

KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING
(SNA UNIT)

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Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING (SNA Unit)



Prepared by: MAGAZINE COMMITTEE

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(2023 Batch)



Ms. Elizabeth Thomas
(2023 Batch)



Ms. Ann Mariya Davis
(2022 Batch)



Ms. Akhila Benny
(2022 Batch)

THIS MONTH HIGHLIGHTS

- National Deworming Day
- World Cancer Day
- Recreational Tour to Goa and Dandeli by 2021 Batch
- Recreational Tour to Coorg & Chikmangalur by 2022 Batch
- Academic Visit by Government College of Nursing, Thrissur
- Professional Development Program on Teamwork
- Health Education Programme in Community: Coronary Artery Disease (CAD)
- Students Quality Assurance Cell (SQAC) Meeting
- PhD Mock Presentation
- Celebrating Academic Excellence of BSc Nursing 2024 Batch
- Congratulations to BSc Nursing 2022 Batch – Sixth Semester Results
- First Prize – Best Innovation Award at Protosynth
- Research Workshop – Inter Department Meeting
- Zumba – Rhythm for wellness
- Add-on Course : Principles of Counselling
- Institutional Review Board Meeting
- Honouring Prof. Dr. Rajee Reghunath for his contributions in Nursing
- Exam Grievance Redressal Meeting
- Institution Innovation Council Meeting
- Library Committee Meeting
- Farewell to Ms. Pushpa
- KUHS QAS A+ Accreditation Achievement
- Birthday Stars
- Echoes of Excellence
- Journal Club Presentation- Samvad Manchika : Postpartum Care

Monthly Activities



National Deworming Day

National Deworming Day observed on February 10, 2026, with a series of informative and engaging activities aimed at promoting child health and hygiene. The program was organized in association with the Department of Child Health Nursing and the Internal Quality Assurance Cell (IQAC), and was coordinated by the 5th semester B.Sc. Nursing students (2023 batch).

The theme of the event, "Worm-Free Kids, Brighter Futures", emphasized the importance of eliminating intestinal worm infections among children and contributing to the vision of a "Krimi Mukh Bharat." The initiative highlighted the role of awareness and preventive care in ensuring better growth and development in children.

The day's events began with a theme presentation at 8:00 AM, where students

discussed the causes, prevention, and impact of worm infestations on child health. The session helped enhance understanding of deworming practices and their significance in community health.

In the afternoon, a role play was conducted at 2:00 PM in the pediatric ward. The interactive performance effectively conveyed key messages about hygiene, sanitation, and timely deworming, making it easier for children and caregivers to understand the importance of preventive measures.

The program witnessed active participation and enthusiastic involvement from students and faculty members. Through this initiative, Amala College of Nursing reaffirmed its commitment to community health promotion and the development of responsible healthcare professionals.



World Cancer Day

Amala College of Nursing, in association with the Department of Community Health Nursing, IQAC, and AROKAH, observed World Cancer Day on February 4, 2026, with a series of meaningful and awareness-oriented programmes conducted both on campus and at FHC Mundur. The event aimed to promote cancer awareness and encourage preventive practices among the community.

The programme commenced with engaging activities at the college, including a theme presentation and a slogan writing competition titled "Write to Fight Cancer." Students actively participated, showcasing their creativity and knowledge about cancer prevention and early detection.

At FHC Mundur, health awareness sessions

were conducted focusing on major cancers such as lung cancer, breast cancer, and cervical cancer. The sessions emphasized risk factors, early signs, screening methods, and lifestyle modifications to reduce cancer incidence. The awareness initiative successfully reached members of the community and enhanced their understanding of the disease.

A vibrant flash mob was also organized as part of the campaign, attracting public attention and effectively delivering messages of hope, unity, and strength in the fight against cancer. The observance concluded with a strong message of solidarity: "You are not alone in your fight against cancer. We are all together." The programme was a great success, reflecting the institution's commitment to community health promotion and cancer awareness.



Moments beyond Miles:

A recreational college tour to Goa and Dandeli from Amala College of Nursing 2021 batch

The BSc Nursing 2021 batch enjoyed a recreational tour to Goa on 17th February. The trip provided a refreshing break, allowing students to relax and spend quality time together.

