



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

# AMALA COLLEGE OF NURSING

## AQAR (2022-2023)



### CRITERION 4 – Infrastructure and Learning Resources

#### Key Indicator 4.1 – Physical Facilities

**Metric No. 4.1.2 - The Institution has adequate facilities to support physical and recreational requirements of students and staff - sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc.) and for cultural activities**

**SUBMITTED TO**



**National Assessment and Accreditation Council**

# Gymnasium Register

**AMALA COLLEGE OF NURSING  
GYMNASIUM REGISTER**

	Harsha	4:30pm	5:45pm	Harsha
	Ayana Baby	4:30pm	5:45pm	Ayana
	Niya Mariya	4:30pm	5:45pm	Niya
	Maha	4:30pm	5:45pm	Maha
30/8/20	Blessy Marya Chacko	4:30pm	5:45pm	Blessy
	Vishvapriya	4:30pm	5:45pm	Vishva
	Trena John	4:30pm	5:45pm	Trena
3/9/20	Alina Marya Augusty	4:30pm	5:45pm	Alina
	Delisha Jigy	4:30pm	5:45pm	Delisha
	Hiba K.M	4:30pm	5:45pm	Hiba
	Nora Elizabeth Tom	4:30pm	5:45pm	Nora
8/9/20	Johny K. Johnson	4:30pm	5:45pm	Johny
	Akhila Thomas	4:30pm	5:45pm	Akhila
	Timy mol. M. Jigy	4:30pm	5:45pm	Timy
16/9/20	Johny K Johnson	5:00pm	5:45pm	Johny
	Timy mol. M. Jigy	5:00pm	5:45pm	Timy
	Anna Maria T-O	5:00pm	5:45pm	Anna
20/9/20	Diana Ann Joseph	4:30pm	5:45pm	Diana
	Veena John	4:30pm	5:45pm	Veena
	Blessy Marya Chacko	4:30pm	5:45pm	Blessy
28/9/20	Merin Shaju	4:30pm	5:45pm	Merin
	Nora Elizabeth Tom	4:30pm	5:45pm	Nora
	Sheena Marya Jose	4:30pm	5:45pm	Sheena
1/10/20	Blessy Marya Chacko	4:30pm	5:45pm	Blessy
10/10/20	Diana Ann Joseph	4:30pm	5:45pm	Diana
	Anna Joseph	4:30pm	5:45pm	Anna
	Veena John	4:30pm	5:45pm	Veena
	Anly Milton	4:30pm	5:45pm	Anly
12/10/20	Harsha	4:30pm	5:45pm	Harsha
	Johny K. Johnson	4:30pm	5:45pm	Johny
	Hiba Kim	4:30pm	5:45pm	Hiba
	Nora Elizabeth	4:30pm	5:45pm	Nora

18/10/20	Merin Shaju	4:30pm	5:45pm	Merin
	Nora Elizabeth Tom	4:30pm	5:45pm	Nora
	Ann Trena	4:30pm	5:45pm	Ann
4/11/20	Emil Mathew	4:30pm	5:45pm	Emil
	Sheena Saji	4:30pm	5:45pm	Sheena
	Anga Kungamon	4:30pm	5:45pm	Anga
11/11/20	Blessy Maria Chacko	4:30pm	5:45pm	Blessy
	Anna Joseph	4:30pm	5:45pm	Anna
	Vishvapriya T-R	4:30pm	5:45pm	Vishva
20/11/20	Nora Elizabeth Tom	4:30pm	5:45pm	Nora
	Syndrella Paul	4:30pm	5:45pm	Syndrella
	Sandra Benny	4:30pm	5:45pm	Sandra
29/11/20	Jimmi Mol. M. Giffi	4:30pm	5:45pm	Jimmi
	Anga Sani	4:30pm	5:45pm	Anga
	Anna Maria Johnson	4:30pm	5:45pm	Anna
2/12/20	Liya Trena	4:30pm	5:45pm	Liya
	Sona Paul	4:30pm	5:45pm	Sona
	Liya Jose	4:30pm	5:45pm	Liya
10/12/20	Anna Joseph	4:30pm	5:45pm	Anna
	Blessy Maria Chacko	4:30pm	5:45pm	Blessy
	Vishvapriya T-R	4:30pm	5:45pm	Vishva
15/12/20	Sandra Thomas	4:30pm	5:45pm	Sandra
	Alina Maria	4:30pm	5:45pm	Alina
	Niya Grace	4:30pm	5:45pm	Niya
19/12/20	Liya Chacko	4:30pm	5:45pm	Liya
	Amarna Johnson	4:30pm	5:45pm	Amarna
	Sweetna Thomas	4:30pm	5:45pm	Sweetna
28/12/20	Della Tom	4:30pm	5:45pm	Della
	Hridya Vinod	4:30pm	5:45pm	Hridya
30/12/20	Anna Joseph	4:30pm	5:45pm	Anna
	Alena Sunny	4:30pm	5:45pm	Alena
	Blessy Maria	4:30pm	5:45pm	Blessy

