

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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(2025 batch)



Ms. Mariya Tom
(2025 Batch)

THIS MONTH HIGHLIGHTS

- World Liver Day Awareness session
- Pilgrimage Visit to Malayattoor
- Samvad Manchika, Journal club Presentation
- Child Health Nursing Department Meeting
- Faculty Development Programme on effective use of e-podium
- World Health Day Programme held at Thrissur Palliative care hall
- Graduation Ceremony held at Holy Family College of Nursing, Thodupuzha
- Nexus 2K26 brings laurels to Amala college of Nursing
- Faculty recognized as Resource person at National faculty development programme
- Amala Makes Its Mark at KUHS FDP
- A Beacon of Research Excellence
- Birthday Stars
- Upcoming events



World Liver Day Awareness Session



In observance of World Liver Day, celebrated annually on April 19, an informative awareness session was organized for the 2023 batch at Lecture Hall 3. The session aimed to enhance students' understanding of liver health, common liver diseases, and preventive measures for maintaining a healthy liver. The resource person for the program was Dr. Tony Joseph, Consultant Gastroenterologist, Amala Institute of Medical Sciences, who delivered an insightful

lecture focusing on various liver conditions, their risk factors, symptoms, management, and prevention. The session emphasized the importance of healthy lifestyle practices and early detection in reducing the burden of liver diseases. A total of 89 students actively participated in the program. The interactive session provided valuable knowledge and encouraged students to promote liver health awareness within the community.



Pilgrimage Visit to Malayattoor

As part of the Lenten season and in preparation for Easter, the 2022 Batch students of the College of Nursing organized a pilgrimage visit to the renowned Malayattoor church during the final weeks of Lent in April 2026. The pilgrimage was undertaken with deep faith and devotion, providing the participants with an opportunity for spiritual reflection, prayer, and personal renewal. A total of 15 students participated in the pilgrimage, accompanied by the Principal, Prof. Dr. Rajee Reghunath, and faculty members Sr. Ancillin and Mrs. Sreelakshmi. The visit offered a meaningful spiritual experience as the students engaged in prayer and reflection amidst the serene and sacred atmosphere of the pilgrimage site. The journey strengthened their faith, encouraged unity among the participants, and highlighted the importance of spirituality in personal and professional life.





SAMVAD MANCHIKA: Journal Club Presentation

The Journal Club of Amala College of Nursing organized "Samvad Manchika," a scholarly journal presentation session on April 16, 2026, at 12:00 noon at Amala Boulevard. The program was attended by faculty members and M.Sc. Nursing students. The session was presented by Ms. Ancy E. A., First Year M.Sc. Nursing (Medical Surgical Nursing, 2025 Batch). The article discussed during the presentation was titled "Effects of Auricular Acupressure on Chemotherapy-Induced Nausea and Vomiting in Breast Cancer Patients: A Preliminary Randomized Controlled Trial." The presenter highlighted the effectiveness of auricular acupressure as a complementary therapy in reducing chemotherapy-induced nausea and vomiting among breast cancer patients. The study findings emphasized the potential benefits of non-pharmacological interventions in improving patient comfort and quality of life during cancer treatment. The session encouraged evidence-based discussions among participants and enhanced their understanding of current research trends in oncology nursing and supportive care. Faculty members and students actively engaged in the discussion, making the program informative and academically enriching.



Child Health Nursing- Department Meeting

A departmental meeting of the Child Health Nursing Department was conducted on 1st April 2026 at 12.05 pm in the Conference Hall of Amala College of Nursing Amala Nagar, Thrissur, Kerala. The meeting was attended by all faculty members and departmental representatives to discuss the academic activities, best practice, group health education, curriculum planning, student welfare, and upcoming departmental programs. Constructive discussions were

held regarding strategies to enhance the quality of teaching learning experiences and strengthen clinical training opportunities for students. The session provided a platform for collaborative decision making, exchange of ideas and planning of future initiatives aimed at promoting excellence in nursing education. The meeting concluded with a commitment to continued teamwork and achievement of departmental goals.

