

AMALA COLLEGE OF NURSING AQAR (2022-2023)



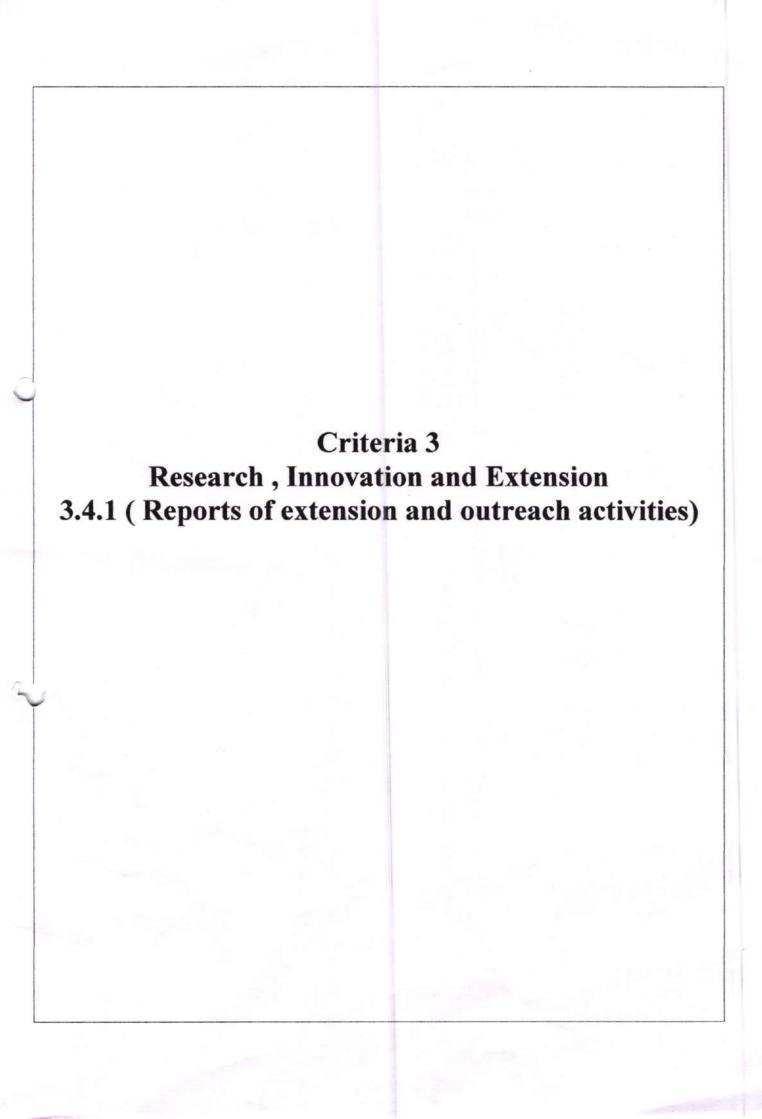
CRITERION 3– Research, Innovations and Extension Key Indicator 3.4 – Extension Activities

Metric No. 3.4.1- Number of extension and outreach activities carried out in collaboration with National and International agencies, Industry, the community, Government and Non-Government organized bodies through NSS/NCC during the year

SUBMITTED TO



National Assessment and Accreditation Council



3.4.1: Total number of extension and outreach activities carried out in collaboration with national and international agencies, industry, community, government and non-government organizations engaging NSS / NCC / RED CROSS / YRC / institutional clubs etc. During Jan 2023-May 2023.

Year	Sl. No	Name of the activity	Organizing unit/agency/ collaborating agency	Number of students participated in such activities	Number of teachers participated in such activities
	1	National dengue day	In collaboration with NSS	50	2
	2	Nurses day celebration	In collaboration with NSS	100	4
2023 May	3	World hand hygiene day	In collaboration with NSS	200	20
	4	World earth day	In collaboration with adult health nursing and nursing foundations	100	10
	5	Asthma awareness day celebration	In collaboration with NSS	200	25
	6.	World TB day	In collaboration with NSS	50	24

7.	World Water day	In collaboration with NSS	100	20
8.	Cervical cancer awareness program	In collaboration with Adult health nursing	50	2
9	Cervical cancer awareness program	In collaboration with Community health nursing	50	2
10	Modification of NSS room	In collaboration with NSS	100	2
11	Road safety and traffic rules awareness program Participation in traffic quiz	In collaboration with NSS	250	20



3.4.1: Total number of extension and outreach activities carried out in collaboration with national and international agencies, industry, community, government and non-government organizations engaging NSS / NCC / RED CROSS / YRC / institutional clubs etc. During Jan 2022-Dec 2022.