2/1/22	Maniya K. Daslin	4:30pm	5:45pm	<del>Maria</del>
	Shirley Dafina	4:20pm	5:45pm	<del>Shirley</del>
	Minda Rose	4:30pm	5:45pm	<del>Minda</del>
8/1/22	Akhila	4:30pm	4:50pm	<del>Akhila</del>
	Naniya Elizabeth	4:16pm	4:40pm	<del>Naniya</del>
	Grimmal M Giger	4:20pm	4:45pm	<del>Grimmal</del>
18/1/22	Krishna Priya C.S.	4:30pm	4:50pm	<del>Krishna</del>
	Jesmy Jose	4:30pm	4:50pm	<del>Jesmy</del>
	Niya Maniya	4:30pm	5PM	<del>Niya</del>
25/1/22	Anona Sunny	4:20pm	4:50pm	<del>Anona</del>
	Sisira Suresh	4:30pm	5PM	<del>Sisira</del>
	Karthi M. Suresh	4:30pm	4:50pm	<del>Karthi</del>
30/1/22	Archana CV.	4:30pm	5:50pm	<del>Archana</del>
	Viba KM.	4:30pm	5:50pm	<del>Viba</del>
	Antaresa	4:30pm	5:50pm	<del>Antaresa</del>
3/2/22	Riya Jose	4:30pm	5:50pm	<del>Riya</del>
	Alchonse Rose	4:30pm	5:50pm	<del>Alchonse</del>
	Alwin M Thomas	4:30pm	5:50pm	<del>Alwin</del>
12/2/22	Sha Rose	4:30pm	5:50pm	<del>Sha</del>
	Diya Coline	4:30pm	5:50pm	<del>Diya</del>
	Anu Anto	4:20pm	5:50pm	<del>Anu</del>
20/2/22	Anna Joseph	4:30pm	5:50pm	<del>Anna</del>
	Jessy Maria Chacko	4:30pm	5:50pm	<del>Jessy</del>
	Alexine Maria Jose	4:30pm	5:50pm	<del>Alexine</del>
25/2/22	Maria K. Daslin	4:30pm	5:50pm	<del>Maria</del>
	Nova Elizabeth Tom	4:30pm	5:50pm	<del>Nova</del>
	Scintora Benny	4:30pm	5:50pm	<del>Scintora</del>
29/2/22	Jhancy K. Jhancer	4:30pm	5:50pm	<del>Jhancy</del>
	Angel Jose	4:30pm	5:50pm	<del>Angel</del>
	Shamama	4:30pm	5:50pm	<del>Shamama</del>
2/3/22	Neha	4:30pm	5:10pm	<del>Neha</del>
	Gopika Raj	4:30pm	5:50pm	<del>Gopika</del>
	Narsha Gij	4:30pm	5:50pm	<del>Narsha</del>