FACULTY DEVELOPMENT PROGRAMME ON 'effective use of e PODIUM'

A Faculty Development program (FDP) on effective use of e- Podium system was conducted on 8th April 2026 at Amala College of Nursing. The training session was attended by faculty members from various departments and aimed at enhancing their technological competencies in classroom teaching and academic presentations. The resource person provided a comprehensive demonstration of the e- Podium's features, including multimedia integration, presen-

tation management and interactive teaching tools. Participants actively engaged in hands –on practice sessions, clarifying their queries and gaining practical experience in operating the system. The programme served as an excellent platform for professional development, enabling faculty members to effectively incorporate modern educational technology into the teaching –learning process and thereby enhance the quality of nursing education.



World Health Day Programme Held at Thrissur Palliative Care Hall

As part of the observance of World Health Day 2026, a special programme was organized on 7 April 2026 at the Thrissur Palliative Care Hall from 10:00 a.m. to 1:00 p.m. The event brought together healthcare professionals, academicians, students, and members of the public to reflect on various aspects of healthcare and compassionate service. The programme commenced with an inaugural address by Dr. V.K. Abdul Azeez, former Health Director and former Vice Chancellor of Kerala University of Health Sciences, who emphasized the importance of holistic healthcare and community participation in promoting health and well-being. This was followed by insightful sessions led by Dr. E. Divakaran, Director, Institute of Palliative care, Thrissur, and Dr. Niji Justin, Mayor, Thrissur Co-operation who shared their expertise and experiences on contemporary healthcare issues. A notable feature of the programme was the publication of the book "Anukambhayude Vazhikal" (Paths of Compassion), highlighting the significance of compassion in healthcare and society.

Among the key sessions of the day was a thought-provoking presentation on "Compassionate Nursing Excellence" by Dr. Asha Raj S., Associate Professor, Amala College of Nursing, Thrissur. In her session, Dr. Asha emphasized that compassion is at the heart of nursing practice and is essential for delivering quality patient care. She highlighted how empathy, effective communication, professional competence, and ethical values contribute to nursing excellence. The session encouraged nursing students and professionals to uphold the spirit of compassionate care while striving for clinical excellence, reminding them that nursing is not merely a profession but a commitment to humanity.

The programme concluded with a renewed appreciation for the role of compassion in healthcare and inspired participants to integrate these values into their personal and professional lives.





Graduation Ceremony Held at Holy Family College of Nursing Thodupuzha

The Graduation Ceremony of Holy Family College of Nursing, Thodupuzha, was conducted with great enthusiasm and pride on April 29, 2026, at the College Auditorium. The event commenced at 10:00 a.m. and celebrated the academic achievements, dedication, and hard work of the graduating nursing students. The ceremony was graced by Dr. Rajee Reghunath, Dean Faculty of Nursing, Kerala University of Health Sciences (KUHS), and Principal of Amala College of Nursing, Thrissur, as the chief guest. In his address, he congratulated the graduates on their successful completion of nursing

education and encouraged them to uphold the values of compassion, professionalism, and excellence in their future careers. Faculty members, students, parents, and distinguished guests attended the function, making it a memorable occasion for the graduates. The programme included the formal conferment of graduation, inspirational messages, and moments of recognition for the accomplishments of the students. The event concluded with a vote of thanks and best wishes to the graduating batch for a successful and rewarding future.