Year	Sl. No	Name of the activity	Organizing unit/agency/ collaborating agency	Number of students participate d in such activities	Number of teachers participate d in such activities
2022	1	Visit to old age home	In collaboration with NSS	50	2
	2	Gender violence awareness class	In collaboration with NSS	50	2
	3	Aids day celebration	In collaboration with NSS	50	2
	4	Social advocacy skill training program	In collaboration with NSS	50	2
	5	Anti-drug awareness class	In collaboration with NSS	200	2
	6.	Anti-drug awareness day programme	In collaboration with NSS	200	2
	7.	Rastriya ektha diwas	In collaboration with NSS	50	2
	8.	Campaign	In collaboration with community health nursing	50	2

9	World heart day	In collaboration with NSS	50	2
10	Breast feeding awareness program	In collaboration with Community health nursing	50	2
11	Garden maintenance	In collaboration with NSS	50	2
12	AZADI KA AMRUT MAHOTSAV-YUVA UTSAV ON INDIA @2047	In collaboration with NYK	2	1
13	Nutrition day programme	In collaboration with Community health nursing	50	2
14	Freedom wall painting	In collaboration with NSS	3	1
15	Vayojana Sangamam -Thannal	In collaboration with Community health nursing	50	2
16	School health programme	In collaboration with Community health nursing	50	2
17	Group health Education	In collaboration with Community health nursing	50	2
18	Nutrition day programme	In collaboration with Community health nursing	50	2

19	International day against drug abuse and illicit trafficking 2022	In collaboration with NSS	50	2
20	National reading day	In collaboration with Literary club	100	3
21	International yoga day	In collaboration with NSS	100	3
22	Talk on elder abuse day	In collaboration with NSS	22	2
23	World blood donors' day - camp	In collaboration with NSS and Amala blood bank	150	3
24	Environment day Celebration	In collaboration with NSS	50	2
25	No tobacco day celebration and competition	In collaboration with Community health nursing	150	2
26	National youth parliament festival 2022	In collaboration with NSS	50	2
27	No smoking day	In collaboration with NSS	50	2
28	Motivational talk	In collaboration with NSS	100	3

29	Cancer awareness campaign	In collaboration with TOGS	50	2
30	Motivational talk women's day celebration	In collaboration with KESS	100	4
31	Cancer awareness campaign	In collaboration with TOGS	50	2
32	Women's day celebration	In collaboration with NSS	50	2
33	Women's day celebration	In collaboration with obstetrics and gynecology	10	2
34	World cancer day celebration	In collaboration with NSS	100	2
35	"Say yes to life and No to drugs	In collaboration with NSS	100	4
36	Republic day	In collaboration with NSS	100	4
37	World girl child day	In collaboration with NSS	200	20
38	National youth day	In collaboration with NSS	150	2
39	Report on sparsham- vimukthi jwala	In association with excise department and conducted along the NSS camp	50	2





(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)

REPORT ON NATIONAL DENGUE DAY

As part as a part of National Dengue Day NSS volunteers along with department of community health nursing organized awareness rally and poster making competition on 15th May 2023. Total 100 students took part in the event. All the faculty also took part in the event. The programme was a great success.

Objectives: The primary objectives of the celebration were as follows:

- Raise awareness about the causes, symptoms, and prevention of dengue fever.
- Educate the community on the importance of eliminating mosquito breeding sites.
- 3. Promote community participation in vector control activities.
- Provide a platform for health professionals, researchers, and government officials to share insights and information on dengue prevention..

