



KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING



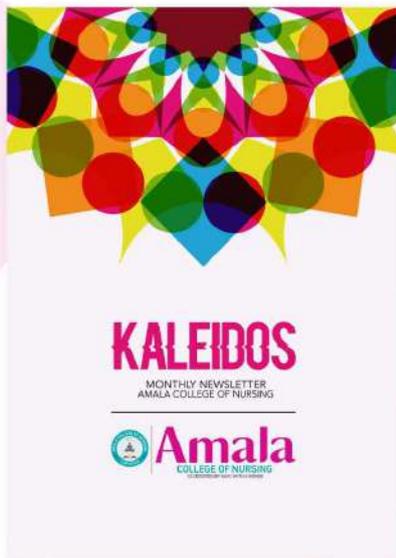
Amala
COLLEGE OF NURSING
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MONTHLY NEWSLETTER

AMALA COLLEGE OF NURSING (SNA Unit)

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THIS MONTH HIGHLIGHTS

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- Glory at Gagultha: A Christmas of Hope and Light
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- Sharing Smiles: A Pakalveed Christmas Programme
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- Exploring Excellence in Care – Visit by Valluvanad Institute of Nursing Science
- Quiz Pulse: Inter Nursing College Quiz Competition winners
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- Celebrating Doctoral Excellence
- Professional Certificate Programme in Forensic Nursing
- Birthday stars
- Happy feast day
- Journal Club Presentation – Samvad Manchika
- Igniting Minds: Research Empowerment Programme

THIS MONTH HIGHLIGHTED BY



Mrs. Nimmy. P. S.
(Associate Professor and Staff editor)



Ms. Aparna P.
(2022 batch)
Student Editor



Ms. Akhila Benny
(2022 batch)

OUR TEAM MEMBERS



Huda. N. M.
(2023 batch)



Christa Grace Shaju
(2023 batch)



Christina Sunil
(2024 batch)



Jain Johnson
(2024 batch)



**MONTHLY
ACTIVITIES**

Christmas Carnival '25

The spirit of Christmas came alive at Amala College of Nursing with the joyful celebration of Christmas Carnival '25, held on 20th December at 10:00 AM in the college in-door auditorium. The programme was organized with vibrant enthusiasm, creating a festive atmosphere filled with joy, music, and togetherness among students and faculty members.

With the Carol Bells, spreading the message of peace and goodwill. This was followed by the much-awaited Santa's Arrival, which brought smiles and excitement to the audience. Energetic performances continued with Jingle Moves, showcasing the lively dance talents of students.

A creative segment, Start Camera Rolling, highlighted students' originality and teamwork in scene recreation, followed by Catwalk Chronicles that added glamour and confidence to the event. Masters in Moves further energized the crowd with dynamic performances by the teaching faculty.

The celebration concluded on a melodious note with Music Fiesta, leaving the audience entertained and refreshed.

The Christmas Carnival '25 was a memorable celebration that fostered unity, creativity, and festive cheer, reinforcing the values of joy, harmony, and togetherness within the College.



Glory at Gagultha: A Christmas of Hope and Light

The spirit of Christmas was beautifully shared and celebrated on 10th December through a heart-warming outreach programme organized by the 7th semester BSc Nursing students of Amala College of Nursing with the inmates of Friends of Jesus. The celebration was marked by love, joy, and togetherness, transforming the day into a memorable experience for everyone present. The programme began with melodious Christmas carol songs that filled the atmosphere with festive cheer, followed by lively dance performances and engaging games conducted by the students, bringing smiles and laughter to the residents.

Adding special meaning to the celebration, the residents of Friends of Jesus also showcased their talents through various cultural programmes, making the event truly inclusive and touching. The exchange of gifts and the cutting of Christmas cake symbolized sharing, compassion, and the true essence of the season. The celebration stood as a reflection of the values upheld by Amala College of Nursing service, empathy, and human dignity leaving behind cherished memories and reinforcing the message that Christmas is not just about celebration, but about spreading love and hope to every heart.



