planned a number of other events. The subject of yoga 2022 was "Yoga for humanity," and the students



also performed a yoga dance. Mr. Rev. Fr. Julious Arakkal CMI, Director of Amala Institute of Medical Sciences, gave the celebration of Yoga Day its official start. Students were able to learn and practice yoga more as a result of this program.



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AMALA COLLEGE OF NURSING, THRISSUR

ATTENDANCE REPORT - B.Sc. NURSING (2021 BATCH)

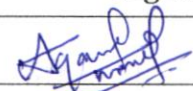
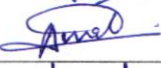
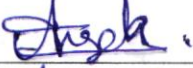
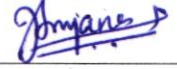
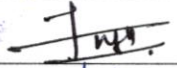
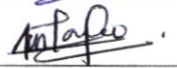
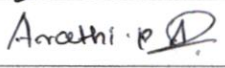
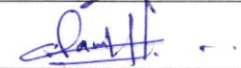
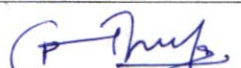
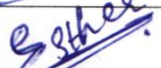
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Date :

Time :

Resource Person :

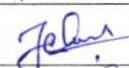
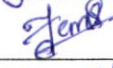
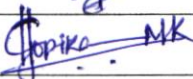
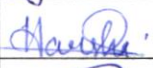
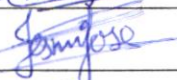
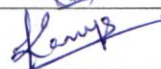
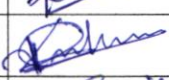
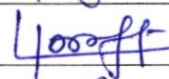
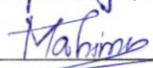
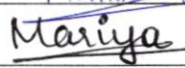
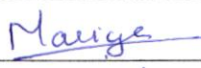
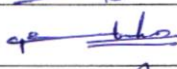
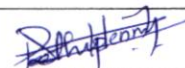
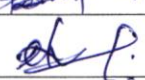
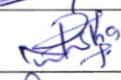
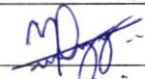
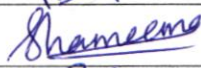
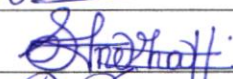
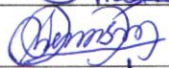
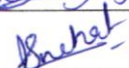
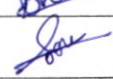
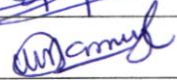
Yoga training
15-6-22
10:00am
Mrs. Deepthi

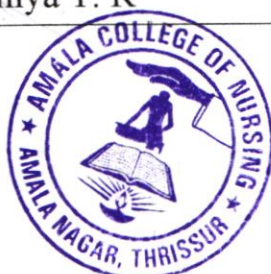
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1	Abin Babu	
2	Amal Biju	
3	Angela Dickson	
4	Anjana V. P	
5	Anju Bobby	
6	Anju Kunjumon	
7	Ann Mary V. R	
8	Anne Mariya Augustian	
9	Ansal Elizabeth Kuriakose	
10	Anu Anto	
11	Arathi P	
12	Ayana Baby	
13	Ayona Thomas	
14	Blessymol Thomas	
15	Dany Paul	
16	Della Toms	
17	Devika K Dileepkumar	
18	Dharsana Shaji	
19	Diya Rose Colines	
20	Elna A. S	
21	Emil Martin	
22	Esther Biju	



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P.T.O

Sl.No.	Name of the Student	Signature
23	Febina A	
24	Feleena Lukose	
25	Femi Sebastian	
26	Gopika M. K	
27	Harsha P Jiji	
28	Hridhya Vinod	
29	Jesmi Jose	
30	Kalpa S	
31	Kavya Nath	
32	Krishnapriya C. S	
33	Lakshmi P. S	
34	Liya Reji	
35	Mahima Johncy	
36	Mariya Christy E. F	
37	Mariya Thomas	
38	Mohammed Farzeen P	
39	Neethu Benny	
40	Neha Nigi Ollukkaran	
41	Nimisha P	
42	Nirosh M. J	
43	Niya Mariya Varghese	
44	Shameema S	
45	Sneha N Saji	
46	Sneha Tharakan	
47	Sneha Tom	
48	Sonamaria P. V	
49	Stessy Biju	
50	Taniya T. R	