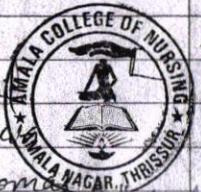
8/3/22	Blessy Maniya Chacko	4:30pm	5:30pm	<del>Blessy</del>
	Akhina Sunny	4:30pm	5:30pm	<del>Akhina</del>
	Diana Ann Joseph	4:30pm	5:30pm	<del>Diana</del>
16/3/22	Archana C.V.	4:30pm	5:45pm	<del>Archana</del>
	Nova Tom	4:30pm	5:45pm	<del>Nova</del>
	Alphata Rose	4:30pm	5:45pm	<del>Alphata</del>
20/3/22	Alwin M. Thomas	4:30pm	5:45pm	<del>Alwin</del>
	Archita Thomas	4:30pm	5:45pm	<del>Archita</del>
	Tohmy K. Sathyan	4:30pm	5:45pm	<del>Tohmy</del>
26/3/22	Neha	4:30pm	5:30pm	<del>Neha</del>
	Gopika Raj	4:30pm	5:30pm	<del>Gopika</del>
	Hordhya	4:30pm	5:30pm	<del>Hordhya</del>
30/3/22	Anna Joseph	4:30pm	6:00pm	<del>Anna</del>
	Averina Manya	4:30pm	6:00pm	<del>Averina</del>
	Deekshapriya	4:30pm	6:00pm	<del>Deekshapriya</del>
1/4/22	Daisy Jose	4:30pm	6:00pm	<del>Daisy</del>
	Amitha Saju	4:30pm	6:00pm	<del>Amitha</del>
	Angel Benny	4:30pm	6:00pm	<del>Angel</del>
8/4/22	Ann Maria To	4:30pm	6:00pm	<del>Ann</del>
	Asha Maria	4:30pm	6:00pm	<del>Asha</del>
18/4/22	Eldose Pofi	4:30pm	6:00pm	<del>Eldose</del>
	Nithin Raj	4:30pm	6:00pm	<del>Nithin</del>
20/4/22	Anu Anto	4:30pm	6:00pm	<del>Anu</del>
	Azara Sunny	4:50pm	5:20pm	<del>Azara</del>
	Niya Maria	4:30pm	5PM	<del>Niya</del>
25/4/22	Kentaro No.	5PM	6PM	<del>Kentaro</del>
	M. Anakshi M. Murali	5PM	6PM	<del>Anakshi</del>
	Jesslin KJ	4:30pm	5:30pm	<del>Jesslin</del>
30/4/22	Gilbert's Maria	4:30pm	5PM	<del>Gilbert's</del>
	Sarath Benny	4:50pm	5:20pm	<del>Sarath</del>
	Nova Elizabeth	4:30pm	5PM	<del>Nova</del>

3/10/22	Alina Mannan Agiti Angel Ross Riya Jase	4:30 PM 4:30 PM 4:50 AM	5:20 PM 5 PM 5:20 PM	<del>Alina</del> <del>Angel</del> <del>Riya</del>
5/10/22	Neha Ayana Baby Biyaa Kalim	4:30 PM 5 PM 5 PM	5:10 PM 5:30 PM 5:30 PM	<del>Neha</del> <del>Ayana</del> <del>Biyaa</del>
16/10/22	Sibira Swashe Sana Pankaj Shesim Tasa Mathew	5 PM 4:20 PM 5 PM	5:45 PM 5:10 PM 6 PM	<del>Sibira</del> <del>Sana</del> <del>Shesim</del>
25/10/22	Viba K.M Angel Yesudas Archana C.V	4:30 PM 5 PM 5 PM	5 PM 6 PM 6 PM	<del>Viba</del> <del>Angel</del> <del>Archana</del>
3/11/22	Anjana VP Anyana Kasikachan Dinu Boban	5 PM 4:30 PM 4:30 PM	5:45 PM 5 PM 5 PM	<del>Anjana</del> <del>Anyana</del> <del>Dinu</del>
10/11/22	Krishna Pooya Gopika Emily	4:30 AM 5 PM 5 PM	5 PM 5:30 AM 5:30 PM	<del>Krishna</del> <del>Gopika</del> <del>Emily</del>
20/11/22	Sabry KJ Saramiel Sophiya	4:50 PM 5:20 PM 4:30 PM	5:30 PM 6 PM 6:30 PM	<del>Sabry</del> <del>Saramiel</del> <del>Sophiya</del>
30/11/22	Alena JPKan Vijoseph V. Baba Alena Shaji Aurelia Shaji Alena Patsy	4:30 PM 4:50 PM 4:50 PM 4:50 PM 4:30 PM 4:45 PM	5 PM 6 PM 6:20 PM 5:30 PM 5 PM 6:15 PM	<del>Alena</del> <del>Vijoseph</del> <del>V. Baba</del> <del>Alena</del> <del>Aurelia</del> <del>Alena</del>
3/12/22	Esther Mathew Esther Marya Ayana Baby Jisny Paul Jeeva Jeeva	4:45 PM 4:30 PM 4:30 PM 5 PM 4:45 PM	6:15 PM 6 PM 5:30 PM 6 PM 6:15 PM	<del>Esther</del> <del>Esther</del> <del>Ayana</del> <del>Jisny</del> <del>Jeeva</del>

