



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

# AMALA COLLEGE OF NURSING AQAR (2022-2023)



## CRITERION 7 – Institutional Values and Best Practices

### Key Indicator 7.1– Institutional Values and Social Responsibilities

**Metric No. 7.1.9 Code of conduct handbook exists for students, teachers and academic and administrative staff including the Dean / Principal /Officials and support staff**

**SUBMITTED TO**



**National Assessment and Accreditation Council**

Criteria 7.1.8

**CULTURAL  
ACTIVITIES**



# Amala COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur – 680 555, Kerala

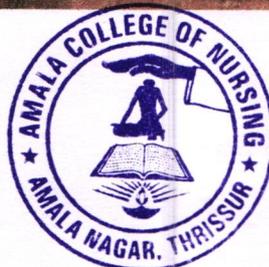
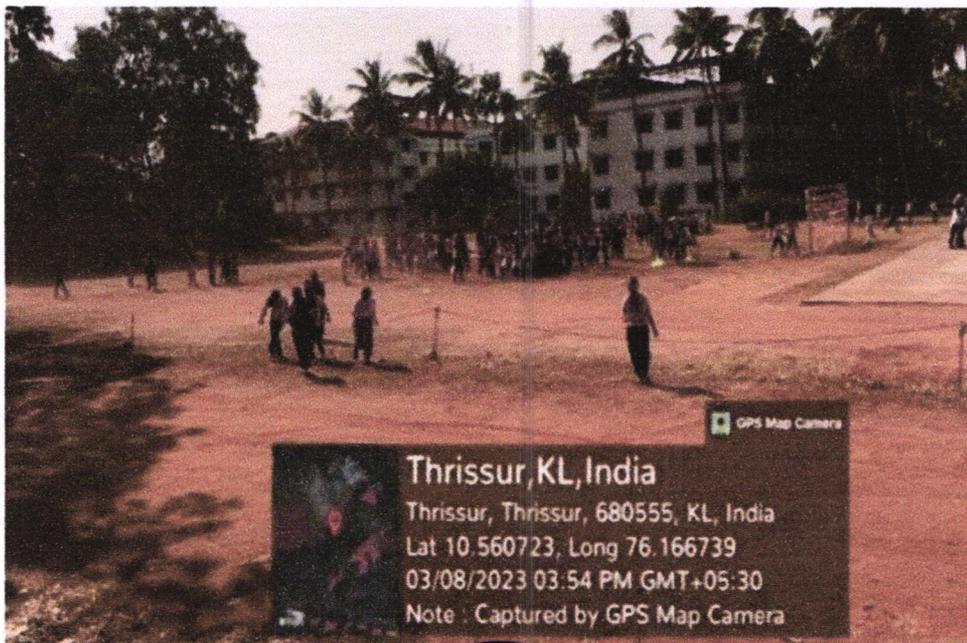
First Nursing College accredited by NAAC with A grade in the first cycle (RAF)

Affiliated to Kerala University of Health Sciences and recognized by Kerala Nurses and Midwives Council & Indian Nursing Council  
(Certificate No. 18-16/2893-INC)

## HOLI CELEBRATION

**Date: 25/03/2023**

*Holi*, widely known as the festival of colors, is one of India's most vibrant and joyous festivals. It marks the end of winter in India and the arrival of the spring season. People of all ages enjoy it and is marked by enthusiasm and excitement. On this festive day, people play with colors, meet and greet one another and create new beginnings. The student council of Amala College of Nursing took an initiative to celebrate the *Holi* festival on 25<sup>th</sup> March 2023 from 3 to 4 pm. The celebration took place in the Amala playground. Students had fun throwing colored water and powders on one another.



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



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Teachers actively participated in the celebration. These cultural celebrations like *Holi* foster respect and open-mindedness for other cultures among students. It helps students understand others' perspective and broaden thinking about our cultural heritages and festivals.



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

## CHRISTMAS DAY 2022

Christmas is the jolly time of the year celebrated to remember the birth of Jesus Christ. Christmas Day celebration “ *Belle Ame*” was held on 21/12/2022 in Amala College of Nursing from 9. 30 AM in Amala Auditorium. The day was made festive by a christmas carol by the whole batch of students of the college. A treasure hunt was organized by the students early in the morning. The cultural programmes were organized from 9.30 am. The program was inaugurated by Rev Fr Julious Arrackal CMI, Director, Amala College of Nursing by a christmas message. Facilitation were given by Rev Fr .Francis Kurrishery, Academic Director, Amala Institute of Medical Sciences, Prof Dr Rajee Reghunath, Principal, Amala College of Nursing, Sr Litha lizabetha, Vice Principal , Amala College of Nursing. Students organized various cultural programmes like dance, carol songs, skit and games for the teachers and students. Students and teachers exchanged gifts and made the day joyful.



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

## CHRISTMAS DAY 2022



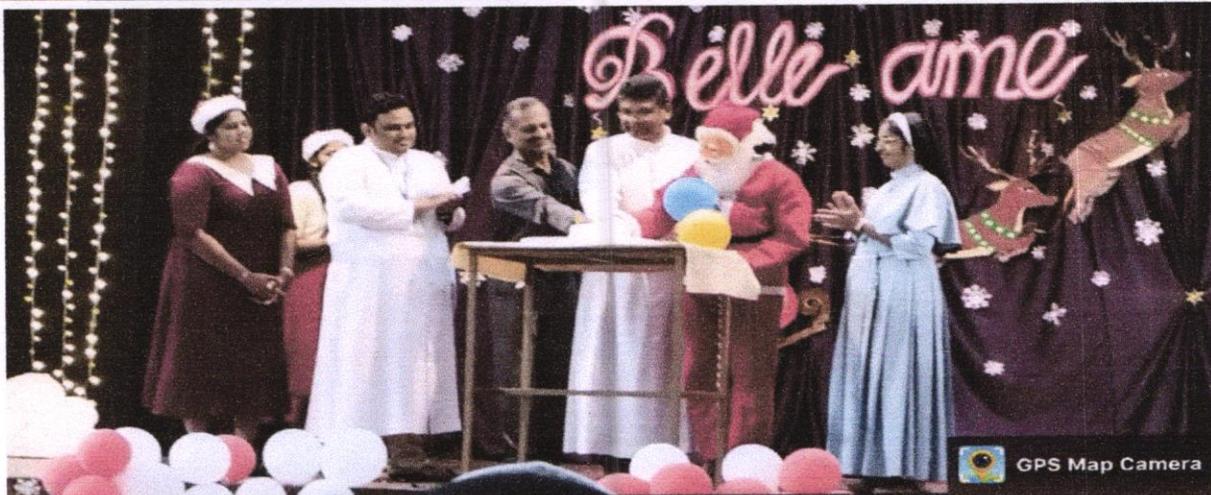
Paradiyur, Kerala, India

W52M+MQ4, Kandenkavu, Paradiyur, Kerala 679309, India

Lat 10.901928°

Long 76.183604°

21/12/22 11:11 AM



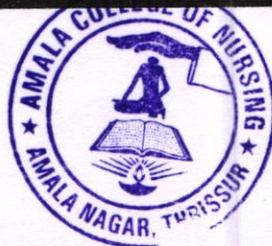
Paradiyur, Kerala, India

W52M+MQ4, Kandenkavu, Paradiyur, Kerala 679309, India

Lat 10.901928°

Long 76.183604°

21/12/22 10:31 AM



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



# AMALA COLLEGE OF NURSING

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

## COLLEGE DAY

Amala College of Nursing conducted 'College Day 2022' on 9/12/2022 from 5 pm to 8 pm. A welcome speech was conveyed by Sr Litha Lizabeth, Vice principal, Amala College of Nursing. The annual report of the college was presented by Prof Dr Rajee Reghunath, Principal, Amala College of Nursing . The presidential address was given Rev Fr Julious Arrackal CMI, Director, AIMS, The programme was inaugurated by Shri .T.S .Kalyanaraman, chairman and Managing Director of Kalyan Jewellers and Kalyan Developers.The programme was conducted in Amala Auditorium. Felicitation was done by Rev Fr Antony Manummel CMI, Assistant Director, AIMS. A formal award ceremony was also organized to honour the achievements of the students and faculty. The awards were given to the best academic performers, winners of the arts and sports day and the best department etc. The formal function was ended with a vote of thanks by Ms Sisira Suresh.O, Chairman College union . Students participated in various cultural events like dance performance depicting the Indian culture. Students performed various dance forms like Bharatanatyam, Kathak, Mohinyattam, Odissi, Kashmiri, Kuchuppudi , Kashmiri and Punjabi. Students conducted a ramp show depicting characters from films Students actively took part in the programs. An Indian classical drama-'ALIKANI' was performed by Mr Sajeev Kaitharam at 7 pm. The programme ended at 8 pm



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



# AMALA COLLEGE OF NURSING

AMALA NAGAR, THRISSUR - 680555

## COLLEGE DAY 2022

Date : 09 December 2022

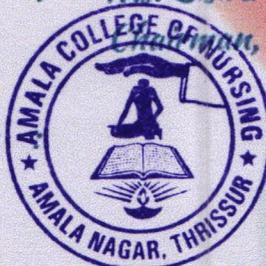
Time : 5.00 p.m.

Venue : Amala Auditorium

### PROGRAMME LIST

- Amala Anthem* : *Students*
- Welcome Speech* : *Sr. Litha Lizbeth*  
*Vice Principal, Amala College of Nursing*
- Report of College* : *Prof. Dr. Rajee Reghunath*  
*Principal, Amala College of Nursing*
- Presidential address* : *Rev. Fr. Julious Arakkal CMI*  
*Director*  
*Amala Institute of Medical Sciences*
- Inauguration & Inaugural address* : *Shri. T. S. Kalyanaraman*  
*Chairman and Managing Director of*  
*Kalyan Jewellers & Kalyan Developers*
- Felicitations* : *Rev. Fr. Antony Mannummel CMI*  
*Assistant Director*  
*Amala Institute of Medical Sciences*
- Prize Distribution* : *Shri. T. S. Kalyanaraman*  
*Chairman and Managing Director of*  
*Kalyan Jewellers & Kalyan Developers*
- Vote of Thanks* : *Ms. Sisira Suresh O.*  
*College Union*

*Variety Entertainments*



*Rajan*  
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.