Sharing the Joy of Christmas inmates of Santhinikethan

The faculty of Amala College of Nursing, Thrissur, celebrated Christmas with the inmates of Santhinikethan, Chittilapilly, in a warm and meaningful manner, spreading the true spirit of love, joy, and compassion. The celebration commenced with prayers and melodious Christmas carols, which created a festive and spiritually uplifting atmosphere. Faculty members actively participated in the programme, engaging with the inmates through heartfelt interactions and moments of shared happiness, making the celebration truly memorable.

The programme beautifully reflected the essence of Christmas as a season of giving, fellowship, and kindness. It also highlighted the values of empathy and selfless service upheld by Amala College of Nursing, reinforcing the institution's commitment to community outreach and social responsibility. The celebration brought immense joy to the inmates and proved to be a deeply enriching experience for the faculty, leaving behind cherished memories and renewed spirits as the event concluded on a joyful note.



Sparkles of Joy: Maria Bhavan Christmas Fest

The 5th Semester Nursing students organized a Christmas Celebration at S. M. C Maria Bhavan Autism Centre with the aim of spreading joy, love, and festive cheer among the children and staff of the centre.

The programme was conducted in a warm and joyful atmosphere, reflecting the true spirit of Christmas—love, sharing, and compassion. The students actively engaged with the children through cheerful interactions and festive activities, making the celebration lively and meaningful.

The celebration brought happiness to the children and created a memorable experience for everyone involved. It also helped the students understand the importance of empathy, inclusiveness, and psychosocial support while caring for children with special needs.

The programme was a heartwarming initiative that strengthened the bond between the students and the community, highlighting the commitment of nursing students towards holistic and compassionate care.



Sharing Smiles: A Pakalveed Christmas Programme

The Community Nursing Department organized a Christmas Celebration Programme at Pakalveed on 17 December 2025 with the aim of spreading joy, love, and togetherness among the community members.

The programme was conducted in a festive atmosphere and highlighted the true spirit of Christmas—sharing, caring, and compassion. Various activities were organized to engage the residents, creating a joyful and meaningful celebration. The celebration emphasized the importance of unity, hope, and social bonding within the community.

Faculty members and students of the Community Nursing Department actively participated in the programme, interacting warmly with the residents and spreading festive cheer. The programme brought smiles to the faces of all participants and strengthened the bond between the institution and the community.

The celebration was a memorable and fulfilling experience, reflecting the department's commitment to community outreach and holistic care.



World AIDS Day: Breaking Stigma, Building Hope

On the occasion of World AIDS Day observed on 1st December 2025, a rally competition was organized by the District Medical Office, Thrissur, in collaboration with the District AIDS Control Organisation, involving all educational institutions of Thrissur district. The program aimed to create awareness among the public regarding HIV/AIDS, its prevention, and the importance of eliminating stigma associated with the disease.

Our college participated with great enthusiasm and excellence under the dynamic organization of the 5th Semester BSc Nursing students (2023 batch), under the esteemed guidance of the Community Health Nursing Department. The students presented well-designed tableaux and highly attractive, informative posters that effectively conveyed powerful messages on HIV/AIDS awareness, prevention, early detection, and compassionate care. Their creativity, clarity of message, discipline, and confident presentation captured the attention of the public as well as the judging panel. The rally stood out for its innovative visual displays, meaningful slogans, and strong social message, reflecting the students'

deep understanding of public health responsibility and community service. The collective effort, dedication, and meticulous planning of the students resulted in a remarkable and impactful performance.

In recognition of their outstanding effort and excellence, Amala College of Nursing proudly secured the First Prize among all participating institutions in Thrissur district. The prestigious award was graciously presented by the Honorable District Collector, Shri Arjun Pandian, IAS, marking a moment of great pride and honor for the institution.

This triumphant achievement not only highlights the students' creativity and teamwork but also brings significant recognition to Amala College of Nursing for its active role in health promotion and community awareness.

The resounding success of this event stands as a shining testament to the power of youth, unity, and nursing leadership in transforming awareness into action and inspiring a healthier, stigma-free society.



Balanced Bites, Brighter Smiles: Anganwadi Nutritional Programme

A Nutritional Programme was successfully conducted at Mundur Anganwadi on 15 December 2025 by the 5th Semester Nursing students and Department of Community Nursing with the aim of promoting healthy nutrition practices among pregnant women, lactating mothers, and children.