Students explored beaches, visited attractions, and shared joyful moments, making the tour memorable. The journey was well-organized and ensured the safety and comfort of all participants.

The Institution appreciates the enthusiasm and cooperation of the students.



Recreational Tour to Coorg + Chikmangalur

- BSc Nursing 2022 Batch

The BSc Nursing 2022 batch enjoyed a recreational tour to Coorg and Chikmagalur on 18th January. The trip offered a refreshing break, allowing students to relax and bond with each other.

Students explored scenic spots and spent

enjoyable moments together, making the tour memorable. The journey was well-organized, ensuring the safety and comfort of all participants.

The Institution appreciates the enthusiasm and cooperation of the students.



EDUCATIONAL ACTIVITIES

ACADEMIC VISIT BY

GOVERNMENT COLLEGE OF NURSING THRISSUR

Amala College of Nursing had the privilege of hosting students and faculty from Government College of Nursing, Thrissur, on February 27, 2026, as part of an academic exposure visit. The program aimed to promote knowledge exchange, institutional collaboration, and experiential learning among nursing professionals.

The visiting team was warmly welcomed by the faculty and students of Amala College of Nursing. An introductory session provided an overview of the institution, its academic programs, clinical training facilities, and achievements in nursing education.

During the visit, the delegates were taken on a guided tour of the campus, including various departments, laboratories, and clinical skill units. The visitors were given an opportunity to observe the teaching-learning environment

and interact with faculty members and students, fostering a spirit of mutual learning and professional bonding.

Interactive sessions and discussions were held, allowing both institutions to share insights on academic practices, clinical exposure, and research activities. The exchange of ideas contributed to broadening perspectives and strengthening professional relationships.

The visit concluded on a positive note, with both institutions expressing their appreciation for the opportunity to collaborate and learn from each other. Such initiatives continue to enhance academic excellence and encourage the development of competent and compassionate nursing professionals.



Professional Development Program on Teamwork

College organized a Professional Development and Administrative Training Program on February 5, 2026, at Amala Boulevard, focusing on the theme of teamwork and collaborative practice in healthcare settings.

The session was led by Dr. Jomon Jose M., Post-Doctoral Fellow, Associate Professor, and Research Supervisor at Sahridaya Institute of Management Studies, Thrissur. As the expert speaker, Dr. Jomon delivered an insightful and engaging talk highlighting the significance of teamwork in enhancing organizational efficiency, leadership, and patient care outcomes.

The program emphasized the role of effective communication, coordination, and mutual respect among healthcare professionals.

Through practical examples and interactive discussion, participants gained a deeper understanding of how teamwork contributes to improved decision-making and a positive work environment.

Faculty members and students actively participated in the session, making it a dynamic platform for learning and professional growth. The training program reinforced the importance of administrative skills and interpersonal collaboration in the nursing profession.

The Initiative reflects the institution's continued commitment to equipping its students and staff with essential competencies required for excellence in healthcare delivery and management.



Add-on Course: PRINCIPLES OF COUNSELLING

An add-on course on “Principles of Counseling” was organized by the Department of Mental Health Nursing, Amala College of Nursing, on February 7, 2026, at 2:00 pm in Lecture Hall 3. The programme was conducted for the 5th Semester B.Sc. Nursing (2023 Batch) students with the objective of enhancing their understanding of counseling concepts and skills essential in clinical practice.

The session was led by the expert speaker, Dr. Sr. Nancy, Clinical Psychologist from Amala Institute of Medical Sciences, Thrissur. She delivered an insightful and engaging lecture covering the fundamental principles of counseling, therapeutic communication, and

the role of nurses in providing psychological support to patients.

The session emphasized the importance of empathy, active listening, confidentiality, and professional boundaries in counseling practice. Real-life examples and interactive discussions helped students gain practical knowledge and improved their confidence in handling patient interactions effectively.

The programme was highly informative and beneficial, equipping students with essential counseling skills that can be applied in their future nursing practice. The session concluded with positive feedback from participants, highlighting the relevance and usefulness of the course.

Health Awareness Programme



Health Education Programme in Community: Coronary Artery Disease(CAD)

A Health Education Programme on *Coronary Artery Disease (CAD)* was organized by the Department of Community Health Nursing, Amala College of Nursing, Thrissur, on February 19, 2026, at Ward 10, Peramangalam. The programme aimed to create awareness among the community regarding the prevention and management of coronary artery disease.

