



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 Register

**AMALA COLLEGE OF NURSING
SPORTS AND GAMES REGISTER**

SPORTS - 2015

We had conducted our sports day on 13/2/15. All the students actively participated in sports events with great sportsman spirit. The day was inaugurated by Fr. Francis Kurissey, Director Annala Institute of Medical Sciences. Previous year champion Ms. Ruby from 2014 batch lighted the Deepashikha. There were various items

Indoor

Badminton
Chess
Carroms

Outdoor

Ruby 4 x 100
100 m race
Discus throw
Tadpole throw
200 m race

Long jump

Individual champion for the year 2015 was Ms. Ruby from 2014 batch and the overall goes to 2012 batch.

- | | |
|-----------------------------|----------|
| ① Anantha Rose Joseph, 2015 | Ind. |
| ② Ruby Shaji, 2015 | Ruby |
| ③ Reeshma Mani, 2015 | Disc |
| ④ Asha Jogi, 2015 | Ashane |
| ⑤ Daya Johny, 2015 | Daya |
| ⑥ Teena Johnson, 2015 | Teena |
| ⑦ Teena Paulose, 2015 | Teena |
| ⑧ Supreema 2015 | Supreema |
| ⑨ Meenu Ruby 2015 | Meenu |
| ⑩ Megha P.R 2015. | Megha |
| ⑪ Sneha Susan Jose 2015 | Sneha |
| ⑫ Stephen Francis 2015 | Steph |



SPORTS 2016

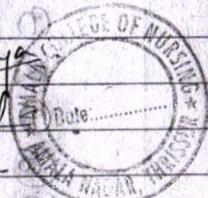
We had Conducted Our Sports day "Jwala" On 25th January 2016 Which Was hosted by Raos 2k19. The meeting Was Inaugurated by Rev. Fr. Francis Kurissery CM, Director AIMS, by hoisting the flag.

The programme Was began With marchpast by 4 Batches at 8:00^{am}. There Were Various Items:

- | Indoor | Outdoor |
|-------------|-----------------|
| ① Chess | ① 400 m Relay |
| ② Carroms | ② 200 m Race |
| ③ Badminton | ③ 100 m Race |
| ④ ThrowBall | ④ Long jump |
| | ⑤ Shortput |
| | ⑥ Javelin throw |
| | ⑦ Disc throw |

The Individual Championship for Sports Competition Was awarded to Ms. Albi from 2014 batch, and the Overall Championship Was Secured by 2019 batch.

- | | |
|-----------------------------|---------|
| ① Ruby Shaji, 2015 | J Ruby |
| ② Arundha Rose Joseph, 2015 | Arundha |
| ③ Reeshma mari, 2015 | Reeshma |
| ④ Anjali k., 2015 | Anjali |
| ⑤ Dayana Baby, 2016 | Dayana |
| ⑥ Ponnus Joseph, 2016 | Ponnus |
| ⑦ Navya Jose, 2016 | Navya |
| ⑧ Sandea Benny, 2016 | Sandea |
| ⑨ Daya, 2015 | Daya |
| ⑩ Aarsha P.G., 2015 | Aarsha |
| ⑪ Swathy, 2016 | Swathy |



SPORTS 2017

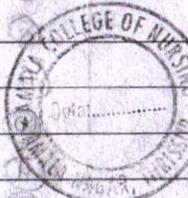
We had Conducted Sportsday on 21st Jan 2017 Which Was hosted by Raos 2014. The meeting Was Inaugurated by Rev. Fr. Francis Kurissery CM, Director AIMS, by hoisting the Flag. The programme Was began With Matchpast by 4 Batches at 8:00^{am}.

There Were Various Items including Indoor and Outdoor Games like:

- | Indoor Games | Outdoor Games |
|--------------|------------------|
| ① Chess | ① 100 m Race |
| ② Carroms | ② 200 m Race |
| ③ Badminton | ③ 4x 100 m Relay |
| ④ ThrowBall | ④ Long jump |
| | ⑤ Shortput |
| | ⑥ Javelin throw |
| | ⑦ Disc throw |

The Individual Championship for Sports Competition Was awarded to Ms. Albi from 2014 batch, and the Overall Championship Was Secured by "Raos 2014 batch."