The programme focused on creating awareness about the importance of a balanced diet during pregnancy and early childhood, emphasizing the prevention of anemia, low birth weight, and malnutrition. The students highlighted the use of locally available nutritious foods such as green leafy vegetables, fruits, pulses, eggs, and milk.

Interactive teaching sessions were organized on maternal nutrition, infant and young child feeding practices, hygiene, and safe food preparation. The importance of utilizing supplementary nutrition services provided through Anganwadi centers and regular growth monitoring of children was also explained.

The programme received active participation from the beneficiaries and was successful in enhancing awareness on nutrition. The initiative reflected the students' commitment to community health promotion and strengthening maternal and child health services at the grassroots level.



Care Beyond Treatment: Nutrition for TB Warriors

On 18th December 5th Semester B.Sc. Nursing students, as part of the Community Health Nursing Department, participated in a Nutritional Support Programme at the District TB Centre, Thrissur.

The programme emphasized the importance of adequate nutrition in TB management, highlighted

Nikshay Poshan Yojana, and provided health education on affordable nutritious diets. The activity enhanced students' understanding of community-based TB care and patient counseling.



Exploring Excellence in Care– Visit by Valluvanad Institute of Nursing Science

The observation visit was carried out at Amala College of Nursing, Thrissur, where students and faculty from Valluvanad Institute of Nursing Sciences participated in an academic observation program. The session was conducted in a well-equipped hall with adequate seating, lighting, and ventilation, providing a comfortable learning environment.

During the visit, students were oriented to academic practices, institutional standards, and professional values upheld in nursing education. The interaction reflected a disciplined and organized academic atmosphere. Faculty members

guided the students and emphasized the importance of professionalism, ethics, and quality education in nursing practice.

Students actively participated in the session, demonstrating interest and attentiveness. The visit provided exposure to the educational standards and institutional functioning followed by Valluvanad Institute of Nursing Sciences. A geotag photograph was taken during the visit to authenticate the location, date, and time of the observation visit.



STUDENT ACHIEVEMENTS

Leadership beyond the classroom

Warm congratulations to Mr. Yatin Varghese, VII Semester B.Sc. Nursing student of Amala College of Nursing, Thrissur, on being elected as the Zonal Chairperson, North-East Zone, Student Nurses

Association (SNA). His accomplishment showcases initiative and professional commitment, bringing pride to the entire college community.



Quiz Pulse: Inter Nursing College Quiz Competition winners

Amala College of Nursing takes immense pride in congratulating Ms. Aparna P and Ms. Geethu Aloysius of the 2022 batch for their remarkable achievement in the Inter Nursing College Quiz Competition organized by Govemmem Nursing College, Thrissur.

The competition witnessed enthusiastic participation from students of various nursing colleges, testing their knowledge, critical thinking, and quick decision-making skills in the field of nursing and healthcare. Ms. Aparna P and Ms.

Geethu Aloysius demonstrated exceptional academic excellence, teamwork, and confidence throughout the competition, earning them the winner's position.

Their achievement brings great honor to Amala College of Nursing and reflects the institution's commitment to academic excellence and holistic student development. The college community extends heartfelt congratulations to the winners and wishes them continued success in their future academic and professional endeavors.



Participation in National Conference E-Poster Competition

Students of Amala College of Nursing participated in a National Conference organized by Velammal School and College of Nursing on 20 December 2025. The conference was conducted under the theme “Fostering a Therapeutic Milieu: Sustaining Zeal.”

As part of the conference, an E-Poster Competition was held with the sub-theme “Beyond the Bedside – The Nurse’s Role in Therapeutic Milieu.” Ms. Esther Biju and Ms. Vinaya K. F, students of Amala College of Nursing, actively participated and

presented their e-posters effectively, reflecting creativity, critical thinking, and professional nursing values.

Both participants were awarded Certificates of Appreciation in recognition of their participation. The event provided an excellent platform for academic exchange, enhanced digital presentation skills, and promoted professional development among nursing students.



FACULTY CORNER

IQAC Meeting at Amala Boulevard Reinforces Commitment to Quality Enhancement

The Internal Quality Assurance Cell (IQAC) meeting was held on 8 December 2025 at Amala Boulevard under the direction of Rev. Fr. Julious Arackal CMI. The meeting focused on reviewing academic and administrative activities and strengthening quality initiatives to enhance institutional standards.

