



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 3.5 – Collaboration

Metric No. 3.5.2 - Total number of Functional MoUs with Institutions/ Industries in India and abroad for academic, clinical training / internship, on-the job training, project work, student/faculty exchange, collaborative research programmes etc. during the year

SUBMITTED TO



National Assessment and Accreditation Council



MEMORANDUM OF UNDERSTANDING

BETWEEN
AMALA COLLEGE OF NURSING, THRISSUR
AND
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Preamble

Amala College of Nursing, Thrissur, a self financing Nursing College established in 2005 and managed by CMI, Devamatha Province. The College is recognized by Indian Nursing Council, Kerala Nurses and Midwives Council and is affiliated to Kerala University of Health Sciences, Thrissur. The College offers basic B.Sc. Nursing programme, M.Sc. Nursing programme and a Ph.D. research study centre of Kerala University of Health Sciences, Thrissur & NITTE (Deemed to be University) Mangalore. Amala College of Nursing, Thrissur hereinafter referred to as "First party".

Vimala College (Autonomous), Thrissur is an educational institution functioning under the management of Congregation of Mother Carmel, Nirmala Province, Thrissur. Vimala College is affiliated to Calicut University reaccredited with an A grade (third cycle) CGPA of 3.5 with the status of College of Potential for Excellence. The college is also supported by RUSA and the DBT Star college scheme. The Institution started M.Sc Home Science (NUTRITION AND DIETETICS course in the year of 2004 and B.Sc Home Science course in the year of 1968 in the Department of Home Science.



Memorandum of Understanding:

This memorandum of understanding is signed on 1st December 2022 between Amala College of Nursing, Amala Nagar P. O, Thrissur, Kerala - 680 555 and Vimala College (Autonomous) Thrissur, Kerala - 680009

Areas of co-operation:

Amala College of Nursing and Department of Home Science, Vimala College will help each other in:

1. Conduct of faculty exchange programme for student enrichment
 - 1a. Topics related to Adolescent health, human physiology and common health problems of adolescents for Under graduate and Post graduate students of Vimala College, Thrissur during the academic year 2023-2024.
 - 1b. Topics related to Nutrition and health for the B.Sc. Nursing and M.Sc. Nursing students of Amala College of Nursing, Thrissur
 - 1c. The classes will be conducted on every month from the month of March 2023 to February 2024
 - 1d. Each class will be of one hour duration and a minimum of 10 hours are to be completed during the period mentioned.
 - 1e. Each party can make a list of topics keeping in account the duration of each class.



In continuation to the above, any other areas of co-operation that may arise from time to time would be taken into consideration with mutual consent. This understanding will be reviewed every one year and will be revised in case necessity of mutual parties. It is agreed between the parties that whatever information is shared between the two shall be treated as strictly confidential.

Signed between

Amala College of Nursing, Thrissur & Vimala College (Autonomous), Thrissur



Principal
Amala College of Nursing
Thrissur



Date: 01.12.2022



Principal
Vimala College (Autonomous)
Thrissur
**PRINCIPAL IN-CHARGE
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009**





MEMORANDUM OF UNDERSTANDING

BETWEEN AMALA COLLEGE OF NURSING, THRISSUR AND VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Preamble

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19/11/21

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12/12/21

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Signed between

Amala College of Nursing, Thrissur & Vimala College (Autonomous), Thrissur


11/12/21

Principal
Amala College of Nursing
Thrissur



Principal 
Vimala College (Autonomous)
Thrissur
**PRINCIPAL IN-CHARGE
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR - 680 009**

