



Amala
COLLEGE OF NURSING
ACCREDITED BY NANC WITH A GRADE

Amala College of Nursing (SNA)

KALEIDOS

MONTHLY NEWSLETTER



MARCH 2025

VOLUME 3

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*"Bold, beautiful,
unstoppable! She blooms
where she's planted and
her strength is her story"
Celebrating this year's
International Women's Day!!*

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2023 Batch



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2023 Batch

FACULTY CORNER

Message from Principal



Even though it is a 'Cleeshay', the best metaphor to represent campus life is Kaleidoscope. College life is always colorful and eventful. The size, shape, nature, structure and combination of this colours and events may vary significantly according to one's experience, vision, perspective, exposure, morals and philosophy of life. The role of an educational institution is to mould, reorient and discipline the unreal kaleidoscopic view to real life pictures with values and social commitment. Professional education is always hectic. We should find alternative activities which match with institutional policies and regulations to ventilate. This monthly news letter is the kaleidoscopic view of curricular, extra- curricular and co- curricular activities of Amala college of nursing. Wishing all the best for this news letter and thank all students and faculty behind this endeavor.

Dr. Rajee Reghunath
Principal,
Amala College of Nursing
DEAN, KUHS



She Inspires

As the world celebrates the international women's day, we honour your tireless efforts, your wisdom, and the warmth you bring into every classroom.

Thankyou for being the guiding light and for empowering the future generations to rise and shine!!

She Educates



MARCH HIGHLIGHTS



CHANGING MINDSETS

As part of the World Hearing Day , 2023 batch organized a theme presentation & captions writing competition on March 3rd 2025.



TAKE A STEP TOWARDS A HEALTHIER FUTURE

Obesity is more than just a number on the scale. It affects our health, our confidence, and our future.

As part of World Obesity Day, the 2024 batch shares a thoughtful message to raise awareness and encourage everyone to take steps toward preventing obesity on March 4th 2025.

EMPOWERING THE YOUTH



As part of the World Science Day, the Innovation Cell organised two programs. The Big Bang Quiz was conducted on 3rd March 2025. The competition concluded with Zephyrz emerging as the winner, followed by Derzelianz in second place and Razielianz in third.

Along with the quiz, there was also a Science Exhibition on March 4th, 2025. The science exhibition was filled with outstanding ideas, and every participant did exceptionally well. The evaluation was done by Principal, Professor Dr Rajee Reghunath along with a external faculty announced the winners. Hanna Merin Baby & Agin Jeevan from Razielianz won the first prize. Jesnal Bijoe & Angel Davis from Derzelianz got the second prize. Saniya Sabu & Saniya P E from Rovanzers got the third prize



THEME OF THE MONTH: GROWTH & AWARENESS

March is a time of transformation, both in nature and in our lives. Whether it's learning something new, taking care of your health, or advocating for a cause, this month is all about making positive changes.

WOMAN'S DAY, 2025 : "ACCELERATE ACTION"

On March 7th, International Women's Day was celebrated in Amala College of Nursing with great enthusiasm. Batch 2022 presented the theme. Lucky Draw was conducted. After an exciting lucky draw, Niya Mariya Varghese from 2021 batch was selected as the winner.

A captivating mime program was conducted by the 2023 batch at Amala Square. Along with the mime program, as a gesture of gratitude, the college management supplied essential items to the workcampus maintenance staff.



Anatomy Model Showcase



As with aim of unveiling the wonders of the human body Anatomy Model Presentation was conducted by 2024 batch on March 7th. Each model was impressive, with each one surpassing the other. The teamwork was evident in every creation. Among them, the cell structure and kidney model secured first place.

"Uniting for a Glaucoma-Free World"

The entire college enthusiastically celebrated Glaucoma Week(March 9th to 15th), engaging in various awareness activities. As part of the event, on March 12th, 2021 batch presented the theme of the day, highlighting the importance of early detection and prevention of glaucoma. Additionally, an eye photography competition was held, showcasing creative perspectives on vision and eye health. Aparna P & Aleena John from 2022 batch emerged in 1st place, earning well-deserved recognition for their outstanding photography skills.