3/12/22  
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AMALA NAGAR PO, THRISSUR-680 555



2/1/23	Alina Mayya Jeyulu Nova Elizabeth Tom. Anantusa	4:30 PM 4:30 PM 4:30 PM	5:45 PM 5:45 PM 5:45 PM	<del>Alina</del> <del>Nova</del> <del>Anantusa</del>
5/1/23	Anne Maria Augustini Ayana Thomas Harsha P Jiji	4:30 PM 4:30 PM 4:30 PM	5:10 PM 5:30 PM 5:30 PM	<del>Anne</del> <del>Ayana</del> <del>Harsha</del>
10/1/23	K. P. Chastly Johnny	4:30 PM 4:30 PM	5:30 PM 5:30 PM	<del>K. P.</del> <del>Johnny</del>
20/1/23	Nova Elizabeth Aily Babu Delshya Jiji	4:30 PM 4:30 PM 4:30 PM	5:45 PM 5:45 PM 5:45 PM	<del>Nova</del> <del>Aily</del> <del>Delshya</del>
25/1/23	Anne Maria Aandha P Jiji Ayana Thomas	4:30 PM 4:10 PM 4:30 PM	6:00 PM 6:00 PM 6:00 PM	<del>Anne</del> <del>Aandha</del> <del>Ayana</del>
30/1/23	Kebule Alphonsa Sebastian Anjana T.T	4:30 PM 4:30 PM 5:00 PM	6:00 PM 6:00 PM 6:00 PM	<del>Kebule</del> <del>Alphonsa</del> <del>Anjana</del>
2/2/23	Aandha P Jiji Alina Mayya Jeyulu Alyy Joseph	4:30 PM 4:30 PM 4:30 PM	5:45 PM 5:45 PM 5:45 PM	<del>Aandha</del> <del>Alina</del> <del>Alyy</del>
11/2/23	Anne Maria Ayana Thomas Archana Viswanath	5 PM 5 PM 5 PM	6 PM 6 PM 6 PM	<del>Anne</del> <del>Ayana</del> <del>Archana</del>
22/2/23	Ana Marya Danusa Anna Maria Johnson Anna Maria P.O	5 PM 5 PM 5 PM	6 PM 6 PM 6 PM	<del>Ana</del> <del>Anna</del> <del>Anna</del>
28/2/23	Alba Lee Archana C.V Alphonsa P	4:30 PM 4:30 PM 4:30 PM	5:45 PM 5:45 PM 5:45 PM	<del>Alba</del> <del>Archana</del> <del>Alphonsa</del>
1/3/23	Anne Maria Ayana Thomas Harsha P. Jij	5 PM 5 PM 5 PM	6 PM 6 PM 6 PM	<del>Anne</del> <del>Ayana</del> <del>Harsha</del>



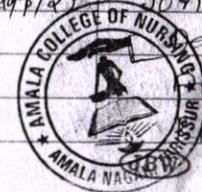
3/12/22  
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AMALA COLLEGE OF NURSING  
AMALA NAGAR PO, THRISSUR-680 555