National Dengue Day serves as a crucial platform for concerted efforts towards preventing and controlling dengue fever. By focusing on the outlined objectives, communities, healthcare professionals, and policymakers can work together to reduce the impact of dengue and safeguard public health. Ongoing collaboration and sustained efforts are essential to create a dengue-free future.

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Prof. Dr. RAJEE REGHUNATH

PRINCIPAL

AMALA COLLEGE OF NURSING

AMALA NAGAR R.O., THRISSUR-680 555

The programme was conducted in amala campus at 3.30 pm. Fr Shibu, Associate Director, Amala Institute of Medical Sciences Flag off the Rally.



Brochure of National Dengue Day



National degue day rally

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REPORT ON NURSES DAY CELEBRATION

As a part of Nurses Day, NSS volunteers organized a flash mob and inter-batch quiz program on May 12, 2023

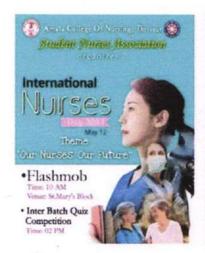
Objectives

- To express gratitude and appreciation for the tireless and compassionate service provided by nurses.
- To promote ongoing professional development among nurses.
- · To emphasize the importance of self-care and wellness for nurses.
- To involve nurses in community outreach and education.

. A total of 200 students took part in the event. All the faculty also took part in the event. The program was a great success. The day was marked by the theme presented by the batch 2020: —OUR NURSES, OUR FUTURE. Following the theme presentation, a flash mob was performed at St. Mary's Block at 10 a.m. In the inter-batch quiz programs, the first prize is grabbed by the 2019 batch, the second prize is for the 2020 batch, and the third prize is achieved by the 2022 batch.

COLLEGE OF HUNSING *

Event Highlights:



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Brochure of international nurses day

Photographs of Quiz programme



Winner's list



Theme presentation on



Flash Mob on Nurses Day

Nurses Day



Prof. Dr. RAJEE REGHUNATH

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

Amala COLLEGE OF NURSING



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REPORT ON WORLD HAND HYGIENE DAY

The celebration of World Hand Hygiene Day was a resounding success, fostering awareness and promoting positive behavioral changes regarding hand hygiene practices. The program was conducted on May 5, 2023, at 8 a.m.

Objectives

- Educate and inform people about the significance of hand hygiene in preventing the spread of infections and diseases.
- Encourage individuals, healthcare workers, and the general public to adopt and maintain good hand hygiene practices to reduce the risk of infections.
- Emphasize the crucial role that hand hygiene plays in ensuring patient safety, especially in healthcare settings.
- Address the importance of hand hygiene in preventing healthcare-associated infections and improving overall patient outcomes.

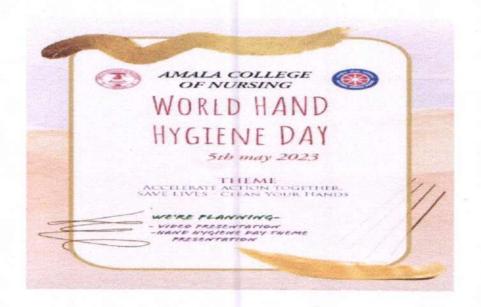
The event not only educated participants but also laid the foundation for ongoing efforts to maintain high standards of hand hygiene in the community. As part of World Hand Hygiene Day, NSS volunteers organized Awareness video making and a theme presentation.

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Prof. Dr. RÁJEE REGHUNATH PRINCIPAL AMALA COLLEGE OF NURSING

AMALA NAGAR P.O., THRISSUR-680 555

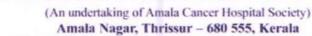
The program was intended to spread awareness of hand hygiene in our daily routine. A total of 200 students took part in the event. The video is circulated in WhatsApp groups. All the faculty also took part in the event. The program was a great success and imparted awareness about hand hygiene. The event came to an end at 9 p.m.



