



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING AQAR (2022-2023)



CRITERION 3– Research, Innovations and Extension

Key Indicator 3.2– Innovation Ecosystem

Metric No. 3.2.1- The Institution has created an ecosystem for innovations including Incubation Centre and other initiatives for creation and transfer of knowledge

SUBMITTED TO



National Assessment and Accreditation Council

DETAILS OF RESEARCH PROJECTS



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

DETAILS OF RESEARCH PROJECTS CONDUCTED IN YEAR 2022-2023

Sl.No	Year	Name of Programme	Title of Research Projects	No. of Student
1	2020 - 2022	Second year MSc Nursing	1.Effect of Balloon blowing therapy on respiratory parameters of post COVID patients. 2.Risk predictors of hypertension among the non – clinical health care workers in a selected hospital. 3.The impact of COVID -19 pandemic on physical and mental health among staff nurses working in COVID care area and non-COVID care area. 4. Effect of outcome present state test (OPT) model on clinical reasoning skills. 5. Effectiveness of structured anxiety management strategies on level of anxiety among BSc Nursing students.	1 1 1 1 1
2	2021 - 2023	First year MSc. Nursing	1.Effect of Self – Reliance training on stress and coping among first year BSc Nursing students.	1



19/01/23
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

3	2021 - 2022	Third year BSc Nursing	<ol style="list-style-type: none"> 1. A descriptive study to assess the knowledge regarding management of menstrual irregularities among nursing students in Amala College of nursing with a view to prepare an information leaflet. 2. A comparative study to assess the work stress among nurses working in oncology wards and general wards at Amala Institute of Medical Sciences, Thrissur. 3. A study to assess the level of anger outburst among young adults with a view to develop information leaflet on anger outburst management in selected college, Thrissur. 4. A descriptive study to assess the nutritional status and dietary practices among adolescents of selected school." 5. A study to assess the knowledge and attitude regarding menstrual cup among nursing students in selected nursing college, Thrissur. 6. A study to evaluate the effectiveness of prick and fun play in reducing the perceived stress among preschoolers undergoing IV cannulation admitted at Amala Medical college hospital. 7. A descriptive study to assess the knowledge and practice of body mechanics among staff nurses in Amala medical college hospital, Thrissur. 8. A descriptive study to assess the behavioural and emotional problems 	50
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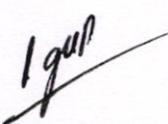
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

ENDORSEMENT BY THE PRINCIPAL

This is to certify that the dissertation entitled "Effect of Balloon blowing therapy on respiratory parameters of post-COVID patients" is a bonafide research work done by Chinju K Paul in partial fulfillment of the requirement for the degree of Master of Science in Medical Surgical Nursing.

Date: 16-09-2022

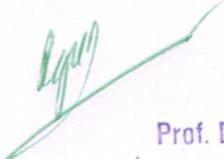
Place: Thrissur


Prof. Dr. Rajee Reghunath MSc (N), PhD

Principal

Amala College of Nursing, Thrissur



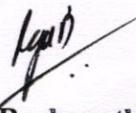

Prof. Dr. RAJEE REGHUNATH
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AMALA NAGAR P.O., THRISSUR-680 555

ENDORSEMENT BY THE PRINCIPAL

This is to certify that the dissertation entitled “**Risk predictors of hypertension among the non-clinical healthcare workers in a selected hospital**” is a bonafide research work done by **Neethu Anto** in partial fulfillment of the requirements for the degree of Master of Science in Medical Surgical Nursing.

Date : 16-9-2022

Place : Thrissur


Prof. Dr. Rajee Reghunath MSc (N), PhD

Principal

Amala College of Nursing

Thrissur



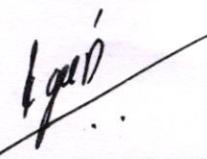

Prof. Dr. RAJEE REGHUNATH
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AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

ENDORSEMENT BY THE PRINCIPAL

This is to certify that the dissertation entitled “**The impact of COVID-19 Pandemic on physical and mental health among staff nurses working in COVID care area and non- COVID care area**” is a bonafide research work done by **Seena A F** in partial fulfillment of the requirements for the degree of Master of Science in Medical Surgical Nursing.