Key discussions included improvement of teaching–learning processes, promotion of research and extension activities, effective documentation, and alignment with national quality benchmarks. The meeting concluded with clear action plans, reaffirming the institution's commitment to continuous quality enhancement and excellence.



National Workshop on Systematic Review & Meta-Analysis

The Department of Obstetrics & Gynaecology Nursing and Child Health Nursing, Amala College of Nursing (ACON), organised a National Workshop on “Systematic Review & Meta-Analysis” titled “Meta Minds: Synthesising Science, Strengthening Care” on 12 December 2025 at the Amala Digital Education Centre, Fr. Gabriel Central Library, Thrissur.

The workshop aimed to enhance research skills and promote evidence-based nursing practice among faculty members and students. The sessions were led by Dr. Ramesh C, PhD, Professor and Head,

Department of Medical Surgical Nursing, Shri. Ramachandra Faculty of Nursing, Chennai. He provided comprehensive insights into the methodology of systematic reviews and meta-analysis and their application in healthcare research.

The programme witnessed active participation and positive feedback, reflecting its effectiveness in strengthening research competence and academic excellence at Amala College of Nursing.



MSc Nursing 1st Year Nursing Research Problem Presentation

The Nursing Research Problem Presentation for MSc Nursing 1st year students was conducted on 18th December at 2:00 pm in the Boulevard. The session provided a platform for students to present and discuss selected research problems relevant to nursing practice, education, and community health.

Students actively participated by presenting well-structured research problems, highlighting their significance, objectives, and scope. The

presentation encouraged critical thinking, academic discussion, and faculty guidance, thereby strengthening students' research orientation and analytical skills.

The programme was informative and academically enriching, contributing positively to the development of research competencies among first-year MSc Nursing students.



FACULTY ACHIVEMENTS

National Level Scientific E-Poster Presentation

Baby Memorial College of Nursing, Kozhikode, conducted a National Level Scientific E-Poster Presentation on 20th December 2025. Mrs. Shilpa James participated in the PhD category and

received a Certificate of Appreciation for her contribution. The event promoted research excellence and academic growth in nursing.



The Thrissur Archdiocesan Pastoral Council Award 2025

The Thrissur Archdiocesan Pastoral Council Award 2025 was conferred upon Dr. Linda Varghese, Professor, Department of Obstetrics and Gynaecology, in recognition of her remarkable PhD achievement. The honour reflects her dedication, perseverance, and commitment to academic excellence.

This achievement is a proud and inspiring moment for the institution and the academic community. Heartfelt congratulations to Dr. Linda Varghese, wishing her continued success and blessings in her future endeavors.



Celebrating Doctoral Excellence

Amala Institute of Medical Sciences, Thrissur, proudly celebrates the outstanding academic accomplishments of two distinguished scholars who have been awarded the Doctor of Philosophy (PhD), bringing great honour to their institutions.

Fr. Dr. Antony Mannummel CMI, Associate Director, Amala Institute of Medical Sciences, has been conferred a PhD for his research on the entrepreneurial development of women entrepreneurs through digital marketing strategies, with special reference to MSMEs in Ernakulam district. His scholarly work highlights the vital role of digital innovation in empowering women-led enterprises and strengthening their sustainability. This achievement reflects his academic dedication, commitment to socially relevant research, and reinforces Amala's vision of excellence in

academics, leadership, and service to society.

Dr. Chanlin Chacko, Professor and Head of the Department of Child Health Nursing, has been awarded her PhD by the Kerala University of Health Sciences (KUHS). Her achievement stands as a testament to her dedicated research, academic brilliance, and unwavering commitment to the growth of nursing education. This proud milestone brings great honour to the institution and serves as an inspiration to colleagues and students alike.

The Amala community extends warm congratulations to Fr. Dr. Antony Mannummel CMI and Dr. Chanlin Chacko, with best wishes for many more accomplishments in the years ahead.



Professional Certificate Programme in Forensic Nursing

Ms. Jincy Johnson M, Lecturer, Department of Obstetrics and Gynaecological Nursing, Amala College of Nursing, Thrissur, successfully completed the Certificate Course in Forensic Nursing organized by the Glorious International Nursing Research and Academic (GINRA) Foundation in association with Adichunchanagiri College of Nursing, Adichunchanagiri University, Karnataka.

course was conducted from 8th to 18th December 2025 and focused on enhancing knowledge and competencies in forensic nursing practice. This achievement reflects her commitment to professional development and academic excellence.

BIRTHDAY STARS

FACULTIES



Mrs. Bincy A. P.
Associate Professor
Dept. of Mental Health Nursing



Ms. Lakshmi M.
Professor
Dept. of Community Health Nursing

STUDENTS



Agin Jeevan



Reejal Jose



Santo P. T.



Amala Therese Saju



Thasnim P. S.



Jestin M. D.



Cinta Ann



Ciya Rose



Ann Mariya Robert



Bisna Joseph



Merin Roy



Akhila Benny



Anaswara T. Pillai



Dayona Roy



Neha Biju



Aleena Peter



Angeleena Mariya



Sreenandhana M. P.



Ashna Mariya Siby

HAPPY FEAST DAY



Sheela C. D. (Sr. Grace Maria)
Assistant Professor
Dept. of Child Health Nursing



Dr. Molly John (Sr. Merly John)
Professor, HOD
Dept. of Community Health Nursing



RESEARCH CLUB ACTIVITIES

Journal Club Presentation–Samvad Manchika

As part of academic enrichment activities, a Journal Club Presentation – Samvad Manchika was conducted at Amala College of Nursing on 16 December 2025, from 12.00 noon to 1.00 p.m. at Amala Boulevard. The programme aimed to promote critical appraisal of research and evidence-based nursing practice among faculty members and postgraduate students.

The session featured a presentation on “Music intervention during non-stress test and its effects on maternal anxiety, maternal vital signs and fetal parameters:

A quasi-experimental study.” The paper was presented by Mrs. Laya P K, Lecturer, Department of Obstetrics & Gynaecology Nursing, Amala College of Nursing.

The presentation stimulated scholarly discussion and enhanced participants’ understanding of non-pharmacological interventions in maternal care. Faculty members and M.Sc. Nursing students actively participated, making the session academically enriching and informative.



Igniting Minds: Research Empowerment Programme

The Research Empowerment Program on Sample Size Calculation was organized by the Amala College of Nursing Research Cell (CARDN) and Library at Lecture Hall IV, Amala College of Nursing, on 30 December 2025 from 11.00am to 1.00pm. The program was conducted for Seventh Semester B.Sc Nursing (2022 batch) and First Year M.Sc Nursing students (2025 batch) with the objective of enhancing research knowledge and statistical understanding. The session was led by Mr. Vidhu M. Joshy, Biostatistician from the Amala Integrated Medical Research Department, Amala Institute of Medical Sciences, who explained the concept,

importance, and methods of sample size calculation in research studies. He emphasized the role of appropriate sample size in ensuring validity, reliability, and accuracy of research findings and discussed common errors in sample size determination with relevant examples from nursing research. The session was interactive and informative, enabling participants to clarify doubts and develop confidence in applying sample size calculation in their future research work, thereby contributing to the overall research empowerment of nursing students.

Research Publications

Title of the study	Authors	Journal	Edition
Life beyond surgery: comparing quality of life after breast conservation and modified radical mastectomy at a selected tertiary care hospital, Thrissur.	Molly Thomas Prof. Dr. Rajee Reghunath Prof. Lakshmi G.	PUB0106 Galore International Journal of Health Sciences and Research	Oct–Dec 2025 2456–9321
A pilot study to assess the quality of life among patients with breast cancer undergoing surgery and chemotherapy treatment at a tertiary care hospital, Thrissur, India.	Molly Thomas Dr. Rajee Reghunath Prof. Lakshmi G.	PUB0107 International Journal of Innovative Science and Research Technology	December 2025 2456–2165
Feto-maternal outcomes among overweight and obese pregnant women in a medical college hospital, Kerala: an initial assessment.	Mahima Johny Linda Varghese	PUB0108 Journal of Advanced Health Research & Clinical Medicine	July–December 2025

Upcoming Events

- National Youth Day – 12 January
- College Sports Meet – Drona 2k26-23 January
- International Education Day- 24 January
- National Voters Day- 25 January
- Republic Day – 26 January

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



**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).**

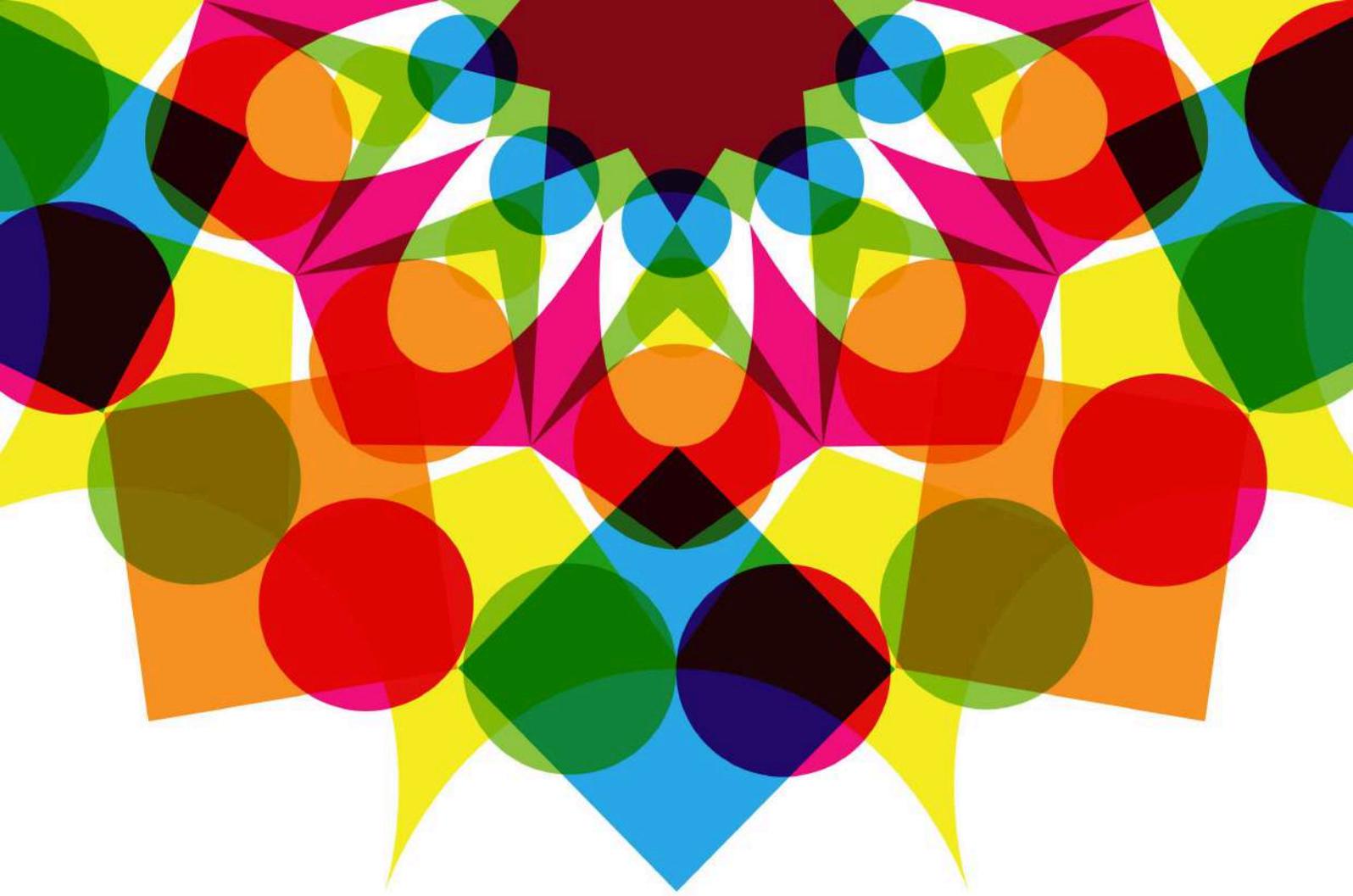
**The first Nursing College with NAAC A-Grade in the first cycle and A
Grade for Kerala University of Health Sciences Quality Assessment.
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