BROCHURE OF WORLD HAND HYGIENE DAY



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REPORT ON WORLD EARTH DAY

World Earth Day celebrations serve as a collective effort to address the environmental challenges our planet faces. As part of Earth Day, NSS volunteers organized a theme presentation and an e-poster Competition. All the students actively took part in the event. Dr. Rajee Reghunath announced the winners of the competition. The program was conducted on April 22, 2023, at 8 a.m. All the faculty also took part in the event. The volunteers presented the theme of Earth Day, and the event came to an end at 9 p.m.

Objectives

To advocate for the adoption of eco-friendly habits in daily life, such as reducing waste, conserving energy, and using sustainable products.

To foster a deeper understanding of environmental issues among individuals, communities, and nations.

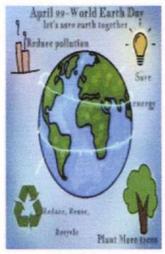
To empower people with knowledge about sustainable practices and environmental protection.

To recognize and celebrate the accomplishments of individuals, communities, and organizations contributing to environmental sustainability.

The diverse range of activities and events showcased the global commitment to creating a more sustainable and environmentally conscious world. It is crucial to carry the spirit of World Earth Day beyond a single day and incorporate sustainable practices into our daily lives, fostering a long-term positive impact on the health of our planet.

AMALA THRISSUR

Following are the posters submitted by the participants:





FIRST PLACE

SECOND PLACE



E-posters submitted by participants

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REPORT ON ASTHMA AWARENESS DAY CELEBRATION

As part of Asthma Awareness Day, NSS volunteers, along with the Department of Adult Health Nursing and the Foundation Department, organized an awareness video-making competition on 30 March 2023. The participants were instructed to make videos purely based on the theme.

Objectives

To increase public awareness about asthma as a prevalent respiratory condition.

To highlight the impact of asthma on individuals, families, and the community

To provide information on preventive measures to reduce the risk of developing asthma.

To educate individuals on recognizing asthma symptoms and seeking timely medical attention.

The registration was done with a Google Form. The Celebration successfully achieved its objectives of raising awareness, providing education, and fostering a sense of community support for individuals with asthma. The event not only benefited those directly affected by asthma but also contributed to the overall health and well-being of the community. The program was a great success.

Prof. Dr. RAJEE REGHUNATH

PRINCIPAL

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

Event Highlights:



Brochure of the event



Winners list



Amala COLLEGE OF NURSING



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REPORT ON WORLD TB DAY

As part of World TB Day, NSS volunteers organized a rally and flash mob on the theme of World TB Day. The program is intended to spread awareness and prevent TB around the world. A total of 50 students took part in the event. Dr. Rajee Reghunath, Principal, inaugurated the rally.

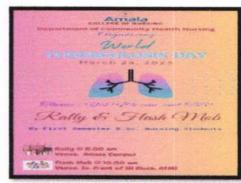


Image 1: Brochure of world TB

Objectives

- To increase public awareness about tuberculosis, its causes, symptoms, and methods of prevention.
- To advocate for increased efforts and resources at the national and international levels to combat TB effectively.
- To emphasizes the need for continued research and innovation to develop better diagnostic tools, treatment regimens, and vaccines for TB.
- To address the social stigma associated with TB is crucial for encouraging early detection and treatment

The program was conducted on March 24, 2023, at 8 a.m. All the faculty also took part in the event. The rally and the flash mob were a great success and imparted awareness about TB. The event came to an end at 12 p.m. It was a program that everyone could enjoy, and the message could be delivered very precisely to everyone.

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Event Highlights:



Image 2: Picture of Rally



Image 3: Picture of Flash mob



Image 4: Picture of Flash mob



Image 5: Picture of Flash mob







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REPORT ON WORLD WATER DAY

As part of World Water Day, NSS volunteers organized a theme presentation and pledge-taking ceremony around the Amala Chappel, Amala Campus. All the students took part in the event. Dr. Rajee Reghunath pledged the oath to everyone.

