



AMALA COLLEGE OF NURSING

AQAR (2022-2023)



CRITERION 1 – CURRICULAR ASPECTS

Key Indicator 1.3– Curriculum Enrichment

Metric No. 1.3.1- The Institution integrates cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum as prescribed by the University / respective regulative councils

SUBMITTED TO



National Assessment and Accreditation Council

- **Reports of Programmes conducted
to address Health Determinants,
Right to Health and Emerging
Demographic issues**

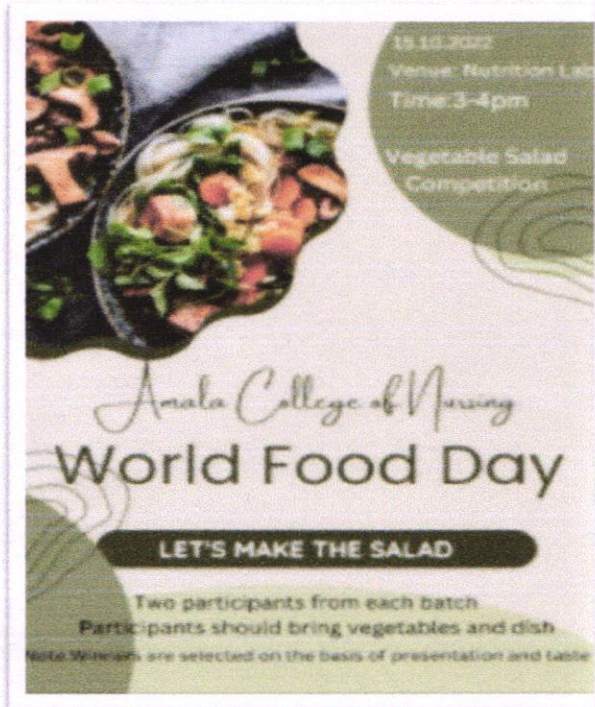


AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

WORLD FOOD DAY



Good food brings people together and nourishes the soul and good food is a wise medicine. To uplift this knowledge, Amala College of Nursing organized salad making competition as a part of World Food Day on 15.10.2022. The competition started at 3.00 pm. Two students from four batches participated in the competition. Students actively took part in the competition by making various vegetable salads. The students explained about the benefits and the nutritive value of the food that they prepared. It was a new and an exciting way of learning about the health aspects of food. The program ended at 4.00 pm. The best group was evaluated by the judges.



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REPORT ON NUTRITION PROGRAM

As a part of the fourth-year BSc. Nursing Community posting, the NSS unit conducted the nutrition awareness program 'RUCHIKOOTU'. The program was conducted on August 23, 2022, from 10 a.m. to 12 p.m. at Suvarna Anganavadi of Elavally Grama Panchayath. For this, the students were divided into groups focusing on the dietary problems of preschoolers, adolescents, pregnant women, and lactating mothers. Their recipes required to meet the dietary needs were discussed. The program was inaugurated by Mr. Jio Fox, the panchayath president. The welcome address was by Mr. Arun Mohan. Felicitation was done by Mrs. Annie, the Anganavadi teacher. Ms. Anitta Johny delivered the vote of thanks. The program had an audience of 18 people belonging to different age groups. The beneficiaries were mothers and elderly citizens. An interactive session was conducted, and feedback was collected. The program was a successful endeavor.

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അമല കോളേജ് ഓഫ് നഴ്സിംഗ്
തൃശ്ശൂർ

കമ്മ്യൂണിറ്റി ഹെൽത്ത് നഴ്സിംഗ്
ഡിപ്പാർട്ട്മെന്റ്



പോഷകാഹാര
ബോധവൽക്കരണ ക്ലാസ്സ്
രൂപീകൂട്ട്

തീയതി : 23.08.2022

സമയം : രാവിലെ 10.30 മുതൽ

സ്ഥലം : അങ്കണവാടി(സുവർണ്ണ), വാർഡ് 3
കിഴക്കേത്തല, ചിറ്റാട്ടുകര



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REPORT ON NUTRITION DAY PROGRAMME

"SWAD" -2022"

"Good nutrition creates health in all areas of our existence, all parts are interconnected"

Today the world faces a double burden of malnutrition and over nutrition. Taking this into consideration we the fourth year Bsc students of Amala College of nursing, Thrissur in association with community health nursing department conceded that an Advertence is incumbent in the Panchayat elavally where we had posted for the community practice. On first july 2022 at 10: 00 am in navodayaanganawadielavallyth fourth year students stewarded the nutritional program " SWAD - good food for good health 2022 " The inauguration was done by the Panchayat president Mr. Geo fox and felicitation was delivered by Mrs. Lalitha. The students were divided into five groups and each group acquainted the healthy diet for preschooler, schooler, adolescent girl, pregnancy and lactation and finally for the old age . The presentation bestowed with alluring charts, the prepared one day menu plan for each category and explained the details of RDA for each group. The food items prepared by the students strew to the participants of the program. The program winded up with vote of thanks.



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സ്വാർത്ഥ പോഷകാഹാര ക്ലാസ്

എളവള്ളി • അമല കോളജ് ഓഫ് നഴ്സിങ് കമ്മ്യൂണിറ്റി ഹെൽത്തിന്റെ നേതൃത്വത്തിൽ പഞ്ചായത്തിൽ സ്വാർത്ഥ പോഷകാഹാര ബോധവൽക്കരണ ക്ലാസ് നടത്തി.

നല്ല ഭക്ഷണത്തിലൂടെ നല്ല ആരോഗ്യം എന്ന സന്ദേശമായി പഞ്ചായത്തിലെ മൂന്നാം വാർഡിൽ ഒരു വർഷം നീളുന്ന തുടർ പ്രവർത്തനങ്ങളും കോളജിലെ എൻഎസ്എസ് വിഭാഗം നടത്തും. പദ്ധതിയുടെ ഭാഗമായി വി

വിധ രോഗങ്ങൾ സംബന്ധിച്ച് സർവ്വേ നടത്തിയിരുന്നു. വിവിധ തരത്തിലുള്ള ആരോഗ്യ പരിശോധനകൾ, മരുന്ന് വിതരണം, സ്ത്രീകൾക്കും കുമാരക്കാർക്കുമായി പ്രത്യേക ക്ലാസുകൾ എന്നിവ ഉണ്ടാകും. പദ്ധതി പഞ്ചായത്ത് പ്രസിഡന്റ് ജിയോഫോക്സ് ഉദ്ഘാടനം ചെയ്തു. യു.കെ. ലതിക അധ്യക്ഷയായി. റിനു ഡേവിഡ്, ഷാലി ജോസഫ്, ഷബീർ അലി, ടീന ജോൺ എന്നിവർ പ്രസംഗിച്ചു.



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WORLD HEALTH DAY -7th APRIL 2022

World Health day is a global health awareness day celebrated every year on 7th April. The programme started at 2.45pm in the lecture hall 3. Principal Prof. Dr. Rajee Reghunath, vice principal Rev.Sr.Litha Lizbeth, class coordinator Rev.Sr.Jyothish, NSS officer Mr. Don Jose, faculties and 3rd year B.Sc nursing students attended the programme. The programme was hosted by Mahima Johny. Programmes begin with a prayer song. Anu Anto delivered the welcome speech. Prof.Dr.Rajee Regunath, Principal of Amala college of Nursing addressed the event. Sir made the day more informative by sharing his valuable thoughts on the theme of world Health Day 2022. Theme revealed through a fabulous and energetic flash mob. Ayana Baby presented the content of the health day through beautiful slides.