Date: 01.12.2021

MOU ACTIVITY WITH VIMALA COLLEGE



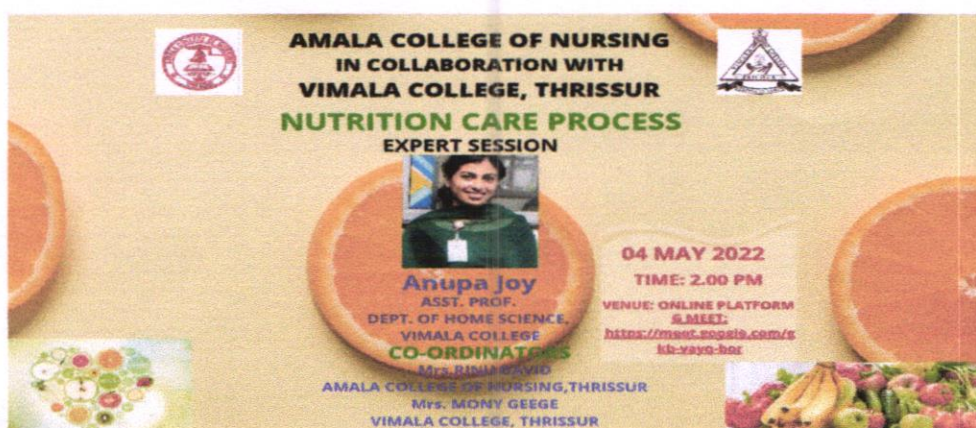
AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

REPORT ON NUTRITION CARE PROCESS


Amala College of nursing in collaboration with Vimala College has made an MOU. Mrs Anupa Joy, Asst Professor, Dept of Home science from Vimala college has taken a class on nutrition care process for I year BSc nursing students on 4/5/22 at 2.00 pm. The session mainly discussed on nutrition assessment, nutrition diagnosis, nutrition intervention, nutrition monitoring and evaluation.



The Nutrition Care Process (NCP) is a systematic approach to providing high quality nutrition care. The NCP consists of four distinct, interrelated steps: The registered dietitian nutritionist, collects and documents information such as food or nutrition-related history; biochemical data, medical tests and procedures; anthropometric measurements, nutrition-focused physical findings and client history. Data collected during the nutrition assessment guides the registered dietitian nutritionist in selection of the appropriate nutrition diagnosis. The registered dietitian nutritionist then selects the nutrition intervention that will be directed to the root cause of the nutrition problem and aimed at alleviating the signs and symptoms of the diagnosis. The final step of the process is monitoring and evaluation, which the registered dietitian nutritionist uses to determine if the client has achieved, or is making progress toward, the planned goals.

The students actively participated and cleared their doubts during the session. In continuation with it series of sessions were planned. The session ended at 4.00 pm.




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



**AMALA COLLEGE OF NURSING
IN COLLABORATION WITH
VIMALA COLLEGE, THRISSUR**
NUTRITION CARE PROCESS
EXPERT SESSION



Anupa Joy
ASST. PROF.
DEPT. OF HOME SCIENCE,
VIMALA COLLEGE
CO-ORDINATORS

Mrs. RINU DAVID

AMALA COLLEGE OF NURSING, THRISSUR

Mrs. MONY GEEGE

VIMALA COLLEGE, THRISSUR

04 MAY 2022

TIME: 2.00 PM

**VENUE: ONLINE PLATFORM
G MEET:**

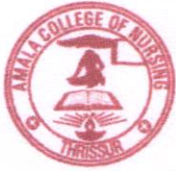
<https://meet.google.com/kb-vayq-bor>



Reg
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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





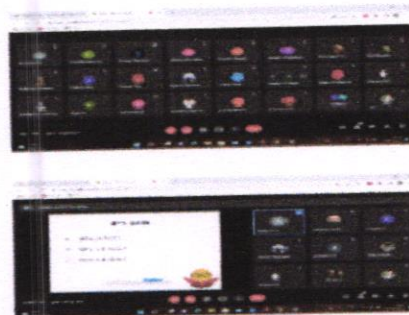
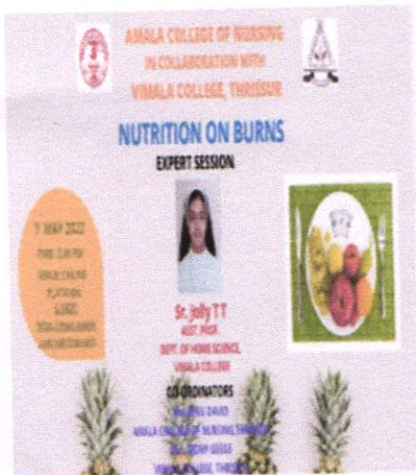
AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