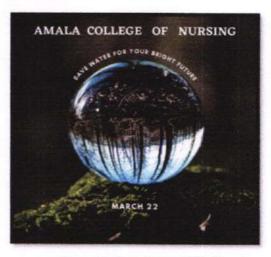


Image 1: Brouchure of World

Objectives

- To raise awareness about the importance of freshwater as a finite and essential resource.
- To promote the sustainable management of water resources.
- To emphasizes the importance of ensuring that everyone, regardless
 of their location or socio-economic status, has access to safe and
 clean water for drinking, sanitation, and hygiene.
- To emphasize the need for integrated approaches to address both water-related and climate-related challenges.
- To highlight the challenges and issues related to water scarcity, pollution, and inadequate access to clean water in various parts of the world.

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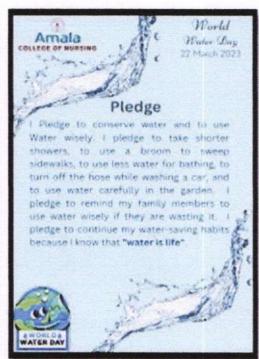


Image 2: Photograph of pledge taking

Image 3: Pledge

The program was conducted on March 22, 2023, at 10 a.m. All the faculty also took part in the event. The volunteers presented the theme of World Water Day, and the event came to an end at 12 p.m.





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

REPORT ON CANCER AWARENESS PROGRAMME.

Date on: 04/02/2023

As a part of world cancer day Amala College of Nursing, Thrissur department of Adult health nursing organized health awarness programme. The theme for the 2023 was close the care gap. A flash mob was held at 12Noon near the St. Mary's Block of Amala Institute of Medical Sciences by the 2018 batch students of Amala College of Nursing. It was a program that everyone could enjoy, and the message could be delivered very precisely to everyone. It achieved its objectives by educating the community about cancer prevention, early detection, and available support services.

The insights gained from this program will be valuable for planning future initiatives to further contribute to cancer awareness and prevention efforts within the community.

Objectives:

- 1. To educate the community about different types of cancer, their causes, and risk factors.
- To promote the importance of early detection and regular screenings for cancer prevention.
- To provide information on available support services for cancer patients and their families.
- To dispel common myths and misconceptions about cancer.

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Event Highlights:









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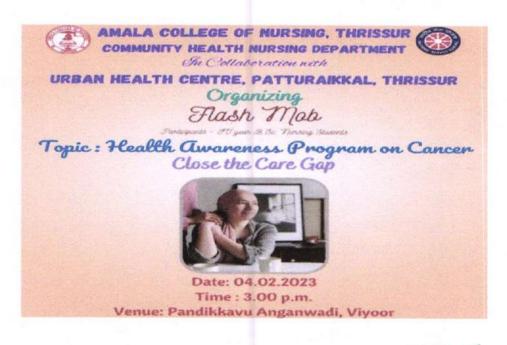
REPORT ON CERVICAL CANCER AWARENESS PROGRAMME.

Date on: 04/02/2023

As a part of World Cancer Day, Amala College of Nursing, Thrissur, Department of Community Health Nursing, in collaboration with Urban Health Center Patturakkal, organized a health awareness program for mothers of Anganwadi students. The theme for 2023 was close the care gap. A flash mob was held at 3 p.m. in the Pandikaduv Anganwadi by 2018 batch students of Amala College of Nursing.

Objectives:

- Raise awareness about the causes and risk factors of cervical cancer.
- Promote the importance of regular screenings, including Pap smears and HPV vaccinations.
- · Provide information on early detection and available treatment options.
- Reduce stigma surrounding cervical cancer and related screenings.
- Empower women to take charge of their reproductive health







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MODIFICATION OF NSS ROOM

As the NSS unit of Amala College of Nursing completed two years successfully, the new volunteers asked permission from the program officer to modify the Room on 09/01/2023. They modified the NSS room beautifully with their creativity. All the two years of NSS activities have been attractively pictured on the walls of the NSS Room.

Objectives

1. Space Arrangement:

- Ensure the room is spacious enough to accommodate meetings, discussions, and planning sessions.
- Arrange seating to facilitate group discussions and collaborations.
- Create dedicated areas for storage of NSS-related materials, such as banners, posters, and equipment.

Display NSS Information:

- Decorate the walls with NSS-related information, including the history of NSS, past activities, and achievements.
- Display the NSS logo prominently.
- Have a bulletin board for updates, announcements, and upcoming events.