RANG RAAZ

WORLD KIDNEY DAY

On March 13, World Kidney Day was celebrated with great enthusiasm. The 2024 batch presented the theme and highlighted the significance of maintaining kidney health. To make the event more engaging, a cartoon competition was organized, showcasing creativity and awareness. The winners were recognized and announced, adding to the excitement of the celebration.



THE ENTIRE COLLEGE CAME ALIVE WITH JOY AND EXCITEMENT AS HOLI WAS CELEBRATED ON MARCH 15TH, 2025. THE SNA OF AMALA COLLEGE OF NURSING TOOK CHARGE OF ORGANIZING THE EVENT, PLANNING A SERIES OF ENGAGING AND FUN-FILLED GAMES FOR BOTH STUDENTS AND TEACHERS. LAUGHTER AND CHEERS ECHOED THROUGHOUT THE CAMPUS AS EVERYONE PARTICIPATED IN THE FESTIVITIES. AS THE CELEBRATION REACHED ITS PEAK, THE ENTIRE COLLEGE SHIMMERED IN A DAZZLING DISPLAY OF COLORS, SYMBOLIZING UNITY, HAPPINESS, AND THE SPIRIT OF HOLI.

Immunization for All is Humanly Possible

During Immunization Week from March 16th to 22nd, Amala College of Nursing came alive with impactful activities. The 2022 batch took the lead, presenting the theme of the day with enthusiasm. On March 21st, they further engaged the audience through an informative pamphlet distribution and a compelling role play, spreading awareness about the importance of immunization.



ADDITIONAL KNOWLEDGE

MARCH IS NAMED AFTER MARS, THE ROMAN GOD OF WAR, AS IT WAS THE MONTH WHEN MILITARY CAMPAIGNS RESUMED AFTER WINTER.

World Down Syndrome Day

On March 21, World Down Syndrome Day was celebrated with great joy and enthusiasm. The 2022 batch took the stage with an inspiring presentation, shedding light on the theme of the day and raising awareness about Down syndrome. In addition to the presentation, they organized a drawing competition for the children in the ward, encouraging creativity and inclusivity. The event was a meaningful and engaging initiative, promoting awareness and support for individuals with Down syndrome.



WORLD WATER DAY: 'GLACIER PRESERVATION'

World Water Day was celebrated with great enthusiasm on March 22nd at Amala College of Nursing. The 2021 batch presented the theme of the day, highlighting the crucial role of water and the urgency of its conservation.

As a powerful gesture of commitment, students gathered in the reading area to take an oath, pledging to protect and cherish this precious resource. Adding a touch of creativity a poem competition was also held.

Elevating the occasion further, the traditional program 'Nirav' was inaugurated by the esteemed Principal, Dr. Rajee Reghunath. This initiative shed light on the profound importance of water for all living beings and reinforced the need for its conservation and responsible use.



The 4th Year results were announced on March 25, 2025, bringing a wave of celebration! Troizenz achieved a remarkable 100% with three distinctions, showcasing outstanding dedication and excellence.

WORLD BIPOLAR DAY

World Bipolar Day was celebrated on March 27th. The 2022 batch, in collaboration with the Psychiatry Department, organized a captivating skit to raise awareness and spark meaningful conversations.



FIRST AID MANAGEMENT

The 2024 batch made a powerful impact with their First Aid Management roleplay at the Amala Square! This engaging session brought crucial real-life emergencies to the spotlight, including dog bite, snake bite, drowning, food poisoning, and heat stroke. Through immersive roleplaying and hands-on learning, participants gained vital life-saving skills, making the event both educational and unforgettable!



