



**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NAAC WITH A GRADE

# AMALA COLLEGE OF NURSING

## AQAR (2022-2023)



### CRITERION 2 – TEACHING- LEARNING AND EVALUATION

#### Key Indicator 2.2– Catering to Student Diversity

**Metric No. 2.2.3 - Institution facilitates building and sustenance of innate talent /aptitude of individual students (extramural activities/beyond the classroom activities such as student clubs,cultural societies, etc**

**SUBMITTED TO**



**National Assessment and Accreditation Council**

**NSS**

## AMALA COLLEGE OF NURSING, THRISSUR

### Introduction

As part of NSS activities, student was involved in various activities. Report of each programme and photos attached.

### Report summary from 16-01-2021 to 15-02-22

Sl no.	Date	Activity conducted	No. of participants	No. of Hours	Achievement by programmes including Beneficiaries
1	24-01-22	World girl child day	All students	1 hour	Prepared posters and videos – posted in common wtsup group.
2	26-01-22	Republic day	Flag hosting – 7 students Quiz program – 90 students	1.30 hours	Flag hosting is organized, and quiz programme is conducted
3	02-02-22	Say not to drugs – pledge	100	1 hour	Took pledge and take part in the programme
4	04-02-22	World cancer day celebration	200	1 hour	Quiz programmes. Awareness posters and awareness videos
5	05-02-22	Mural painting competition	4 participants	2 days	Mural painting in wall related to cancer day
6	12-02-22	National level NSS competition	5 participants	---	Waste material craft competition by Baselios College Kottayam

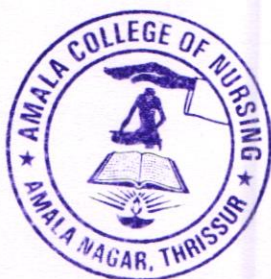
### REPORT ON WORLD GIRL CHILD DAY CELEBRATION

As part as a part of WORLD GIRL CHILD DAY on 24-01-22 NSS volunteers prepared posters and videos and posted in common wtsup group of Amala College of Nursing. All students made it as their wtsup status for spreading the awareness. All the students and faculty actively participated in the event.

### Video link of WORLD GIRL CHILD DAY CELEBRATION

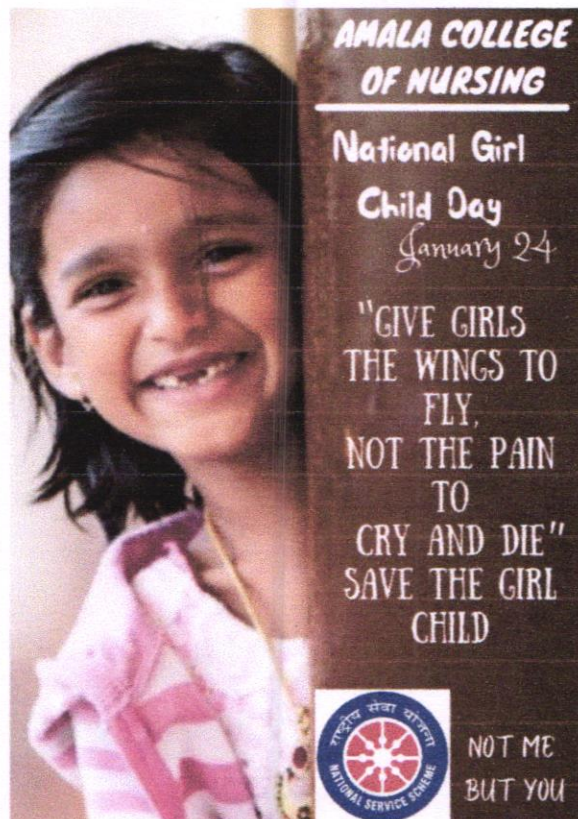
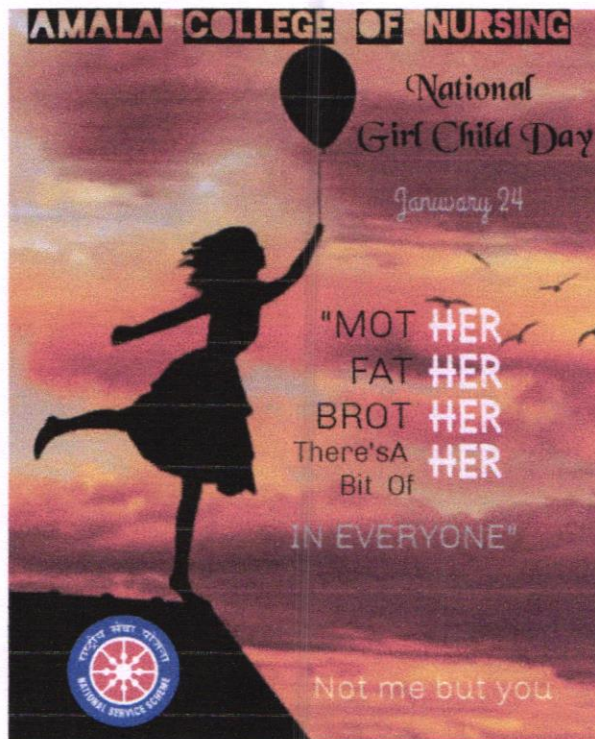
<https://youtu.be/b4A0FYVvk0iA>

### Posters of WORLD GIRL CHILD DAY CELEBRATION

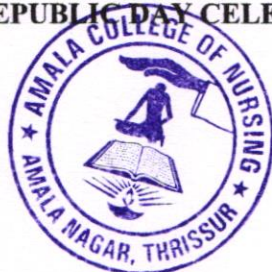


*Rajee*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555





REPORT ON REPUBLIC DAY CELEBRATION



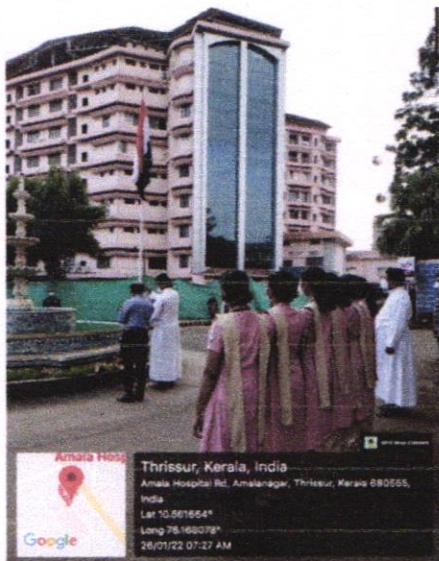
*Rajee*

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



On republic day, 26-01-22 students participated in the flag hosting ceremony which is conducted in Amala Hospital. The flag is hosted by Rev Fr. Julious Arrkal CMI, MD Amala Institute of Medical Sciences. NSS volunteers also created posters and small videos related to the same. Same day students organized quiz program and all students and faculty participated happily in the event

#### Photos of the event

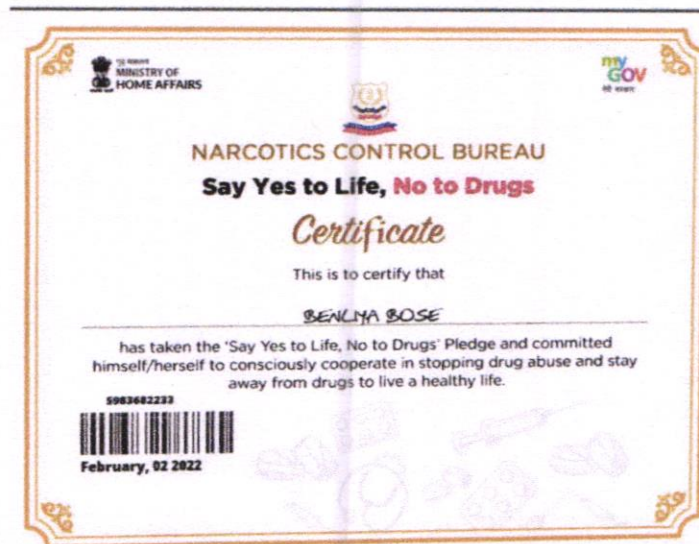
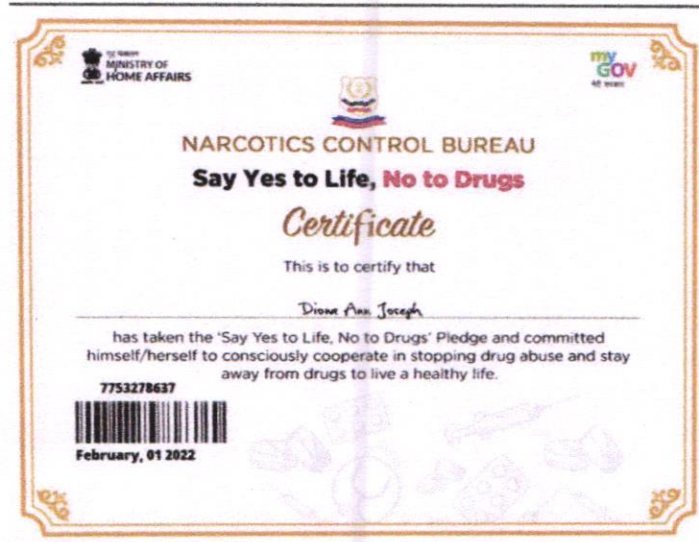


#### REPORT ON SAY NOT TO DRUGS – PLEDGE



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

On 02-02-22 students participated in the taking pledge to say not to drugs. Certificate of the same is posted in common wtsup group. Here attaching the screen shots of two students. In total 100 students participated and received certificates



REPORT ON WORLD CANCER DAY CELEBRATION

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



As part as a part of World cancer day celebration, students organized quiz programme and created posters and videos related to that. The programme went well, and students and staffs participated actively

As a part of it amala cancer centre organized mural paining competition and our students bagged 3<sup>rd</sup> prize