Date : 16-09-2022

Place : Thrissur


Prof. Dr. Rajee Reghunath MSc (N), PhD

Principal

Amala College of Nursing

Thrissur




Prof. Dr. RAJEE REGHUNATH
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AMALA NAGAR P.O., THRISSUR-680 555

ENDORSEMENT BY THE PRINCIPAL

This is to certify that the dissertation entitled "Effect of Outcome Present State Test (OPT) model on clinical reasoning skills" is a bonafide and genuine research work done by **Shinu C Vinson** in partial fulfilment of the requirement for the degree of Master of Science in Medical surgical Nursing.

Date: 16-09-2022

Place: Thrissur


Prof. Dr. Rajee Reghunath MSc (N), PhD

Principal
Amala college of nursing

Thrissur




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

ENDORSEMENT BY THE PRINCIPAL

This is to certify that the dissertation entitled "Effectiveness of structured anxiety management strategies on level of anxiety among BSc Nursing students" is a bonafide and genuine research work done by Stephy V. A, in partial fulfillment of the requirement for the degree of Master of Science in Mental Health Nursing.

Prof. Dr Rajee Reghunath, Msc (N), PhD

Principal

Amala College of Nursing

Thrissur.

Date: 16-09-2022

Place: Thrissur



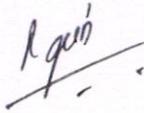
Prof. Dr. RAJEE REGHUNATH
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AMALA COLLEGE OF NURSING
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ENDORSEMENT BY THE PRINCIPAL

This is to certify that the thesis entitled “Effect of Self-Reliance Training on stress and coping among first year B.Sc. Nursing students” is a bonafide and genuine research work carried out by Archana Jayakumar in partial fulfillment of the requirements for the degree of Master of Science in Mental Health Nursing.

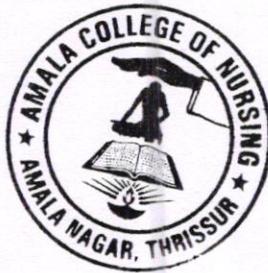
Date: 07/08/2023

Place: Thrissur


Prof. Dr. Rajee Reghunath, MSc (N), PhD

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Amala College of Nursing, Thrissur



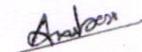

Prof. Dr. RAJEE REGHUNATH
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CERTIFICATE

This is to certify that the project work entitled “ **A descriptive study to assess the knowledge regarding the management of menstrual irregularities among the nursing students in Amala College Of Nursing, Thrissur**” is the Bonafide work Done by,

MS. Annmariya Shaju 

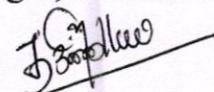
MS. Anntreesa M P 

MS. Anu Francis 

MS. Archana C V 

MS. Athulya P S 

In partial fulfillment of the requirement of B.Sc Nursing degree in Amala College of Nursing, Amala Nagar, Thrissur.

Guide : **Sr. Tincy Abraham** 

Nursing lecturer

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AMALA NAGAR P.O., THRISSUR-680 555



CERTIFICATE

This is to certify that this project work entitled, "A COMPARATIVE STUDY TO ASSESS THE WORK STRESS AMONG NURSES WORKING IN ONCOLOGY WARDS AND GENERAL WARDS AT AMALA INSTITUTE OF MEDICAL SCIENCES, THRISSUR." is the bonafide work done by;

Ms. Alina Maria Augusty

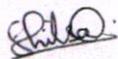
Ms. Alphonse Rose Mathew

Ms. Ancy Shaju

Ms. Angel Davis Pynadath

Ms. Angel Jesudas

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Guide: 