## COLLEGE DAY

**AMALA COLLEGE OF NURSING**  
**AMALA NAGAR, THRISSUR-680555**

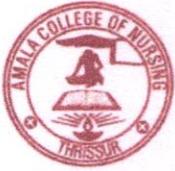
*College Day 2022*  
*Chief Guest*

**Shri. T. S. Kalyanaraman**  
Chairman and Managing Director of  
Kalyan Jewellers & Kalyan Developers

DATE : 09 DECEMBER 2022  
TIME : 5.00 P.M.  
VENUE : AMALA AUDITORIUM



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



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## COLLEGE DAY

സജീവ് കൈതാരത്തിന്റെ  
ഏകപാത്ര നാടകം

ആലുവ ആക്ടേഴ്സ് ഗ്രൂപ്പ്  
അവതരിപ്പിക്കുന്നു

**എലിക്കൈണി**

ചെയർ സംവിധാനം : ഷാജികരിഷായി

തയ്യാറാക്കിയവർ: ബാബു, ശൈലജ് നാരായണൻ, സനു ഗോപിനാഥ്, ലൈല ഹുസൈൻ,  
മനോജ് കടുങ്ങല്ലൂർ, സാബു കപ്രശ്ശേരി, രമേശ് കപ്രശ്ശേരി, രാജീവ് & അയോജ് തത്തപ്പിള്ളി,  
ശ്രീ പാലേത്ത, പ്രമീർത്ത് തത്തപ്പിള്ളി

design : salam foto magic



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# AMALA COLLEGE OF NURSING

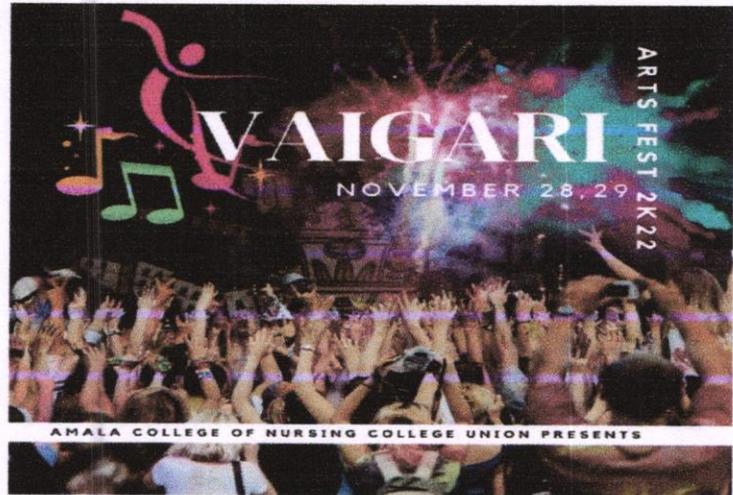
(An undertaking of Amala Cancer Hospital Society)

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

## VAIGIRI -2022

Amala college of nursing conducted arts day 'vaigiri 2022' on 29/11/2022 to 29/11/2022. The programme commenced at 8. am with the inauguration ceremony.

The programme was inaugurated by Prof. Dr. Rajee Raghunath, Principal, Amala College of Nursing. The first day events were staged in five stages and the programs are



personality contest, skit, health play, solo song, mapilapattu, recitation, elocution, extempore, monoact, mimicry and debate in different stages. The second day

programs are folk dance, Bharatanatyam, group song, mime, group dance, nadanpattu, and fancy dress. All the students are actively participated and it was amazing performance. Vote



of thanks was given by All are enjoyed well. programme of ended at 4 pm.



  
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## KUHS – BADMINTON COMPETITION

As part of KUHS sports fest, a badminton competition was conducted on 25.10.22 to 26.10.22 in Jubilee Indoor stadium. The competitions started at 8.30 am after registration. Students from various pharmacy, MBBS, Nursing and paramedical colleges participated in the competition. Fifty-three

teams including boys and girls participated in the doubles and 103 students participated in the singles. Amala College of Nursing was qualified for Interzone competitions.



For the girl's singles badminton competition Ms. Maria K Darlin secured the second prize. This students actively participated in the competitions with a team spirit.



  
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## SPORTS DAY -'UDAY 2K22'

Amala college of nursing organized outdoor Sports Day 'UDAY 2K22' on 19<sup>th</sup> November 2022 at 8 am in the spacious playground of the college. The programme was started with march-past of all students. Ms Maria K Darlin, third year BSc nursing student welcomed all the dignitaries. The program was inaugurated with a flag hosting by Rev. Fr. Antony Mannummal, Asst. Director, Amala Institute of Medical Sciences Thrissur. Various sports competitions such as relay, 100 meters race, 200 meters race, javelin throw, discus throw, throw ball and short put were conducted. The principal and other teachers motivated the students and gave away the prizes to the winners. Fund raising programmes such as SNA shop with snacks and drinks were sold by the students all throughout the day. The events of the day came to an end with the principal declaring the sports day champion. The overall champion from boys was Mr. Eldose Reji from second year BSc



  
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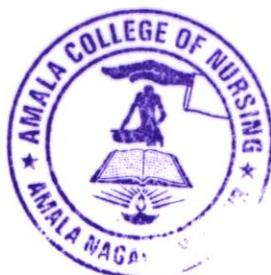
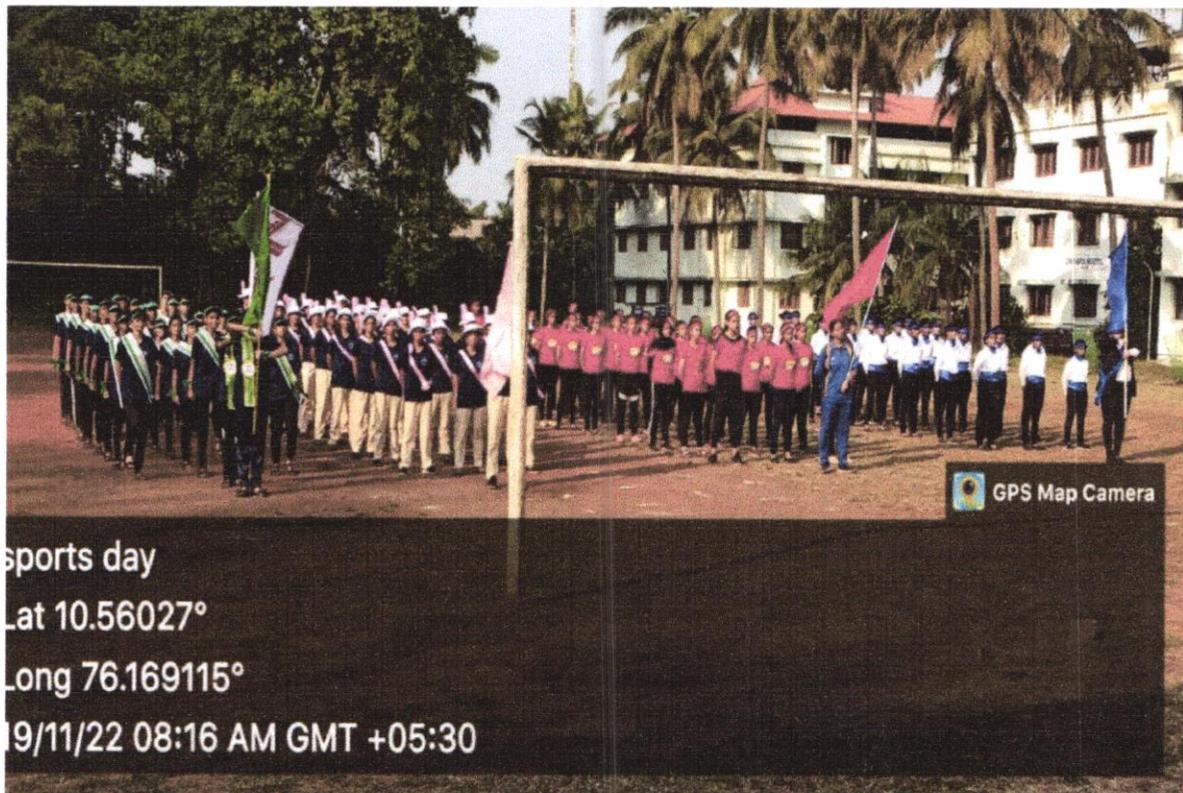


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Nursing and from girls was Ms Ann Treesa from third year BSc Nursing. At the end of the day principal thanked everyone for their presence and support, and congratulated the students for their exceptional performances.



*R. Rajee*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
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## SPECTRA -2022 BATCH

Amala college of nursing conducted talents day on 20/ 12/2022 named as 'spectra 2022' at 2 pm. The programme was organized by 2022 batch of B.Sc. Nursing students. The programme was started with prayer dance. Miss Jennifer welcomed the all dignitaries parents, teachers and students. Programme was



inaugurated by Rev. Fr. Julious Arakkal CMI, Director, Amala Institute of Medical Sciences. The students showed their talents in dances, songs, skit, *Kalari*, and *kathak* on the same day and name of the batch was revealed as

RAZIELIANCE. All the students actively participated in programme and was entertaining. The programme ended at 4pm with national anthem.



  
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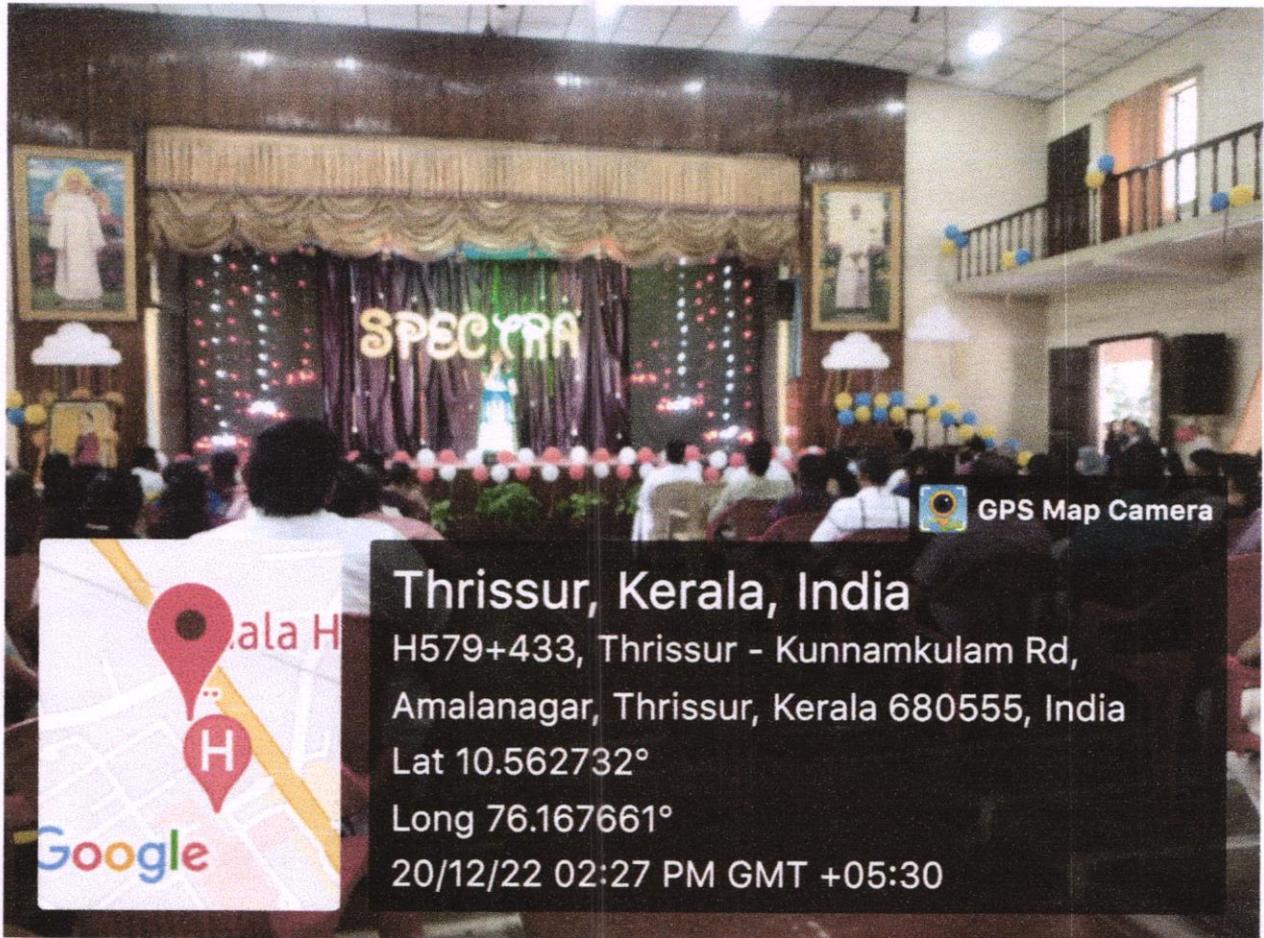