***Video link of WORLD CANCER DAY CELEBRATION***

<https://youtu.be/vJiQzHLpTC8>

***MURAL PAINTING PHOTO***



***WINNERS LIST OF MURAL PAINTING***



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

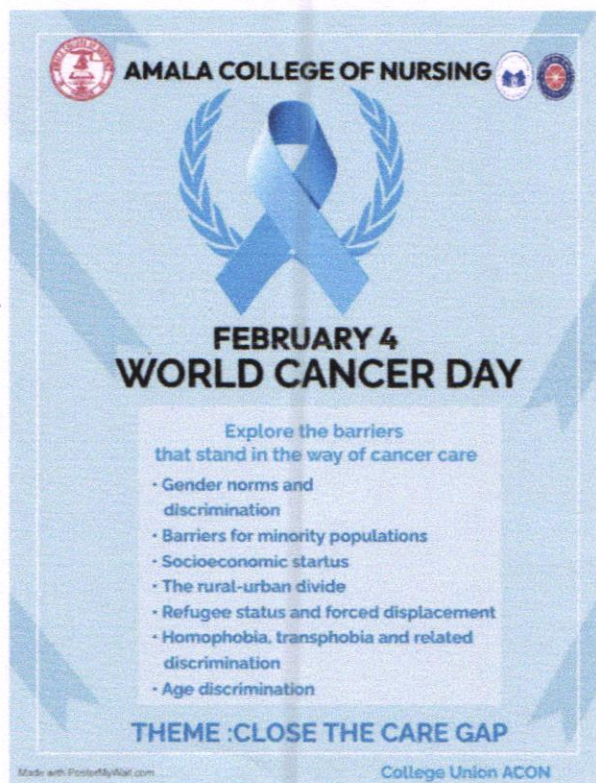


## SCINTILLA 2K22 - COMPETITION RESULTS



Sincere appreciation and congratulations to all the participants of Scintilla 2K22

## AWARENESS POSTER



## WINNERS LIST OF QUIZ PROGRAMME



*Rajee*

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




#### REPORT ON NATIONAL LEVEL NSS COMPETITION

As part as a part of National level NSS competition which is organized by NSS unit of baselius college Kottayam (BHOOMITHRASENA -Waste material craft competition) our students actively participated. Results is not announced.

PICTURES OF ITEMS WHICH IS MADE FOR COMPETIONS



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





*Rajee*

**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.

### VAYOJANA SANGAMAM, THANNAL

Amala College of Nursing, in collaboration with Community Health Nursing and Mental Health Nursing, organized 'VAYOJANA SANGAMAM - THANNAL' on August 11, 2022, from 10 a.m. to 1 p.m. at Mareena Home Chowannur.


#### Objectives:

- To raise awareness about the issues affecting the elderly population. Through informational sessions, participants were informed about common health concerns, legal rights, and available support service.
- To promote the physical and mental well-being of old age people.
- To facilitate knowledge exchange among professionals, caregivers, and seniors, fostering a collaborative environment to address the challenges of aging.

The program begins with the prayer song, and Ms. Sandhra Benny welcomes the gathering. The program was inaugurated by Rev. Sr. Nivya, and she introduced the members and also explained about the functioning of the institution.

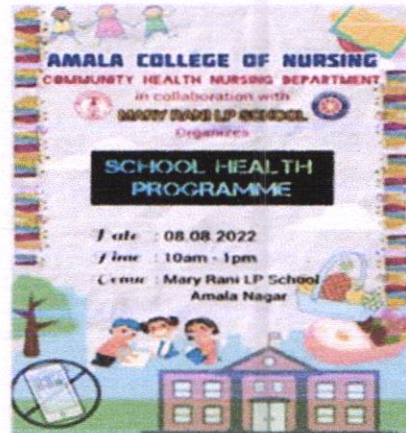
In the home, there were a total of 30 members, and they were very happy with good co-existence. The third-year BSc nursing students provided the health awareness class. The major topics were sleep hygiene, mental wellness, a healthy diet, and personal hygiene. The session was very interesting with the wide interaction of residents.



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



## PHOTOGRAPHS



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





# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## REPORT ON ROAD SAFETY AND TRAFFIC RULES AWARENESS PROGRAM


### PARTICIPATION IN TRAFFICQUIZ

As part of the Road Safety and Traffic Rules Awareness Program (free online) for colleges and universities, students of Amala College of Nursing actively participated in the same on January 6, 2023. The information has been given through the common WhatsApp group to all students regarding the competition. The link to the same has also been posted in the group.

#### Objectives

- To create a comprehensive understanding of traffic rules and regulations among the general public.
- To emphasize the consequences of violating traffic rules and the impact on road safety.
- To provide targeted education to drivers and pedestrians regarding safe practices on the road.
- To highlight the significance of defensive driving and the role of pedestrians in road safety.
- To decrease the number of road accidents by fostering a culture of responsible driving.
- Minimize injuries and fatalities through increased adherence to traffic rules.
- Promote awareness about the importance of well-maintained roads and proper signage.



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



## Event Highlights:



All the members of the old age home were enthusiastic and participated in all the activities. The students were informed that it was a great opportunity to mingle with Society and the needy in society and thank the organizers of the old age home.



*[Signature]*  
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.

## VISIT TO OLD AGE HOME

As a part of the Christmas celebration, NSS volunteers visited an old age home in Thalakkottukara on 15/12/2022. Fifty students were accompanied by the NSS program officer and Associate Professor sister Jyotish CSC. Students celebrated Christmas with this group and arranged games and talent sessions in between. The programs were warmly received by all in such a way that everyone could enjoy them.



### Objectives:

The primary objective of our visit to the old age home was to gain insights into the living conditions, emotional well-being, and healthcare provisions for the elderly residing there. Additionally, we aimed to understand the challenges faced by the elderly in such facilities and explore opportunities for community engagement and improvement.

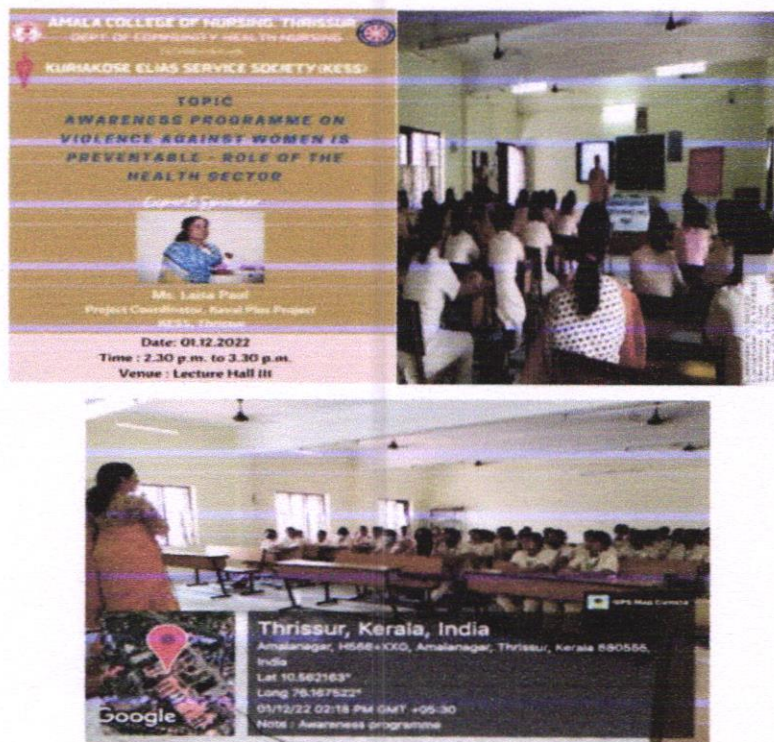


Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

The second-year BSc students actively participated and attended the session. The session mainly focused on addressing violence against women and children and how it can be prevented. The role of the health sector in protecting women's rights against violence has been discussed in detail. The session was helpful for the students, and everyone actively participated.

### Event Highlights:



*Lg*  
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.

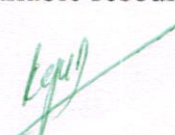
### Gender Violence Awareness

The Gender Violence Awareness Class held at Amala College of Nursing was a valuable and informative initiative aimed at raising awareness about gender-based violence, educating participants about its various forms, and equipping them with the knowledge and tools to address this issue. On December 1, 2022, a class on the topic 'Violence' Against Women is Preventable—Role of the Health Sector was organized by Amala College of Nursing. The class was guided by Ms. Laisa Paul, project coordinator for the Kaval Plus project, KESS Thrissur. The session started at 2:30 p.m. and ended at 3:30 p.m.

#### Objectives:

- Increase awareness and understanding of the various forms of gender-based violence, including physical, sexual, emotional, and economic abuse.
- Provide accurate information about the prevalence and impact of gender violence on individuals, families, and communities.
- Foster empathy towards survivors of gender violence and promote a culture of support and solidarity.
- Increase awareness of existing laws and policies addressing gender violence.
- Empower individuals to recognize their rights and the available resources for seeking legal protection and support.



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

## Photographs



*Rajee*

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.

## REPORT ON SOCIAL ADVOCACY SKILL TRAINING PROGRAMME: DOWRY AND VIOLENCE AGAINST WOMEN

A social advocacy skill training program was organized by the NSS unit in association with IQAC and the department of adult health nursing at Amala College of Nursing on 1/12/2022 from 11 a.m. to 12 p.m.


### Objectives:

To raise awareness about the detrimental impact of dowry and violence against women on individuals and society.

To empower participants with effective communication, negotiation, and advocacy skills to engage with different stakeholders such as community members, policymakers, and law enforcement agencies.

The training program focused on issues and violence related to dowry and how this could be tackled. The expert speaker was Ms. Saranya C.G., CDPO, Puzhakkal, Thrissur. The class was organized in lecture hall 2. The class was briefed about protective provisions relating to violence toward married women and about legislative reforms taken up by the central government of India. The session helped the students as the class offered a general awareness of tackling conflicts related to dowry, a social evil.



  
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.


### REPORT ON AIDS DAY CELEBRATION

On December 1, NSS volunteers organized a memorable red ribbon with lights that resembled their support for all HIV-infected persons and an awareness for the upcoming youth. The event was conducted at 7.30 p.m. on 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 all aspects. The event came to an end by 8 p.m. The event emphasized the importance of reducing stigma, increasing awareness, and fostering compassion for individuals living with HIV. As the global fight against HIV/AIDS continues, events like these play a vital role in raising awareness, advocating for the rights of those affected, and supporting research and healthcare initiatives to ultimately eradicate the disease.