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ATTENDANCE REPORT - B.Sc. NURSING (2020 BATCH)

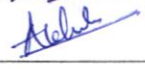
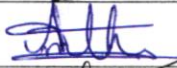
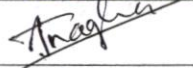
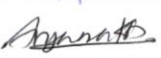
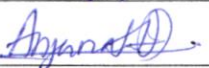
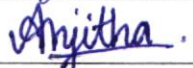
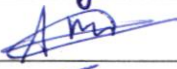
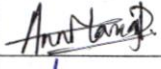
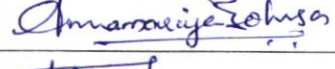
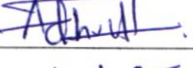
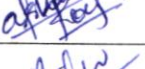
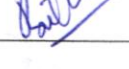
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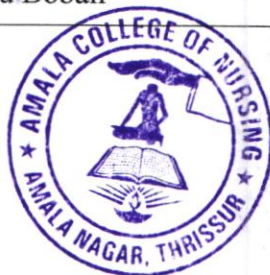
Date :

Time :

Resource Person :

Yoga training
15/6/22
10-am
Mrs Deepthi

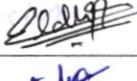
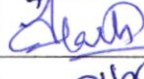
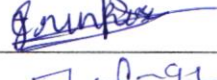
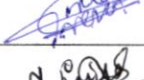
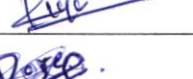
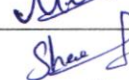
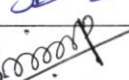
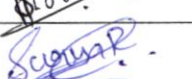
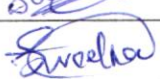
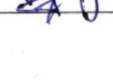
Sl.No.	Name of the Student	Signature
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2	Akhilamol Thomas	
3	Aleena Peter	
4	Aleena Shaji	
5	Alina Mannanal Gigi	
6	Alphonsa Sebastian	
7	Alwin. M. Thomas	
8	Amritha Johnson	
9	Anagha P V	
10	Angel Rose Shaji Valayil	
11	Anjana K B	
12	Anjana Kuriachan	
13	Anjana T T	
14	Anjitha Shaji	
15	Anju Sani	
16	Ann Maria T O	
17	Ann Mariya Dominic	
18	Ann Mariya Shyju	
19	Anna Mariya Johnson	
20	Ardhra Viswanath P V	
21	Arsha Mariya C A	
22	Ashams Roy	
23	Bittu Boban	



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Sl.No.	Name of the Student	Signature
24	Delna Mariya Davis	
25	Divina Sibi	
26	Eldhose Reji	
27	Elsa Joseph	
28	Gillumol Shiji	
29	Harsha A K	
30	Hiba Fathima K S	
31	Irin Rose Josey	
32	Jimymol M Giji	
33	Johnny K Johnson	
34	Jonia Mariam Devassy	
35	Liya Charly	
36	Liya Tressa Sibi	
37	Neha Benoy	
38	Nidhin Francis	
39	Nimiya Elezabath Sabu	
40	Nishana M A	
41	Riya Jose	
42	Riya Roy	
43	Rose Maria Antony	
44	Shalvina Merin Sojan	
45	Sheenu S Lukose	
46	Sona Paul	
47	Surya R	
48	Sweetna Thomas	
49	Syma P S	
50	Vandana Ranjraj	



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International Yoga Day

Resource Person: Mrs. Deepthy C (M.Sc. Yoga)

Yoga Trainer

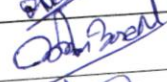
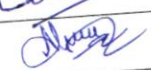
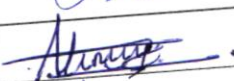
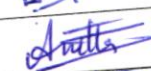
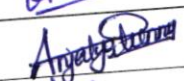
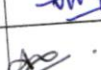
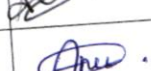
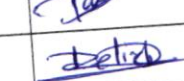
Vaidhyaratman Ayurvedha College, Ollur

Batch: B.Sc. Nursing (2019 Batch)