18/3/23	Riya Jose	4:30	6:00	<del>Pr</del>
	Riya Roy	4:30	5:15 PM	Riya
21/3/23	Alina Maniya	4:30pm	5:45pm	Alina
	Ashly loubu	4:30pm	5:45pm	Ashly
	Delisha Jaji	4:30pm	5:45pm	Delisha
30/3/23	Harsha P Jiji	4:30pm	5:00pm	Harsha
	Anne Maria	4:30pm	5:30pm	Anne
4/4/23	Alphonsa	4:30pm	6:00pm	Alphonsa
	Johnny	4:30pm	5:30pm	Johnny
	Adithya	4:30pm	5:30pm	Adithya
	Akhila	4:30pm	5:30pm	Akhila
15/4/23	Anusha nup	4:30pm	5:45pm	Anusha
	Aghnusa paul	4:30pm	5:45pm	Aghnusa
	Algy Joseph	4:30pm	5:45pm	Algy
21/4/23	Anne Maria	5pm	6pm	Anne
	Ayana Thomas	5pm	6pm	Ayana
	Shay.k. Johnson	5pm	6pm	Shay
25/4/23	Alphonsa Rose	4:30pm	6pm	Alphonsa
	Alina maniya	4:30pm	6pm	Alina
	Ashaly Bomy	4:30pm	6pm	Ashaly
30/4/23	Archana G.V	4:30pm	5:45pm	Archana
	Angel Davis	4:30pm	5:45pm	Angel
	Algy Joseph	4:30pm	5:45pm	Algy
5/5/23	Anne Maria	4:30pm	6:00pm	Anne
	Ayana Thomas	4:30pm	6:00pm	Ayana
	Harsha Jiji	4:30pm	6:00pm	Harsha
10/5/23	Johnny	4:30pm	6:00pm	Johnny
	Adithya	4:30pm	6:00pm	Adithya
	Alphonsa	4:30pm	6:00pm	Alphonsa
16/5/23	Anu	4:30pm	6:00pm	Anu
	Binju Devassy	4:30pm	6:00pm	Binju



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21/5/23	Delma Davis	4:30pm	5:50pm	Delma
26/5/23	Riya Jose	4:30pm	6:00pm	Riya
	Riya Roy	4:30pm	6:00pm	Riya
26/5/23	Delisha Jaji	4:30pm	5:45pm	Delisha
	Daisy Jose	4:30pm	5:45pm	Daisy
	Delma shaju	4:30pm	5:45pm	Delma
31/6/23	Ayana Thomas	4:30pm	5:30pm	Ayana
	Anne Maria	4:30pm	6:00pm	Anne
	Ayana T.T	5:00pm	6:00pm	Ayana
1/7/23	Annamarya Damru	5:00pm	6:00pm	Annamarya
	Hiba k.m	5:00pm	6:00pm	Hiba
	Nova	5:00pm	6:00pm	Nova
11/7/23	Ashly Babu	4:30pm	5:45pm	Ashly
	Annamarya shaju	4:30pm	5:45pm	Annamarya
	Akhila Mathu	4:30pm	5:45pm	Akhila
10/7/23	Annie Maria	5pm	6pm	Annie
	Ayana Thomas	5pm	6pm	Ayana
	Shay.k. Johnson	5pm	6pm	Shay
21/7/23	Ardhna viswanathpr	5pm	6pm	Ardhna
	Alina maniya	5pm	6pm	Alina
	Harshya	5pm	6pm	Harshya
24/7/23	Delma Davis	4:30pm	5:45pm	Delma
	Angel Davis	4:30pm	5:45pm	Angel
	Archana <del>cr</del>	4:30pm	5:45pm	Archana
28/7/23	Anne Maria	4:30pm	5:50pm	Anne
	Ayana Thomas	4:30pm	5:50pm	Ayana
	Johnny	4:30pm	5:30pm	Johnny
29/7/23	Johnny	4:30pm	5:30pm	Johnny
	Delisha	4:30pm	5:30pm	Delisha
	Akhila	4:30pm	5:30pm	Akhila
	Ayana	4:30pm	5:30pm	Ayana