#### Objectives

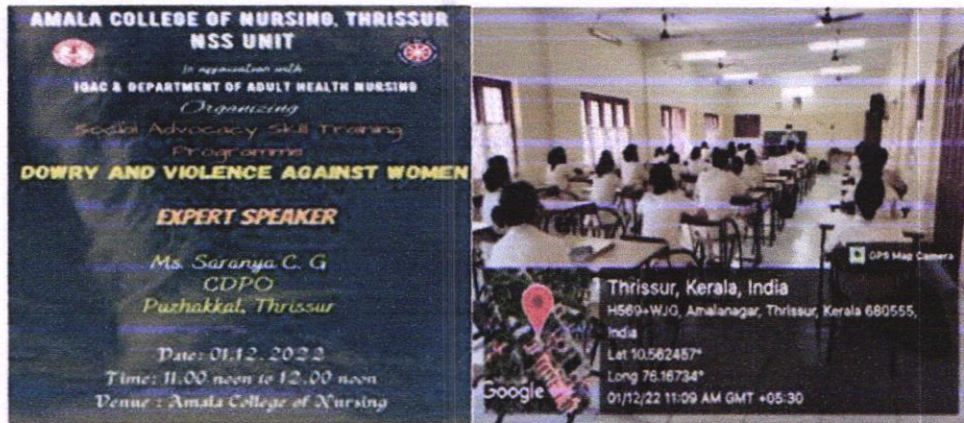
The primary objective of the World AIDS Day Celebration was to raise awareness about HIV/AIDS, promote prevention and treatment measures, reduce stigma and discrimination associated with the disease, and commemorate those who have lost their lives to AIDS-related illnesses. The event aimed to engage the community, inspire action, and foster a sense of solidarity in the fight against HIV/AIDS.



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



## PHOTOGRAPHS



*Regd*

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.

## REPORT ON ANIT DRUG AWARENESS CLASS

The NSS unit of Amala College of Nursing organized a talk on anti-drug awareness on November 8, 2022. The program is organized in association with the excise circle office in Thrissur. The program is inaugurated by Dr. Rajee Reghunath, Principal, Amala College of Nursing. The welcome speech is delivered by Miss Aleena Shaji, an NSS volunteer. The talk is given by Mr. A. C Anandan, Preventive Officer, Excise Circle Office, Thrissur. 200 students from Amala College of Nursing participated in the program. 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 program concluded at 3 o'clock.

## PHOTOGRAPHS

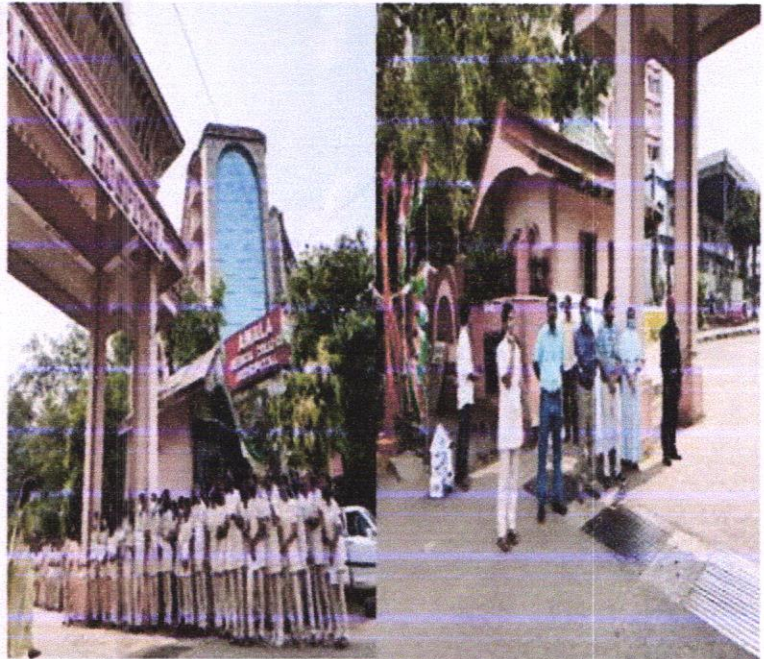


Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISUR-680 555



## Event Highlights:



*Egan*  
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.

### Anti-Drug Awareness Day

The Human Chain and Pledge-Taking Ceremony on Anti-Drug Awareness Day was held at Amala Campus on November 1, 2022, which was an impactful and meaningful initiative to combat drug abuse. The event successfully raised awareness about the dangers of drug addiction, mobilized the community to take a stand against drug abuse, and provided resources and support to those in need.

#### Objective:

The primary goal of organizing the Anti-Drug Awareness Day was to raise awareness about the detrimental effects of drug abuse and addiction, aiming to foster a healthier and drug-free community. The event aimed to educate individuals, especially the youth, about the risks associated with drug use and provide them with valuable information to make informed decisions.

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 the excise circle office in Thrissur. The program is inaugurated by preventive officer Mr. A. C. Anandan. 200 students from Amala College of Nursing participated in the human chain. The program was conducted as per 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.



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



## PLEDGE TAKING CEREMONY ON UNITY DAY



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



## Event Highlights:



*Rajan*  
 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.

## Rastriya Ekta Diwas

Rastriya Ekta Diwas serves as a meaningful reminder of the importance of unity and integration in a diverse nation like India. As a part of Rastriya Ekta Diwas, NSS Volunteers organized the Unity Run on October 31, 2022, in the morning. They conducted an awareness talk on the importance of the day, followed by a pledge-taking ceremony by the Principal, Dr. Rajee Reghunath.

### Objectives

- To remind the significance of unity and integration in a diverse nation like India. It aims to foster a sense of belonging and pride among the citizens, transcending regional, linguistic, and cultural differences.
- To emphasize the preservation of India's rich cultural and historical heritage.
- To integrate contribute to fostering a sense of community and shared identity.

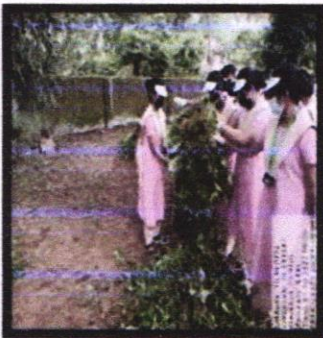
The celebrations and activities on this day inspire citizens to come together, transcending regional, linguistic, and cultural differences, to work towards a more united and prosperous India.




Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

### Event Highlights:



  
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.

## CLEAN INDIA CAMPAIGN AND ACTIVITIES IN THE ADOPTED VILLAGE

The Clean India campaign and activities in the adopted village of Elavally Gramapanchayath have made significant strides in promoting cleanliness, sanitation, and hygiene. The family health centre and its surroundings were cleaned on October 1, 2022, as a part of the Gandhi Jayanti Day celebration.

### Objectives:

- Improving solid waste management practices.
- Promoting hygiene and sanitation awareness.
- Enhancing cleanliness and aesthetic appeal of the village.
- Inculcating a sense of responsibility and community participation.

The village's achievement status, coupled with improved waste management practices and increased awareness, highlights the positive impact of community-driven initiatives. Continued efforts and community engagement are essential to sustain and build upon these achievements, ensuring that the adopted village remains a model of cleanliness and sanitation for the broader community. The campaign serves as a testament to the importance of grassroots initiatives in improving the living conditions and well-being of residents in rural areas.



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

## Event Highlights:



*Rgn*

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





# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## MAINTENANCE OF THE GARDEN AND CLEANING OF THE COLLEGE PREMISES


NSS volunteers took part in the maintenance of the garden, which is on the 28 August campus in front of the College of Nursing. They also clean and maintain the area on a routine basis. They also clean and maintain the area on a routine basis.

### OBJECTIVES

- Improve the visual appeal of the college premises through regular maintenance of the garden, ensuring a clean, green, and vibrant atmosphere.
- Create an inviting and positive ambiance that contributes to a conducive learning environment.
- Instill a sense of pride and ownership among the college community by maintaining a well-kept garden and premises.
- Implement eco-friendly practices in garden maintenance, such as composting, water conservation, and the use of sustainable landscaping techniques.

These efforts not only ensured the garden's aesthetic appeal but also contributed to its safety and functionality. Regular maintenance is essential to sustain the beauty and vitality of outdoor spaces, create enjoyable environments for visitors, and promote the well-being of plants and ecosystems. Garden maintenance serves as an ongoing commitment to the care and stewardship of this valuable community asset.

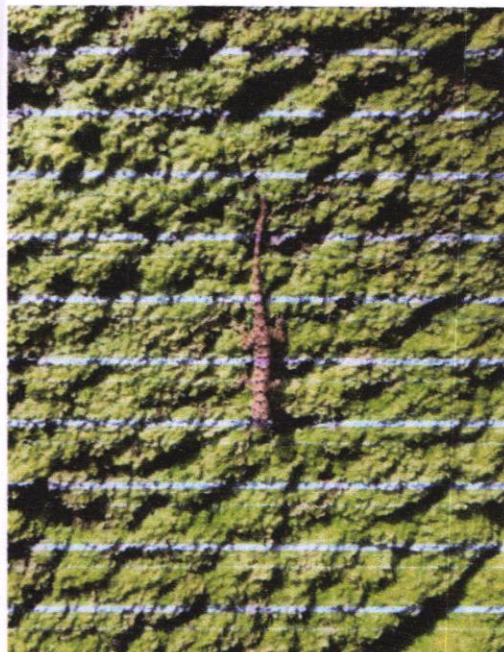
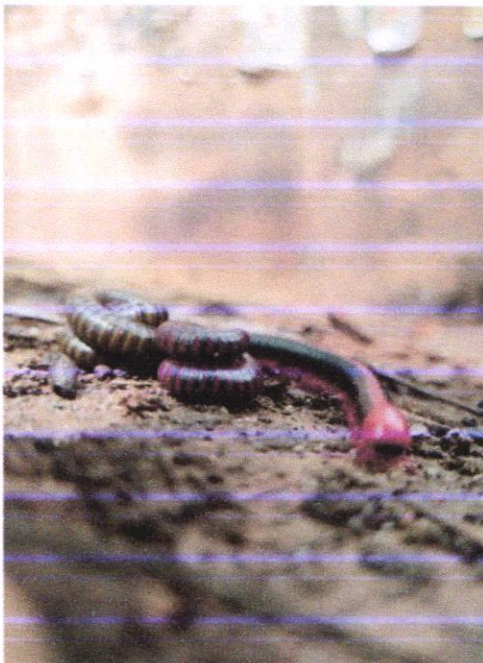


  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

### List of participants

- Jalachayam, Sr. Agency A
- Mobile Photography: Mr. Sharon Thomas

Mr. Sharon Thomas secured second place in mobile photography. Attaching the captured images of Mr. Sharon's mobile photography



*Regu*

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.