Venue: Amala Auditorium

Date : 17.06.2022

Time : 10.00 am

SL. NO.	NAME OF THE STUDENT	Signature
1	Aghina Paul	
2	Agna Roy	
3	Aiswarya K S	
4	Aleena Jilson	
5	Algy Joseph	
6	Alina Mariya Augusty	
7	Alphonse Rose Mathew	
8	Ancy Shaju	
9	Angel Davis Pynadath	
10	Angel Jesudas	
11	Anitta Mathew	
12	Anitta Shaju	
13	Anjaly Benny	
14	Anly Babu	
15	Ann Mariya Sabu	
16	Ann Mariya Shaju	
17	Anntreesa M P	
18	Anu Francis	
19	Archana C V	
20	Athulya P S	
21	Binju Devassia	
22	Daisy Jose	
23	Delishya Joji	
24	Delma Shaju	
25	Delma Devis	



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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P.T.O

SL. NO.	NAME OF THE STUDENT	Signature
26	Emitha Tomy	<i>Emitha</i>
27	Gladis Mariya A C	<i>Gladis</i>
28	Hanna V J	<i>Hanna</i>
29	Hiba K M	<i>Hiba</i>
30	Hridhya Venu P C	<i>Hridhya</i>
31	Jisna S	<i>Jisna</i>
32	Margaret James	<i>Margaret</i>
33	Maria K Darlin	<i>Maria</i>
34	Merin Shaju	<i>Merin</i>
35	Merlin James	<i>Merlin</i>
36	Minta Rose	
37	Mishel Mary Baby	<i>Mishel</i>
38	Muhammed Kasim	
39	Neena Babu	<i>Neena</i>
40	Niya Grace	<i>Niya</i>
41	Nova Elizabeth Tom	<i>Nova</i>
42	Pritty Mary Prakash	<i>Pritty</i>
43	Ritty Thomas.T	<i>Ritty</i>
44	Sandra Benny	<i>Sandra</i>
45	Sandra Thomas	<i>Sandra</i>
46	Sharon Thomas	<i>Sharon</i>
47	Sheen Maria Jose	
48	Shibily Rasfin K M	
49	Sindrella Paul	<i>Sindrella</i>
50	Tinu James	<i>Tinu</i>



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ATTENDANCE REPORT - B.Sc. NURSING (2018 BATCH)

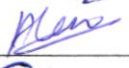
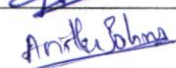
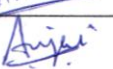
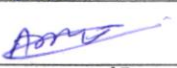
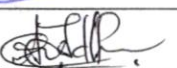
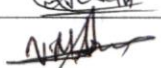
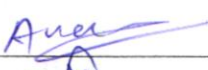
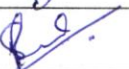
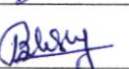
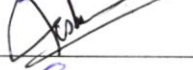
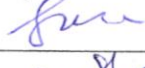
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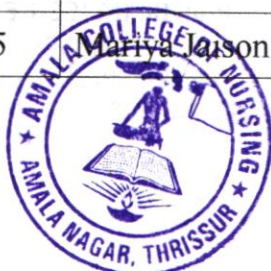
Date :

Time :

Resource Person :

Yoga training
17/6/22, 10am.
Mr. Deepthi

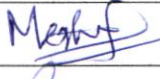
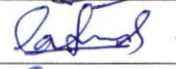
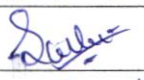
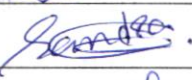
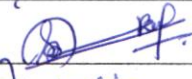
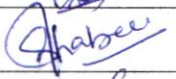
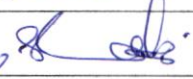
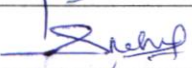
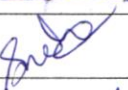
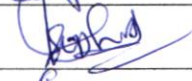
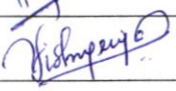
Sl. No.	Name of the Student	Signature
1	Ajila P J	
2	Aleena Sunny	
3	Amala Tomy	
4	Ancy. K. A	
5	Angel Sojan	
6	Anitta Abby	
7	Anitta Johny	
8	Anjali A Mohandas	
9	Anly Milton	
10	Ann Maria Joseph	
11	Ann Mary Biju	
12	Anna Joseph	
13	Ardhra C. Prakash	
14	Arun Mohan V	
15	Averine Mariya Jose	
16	Benliya Bose	
17	Bessy Mol	
18	Blessy Maria Chacko	
19	Diona Ann Joseph	
20	Diya Davis	
21	Dora Jarold	
22	Jeslin K J	
23	Jismy Paul	
24	Keerthi M Surendran	
25	Mariya Jaison	



