

PRESENTED BY

Magazine Committee

Our Team :



This month highlighed by:











Spreading Awareness, One Breath at a Time: World Asthma Day Observed

As part of World Asthma Day on May 2, 2025, a theme presentation was conducted during the morning assembly to raise awareness about asthma management and accessibility. The theme for this year, "Make Inhaled Treatments Accessible for ALL," emphasized the importance of equitable access to essential asthma medications and highlighted the global need to reduce disparities in respiratory care. The event aimed to educate students and staff on the significance of early intervention, proper use of inhalers, and support for those living with asthma.



Programs

Theme presentation
 Laughter Contest

send the photo of best laugh send before -8 may ,4:00pm Send to -9567370743

Oraganized by SNA



4 MAY 2025

"Laugh for health, peace and happiness "



Bursting with Joy: Laughter Day Spreads Smiles at Amala!

In celebration of World Laughter Day on May 4, 2025, Amala College of Nursing hosted a lively and heartwarming event organized by the Student Nurses' Association (SNA). The program featured a vibrant theme presentation and a Laughter Contest that invited students to capture and share their most joyful laughs. Among the many delightful entries, the team led by Saniya Sabu (Batch 2023) secured the 1st Prize. The 2nd Prize went to Sneha Tharakan (Batch 2021), while Neha (Batch 2021) claimed the 3rd Prize. The day reminded everyone that sometimes, the best therapy is simply a good laugh.





Saving Lives, One Drop at a Time : World Thalassemia Day

In observance of World Thalassemia Day on May 8th, the Student Nurses Association (SNA) in collaboration with the Adult Health Nursing department, featured a theme presentation and a slogan writing competition aimed at spreading awareness about the importance of blood donation for thalassemia patients. The slogan contest invites entries until May 10th, encouraging students to contribute their creativity in support of a life-saving cause.

Healing with Art and Heart: Amala Celebrates Nurse's Day with Passion and Creativity

Amala College of Nursing celebrated
Nurse's Day on 12/05/2025. The
celebration featured by Dr. Sunil
Moothedath, Professor at Amrita College
of Nursing, Kochi, as the Chief Guest. The
celebrations included a Faculty
Development Program focused on quality
improvement in nursing education. Fine
Arts club inauguration also conducted on
the same day. As a part of that a Handson-skill workshop was organized
exploring pencil drawing, cartooning, and
poster making, by Dr. Sunil Moothedath
highlighting the creative talents of the
participants.







Flash Mob Fights the "Drug Bug"

2023 Batch of Amala College of Nursing, in association with NSS and Vimukthi, organized a powerful flash mob followed by an anti-drug pledge as part of their awareness campaign on 23/05/2025. With the slogan "Drug is a Bug!", the event aimed to spread a strong message against substance abuse through music, movement, and unity.

Cracking the Code of Research: A Workshop to Remember

Amala College of Nursing, in collaboration with the Institution Innovation Council, Research Club, and IEDC, hosted an insightful Workshop on Research Methodology on 15th May 2025 at Amala Boulevard.



The session featured Dr. Jose
Vincent, Associate Professor from
the Department of Community
Medicine at Amala Institute of
Medical Sciences, Thrissur, as the
expert speaker. Students and
faculty alike were enriched by his
practical approach to research
design, igniting a fresh enthusiasm
for academic inquiry and
evidence-based practice.

A MOMENT TO REMEMBER: 2020 BATCH GRADUATED!!



In a heartwarming and long-awaited celebration, the graduation ceremony for the batch of 2020 was held on May 22, 2025. The event marked a joyous milestone for graduates, families, and faculty alike. The ceremony was filled with emotion, reflecting both the resilience of the batch and the pride of finally donning their caps and gowns. The event served as a powerful reminder that perseverance always pays off, no matter how long the journey.



തൂലിക 2025

SNA EDUCATIONAL & OFF STAGE ARTS FEST

SNA successfully conducted "Thoolika2025", a literary event held on May 19
and 29. The event featured a diverse
range of activities, including cartoon
drawing, essay writing, pencil drawing,
poem writing, story writing, on-the-spot
painting, extempore English, scientific
paper presentation, poster, health play,
quiz, floor decoration & face painting.









The events took place at various venues, including the Examination Hall, Amala Boulevard, Amala Auditorium, and Lecture Hall-3. Participants showcased their talents in multiple languages, including English, Hindi, and Malayalam.





EPS Has Came







RAISING VOICES FOR MENTAL HEALTH: AMALA OBSERVES WORLD SCHIZOPHRENIA DAY

On May 24, 2025, Amala College of Nursing marked World Schizophrenia Day with a thought-provoking theme presentation during the morning assembly, followed by a powerful skit performed by the 2022 batch at Amala Chapel. The event aimed to spread awareness, break the stigma surrounding schizophrenia, and emphasize the importance of mental health support and empathy in society.