### REPORT ON AZADI KA AMRUT MAHOTSAV-YUVA UTSAV ON INDIA @2047

As a part of AZADI KA AMRUT MAHOTSAV-YUVA UTSAV ON INDIA @ 2047 on 27 August. Various competitions have been organized by NYKs. We have contacted the District Youth Officers of NYKs in Thrissur District, and volunteers took part in the said competition. Two students participated in the below events.

#### Objectives:

- Foster a sense of pride and patriotism among the youth by showcasing India's journey from independence to 2047.
- Highlight the sacrifices made by freedom fighters and their vision for a prosperous nation.
- Encourage and showcase youth-led innovations, technological advancements, and startups that contribute to India's growth.
- Create a platform for collaboration between established industries and budding entrepreneurs.
- Celebrate India's rich cultural diversity, emphasizing the unity that binds the nation.
- Provide a space for traditional and contemporary art forms, reflecting the evolving cultural landscape.



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

More than 12 breast-feeding mothers are participating in this program. Students divided the topics and provided health education under the following headings: definition, importance, benefits, advantages, and techniques of breast feeding. The listeners actively participate in this program. The program succeeded in providing information on the topics. The program concluded with a vote of tanks by Ms. Aleena Sunny.

## PHOTOGRAPHS



*Lg*  
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.

## 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.

### Objectives

- Reduce the prevalence of malnutrition among children and mothers.
- Improve the overall health and development of children.
- Enhance the nutritional knowledge of mothers and caregivers.
- Assess the frequency and thoroughness of health check-ups for children and mothers.
- Highlight any specific health issues identified and addressed.
- Determine the level of understanding and application of nutritional knowledge by mothers and caregivers.

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.



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

The event was a testament to the belief that art has the potential to inspire and unite people, transcending cultural, linguistic, and social barriers in its celebration of freedom.

Sl No.	Name of Student	Name of College	Mobile No.	E-mail.ID
1	Ancy K A	Amala College of Nursing CIN - N004	7356908235	<a href="mailto:srancyantony53@gmail.com">srancyantony53@gmail.com</a>
2	Vishnupriya T R		6282592962	<a href="mailto:vishnupriyatr1998@gmail.com">vishnupriyatr1998@gmail.com</a>
3	Signa Paulson		8089298547	<a href="mailto:signapaulson@gmail.com">signapaulson@gmail.com</a>

### Photographs



*[Signature]*  
**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.

### FREEDOM WALL PAINTING

#### List of Students for “ആസാദി കാ അമൃത്” Freedom wall painting

The Freedom Wall Painting event at Amala College of Nursing was a celebration of artistic expression and the concept of freedom. It provided artists with a platform to communicate their unique perspectives on freedom through visual art and allowed the community to engage with and contribute to the creative process. Three students participated in NSS cell KUHS organized wall painting. Freedom Wall Painting events not only showcase the power of art to convey meaningful messages but also serve as a reminder of the enduring human desire for freedom and self-expression.

#### Objectives

- To foster a sense of community involvement and pride by encouraging local artists, residents, and businesses to participate in the creation of the artwork.
- To provide a platform for artists to express their creativity and contribute to the cultural richness of the community.
- To raise awareness about the importance of freedom and its different dimensions, encouraging dialogue and reflection.
- To enhance the aesthetic appeal of public spaces by transforming blank walls into vibrant expressions of freedom.



Prot. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

Thereafter, fourth-year BSC nursing students demonstrated muscle-building exercises, and the residents joined in the exercises. There were also group dances and songs, and residents enjoyed it very well. The program was concluded at 1.00 p.m., and the vote of thanks was given by Ms. Antreeza, a third-year BSC nursing student. Overall, the program was well conducted, and all enjoyed it very well.

## PHOTOGRAPHS



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.

## 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.

### *Objectives:*

- To educate students about the importance of personal hygiene and instill habits that contribute to overall health.
- To create awareness about the potential risks associated with excessive mobile phone use and promote responsible usage.
- To foster a culture of healthy eating habits among students and educate them about the benefits of a balanced 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. 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.



  
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.


## Report on Group Health Education at Ellavally, FHC

As a part of our fourth-year B.Sc. Nursing community health nursing posting, we conducted a group health education on the topic of communicable and non-communicable diseases on July 4, 2022, at 10 a.m. at Ellavally FHC. About 70 patients attended the session.

The main diseases focused on communicable diseases are monsoon diseases and mosquito breeding diseases such as dengue fever, Chikungunya, etc. The main non-communicable diseases mentioned are diabetes mellitus, hypertension, hyperlipidemia, hyperthyroidism, and various cancers. Health education is really focused on inculcating knowledge regarding preventive measures regarding the communicable and non-communicable diseases and encouraging the audience to use this knowledge in daily life activities and to lead a healthy life.

The health education was made more effective and attractive by various charts and flash cards made by 4<sup>th</sup> year B.Sc. Nursing students, under the guidance of Mrs. Shaly Joseph, Asst. Professor, ACON, and Mrs. Rinu David, Asst. Professor, ACON. The session ended at 12.30 p.m.



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



### Event Highlights:

[illegible]

വില്ല വാടകയ്ക്കായി നൽകുന്നതിൽ  
 സർക്കാർ തടസ്സപ്പെട്ടിട്ടുണ്ട്. വിവിധ  
 തൊഴിലാളികളുടെ ആവശ്യം പരിഹരി  
 യനാകത. ഇപ്പോൾ വിവിധവർഗ്ഗ  
 ന്യായീകരിക്കുക, കരാറുകാരാകുക  
 മാത്രം പ്രത്യേക കൂട്ടായ്മയ്ക്ക്  
 എത്തിച്ചേർന്നു. ഇത്തരം പ്രശ്ന  
 പ്രശ്നങ്ങൾക്ക് പരിഹാരം ഉണ്ടാ  
 വേണ്ടതാണ്. ഉദ്യോഗസ്ഥർ, ചോദ്യ  
 രേഖകൾ തയ്യാറാക്കി അയക്കുന്നതി  
 ന്നിൽ താമസമില്ല. അതിൽ തടസ്സമില്ല.  
 അതിന്റെ അടിസ്ഥാനം ഉണ്ട്.



**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.

## 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 10:00 a.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.

### Objectives:

- Increase awareness among the general population about the importance of nutrition in maintaining good health and preventing various diseases.
- Encourage individuals to adopt and maintain healthy eating habits, including a balanced and varied diet rich in essential nutrients.
- Provide education on nutritional principles, the benefits of different food groups, and the impact of nutrition on overall well-being.
- Raise awareness about the risks of malnutrition and provide information on how to prevent and address nutritional deficiencies.
- Focus on specific nutritional challenges or issues prevalent in the community, such as obesity, diabetes, vitamin deficiencies, or other nutrition-related health concerns.



Prof. Dr. RAJEE BEGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISUR-680 555



## PHOTOGRAPHS



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



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.

### PHOTOGRAPHS



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 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 on June 27, 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.

#### **Objectives:**

- Promoting awareness about the dangers of drug abuse and the importance of prevention.
- Advocating for international cooperation to address the challenges posed by illicit drug trade.
- Encouraging communities, governments, and organizations to take proactive measures in the fight against drug abuse.
- Highlighting the global impact of drug abuse and illicit trafficking on individuals and societies.

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.



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISUR-680 555

Two master programs were organized. Namely:

1. PIN IT HERE.
2. GOOD LUCK, AND SHARE YOUR BOOK

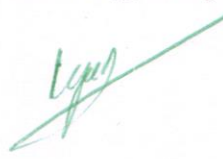
The first one was PIN IT HERE, where the students can share their favorite books, quote suggestions, and all the reading-related things they would like to share. By the end of the week, the board was packed with wonderful books, meaningful thoughts, and zestful experiences.

Secondly GOOD LUCK, AND SHARE YOUR BOOK was conducted during the morning assembly, where a lot is drawn and lucky students have to share about their favorite books. Two lucky students were selected each day, and those lucky ones were: Anagha P. V., Divina Sibi, Hiba Fathima K. S., Anjana K. B., Gillumol Shiji, Aleena, Meelin Shaju, Megha Jayaraj, Jeslin K. J., Sandra Rose Sebastian, Snesi Augustin, and Sonamol Joseph. They did a great job sharing their experiences with their favorite books.

Marking the end of “reading week celebrations” Sr. Litha Lizbeth, Vice Principal of Amala College of Nursing, delineated about the book she is currently reading, ‘Oru Theruvinte Kadha: S. K. Pottekkatt’ She narrated the story and pinned it with a quote saying, “Everyone is beautiful in their heart.” The circumstances are the ones that make the person the worst or the best.”

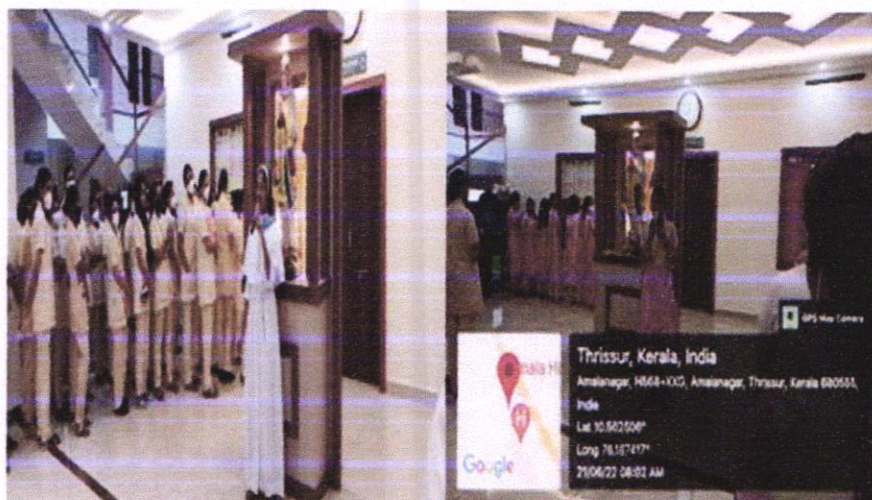
Thus, the one-week-long “Reading Day Celebrations of 2022” were wrapped up with delighted smiles and pinned-up quotes.