3. Promote Creativity:

- Encourage creativity by incorporating art and design elements that reflect the spirit of NSS and community service.
- Allow space for members to showcase their creative work related to NSS activities.



4. Technology Integration:

Integrate technology for better communication and planning. This
could include a computer, projector, and audio-visual equipment.

5. Inspirational Quotes and Motivation:

- Decorate the space with inspirational quotes and messages that align with the values of NSS.
- Create a positive and motivating environment to inspire volunteers.

6. Storage:

- Install shelves or cabinets for storage of NSS materials, such as banners, pamphlets, and promotional items.
- · Keep the room organized to easily access materials when needed.

7. Flexibility and Comfort:

- Make the space flexible to accommodate various activities.
 Consider movable furniture that can be rearranged based on the type of event.
- Ensure the room is comfortable with proper lighting and ventilation.







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REPORT ON ROAD SAFETY AND TRAFFIC RULES AWARENESS PROGRAM

PARTICIPATION IN TRAFFICQUIZ

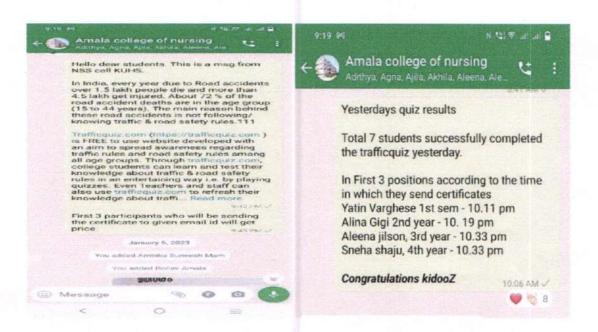
As part of the Road Safety and Traffic Rules Awareness Program (free online) for colleges and universities, students of Amala College of Nursing actively participated in the same on January 6, 2023. The information has been given through the common WhatsApp group to all students regarding the competition.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



The students are very interested in participating in the same. So many students attended the quiz but couldn't complete it, as it had more than 15 rounds. In total, seven students completed the test, and out of those three, three have been selected based on their early submission of certificates to their college email IDs and have been given prizes.







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VISIT TO OLD AGE HOME

As a part of the Christmas celebration, NSS volunteers visited an old age

home in Thalakottukara 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.

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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.





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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.

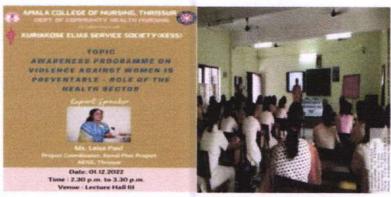
Objectives:

- Increase awareness and understanding of the various forms of genderbased 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.

COLLEGE OF HUNGSING *

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:









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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.

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Photographs









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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:

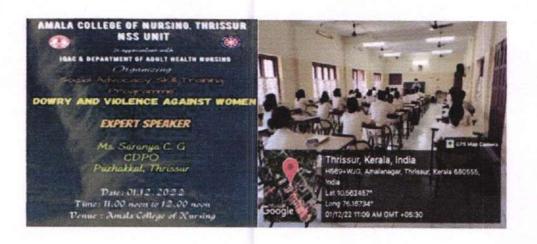
To raise awareness about the detrimental impact of dowry and violence against women on individuals and society.

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.



PHOTOGRAPHS









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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







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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.

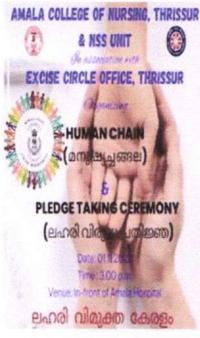
Objective:

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.

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Event Highlights:











(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 Ektha 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

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



Event Highlights:







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PLEDGE TAKING CEREMONY ON UNITY DAY









(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.

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Event Highlights:



















(An undertaking of Amala Cancer Hospital Society) Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Report on World Heart Day

NSS volunteers conducted a flash mob on World Heart Day and executed it on September 29th in various places with health awareness talks.