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## SPECTRA -2022 BATCH



*Lgnd*

Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
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# AMALA COLLEGE OF NURSING

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## HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON KERALA PIRAVI (Kerala Day)

Kerala Piravi is celebrated every year on 1 November to commemorate the foundation of Kerala. On this day the NSS unit of Amala College of Nursing organized a Human chain and Pledge taking ceremony. The program was organized as a part of massive anti- drug movement called "No to Drugs" launched by the state government of Kerala. The program was inaugurated by excise officer Mr A C Anandan. 200 students of Amala College of Nursing participated in the human chain. The program conducted as per the instructions from the government of Kerala. The students created the human chain in front of the Amala hospital along with information posters. Students took pledge to lead a drug-free life. Students joined to burn a model drugs as a sign of abstaining from the use of illegal drugs The program was very successful and informative.

  
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## HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON ANTI DRUG AWARENESS DAY

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 excise circle office, Thrissur. The program was inaugurated by preventive officer Mr A C Anandan. 200 students of Amala College of Nursing participated in the human chain. The program conducted as per the instructions from the government of Kerala. The students created the human chain in front of the Amala hospital along with information posters. Students took pledge to lead a drug-free life. Students joined to burn a model drugs as a sign of abstaining from the use of illegal drugs. The program was very successful and informative.

*19/11*

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## HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON ANTI DRUG AWARENESS DAY- PHOTOGRAPHS



*19/08*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
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## HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON ANTI DRUG AWARENESS DAY



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





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## HUMAN CHAIN AND PLEDGE TAKING CEREMONY ON ANTI DRUG AWARENESS DAY

### AMALA COLLEGE OF NURSING, THRISSUR



### & NSS UNIT



*In association with*

### EXCISE CIRCLE OFFICE, THRISSUR

*Organizing*



### HUMAN CHAIN

(മനുഷ്യച്ചങ്ങല)

&

### PLEDGE TAKING CEREMONY

(ലഹരി വിരുദ്ധ പ്രതിജ്ഞ)

Date: 01.11.2022

Time : 3.00 p.m.

Venue: In-front of Amala Hospital

ലഹരി വിമുക്ത കേരളം

  
Prof. Dr. RAJEE REGHUNATH  
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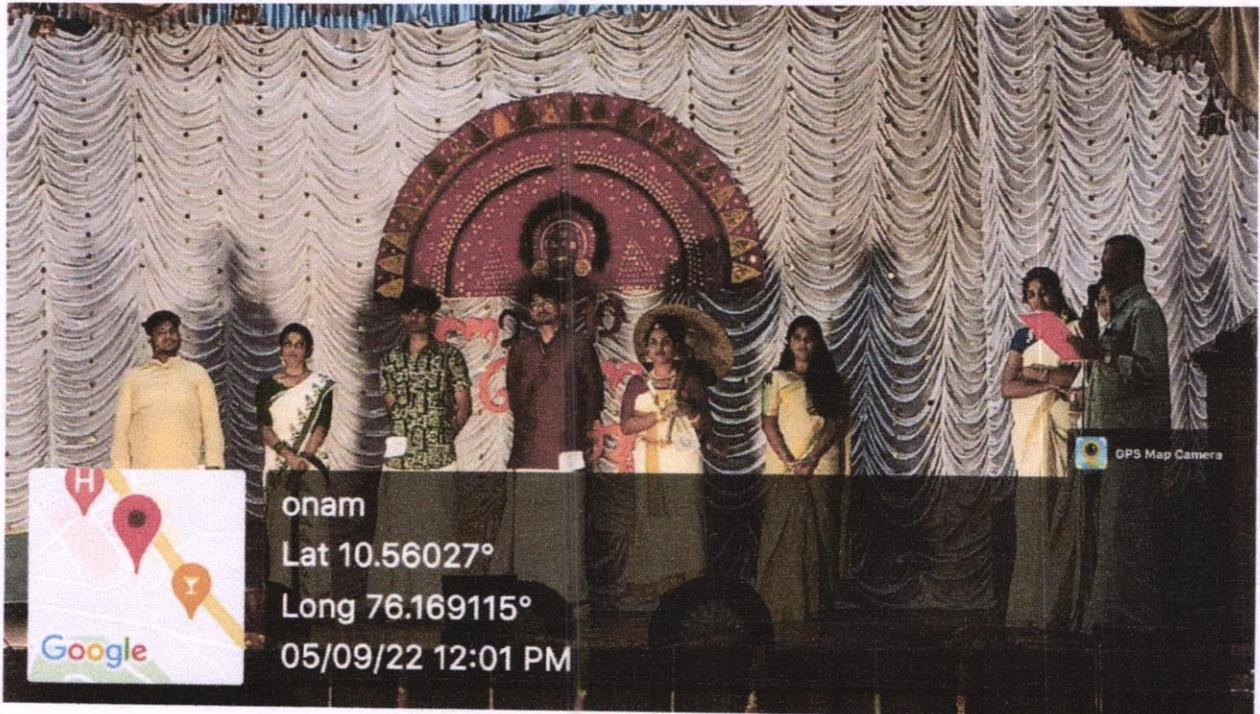
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## ONAM AND TEACHER'S DAY CELEBRATIONS

Onam is an annual Indian harvest festival celebrated by the people of Kerala. . It is the official festival of the state and includes a spectrum of cultural events. Onam celebration 'Naa Va Onam Kudam' was celebrated on 5/09/2022 in Amala College of Nursing, Thrissur in College Auditorium from 10 am. The cultural events began by a *chanda malam* .The official celebrations began by a prayer by the BSc Nursing students. A welcome speech was given by Ms Sisira Suresh. The programme began by the entry of *mahabali* .Felicitation was given by Rev Fr Julious Arrackal CMI, Director ,Amala Institute of Medical Sciences, Thrissur and Rev Fr Francis Kurrissery, Academic Director. A dance was performed by the students.



Teachers day celebration was organised on this day to commemorate the birthday of Dr Sarvopalli Radhakrishnan, the former vice president of India .Students wished the teachers in the morning and gave away small gifts.



  
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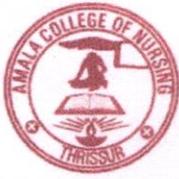


Various other cultural events and games like *Onappattu*, *Malayali Manga* competition, *Uriyadi*, *Vadamvalli* were organised on this day. The program was ended by a vote of thanks by Ms Mariya K Darlin. by 1pm. After that a traditional Onam Sadhya was served to the teachers and students.



*Rajee*

Prof. Dr. RAJEE REGHUNATH  
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**AMALA COLLEGE OF NURSING**

**SEP 05 2K22**  
**Onam Celebration 2K22**

**നാവാ  
ഭാണം  
കൂടാം**

**BATCH INTRO**      **VADAMVALI**      **URIYADI**  
**CHAKIYUM**  
**CHANKARANUM**      **ONASADHYA**

**College Union ACON**



*Rajee*

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AMALA COLLEGE OF NURSING  
ONAM CELEBRATION 2022

*Nnaaaa...Vasaaa....Onam kudam*

PROGRAMME SCHEDULE

Date : 05.09.2022

Time : 10 am

Venue : College Auditorium

Prayer : 4<sup>th</sup> Year Bsc Nursing

Welcome speech : Ms. Sisira Suresh O ( 2018 Batch)

Mahabali Maveli Entry : 2021 Batch

Felicitation : Rev.Fr. Julius Arakkal CMI  
( Director, Amala Institute of Medical Sciences)

Common Dance : 2018 Batch

Felicitation : Rev.Fr. Francis Kurissery CMI  
( Academic Coordinator, Amala Institute of Medical Sciences)

Teacher's Day Programme

Felicitation : Rev.Fr. Antony Mannumel CMI  
( Assistant Director AIMS, Director Amala College of Nursing)

Onapattu : 2019 Batch

Felicitation : Prof. Dr Rajee Regunath  
( Prinicpal, Amala College of Nursing)

Malayali Manka and Maran Competition

Batch Intro Competition

Skit : 2020 Batch

Vote of Thanks : Ms.Mariya K Darlin (2019 Batch)

OnaSadhya : 1 pm – 2pm

Games Section ( After 2pm)

1. Uriyadi Competition
2. Games for students and teachers
3. Vadamvali Competition



  
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## Chess competition

Chess competitions organized by Amala College of Nursing Thrissur on 20.07.2022 from 2:00 pm to 3:00 pm. Chess is a board game between two players. The beauty of chess is it can be whatever you want it to be. It transcends language, age,

race, religion,

politics, gender,

and

socioeconomic

background.