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



## PHOTOGRAPHS



*Iguu*

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.

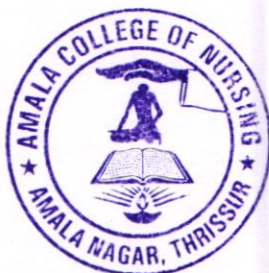
## Talk on Elder Abuse day

The Talk on Elder Abuse Day at Amala College of Nursing in 2022 was a valuable and enlightening event that raised awareness about the issue of elder abuse and provided attendees with practical knowledge and resources to combat it.

### Objective:

The objective of observing Elder Abuse Awareness Day is to raise awareness about the prevalence of elder abuse and promote a better understanding of the issues surrounding the mistreatment of older adults. This annual event aims to foster a sense of responsibility among individuals, communities, and governments to prevent and address elder abuse effectively.

The event underscored the importance of protecting the rights and dignity of older adults and emphasized the role of the community in preventing and addressing elder abuse. On World Elder Abuse Awareness Day, the NSS Unit has organized a talk on communication with the elderly. The resource person was Doctor Nayana Sunil, who is an assistant professor at Amala Institute of Medical Science. The talk was arranged for 3rd-year BSc nursing students. It was conducted on June 15th, and 22 students actively participated in the program. The student has also planned to conduct a visit to the elderly in the coming days.



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



## Event Highlights:



**WORLD BLOOD DONORS DAY 2022**  
DONATING BLOOD IS AN ACT OF SOLIDARITY  
JOIN THE GLOBE AND SAVE LIVES



**അമലയിൽ 128 പേർ രക്തം ദാനം ചെയ്തു**

അമലയിൽ 128 പേർ രക്തം ദാനം ചെയ്തു. ഈ വർഷം രക്തം ദാനം ചെയ്ത പേരുടെ എണ്ണം 128 ആയി ഉയർത്തിയുണ്ട്. രക്തം ദാനം ചെയ്ത പേരുടെ എണ്ണം 128 ആയി ഉയർത്തിയുണ്ട്. രക്തം ദാനം ചെയ്ത പേരുടെ എണ്ണം 128 ആയി ഉയർത്തിയുണ്ട്.

Organized by: Department of Paramedical in Association with 1000th Amala Nursing College



*19/09*

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.

## World blood donors' day - camp


Amala Medical College celebrated the silver jubilee of its blood bank unit on June 14, 2022. Their proud moment was celebrated with the union of Amala Blood Bank and the Amala College of Nursing NSS Unit. The event commenced with a rally to Chavara Block at 7.45 a.m., followed by flying hydrogen balloons. At 10.30 a.m., third-year B.Sc. nursing students performed a flash mob to raise awareness about blood donation.

The official meeting was conducted in the chapel of Chavara Block at 11 a.m. It was inaugurated by Shri. Aadhithya R., IPS District Police Chief, Thrissur. The dignitaries included Rev. Fr. Julius Arakkal CMI, Director, Amala Institute of Medical Sciences; Zone Senior Drug Inspector Mr. Saju R; Fr. Jaison Mundanmanny CMI, Associate Director, Amala Institute of Medical Sciences; Fr. Deljo Puthoor CMI, Associate Director, Amala Institute of Medical Sciences; Dr. Rajee Reghunath, Principal, Amala College of Nursing; Dr. Rennis Davis, Vice Principal, Amala Institute of Medical Sciences; Sri Tinny Francis, who donated blood 122 times; Transfusion Medicine HOD Dr. Vinu Vipin; and Blood Bank Incharge Sr. Elizabeth SH.

### Objective:

The World Blood Donors' Day Camp was organized with the primary objectives of promoting awareness about the importance of blood donation, encouraging voluntary blood donation, and recognizing and appreciating the invaluable contribution of blood donors worldwide. The event aimed to address the ongoing challenges in ensuring a steady and safe blood supply for medical treatments and emergencies.

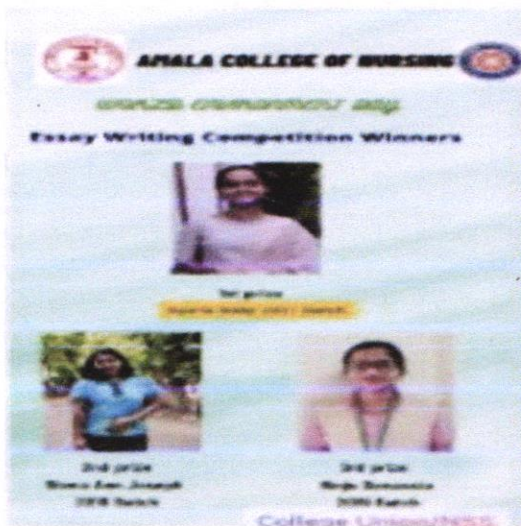


  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



As a part of Environment Day, students actively participated in campus cleaning. As a part of the celebration, students also conducted an essay writing competition. Students have also prepared awareness posters regarding the importance of the day.

### Event Highlights:



*Rgud*  
 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.

## Report on 'No Tobacco Day celebration' and competition


On May 13, 2022, Amala College of Nursing along with Amala Institute of Medical Sciences conducted a world-no-tobacco day celebration. It was a successful and impactful event that reinforced the importance of tobacco control and smoking cessation. It provided attendees with valuable information, resources, and support to quit smoking and maintain a tobacco-free lifestyle.

### Objectives:

The primary objective of the World No Tobacco Day Celebration and Competition was to raise awareness about the harmful effects of tobacco use and to encourage individuals and communities to take action towards achieving a tobacco-free world. The event aimed to educate participants on the health risks associated with tobacco consumption and promote a healthier lifestyle.

Moreover, the creative competition encouraged individuals to express their anti-smoking message through various artistic mediums, reaching a wider audience with a compelling message. The event underscored the importance of collaborative efforts in building a tobacco-free society and highlighted the potential for long-term positive health outcomes.