INNOVATING THE FUTURE: AMALA COLLEGE CELEBRATES NATIONAL TECHNOLOGY DAY

Amala College of Nursing, in collaboration with the Institution's Innovation Council and IEDC Kerala Startup Mission, marked National Technology Day on May 11 with a vibrant showcase of creativity and innovation. The event featured engaging programs including a Theme Presentation and an Online Poster Competition, aimed at fostering a spirit of scientific curiosity and entrepreneurial thinking among students. The initiative, held under the banner of the Institutions Innovation Cell, reflected the college's commitment to integrating technology and education for a smarter tomorrow.



BREAK THE STIGMA

The Department of Obstetrics and **Gynecological Nursing at Amala** College of Nursing observed Menstrual Hygiene Day on 28 May 2025. The event, held under the "Together theme for #PeriodFriendlyWorld," aimed to raise awareness about menstrual health and break the stigma surrounding menstruation. Activities included theme presentation and an awareness programme that emphasized the importance of menstrual hygiene creating and supportive a environment for all menstruators.



Kick the Habit: Youth Unite Against Tobacco!



Nursing observed No Tobacco Day in association with Vimukthi and NSS, focusing on the theme "The Impact of the Tobacco Industry on Youth." The day began with a theme presentation during the morning assembly, where students creatively showcased the dangers of tobacco use and the manipulative strategies employed by the industry to influence youth. This was followed by an expert session in the afternoon by Mr. Shafeeg Yousaf. District Coordinator of the Vimukthi Mission, Department of Excise. Thrissur. Held at Lecture Hall II from 2:00 pm to 3:00 pm, the session provided valuable insights reinforced the importance of tobacco prevention among young people.

On May 31, 2025, Amala College of

NO TOBACCO DAY 2025





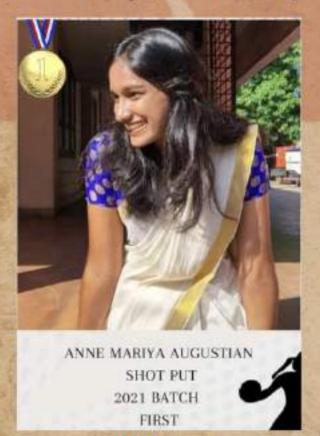


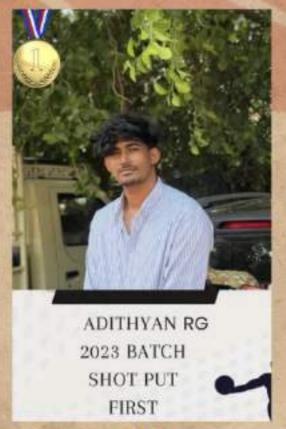




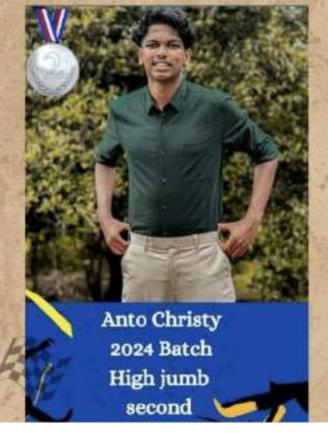
ZONAL SPORTS WINNERS

Students bagged several prizes in Zonal sports competition conducted on May 19, 2025 and May 20, 2025 at Govt. Nursing College, Palakkad and Govt. Nursing College, Thrissur respectively













ADMINTON DOUBLES (BOYS)