Whatever your

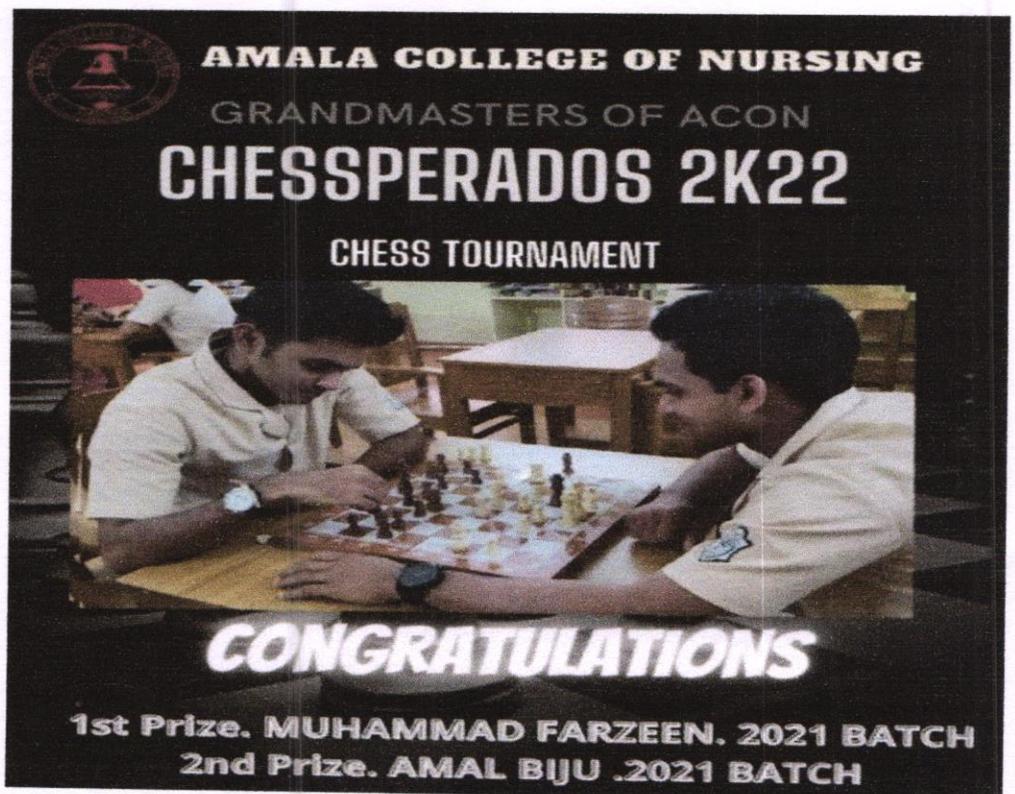
circumstances,

anyone can enjoy

a good fight to

the death over

the chess board. The competition inaugurated by Prof. Dr. Rajee Reghunath, principal Amala College of Nursing. The students participated well in the competition, and there were 6 groups for the competition. Winners were announced on the same day.



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



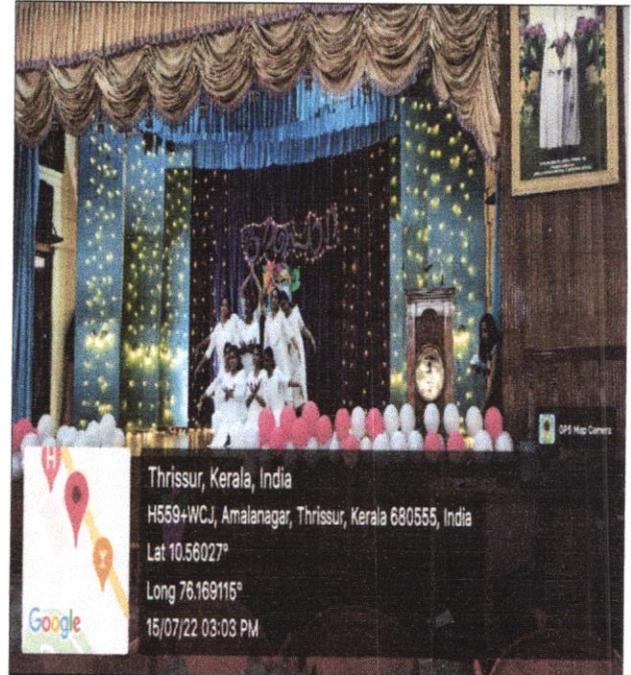
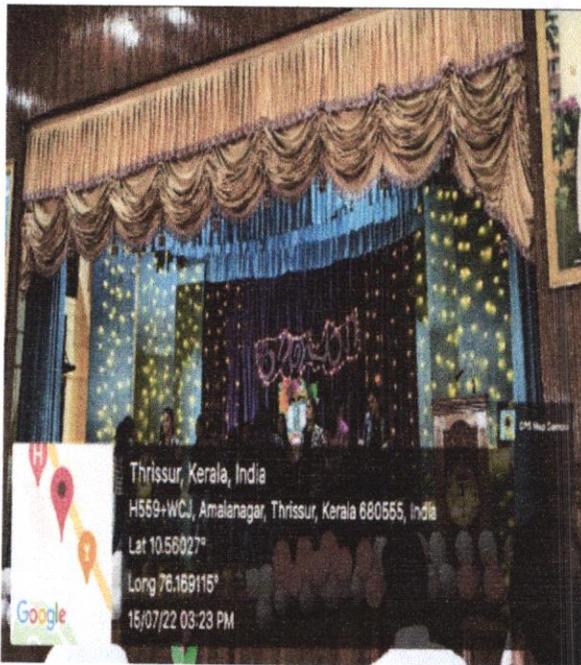
# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## TALENTS DAY – JAGAPOGA

Talents day of the 2021 batch was held at Amala Auditorium on 15.07.2022. The program started with prayer. The day was inaugurated by the lighting of the lamp by Rev.Fr.Julious Arakkal CMI, Director, Amala Institute of Medical Sciences, Rev.Fr. Francis Kurissery CMI, Academic coordinator, Amala Institute of Medical Sciences, and Prof.Dr. Rajee Reghunath, the Principal, Amala College of Nursing, delivered the felicitation address. The talents of each student were eclipsed through various cultural activities such as classical fusion dance, mime, and skits, and songs. The 2021 batch name was revealed as ‘Zephyrz’. The program ended with the evaluation of the principal. The program came to an end at 4.00 pm.



*Reghunath*  
Prof. DR. RAJEE REGHUNATH  
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Criteria 7.1.8

LINGUISTIC  
ACTIVITIES



# Amala COLLEGE OF NURSING

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## Amala National Book Festival 2023

Books are being appreciated in every corner of the world and literature is being celebrated for its effect on culture. And language is no barrier to this new craze. A national book festival was organized in collaboration with Amala College of Nursing library and Rev Fr Gabriel Chiramel CMI Memorial Central Library on **24 th and 25 th April 2023** at Amala Auditorium. Books including ( medical, Nursing and Literature books) were displayed at a discounted rate of 50 %.

The inaugural function began with a prayer by the 4<sup>th</sup> year BSc Nursing students. Fr Julious Arrackal CMI delivered the presidential address. Smt Sarah Joseph, a well known novelist and writer inaugurated the function. Felicitations were given by Fr Francis Kurissery, CMI, Academic Co-ordinator, AIMS. Fr Antony Mannummel CMI, Asst Director, AIMS, Dr Sreekumar. S, University Librarian, Kerala Agricultural University and by the student representative of Amala College of Nursing Miss Maria K. Darlin. A book release function was also held for the books authored by Amala staff. Variety of linguistic activities such as poetry recitation competition, Debate -*Ezuth, Ennu, Nale*, Music night and Nadan pattu ( folk song) were held.



*Kgao*  
 PROF. DR. RAJEEV PEGHUNATH  
 PRINCIPAL  
 AMALA COLLEGE OF NURSING  
 AMALA NAGAR P.O., THRISSUR-680 555

## Amala National Book Festival 2023

**Inaugural Function 24-04-2023, 2.30 pm**

Prayer : B.Sc. Students  
Welcome Speech : Dr. Betsy Thomas, Principal, AIMS  
Presidential Address : **Fr. Julious Arakkal, CMI, Director, AIMS**  
Inauguration&Book Release: **Smt. Sarah Joseph, Novelist & Writer**  
Introductory Speech : Dr. A.T. Francis, Chairman, Library Advisory Committee  
Felicitations:-

1. Fr. Francis Kurissery, CMI, Academic Co-ordinator, AIMS
2. Fr. Antony Mannummel CMI, Asst. Director, AIMS
3. Dr. Sreekumaran S, University Librarian, Kerala Agricultural University
4. Mr. Aivin KJ, Student Representative, AIMS
5. Miss. Maria K Darlin, Student Representative, ACON

Book Release, Introduction : Mr. Joseph Varghese, PRO, Amala Hospital  
Programme, Overview : Mr. Borgio Louis, General Manager, AIMS  
Library User Award, Declaration : Ms. Litty V.J., Librarian, AIMS  
Vote of Thanks : Dr. Rajeeghnanath, Principal, ACON



  
Prof. Dr. RAJEE REGHUNATH  
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# Amala National Book Festival 2023

## Programme Schedule

### Day 1: 24th April 2023, Monday 9am to 9pm

- 09.00am - 11.00am : **Story Telling Competition:** LP/UP/HS/HSS Students  
**Story Telling Presentation:** Other Students, Staff and Public
- 11.00am - 1.00pm : **Bureau Chief Debate; Topic: Reading in Past & Modern Digital Era**  
Moderator- Sri. Alexander Sam, President, Senior Journalist Forum  
Participants:-  
1. Mohan Parapurath (UNI) , 2. VM Radhakrishnan (Deshabhimani)  
3. Babu Valappaya (Jeevan TV), 4. Susmitha (Mathrbhumi),  
5. T.S. Neelambharan (Janmabhoomi)
- 1.00pm - 2.00pm : Lunch Break
- 2.00pm - 4.00pm : **Inaugural Function** (above mentioned)
- 4.00pm - 6.00pm : **Kavithaparanam** Competition: LP/UP/HS/ HSS Students  
: **Kavithaparanam** Presentation: Others
- 6.00pm - 9.00pm : **Music Night** by Ms. Liza teacher and team

### Day 2: 25th April 2023, Tuesday 9am to 9pm

- 9.00am - 10.00am : **General Programmes**
- 10.00am - 11.00am : **Variety Programmes** by Physically Disabled: Fr. Solomon & Team
- 11.00am - 1.00pm : **Debate; Topic : Ezhuth – Ennale, Ennu, Nale**  
: Moderator - MP Surendharan  
: Participants (writers):-  
1. N Rajan, 2. Boban Foster, 3. Shaji Puthoor  
4. Moosakutty, 5. Dr. P S Remani, 6. Dr. Harikrishnan KB
- 1.00pm - 2.00pm : Lunch Break
- 2.00pm - 4.00pm : **Amala Staff Activities**
- 4.00pm - 6.00pm : **Amala Student Activities**
- 6.00pm – 9.00pm : **Nadanpattu : Thrissur Team**



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## Books to be Released

1. Title: Concise Atlas: Tina Crusade  
Author: Dr. Sebastian Criton V.J, Professor & Head, Dept. of Dermatology  
Received by Dr. Savithri MC, Principal, AIMS (Paramedical)
2. Title: Karuppum Veluppum Mazhavillum (Malayalam)  
Author: Dr. Harikrishnan KB, Professor, Dept. of Urology  
Received by Dr. Joby Thomas, Administrative Officer
3. Title: Manushyan Mahaamaari Charithram  
Author: Dr. Harikrishnan KB, Professor, Dept. of Urology  
Received by Sr. Dr. Austin, Consultant Physician, Amala Ayurveda Hospital
4. Title: Mrutha Sandramee Mounam (Malayalam)  
Author: Dr. P.S. Ramani, Emeritus Professor, Dept. of OBG  
Received by Ms. Gladis George C., Librarian, ACON
5. Title: Sahanangalude Sooryakanthi (Biography) (Malayalam)  
Author: Dr. Agenasamma Jacob / Mani Pius (Compiler), Emeritus Professor,  
Dept. of Pathology  
Received by Mr. Jicco J Kodankandath, Deputy Librarian, AIMS
6. Title: A Murder at Tiger Hill  
Author: Dr. V.T. Krishnadas Menon, Professor, Dept. of Community Medicine  
Received by Mr. Davis K O, Asst. Librarian, AIMS
7. Title: An Overview of FRCS (Tr. & Ortho) Examination  
Author: Dr. Kishore Puthezath, Professor, Dept. of Orthopedics  
Received by Ms. Deepa C.G., Library Assistant, AIMS



*Regu*

Prof. Dr. RAJEE REGHUNATH  
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**Amala**  
Institute of Medical Sciences



## INVITATION

The Padma Bhushan Rev. Fr. Gabriel Chiramel CMI Memorial Central Library and Amala College of Nursing Library, Amala Institute of Medical Sciences, Amala Nagar, Thrissur is organising a Two Day Amala National Book Festival on 24<sup>th</sup> and 25<sup>th</sup> April 2023 at Amala Auditorium. Everyone can purchase books (Medical, Nursing, General and Literature Books) at discounted rate upto 50%. School students of Amala Staff Members can also participate in the Malayalam Poetry Recitation and Story Telling competitions held on 24<sup>th</sup> April.