NEXUS 2K26: BRINGS LAURELS TO AMALA COLLEGE OF NURSING

Amala College of Nursing has added another feather to its cap as Sr. Jyothis, faculty member of the college, secured the Best Paper Award (First Prize) along with a cash prize of ₹3,000 at the National Level Faculty Scientific Paper Presentation Competition held as part of Research Day Celebration – NEXUS 2K26. The competition was organized by the Research and Development Cell in collaboration with the Internal Quality Assurance Cell (IQAC) of M.O.S.C. College of Nursing, Kolenchery, on 21 April 2026. The event witnessed participation from faculty members representing various nursing institutions across the country. Sr. Jyothis received the award for her research paper titled, "Effects of Psychosocial Interventions on Stress and Coping Strategies among Caregivers of Patients with Breast Cancer: A Quasi-Experimental Study." The study was highly appreciated for its scientific relevance, practical implications, and contribution to improving the well-being of caregivers of breast cancer patients. This outstanding achievement has brought honor and recognition to Amala College of Nursing,

reflecting the institution's commitment to excellence in research and evidence-based nursing practice. The management, principal, faculty, and students of the college extended their heartfelt congratulations to Sr. Jyothis for this remarkable accomplishment and wished her continued success in future academic and research endeavors.



Faculty Recognized as Resource Person at National Faculty Development Program

Mrs. Rinu David, Associate Professor, Amala College of Nursing, Thrissur, was recognized for serving as a Resource Person in the National Faculty Development Program (Virtual) organized by the Glorious International Nursing Research and Academic (GINRA) Foundation from 21st to 25th April 2026. Mrs. Rinu David delivered an expert session on "Global Health and Cross-Cultural Research" on 24th April 2026 as part of the program titled "Research-Driven Innovation in Nursing: Empowering Research Leaders."

In appreciation of her valuable contribution to nursing research and academic excellence, she was awarded a Certificate of Appreciation by the organizers. The management, principal, faculty, and students of Amala College of Nursing, Thrissur, congratulate Mrs. Rinu David on this prestigious recognition and wish her continued success in her academic and research endeavors.





Amala Makes Its Mark at KUHS FDP

Dr. Chanlin Chacko, Professor and HOD of Dept: Child Health Nursing, Amala College of Nursing, served as the resource person for the KUHS Faculty Development Programme (FDP) held on 16 April 2026 at St. James College of Nursing, Chaalakudy . The programme brought together nursing faculty members for academic enrichment and professional development. Dr. Chanlin Chacko's participation as the resource person was a matter of pride for Amala College of Nursing and reflected the institution's commitment to excellence in nursing education.

A Beacon of Research Excellence



Amala College of Nursing proudly congratulates Dr. Rajee Reghunath, (Principal, Amala College of Nursing) on receiving the Research Publication Appreciation Prize – 2025 from Amala Institute of Medical Sciences. The honour recognizes his research paper published in a Q4 journal in 2025, highlighting his significant contribution to academic research and scientific publication. The award was presented on 30th March 2026

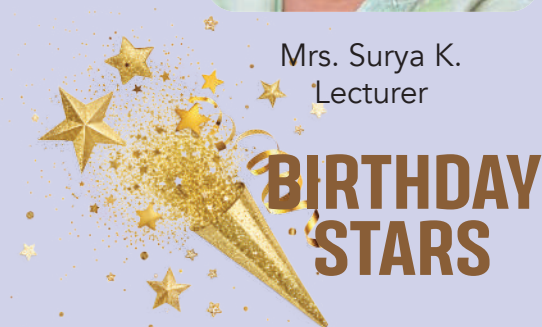
at Amala Nagar, Thrissur, in appreciation of his dedication to research and scholarly excellence. This remarkable achievement reflects Dr. Rajee Reghunath's commitment to advancing nursing research and brings immense pride to the entire Amala family. We extend our heartfelt congratulations and best wishes for his continued success in academic and research endeavours.



Mrs. Surya K.
Lecturer



Mrs. Maryland
Library staff



UPCOMING EVENTS

- May 5 - World Hand Hygiene Day
- May 8 - World Red Cross and Red Crescent Day
- May 12 - International Nurses Day
- May 17 - World Hypertension Day
- May 28 - Menstrual Hygiene Day
- May 31 - World No Tobacco Day



SAY NO TO DRUGS

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Amala Nagar PO, Thrissur, Kerala.



Amala College of Nursing

Amala Nagar P O, Thrissur-680555, Keralam

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