REPORT ON FACULTY EXCHANGE

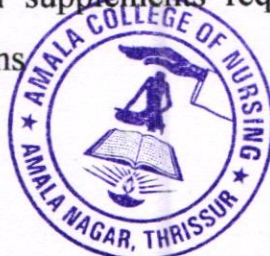
Amala college of nursing in collaboration with Vimala College has made an Mou. Faculty from Vimala college has taken a class on nutrition on burns for I year BSc nursing students on 7/5/22 at 2.00 pm. The session dealt with provision of nutrition management for burns patients including the type of diet, nutrients needed for healing and immune function, calorie requirement, low fat, high protein, high carbohydrate diet especially needed in weekly basis etc. There are several guidelines reflect the essential role the dietician has in the provision of specialised nutritional support to promote recovery from burns.




Objectives

At the end of session students will be able to :

- Understand physiological changes during burns
- Identify importance of nutrition on burns
- Describe the nutritional supplements required to manage the nutritional requirements during burns

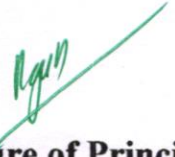



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555

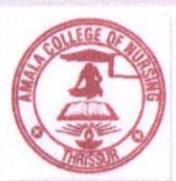
Our knowledge regarding the complicated physiology of nutrition is incomplete and nutritional regimens vary widely between individual centers. There is no consensus regarding the optimal timing, route, amount and composition of nutritional support for burn patients, but most clinicians advocate for early enteral nutrition with high-carbohydrate formulas. Severe burn causes significant metabolic derangements that make nutritional support uniquely important and challenging for burned patients. A multidisciplinary approach to burn management is essential to optimal functional and cosmetic outcome.

A discussion session was also conducted with the students for the clarifications regarding the topic. In continuation with it series of sessions were planned. The session ended at 4.00 pm.




Signature of Principal

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



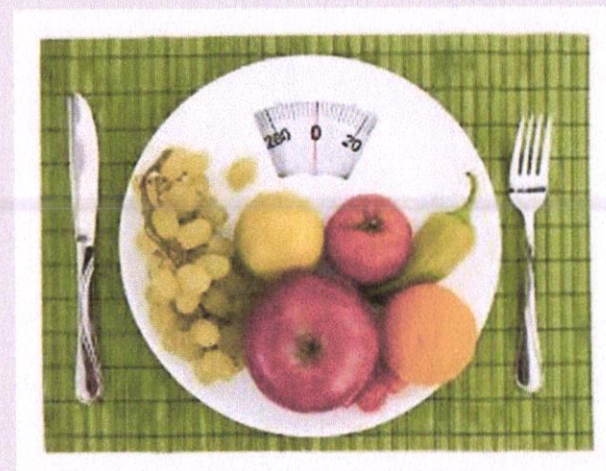
**AMALA COLLEGE OF NURSING
IN COLLABORATION
WITH VIMALA COLLEGE, THRISSUR**

**PCOD AND DIET
EXPERT SESSION**



Sr. Jolly T T
ASST. PROF.

DEPT. OF HOME SCIENCE,
VIMALA COLLEGE



7 MAY 2022

TIME: 2.00 PM

**VENUE: ONLINE
PLATFORM**

kgem
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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



