



KALEIDOS

MONTHLY NEWSLETTER

As April breathes new life into the world around us, this edition celebrates fresh perspectives, budding talents, and the vibrant energy that marks the heart of our campus. Join us as we reflect on the season of renewal with stories that inspire, achievements that shine, and moments that define our collective journey

This April, our newsletter bursts with energy, color, and the unstoppable drive of our campus community. From fresh initiatives to inspiring accomplishments, discover what's making waves this season!

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Magazine Committee

OUR TEAM:



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2021



Nimisha P
2021



Christa Grace
2023



Hudha NM
2023



Jain Johnson
2024



Christina Sunil
2024

THIS MONTH HIGHLIGHTED BY:



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2022 Batch



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Staff Editor



Esther Biju
Student Editor



Akhila Benny
2022 Batch

With heavy hearts, we mourn the innocent lives lost in the tragic Pahalgam attack..Our deepest condolences to the families affected.. United in grief, we stand with you.

Let us guard the gentle flames within us – to light the way, to love, and to hold one another through the darkness.



SHINING A LIGHT ON AUTISM



WORLD

AUTISM DAY

On April 2nd, World autism day was celebrated with immense insights and compassion.

The theme for 2025 was 'Advancing Neurodiversity'. 2022 batch students commemorated the day by a thoughtful theme presentation.

Recognizing autism not as a deficit, but as a unique way of thinking and experiencing the world—one that enriches our communities, workplaces, and institutions when embraced with understanding and inclusion."

- World Autism Awareness Day is observed every year on April 2nd. It was established by the United Nations in 2007 to raise awareness about autism and to promote the rights and well-being of people on the autism spectrum.



SPARKLING GIGGLES

- Following the theme presentation the students of 2022 batch facilitated An eco-friendly craft making session. They cherished their ideas and crafts in their clinical arena with the children in Pediatric ward .





Healthy beginnings hopeful futures



Thrissur, Kerala, India
Amala College of Nursing
APRIL 07 2025 11:30 AM
APRIL 07 2025 11:30 AM

World Health Day was observed with great enthusiasm by the students of Amala College of Nursing on April 7, 2025. The event aimed to spread awareness about global health issues and promote healthy living among the public. This year's theme, "My Health, My Right", was presented through theme presentation by student representatives, highlighting the importance of access to quality healthcare for all.



Arja, Kerala, India
Amala College of Nursing
APRIL 07 2025 11:30 AM
APRIL 07 2025 11:30 AM



Arja, Kerala, India
Amala College of Nursing
APRIL 07 2025 11:30 AM
APRIL 07 2025 11:30 AM

A lively flash mob performed by the students at ward 3 of Kaiparambu Panchayat drew crowds and conveyed vital health messages through dance and expression. The performance was well-received and served as a creative way to connect with the audience.

The program concluded with a solemn oath taking ceremony against substance abuse. Faculty members, students, and members of the public attended the event, commenting the initiative for its informative and inspiring approach.



AV AIDS EXHIBITION

"Eclectica: Where the Creativity meets knowledge"

An Audio-Visual Aid Exhibition was successfully conducted by the students of 5th semester on April 3rd at lecture hall 4. The exhibition showcased a variety of innovative and creative teaching aids prepared by the students, aimed at enhancing learning through visual and interactive methods. The programme was formally inaugurated by Prof. Dr. Rajee Reghunath, Principal of Amala College of Nursing who appreciated the efforts of the students and encouraged them to continue exploring effective teaching methodologies. Faculty members and students from various departments attended and praised the exhibits for their educational value and presentation.



The poster features the Amala logo at the top, followed by the text 'DEPARTMENT OF CHILD HEALTH NURSING' and 'NURSING EDUCATION & EDUCATION TECHNOLOGY'. The word 'ECLECTICA' is written in large, bold, yellow letters with a black outline. Below it, the tagline 'Where Creativity Meets Knowledge' is written in a smaller font. The main title 'AV AIDS EXHIBITION BY RAZIELIANZ' is displayed in a stylized font. To the right, there is a section for 'INAUGURATION' featuring a photo of Prof. Dr. Rajee Reghunath and his name and title. At the bottom, the event details are listed: '@10:30 AM', '05/04/2025', and 'LECTURE HALL 4'.

Amala
DEPARTMENT OF CHILD HEALTH NURSING
NURSING EDUCATION & EDUCATION TECHNOLOGY
ECLECTICA
"Where Creativity Meets Knowledge"
AV AIDS EXHIBITION
BY RAZIELIANZ
@10:30 AM
05/04/2025
LECTURE HALL 4
INAUGURATION
PROF. DR. RAJEE REGHUNATH
Principal, ACN



ALL EYES ON PAHALGAM



CANDLELIGHT TRIBUTE FOR PAHALGAM VICTIMS

Amala College of Nursing held a candlelight tribute on April 24 to honor the victims of the Pahalgam tragedy. Students and staff gathered to light candles, observe a moment of silence, and offer prayers for the departed souls. The program delivered a strong message, stating, "We stand united against terrorism and violence, and we pledge to uphold peace, humanity, and justice."



Amala College of Nursing, in collaboration with the Adult Health Nursing Department, celebrated World Hemophilia Day on 17th April 2025 with the theme "Access for All: Women and Girls Bleed Too." The event aimed to raise awareness about hemophilia in women and girls, an often overlooked aspect of the condition.