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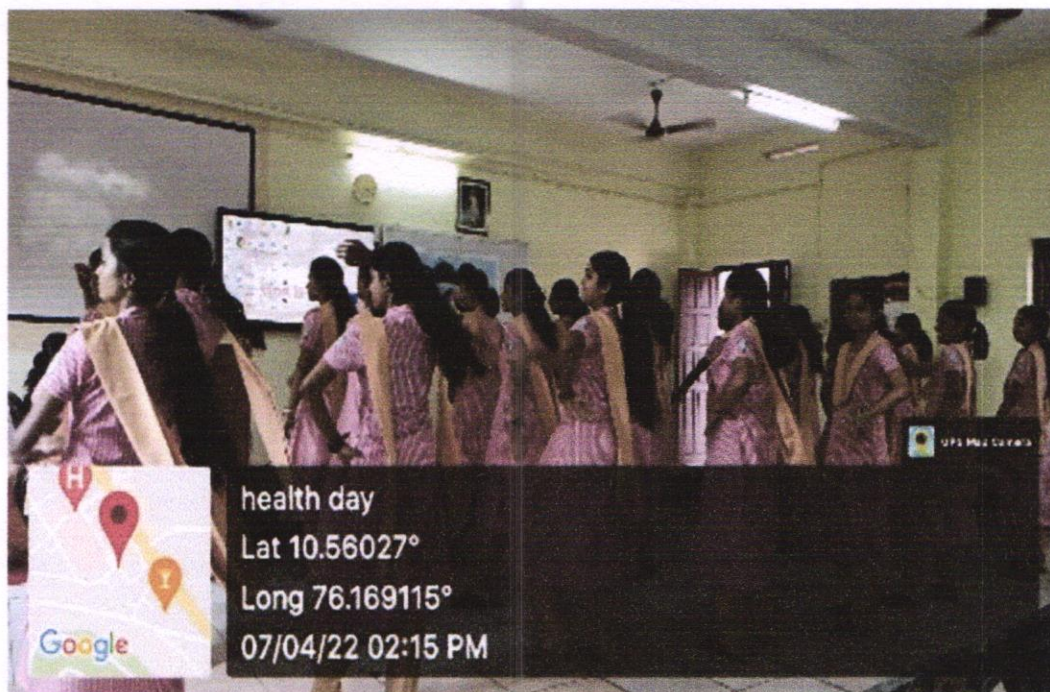


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WORLD HEALTH DAY -7th APRIL 2022



In between the slide presentation, two tableau are displayed showing consequences of war and Covid -19. After that, A beautiful and graceful Theme dance was performed. The programme came to an end with a vote of thanks by Nirosh M J.

All the programmes regarding World Health Day were successfully finished at 3.30pm.

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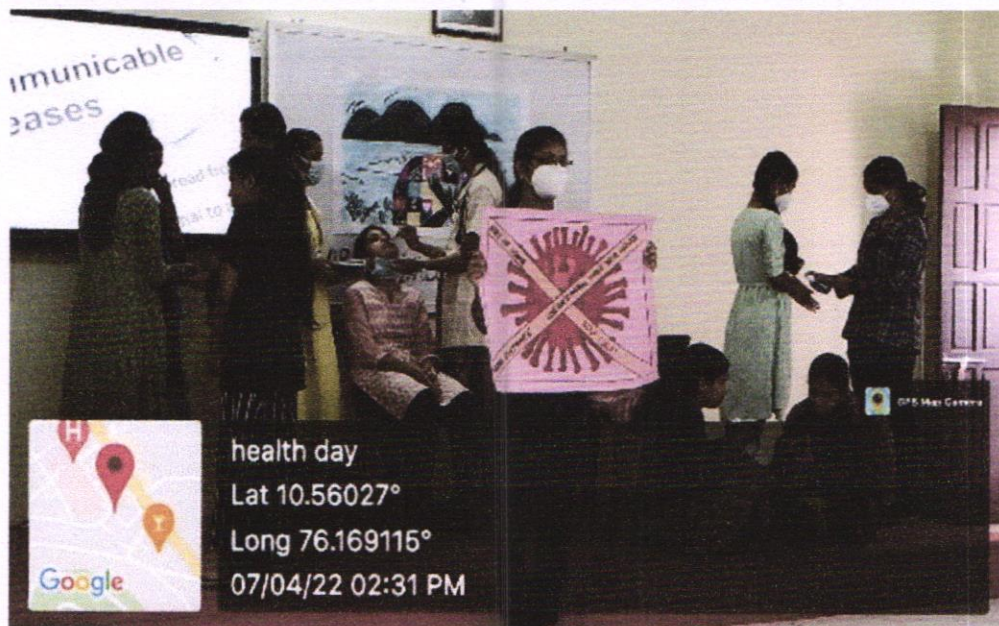
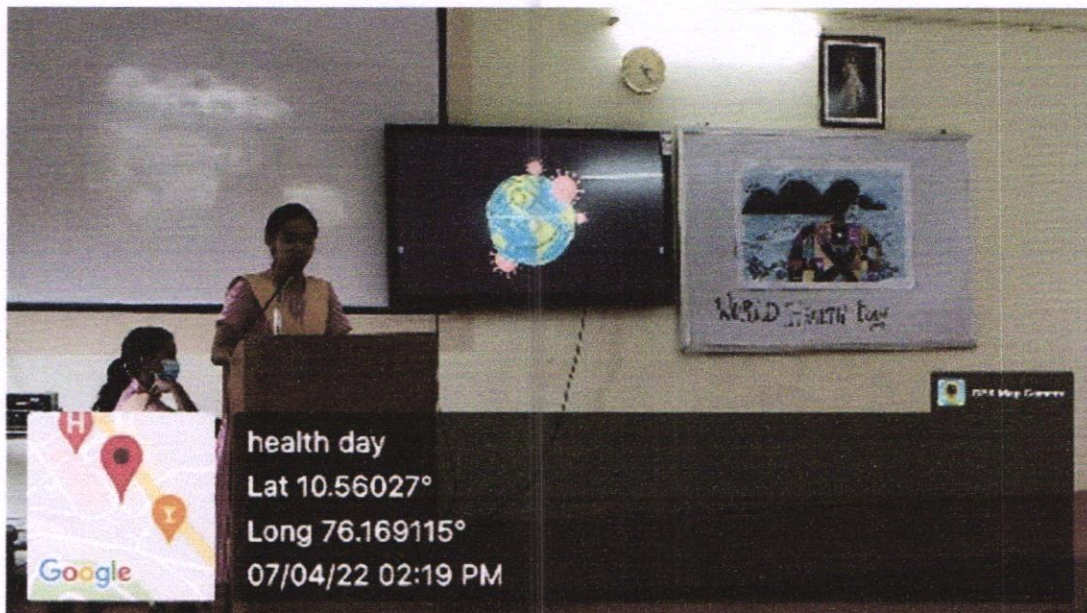


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WORLD HEALTH DAY -7th APRIL 2022



14/7
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WORLD KIDNEY DAY



World Kidney Day is a global health awareness campaign that focuses on the importance of kidneys, reducing the impact and frequency of kidney diseases. World kidney Day is celebrated annually on the 2nd Thursday of March. This year World Kidney Day was celebrated on 10/03/2022 in Amala College of Nursing, Thrissur. The second year students took part in preparing and displaying informative posters in front of the hospital entrance. The theme of this year was 'Kidney Health for all'. The posters conveyed information regarding dietary practices, renal diseases and its management and how it could be prevented.