- | | |
|---------------------------|---------|
| ① Jemith Augustine, 2015 | J Ruby |
| ② Megha p.T., 2015 | Megha |
| ③ Reeshma mari, 2015 | Reeshma |
| ④ Swathy k yohannan, 2016 | Swathy |
| ⑤ Sandea Benny, 2016 | Sandea |
| ⑥ Athias James, 2017 | Athias |
| ⑦ Della V.V., 2017 | Della |
| ⑧ Amritha, 2015 | Amritha |



SPORTS 2018

We had conducted Sports day on January 19th 2018. It was hosted by Kareoj. The meeting was inaugurated by Fr. Francis Kurussery, Director AIMS by hoisting the flag. There were various items:

- | Indoor | Outdoor |
|-------------|-----------------|
| ① Chess | ① 400 m relay |
| ② Carroms | ② 200 m race |
| ③ Badminton | ③ 100 m race |
| | ④ Long jump |
| | ⑤ Short put |
| | ⑥ Javelin throw |

The individual championship for sport competition was awarded to Ms. Juby from 2015 batch, and the overall championship was secured by Kareoj.

- | | |
|----------------------------|----------|
| ① Ameetha rose Joseph 2015 | Ameetha |
| ② Juby Shaji 2015 | Juby |
| ③ Sandra Benny 2016 | Sandra |
| ④ Swathy k. Yohannan 2016 | Swathy |
| ⑤ Della v.v 2017 | Della |
| ⑥ Athena 2017 | Athena |
| ⑦ Chanchal 2017 | Chanchal |
| ⑧ Anjali k. 2015 | Anjali |
| ⑨ Navya Gose 2016 | Navya |
| ⑩ Ponnu Joseph 2016 | Ponnu |
| ⑪ Aneeha mani 2017 | Aneeha |
| ⑫ Liza 2016 | Liza |
| ⑬ Dina 2015 | Dina |



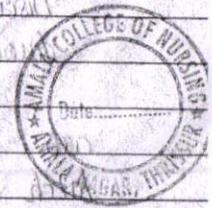
SPORTS 2019

We had conducted sports day on January 20th 2019. It was hosted by Hamielz. The meeting was inaugurated by Fr. Francis Kurussery, Director AIMS by hoisting the flag. There were various items:

- | Indoor | Outdoor |
|-------------|-----------------|
| ① Chess | ① 400 m relay |
| ② Carroms | ② 200 m race |
| ③ Badminton | ③ 100 m race |
| | ④ Long jump |
| | ⑤ Short put |
| | ⑥ Javelin throw |

The individual championship for sport competition was awarded to Ms. Juby from 2015 batch and overall championship was secured by 'Hanielz' 2015.

- | | |
|-----------------------------|-----------|
| 1. Elizabeth Johnson 2016 | Elizabeth |
| 2. Telma John 2016 | Telma |
| 3. Sandra Benny 2016 | Sandra |
| 4. Snes Augustina 2018 | Snes |
| 5. Chanchal 2017 | Chanchal |
| 6. Della 2017 | Della |
| 7. Athena James 2017 | Athena |
| 8. Shabeer 2016 | Shabeer |
| 9. Salomy 2018 | Salomy |
| 10. Teema 2018 | Teema |
| 11. Swathy k. Yohannan 2016 | Swathy |
| 12. Dayana Baby 2016 | Dayana |



SPORTS - 2020

The sports day of 2020 - 'REAL' was conducted on January 18th. It was hosted by 'MATEO' (2016). The meeting was inaugurated by Rev. Fr. Francis Krossery Director AIMS by hoisting the flag. The sports day was conducted for 2 days. Indoor games were conducted on 17th & the outdoor games were conducted on 18th.

Indoor

- ① Chess
- ② Carroms
- ③ Badminton

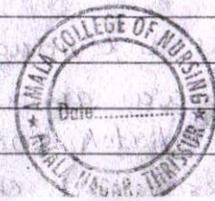
The sports day on 18th began with the March past followed by lamp lighting & the Deepashika. After the inauguration, outdoor games were conducted. It includes

Outdoor

- 400 m - relay
- 800 m
- 200 m
- 100 m
- Long Jump
- Short Jump
- Discus Throw
- Javelin Throw

The individual championship for sports competition was awarded to Ms. Athira James from 2017 batch & the overall goes to [] batch.