Objectives:

- Raise Awareness about the risk factors associated with cardiovascular diseases and ways to prevent them.
- Encourage and organize events that promote physical activity, such as walks, runs, and fitness sessions. Highlight the importance of regular exercise in maintaining a healthy heart.
- Encourage widespread health screenings to identify and address risk factors for cardiovascular diseases. Advocate for policies that make screenings more accessible to diverse populations.
- Develop targeted campaigns aimed at populations with a higher risk of cardiovascular diseases, such as individuals with a family history, seniors, and those with pre-existing conditions like diabetes or hypertension.

The volunteers provided awareness programs at Amala Medical College and Thrissur Railway Station. They also took part in a health rally through the Thrissur railway station platform, which provided the passengers with a wonderful experience. Along with the Thrissur railway station authorities, they also took part in the Swachtha Pakwad program.

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AMALA NAGAR P.O., THRISSUR-680 555

Event Highlights:































(An undertaking of Amala Cancer Hospital Society) Amala Nagar P.O., Thrissur-680 555, Kerala, India.

BREAST FEEDING AWARENESS PROGRAM REPORT

As a part of the 4th year community posting, the NSS Unit conducted a program about breastfeeding on August 31, 2022, at the family health centre in Elavally. We conducted an awareness program on breast feeding. The program started at 10:30 a.m. with a prayer song. Ms. Jismy Paul welcomed the gathering. Ms. Aleena Sunny was the master of the ceremony. Mrs. Sujatha Lady Health Inspector Elavally, FHC, inaugurated the program. Mr. Rajesh Health Inspector gave the felicitation speech. The program was conducted in front of the immunization clinic at FHC.

Objectives:

- Raise awareness about the importance of initiating breastfeeding within the first hour of a baby's life.
- Disseminate information on the numerous health benefits associated with early breastfeeding for both mothers and infants.
- Educate mothers and families about the exclusive breastfeeding recommendation for the first six months of a baby's life.
- Provide information on the nutritional and immunological advantages of exclusive breastfeeding.
- Identify common myths and misconceptions surrounding breastfeeding.
- Conduct sessions to dispel these myths and provide evidence-based information to promote positive attitudes toward breastfeeding.

AMALA NAGARTI

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









(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.

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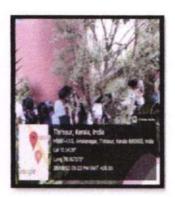
Prof. Dr. HAJEE REGHUNATH PRINCIPAL

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

Event Highlights:





















(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.

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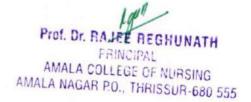
List of participants

- 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











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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.

AMALA MINGAR, THRISSUR

The program had an audience of 18 people belonging to different age groups. The beneficiaries were mothers and elderly citizens. An interactive session was conducted, and feedback was collected. The program was a successful endeavor.

PHOTOGRAPHS



















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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.

COLLEGE OF MURSING *

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.

SI .N o.	Name of Student	Name of College	Mobile No.	E-mail.ID
1	Ancy K A	- Amala College of Nursing CIN - N004	7356908235	srancyantony53@gmail .com
2	Vishnupriya T R		6282592962	vishnupriyatr1998@gm ail.com
3	Signa Paulson		8089298547	signapaulson@gmail.c

Photographs



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(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.

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Prof. Dr. RAJEE REGHUNATH

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













(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:

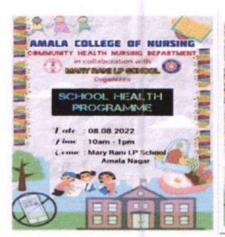
- To educate students about the importance of personal hygiene and instill
 habits that contribute to overall health.
- To create awareness about the potential risks associated with excessive mobile phone use and promote responsible usage.
- To foster a culture of healthy eating habits among students 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. Kentury Surendran, a fourth-year BSC nursing student.

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(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 4th 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.

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(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.

The students were divided into five groups, and each group acquainted themselves with a healthy diet for preschoolers, schoolers, adolescent girls, pregnancy and lactation, and finally for the elderly. The presentation was bestowed with alluring charts, a prepared one-day menu plan for each category, and the details of the RDA for each group. The food items prepared by the students spread to the participants in the program. The program ended with a vote of thanks.