All are invited to this programme.

Competition Date & Time:- April 24 - 9am to 9pm  
We look forward for your participation to make this event a grand success.

**The registration last date: 20<sup>th</sup> April 2023**

Time : 9 am - Story Telling  
: 4 pm - Poetry

For more details Contact:

**Litty V.J**

Librarian  
AIMS

MobileNo: 8547989775

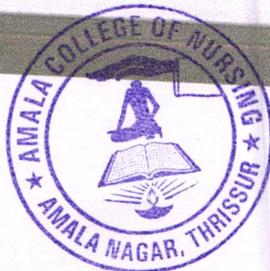
Email ID: [amalalib09@gmail.com](mailto:amalalib09@gmail.com)

**Gladis George C**

Librarian  
ACON

MobileNo: 9656193762

*dgur*



Prof. Dr. RAJEE REGHUNATH  
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AMALA NAGAR P.O., THRISSUR-680 555



# അമല ദേശീയ പുസ്തകോത്സവം 2023

2023 ഏപ്രിൽ 24,25  
 രാവിലെ 9 മുതൽ രാത്രി 9 വരെ  
 അമല ഓഡിറ്റോറിയത്തിൽ



**ദ്രോണ**

(ശ്രീമതി. സാറ ജോസഫ്  
 (പ്രശസ്ത സാഹിത്യകാരി))

- പുസ്തകപ്രകാശനം
- സംവാദങ്ങൾ
- മത്സരങ്ങൾ.
- സ്കൂൾ, കോളേജ്, റെഡിക്കൽ, നഴ്സിംഗ്, സാഹിത്യ കൃതികളും 50% വരെ വിലക്കിടിവ്.
- സ്കൂൾ, കോളേജ്, റെഡിക്കൽ, നഴ്സിംഗ്, സാഹിത്യ പുസ്തകങ്ങൾക്ക് 50% വരെ വിലക്കിടിവ്.
- ഏറ്റവും വിജ്യാർഥികൾക്കും പൊതുജനങ്ങൾക്കും പ്രബോധനം നൽകുന്നു. പങ്കെടുക്കുക വിജയിക്കുക.

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# Amala COLLEGE OF NURSING

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## COLLEGE MAGAZINE RELEASE CEREMONY –ASCLEPIUS 2023

The College magazine release ceremony was organized on 25.05.2023 at 10 am at Amala College of Nursing, Thrissur in the Amala Auditorium. The magazine named *Asclepius* was inaugurated by the Chief Guest of honor Prof.Dr. Valsan Vathussery, Former HOD & Professor of Malayalam Sree Sankaracharya University of Sanskrit, Kalady. The programme was facilitated by Fr Julious Arrackal CMI, Director, Fr Antony Mannumel CMI, Assistant Director and Prof Dr Rajee Regunath, Principal Amala College of Nursing.



*Rajee*

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)

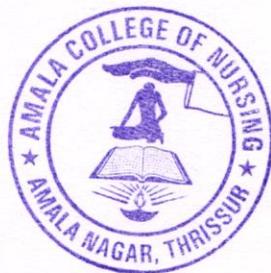
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This magazine not just serves as a source of inspiration and education but also is an excellent platform to show case their talents. The magazine consist of insightful articles, literature works and their stunning art works of students and staffs of the college.



*Rajee*

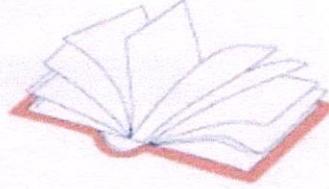
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



**Amala**  
COLLEGE OF NURSING

*Magazine Release Ceremony*

2023



Date: 25.05.2023

Time : 10.00 a.m.

Venue : Amala Auditorium

*Chief Guest*



ASCLEPIUS

Prof. Dr. Valsalan Vathussery  
Former HOD & Professor of Malayalam  
Sree Sankaracharya University of Sanskrit  
Kalady &

Short Story writer, Novelist, Critic, Screen Play Writer,  
Documentary Director in Malayalam language



*Regu*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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# AMALA COLLEGE OF NURSING

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## NATIONAL READING DAY

Every year June 19 is celebrated as the National Reading Day in honour of Puthuvayil Narayana Panicker (P. N Panickar) who is considered as the Father of Library and Literary movement in Kerala.

On this occasion the college union of Amala College of Nursing in collaboration with the Literary club celebrated the Reading Day by organizing a reading week celebration for entire one week . Two master programmes were organized. Namely:

- i. PIN IT HERE
- ii. MAKE YOUR LUCK, SHARE YOUR BOOK

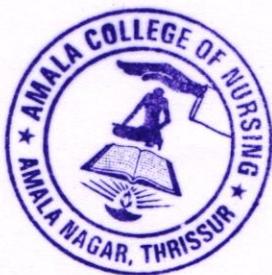
First one was PIN IT HERE, where the students can share their favorite books, quotes suggestions and all the reading related things they would like to share. By the end of the week, the board was packed with wonderful books, meaningful thoughts and zestful experiences.

Secondly MAKE YOUR LUCK, SHARE YOUR BOOK was conducted during the morning assembly, where a lot is drawn and that lucky students have to share about their favorite books.

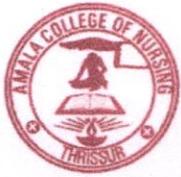
Two lucky students were selected each day and those lucky ones were:- Anagha P V, Divina Sibi, Hiba Fathima K S, Anjana K B, Gillumol Shiji, Aleena, Meelin Shaju, Megha Jayaraj, Jeslin K. J , Sandra Rose Sebastian, Snesi Augustin, Sonamol Joseph. They did a great job in sharing their experiences with 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 one that makes 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.



  
Prof. Dr. RAJEE REGHUNATH  
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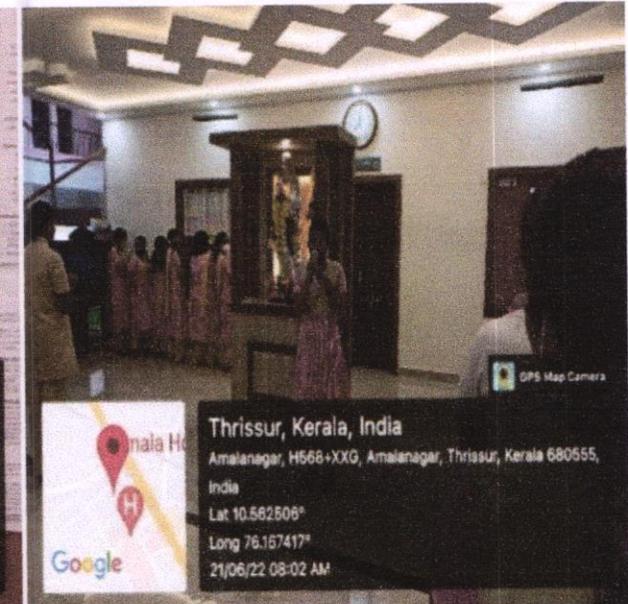
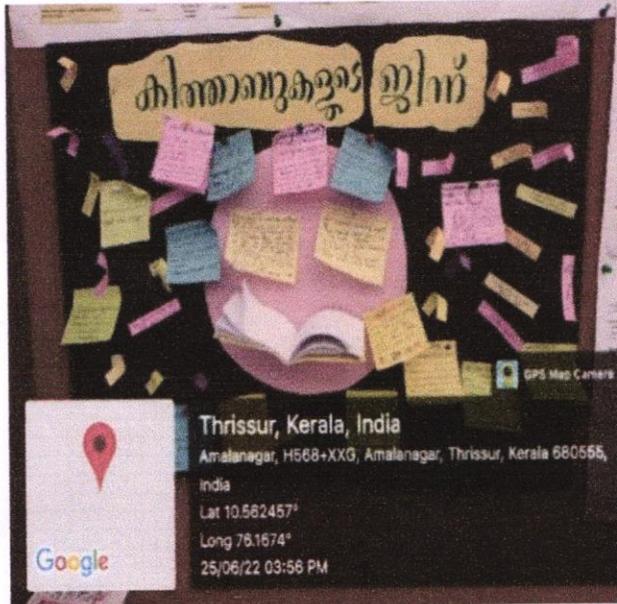


# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## NATIONAL READING DAY



*Regu*

**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.

## BOOK RELEASE FUNCTION

A book releasing function was organized on 3/08/ 2022 in Amala Chapel from 12 to 1 pm. All students and faculties of Amala college of Nursing took part in the book release ceremony of the book, ' Oru Rajeeyuda Katha' authored by Prof Dr Rajee Reghunath , Principal, Amala College of Nursing. The book is a collection of short stories wriitten in the regional language, Malayalam.The function was inaugurated by Rev Fr Julious Arrackal , CMI, Director Amala Institute of Medical Sciences, Thrissur .The programme was felicitated by Rev Fr Francis Kurrissery , Academic Director and Dr.PS Remani.The book release was a function to inspire the young minds to develop linguistic skills and spend their valuable time reading books in this digital age.



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



# AMALA COLLEGE OF NURSING

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



*Rajee*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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# AMALA COLLEGE OF NURSING

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## LALA LANGUAGE –COMMUNICATIVE ENGLISH

A program on communicative English was organized by Amala College of Nursing

Thrissur on 16.09. 2022 from

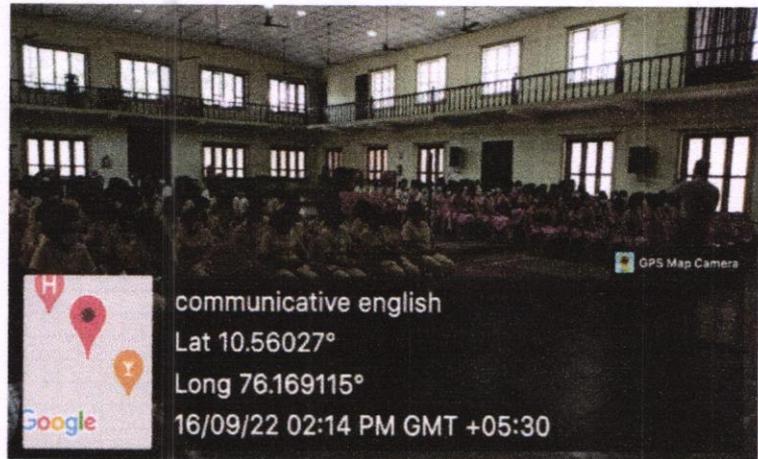
2:00 pm to 3:00 pm. The

session was led by Mr. Shibin

john parakkal, founder of

PECOMS PVT.LTD and Mrs

Shrinka Ghosh, founder of



campuzone, Ernakulum.

