

KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING

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Amala

COLLEGE OF NURSING

ACCREDITED BY NAAC WITH A GRADE

KALEIDOS

MONTHLY NEWSLETTER
AMALA COLLEGE OF NURSING (SNA)



Prepared by: MAGAZINE COMMITTEE

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(2023 Batch)



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(2024 Batch)



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(2024 Batch)

THIS MONTH HIGHLIGHTS

- Republic Day Celebration
- Annual Sports Meet 2026 – DHRONA
- National Voter's Day
- National Youth Day Celebration
- Nursing Education Visit to GCON Thrissur
- Janani: Mother & Child Care Project
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New Year Message – 2026

As the pages of another year quietly turn, We pause to remember the moments that shaped us. The laughter that echoed through our corridors, The silent struggles that made us stronger, And the countless memories woven into our journey. 2025 was not just a year, But a collection of stories Of dreams nurtured, challenges faced, And hearts that grew together in care and compassion. Now, as 2026 dawns with gentle hope, May we carry forward those memories like soft light, Guiding us through new beginnings, New aspirations, and endless possibilities. Let this year be kinder, brighter, and fuller. A year where we heal, grow, and rise together, Holding onto the warmth of yesterday While embracing the promise of tomorrow. With gratitude in our hearts and hope in our eyes, We step into this new chapter... together.

Wishing you all a peaceful, meaningful, and beautiful new year.

Editorial Board
(Kaleidos)



Monthly Activities



Republic Day Celebration 2026

Amala College of Nursing proudly celebrated the 77th Republic Day with great enthusiasm and patriotic spirit on 26th January 2026. The event was a tribute to the values enshrined in the Constitution of India and served as a reminder of the rights and responsibilities of every citizen. The celebration was organized by the 1st semester B.Sc Nursing students (2025 batch), who took initiative in planning and conducting the programs. The campus was filled with patriotic fervor, highlighted by decorations symbolizing national pride and unity.

As part of the celebration, a variety of engaging programs were conducted on 27th January 2026. The day began with a Theme Presentation at 8:00 AM, where students

creatively expressed ideas centered around patriotism, unity, and national development. This was followed by a Quiz Competition at 1:30 PM, which tested participants' knowledge about India's history, constitution, and cultural heritage. The event not only encouraged student participation but also enhanced awareness about the significance of Republic Day. It served as a platform for students to showcase their talents while fostering a sense of national identity and responsibility.

The celebration concluded with an inspiring message: "On this Republic Day, let us respect our rights and fulfill our duties." The program was a grand success, leaving everyone motivated to contribute positively towards the nation.



Annual Sports Meet 2026-DHRONA

The Annual Sports Meet 2026, titled "DHRONA," was organized by the SNA and College Union of Amala College of Nursing from January 22 to 24, 2026, at Amala College of Nursing and IES College, Chittilappilly.

With the theme "United by Sport, Inspired by Victory," the sports meet successfully promoted physical fitness, unity, and the true spirit of sports. The event concluded on a high note, celebrating the energy and achievements of all participants.

The three-day event brought together students in a vibrant display of sportsmanship, teamwork, and competitive spirit. Various athletic and indoor events were conducted, encouraging active participation and enthusiasm among students.



National Voter's Day

In observance of National Voters Day on January 25, 2026, an essay competition was organized on January 27, 2026, at the college library of Amala College of Nursing. The program was conducted by the 5th semester B.Sc. Nursing students .

The event aimed to create awareness about the importance of voting and to encourage students to understand their role in a democratic society. Participants actively engaged in expressing their views on the theme "Your vote, your power!"



The competition witnessed enthusiastic participation and successfully promoted awareness and responsibility among students regarding their voting rights.

National YOUTH *Day* Celebration

National Youth Day was celebrated on January 12, 2026, at Amala College of Nursing with the aim of inspiring youth towards nation-building and promoting values such as self-discipline and resilience.

As part of the celebration, a theme presentation was conducted at 8:00 am, followed by an essay writing competition on

January 13, 2026, at 1:30 pm. The programs were organized by the 5th semester B.Sc. Nursing students.

The event encouraged students to actively participate and reflect on their role in shaping a developed nation, making the celebration meaningful and impactful.





Nursing Education Visit to Government College of Nursing, Thrissur

Amala College of Nursing organized an educational visit for the 2023 batch B.Sc Nursing students to the Government College of Nursing, Thrissur on 28th January 2026. The visit aimed to enhance students' academic exposure and provide insights into different teaching methodologies, infrastructure, and clinical training facilities in a government institution.