Event Highlights:







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(An undertaking of Amala Cancer Hospital Society)
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International Day Against Drug Abuse and Illicit Trafficking 2022

The International Day Against Drug Abuse and Illicit Trafficking event at the Amala campus and its premises 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 cotton individuals and communities from its devastating effects.

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

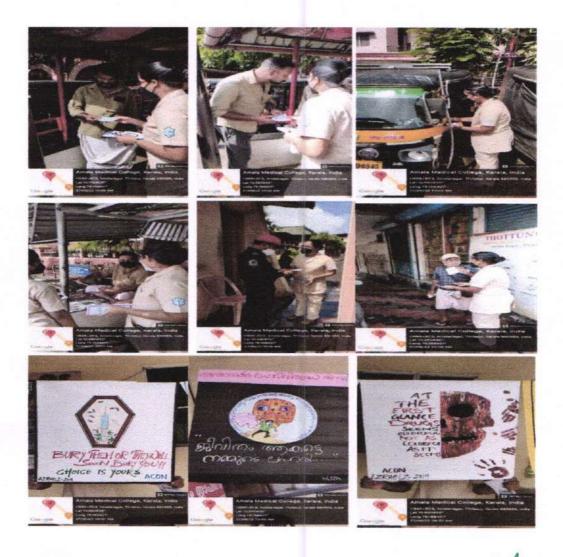
PHOTOGRAPHS







PHOTOGRAPHS







(An undertaking of Amala Cancer Hospital Society) Amala Nagar P.O., Thrissur-680 555, Kerala, India.

National Reading Day: June 19, 2022

Every year, June 19 is celebrated as the National Reading Day in honor of Puthuvayil Narayana Panicker (P. N. Panickar), who is considered the Father of the Library and Literary Movement in Kerala. On this occasion, the college union of Amala College of Nursing, in collaboration with the literary club, celebrated Reading Day by organizing a reading week celebration for the entire week.

Objectives

- To promote literacy and encourage individuals, especially children and young adults, to develop strong reading habits.
- To create an atmosphere that celebrates the joy and pleasure of reading, emphasizing that reading is not just a skill but also a source of entertainment, knowledge, and personal growth.
- Encourage the establishment of reading clubs, book discussion groups, and community libraries to cultivate a culture of reading within families and communities.
- Showcase a variety of literary genres to cater to different interests and preferences, fostering an appreciation for diverse forms of written expression.

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

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PHOTOGRAPHS











(An undertaking of Amala Cancer Hospital Society) Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Yoga training on June 17, 2022

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

Objectives:

- Encourage individuals to adopt a healthy lifestyle through regular physical activity.
- · Raise awareness about the positive impact of yoga on mental health.
- Highlight the various physical benefits of yoga, such as increased flexibility, strength, and balance.
- Highlight the meditative aspects of yoga that contribute to mindfulness and self-awareness.

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



Event Highlights:

















(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.

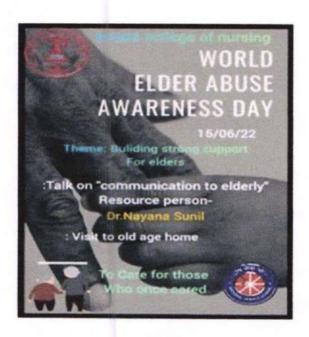
Objective:

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.



Event Highlights:













(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.

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Event Highlights:





















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

Environment Day Celebration

The Environment Day celebration at Amala College of Nursing in 2022 was held on June 6th 2022, which was a resounding success in promoting environmental awareness, sustainability, and community engagement. It provided attendees with valuable knowledge and resources to take meaningful actions to protect the environment.

Objectives:

- Create awareness among the community about environmental issues
- Educate participants about the importance of individual and collective actions in preserving and protecting the environment.
- Encourage the adoption of sustainable practices in daily life, such as reducing waste, conserving energy, and using eco-friendly products.
- Undertake a tree plantation drive to contribute to the increase in green cover and combat deforestation.
- Launch a waste management campaign to promote proper waste disposal, recycling, and reduction of single-use plastics.

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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:





