

KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING

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Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE



*"The very first requirement in a hospital is that
it should do the sick no harm"*

Florence Nightingale

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MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING (SNA)



Prepared by:
MAGAZINE COMMITTEE

THIS MONTH HIGHLIGHTS

- Breast Cancer Awareness Program(Walkathon and Flashmob Competition for Breast Cancer Awareness)
- Global Handwashing Day
- World Polio Day
- World Stroke Day
- National Unity Day
- Orientation program for first year Bsc nursing students
- Orientation to Batch 2025 about Central Library
- Observational Visit from Sree Anjaneya College of Nursing
- Profesional Development and administrative training program
- FDP and Staff Welfare Program
- Faculty Tour

THIS MONTH HIGHLIGHTED BY:



Mrs. Nimmy P S
Staff Editor

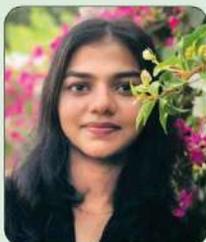


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ONE RIBBON



ONE MISSION

BREAST CANCER AWARENESS PROGRAM

Amala College of Nursing in collaboration with IQAC and NSS, organized Breast Cancer Awareness Program on 25th October 2025. The event aimed to promote awareness about breast cancer, its early detection, and the importance of support for survivors. The program was put together by 5th semester B.Sc Nursing students and began with insightful theme presentation by Elizabeth Thomas, who makes know the theme, "Every story is unique, every journey matters." Following the presentation, a logo making session was conducted in which

faculty members and students participated enthusiastically that expressed their commitment and support for breast cancer awareness.

A roleplay, along with health education and flash mob, was arranged at Amala Square, which attracted the attention of the public. It was a successive initiative that delivered a strong message about early detection and regular screening. The health education segment provided valuable information on risk factors, signs, symptoms, and





preventive measures. Also, it portrayed the emotional and social aspects faced by breast cancer patients, promoting empathy, understanding, and the mind of courage. The programme successfully met its objective

of raising awareness and empowering the community to take action against breast cancer. It makes the faculty, students, and community known to "we are stronger when we stand together."

Walkathon and Flashmob Competition for Breast Cancer Awareness

The Thrissur Obstetrics and Gynaecology Society along with NSS & IQAC organized a vibrant Walkathon and Flashmob Competition on 9th October 2025 at Swaraj Round, Thrissur as part of the Breast Cancer Awareness Campaign. The event aimed to spread awareness about early detection





and prevention of breast cancer among the public. Participants enthusiastically joined the walkathon, followed by an energetic flashmob that drew wide attention and engagement from the crowd. The program successfully combined health education with community participation, inspiring many to support the cause of women's health and cancer awareness.



Clean hands, Cool vibes

GLOBAL HAND HYGIENE DAY



The Student Nurses' Association (SNA) of Amala College of Nursing, in collaboration with IQAC, celebrated Global Hand Hygiene Day on October 15, 2025. The event aimed to highlight the importance of hand hygiene in every aspect of life. The program was put together by 5th semester B.Sc Nursing students and began with an insightful theme presentation by Sanova Shaju of batch 2023, who spoke about clean hands and a healthy future. She also conducted a quiz on handwashing, in which the students of all batches actively participated. A flash mob was conducted at Amala Square, which attracted the attention of the public. Also, the spot challenge "Wash Off" was put into act. It was a successive initiative that helped people to learn steps of hand washing. The celebration of hand hygiene day brought a good impact on the students, teachers, and public to be aware of the importance of hand hygiene and to recollect the steps of hand washing.



VACCINATE TODAY, Celebrate tomorrow

WORLD POLIO DAY

The Student Nurses' Association (SNA) of Amala College of Nursing, in collaboration with IQAC, celebrated world polio day on October 24, 2025. The event aimed to highlight the importance of taking vaccine. The program was put together by 3rd semester B.Sc Nursing students (2024 Batch) and began with an insightful theme presentation by Shana Sherin who spoke about the importance of taking vaccine to prevent polio. And they also presented different kinds of poster regarding the day on the college notice board. The celebration of world polio day brought a good impact on the students, teachers, and public to be aware of the importance of polio vaccination.





Keep calm and Act F.A.S.T

WORLD STROKE DAY

The Student Nurses' Association (SNA) of Amala College of Nursing, in collaboration with IQAC, organized World Stroke Day on October 29, 2025. The event aimed to highlight the importance of recognizing stroke symptoms early and taking prompt medical action to save lives and reduce disability. The program began with an insightful theme presentation by Rose Therese Sheise of 5th semester B.Sc Nursing. She mentioned the theme, "Every minute counts." She calls attention to spread awareness about stroke and its warning signs and also to educate people about preventive measures and lifestyle modification. The event inspired students and faculties to become advocates for stroke prevention and healthy living.

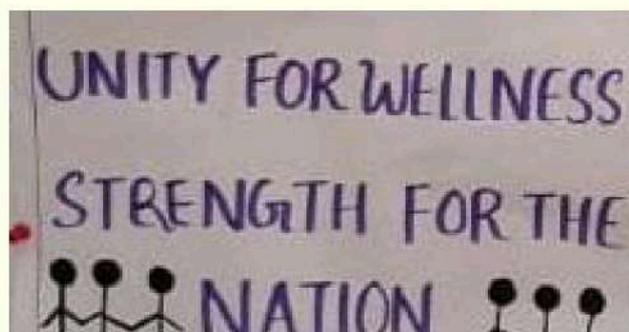




Let's build bridges not walls

NATIONAL UNITY DAY

The Student Nurses' Association (SNA) of Amala College of Nursing, in collaboration with IQAC, celebrated National Unity Day on October 31, 2025. The event aimed to highlight the importance of unity among people. The program was put together by 3rd semester B.Sc Nursing students and began with an insightful theme presentation by Ms. Sana who spoke about the importance of unity among students and people. And they also presented different kinds of poster regarding the day on the college notice board. The celebration of National Unity Day brought a good impact on the students, teachers, and public to be aware of the importance of unity.



Orientation Programme for First-Year BSc Nursing Students



An Orientation Programme for the First Year BSc Nursing students of Batch 2025 was held on 22 October at the Bro. Xavier CMI Memorial Hall, St. Xavier Block. The session introduced students to the academic atmosphere, institutional values, and various support systems available to them. Faculty

members guided the newcomers through course expectations and campus resources, helping them begin their nursing journey with clarity and confidence. The programme created a warm and welcoming start to their professional education.

Group Dynamic Session

A Group Dynamic Session was conducted for the Batch 2025 of Amala College of Nursing, led by Adv. Sebi J. Pulelil. The session focused on building teamwork, communication

skills, and peer collaboration among the students. Through interactive activities and guided discussions, participants learned the importance of cooperation and positive group behavior, making the session both engaging and enriching for the new batch.





Professional Development and Administrative Training Program on Stress Management

The Amala College of Nursing, in collaboration with IQAC, organized a Professional Development and Administrative Training Program on Stress Management on 24th October 2025 at Amala Boulevard. The session was led by Major P. J. Staiju, Associate NCC Officer of the 24 Kerala Battalion, Thrissur, and teacher at St. Francis HSS,

Matton. The expert speaker highlighted practical strategies to cope with workplace stress and maintain emotional well-being. The interactive session motivated participants to cultivate resilience and a positive mindset, contributing to both personal growth and professional excellence.



Orientation to Central Library and College Library

The Batch of 2025 conducted an orientation to the Central and College Library, gaining valuable insights into the organization, functioning, and resource management of the library system. Students explored various sections, including reference, digital, and circulation areas, and learned about cataloguing and library services that support academic learning. The visit enhanced their understanding of information access and research resources, fostering an appreciation for effective library utilization in academic excellence.