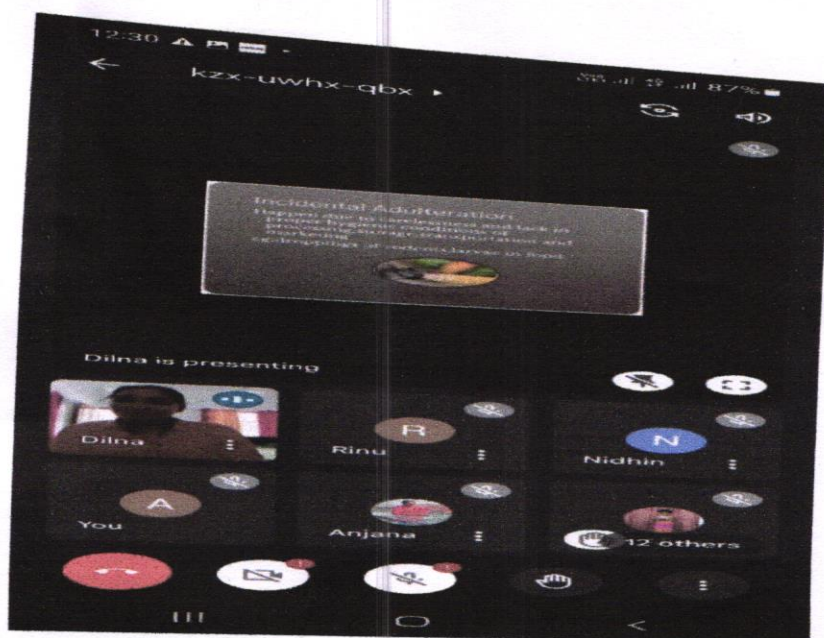


AMALA COLLEGE OF NURSING

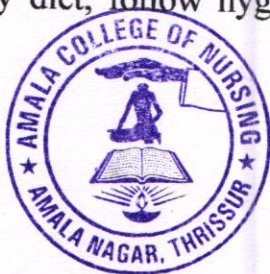
(An undertaking of Amala Cancer Hospital Society)
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

REPORT ON FACULTY EXCHANGE

Amala college of nursing in collaboration with Vimala College as a part of MOU organized a class for BSc nursing students. Mrs Dilna Sabu, Faculty, from Vimala college has taken a class on the topic; Adulteration in food and food safety for students of Amala college of nursing on 31/12/2022 at 2.00 pm. The session dealt about adulteration in food, its causes, harmful effects, types, prevention and methods of food safety. Food adulteration occurs globally and in many facets and affects almost all food commodities.



The students also had an opportunity to participate in live discussion on the different aspects of food adulteration and food safety. Session also introduced recent advances in detection of food adulteration in continuation with it series of sessions were planned. The session really enlightened the minds of students with a focus to practice healthy diet, follow hygienic measures and ensure food safety throughout their life.



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.

Amala College of Nursing
in Collaboration with **Vimala College (Autonomous) Thrissur**
Adulteration in Food and Food Safety

RESOURCE PERSON



Mrs. Dilna Sabu

Venue: Online Platform

31 December 2022

Time: 2.00 pm to 3.00 pm



Signature of Principal

Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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



Amala College of Nursing in Collaboration with



Vimala College (Autonomous) Thrissur Adulteration in Food and Food Safety

RESOURCE PERSON

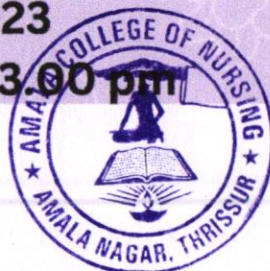


Mrs. Dilna Sabu

Venue : Online Platform

7 January 2023

Time : 2.00 pm to 3.00 pm



Lg

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



DILNA SABU

ASST.PROFESSOR IN FOOD TECHNOLOGY

INFO

Dilna Sabu

Sooryamadhavam Apartment
G-8 Kairali junction ,Guruvayur
Thrissur ,680101,Kerala

8590059590

dilnasabu77@gmail.com

SKILLS

Teaching
Management
Leadership
Teamwork
Writing

CAREER OBJECTIVE

A passionate food technologist who always interested in researches to bring an assuring technological development in Food industry

EXPERIENCE

2022

Asst.Professor in B.Voc Food Processing

Vimala college is an autonomous college in thrissur city .It was established in 1967 .The college is under the management of the Nirmala Province ,Thrissur

2020-2022

KASC (Kadathanad Arts and Science college) is a self-financing college affiliated to university of Calicut. As a lecturer I'm responsible for teaching and training of BSc Food Technology students including practical sessions.

2017 2019

Quality Assurance manager(Peejay Agro Foods Pvt. Thrissur

Peejay Agro Foods Pvt. Ltd is an ISO 22000:2005 HACCP Company which deals with 180 products across Pan India and export to GCC.

As QA manager I was responsible for Complete Quality and safety of the product from farm to fork

Support R&D with QA support in batch documentation, review and assessment in manufacturing events.

Attend product review meeting and Responsible in sensory evaluation

Train the staff on all responsible measures to maintain food safety.

Ensure the cleanliness of the plant and monitor the cleaning

2017

Trainee (Food Asta, Kochi)

Food asta is a private Ltd company which deals with different kinds of organic food across India.

2015 - 2017

Faculty in ASAP run by Kerala government (Bakery and Confectionery)

Additional skill & Acquisition Program (ASAP) Kerala is a Government Company that focuses on imparting job-readiness skills to students.

EDUCATION

2015 - 2017

MSc Food Science And Technology,
University Campus School of Health Science,
University of Calicut

2012 - 2015

BSc - Food Science and Quality Control
BCM college, Kottayam MG University

AWARDS

University First Rank MSc Food science and Technology 2017

HABO Level 3 Award in HACCP for Food manufacturing

Grand Finalist Radio Mango RJ HUNT, Malayala Manorama



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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



DILNA SABU

Lecturer In Food Technology

TRAININGS

NIFPHATT

Learned Post-harvest technologies in Sea Food Industry at National Institute of Fisheries Post Harvest Technology and Training (NIFPHATT).

Dairy Technology

Milma Kannur (2013) – All Diary Products
HATSUN Agroproducts Salem (Arun Ice-cream) Tamilnadu (2014)
Snowy Ice-creams Fabri Foods Pvt Ltd, Kozhikode (2017)

Tea Industry

MEGA TEA, Sholur, Ooty, Tamilnadu [2015]

PROJECT

"Impact of Different Steaming Time on Green Tea Manufacturing"

3-month in house work at Tea technology development,
United Planters Association of South India (UPASI), Valparai

NET

ICAR/ASRB NET Qualified (59.33%)

ICAR Ph.D

ICAR Ph.D Entrance All india 19 Rank



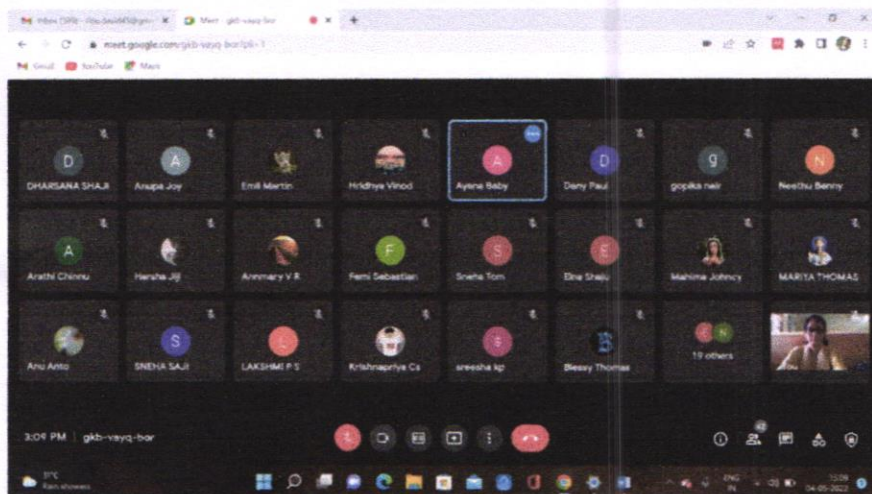
AMALA COLLEGE OF NURSING

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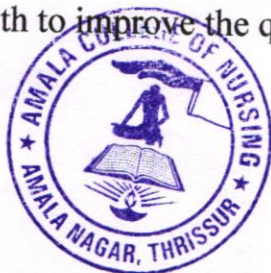
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Report On Faculty Exchange with Vimala College (Autonomous)

Amala College of nursing in collaboration with Vimala College as a part of MOU organized a class on adolescent health issues. Prof. Dr Ambika C, PhD, Mental health nursing, Amala college of nursing has taken a class on the topic for students of Vimala college on 30/12/2022 at 2.00 pm. The session dealt about physical, emotional and psychological changes, stress, anxiety, health issues, coping strategies and challenges faced by adolescent population.



Adolescent health problems includes puberty, body image, substance abuse and sexual health. To help teenager during this time, support their passions, encourage open communication and respect their space. In accordance with the students also had live discussion on the management aspects of issues and challenges faced by them. In continuation with it series of sessions were planned. Session introduces community based intervention through peer educators and is underpinned by collaborations with other ministries and state government. The course enlightened the minds of students with a focus to maintain the physical and psychological health to improve the quality of life.