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1/8/23	Ahna Manju	4:50pm	5:45pm	<del>Agna</del>
	Sandhya Thomas	4:50pm	5:45pm	Sandhya
	Sandhya Paul	4:50pm	5:45pm	<del>Sandhya</del>
10/8/23	Aghna Paul	4:30pm	5:45pm	<del>Aghna</del>
	Ataisha P Jiji	4:30pm	5:30pm	<del>Ataisha</del>
	Anni Maria	4:30pm	5:30pm	Anni
	Ayana Thomas	4:30pm	5:30pm	Ayo
15/8/23	Hiba fathima	4:30pm	5:30pm	Hiba
	Nushama	4:30pm	5:30pm	<del>Nushama</del>
	Alina Mannan	4:30pm	5:00pm	Alina
19/8/23	Ann marya sibu	4:30pm	5:45pm	<del>Ann</del>
	Ann marya shaju	4:30pm	5:45pm	<del>Ann</del>
	Abaly Benny	4:30pm	5:45pm	<del>Abaly</del>
24/8/23	Ataisha P Jiji	4:30pm	5:30pm	<del>Ataisha</del>
	Anni Maria	4:30pm	6:00pm	Anni
	Ayana Thomas	4:30pm	6:00pm	Ayo
29/8/23	Bikhu Boban	4:30	5:00pm	<del>Bikhu</del>
	Ansha	4:30pm	5:00pm	<del>Ansha</del>
	Susya B	4:15pm	6:00pm	<del>Susya</del>
4/9/23	Agna	4:30pm	5:45pm	<del>Agna</del>
	Alcy Joseph	4:30pm	5:45pm	<del>Alcy</del>
	Annda mathew	4:30pm	5:45pm	<del>Annda</del>
12/9/23	Anni Maria	4:30pm	5:30pm	Anni
	Ayana Thomas	4:30pm	5:30pm	Ayana
	Johny	4:50pm	5:30pm	<del>Johny</del>
25/9/23	Aleena	4:50pm	5:30pm	<del>Aleena</del>
	Hiba	4:50pm	5:30pm	<del>Hiba</del>
	Ann Marya F D	4:50pm	5:30pm	<del>Ann</del>
30/9/23	Aghna Paul	4:30pm	5:45pm	<del>Aghna</del>
	Ann marya ks	4:30pm	5:45pm	<del>Ann</del>
	Aleena sibu	4:30pm	5:45pm	<del>Aleena</del>
5/10/23	Anni Maria	4:30pm	5:45pm	<del>Anni</del>

	Ayana Thomas	5:00pm	6:30pm	Agna
	Liza	4:30pm	5:30pm	<del>Liza</del>
16/10/23	Arda	4:30pm	5:30pm	<del>Arda</del>
	Ayana K.B	5:00pm	6:00pm	<del>Ayana</del>
	Amita	5:00pm	6:00pm	<del>Amita</del>
24/10/23	Angel Jesudas	4:30pm	5:45pm	<del>Angel</del>
	Anu shaju	4:30pm	5:45pm	<del>Anu</del>
	Alphonse Rose mathew	4:30pm	5:45pm	<del>Alphonse</del>
2/11/23	Anni Maria	4:30pm	5:30pm	<del>Anni</del>
	Ayana Thomas	4:30pm	5:30pm	Ayo
6/11/23	Angana T.T	4:00pm	5:00pm	<del>Angana</del>
	Ann maria Dominic	4:00pm	5:00pm	<del>Ann</del>
	AKhila	5:30pm	6:30pm	<del>AKhila</del>
12/11/23	Alina	5:30pm	6:30pm	<del>Alina</del>
	Delna Dewi	4:30pm	5:45pm	<del>Delna</del>
	Bingu Dwasia	4:30pm	5:45pm	<del>Bingu</del>
	Daisy Jose	4:30pm	5:45pm	<del>Daisy</del>
25/11/23	Anni Maria	4:30pm	5:30pm	Anni
	Ayana Thomas	4:30pm	5:30pm	Ayana
	Johny	4:00pm	5:30pm	<del>Johny</del>
7/12/23	Anna	5:00pm	6:00pm	<del>Anna</del>
	lisa	5:00pm	6:00pm	<del>lisa</del>
8/12/23	Anly Babu	4:30pm	5:45pm	<del>Anly</del>
	Delna shaju	4:30pm	5:45pm	<del>Delna</del>
	Angel Davis	4:30pm	5:45pm	<del>Angel</del>
10/12/23	Anni Maria	4:30pm	5:00pm	Anni
	Ayana Thomas	4:30pm	5:00pm	Ayo
	Aleena Peter	4:30pm	5:30pm	<del>Aleena</del>
12/12/23	Aleena shaji	4:30pm	5:30pm	<del>Aleena</del>
	Hiba Fathima	4:30pm	5:30pm	<del>Hiba</del>
	Ana Kusanthan	4:30pm	5:20pm	<del>Ana</del>
	Bikhu Boban	4:30pm	5:20pm	<del>Bikhu</del>