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Prof. Dr. Rajee Reghunath

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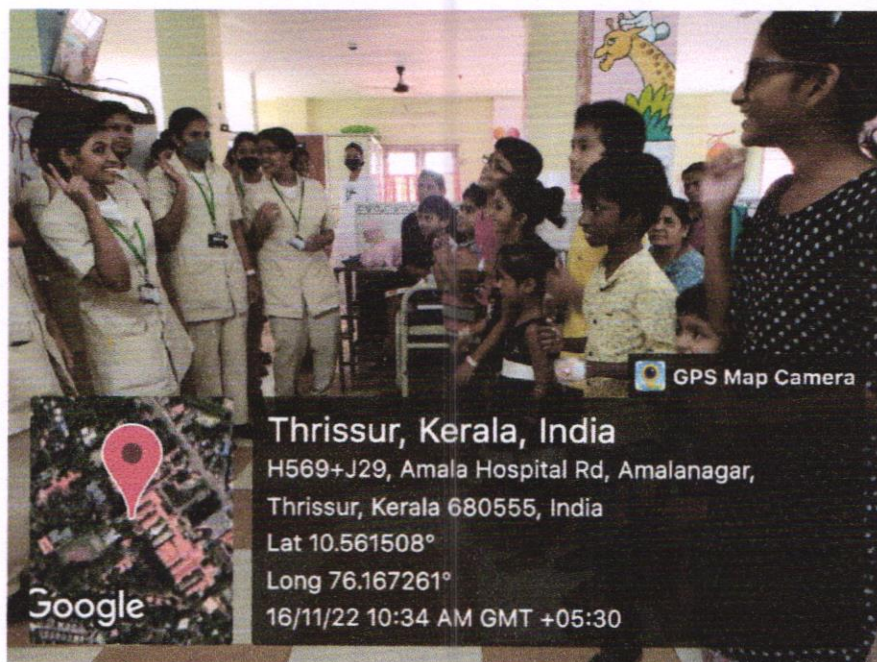


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World Immunization Day- Photographs



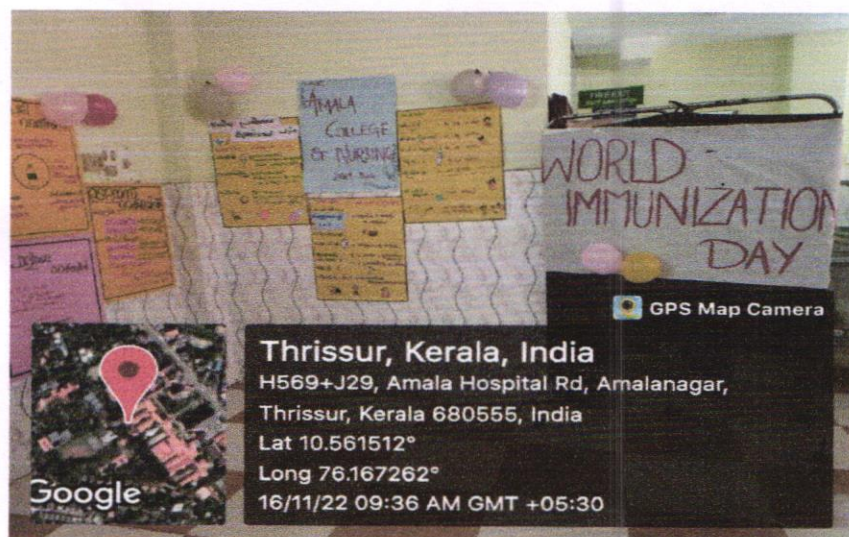
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WORLD IMMUNIZATION DAY

As part of World Immunization Day the third year BSc students of Amala college of Nursing under the guidance of the Child Health Department organized an educational programme for the children and their parents admitted in Ward -9.

The programme was organized on 16.11.2022 from 9.30 am to 10.30 am. Students organized various recreational activities like song, action songs, games, talks and skits based on this year theme "Long life for all". Students prepared various charts and educational posters to create awareness about the importance of timely immunization. Children actively participated in the programme.



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WORLD HEART DAY CELEBRATION

World Heart day is an important annual event, witnessed every year on 29th September 2022. The day is celebrated by organizing various activities and awareness events globally to raise awareness about heart disease. Amala College of Nursing celebrated World Heart Day with the full participation of 2020 batch students. The programme was organized by the Adult Health Nursing Department. Students performed a flash mob followed by a health awareness talk in the St Marys block and in Thrissur railway station .It was a splendid program organized by the students which helped to raise the awareness of fatal heart diseases among the public.



R. Rajee
Prof. Dr. RAJEE REGHUNATH
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WORLD TB DAY



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WORLD TUBERCULOSIS DAY

World tuberculosis day was celebrated on 24/03/2022 in Amala College of Nursing, Thrissur. The fourth year students took part in the rally. The theme of this year was 'Invest to end Tb. Save Lives'. The students displayed informative posters and attractive placards to raise awareness about the Tb prevention. A rally was also organized near the Thrissur round and various competitions were conducted among various nursing colleges in the Thrissur Town Hall. The third year students took part in the skit and won prizes.



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A WALKATHON FOR FEMALE CANCERS

WIN FABULOUS
PRIZES



CANWALK 2022

October 27

**Walkathon for
cancer
awareness**



Togs, Thrissur
OBSTETRIC & GYNAECOLOGICAL SOCIETY



Agar

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Amala College of Nursing participated in walkathon meet on 27.10.2022, as a part of women breast and cervical cancer awareness. The students from second year and third year were participated in the meet. The programme was conducted in Thekkinkadu ground, Thrissur. Student from different colleges were participated in the meet and they participated with their own pluck cards, models, posters, etc. Amala college of Nursing also presented flash mob, it was amazing and really conveying good messages to public. The programme was big success.



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SPORTS DAY - 'UDAY 2K22'

Amala college of nursing organized outdoor Sports Day 'UDAY 2K22' on 19th November 2022 at 8 am in the spacious playground of the college. The programme was started with march-past of all students. Ms Maria K Darlin, third year BSc nursing student welcomed all the dignitaries. The program was inaugurated with a flag hosting by Rev. Fr. Antony Mannummal, Asst. Director, Amala Institute of Medical Sciences Thrissur. Various sports competitions such as relay, 100 meters race, 200 meters race, javelin throw, discus throw, throw ball and short put were conducted. The principal and other teachers motivated the students and gave away the prizes to the winners. Fund raising programmes such as SNA shop with snacks and drinks were sold by the students all throughout the day. The events of the day came to an end with the principal declaring the sports day champion. The overall champion from boys was Mr. Eldose Reji from second year BSc



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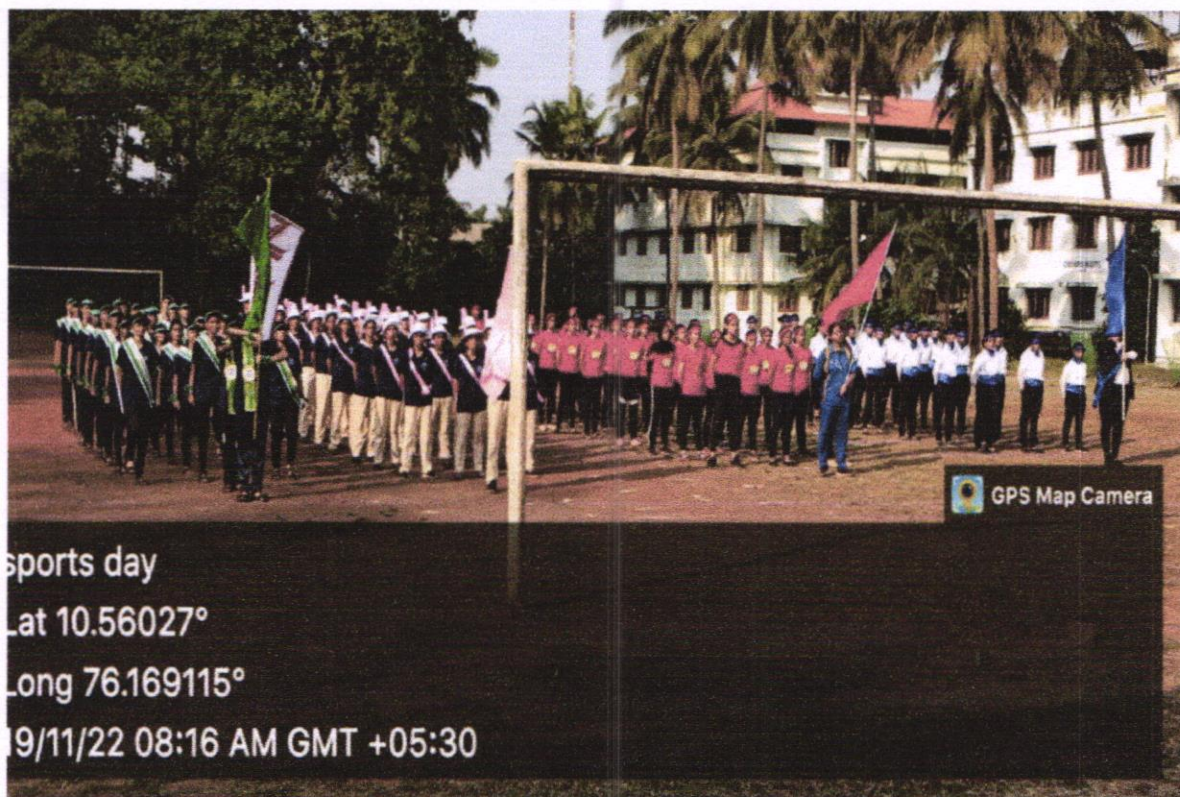


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Nursing and from girls was Ms Ann Treesa from third year BSc Nursing. At the end of the day principal thanked everyone for their presence and support, and congratulated the students for their exceptional performances.