During the visit, the students were warmly received by the faculty members of the Government College of Nursing. An introductory session was conducted, highlighting the institution's history, academic programs, and clinical affiliations. This interaction created an opportunity for students to understand the functioning and standards of nursing education in a government setup.

The students were guided through various departments, including classrooms, laboratories, library, and clinical skill units. They observed the teaching-learning process and gained knowledge about

the use of advanced educational aids and simulation techniques in nursing training. The visit also provided valuable exposure to patient care practices followed in associated government hospitals.

Interactive sessions with faculty and students of the host institution encouraged the exchange of ideas and experiences. This helped broaden the perspectives of the students and motivated them to strive for academic and professional excellence. The educational visit proved to be highly informative and enriching, enabling students to bridge theoretical knowledge with practical application. It also fostered a spirit of collaboration and learning beyond classroom boundaries.

The management and faculty of Amala College of Nursing expressed their sincere gratitude to the Government College of Nursing, Thrissur for their warm hospitality and support in making the visit a meaningful and memorable experience.





Janani: Mother & Child Care Project

The Department of Obstetrics and Gynecology Nursing, in collaboration with AIMS, organized the Janani: Mother & Child Care Project on 22nd January 2026 at Bro. Xavier CMI Memorial Hall, St. Joseph Block. The program focused on the theme "Healthy Mother & Happy Children."

As part of the event, a skit titled "Ariyatheey Parayatheey" was presented to create awareness on maternal and child health. The program was informative and engaging, highlighting the importance of quality care for mothers and children.





Adolescent Clinic Outreach Program

The Department of Child Health Nursing, in collaboration with 5th Semester B.Sc Nursing students (2023 batch), conducted an Adolescent Clinic at Peramangalam Higher Secondary School. The program aimed to promote health awareness and address the physical and psychological needs of adolescents.

Students actively participated in providing

health education on topics such as nutrition, hygiene, mental health, and lifestyle practices. The clinic was interactive and beneficial, helping adolescents gain awareness and encouraging healthy behaviours.

The program was a meaningful initiative that strengthened community outreach and enhanced the practical learning experience of the students.

Institution's Innovation Cell – Idea Hunt

Amala College of Nursing, in collaboration with Christ College of Engineering, Irinjalakuda, organized an Idea Hunt on 20th January 2026 at Amala Boulevard. The event was conducted under the Institution's Innovation Council to promote creativity and innovative thinking among students. Participants enthusiastically presented their ideas, showcasing creativity, critical thinking,

and problem-solving skills. The program provided a platform for interdisciplinary collaboration and encouraged students to develop innovative solutions.

The event was engaging and inspiring, fostering an entrepreneurial mindset and a culture of innovation among participants.





Professional Development Program by NORKA

A Professional Development Program was conducted by NORKA on 27th January 2026 to guide nursing students on career opportunities and skill development. The session covered topics such as overseas employment, communication skills, and professional ethics.

Students actively participated and gained valuable insights into global nursing careers and licensing procedures. The program was informative and motivating, contributing to their professional growth and future career planning.

Chief Minister's Mega Quiz

The Chief Minister's Mega Quiz was conducted on January 12, 2026, at 11:00 am. The event witnessed enthusiastic participation from students, who actively engaged in the quiz competition.

The program aimed to enhance knowledge and promote awareness on various topics.

Participants showcased their intelligence and quick thinking skills, making the event both informative and competitive.

The quiz concluded successfully, encouraging students to continue developing their knowledge and academic excellence.



EDUCATIONAL ACTIVITIES

– ADD ON COURSE



Introduction to Guidance & Counseling- (The Department of Mental Health Nursing)

An add-on course on “Introduction to Guidance & Counseling” was organized by the Department of Mental Health Nursing on 31 January 2026 at 3:00 PM in Lecture Hall 3. The session was led by Dr. Ambika C, Assistant Professor, School of Family Health Studies, KUHS. She delivered an insightful lecture on the fundamentals of guidance and counseling, highlighting their importance

in nursing practice and patient care. The program was attended by students of the 5th Semester B.Sc. Nursing (2023 Batch). The session was interactive and informative, enhancing students’ understanding of counseling techniques and their application in clinical settings. The course concluded successfully, providing valuable knowledge and practical insights to the participants.

Women and Mental Health (The Department of Obstetrics & Gynaecological Nursing)



The Department of Obstetrics & Gynaecological Nursing organized an add-on course on “Women and Mental Health” on 28th and 29th January 2026, from 4:00 PM to 6:00 PM at Lecture Hall IV.