The session focused on educating the public about the causes, risk factors, signs and symptoms, and complications of CAD. Special emphasis was given to lifestyle modifications such as maintaining a healthy diet, regular physical activity, stress management, and avoidance of smoking

and alcohol consumption.

The programme also highlighted the importance of early detection and regular health check-ups in preventing severe cardiac complications. Visual aids and simple explanations were used to ensure better understanding among the participants.

The initiative received active participation from the community, and the session proved to be informative and beneficial. The programme successfully enhanced awareness and encouraged individuals to adopt heart-healthy practices, reflecting the institution's commitment to community health promotion.



Students Quality Assurance Cell (SQAC) Meeting

The Student Quality Assurance Cell (SQAC) meeting was held on 7th February at Boulevard to review and enhance the quality initiatives within the institution. The meeting brought together student representatives and faculty coordinators to discuss ongoing

activities and areas for improvement.

Key discussions focused on strengthening student participation in quality assurance processes, addressing academic and campus-related concerns, and planning future initiatives. Suggestions were shared to improve institutional standards and student support systems. The meeting concluded with a collaborative approach towards maintaining and enhancing quality in all aspects of the institution.



PhD Mock Presentation

A PhD Mock Presentation was conducted on 19th February at Boulevard, providing research scholars an opportunity to rehearse and refine their doctoral presentations. The session aimed to enhance presentation skills, clarity of research concepts, and overall academic confidence.

During the program, participants presented their research work before a panel of faculty members, who offered constructive feedback on content organization, methodology, and delivery. Valuable suggestions were given to improve scientific rigor and presentation techniques. The session concluded with encouraging remarks, motivating scholars to strengthen their work ahead of their final PhD presentations.

Student Academic Achievements



Celebrating Academic Excellence – BSc Nursing 2024 Batch

The College proudly congratulates the 2024 batch of BSc Nursing students for their outstanding performance in the Second Semester University Examinations. The results reflect the dedication, perseverance, and academic commitment of the students, as well as the continuous guidance and support provided by the faculty.

A remarkable achievement of 37 distinctions stands as a testament to the high academic standards maintained by the institution. This

success highlights the students’ hard work and their determination to excel in the field of nursing education.

The management, principal, and faculty members extend their heartfelt appreciation and best wishes to all the students for their future endeavors. May they continue to achieve greater milestones and uphold the values of the nursing profession with excellence and compassion.

Distinction holders



Praisya Shaji



Sneha Maria Soji



Neha Biju



Ayisha Sherin M.



Anitta Mariya G.



Saniya Sabu



Jess Maria Geo



Dayona Roy



Angel N.



Nandha S. P.



Sona George



Gayathri R.



Sania Wilson



Aleena Mathew



Nandhana P S.



Sivarenjini K. R.



Aleena Rosmin



Ann Rita Josephine



Sreelakshmi A.



Godsiya Joseph



Annie Rajesh



Christina Sunil



Aleena Peter



Ananya Elsa Shibu



Leenmol K. T.



Ashna Mariya
Siby



Krupa Elsa Binu



Chaithanya
Alphonsa Joseph



Crystal Benny



Kaini Siby
Eattathottu



Ashna Mariya
Siby



Ann Maria M
Thomas



Cinta Martin



Nimmy Sunil



Sanvi V. J.



Ashna Mariya
Siby



Nayana Joice

Congratulations to BSc Nursing 2022 Batch – Sixth Semester Results

The College proudly extends its heartfelt congratulations to the BSc Nursing 2022 batch for their commendable performance in the Sixth Semester University Examinations. The results reflect the students' consistent dedication, hard work, and commitment to academic excellence.

The successful outcome is a result of the combined efforts of the students and the continuous guidance and support provided

by the faculty. Their perseverance and determination have played a significant role in achieving this milestone.

The management, principal, and faculty members convey their best wishes to the students for their upcoming academic and professional journey. May they continue to excel and bring pride to the institution through their achievements and service in the healthcare field.



Distinction holders



Sana P Jayan



Ann Mariya Davis



Shelby K Babu



Arya M Arun



Raichal Saji



Shaiha
Ahammed Kutty



Geethu Aloysius

Congratulations...