Mrs. Shilsa James

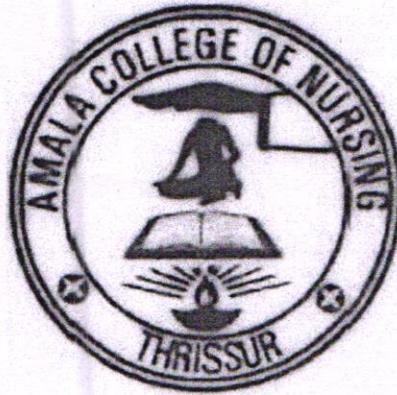
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4
19/11
Prof. Dr. RAJEE REGHUNATH
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CERTIFICATE

This is to certify that project work entitled "a study to assess the level of anger outburst among young adults with a view to develop information leaflet on anger outburst management in selected college, Thrissur district" is the bonafide work done by,

Mr. Sharon Thomas

Ms. Sheen Maria Jose

Ms. Shibily Rasfin KM

Ms. Sindrella Paul

Ms. Tinu James

In partial fulfillment of the requirement for the Bachelors of Science in nursing in Amala College of Nursing, Thrissur, KUHS, Kerala.

GUIDE

Mrs. Shaly Joseph

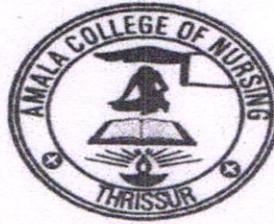
Assistant professor

Department of Community Health Nursing

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Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 955



CERTIFICATE

This is to certify that this project work entitled "A DESCRIPTIVE STUDY TO ASSESS THE NUTRITIONAL STATUS AND DIETARY PRACTICES AMONG ADOLESCENTS OF SELECTED SCHOOL" is the bonafide record of work done by

Ms. MINTA ROSE

Ms. MISHEL MARY BABY

Mr. MUHAMMED KASIM

Ms. NEENA BABU

Ms. NIYA GRACE

In the fulfillment of the requirement for the IIIrd year B.sc nursing Amala College of Nursing, KUHS University

Guide: -

Mrs. SURYA. K

Lecturer

Amala College of Nursing, Thrissur




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

“A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MENSTRUAL CUP AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGE THRISSUR”



A Research project submitted in fulfillment of the requirement for the IIIrd year B.Sc. Nursing, done by

Ms. ANITTA MATHEW

Ms. ANITTA SHAJU

Ms. ANJALY BENNY

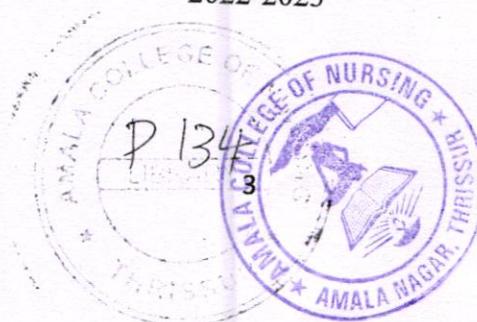
Ms. ANLY BABU

Ms. ANN MARIYA SABU

Amala College of Nursing, Amala Nagar, Thrissur.

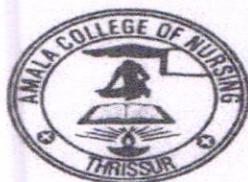
Kerala University of Health Sciences

2022-2023



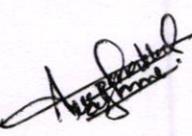
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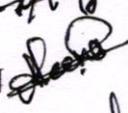
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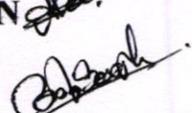
This is to certify that the project work entitled “**A STUDY TO EVALUATE THE EFFECTIVENESS OF PRICK AND FUN PLAY IN REDUCING THE PERCEIVED STRESS AMONG PRESCHOOLERS UNDERGOING IV CANNULATION ADMITTED AT AMALA MEDICAL COLLEGE HOSPITAL**” is the bonafide record of work done by

MS. AGHINA PAUL 

MS. AGNA ROY 

MS. AISWARYA K.S. 