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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



**Amala College of Nursing
in Collaboration with
Vimala College (Autonomous) Thrissur
Topic: Adolescent Health Issues**



Resource Person



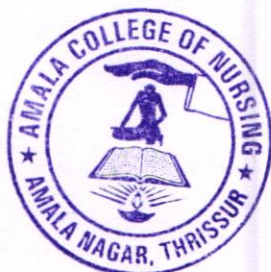
Prof. Dr. Ambika C
Mental Health Nursing Department
Amala College of Nursing, Thrissur



Venue : Online Platform

Date :30.12.2022

Time:2.00 PM To 3.00 PM



Signature of Principal

Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

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



Amala College of Nursing in Collaboration with Vimala College (Autonomous) Thrissur Topic: Adolescent Health Issues

Resource Person



Prof. Dr. Ambika C

**Mental Health Nursing Department
Amala College of Nursing, Thrissur**



Venue : Online Platform

Date : 05.01.2023

Time : 2.00 PM To 3.00 PM



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

AMBIKA.CMsc(N), Mphil(N), PhD (N), M. A. Psychology

EXPERIENCE

After P G

Vice Principal

30/11/2020 afternoon to till date- KMCT College of Nursing, Manassery, Mukkam.

Associate Professor

15/01/2009 to 30/11/2020 forenoon- JDT Islam College of Nursing, Vellimadukunnu.

Teaching various subjects like Mental Health Nursing, Nursing Research, Nursing education and nursing service administration

Before P G

Assistant lecturer

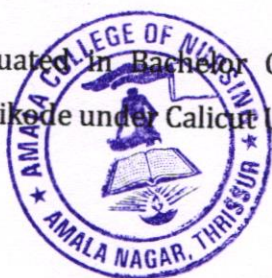
18/10/2004 to 22/11/2005 - Manipal School of Nursing, Manipal, Karnataka, India

06/01/2004 to 30/08/2004 - School of Nursing, Dr. M V Shetty Institute of Health Sciences, Mangalore, Karnataka, India

07/07/2003 to 05/01/2004 - School of Nursing, Valluvanad Hospital, Ottappalam, Kerala, India

EDUCATION

- Completed PhD in Mental Health Nursing from Rani Meyyammai College of Nursing, Annamalai University, Tamilnadu (Registered on 1st November 2016 and completed open defence on 24th November 2021).
- Completed Mphil in Mental Health Nursing from Manipal College of Nursing Manipal, Karnataka (2014-16, 75.33% marks)
- Completed post graduation in mental health nursing from Government College Of Nursing Kozhikode under Calicut University, Kerala (2005-2008, 67.79 % of marks)
- Graduated in Bachelor Of Nursing from Government College Of Nursing- Kozhikode under Calicut University, Kerala (1998-2003, 70.58 % of marks)



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

- Completed Pre Degree under Calicut University, Kerala (1994-1996,60% of marks)
- Completed SSLC under Board Of Secondary Education, Kerala (1994, 60% of marks)

REGISTRATION

Registered as NURSE/ MIDWIFE under **The Kerala Nurses and Midwives Council** on 07/07/2003 (**RN-35417 and RM-36287**) and renewed on 10/02/2016

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- Life member in Indian Society of Psychiatric Nurses (ISPN, Membership No:460)
- Life member in Trained Nurses Association of India (TNAI, Membership No:120696, Dated 26/07/2003)

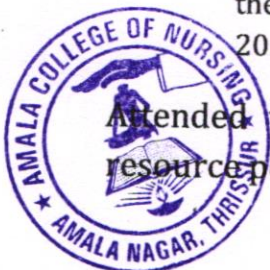
PUBLICATIONS

- AmbikaC,KaralineKarunagariD,Sreedevi J Motivational interviewing as a supplementary therapy for cannabis use disorder (2020). IJAPN, ISSN -2664-1348 vol 2(2).
- AmbikaC,KaralineKarunagariD,Sreedevi J Socio demographic profile of late childhood and adolescence abusing cannabis (2020).IJPHRD, ISSN -0976-0245 vol 11(13).
- AmbikaC,KaralineKarunagariD,Sreedevi J Mindfulness meditation to improve the quality of life for patients with cannabis abuse (2021). IOSR JNHS, ISSN-2320-1940 vol 10 (1).