Amala College of Nursing



First Prize – Best Innovation Award at Protosynth

Amala College of Nursing, Thrissur, has brought great pride to the institution by securing the First Prize for the Best Innovation Award at Protosynth, a state-level inter-college Idea to Prototype Buildathon hosted by METS College of Engineering.

The achievement highlights the innovative thinking, creativity, and interdisciplinary collaboration of the participants. Competing against various institutions, the team from Amala College of Nursing demonstrated exceptional skills in transforming ideas into practical and impactful prototypes, earning top recognition at the prestigious event.

The success reflects the institution's strong emphasis on fostering innovation, research

aptitude, and problem-solving abilities among students. The guidance and support provided by faculty members played a crucial role in mentoring the team throughout the competition.

This remarkable accomplishment stands as a testament to the commitment of Amala College of Nursing in promoting academic excellence beyond conventional learning, encouraging students to explore innovative solutions in healthcare and related fields.

The management, faculty, and students congratulated the winners for their outstanding achievement, which adds another milestone to the institution's growing list of accolades.

FACULTY CORNER



Research Workshop – Inter Department Meeting

An Inter Department Meeting for the Research Workshop was held on 3rd February at the Conference Hall. The meeting brought together faculty members from various departments to coordinate and plan the upcoming research workshop.

Discussions focused on finalizing the workshop agenda, resource persons, and departmental responsibilities. Emphasis was placed on promoting interdisciplinary collaboration and enhancing research skills among participants. The session concluded with clear task allocation and a shared commitment to ensuring the successful conduct of the research workshop.

Faculty Wellness and Welfare

Zumba – Rhythm for wellness

As part of the staff welfare initiatives at Amala College of Nursing, a lively Zumba dance session was organized exclusively for the staff. The session provided a refreshing break from routine responsibilities, encouraging physical fitness, stress relief, and emotional well-being.

Filled with vibrant music and energetic movements, the session witnessed enthusiastic participation from staff members, creating an atmosphere of joy, unity, and positivity. It served as a wonderful reminder of the importance of self-care and holistic wellness among caregivers.



Institutional Review Board Meeting

An Institutional Review Board (IRB) meeting was held on 7th February at 11:00 a.m. at Boulevard to review and discuss research proposals submitted by faculty and postgraduate students. The meeting focused on ensuring that all proposed studies met the required ethical standards for the protection of participants and the integrity of research. During the session, members evaluated the scientific merit, participant safety

measures, informed consent procedures, and confidentiality aspects of each proposal. Constructive suggestions were offered to strengthen the studies, and approval decisions were made based on compliance with institutional ethical guidelines. The meeting concluded with a commitment to uphold responsible and ethical research practices within the institution.



Honouring Prof. Dr. Rajee Reghunath for his contributions in Nursing

As part of the Seventh Dr. S. Thanikachalam Endowment Oration in Nursing, the institution had the proud privilege of honouring our esteemed Principal, Prof. Dr. Rajee Reghunath, for his exemplary contributions to nursing education and leadership in the healthcare sector.

The honour served as a moment of pride and inspiration for students and faculty alike, reinforcing the values of leadership, service, and innovation in the field of nursing.

Prof. Dr. Rajee Reghunath, who also served as the keynote speaker for the oration, was felicitated in recognition of his dedication to academic excellence, commitment to nurturing future nursing professionals, and significant role in advancing clinical and educational practices.

The felicitation ceremony was marked by the presentation of a memento and words of appreciation from the dignitaries. The gathering acknowledged his Inspiring journey and his continued efforts in shaping the standards of nursing education both nationally and internationally.





Exam Grievance Redressal Meeting

An Exam Grievance Redressal Meeting was held on 3rd February at 11:00 AM in the Principal's Office. The meeting was attended by Principal Prof. Dr. Rajee Reghunath, Vice Principal Sr. Litha Lizbeth, and faculty members.

Key examination-related concerns, including evaluation and mark discrepancies, were discussed. The Principal emphasized

transparency in the assessment process, while the Vice Principal ensured all issues were noted and addressed. Faculty members provided clarifications and assured adherence to evaluation standards.

The meeting concluded with a commitment to review genuine concerns and strengthen the examination system.