1900

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19/11

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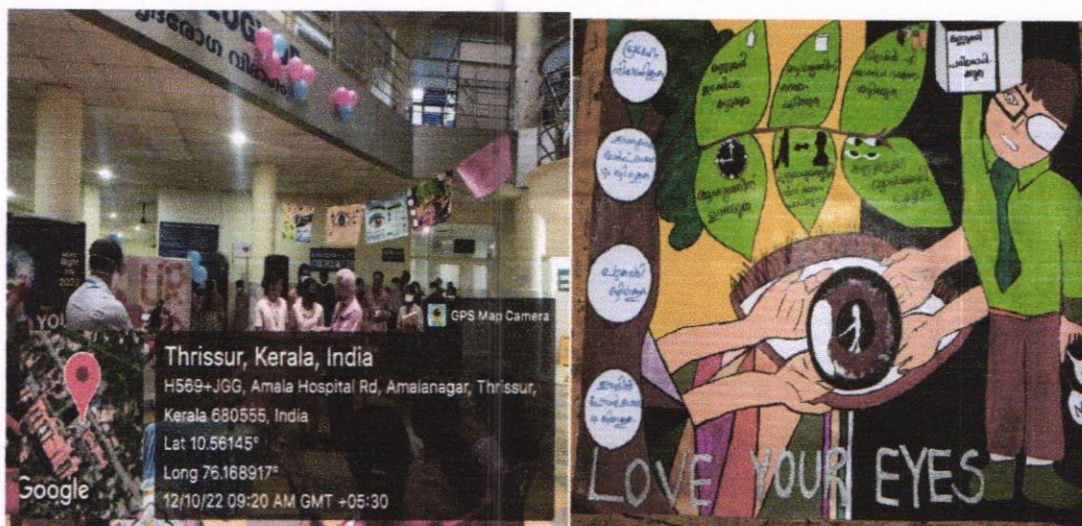
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WORLD SIGHT DAY

World sight day was observed on 12 th october 2022 by the department of Adult Health Nursing, Amala College of Nursing. World Sight Day or World Eye day is celebrated to raise awareness about vision impairment, vision care and other issues related to eyes. Students actively took part in poster making competition and were based on the theme 'Love your eyes'.



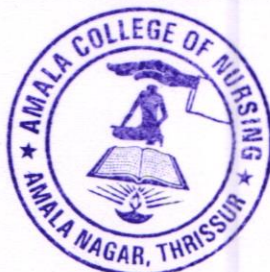
R. Rajee


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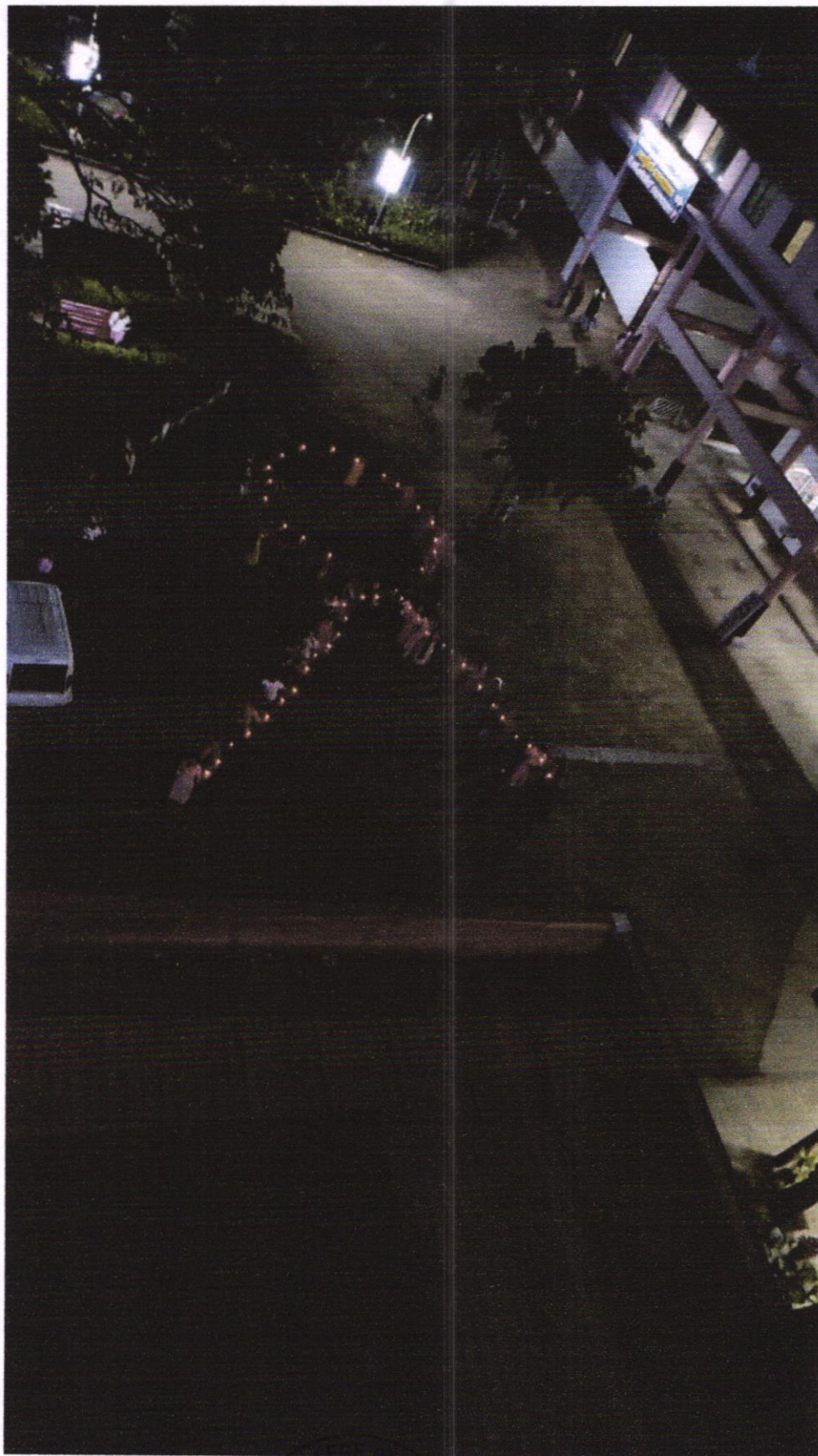
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AIDS DAY CELEBRATION