19/6/22

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P.T.O

Sl. No.	Name of the Student	Signature
26	Mary Celin	
27	Meenakshi M Murali	
28	Megha Jayaraj V K	
29	Reshma Babu	
30	Rose Mary Baby	
31	Rosy Joseph	
32	Safna P S	
33	Salomi K J	
34	Sandra Benny	
35	Sandra Rose Sebastian	
36	Shabeer Ali A M	
37	Shaniya Shaji	
38	Sharon Shajan P	
39	Sherin Tresa Mathew	
40	Signa Paulson	
41	Sisira Suresh O	
42	Siya Joy	
43	Sneha Shaju	
44	Sneha Simon T	
45	Snesi Augustine	
46	Sona Mol Joseph	
47	Sophiya Thomas	
48	Teena John	
49	Tincy E T	
50	Vishnupriya T R	




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Amala COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur – 680 555, Kerala

First Nursing College accredited by NAAC with A grade in the first cycle (RAF)

Affiliated to Kerala University of Health Sciences and recognized by Kerala Nurses and Midwives Council & Indian Nursing Council
(Certificate No. 18-16/2893-INC)

TOUR TO WONDERLA

Amala College of Nursing organized a tour program for the 2021 batch as a part of wellness programme on 17.03.23. The journey started from the college at 7.30 Am after the blessing of Rev. Fr. Antony Mannummel CMI, Asst. Director, Incharge Amala

College of Nursing.

A total of 50

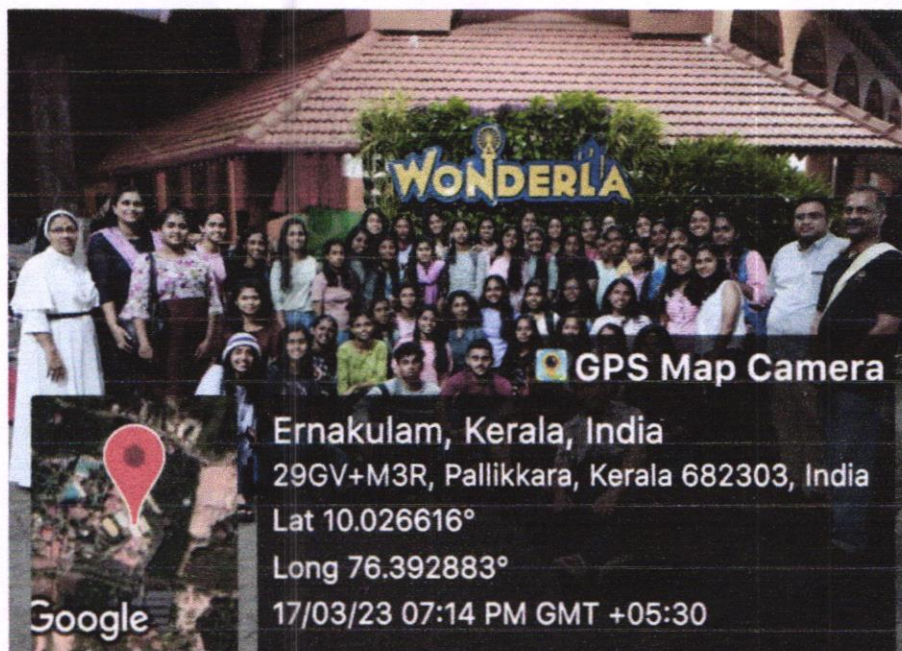
students and 5

faculties have

joined the tour. The

students reached

the wonderla at



10.30 am and they well enjoyed all rides in the wonderla. The students exit from the wonderla at 6.00 pm. They reached the college at 10.00 pm.



Rajee

Prof. Dr. RAJEE REGHUNATH
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