The session began with

a prayer followed by an

interactive session

between the students

and Mr. Shibin John

parakkal. He explained the body mechanics that have to be followed during

conversation and about confident speaking of English. It was indeed an

informative and interactive session. The session ended with the vote of thanks

delivered by sistra Suresh, fourth-year BSc nursing student.



*Regud*  
Prof. Dr. RAJEE REGHUNATH  
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AMALA COLLEGE OF NURSING, THRISSUR

Organized

Training Programme

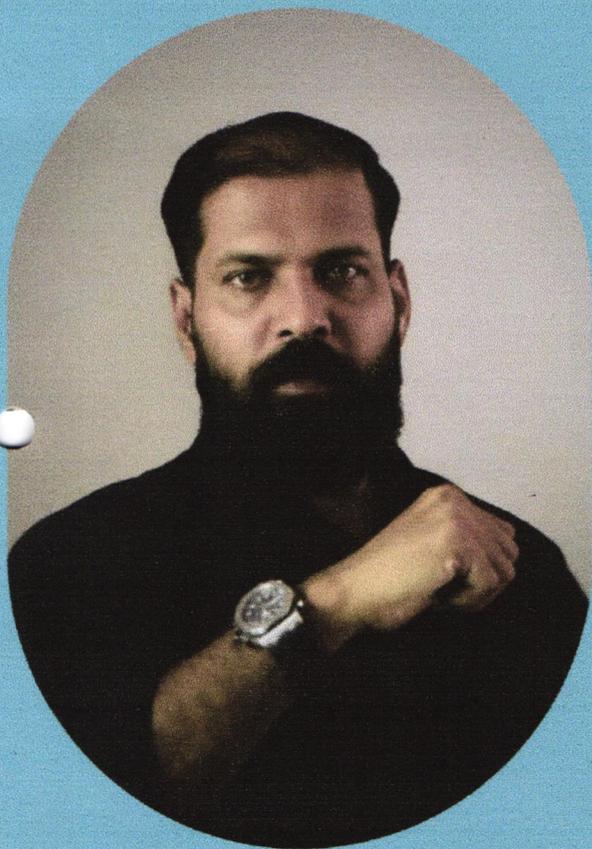
LALA Language - Communicative English

Date : 16.09.2022

Time : 2.00 p.m.

Venue : Amala Auditorium

EXPERT SPEAKERS

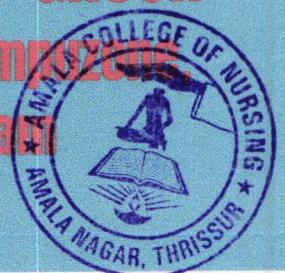


**Mr. Shibin John Parackal**  
Founder of PECOMS Pvt. Ltd. &  
LALA Language



**Mrs. Srinka Ghosh**  
Founder of Camp  
Ernakulam

Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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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.

Date:21/02/2022

## INTERNATIONAL MOTHER LANGUAGE DAY

Mother tongue is the language which a child starts hearing after being born and helps us provide a definite shape to our emotions and thoughts. International Mother Language day is commemorated on February 21 every year. The aim of celebrating this day is to protect the identity of each language and make it means of community unity. Amala College of Nursing commemorated this day by take a oath in the malayalam. Students from all batches took the oath in their respective classes .



Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL

AMALA COLLEGE OF NURSING  
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Criteria 7.1.8

**COMMUNITY  
SERVICES**



# 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.

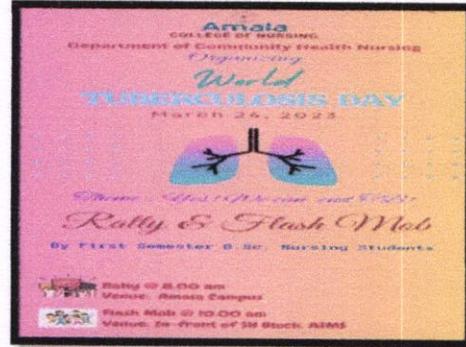


Image 1: Brochure of world TB

### 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 emphasize 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.



*Rajee*

Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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**Event Highlights:**



Image 2: Picture of Rally

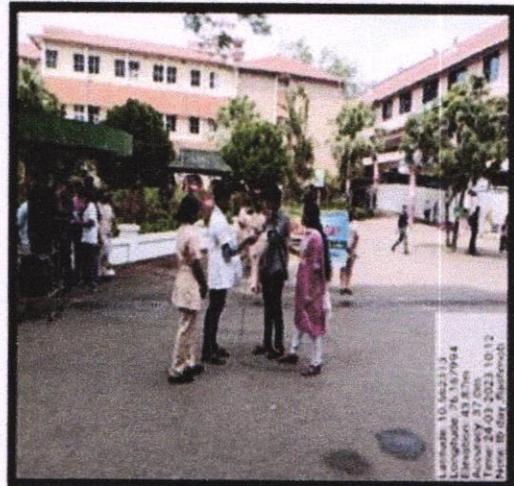


Image 3: Picture of Flash mob



Image 4: Picture of Flash mob

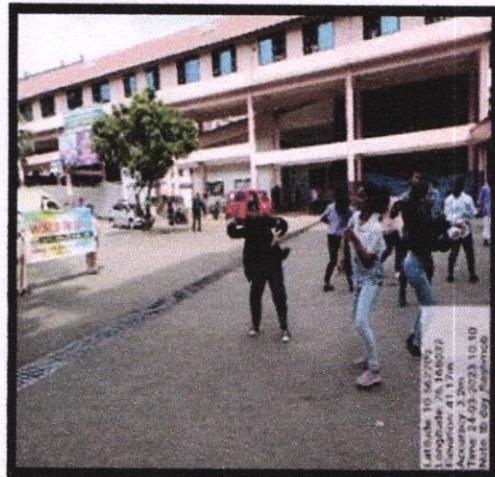


Image 5: Picture of Flash mob



*Rgrr*  
Prof. Dr. RAJEE REGHUNATH  
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# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## 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

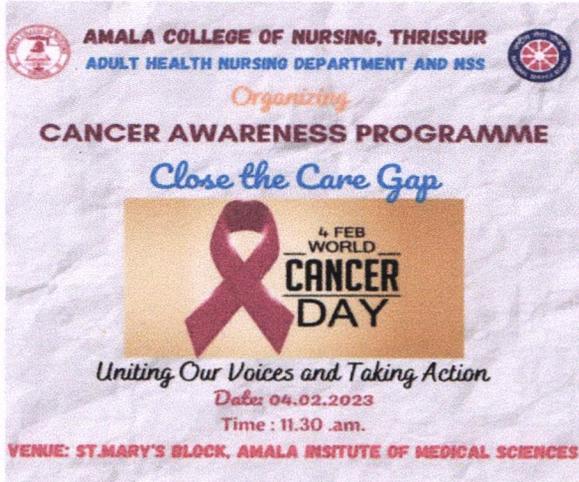
AMALA COLLEGE OF NURSING, THRISSUR  
COMMUNITY HEALTH NURSING DEPARTMENT  
*In Collaboration with*  
URBAN HEALTH CENTRE, PATTURAIKKAL, THRISSUR  
*Organizing*  
*Flash Mob*  
*Participants - IV year B.Sc. Nursing Students*  
*Topic : Health Awareness Program on Cancer*  
*Close the Care Gap*

Date: 04.02.2023  
Time : 3.00 p.m.  
Venue: Pandikkavu Anganwadi, Viyoor



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

**Event Highlights:**



*kgp*

**FIG. D. HAJEE 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.

## VISIT TO OLD AGE HOME

As a part of the Christmas celebration, NSS volunteers visited an old age home in Thalakkottukara 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.

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

## Event Highlights:

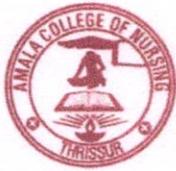


All the members of the old age home were enthusiastic and participated in all the activities. The students were informed that it was a great opportunity to mingle with Society and the needy in society and thank the organizers of the old age home.



*RGAD*

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



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(An undertaking of Amala Cancer Hospital Society)

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

## Report on School Health Education Programme

As a part of NSS activity students got an opportunity to conduct a school health education in Nirmal Jyothy Public School on 14<sup>th</sup> October 2022 at 1:30pm

The health education was on the topic sex education for the students from class 9<sup>th</sup> to 11<sup>th</sup> grades. The programme started by welcome speech of a teacher followed by felicitation speech by principal. The class began with a mime demonstrating sexual abuse on our society. Different sessions were taken by students with the use of PowerPoint presentations along with video. Around 150 students participated in the session. The session started at 2pm and ended at



3.15pm. The session concluded by the vote of thanks given by students of Nirmal Jyothy Public School. The session was really appreciated by the management of the school and they requested us another session for more students.



*KAD*  
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PRINCIPAL  
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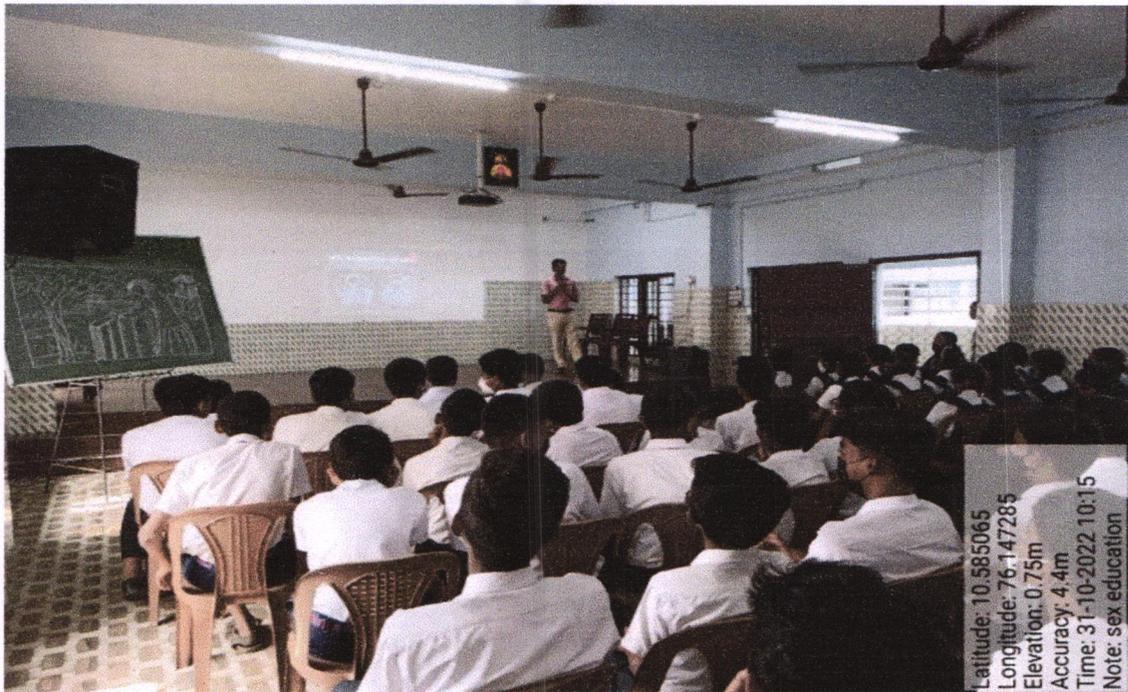


# AMALA COLLEGE OF NURSING

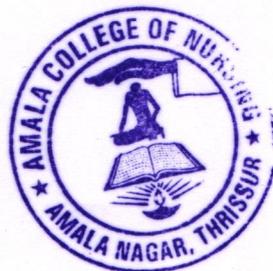
(An undertaking of Amala Cancer Hospital Society)

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

3.15pm. The session concluded by the vote of thanks given by students of Nirmal Jyothy Public School. The session was really appreciated by the management of the school and they requested us another session for more students.