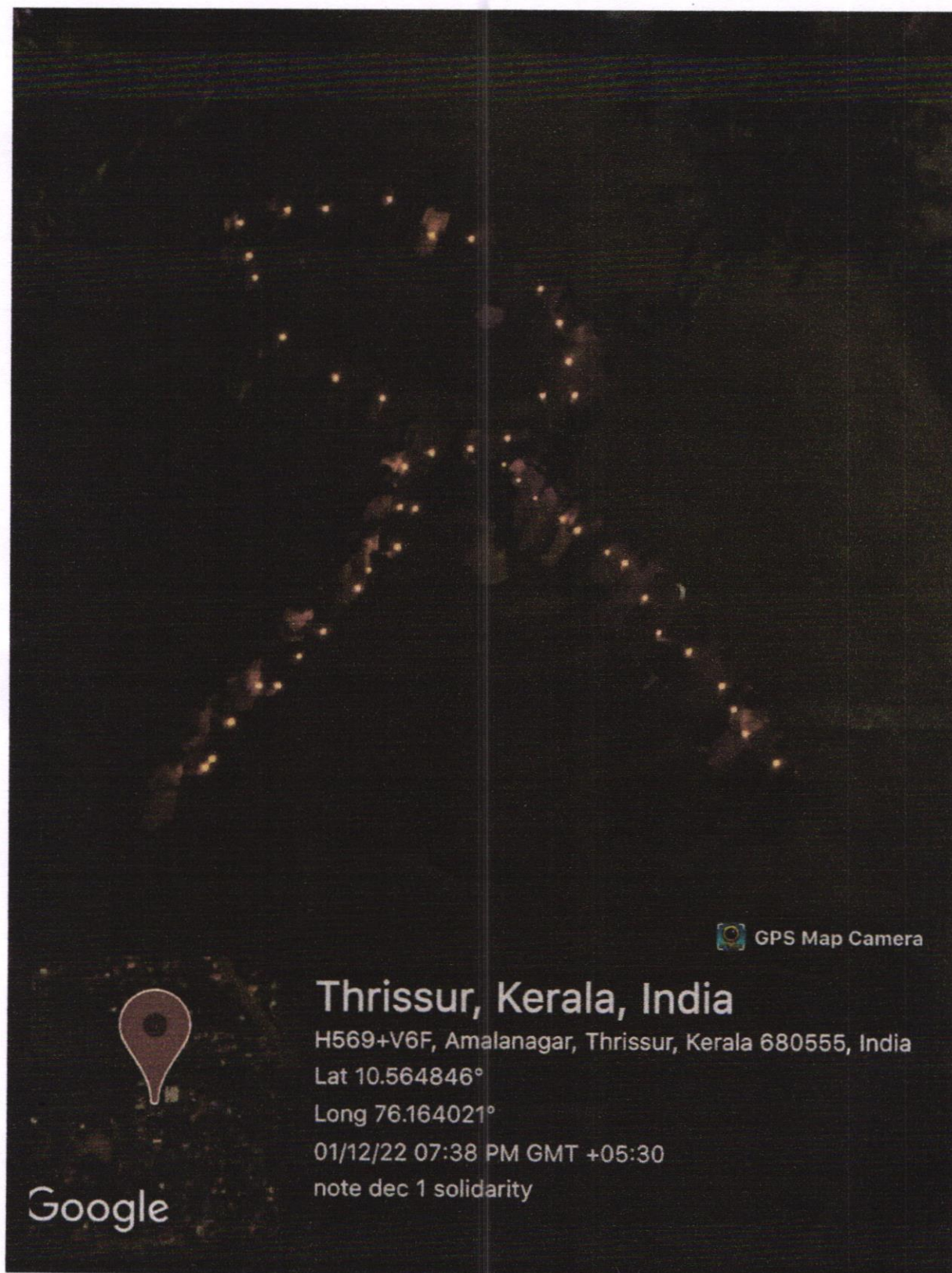
On December 1, NSS volunteers organized a memorable red ribbon with lights which resembles their support to all HIV infected persons and an awareness for the upcoming youth. The event conducted at 7.30 pm in the Amala campus. 50 volunteers took part in the event. The social media welcomed the photographs of the same which indicate that the awareness initiative is successful in its aspects. The event came to an end by 8 o'clock pm.





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 GPS Map Camera



Thrissur, Kerala, India

H569+V6F, Amalanagar, Thrissur, Kerala 680555, India

Lat 10.564846°

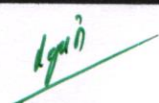
Long 76.164021°

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Yoga training on June 17, 2022

The International Day of Yoga is celebrated annually on June 21st. Yoga is a physical, mental, and spiritual practice that originated in India. Yoga is an integral part of medical care as well. In order to raise awareness about yoga and its benefits, Amala College of Nursing, a college union, in collaboration with NSS, organized a yoga training camp on May 17, 2022, at 10 a.m. at Amala Auditorium.

The resource person was Mrs. Deepthy C. (M.Sc. Yoga), Yoga Trainer, Vaidhyaratnam Ayurveda College, Ollur. The program began with a prayer song, followed by a welcome speech by Ms. Blessy Maria Chacko, a 4th year B.Sc. Nursing student, and an inaugural address by Professor Dr. Rajee Reghunath, Principal, Amala College of Nursing. The session began at 10:00 a.m. with a brief history, followed by asanas and pranayamaas to enhance health. Finally, the program was conducted with a vote of thanks by Jimimol M. Jiji, a 3rd year B.Sc. Nursing student.



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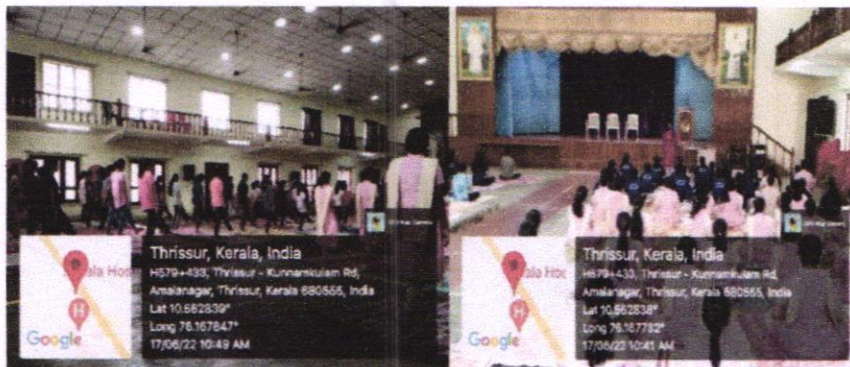


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PHOTOGRAPHS



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HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON ANTI DRUG
AWARENESS DAY

AMALA COLLEGE OF NURSING, THRISSUR



& NSS UNIT



In association with

EXCISE CIRCLE OFFICE, THRISSUR

Organizing



HUMAN CHAIN

(മനുഷ്യച്ചങ്ങല)

&

PLEDGE TAKING CEREMONY

(ലഹരി വിരുദ്ധ പ്രതിജ്ഞ)

Date: 01.11.2022

Time : 3.00 p.m.

Venue: In-front of Amala Hospital

ലഹരി വിമുക്ത കേരളം



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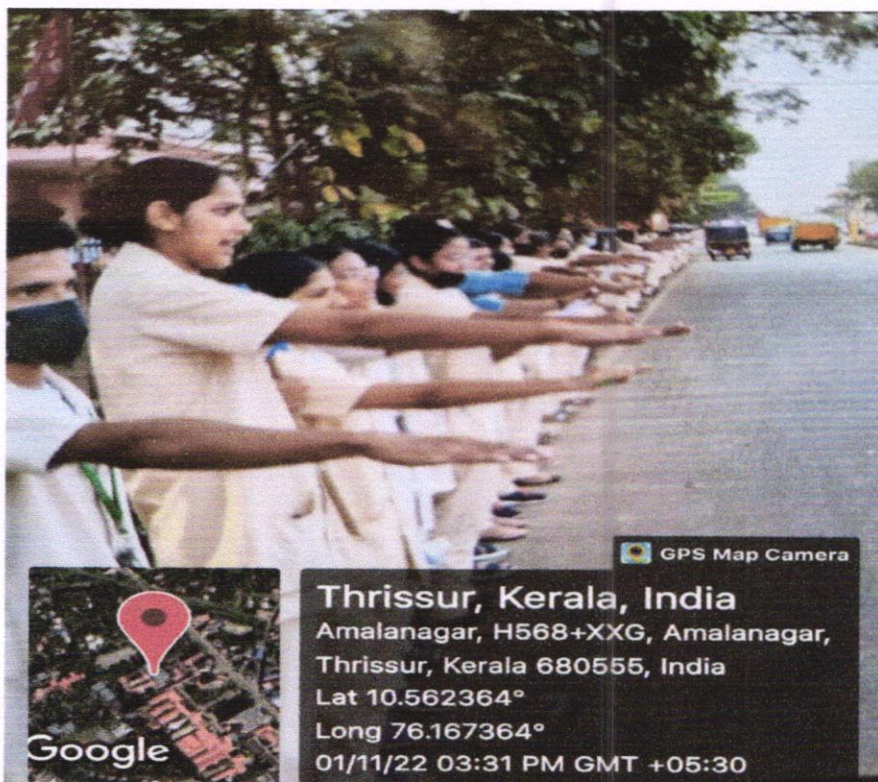