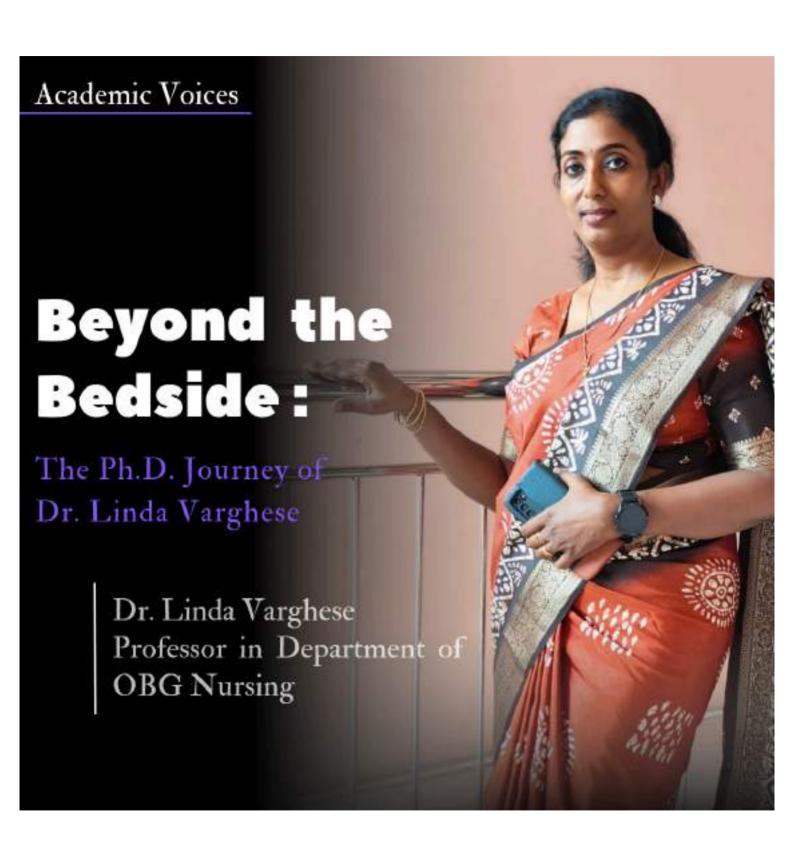


THIRD PRIZE

THIRD PRIZE IN ELOCUTION CONTEST

Ayana Baby, 2021 batch, secured third Prize in the Inter College Malayalam Elocution Competition. The event, hosted by West Fort College of Nursing Thrissur, saw participation from various nursing colleges, showcasing exceptional oratory talent.





I was joined in Amala College of Nursing as an Associate Professor in January 2023.

EDUCATION

completed the B.Sc Nursing program in 2004 from Tamilnadu Dr. M.G.R Medical University, Chennai and completed M.Sc Nursing in the specialty OBG Nursing from Rajiv Gandhi University of Health Sciences, Bangalore in the vear Recently in 2024 September I pursued Ph.D in Nursing under National Consortium for Ph.D in Nursing by Indian Nursing Council collaboration (INC) in Bangalore and World RGUHS. Health Organization.

ROLES PERFORMED

My carrier started in the year 2005 as an ICU Nurse after completing B.Sc Nursing. Before PG, I worked as Nursing Tutor cum Clinical Instructor in three different Nursing Schools in Thrissur district. After Post graduation I worked as Lecturer and Assistant Professor in various institutions.

Amrita College of Nursing was one among them which was a part of Deemed to be University. I also mentors postgraduate dissertations and has been instrumental in researchers guiding emerging toward scholarly excellence. All my had contributed research evidence-based practices in women's health and maternal care. Wide range of experiences and responsibilities like teaching, clinical jobs got from there really aided in shaping, nurturing and fostering a research culture in me.

CREDENTIALS

★ Published 20+ research papers, with eight indexed in Scopus and Google Scholar.

★ Lead Author in topics ranging from maternal stress, pelvic floor disorders, postpartum health, and breastfeeding practices and Coauthor in multidisciplinary studies and review articles.

★ Contributed book chapters on Sexual Violence and Counseling in national-level nursing publications.



★ Resource person and presenter in numerous national and international conferences.

★ Served as Ph.D. co-guide for four scholars at Kerala University of Health Sciences.

★ Recognized contributor to Institutional Research Committees, NAAC, NIRF, Quality assurance processes.

JOURNEY OF PH.D

The journey was started in 2018 after clearing National Ph.D Entrance Nursing Exam at Bangalore. Though it was a tough task, I cracked it only with God's blessings and prayers of dear ones. The provisional registration was done in March 2018 followed by contact classes and Pre Ph.D. examination.

The statement of the problem was 'An exploratory study on Stress Urinary Incontinence (SUI) and its contributing factors among perimenopausal women with a view to develop evidence based nursing care protocol for its prevention and management in selected districts of Kerala' was approved and the study initiated. Data collection done in two districts of central Kerala.

The Covid-19 pandemic burdened the study process as like everywhere and caused delay. By 2023 January, the completed study submitted to University after series of discussions, presentations, corrections and modifications. The synopsis was then undergone evaluation process and final Ph.D Viva Voce in 2024 September in front of panel of experts, it was officially declared as Dr. Linda Varghese.

To my dear students...

"You can do it," "Believe in yourself," and "Never give up,"

Catch me @

GoogleScholar:

https://scholar.google.co.in/citatio ns?user=B_1XkgoAAAAJ&hl=en

SCOPUS: 57190862746

ORCID ID: 0000-0002-5737-9790

Email ID: lindasojan@gmail.com



Monthly Capsule

Superfood Focus:

Citrus Fruits – Rich in vitamin C, citrus fruits like oranges, lemons, and grapefruits enhance immune defense. Aim for 1–2 servings daily.

UPCOMING EVENTS

JUNE 5 World Environment Day

JUNE 8 World Brain Tumour Day

JUNE 14 World Blood Donors Day

JUNE 15 World Elder Abuse Awareness Day

JUNE 18 Autistic Pride Day

JUNE 19 World Sickle Cell Awareness Day

JUNE 21 World Music Day & Internatio □nal Yoga Day

JUNE 26 International Day against Drug Abuse and IllicitTrafficking

JUNE 29 World Scleroderma 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 & Midwifes 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. amalanursingcollege@amalaims.org | www.amalanursingcollege.org

Contact Us on Ph: 0487-2304070 Principals Desk: 0487-2307574,2304120