MS. ALEENA JILSON 

MS. ALGY JOSEPH 

In partial fulfillment of degree BSc Nursing in Amala college of Nursing, KUHS

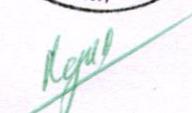
GUIDE: Shulacn

SR. GRACE MARIYA

LECTURER

CHILD HEALTH NURSING




Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
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AMALA COLLEGE OF NURSING

AMALA NAGAR, THRISSUR

CERTIFICATE

This is to certify that the project work entitled "A descriptive study to assess the knowledge and practice of body mechanics among staff nurses in Amala Medical college hospital, Thrissur" is the bonafide record of work done by

MS. BINJU DEVASSIA

MS. DAISY JOSE

MS. DELISHYA JOJI

MS. DELMA SHAJU

MS. DELNA DEVIS

In partial fulfillment of degree BSc Nursing in Amala college of Nursing, KUHS

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MS. ROHINI G

LECTURER

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Prof. Dr. RAJEE REGHUNATH
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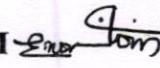


AMALA COLLEGE OF NURSING

AMALA NAGAR, THRISSUR

CERTIFICATE

This is to certify that this project work entitled "A DESCRIPTIVE STUDY TO ASSESS THE BEHAVIOURAL AND EMOTIONAL PROBLEMS AND SELF MANAGEMENT STRATEGIES AMONG ADOLESCENTS IN SELECTED SCHOOL, THRISSUR" is the bonafide record of work done by

Ms. NOVA ELIZABETH TOM 

Ms. PRITTY MARY PRAKASH 

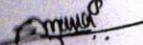
Sr. RITTY THOMAS T 

Ms. SANDRA BENNY 

Ms. SANDRA THOMAS 

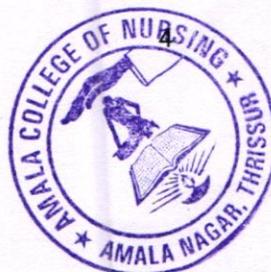
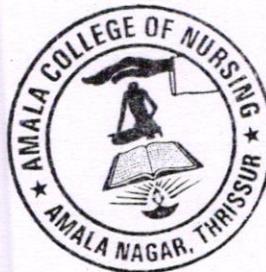
In the fulfillment of the requirement for the IIIrd year B.Sc Nursing, Amala College of Nursing, KUHS university

GUIDE;


Mrs. Maria E.J

Lecturer

Child Health Nursing




Prof. Dr. RAJEE REGHUNATH
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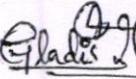
AMALA COLLEGE OF NURSING

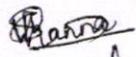
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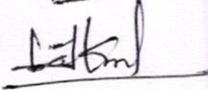
CERTIFICATE

This is to certify that this project work entitled, "A DESCRIPTIVE STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING PRE-MENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS IN AMALA COLLEGE OF NURSING, THRISSUR" is the bonafide record of work done by,

Ms. EMITHA TOMY 

Ms. GLADIS MARIYA A.C 

Ms. HANNA V.J 

Ms. HIBA K.M 

Ms. HRIDHYA VENU PC 

In the fulfilment of the requirement for the IIIrd year B.Sc. Nursing in Amala College of Nursing, KUHS university.

Guide:-

Mrs. Aswathy Gopi MSc (N)

Lecturer

Amala College of Nursing, Thrissur

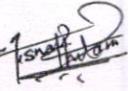
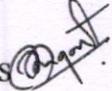
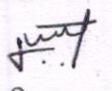



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555



CERTIFICATE

This is to certify that project work entitled impact of smart phone usage on selected parameters among B.Sc Nursing students in Amala College of Nursing

Ms. Jisna S 
Ms. Margaret James 
Ms. Maria K Darlin 
Ms. Merlin James 
Ms. Merin Shaju 

In partial fulfillment of the requirement for the bachelors of science in nursing in Amala College of Nursing, Thrissur KUHS Kerala.