The session was conducted by Dr. Sr. Nancy, PhD in Clinical Psychology, Psychologist at Amala Institute of Medical Sciences, Thrissur. She provided valuable

insights into the mental health issues faced by women, highlighting the importance of early identification, emotional support, and appropriate interventions.

The program was attended by Seventh Semester B.Sc. Nursing students. The sessions were interactive and informative,

enhancing students' understanding of psychological well-being and its significance in women's healthcare.

The course concluded successfully, equipping participants with essential knowledge and practical approaches to address mental health concerns among women.

Amala College of Nursing Empowers Students with Financial Literacy Session



Mrs. Salini. M
CFL Coordinator
Puzhakkal Block



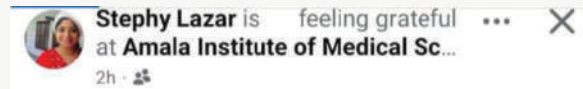
Mrs. Savitha M. A.
CFL Coordinator
Puzhakkal Block

On January 13, 2026, Amala College of Nursing hosted an impactful finance planning seminar led by CFL Coordinators Ms. Savitha M. A. and Ms. Salini M. from Puzhakkal Block. Organized by the IQAC, the session provided B.Sc Nursing students and faculty with essential knowledge on daily money management, digital banking security, and identifying cyber frauds. Held

across various campus venues including the Lecture Halls and Amala Boulevard—the program successfully demystified complex topics like the Banking Ombudsman and credit systems, ensuring the Amala community is equipped with the financial literacy necessary for a secure and informed professional life.

Recognition for Excellence in Nursing Service

A heartfelt note of gratitude was shared by a patient's parent appreciating the dedicated care provided by final-year B.Sc Nursing students of Amala Institute of Medical Sciences. The team was recognized for their compassion, support, and strong bond formed with the child during hospitalization. The message highlighted the students' commitment to patient care and also acknowledged the nurses in charge for their timely updates and professionalism. This appreciation stands as a proud moment, reflecting the values of empathy and excellence upheld by the Amala nursing community.



This team of final-year BSc nursing students(Abin, Amal, Dany n two others) was extremely helpful and formed a strong bond with the children admitted to the hospital. I extend my sincere gratitude to you guys for your care and support in facilitating my child's recovery. I wish and pray that you have a wonderful career ahead. Im sure u guys will nvr c this post, but i felt i should pen down this 4 u. I also appreciate the nurses in charge for providing timely updates on medication.



Honouring Ms. Ayana Baby for Ms. SNA India 2025 by SNA North East Zone, Kerala

The North East Zone congratulated Ms. Ayana Baby, B.Sc Nursing student of Amala College of Nursing, for winning the title Ms. SNA India 2025. Her achievement brought great pride to the institution and inspired fellow students to strive for excellence.



STUDENT ACADEMIC ACHIEVEMENTS

Fourth semester result – Congratulations 2023 batch students



The Fourth Semester results of the 2023 batch B.Sc. Nursing students of Amala College of Nursing were published in December. The overall performance was commendable, with many students securing high marks and distinctions. The pass percentage was

satisfactory, reflecting the hard work of both students and faculty. The institution congratulates all successful students and encourages them to continue striving for excellence in the coming semesters.

Distinction holders



Arya. S



Amy Andrews



Jyothis Jeelson



Aneesha Azeez



Aneena. P. Eldho



Chelsiya Shajesh



Rose Therese
Sheise



Axa Mariya Sisel



Elizabeth Thomas

MSc.Nursing 1st year result



Mrs.Vinaya. K.F

The MSc Nursing 1st year results were recently announced, bringing pride and happiness to the institution. Mrs. Vinaya K.F has successfully passed the examination with commendable performance. Her achievement reflects her dedication, hard work, and commitment to academic excellence. The management, faculty, and fellow students extend their heartfelt congratulations and wish her continued success in her future academic and professional endeavors.

FACULTY CORNER



New Year Celebration for Faculties

A New Year celebration for the faculty members of Amala College of Nursing was held on January 1, 2026, at 10:30 am in the Conference Hall. Principal Prof. Dr.

Rajee Reghunath cut the New Year cake and extended warm wishes to all. The event created a cheerful and positive atmosphere, marking a refreshing start to the year.

Orientation Program for 8th Semester OSCE



An orientation program for faculty members was conducted on 19th January 2026 at Boulevard regarding the 8th semester OSCE. The session aimed to familiarize faculties with the structure, evaluation criteria, and guidelines of the examination.

The program ensured clarity and uniformity in assessment, enhancing the effectiveness of the OSCE process. It was informative and helped faculty members prepare for the smooth conduct of the examination.