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The NSS unit of Amala College of Nursing organized a human chain and Pledge taking ceremony on Anti drug awareness day. The program is organized in association with excise circle office, Thrissur. The program is inaugurated by preventive officer Mr A C Anandan. 200 students of Amala College of Nursing participated in the human chain. The program conducted as per the instructions from the government of Kerala. The students created the human chain in front of the Amala hospital along with information posters. The program was very successful and informative



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ANIT DRUG AWARENESS CLASS

The NSS unit of Amala College of Nursing organized a talk on Anti drug awareness on 08/11/2022. The program is organized in association with excise circle office, Thrissur. The program is inaugurated by Dr Rajee Reghunath, Principal, Amala College of Nursing. The welcome speech is delivered by Miss Aleena shaji, NSS volunteer. The talk is given by Mr A C Anandan, Preventive Officer, excise circle office, Thrissur. 200 students of Amala College of Nursing participated in the programme. The students created the human chain in front of the Amala hospital along with information posters. Mis Syma Nss Volunteer delivered the vote of thanks. The program was very informative and interactive. The programme concluded at 3 o clock.

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എൻ. എസ്. എസ്. യൂണിറ്റ് &
എക്സൈസ് സർക്കിൾ ഓഫീസ് തൃശ്ശൂർ

സംഘടിപ്പിക്കുന്ന
ലഹരി വിരുദ്ധ ബോധവൽക്കരണ
ക്ലാസ്
അവതരണം



ശ്രീ . കെ. സി. അനന്തൻ
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തീയതി : 08.11.2022
സമയം : വൈകിട്ട് 2.00 മണി മുതൽ 3.00 മണി വരെ
വേദി : അമല ഓഡിറ്റോറിയം



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.



Thrissur, Kerala, India

H579+433, Thrissur - Kunnankulam Rd, Amalanagar, Thrissur, Kerala

680555, India

Lat 10.56282°

Long 76.167645°

08/11/22 02:23 PM



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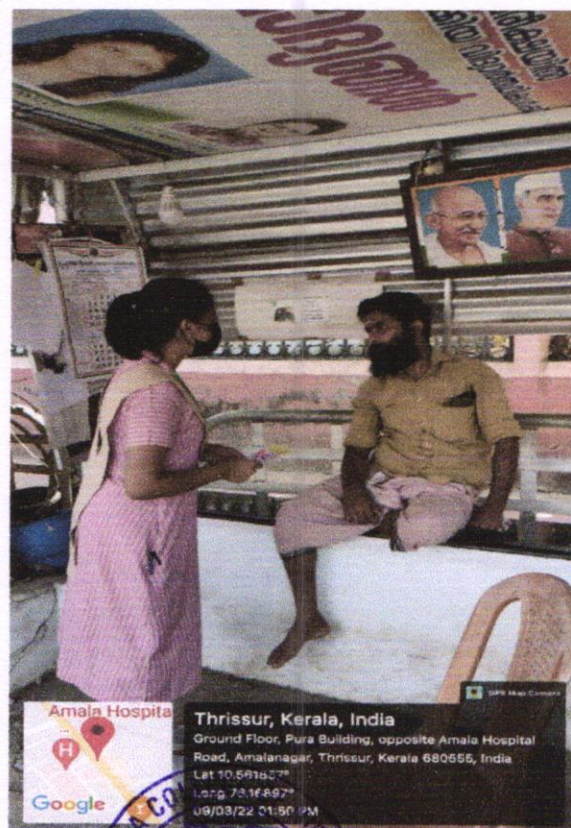


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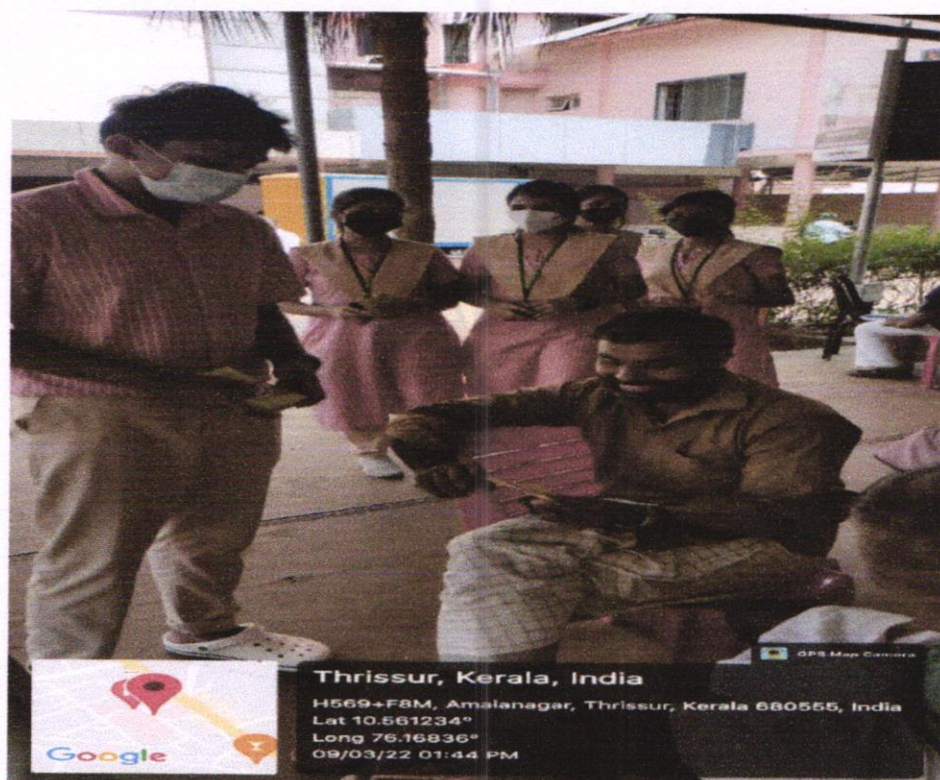
WORLD NO TOBACCO DAY




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AMALA NAGAR P.O., THRISSUR-680 555

World no tobacco day was celebrated on 9/03/2022 by Amala College of Nursing. The second year students prepared handouts conveying the harmful effects of Tobacco smoking. The handouts were circulated to the general public especially to the auto drivers of Amala auto stand. This year's world No Tobacco Day Theme is "*Tobacco: Threat to our environment*". The students also explained to them about the negative environment impacts of tobacco and the harmful effects on health and society.




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International Day Against Drug Abuse and Illicit Trafficking 2022

The International Day Against Drug Abuse and Illicit Trafficking event at the Amala campus and its premises in 2022 was a powerful and informative occasion that emphasized the importance of drug prevention, rehabilitation, and international cooperation. It provided attendees with valuable knowledge and resources to combat drug abuse and promote healthier communities.

Moreover, the event underscored the collective responsibility of individuals, communities, and nations to address the drug problem. As drug-related issues continue to affect societies worldwide, events like these serve as a reminder of the need for education, prevention, treatment, and cooperation in the fight against drug abuse and illicit trafficking. The International Day Against Drug Abuse and Illicit Trafficking celebration reinforced the message that drug abuse is a global issue that demands a unified response to protect individuals and communities from its devastating effects.

NSS volunteers prepared awareness charts and posters regarding the topic. The charts are published in front of the hospital, and awareness pamphlets are distributed to the public.