Institution Innovation Council Meeting

The Institution Innovation Council (IIC) meeting was held on 26th February at 3:00 p.m. in the Conference Hall. The session was attended by the Principal, Prof. Dr. Rajee Reghunath, along with council members and

faculty representatives, to discuss initiatives promoting innovation and entrepreneurship within the institution.

The meeting focused on planning upcoming

activities, encouraging student participation in innovation-driven projects, and strengthening the institution's entrepreneurial ecosystem. Key ideas and strategies were shared to enhance creativity, research, and

collaboration among students and staff. The session concluded with a clear roadmap for future IIC activities and active engagement from all members.



Library Committee Meeting

The Library Committee Meeting of Amala College of Nursing was convened on February 7, 2026, at Amala Boulevard, with the objective of reviewing and strengthening the library services and resources available to students and faculty.

The meeting was attended by committee members, including faculty representatives and library staff, who actively participated in the discussions. The session focused on evaluating the current library facilities, availability of academic resources, and the effective utilization of digital and print materials.

Key agenda points included the expansion of the library collection with updated textbooks and journals, enhancement of e-resources, and strategies to promote reading habits

among students. The committee also discussed the need for improved accessibility to online databases and the incorporation of modern technologies to support research and learning. Suggestions were put forward to organize orientation programs for students on effective library usage and to conduct regular updates on newly available resources. Emphasis was placed on creating a learner-friendly environment that encourages academic excellence and research engagement.

The meeting concluded with a clear action plan aimed at improving the quality and accessibility of library services. The initiative reflects the institution's ongoing commitment to providing a supportive academic environment and fostering a culture of continuous learning.



Farewell to Ms. Pushpa

A heartfelt farewell was organized on 2nd February to honor Ms. Pushpa, a dedicated non-teaching staff member, for her long and committed service to the institution.

The event was marked by warm wishes and expressions of gratitude from colleagues

and students, acknowledging her valuable contributions over the years.

The institution extends its sincere thanks to Ms. Pushpa and wishes her happiness and success in her future endeavors.

Institutional Achievements

KUHS QAS A+ ACCREDITATION ACHIEVEMENT

Amala College of Nursing, Thrissur, has achieved a remarkable milestone by securing an A+ grade in the Quality Assurance Score (QAS) awarded by the Kerala University of Health Sciences (KUHS), with an outstanding score of 990 out of 1000. This prestigious recognition reflects the institution's unwavering commitment to excellence in nursing education, academic quality, and holistic development.

The achievement highlights the dedicated efforts of the management, faculty, and

students in maintaining high standards in teaching, clinical practice, research, and community engagement. The accreditation process evaluated multiple domains including curriculum delivery, infrastructure, student support systems, and institutional governance, in which the college excelled significantly.

This accomplishment stands as a testament to the continuous quality improvement initiatives undertaken by the institution and its focus on delivering competent and compassionate



healthcare professionals. The recognition further strengthens the reputation of Amala College of Nursing as a leading center for nursing education in the region.

The institution celebrated this success

with pride, acknowledging the collective teamwork and perseverance that led to this achievement. The milestone serves as an inspiration to continue striving for higher standards and sustaining excellence in the field of nursing education.

BIRTHDAY STARS



Dr. Chalin Chacko
Professor
Dept. of Child Health
Nursing



Mrs. Aneesha V. B
Professor
Dept. of Obstetrics
and Gynecological
Nursing



Mrs. Santhi N
Non teaching
faculty



Alumni Activities

ECHOES OF EXCELLENCE

The institution was delighted to welcome its alumni members for a special visit, fostering a strong connection between past and present students. The alumni generously contributed study materials and textbooks, supporting the academic growth of current students.

During the visit, interactive sessions were conducted where alumni shared their



experiences, insights, and professional journeys. The career guidance sessions proved highly beneficial, providing students with valuable direction and motivation for their future endeavors.

The Institution sincerely appreciates the continued support and involvement of its alumni in enriching the learning environment.