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Longitude: 76.147285  
Elevation: 0.75m  
Accuracy: 4.4m  
Time: 31-10-2022 10:15  
Note: sex education



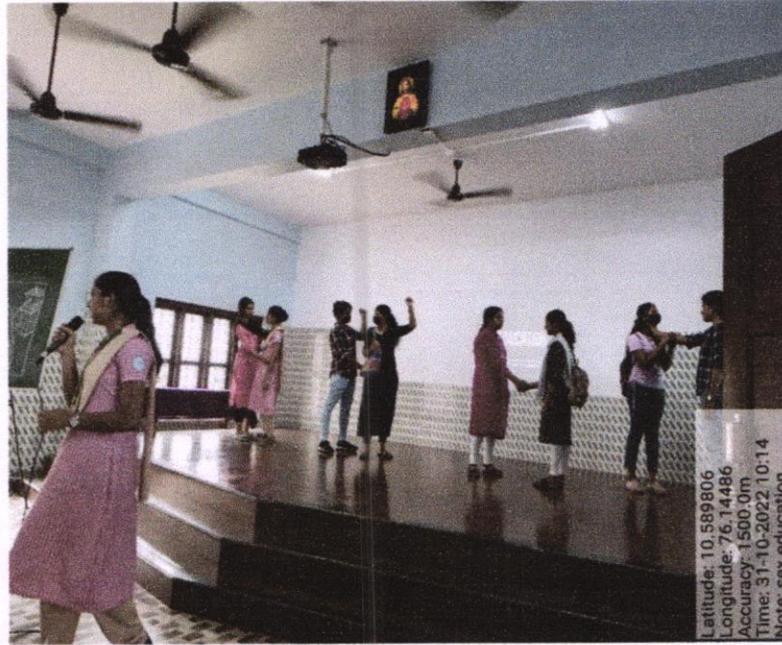
*LRG*  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555



# AMALA COLLEGE OF NURSING

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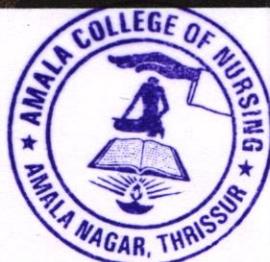
Amala Nagar P.O., Thrissur-680 555, Kerala, India.



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Longitude: 76.14486  
Accuracy: 1500.0m  
Time: 31-10-2022 10:14  
Note: sex education



Latitude: 10.584987  
Longitude: 76.147125  
Elevation: 14.65m  
Accuracy: 6.4m  
Time: 31-10-2022 10:14  
Note: sex education



**Prof. Dr. RAJEE REGHUNATH**  
PRINCIPAL  
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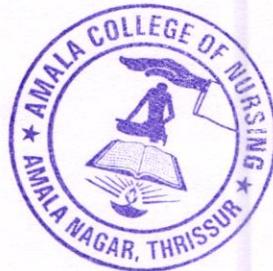
## Rastriya Ekta Diwas

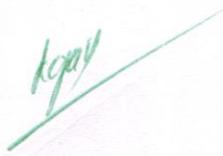
Rastriya Ekta Diwas serves as a meaningful reminder of the importance of unity and integration in a diverse nation like India. As a part of Rastriya Ekta Diwas, NSS Volunteers organized the Unity Run on October 31, 2022, in the morning. They conducted an awareness talk on the importance of the day, followed by a pledge-taking ceremony by the Principal, Dr. Rajee Reghunath.

### Objectives

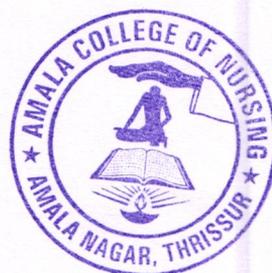
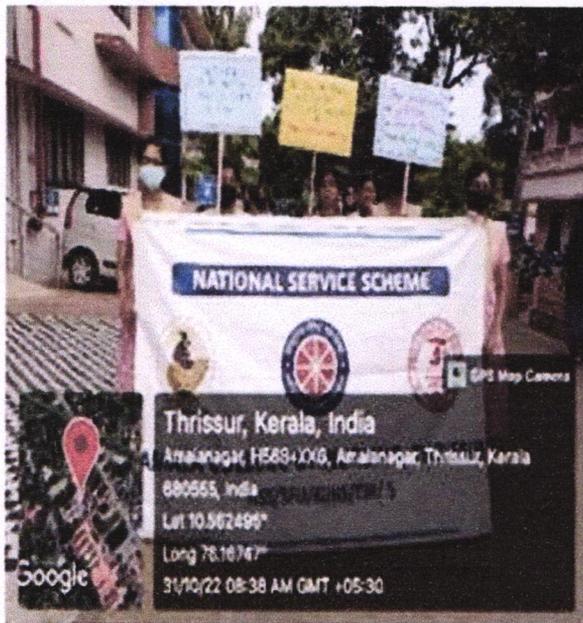
- To remind the significance of unity and integration in a diverse nation like India. It aims to foster a sense of belonging and pride among the citizens, transcending regional, linguistic, and cultural differences.
- To emphasize the preservation of India's rich cultural and historical heritage.
- To 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.



  
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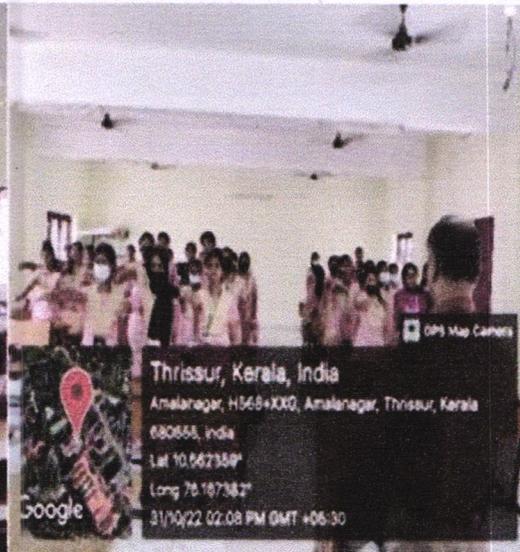
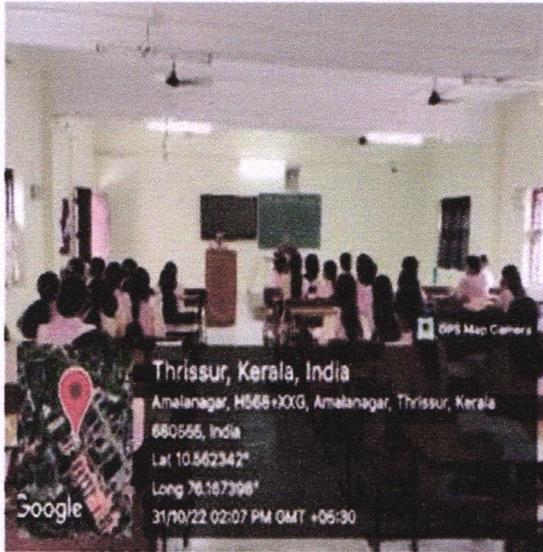
## Event Highlights:



*Regu*

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

## PLEDGE TAKING CEREMONY ON UNITY DAY



*Regu*

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.

## CLEAN INDIA CAMPAIGN AND ACTIVITIES IN ADOPTED VILLAGE

Students conducted clean india campaign in the adopted village elavally gramapanchayath. The cleaned the family health center and its surrounding on 1<sup>st</sup> October 2022 as a part of Gandhi Jayanti day celebration.



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



Latitude: 10.567077  
Longitude: 76.093017  
Elevation: 9.01m  
Accuracy: 9.4m  
Time: 01-10-2022 09:14  
Note: Gar-dhi joyanti observation



*Egna*

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



# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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



Latitude: 10.566992  
Longitude: 76.093007  
Elevation: 7.81m  
Accuracy: 2.2m  
Time: 01-10-2022 09:14  
Note: Gandhi jayanti observatio



Latitude: 10.567052  
Longitude: 76.093133  
Elevation: 38.91m  
Accuracy: 3.4m  
Time: 01-10-2022 09:30  
Note: Gandhi jayanti observ



*Rajee*  
**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 World Heart Day

NSS volunteers conducted a flash mob on World Heart Day and executed it on September 29<sup>th</sup> 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.

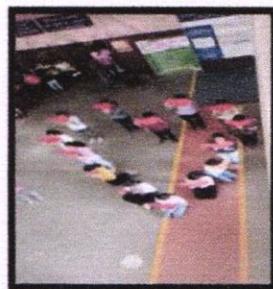
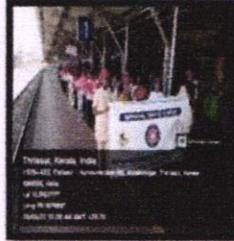
The volunteers provided awareness programs at Amala Medical College and Thrissur Railway Station. They also took part in a health rally through the Thrissur railway station platform, which provided the passengers with a wonderful experience. Along with the Thrissur railway station authorities, they also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



*Kgav*

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

## Event Highlights:



*Rajan*

Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
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# AMALA COLLEGE OF NURSING

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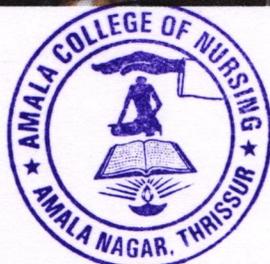
## REPORT ON BREASTFEEDING AWARENESS PROGRAM

As a part of 4th year community posting NSS Unit conducted a program about breastfeeding on 31/08/2022 at family health centre Elavally

We conducted a awareness program on breast feeding. Program started at 10:30 am 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 immunization clinic of FHC. More than 12 breast feeding mothers participating in this program. Students divided the topics and provided health education regarding the importance, benefits, advantages and techniques of breast feeding.

The listeners are actively participated in this program. The program succeeded in providing information on the topics. The program concluded by vote of thanks by Ms. Aleena sunny.