Disciplinary Committee Meeting held



A Disciplinary Committee meeting was held on 29 January 2026 at the Conference Hall, chaired by Principal Dr. Rajee Reghunath, with the presence of committee members and faculty representatives.

The meeting focused on maintaining discipline and reviewing key issues such as attendance, dress code, campus behavior, and the use of digital devices. Reported cases were discussed, and appropriate

actions were decided in line with institutional policies.

The committee also stressed the importance of creating awareness among students regarding rules and regulations through orientation programs. Faculty members were encouraged to actively monitor and guide students.

The meeting concluded with a commitment to strengthen disciplinary measures and promote a positive academic environment.

Obstetrics and Gynaecology Nursing OSCE

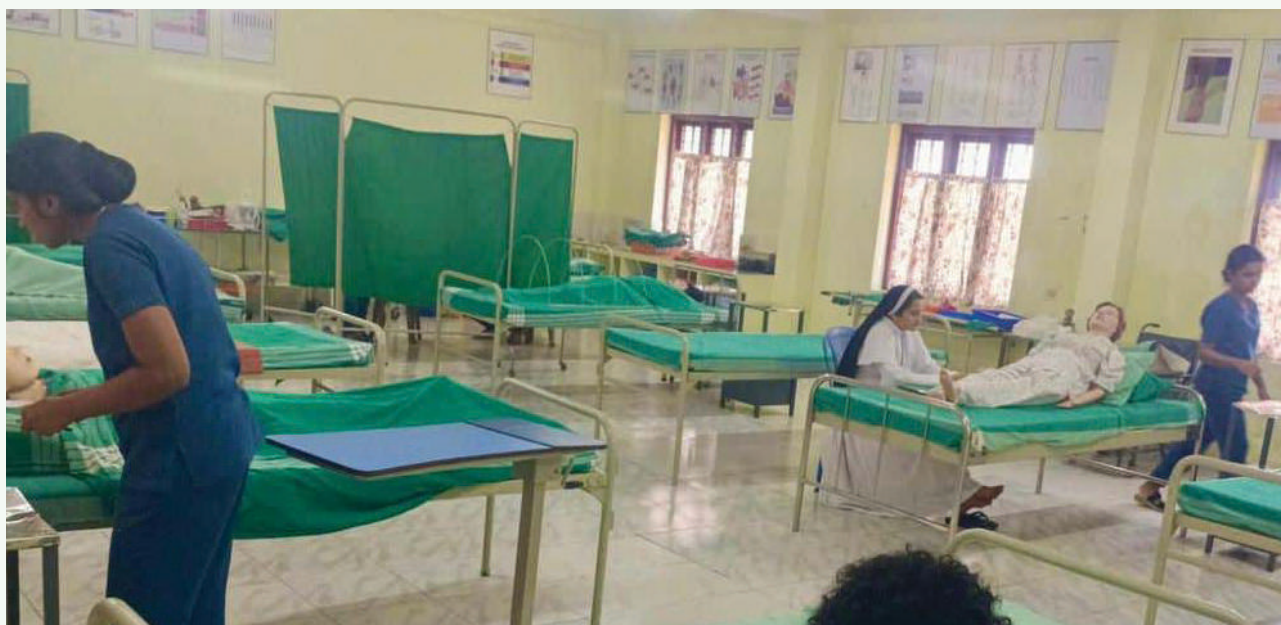
The Obstetrics and Gynecological (OBG) Nursing Objective Structured Clinical Examination (OSCE) for 8th Semester students was conducted on 22 January 2026. The examination was designed to evaluate students' clinical competence, decision-making ability, and practical skills in maternal and reproductive health care. Multiple stations were arranged to assess key areas such as antenatal and postnatal care, labor management, newborn assessment,

and patient counseling. Students actively participated and demonstrated their knowledge and skills in a structured clinical setting. Faculty members supervised and evaluated the performance using standardized criteria, ensuring fairness and consistency. The OSCE was carried out efficiently, highlighting the students' readiness to provide quality care in obstetric and gynecological settings.

Adult Health Nursing OSCE

The Adult Health Nursing Objective Structured Clinical Examination (OSCE) for 8th Semester students was successfully conducted on 21 January 2026. The OSCE aimed to comprehensively assess students' clinical competencies, critical thinking, and practical skills in adult patient care. Various stations were organized to evaluate essential nursing procedures, including patient assessment, medication administration, interpretation of clinical data,

and communication skills. Faculty members and evaluators ensured a structured and standardized assessment environment, providing students with an opportunity to demonstrate their proficiency in real-life clinical scenarios. The examination was conducted smoothly with active participation from all students, reflecting the effectiveness of the academic preparation and clinical training provided.