Research Club Activities

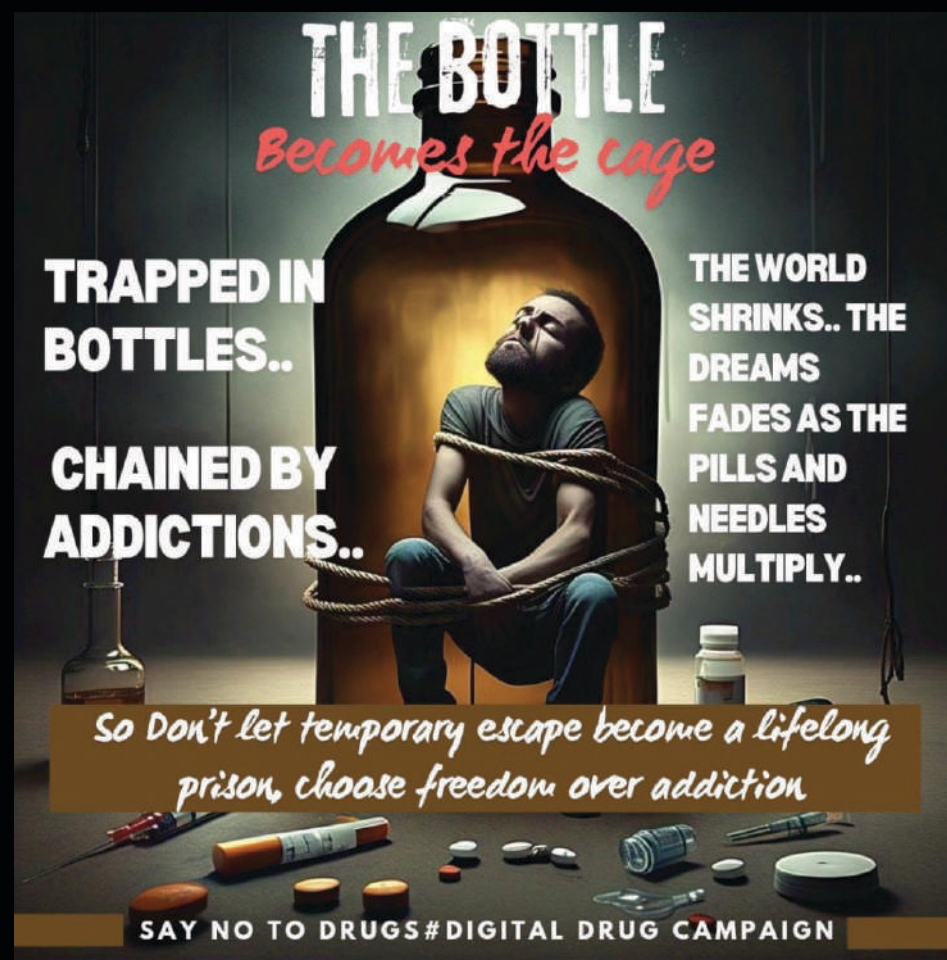


Journal Club Presentation- Samvad Manchika: Postpartum Care

Amala College of Nursing successfully organized a Journal Club Presentation titled "Samvad Manchika", bringing together faculty members and postgraduate nursing students for an engaging academic session. The program focused on advancing evidence-based nursing practices, particularly in maternal health. The presentation was delivered by Mrs. Bijini C. P., Lecturer in the Department of Obstetrics and Gynecology Nursing. Her session explored a quasi-experimental study examining the impact of four-square breathing techniques on postpartum mothers. The study investigated changes in after-labour pain, depression levels, and overall satisfaction following the intervention. Mrs. Bijini highlighted how structured breathing exercises can serve as a simple, non-pharmacological method to

improve both physical and psychological outcomes among new mothers. The session emphasized the importance of integrating such evidence-based interventions into routine nursing care to enhance maternal well-being.

The event, held on February 10 at 3:00 PM at Amala Boulevard, witnessed active participation from faculty and M.Sc. Nursing students. Attendees engaged in thoughtful discussions, reflecting on the study's methodology, findings, and its practical implications in clinical settings. The Journal Club continues to serve as a valuable platform for academic exchange, encouraging critical appraisal of research and fostering a culture of continuous learning among nursing professionals at the institution.



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.

Upcoming Events

- AV Aid Exhibition by 2023 batch – March 7
- International Women's Day – March 8
- World Kidney Day - March 12
- World Water Day – March 22
- World Tuberculosis Day – March 24



**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
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