Observational visit from Sree Anjaneya College of nursing

An observational visit from Sree Anjaneya College of Nursing was conducted as part of their academic enrichment activities. The visit provided an opportunity for the students to observe and understand various administrative and academic functions of

the institution. Interactive sessions and discussions were held, promoting knowledge exchange and professional collaboration. The program proved to be a valuable learning experience, fostering mutual growth and insight into nursing education practices.



FACULTY CORNER

Faculty Development Programme And Staff Welfare Activities



Valuable and insightful sessions on Faculty Development Programs (FDP) and Staff Welfare Initiatives were conducted by AMALA College of Nursing Thrissur. The sessions aimed to enhance professional growth, teamwork, and overall staff well-being within the institution.

FDP SENSITIZATION PROGRAMME

(Faculty as Resource Person)

Government College of Nursing, Thrissur conducted a Faculty Development Programme (FDP) on Career Guidance and Professional Leadership to enhance the professional competencies of nursing faculty. The programme aimed to empower educators with updated knowledge on career pathways, leadership skills, and mentoring techniques essential for guiding nursing students in an evolving healthcare environment.



FDP Sensitization Programme was led by external resource person Dr. Asha Raj S, Associate Professor, Amala College of Nursing. She delivered an insightful and enriching session that enhanced the participants' understanding of faculty development processes and effective academic practices. The program contributed significantly to strengthening professional competencies and fostering a culture of continuous improvement among nursing educators.



Faculty development program at Amala College of Nursing

The first Faculty Development Programme of Amala College of Nursing was held on 3rd October 2025 to 6th October 2025. The 3 days FDP was conducted with the permission of academic staff KUHS obtained as per the order. On 3rd October 2025 at 9 am, Prof. Manju S, Professor, Government college of nursing, Thrissur inaugurated the FDP session and she was the observer of our college for smooth running of FDP unit. 28 participants were registered to attend the FDP from Amala College of Nursing and few members were

attended through online session. A session on online learning possibilities in nursing education, ICT Tools in learning and teaching and flipped class room was led by Prof, Manju S. Followed by her session Dr. Prof. Rajee Reghunath , Principal Amala College of Nursing, Dean Faculty of nursing dealt with topic on "Teaching strategies and type of learners". Mr. Don Jose K, Associate Professor, Amala College of Nursing taken an interesting session on formative assessment followed by competency based, outcome based nursing education by Prof. Chanlin Chacko, HOD Department of Child Health Nursing. On the second day FDP was began with a session on lecturing skills and interactive lecturing by Moly Thomas (Sr. Dona), HOD Department of

Adult Health Nursing. On 6th October 2025 FDP was began with Problem Based Learning in Nursing Education, Reflective Learning, Mastery Learning and self Directed Learning by DR. Asha Raj S, Associate Professor, Department of Child Health Nursing. Post Test was given to all the participants and the overall programme was coordinated with Dr. Linda Varghese, Professor, Department of OBG Nursing. All the participants were received the certificate and the FDP adjourned by 5:15pm.



Faculty Development Unit Meeting

A Faculty Development Unity Meeting was held at Amala College of Nursing on 29 October 2025. The gathering brought together faculty members to discuss academic goals, share ideas, and strengthen collaboration within the department. The meeting focused on enhancing teaching quality, fostering a supportive work environment, and aligning future developmental initiatives. It provided a constructive platform for unity, reflection, and professional growth among the faculty team.

FACULTY TOUR

The faculty members enjoyed a memorable tour to Thanima, Palakkad, a serene destination known for its natural beauty and peaceful ambience. The trip provided a refreshing break from the academic routine, promoting relaxation, team bonding, and rejuvenation. Faculty members engaged in fun activities, shared joyful moments, and strengthened their camaraderie, making the tour both enjoyable and enriching.



21st CONVOCAATION OF KUHS



Presentation at the 21st Convocation of KUHS

Dr. Rajee Regunath, Dean Faculty of Nursing Kerala University of Health Sciences and Principal of Amala College of Nursing, Thrissur, served as an invited dignitary at the 21st Convocation of KUHS held on 14 October 2025. As a key resource person for the event, he addressed the gathering and contributed to the proceedings with his insights and leadership. His presence added prestige to the convocation, which celebrated the achievements of graduating students across health sciences disciplines.

Balancing Work and Home: The Art of Harmonious Living

In today's fast-paced world, balancing professional duties and home responsibilities is a challenge faced by many. The constant race to meet deadlines while tending to family needs often leaves individuals drained and overwhelmed. Yet, as Stephen Covey wisely said, "The key is not to prioritize what's on your schedule, but to schedule your priorities." True success lies not in working endlessly, but in finding harmony between career and personal life.

Work-life balance is not about dividing hours equally—it's about giving quality time to what truly matters. A well-balanced person knows when to step away from the screen to enjoy laughter with loved ones or when to focus wholeheartedly on a task that demands attention. Balance is not perfection—it is presence.

Simple yet powerful choices make a difference: setting clear boundaries, planning ahead, sharing responsibilities, and caring for oneself. Supportive families and understanding workplaces act as anchors in maintaining this delicate rhythm. A teacher who spends evenings with family after school hours, or a manager who switches off work emails by sunset, both reflect this art of living with awareness.

As Mahatma Gandhi beautifully reminded us, "There is more to life than increasing its speed." Slowing down to rest, reflect, and reconnect nourishes both peace and productivity.



A life well-balanced brings clarity, warmth, and fulfilment. It nurtures relationships, enhances happiness, and protects mental well-being. In the end, when we give our best to both worlds—with love, mindfulness, and grace—we compose the sweetest melody of life: a harmony between work and home.

"Happiness is not something ready-made. It comes from your own actions." — Dalai Lama
An inspiring reflection by Ms Seena A. F.,
Lecturer, Amala College of Nursing.

RESEARCH CELL ACTIVITIES

SAMVAD MANGHIKA – JOURNAL CLUB PRESENTATION

Amala College of Nursing Research cell organized the monthly presentation “Samvad Manchika” on 28/10/25 in the Amala Boulevard. The session featured a presentation by Shaji E J (Sr. Jyothish), Professor, Department of Foundations of Nursing, on the topic ‘Effect of Synder’s hope theory based nursing intervention of patients with breast cancer.’ The event aimed to enhance research culture and evidence-based learning among nursing students and faculty. It provided an excellent platform for sharing innovative ideas and recent advancements in nursing education.



The session was attended by all faculty members and M.Sc. Nursing students, who actively participated in the discussion, making it a highly informative and engaging academic exchange.

NATIONAL WORKSHOP

The two-day National Workshop on “Citation Analysis & Bibliometric Tools” for Publishing was conducted on 24th and 25th October at Amala Institute of Medical Sciences Thrissur aims to help participants enhance research visibility and gain hands-on experience with key citation and bibliometric tools. The chief resource person of the session was Mr. Jobin Jose ,UGC Librarian ,Marian College Kuttikanam along with other resource persons Prof. Dr, A, T Francis Professor and

Chief Librarian AIMS and Ms. Deepa C.G, Associate Librarian AIMS. The programme offers expert guidance, practical sessions, and essential skills for effective research publishing. The session highlights hands on session with dedicated systems and guidance and citation metrics bibliometric tolls and research strategies to experience in research documentation and publishing. Our faculty and PhD scholars were participated in the informative sessions.



NSS & SNA ACTIVITIES

Breast Cancer Awareness Program and Walkathon with Flashmob competition

As part of the Breast Cancer Awareness Campaign, a Health Awareness Program and Walkathon with Flashmob Competition were organized in collaboration with the NSS Unit. The initiative aimed to educate the public on the importance of early detection and prevention of breast cancer. Students and faculty actively participated, spreading the message of women's health and empowerment through interactive sessions and vibrant performances. The event received

great appreciation for its impactful awareness and enthusiastic involvement.



Pulse Polio Vaccination Programme

A Pulse Polio Vaccination Program was conducted on 12th October at FHC Velur in collaboration with the NSS Unit. Health workers, NSS volunteers, and students actively

participated in administering vaccines and spreading awareness among parents about the importance of timely immunization. The initiative played a vital role in supporting community health and contributing to the nation's continuing efforts toward a polio-free future.



World Mental Health Day Celebration

World Mental Health Day was observed on 10th October at RHTC, Akural, in collaboration with the NSS Unit. The program featured interactive sessions, awareness activities,

and discussions focused on promoting emotional well-being and reducing stigma surrounding mental health. Students, faculty, and NSS volunteers actively participated, helping spread the message of early support, understanding, and the importance of maintaining good mental health within the community.

STUDENT SUPPORT AND GUIDANCE CELL



SSGP SENSITIZATION PROGRAMME FOR PARENTS AND STUDENTS

The SSGP Sensitization Programme, organized in collaboration with IQAC and SSGC at Amala College of Nursing, aims to create awareness among parents and students about the Student Support and Guidance Programme. This initiative highlights the structured system of mentorship, guidance, and emotional support provided to learners throughout their academic journey. The session, led by the invited expert speaker, will be held on 22 October 2025 at 12:00 noon in the Rev. Fr. Brother Xavier CMI Conference Hall, offering insights into the purpose, process, and benefits of SSGP.



CAREER GUIDANCE AND PROGRESSION

Career Progression and Refresher Courses

Career Progression and Refresher Courses were conducted at Amala Institute of Medical Sciences, providing participants with opportunities to enhance their professional skills and update their knowledge. The

sessions focused on current trends, advanced practices, and continuous learning essential for career growth in the healthcare field. The program offered valuable insights, fostering competence, confidence, and professional development among the attendees.

Internal Quality Assurance Activities Internal Audit Internal Quality Assurance Team

Amala College of Nursing conducted the internal audit led by the quality team, Dr. Asha Raj S, Mrs Chanlin Chacko, Dr. Linda Sojan, Mr. Don Jose K, and Mrs. Nimmy P S as part of its continuous quality improvement initiatives prior to KUHS QAS inspection and KIRF data submission. The audit process was effective to monitor the academic,

administrative, and clinical processes, ensure compliance with institutional standards, and promote a culture of quality within the institution. Policy Manual was modified with version 2. QAS Co-Ordinator Mrs. Chanlin Chacko, coordinated the internal audit during the month of October with quality team. Dr Linda, KIRF coordinator, gathered the data required for submission process. The IQAC team appreciated the cooperation of all departments and encouraged continued adherence to quality practices for the upcoming external audit by KUHS QAS assessors. The feedback received during the process will support the institution in enhancing its quality standards and achieving excellence in nursing education.



ACHIEVEMENTS



Mr. Don Jose K, Associate Professor, ACON
Achieved best poster award in research day celebration held at Holy cross College of Nursing ,Kottiyam kollam



Mrs. Nimmy P.S, Associate Professor, ACON
Awarded certificate of appreciation as evaluator for state level Evaluation of Young innovators Programme 7.0 category 1

BIRTHDAY STARS

Each birthday arrives like a quiet sunrise, gently reminding us that life keeps unfolding in new colors. As we celebrate our October Birthday Stars, we honor the voices, smiles, and small sparks of joy they add to our days.

May their year ahead bloom with steady hope, kind moments, and paths that rise to meet them. Here's to fresh chapters, warm light, and the soft magic of beginnings that only a birthday can bring.

Happy birthday dears!