1. Pooja Joseph	2016	<u>Pooja</u>
2. Sowmya K. Yohanan	2016	<u>Sowmya</u>
3. Navya Jose	2016	<u>Navya</u>
4. Pooja V.V.	2017	<u>Pooja</u>
5. Amala Simon	2017	<u>Amala</u>
6. Aneesha Mani	2017	<u>Aneesha</u>
7. Pooja Paul	2018	<u>Pooja</u>
8. Anusha	2018	<u>Anusha</u>
9. Shabana	2018	<u>Shabana</u>
10. Shaaron	2019	<u>Shaaron</u>
11. Anvy	2019	<u>Anvy</u>



19/11/2022

SPORTS - 2022

The Sports day of 2022 'UDHAY' was conducted on November 19th. It was hosted by "Arcairis" [2018]. The meeting was inaugurated by Rev Fr. Antony mamumel Asst. Director Amala College of Nursing by hoisting the flag. The Sports day was conducted for 2 day. Indoor items was conducted on 10th & the outdoor items was conducted on 19th.

Indoor Items

- ① chess
- ② caromas
- ③ Badminton

The Sports day on 19th began with march past followed by the Deepasikha Prayanam. After the inauguration, outdoor items were conducted. It include.

Outdoor

- 100 m race.
- 200m race.
- 800m race.
- 4x100m relay
- Shot put
- Discus throw
- Javelin throw
- Throw ball

The individual championship for Sports Competition was awarded to Ms. Anntreesa M.P. from 2019 batch and Eldose Reji from 2020 batch. The overall championship goes to 2019

batch.

1. Anne Marija Durgathan	2021	Anne
2. Ansal Elizabeth kurasakole	2021	Ansal
3. Dharshana Shaji	2021	Dharshana
4. Femi Sebastian	2021	Femi
5. Elna AS	2021	Elna
6. Myona Thomas	2021	Myona
7. Anju Bobby	2021	Anju
8. Nimija Elizabeth Saba	2020	Nimija
9. Jimmy Paul	2019	Jimmy
10. Atuin M Thomas	2020	Atuin
11. Akina Mannan Cigi	2020	Akina
12. Sija Jay	2018	Sija
13. Emitha Lomy	2019	Emitha
14. Anntreesa M.P	2019	Anntreesa
15. Heba Kim	2019	Heba
16. Alphouse Rose	2019	Alphouse
17. Muhammed Kasim	2019	Muhammed
18. Archana C.V	2019	Archana
19) Daisy Jose	2019	Daisy
20) Anitta Shaji	2019	Anitta
21. Gladis Marilya Ar	2019	Gladis
22) Sandra Benny	2019	Sandra
23) Solomi K.Y	2018	Solomi
24) Keerthi. M. Sundran	2019	Keerthi
25) Shobana Ali A M	2018	Shobana

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02/12/2023

SPORTS - 2023

The sports day of 2023 'JWARA' was conducted on December 2nd. It was hosted by "Azrealz" [2019]. The meeting was inaugurated by Rev. Fr. Deljo Puthoor, Joint Director, Amala College of Nursing by hosting the flag. The sports day was conducted for 2 days. indoor items was conducted on 30th september and outdoor items was conducted on 2nd december.

Indoor items

- ① chess
- ② caroms
- ③ Badminton

The sports day on 2nd began with March past followed by the Deepashika pranayam. After the inauguration, outdoor items were conducted. it include;

- 100m race
- 200m race
- 500m race
- 4x100m relay
- shot put
- Discus throw
- Javelin throw

The individual championship for sports competition was awarded to Ms. Anshu H.P from 2019 batch and Kasim from 2019 batch. The overall championship goes to 2019 batch "Azrealz".

1. Aghina Paul	2019	
2. Aiswarya K-s	2019	
3. Anil-k-a Mathew	2019	
4. Ann Marya sabu	2019	
5. Aiswarya shaji	2020	
6. Angel Maria Thomas	2020	
7. Anaswara Mekarapilly shaji	2020	
8. Anamika V.B	2020	
9. Archilamol Thomas	2020	
10. Johny-k. Johnson	2020	
11. Kithu Kolsin	2020	
12. Ashams Roy	2020	
13. Emil Matha	2021	
14. Febna A	2021	
15. Ithidhya Vinod	2021	
16. Esther Biju	2021	



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