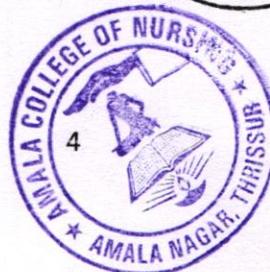
GUIDE

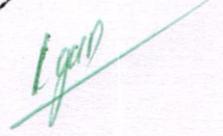
Mrs. Rosariyo Anto 

Lecturer

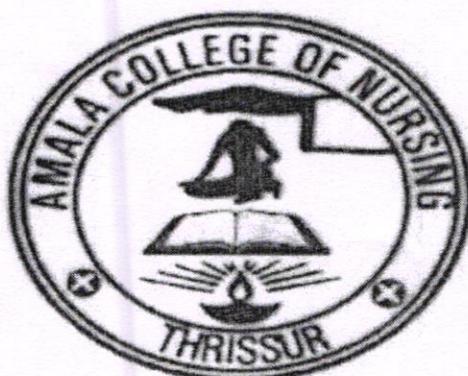
Department of Adult Health Nursing

Amala College of Nursing




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

**“A STUDY TO ASSESS THE RISK FOR FALL ASSESSMENT AMONG
ELDERLY PERSONS IN RURAL COMMUNITY IN SELECTED
DISTRICTS IN KERALA WITH A VIEW TO DEVELOP PHYSICAL
WELLBEING PROGRAMME”**



**A research project submitted in partial fulfillment of the requirement for the
degree of BSC Nursing**

Ms. AJILA P.J	Ms. AVERINE MARIYA JOSE
Ms. ALEENA SUNNY	Ms. BENLIYA BOSE
Ms. AMALA TOMY	Ms. BESSYMOL BENNY
Sr. ANCY KA	Ms. BLESSY MARIA CHACKO
Ms. ANGEL SOJAN	Ms. DIONA ANN JOSEPH
Ms. ANITTA ABBY	Ms. DIYA DAVIS
Ms. ANITTA JOHNY	Ms. DORA JAROLD
Ms. ANJALI A MOHANDAS	Ms. JESLIN K J
Ms. ANLY MILTON	Ms. JISMY PAUL
Ms. ANN MARIA JOSEPH	Ms. KEERTHI M SURENDRAN
Ms. ANN MARY BIJU	Ms. MARIYA JAISON
Ms. ANNA JOSEPH	Dr. ARUN MOHAN
Ms. ARDHRA C PRAKASH	



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

**“A STUDY TO ASSESS THE IMPACT OF POST COVID
REHABILITATIVE EXERCISES ON PHYSICAL AND
MENTAL WELLBEING OF
POST COVID 19 PATIENTS“**



**A research project submitted in fulfillment of the
requirement of BSc Nursing degree in Kerala University of
Health Sciences.**

Ms. MARY CELIN

Ms. MEENAKSHI M MURALI

Ms. MEGHA JAYARAJ

Ms. RESHMA BABU

Ms. ROSEMARY BABY

Ms. ROSY JOSEPH

Ms. SAFNA P.S

Ms. SALOMI K J

Ms. SANDRA BENNY

Ms. SANDRA ROSE SEBASTIAN

Ms. SHABEER ALI A M

Ms. SHANIYA SHAJI

Ms. SHARON SHAJAN

Ms. SHERIN TRESA MATHEW

Ms. SIGNA PAULSON

Ms. SISIRA SURESH O

Ms. SIYA JOY

Ms. SNEHA SHAJU

Ms. SNEHA SIMON

Ms. SNESI AUGUSTINE

Ms. SONAMOL JOSEPH

Ms. SOPHIYA THOMAS

Ms. TEENA JOHN

Ms. TINCY E T

Ms. VISHNUPRIYA T R

**FOURTH YEAR BSc NURSING
2018 BATCH (IInd GROUP)
AMALA COLLEGE OF NURSING**



Rajee
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