FACULTY



Mrs. Rinu David,
Associate professor
Department of
Community health nursing



Dr. Dinu M Joy,
Lecturer
Department of
Child health nursing

STUDENTS



Angel Theresa A T
Batch 2023



Pooja Diljith
Batch 2023



Siyona Biju
Batch 2024



Axa Mariya Sisel
Batch 2023



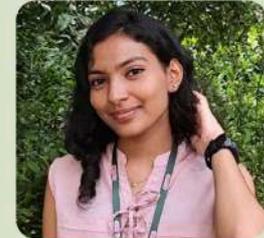
Ninza Fathima K A
Batch 2023



Helen Kalloor
Batch 2023



Anna Maria Raphael
Batch 2024



Seethalakshmi P S
Batch 2023



Aneeja A V
Batch 2024



Angel Maria T A
Batch 2023



Sandhra Maria P X
Batch 2023



Aryananda A S
Batch 2023



Nandha S P
Batch 2024



Sansha Biju
Batch 2024



Anha Fathima N P
Batch 2024



Elizabeth Thomas
Batch 2023



Jancy Saji
Batch 2025



Jelsa mariya
Batch 2025



Jyothsna Johnson
Batch 2025



Mayooga
Batch 2025



Hida fathima
Batch 2025



Sethulakshmi
Batch 2025



Alana francis
Batch 2025

Faculty Research Publications

Research is the cornerstone of academic excellence, and Amala College of Nursing, Thrissur, stands tall as a leading centre of nursing education and research in Kerala. The college has consistently fostered a vibrant culture of inquiry, critical thinking, and innovation among faculty and students alike. Through dedicated research activities

and scholarly publications, the faculty members continue to contribute significantly to the advancement of nursing science and healthcare practices. The faculty members of college continue to uphold the spirit of academic excellence through impactful research contributions published in reputed journals.

This month research publication highlights

Title of the study	Authors	Journal	Edition
A Descriptive Study to Assess the Relationship Status and Life Satisfaction among Housewives	Sheena John, Lecturer Department of mental health Nursing Bincy A. P. Associate Professor Department of mental health Nursing	Asian Journal of Nursing Education and Research	Vol. 15, Issue 03 (July–September 2025) ISSN: 2231-1149
A rare case of haemophagocytic lymphohistiocytosis	Tincy Abraham Assistant professor, Department of Adult Health Nursing Mrs. Nimmy P S Associate professor, Department of Child Health Nursing Dr. Asha Raj S Associate professor, Department of Child Health Nursing	Indian Journal Of Continuing Nursing Education	Vol 26, Issue 01 (January to June 2025)

THE BOTTLE
Becomes the cage

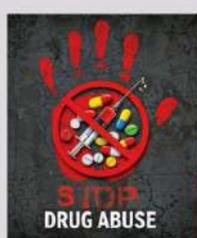
TRAPPED IN BOTTLES..

CHAINED BY ADDICTIONS..

THE WORLD SHRINKS.. THE DREAMS FADES AS THE PILLS AND NEEDLES MULTIPLY..

So Don't let temporary escape become a lifelong prison, choose freedom over addiction

SAY NO TO DRUGS #DIGITAL DRUG CAMPAIGN



SAY NO TO DRUGS

Digital Drug Campaign

Break free from the chains of addiction. Don't let temporary escape become a lifelong prison. Choose strength, hope, and a drug-free life.



NOVEMBER MONTH

UPCOMING EVENTS

- Nov 1 Kerala Piravi
- Nov 7 National Cancer awareness day
- Nov 8 International day of radiology
- Nov 10 World immunization day
- Nov 12 world pneumonia day
- Nov 14 children's day
- Nov 25 international day of elimination of violence against women
- Nov 26 constitution day
- Faculty Development Programme
- Research cell Activities
- QAS – Grading INSPECTION
- OSCE – workshop by KUHS



**Amala College of Nursing, Amala Nagar P O,
Thrissur-680555, Kerala**

**An Undertaking of Amala Cancer Hospital Society
(Affiliated to Kerala University of Health Sciences-KUHS and
recognized by Kerala Nurses & Midwives council and Indian Nursing
Council).**

**The first Nursing College with NAAC A-Grade in the first cycle and A
Grade for Kerala University of Health Sciences Quality Assessment.
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