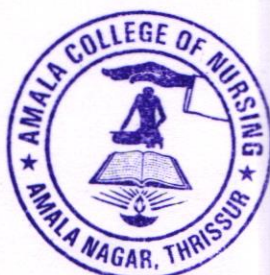


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International Day Against Drug Abuse and Illicit Trafficking 2022

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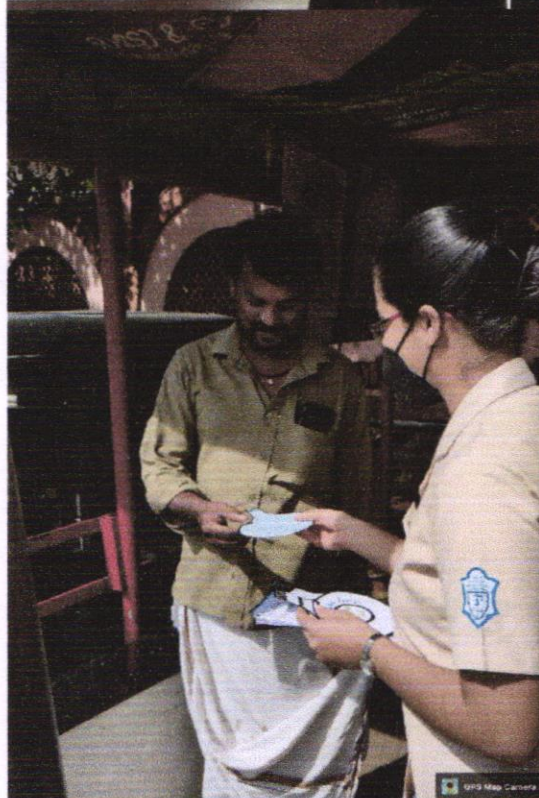
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Amala Medical College, Kerala, India
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Amala Medical College, Kerala, India
H569+8C3, Amalanagar, Thrissur, Kerala 680555, India
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Amala Medical College, Kerala, India
H569+8C3, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.560935°
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Amala Medical College, Kerala, India
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Prof. Dr. RAJEE REGHUNATH
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AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555



Amala Medical College, Kerala, India
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Amala Medical College, Kerala, India
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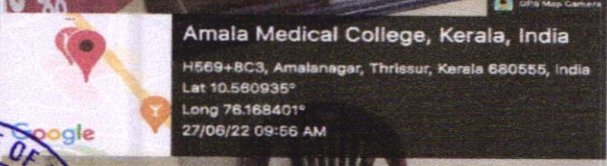
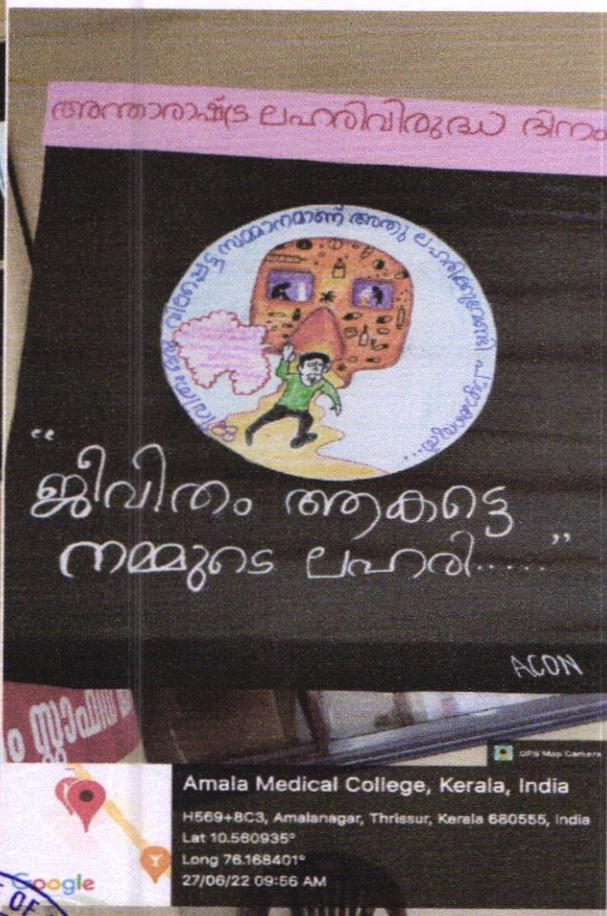
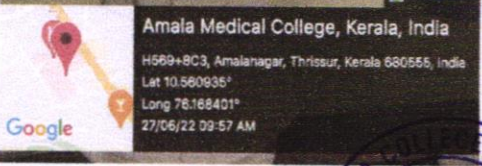
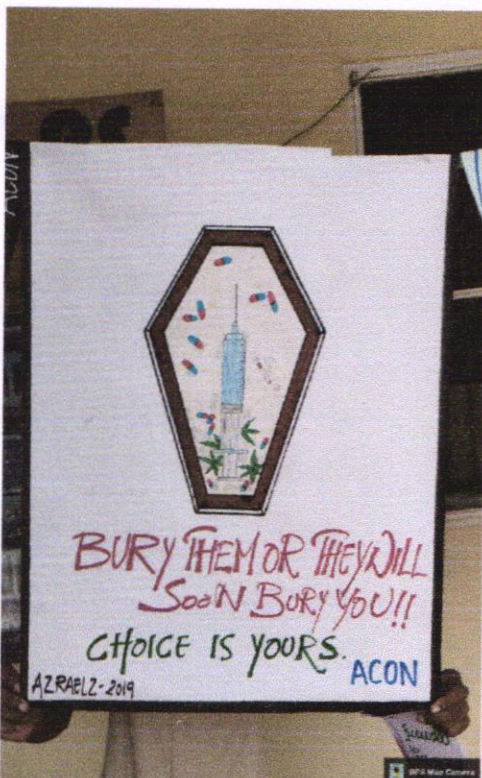
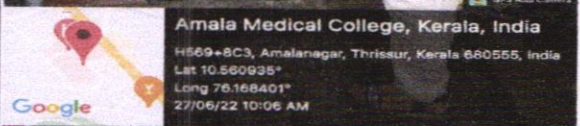
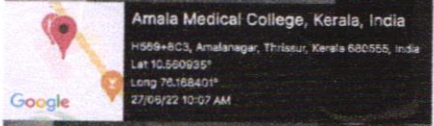
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H569+8C3, Amalanagar, Thrissur, Kerala 680555, India
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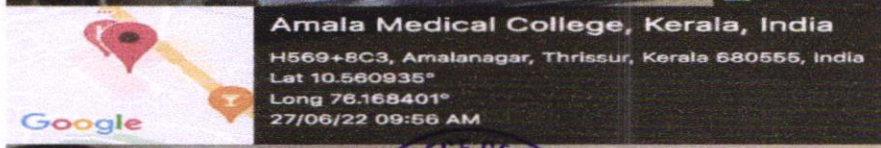
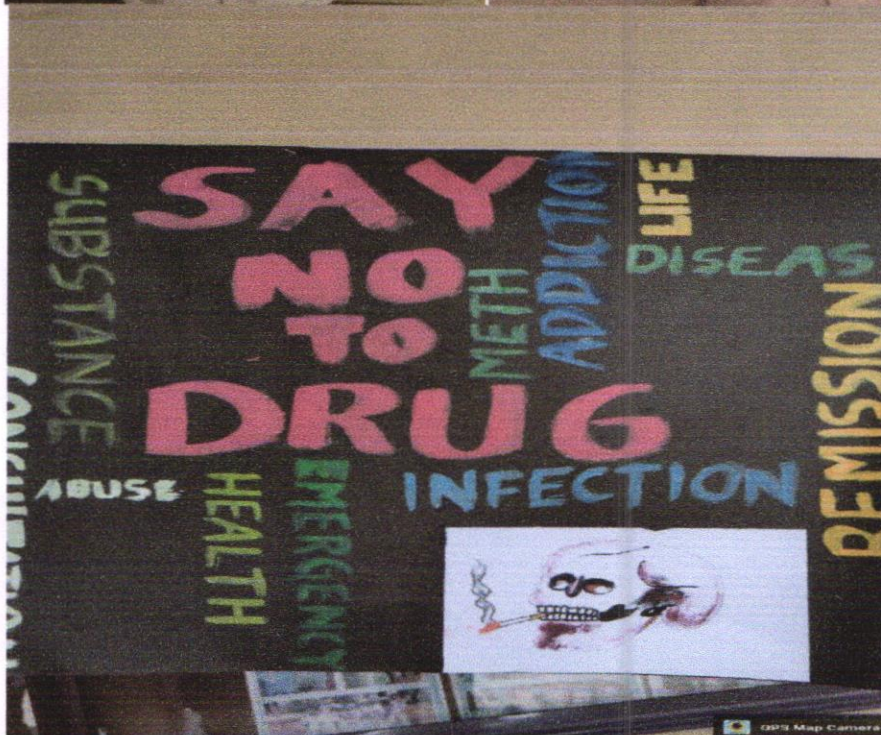
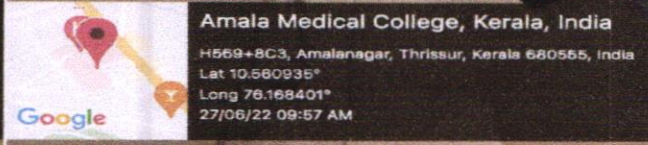
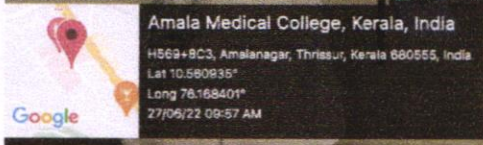
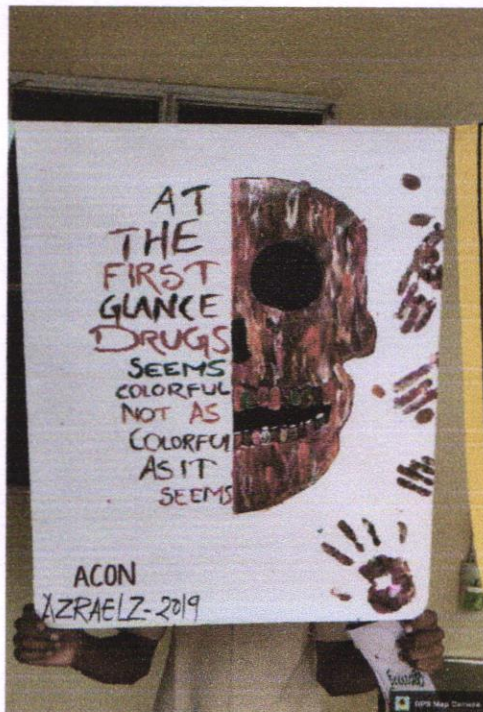
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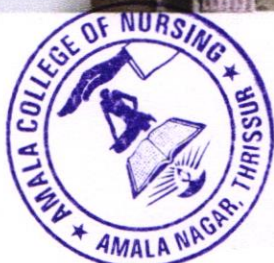
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Report on the Nutrition Day Program "SWAD" (2022)

"Good nutrition creates health in all areas of our existence; all parts are interconnected."

Today, the world faces a double burden of malnutrition and overnutrition. Taking this into consideration, we, the fourth-year BSC students of Amala College of Nursing, in association with the community health nursing department, conceded that advertising is incumbent in the panchayath, especially where we had posted for community practice. On July 1, 2022, at 10:00a.m. in Navodaya Anganawadi, almost all fourth-year students steered the nutritional program "SWAD: Good Food for Good Health 2022." The inauguration was done by the panchayath president, Mr. Geo Fox, and the felicitation was delivered by Mrs. Lalitha. The students were divided into five groups, and each group acquainted themselves with a healthy diet for preschoolers, schoolers, adolescent girls, pregnancy and lactation, and finally for the elderly. The presentation was bestowed with alluring charts, a prepared one-day menu plan for each category, and the details of the RDA for each group. The food items prepared by the students spread to the participants in the program. The program ended with a vote of thanks.



Signature

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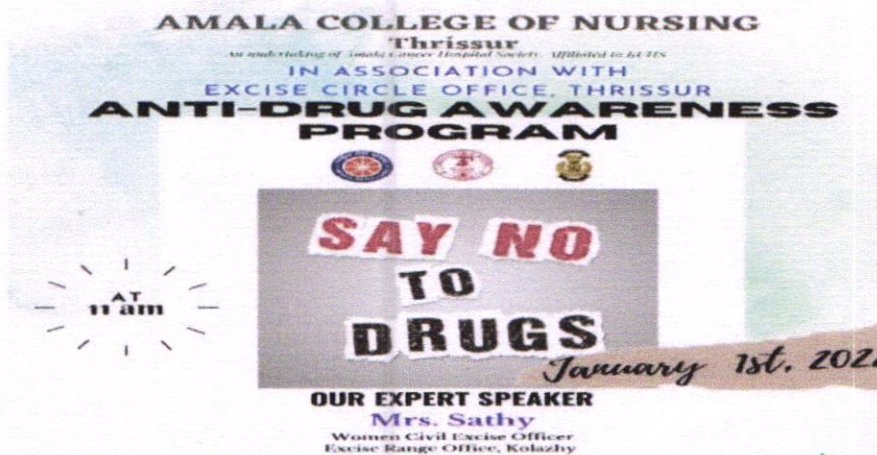
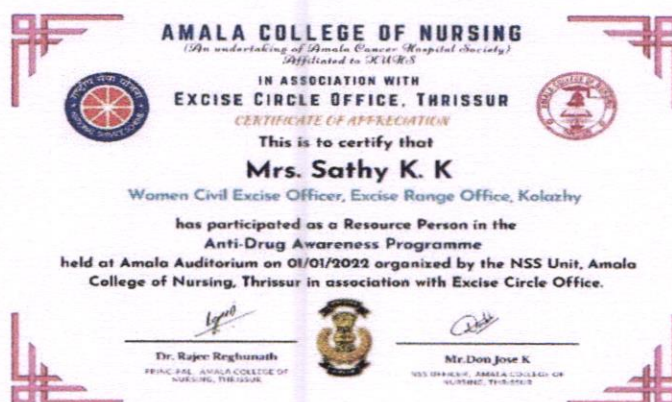
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REPORT ON SPARSHAM-VIMUKTHI JWALA

As part of SPARSHAM-VIMUKTHI JWALA antidrug awareness, a class is organized by the Amala College of Nursing in association with the Excise Department and conducted along the NSS Camp. Mrs. Saty, the excise officer, spoke about its importance, and it was very effective. A total fifty students participated.



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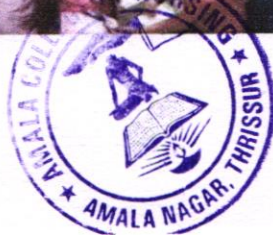
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REPORT ON SCHOOL HEALTH PROGRAMME

As a part of our fourth-year Community Health Nursing posting, we got an opportunity to conduct a school health program on August 10, 2022, at 10 a.m. in Mary Rani L. P. School, Amala Nagar, Thrissur. The school health program mainly focused on the topics of personal hygiene, mobile phone addiction, and a healthy diet. The program was started with a prayer song by fourth-year BSN students. Ms. Diona Ann Joseph, the student representative, welcomed the gathering. Mr. Nitheesh, a ward member of ward-10 Adat Gram Panchayat, delivered the inaugural address. Rev. Sr. Ally Therese

F.C.C., Head Mistress of Mary Rani LP School, delivered the felicitation. Thereafter, a puppet show including the topics of personal hygiene, mobile phone addiction, and a healthy diet was conducted by the fourth-year BSC nursing students. After the puppet show, a health checkup for first- to fourth-grade students was done. 172 students participated in the health checkup. Healthy habits have to be taught in childhood. By creating awareness among schoolchildren, we can create a society with high moral values. Mrs. Shaly Joseph Asst. Professor and Mrs. Rinu David Asst. Professor supported us with their valuable suggestions in conducting the program. The awareness session and health checkup were a great success. The program was concluded at 1.00 pm by the vote of thanks of Ms. Keerthi M. Surendran, a fourth-year BSC nursing student.



19/8/22

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