*Logic*

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



# AMALA COLLEGE OF NURSING

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



Latitude: 10.56699  
Longitude: 76.093088  
Elevation: 40.09m  
Accuracy: 10.5m  
Time: 31-08-2022 10:32  
Note: Breast feeding week c



Latitude: 10.56702  
Longitude: 76.092998  
Elevation: 7.09m  
Accuracy: 10.5m  
Time: 31-08-2022 10:25  
Note: Breast feeding week c



  
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**AMALA COLLEGE OF NURSING, THRISSUR**

**COMMUNITY HEALTH NURSING DEPARTMENT**



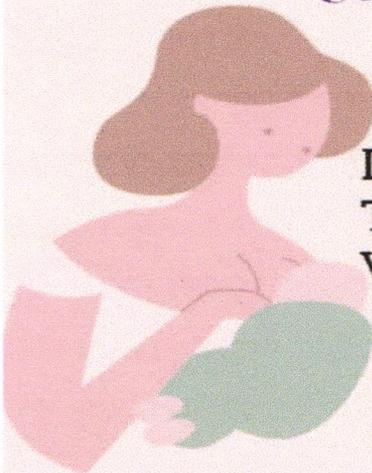
**in collaboration with  
Family Health Centre**



**Elavally  
Organizes**

**AWARENESS PROGRAMME ON  
BREAST FEEDING**

*Theme: "Step up for Breastfeeding,  
Educate and Support"*



**Date : 31.08.2022**

**Time : 9:30 am**

**Venue : Family Health Centre,  
Elavally**



*Rajee*

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

# PROGRAMME SCHEDULE



Prayer

Welcome address

: Ms.Jismy Paul  
Fourth Year BSc Nursing Student

Inauguration

: Mrs.Sujatha  
Lady Health Inspector

Felicitation

: Mrs.Shailaja  
Junior public health nurse



## AWARENESS PROGRAMME ON BREAST FEEDING

Vote of thanks

: Ms.Aleena Sunny  
Fourth Year B.Sc.Nursing ACON

*"We can all make the society  
Breastfeeding friendly"*



  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)  
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.



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

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



*Rajee*

Prof. Dr. RAJEE REGHUNATH  
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AMALA NAGAR P.O., THRISSUR-680 555



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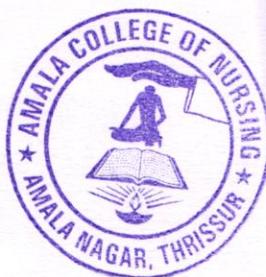
(An undertaking of Amala Cancer Hospital Society)  
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

## 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.

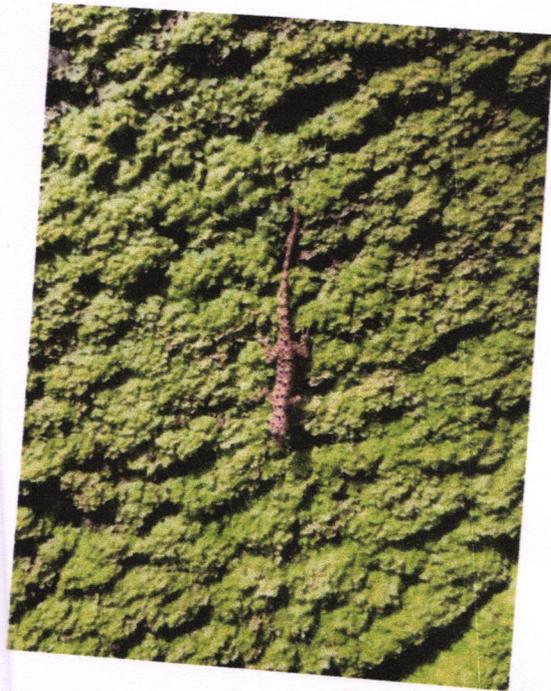
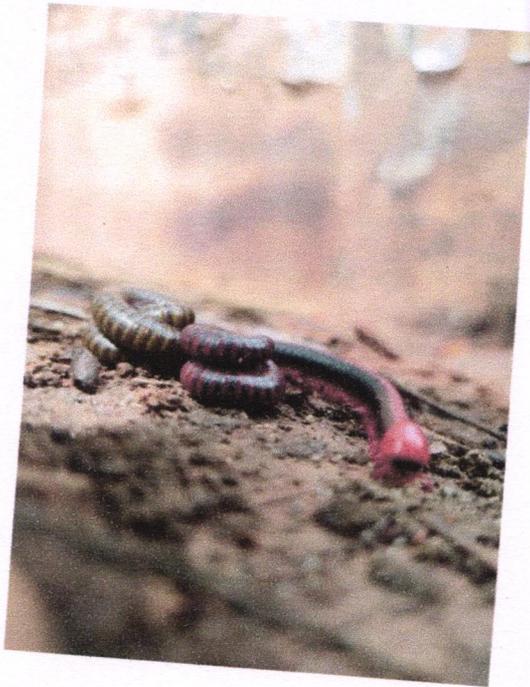


  
Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555

**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



*Regu*

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

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.

Sl No.	Name of Student	Name of College	Mobile No.	E-mail.ID
1	Ancy K A	Amala College of Nursing CIN - N004	7356908235	<a href="mailto:srancyantony53@gmail.com">srancyantony53@gmail.com</a>
2	Vishnupriya T R		6282592962	<a href="mailto:vishnupriyatr1998@gmail.com">vishnupriyatr1998@gmail.com</a>
3	Signa Paulson		8089298547	<a href="mailto:signapaulson@gmail.com">signapaulson@gmail.com</a>

*Photographs*



*Rjee*  
 Prof. Dr. RAJEE REGHUNATH  
 PRINCIPAL  
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# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

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

## REPORT OF SCHOOL HEALTH PROGRAMME

On 12<sup>th</sup> July 2022, at 10.00 am a school health program was conducted at St. Sebastian's high school, Chittattukara as a part of our 4<sup>th</sup> year B.Sc. Nursing, community posting, in collaboration with NSS unit of Amala College of Nursing.

The school health program mainly focused on health screening and awareness programme on substance abuse and mobile phone addiction among selected students from various classes (8<sup>th</sup> std – 10<sup>th</sup> std) of Ellavally, Chittattukara.-St. Sebastian's high school. The crowd was welcomed by Ms. Sandra Benny, IV<sup>th</sup> year B.Sc. Nursing student. The program was presided by Mr. Limson, PTA president and inaugurated by Mr. Geofox, Panchayath president. Mr. Simon, Head master, St. Sebastian's high school. A positive outcome was reflected from the program through his facilitation address.

After formal functions, a role play regarding awareness about substance abuse and mobile phone addiction was enacted by 4<sup>th</sup> year B.Sc. Nursing students. It was really a thought provoking one and children really enjoyed the skit. A slide presentation on the topic – substance abuse as well as mobile phone addiction were done in an effective manner.



*Rajee*

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AMALA NAGAR P.O., THRISSUR-680 555



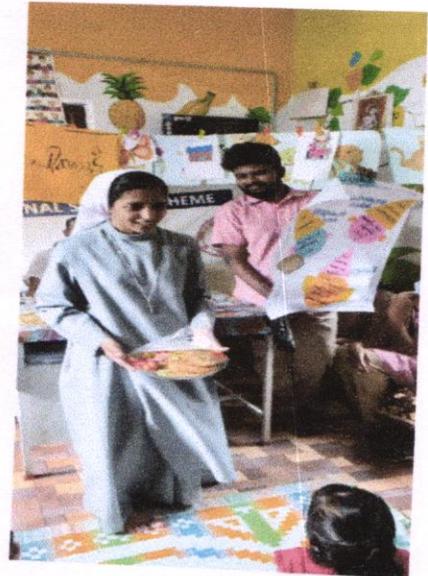
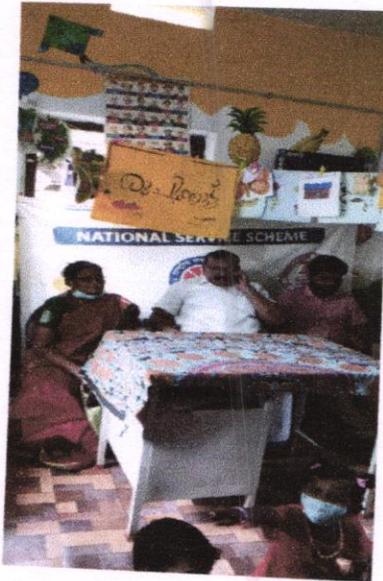
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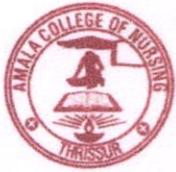
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*Legend*

Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
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*Rajee*  
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# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

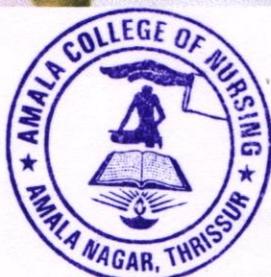
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

## REPORT ON NUTRITION DAY PROGRAMME

### " 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 the fourth year BSc students of Amala College of Nursing, Thrissur in guidance of Community Health Nursing department conceded that an advertence is incumbent in the panchayath Elavally .. On first July 2022 at 10: 00 am in Navodaya Anganawadi Elavally the fourth year students stewarded the nutritional program " SWAD - good food for good health 2022 " The inauguration was done by the panchayath president Mr. Geo fox and felicitation was delivered by Mrs. Lalitha. The students were divided into five groups and each group acquainted the healthy diet for preschooler, schooler, adolescent girl, pregnancy and lactation and finally for the old age . The presentation bestowed with alluring charts , the prepared one day menu plan for each category and explained the details of RDA for each group. The food items prepared by the students strew to the participants of the program. The program winded up with vote of thanks.



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



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Latitude: 10.57891  
Longitude: 76.072122  
Elevation: 10.94m  
Accuracy: 1.7m  
Time: 01-07-2022 12:26  
Note: nutritional program



Latitude: 10.578069  
Longitude: 76.066567  
Accuracy: 1700.0m  
Time: 01-07-2022 10:40  
Note: nutritional program



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Prof. Dr. RAJEE REGHUNATH  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
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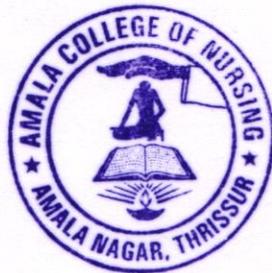
Amala Nagar P.O., Thrissur-680 555, Kerala, India.

## REPORT ON GROUP HEALTH EDUCATION AT ELLAVALLY, FHC

A group health education on the topic communicable diseases and non-communicable diseases was conducted by the 4<sup>th</sup> year BSc students on 4<sup>th</sup> July 2022 at 10.00 am at Ellavally FHC. About 70 patients attended the session.

The main diseases focused in communicable diseases are monsoon diseases- 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 really focused to incult knowledge regarding preventive measures of these communicable and non-communicable diseases and to encourage the audience to use this knowledge in daily life activities and to lead a healthy life.

The health education made more effective and attractive by various charts and flash cards made by 4<sup>th</sup> 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 by 12.30 noon.



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