



**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**

**Sports and Cultural  
Activities and Available  
Equipment and  
Properties**



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(An undertaking of Amala Cancer Hospital Society)

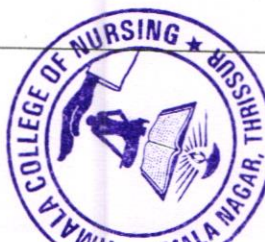
Amala Nagar, Thrissur – 680 555, Kerala

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)

## EXTRA CURRICULAR ACTIVITIES CONDUCTED IN 2022-2023

Academic year	Activities done	Date of celebration
2022-2023	International women's day	9/3/2022
	World Kidney Day celebration	10/3/2022
	World Environmental Day celebration	5/6/2022
	Blood donors day	14/6/2022
	National Reading Day celebration	19/6/2022
	International Chess Day tournament	20/6/2022
	Talents day 2021batch	15/7/2022
	Floor decoration rangoli (Independence Day)	10/8/2022
	Onam celebration	5/9/2022
	NNA VAA ONAM KOODAM	
	Teachers day celebration	5/9/2022
	World heart day	29/9/2022
	International day for the elderly	1/10/2022
	World Food Day celebration	15/10/2022
	Breast and Cervical Cancer Awareness Walkathon	27/10/2022
	Sports day celebration UDHAY 2K22	19/11/2022
	Arts day celebration	28-29/11/2022
	VAIGIRI	



Prof. Dr. RAJEEV DECHUNATH

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World AIDS day celebration	1/12/2022
Freshers Day Celebration	20/12/2022
SPECTRA 2022	
Christmas celebration	21/12/2022
BELLE AME	
Holi celebration	8/3/2023
World water day celebration	22/3/2023
World mental health day celebration	
World earth day celebration	22/4/2023
Amala national book festival	24-25/4/2023
World hand hygiene day	5/5/2023
World asthma day	8/5/2023
World diabetics day	12/5/2023
International nurses day	12/5/2023
International yoga day	21/5/2023
World schizophrenia day	24/5/2023
Anti- tobacco day	31/5/2023
World environmental day	5/6/2023
Reading week celebration	9/6/2023
Reading day celebration	16/6/2023



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## Available properties in SNA cupboard for cultural activities

SL/NO	ARTICLES	NUMBER
1	Christmas papa gown, cap, mask	1 set
2	Christmas crib set	1
3	First aid box	1
4	Hair extension	3
5	Thread	
6	Thermocol cutter	1
7	Alta	2
8	Hair pins, juda pins	1 pack
9	Eyeliners	2
10	Kajal, compact powder, lipstick	1
12	Silver and golden gilts	1 pack
13	Alarm clock	1
14	Kamarbandh (blue and silver)	9
15	Golden gown	2
16	Vada	6
17	Parandi(color hair)	12
18	Charts	5
19	Straw, gopi pottu	1 pack



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20	Flags	3
21	Kasha mala, jimmikki set, nettichutti, nose ring	9
22	Dandiya	18
23	Kite papers	5
24	Deepam ranthem	43
25	Bangles	37
26	Stones ( all colors)	100
27	Oonjaal seat and rope	1+1



*Rajee*  
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## NAME OF THE FACILITIES AND YEAR OF ESTABLISHMENT

SL.NO	NAME OF FACILITY	YEAR OF ESTABLISHMENT
1	Playground	2003
2	Khabadi ground	2003
3	Volley ball court	2005
4	Basket ball court	2005
5	Football	2005
6	Badminton court	2000
7	Recreation room	2005
8	Auditorium	1999
9	Yoga center	2010
10	Gym and fitness center	2003

## Available equipments in gym

1. Dumbbell stand with dumbbells
2. Decline bench press
3. Flat bench press
4. Exercise balls
5. Incline bench press
6. Leg press
7. Pecdec machine
8. Leg extension machine
9. Forearm press
10. Hoarse rider



  
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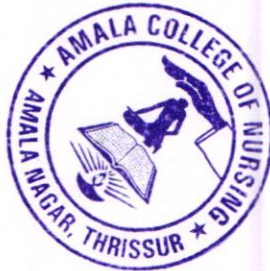
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11. Twister
12. Massaging belt (vibrator)
13. Squatting machine
14. Machines with pulley
15. Gym bike
16. Cycling machines
17. Treadmill machine (3)
18. Gym accessories

*19/08/20*



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