PAPER PRESENTATIONS

- Presented a paper on "Effectiveness of structured Recreational program on depressive behaviour among patients with major mental illness" in a national conference held at MIMS college of nursing in 2014
- Presented a paper on "Effectiveness of Mindfulness Meditation on depression, stress and life satisfaction among wives of patients with Alcohol Dependence Syndrome" in a national conference held at MIMS college of nursing in 2017
- Presented and won second prize on "Role of Mindfulness meditation in improving the Quality of life among patients with Cannabis use disorders" in the National Conference held at TMM College of Nursing Thiruvalla on 7th July 2022

Attended various seminars at national and international level. Was a resource person for various state level seminars.



Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THIRISSUR-680 556



Amala COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

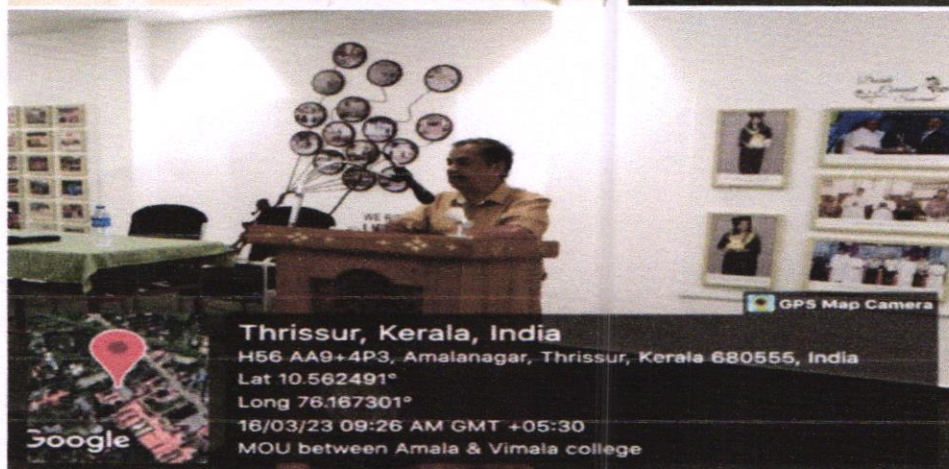
Amala Nagar, Thrissur – 680 555, Kerala

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)

COLLABORATIVE ACTIVITY WITH VIMALA COLLEGE AUTONOMOUS ON 18/3/2023

As part of MOU with Vimala college, Amala college of Nursing organized visit to our institution. Post graduate students and undergraduate students along with 2 faculty visited our college on 18/3/23 at 9 am. We arranged session by eminent personality Dr. Anila kumar regarding dietary management on lifestyle diseases and another session by Mrs. Shilsa James regarding lifestyle diseases. Students were taken for visit to animal house and herbal garden. Faculty from Vimala College expressed their gratitude for the arrangement of programme. Faculty exchange programme were continuing as part of MOU. Students received a great exposure.



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

E-mail : amalanursingcollege@amalaims.org
Website : www.amalanursingcollege.org
amalaims.org

Phone : 0487 - 2304070 (College), 2304000 (Hospital)
: 0487 - 2307574, 2304120 (Principal's Office)
: 0487 - 2304100 (Director)
Fax : 0487 - 2307969 (Med. College), 2307020 (Hospital)



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)

PROGRAMME SCHEDULE

(VIMALA COLLEGE VISIT ON 16TH MARCH 2023)

Time: 9.00 AM to 1.00 PM

Time	Expert	Topic
9.00-10.00 am	Prof. Dr. Anila Kumar Biochemistry Department, AIMS	Different Lifestyle Diseases & Its Nutritional Management
10.00 -11.00 am	Mrs. Shilsa James	Common Lifestyle Diseases
Tea Break		
11.00 – 12.00 pm	Visit to Animal house	
12.00- 1.00 pm	Visit to Herbal garden & Medicine preparation unit	



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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)

No.B/075/2023/ACON

Date: 16.03.2023

CERTIFICATE

This is to certify that the following faculty and students from Vimala College (Autonomous), Thrissur visited Amala College of Nursing, Thrissur as part of an academic visit and MoU on 16th March, 2023.

