



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

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**MONTHLY
NEWSLETTER**

**AMALA COLLEGE OF NURSING
(SNA)**

VOLUME 3

ISSUE 5

MAY 2025

PRESENTED BY

Magazine Committee

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2022**



**Akhila Benny
2022**



**Christa Grace
2023**



**Hudha NM
2023**



**Jain Johnson
2024**



**Christina Sunil
2024**

This month highlighted by :



**Mrs. Nimmy P S
Staff Editor**



**Esther Biju
Student Editor**



**Ansal Elizabeth
2021 Batch**



**Nimisha P
2021 Batch**



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

Organized by SNA

WORLD Laughter Day

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.

INTERNATIONAL MIDWIVES DAY 2025



**Midwives:
Critical in Every
Crisis**



Hands that hold, Hearts that heal

On May 5, 2025, the Department of Obstetrics and Gynecological Nursing at Amala College of Nursing proudly organized a celebration of International Midwives' Day, themed "Midwives: Critical in Every Crisis." This global observance honors the invaluable contributions of midwives in ensuring safe maternal and newborn care, particularly during times of crisis.

A theme presentation provided thought-provoking insights into the global role of midwives, especially during health emergencies and humanitarian situations. Students from the 2021 batch performed an enlightening role-play at OBG OP of Amala Institute of Medical Sciences demonstrating the respectful maternal care that prioritizes dignity, compassion, and informed choices for mothers, fostering a positive and empowering experience. Additionally, a quiz competition was conducted for the 2021 batch, with Group A (Ms. Anjana VP, Ms. Anju Bobby, and Ms. Anne Mariya) securing the first prize, Group D (Ms. Mahima Jhoncy, Ms. Mariya Thomas, and Ms. Neethu Benny) securing the second prize, and Group E (Ms. Sneha N Saji, Ms. Sneha Tharakan, and Ms. Sonamaria) securing the third prize.

The celebration raised awareness about the significance of midwifery and encouraged students and professionals to advocate for stronger support and investment in midwifery services.



Thrissur, Kerala, India

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680655, India
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05/05/2025 08:01 AM GMT +05:30

Google



Thrissur, Kerala, India

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680655, India
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Thrissur, Kerala, India

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Your International Midwives Day Observed by Google Maps

Google



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

In observance of World Thalassaemia 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 thalassaemia 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 Hands-on-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 "Thoolika-2025", 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.



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Amalanagar, H568+xxg, Amalanagar, Thrissur, Kerala 680555, India
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Arts day education programs- scientific paper presentation

ദേശീയ ഡെങ്കി ദിനാചരണം-2025
സമാധാന സന്ദേശം
2025 മെയ് 18

Amala

mala

RAGGING FREE CAMPUS



GPS Map Camera

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.



Google



GPS Map Camera



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.



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 theme "Together for a #PeriodFriendlyWorld," aimed to raise awareness about menstrual health and break the stigma surrounding menstruation. Activities included a theme presentation and an awareness programme that emphasized the importance of menstrual hygiene and creating a supportive environment for all menstruators.



Kick the Habit: Youth Unite Against Tobacco!



On May 31, 2025, Amala College of 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. Shafeeq 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 and reinforced the importance of tobacco prevention among young people.

The image features a white background with decorative elements in the corners. In the top-left and bottom-left corners, there are clusters of small, light blue forget-me-not style flowers with yellow centers and green leaves. In the top-right corner, there is a cluster of larger, darker blue flowers with six petals and yellow centers, also with green leaves. The word "Congratulations!!" is written in a black, elegant cursive script across the center of the image.

Congratulations!!



Exhibition Competition First Prize - 2021 Batch



Group Dance First Prize - 2021 Batch



Reel Competition Second Prize - Albin Babu (2021 Batch)

Amala Nurses Shine: Triumphs of Talent on May 8!

As a part of Amala Nurses week celebration, Amala Institute of Medical sciences conducted several competitions on May 8 2025. Students bagged prizes in various categories

Single Dance First Prize - Aithra Joshi (2023 Batch)



Group Song First Prize - 2023 Batch

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



ANNE MARIYA AUGUSTIAN
SHOT PUT
2021 BATCH
FIRST



ADITHYAN RG
2023 BATCH
SHOT PUT
FIRST



Anto Christy
2024 Batch
High jump
second



Ann Grace Thomas
2023 Batch
200m race
third

BADMINTON DOUBLES (GIRLS)



DELLA TOMS &
IRENE JOSE

FIRST PRIZE

BADMINTON DOUBLES (BOYS)



YATIN VARGHESE PUTHRAN & GOUTHAM KRISHNA K

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.



Academic Voices

Beyond the Bedside :

The Ph.D. Journey of
Dr. Linda Varghese

Dr. Linda Varghese
Professor in Department of
OBG Nursing



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

EDUCATION

I 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 year 2010. Recently in 2024 September I pursued Ph.D in Nursing under National Consortium for Ph.D in Nursing by Indian Nursing Council (INC) in collaboration with RGUHS, Bangalore and World 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 guiding emerging researchers toward scholarly excellence. All my research had contributed to 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 Co-author 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 Nursing Entrance 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/citations?user=B_1XkgoAAAAJ&hl=en

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ORCID ID: 0000-0002-5737-9790

Email ID: lindasojan@gmail.com

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

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 & International Yoga Day

**JUNE 26 International Day against Drug Abuse and
Illicit Trafficking**

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 & Midwives council and Indian Nursing
Council).**

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