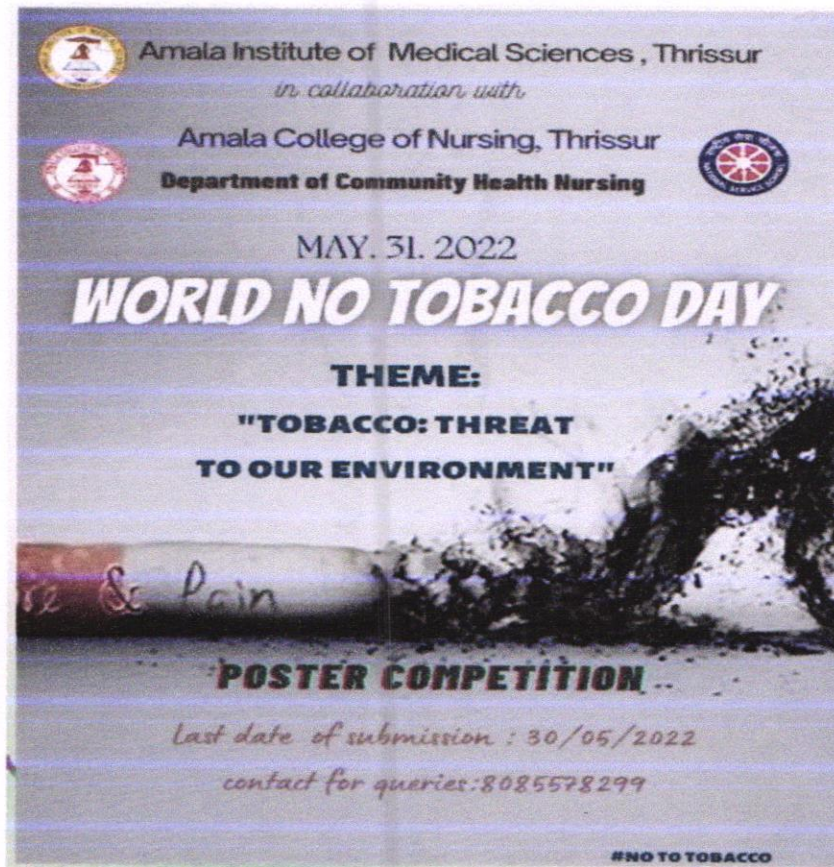



  
Prot. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



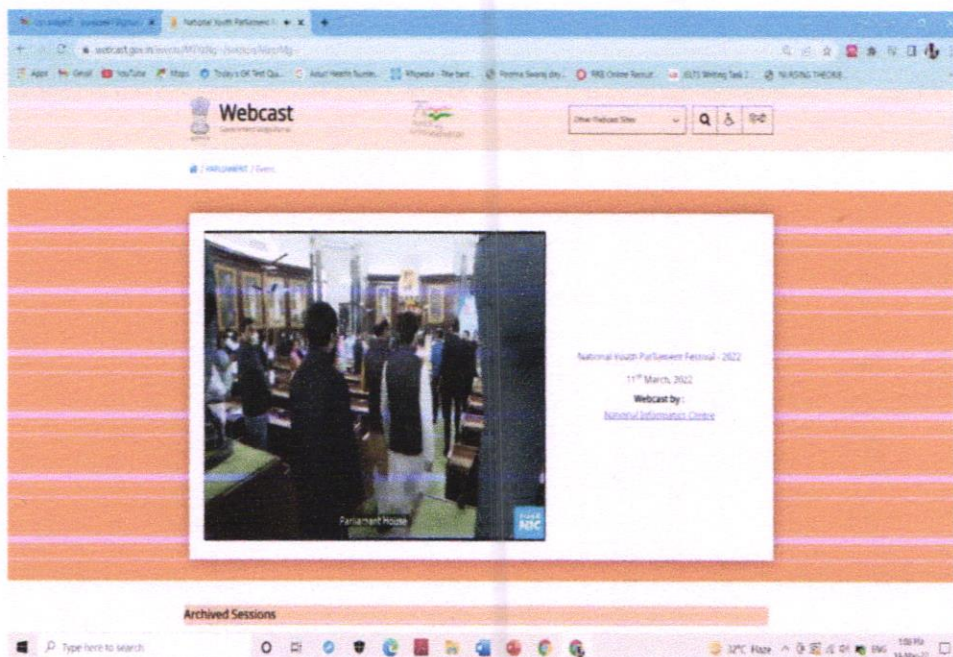
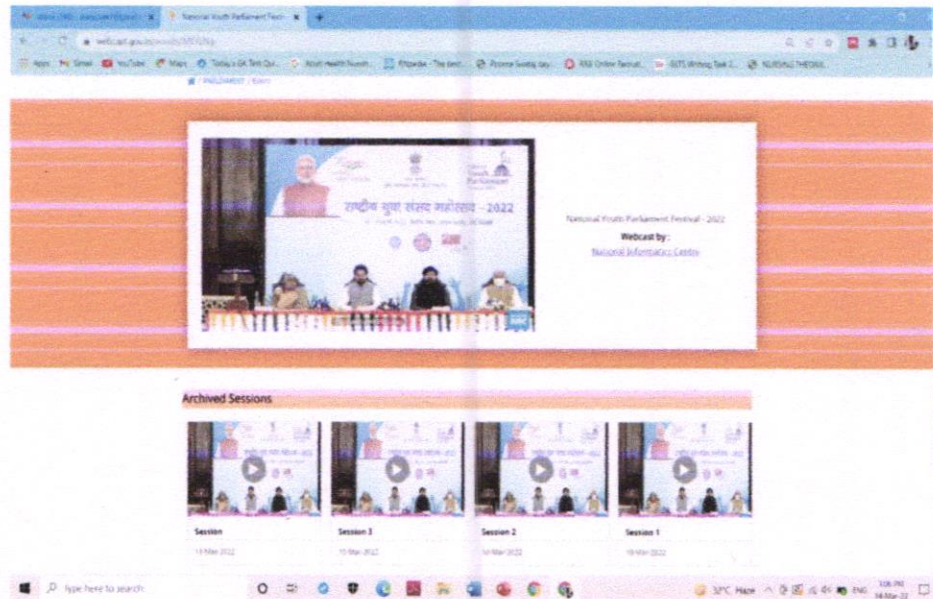
As a part of a world-no-tobacco day celebration, poster competitions were conducted for students. Students grabbed many prizes in the poster competition.

- 2<sup>nd</sup> prize – Sisira and team
- 3<sup>rd</sup> prize – Salomi and team
- Consolation prize – Vishnupriya and team



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

## Screen shots of the webcast



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.

## National youth parliament festival 2022

The National Youth Parliament Festival 2022 was a resounding success in promoting democratic values, youth engagement, and civic awareness. Students participated in the National Youth Parliament Festival 2020 through a webcast. As per the instruction from NSS cell central, students watched the video program on March 11, 2022.

### Objectives:

- Educating youth about the parliamentary system and democratic principles.
- Encouraging active participation in civic affairs and decision-making processes.
- Fostering critical thinking and the ability to articulate thoughts effectively.
- Encouraging teamwork, negotiation, and consensus-building.

It provided a platform for young leaders to voice their opinions, discuss critical issues, and learn about the functioning of the parliamentary system. The festival not only empowered the participants but also demonstrated the importance of involving youth in shaping the future of the nation.



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



## Event Highlights:



*Regu*

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.

## No smoking day

No Smoking Day was observed by the NSS volunteers on 09/03/2023 by making informative leaflets both in Malayalam and English. About 100 leaflets are made and distributed all over Amala Nagar and the Amala campus.

### Objectives:

- To increase awareness about the dangers of smoking, including its impact on health, well-being, and the environment.
- To motivate and support individuals in their efforts to quit smoking.
- To advocate for and support policies that promote a smoke-free environment.
- To foster a sense of community responsibility for promoting a smoke-free lifestyle.

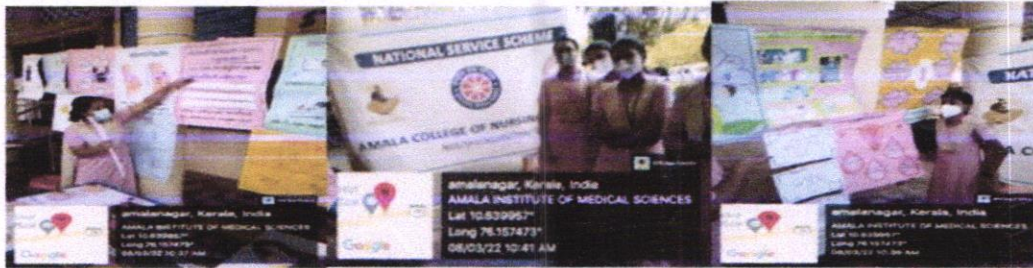
It reinforced the message that quitting smoking is not only beneficial for individual health but also contributes to a smoke-free and healthier society. No Smoking Day continues to play a vital role in the global effort to reduce smoking prevalence and improve public health. The students provided health education during the distribution of these leaflets.



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



## Event Highlights:



*190*

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





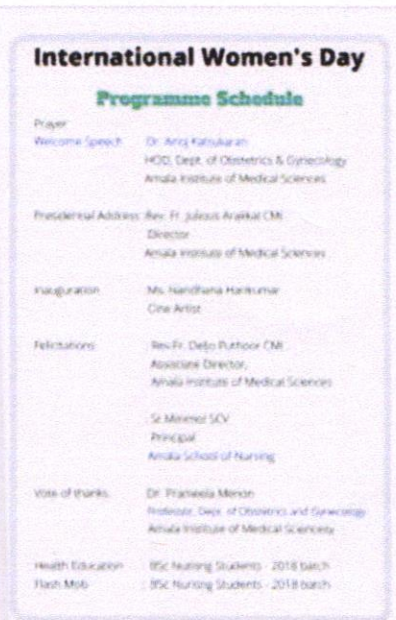
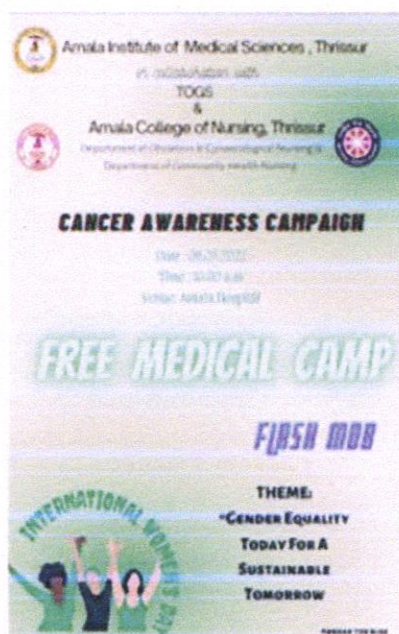
# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## Cancer Awareness Campaign

As a part of the Women's Day celebration, Amala Institute of Health Sciences and Amala College of Nursing, in association with TOGS, organized a cancer awareness campaign on 08 March 2022 at 10.00 am. It was a resounding success in raising awareness about cancer and its impact on individuals and communities. It provided attendees with valuable knowledge about prevention, early detection, and available resources. By offering free screenings and emotional support through survivor stories, the campaign not only educated the public but also made a tangible difference in the lives of those affected by cancer. It reinforced the importance of proactive healthcare, community support, and ongoing research in the fight against cancer. The program included a free medical camp along with health education and a flash mob. The program was a success, and students actively participated in it.



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




**International Women's Day Observation**

THEME : GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW

**MOTIVATIONAL TALK**

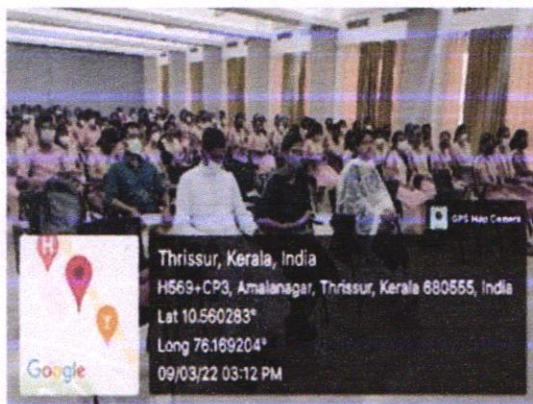
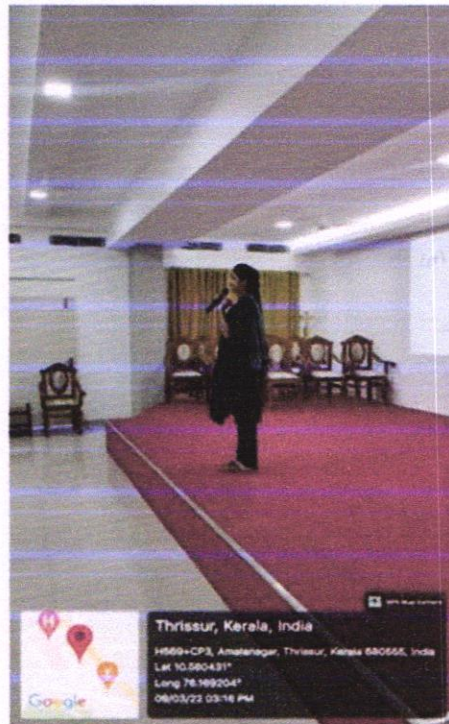
Resource Person



Smt. Carolin Joseph  
Chief Manager  
Aithma My Mind, My Care - Counselling Centre, Thrissur  
Counsellor - Women's Psycho-social issues

Date : 09/03/2022  
Time: 3.00 p.m. to 4.00 p.m.  
Venue : Conference Room, New Library Block

Organized by  
Amala College of Nursing, Thrissur &  
Kuriakose Elias Service Society, Thrissur  
In Collaboration with  
NSS Unit &  
Community Health Nursing Department



*Regu*

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.

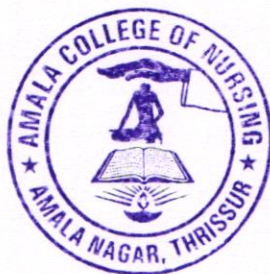
---


## Motivational talk

A motivational talk has also been arranged in association with KESS as a part of International Women's Day on March 9, 2022. The resource person was Smt. Carolin Joseph, Chief Manager, Athma, my mind, and my care counsellor at Thrissur. The session was from 3 p.m. to 4 p.m. in the conference room of the new library block. The session was very interactive, and 100 students participated.

The organizers emphasized the importance of empowering women and fostering an inclusive environment. The theme of the event revolved around acknowledging women's accomplishments, recognizing their potential, and encouraging them to strive for success in various fields.

Attendees walked away with a renewed sense of motivation, a clearer understanding of how to overcome challenges, and practical strategies for achieving their goals. The speech served as a reminder that with determination, a positive mindset, and a willingness to take action, individuals can overcome adversity and achieve success in their personal and professional lives.



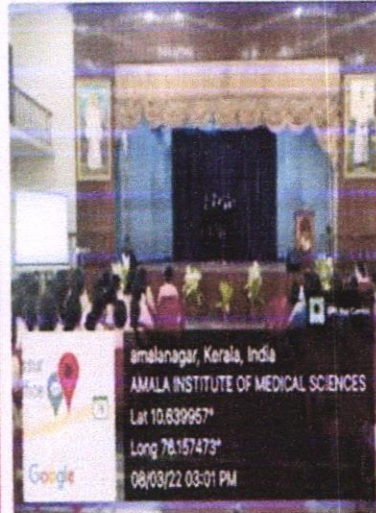
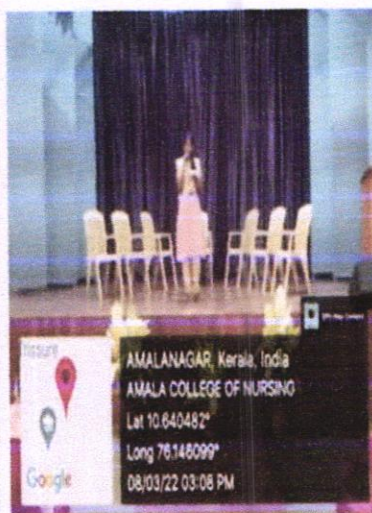
  
Prof. Dr. RAJEE BEGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



## Programme schedule

## Photographs

AMALA COLLEGE OF NURSING, THRISSUR	
<b>'EGALITE MONDE'</b>	
DATE: 1 <sup>ST</sup> MARCH 2022	
VENUE: AUDITORIUM	
TIME: 09:30 TO 4 PM	
<b>PROGRAMME SCHEDULE</b>	
• WELCOME	Dr. Rajee Reghunath
• PRESENTATION	Ms. Sree Sankar P. J.
• WELCOME SPEECH	Ms. Sree Sankar P. J.
• PRAYER	Dr. Rajee Reghunath
• WOMEN'S DAY SONGS	
• TELEVISION	Dr. Rajee Reghunath
• PRAYER	Dr. Rajee Reghunath
• TEST DRIVE	Dr. Rajee Reghunath
• VIDEO OF THE DAY	Ms. Sree Sankar P. J.
• ARTS AND CRAFTS	Dr. Rajee Reghunath
<b>THEME</b>	
<b>'GENDER EQUALITY TODAY FOR A SUSTAINABLE TOMORROW'</b>	



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.

## Women's day celebration


On March 8, International Women's Day was celebrated at Amala College of Nursing at 2:30 p.m. The program started with a prayer.

### Objectives:


- To increase awareness about the persistent gender disparities in various aspects of life, including education, employment, healthcare, and representation in decision-making roles.
- To disseminate information about the importance of gender equality for social and economic development.
- To advocate for the protection of women's rights and the elimination of discriminatory practices and laws.

The program includes theme presentations in an excellent and innovative way by presenting a mime. This is followed by a debate on the topic "Is Feminism a Bone or a Bane?" Students also presented a theme dance. Finally, the program adjourned at 4 p.m. It was a powerful reminder that when women come together, they can effect positive change and create a more inclusive and equitable world.



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

## Brochure



**TOGS Amala**  
UNIVERSITY OF MEDICAL SCIENCES

**International Women Day 2022**

**Video Making Competition**

**Theme:**  
**Gender Equality Today For A Sustainable Tomorrow**

Last date for submission : 7/3/2022, 10 am

**Criteria For Selection**

- Team Shall Consist of Maximum 5 Number
- Time Limit : 5 Minutes
- Medium Of Language: Malayalam/English
- Video Should Be Theme Based.

**Prize**

**I<sup>st</sup> Prize**  
RS : 2500/-

**II<sup>nd</sup> Prize**  
RS : 1500/-

Last date for submission 7/03/2022

For further information please contact 6282016036/8113078299

## Department of Obstetrics and Gynaecology Amala Institute of Medical Sciences

(NAAC Accredited and ISO 9001:2015 Certified)  
Amala Nagar PO, Thrissur, Kerala, INDIA - 680555

## Video Link

- <https://youtu.be/cCvqG7VpbJk>



*Legat*

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 Women's Day celebration

The International Women's Day celebration at Amala Institute in 2022 was held on March 8, which successfully achieved its objectives by fostering awareness, celebrating achievements, and advocating for the rights and well-being of women. The efforts made on this day contributed to the ongoing global movement for gender equality, encouraging individuals and organizations to continue working towards a more inclusive and equitable future.


#### Objective:

The primary objective of celebrating International Women's Day in 2022 was to raise awareness about gender equality, acknowledge the achievements of women, and promote a more inclusive and equitable world. The day aimed to inspire positive change by highlighting the challenges women face globally and encouraging collective action to address these issues.

#### Video making competition

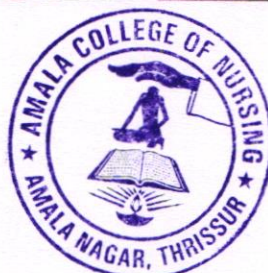
As a part of International Women's Day 2022, the department of obstetrics and gynaecology at the Amala Institute of Medical Sciences organized a video-making competition. The video-making competition was a resounding success. The theme was gender equality today for a sustainable tomorrow. The feedback from participants and attendees was overwhelmingly positive. 10 students participated and received the first prize.



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



## Photographs



*19/04*

Prot. 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.

## Pulse Polio Immunization Programme – 2022

As a part of pulse polio immunization programme, 50 NSS volunteers were posted in different places (Chittatukara Janashakthi Anganavadi, kakkasseri, Vaka Subcentre, Ellavally FHC, Poovathur Bus stand, UHC Patturaikkal and Amala Hospital, Thrissur) for participating in the programme in 6 booths.


### Objectives:

- To ensure that every child under the age of five within the target population receives the polio vaccine.
- To sustain the polio-free status achieved through previous vaccination efforts.

A total number of 303 children get vaccinated from all the six booths. Two drops of polio were given to the child and all guidelines were followed for vaccine safety and following vaccine administration.

Through this programme students got a great opportunity to learn about vaccination process, vaccine vial monitoring and cold chain system. The programme was exciting, knowledgeable, and memorable.



  
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.

## WORLD CANCER DAY CELEBRATION

The World Cancer Day celebration at Amala Institute in 2022 was held on February 4, which was a heartfelt and impactful event that emphasized the importance of cancer awareness, prevention, early detection, and support.

### Objectives

- To raise public awareness about cancer, its causes, and the importance of early detection.
- To educate the community about various types of cancer, risk factors, and preventive measures.
- To emphasize the significance of early detection.

As part of the World Cancer Day celebration, students organized a quiz program and created posters and videos related to it. The program went well, and students and staff participated actively. As a part of it, Amala Cancer Centre organized a mural painting competition, and our students bagged the 3<sup>rd</sup> prize. It provided attendees with valuable information and resources to take charge of their health and reduce the risk of cancer.

### Video link of WORLD CANCER DAY CELEBRATION

<https://youtu.be/vJiQzHLpTC8>



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





*[Signature]*  
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.

The "Say Yes to Life and No to Drugs" initiative stands as a beacon of hope in the global battle against substance abuse. On February 22, students participated in the pledge to say no to drugs.

## Objectives of the Initiative:

- To raise awareness about the dangers of drug abuse.
- To embrace a positive and healthy lifestyle that prioritizes physical and mental well-being.
- To recognize the challenges individuals, face in overcoming addiction, the initiative strives to provide support and resources for those affected.
- To reduce the stigma associated with seeking help for addiction and encourage a compassionate and understanding approach within communities.
- To establish mechanisms to monitor the effectiveness of the initiative, using key performance indicators such as reduced drug-related incidents, increased awareness levels, and community engagement.

The "Say No to Drugs" pledge event was a significant step in promoting a drug-free and healthy lifestyle. It brought together individuals from various backgrounds, united by their commitment to preventing drug abuse and supporting those affected by addiction. A certificate of the same is posted in the common WhatsApp group. Here are the screen shots of two students. In total, 100 students participated and received certificates.

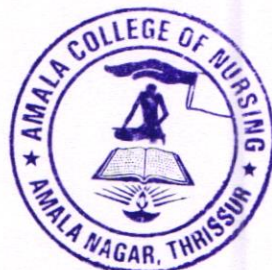


  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



## Photos of the event



*Regan*

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.

## REPORT ON REPUBLIC DAY CELEBRATION

The Republic Day celebration at Amala Hospital in 2022 was a magnificent display of patriotism, unity, and cultural diversity.

### Objectives:

- Foster awareness and understanding of the principles and values enshrined in the Constitution.
- Engage students and youth in various programs to impart knowledge about the Constitution and its significance.
- Evoke a sense of pride among citizens for being part of a sovereign, socialist, secular, and democratic republic.
- To instill a sense of pride among the citizens and reinforce the values of democracy, justice, liberty, and equality.

On Republic Day (January 22), students participated in the flag-hosting ceremony. The flag is hosted by Rev. Fr. Julious Arrkal, CMI, MD, Amala Institute of Medical Sciences. NSS volunteers also created posters and small videos related to the same. The same day, students organized a quiz program, and all students and faculty participated happily in the event.



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

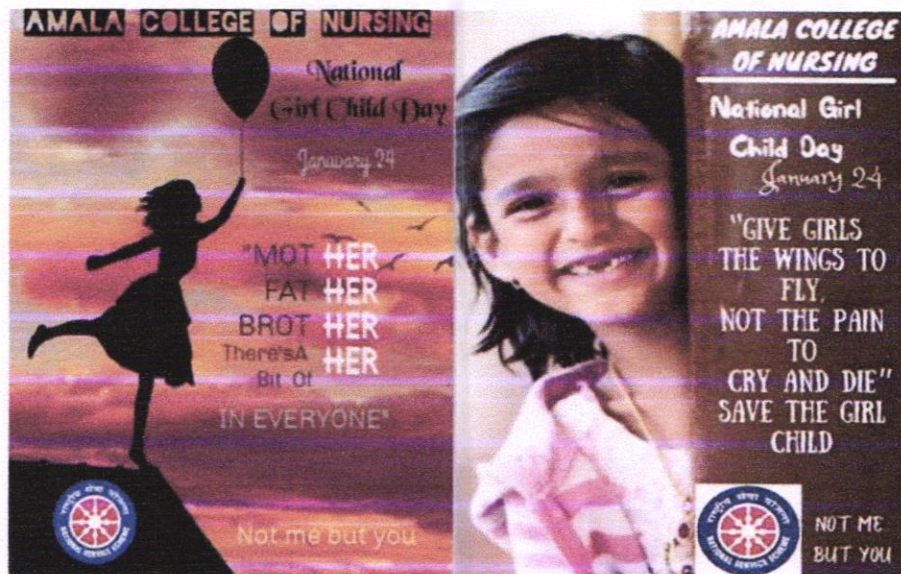
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555




**Video link of WORLD GIRL CHILD DAY CELEBRATION**

<https://youtu.be/b4A0FYVvk0iA>

**Posters of WORLD GIRL CHILD DAY CELEBRATION**



  
**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.

## REPORT ON WORLD GIRL CHILD DAY CELEBRATION

As part of WORLD GIRL CHILD DAY on January 24, NSS volunteers prepared posters and videos and posted them in the common WhatsApp group of Amala College of Nursing

### Objectives:

- To increase awareness about the challenges faced by girls globally and the importance of empowering them.
- To emphasize the significance of education for girls and advocate for equal access to quality education.
- To enhance the skills of girls and provide them with tools for personal and professional development.
- To address health and nutrition challenges faced by girls.
- To overcome societal challenges and stereotypes, empowerment workshops were organized.

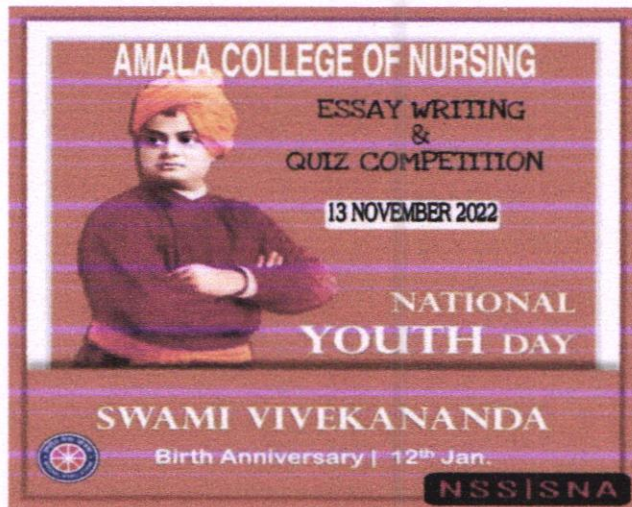
It was a powerful and inspiring event dedicated to promoting the rights and empowerment of girls. It provided a platform for girls to share their stories and perspectives, highlighted the importance of education, and recognized individuals and organizations committed to girls' well-being. All students made it their WhatsApp status to spread awareness. All the students and faculty actively participated in the event.



  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555





It serves as a platform to ignite their passion, broaden their horizons, and empower them to become responsible and enlightened citizens. By celebrating the legacy of Swami Vivekananda, National Youth Day continues to inspire generations of young Indians to strive for excellence and work towards the progress and prosperity of the nation. Around 200 students participated in the awareness session through the online platform. The program was a great success.



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.

---

## REPORT ON NATIONAL YOUTH DAY


As part of National Youth Day, NSS volunteers conducted an awareness program on 12 January through an online platform and conducted competitions related to it. The primary objective of National Youth Day is to inspire and motivate the youth of the country to contribute actively to the development of the nation.

### Objectives

- Create awareness about the potential and capabilities of the youth.
- Encourage youth to discover their strengths and talents.
- Provide resources and support for skill development and education.
- Promote the importance of social responsibility and community service.
- Encourage youth involvement in charitable and volunteer activities.
- Highlight the impact of small, collective efforts in creating positive social change.

National Youth Day serves as a platform to harness the potential of the youth and channelize their energy towards positive contributions to society. Through a combination of educational, cultural, and social initiatives, the day aims to shape responsible and empowered citizens who are committed to the principles of unity, diversity, and progress.



  
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)  
Affiliated to KJ Somaiya



IN ASSOCIATION WITH  
EXCISE CIRCLE OFFICE, THIRUVANANTHAPURAM

CERTIFICATE OF APPRECIATION

This is to certify that


**Mrs. Sathy K. K**

Women Civil Excise Officer, Excise Range Office, Kolazhy


has participated as a Resource Person in the

Anti-Drug Awareness Programme

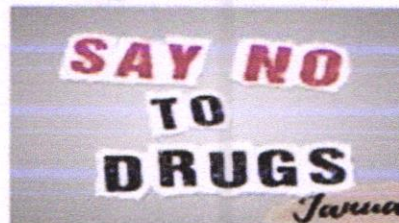
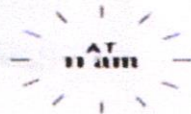
held at Amala Auditorium on 01/01/2022 organized by the NSS Unit, Amala  
College of Nursing, Thiruvananthapuram in association with Excise Circle Office.

  
Dr. Rajee Reghunath  
Principal, Amala College of  
Nursing, Thiruvananthapuram



  
Mr. Uthman Jase K  
Deputy Commissioner, Amala College of  
Nursing, Thiruvananthapuram

## AMALA COLLEGE OF NURSING Thiruvananthapuram IN ASSOCIATION WITH EXCISE CIRCLE OFFICE, THIRUVANANTHAPURAM **ANTI-DRUG AWARENESS PROGRAM**




OUR EXPERT SPEAKER

**Mrs. Sathy**

Women Civil Excise Officer  
Excise Range Office, Kolazhy



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



# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## 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.

### Objectives:

- Raise awareness about the dangers of drug abuse.
- Educate participants on the different types of drugs and their effects.
- Provide information on available support services and resources for those affected by drug addiction.
- Promote a sense of community responsibility in combating drug abuse.
- Encourage open dialogue on the topic and reduce stigma associated with addiction.

The multifaceted approach employed in this campaign has sought to educate, engage, and empower individuals, families, and communities to make informed choices and take a stand against drug abuse. By building on these achievements and adapting strategies to evolving challenges, we can create a lasting culture of awareness, prevention, and support within our community.



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)

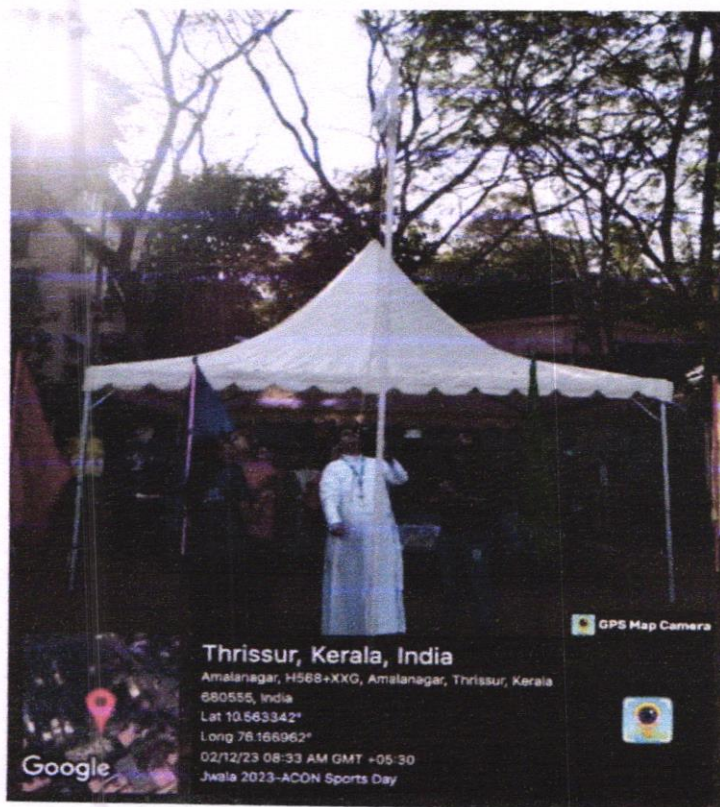
Amala Nagar, Thrissur – 680 555, Kerala

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)

## Annual Sports Day Report-JWALA 2K23

The much-awaited Annual Sports Day at Amala College of Nursing was held on 2/12/23 at Amala ground from 8 am-4 pm with great zeal, enthusiasm, and fervor. The event was a vibrant display of sportsmanship, athleticism, and teamwork, showcasing the competitive spirit and talent of our students. The Sports Day commenced with an impressive opening ceremony that included an invocation, flag hoisting, and the lighting of the torch. The program was inaugurated by Rev. Fr. Deljo Puthur CMI (Joint Director Amala Institute Of Medical Sciences). The atmosphere was electric as the college band played invigorating tunes while students, faculty, and guests gathered to kickstart the event. A wide array of sporting events and competitions were organized across various disciplines. Students participated in track and field events such as running race, relays, discus throw, javelin throw, shot put, badminton, caroms, and chess displaying their agility and skill. As the day progressed, winners and participants were felicitated and rewarded for their outstanding performances. Trophies, medals, and certificates were presented to acknowledge their hard work, dedication, and sportsmanship.



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555