Sl. No.	Name	Designation
1	Mony Geege	Assistant Professor
2	Sowmyamol K. C.	Assistant Professor
3	Anna Mariya Babu	PG Student
4	Christy T Joju	PG Student
5	Anu Mariya T Paulson	PG Student
6	Noureen P S	PG Student
7	Anita James	PG Student
8	Sona P Sabaridas	PG Student
9	Farhana Thasneem D. R	PG Student
10	Neethu Krishna E	PG Student
11	Vidhya C Wilson	PG Student
12	Anaan Najaath V K	PG Student
13	Megha P	PG Student
14	Angelienna K George	PG Student
15	Anjana Pauly	PG Student
16	Serin Jaison	PG Student
17	Shifa Rinshi	UG Student
18	Nejma T H	UG Student
19	Shiya V I	UG Student
20	Femina Yasmine V S	UG Student
21	Haneena	UG Student
22	Aiswarya Haridasan	UG Student
23	Najla Banu	UG Student
24	Shintu Shaji	UG Student
25	Swetha J	UG Student
26	Raniya K K	UG Student



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Principal

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ATTENDANCE SHEET

Program : Visit from Vimala College (Autonomous), Thrissur

Date : 16th March 2023

Time : 9.00 a.m. to 1.00 p.m.

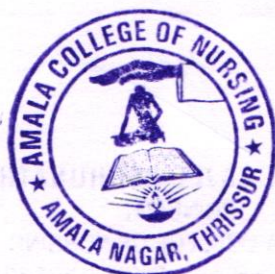
Sl. No.	List of Participants (Full Name)	Designation	Signature
1.	Sowmya Prakash C	Assistant professor	
2.	ANNA MARIYA BABU	PG student	
3.	CHRISTY T JOJU	PG student	
4.	Nejma T.H	BSC student	
5.	Shiya V.I	BSC student	
6.	Anu Mariya T. Paulson	PG student	
7.	Nowreen P.S	PG student	
8.	Amita James	PG student	
9.	Sona P. Sabaridas	PG student	
10.	Tanisha Masneem-D.R	PG student	
11.	Neethu Krishna E	P.G. student	
12.	Vidhya C. Wilson	P.G. student	



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P.T.O

Sl. No.	List of Participants (Full Name)	Designation	Signature
13.	Anaas Najath v.k	PG student	Anaas Najath
14.	Megha. P	PG student	Megha
15.	Angelica K. George	PG student	Angelica
16.	Anjana Pauly	PG student	Anjana
17.	Serin Jaison	PG student	Serin
18.	SHIFA RINSHI	BSC 2nd YEAR	Shifa
19.	Femina Yasmine v.s	Bsc 2nd Year	Femina
20.	Haneena	Bsc 2nd year	Haneena
21.	Aiswarya Hasidasan	Bsc 2nd Year	Aiswarya
22.	Najla banu	Bsc S4 FCS	Najla
23.	Shintu Shaji	Bsc S4 FCS	Shintu
24.	Swetha. J	BSC FCS St student	Swetha
25.	Raniya. k.k	Bsc FCS S4 student	Raniya
26.	Mony Grege	Asst. Professor Vinnal College	Mony



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AMALA COLLEGE OF NURSING, THRISSUR

PROGRAMME SCHEDULE

(VIMALA COLLEGE VISIT ON 16TH MARCH 2023)

Time: 9.00 AM to 1.00 PM

Time	Expert	Topic
9.00-10.00 am	Prof. Dr. Anila Kumar Biochemistry Department, AIMS	Different Lifestyle Diseases & Its Nutritional Management
10.00 -11.00 am	Mrs. Shilsa James	Common Lifestyle Diseases
Tea Break		
11.00 – 12.00 pm	Visit to Animal house	
12.00- 1.00 pm	Visit to Herbal garden & Medicine preparation unit	



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