Child Health Nursing OSCE



The OSCE for 8th semester B.Sc. Nursing students in Child Health Nursing was conducted on 21st January 2026. It assessed students' clinical skills, knowledge, and communication through various practical stations.

The examination was conducted smoothly under faculty supervision, helping prepare students for professional pediatric nursing practice.

STUDENT SUPPORT AND GUIDANCE PROGRAMME



Sr. Molly Thomas,
Professor and Head
Dept. of Adult Health Nursing
Nodal Officer



Mrs. Nimmy P. S.,
Associate Professor,
Dept of Child Health Nursing
Nodal Officer



Mrs. Neetu Anto
Lecturer
Dept. of Adult Health Nursing
Nodal Officer

The Student Support and Guidance Programme (SSGP) at Amala College of Nursing has been effectively functioning since 2015 under the aegis of the Kerala University of Health Sciences (KUHS), Thrissur. The institution

has established a comprehensive system to promote the academic, emotional, and professional well-being of students through a structured mentor-mentee and counselling framework.

The programme operates under the esteemed leadership and guidance of Dr. Prof. Rajeev Reghunath, Principal, Amala College of Nursing and Dean, Faculty of Nursing, KUHS. To ensure the effective implementation of student support services, three dedicated nodal officers have been appointed:

Sr. Molly Thomas, Professor and Head, Department of Adult Health Nursing – Nodal Officer

Mrs. Nimmy P. S, Associate Professor, Department of Child Health Nursing – Nodal Officer

Mrs. Neetu Anto, Lecturer, Department of Adult Health Nursing – Nodal Officer

The nodal officers actively participate in official meetings organized by KUHS in both offline and online modes, ensuring alignment with university guidelines and continuous enhancement of the programme.

Amala College of Nursing maintains a strong mentor-mentee system with an effective 1:10 mentor-to-student ratio, enabling personalized attention, timely guidance, and holistic support. The institution ensures optimal utilization of the facilities provided under SSGP, addressing student concerns in a systematic and sensitive manner.

Through this well-coordinated initiative, the college continues to foster a supportive learning environment and effectively cater to student needs with professionalism and care.

FACULTY ACHIEVEMENTS

Heartiest Congratulations to Rev. Dr. Antony Mannummel CMI



Amala Family proudly extends its warmest congratulations to Rev. Dr. Antony Mannummel CMI on the remarkable achievement of being conferred with a Doctor of Philosophy (PhD) degree. This prestigious honor was awarded by the Governor of Tamil Nadu during a distinguished ceremony, marking a significant milestone in his academic journey.

This outstanding accomplishment reflects his unwavering dedication, perseverance, and commitment to scholarly excellence. His success stands as a source of inspiration for students, faculty, and the entire academic

community, emphasizing the value of continuous learning and academic pursuit.

The occasion was a moment of immense pride, celebrating years of hard work and determination that led to this achievement. His journey motivates aspiring scholars to strive for excellence with passion and resilience.

The Amala Family expresses heartfelt appreciation and extends best wishes to Rev. Dr. Antony Mannummel CMI for continued success and many more achievements in the years to come.



BIRTHDAY STARS



Mrs. Fasna Jabar. A
Lecturer, Dept. of
OBG Nursing



Mrs. Jincy Johnson. M
Lecturer, Dept. of
OBG Nursing



Mrs. Shinu. C. Vinson
Lecturer, Dept. of
Adult Health Nursing



Mrs. Rosariyo Anto
Lecturer, Dept. of
Nursing Foundation



HAPPY FEAST DAY



Shaji E. J. (Sr. Jyothish C. S. C)
Professor, Dept. Of Nursing Foundation

RESEARCH CLUB ACTIVITIES

Journal Club Presentation Report: Samvad Manchika

A Journal Club Presentation – Samvad Manchika was conducted on 20 January 2026 from 2:00 PM to 3:00 PM at Amala Boulevard.

The session was presented by Mrs. Sreelakshmi R, Tutor, Department of Community Health Nursing, Amala College of Nursing. The topic discussed was “Gender Differences and Predictors of High-Risk Energy Drink Use among College Students: A Cross-Sectional Study.”

The presentation provided valuable insights

into behavioral patterns and risk factors associated with energy drink consumption among college students, highlighting gender-based differences and health implications.

The program was attended by faculty members and M.Sc. Nursing students. The session was informative and encouraged critical thinking and academic discussion among participants. The event concluded successfully, enriching attendees with updated research knowledge and promoting evidence-based learning.



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



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

- World Cancer day – February 4
- International Mother tongue day- February 21
- National Deworming Day -February 10



**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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