WORLD TUBERCULOSIS DAY:

Yes! We Can End TB: Commit, Invest, Deliver



On March 24th, World Tuberculosis Day was celebrated with great enthusiasm. The 2022 batch proudly presented the theme of the day, highlighting the significance of the occasion. To mark the event, the District TB Centre organized a Rally Competition and a Skit Competition at Thrissur Town Hall. Demonstrating teamwork and dedication, the 2021 batch collaborated with the Community Nursing Department for the rally and secured an impressive 2nd place.



SPORTS

**ASTHRA 2K25:
UNLEASH THE GAME,
IGNITE THE GLORY!**





Asthra 2025, the much-anticipated annual sports day of Amala College of Nursing, was a grand celebration of athleticism, teamwork, and unyielding spirit. Held amidst roaring cheers and electrifying energy, the event brought together students from all batches to compete, collaborate, and showcase their skills.



From thrilling track races to intense team sports, each competition displayed the participants' dedication and determination. ZEPHYRZ, the 2021 Batch bagged the first prize in Sports Competition. Jesnal Bijoe(2023 batch) is the sports champion from boys and Aiswarya Shaji(2022 Batch) is the sports champion from girls.





KUDOS !!

*Here, we honor and appreciate those who
have bagged remarkable prizes this month...*



Mrs. Krishnaja M Unnikrishnan, Lecturer, ACON and Mrs. Aneesha V B, Professor, ACON, got recognition and award for their Thesis from Shri. C P Radhakrishnan, Hon'ble governor of Maharashtra on March 15, 2025



Ms Arathi P (2021 batch) Secured second place in poster competition conducted by dept of ophthalmology, AIMS as part of glaucoma week



Ms Anu Anto (2021 batch) Secured first prize and Ms Arathi P (2021 batch) secured third prize in poster competition conducted by dept of Nephrology, AIMS as part of world kidney day



Blessymol Thomas (2021 batch) won prize for best smile among 37 entries from Amala staff and students. The smiling competition was organised by department of dentistry and maxillofacial surgery as a part of Oral health day 2025



Geethu Aloshiyus (2022 batch) and Sneha Maria Soji (2024 batch) bagged second and third prize respectively in digital poster competition conducted by government nursing college Thrissur, as a part of world heart day



2021 Batch won 2nd prize in Rally competition conducted by District TB center as part of world TB day 2025

WOMAN'S DAY SPECIAL

Who is your Female Role Model!

Gentlemen's Edition



**-Mr Don Jose K
Associate professor**

My role model is not just one woman but the collective strength of all women.

Every woman embodies resilience, wisdom, and compassion, shaping the world in countless ways. From leaders to caregivers, warriors to innovators, they inspire me through their courage and perseverance, proving that womanhood itself is the greatest role model.



**-Abin Babu
2021 batch**

My Mother – The Role Model of My Life. A silent warrior who turned every struggle into strength. The one who taught me that love, sacrifice, and resilience define true beauty. She inspires me to face life with courage, to stand tall in every storm, and to carry kindness in my heart.



**-Santo P.T
2022 batch**

My Mom is my greatest role model, the one who teaches me that true strength lies in kindness and perseverance. Her love and sacrifices have shaped me, showing me the meaning of selflessness and resilience..



**-Anto Cristy
2024 batch**

Emma Watson inspires me with her advocacy for gender equality through the HeForShe campaign.

Her grace and dedication to creating positive change make her a true role model.



**-Donal T.D
2023 batch**

My Mother - For being my unextinguished lamp; strengthening my inner perseverance. Thanks of looking my back, when I wasn't



Monthly Capsule

Electric tricycles are a ticket to respect and prosperity for some rural women in Zimbabwe

In rural Zimbabwe, the introduction of electric tricycles has significantly transformed the lives of women by providing financial independence and enhancing their societal roles.

APRIL UPCOMING EVENTS

April 2- World Autism Awareness Day

April 7- World Health Day

April 11- World Parkinson's Day

April 17- World Hemophilia Day

April 21- World Creativity and Innovation Day

April 22- Earth Day

April 24- World Meningitis Day

April 25- World Malaria Day

April 28- World Day for Safety and Health at Work

April 29- International Dance Day



**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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