Activities included an online theme presentation and an online quiz, encouraging participation and engagement among students and faculty. The program highlighted the need for equitable access to diagnosis, treatment, and care for all individuals affected by bleeding disorders.



Celebrating Academic Excellence: 6th Semester Results

Innovation AT WORK

As part of the celebrations for World Creativity and Innovation Day on April 21-2025 and World Intellectual Property Day on April 26-2025, the themes of the days was presented during the morning assembly. Students were given a wonderful opportunity to channel their creativity by writing and exhibiting slogans, showcasing their innovative ideas and understanding of intellectual property rights.



The results of the 6th semester university examinations were officially declared on 25th April 2025. The results reflected the hard work, dedication, and academic excellence of all students. Five students secured distinctions. The college congratulates all students on their performance and encourages them to continue striving for greater achievements in their academic and professional journeys.



Ayana Baby



Neha Nigi Ollukaran



Sneha Tom



Kavya Nati



Dharsana Shaji



MARCHING AGAINST MALARIA



AS A PART OF WORLD MALARIA DAY, ON APRIL 29, 2025, SIXTH-SEMESTER STUDENTS ACTIVELY PARTICIPATED IN AN AWARENESS RALLY ORGANIZED BY THE THRISSUR DISTRICT MEDICAL OFFICE IN ASSOCIATION WITH COMMUNITY HEALTH DEPARTMENT AND THOLUR PHC

THE RALLY AIMED TO SPREAD VITAL INFORMATION ON THE PREVENTION AND CONTROL OF MALARIA AMONG THE PUBLIC. AS A HIGHLIGHT OF THE EVENT, THE STUDENTS ALSO PERFORMED A VIBRANT FLASH MOB AT MUTHUVARA, CREATIVELY EMPHASIZING THE IMPORTANCE OF EARLY PREVENTION AND COMMUNITY PARTICIPATION IN THE FIGHT AGAINST MALARIA.



Dancing Through Time: A Celebration of Rhythm and Grace

On April 29, 2025, Amala College of Nursing joyfully celebrated International Dance Day. The celebration featured engaging programs including a Theme Presentation by 2023 batch and a reel competition. All are encouraged to participate in the competition. Participants must perform to the song "Unnai Kaanadhu Naan" in a 1-minute MP4 reel. Judging will be based on creativity, video quality, synchronization, and choreography. Teams must have 3 to 6 members. Submission deadline: May 12, 2025.

The day was a lively tribute to the art of dance, emphasizing its role in expression, connection, and cultural celebration.





First: Anto Christy (2024)

Anto christy (2024 batch) and Abin babu (2021 batch) bagged first and third prizes respectively for the reel competition organised by Nursing Administration Department of AIMS as a part of World health day.



Third: Abin Babu (2021)

KUDOS *To winners!*



1st Abin Babu (2021)

"LAB SAVES LIVES"

Abin babu (2021 batch) secured first prize in reel competition organised by laboratory Department of AIMS as a part of World laboratory week.



"Being a dean helped me to grow and redefine my leadership"

Prof. Dr. Rajee Reghunath
Dean, KUHS
Principal, ACON

A Coffee Break WITH DEAN



How is your leadership journey since you take the role as dean of Kerala University of Health Sciences?

It's been 1 year since I took the role of Dean at KUHS. So far, all Deans have been selected from the Govt. Sector. This marks the first time, the deanship has been entrusted to someone from the private sector. Deanship is a hectic job; at the same time want to manage all the duties and responsibilities of the college. Stepping into the role of dean, initially I wasn't sure what to do, but with time, things are going smoothly. This role helped me to modify my leadership. At the university, I am closely working with the Vice-Chancellor, Pro Vice-Chancellor and other key leaders. Observing how they handle various challenges and issues related to the colleges, has been a learning experience in itself. Overtime, we naturally start to grow. So that, the transformation becomes a journey of continuous, step-by-step adaptation.

What has been the biggest challenge you have faced as a dean, and one of the most unforgettable experience in your role as the dean of KUHS?

One of my first challenge was understanding the responsibilities of the Dean, who serves as the leader of the Board of Studies for both undergraduate and postgraduate programs, the head of the Faculty of Nursing, a member of the Board of Examinations and the Academic Council—where key academic decisions are made—and is also involved in various committees. Students faced several challenges, one of the major ones being the absence of supplementary exams for semester-wise university examinations. Although previous Deans had submitted proposals to address this issue, they were unfortunately rejected by the university. However, the proposal has now been accepted, and the university has agreed to conduct supplementary exams for semester-wise examinations. This achievement stands out as one of my most unforgettable experiences as the Dean of KUHS.

What is your leadership philosophy, and how do you apply it in your role as dean?

Actually we cannot rely on a single philosophy. A university comprises various levels—from the lowest to the highest in the hierarchy. It's important to recognize that there's something to learn from everyone. By treating all as equals, fostering interaction, and promoting unity and coordination, a natural sense of 'we feeling' develops. This encourages open, friendly sharing of concerns and ideas, forming a strong team. From this team spirit, we successfully fulfill our duties and responsibilities. This teamwork and team spirit which is reflected through strong interpersonal relationships and effective communication are evident in all activities at the university. Such a culture should be nurtured at the college also.

What skills do you think students should focus on, to be ready for jobs after college?

Students should focus on developing all essential nursing skills. To become successful professionals, nursing students need a comprehensive set of skills that are both theoretical and practical.

It is the responsibility of the university and the nursing council to design a well-structured syllabus that includes all necessary competencies. The role of the colleges is to bring this syllabus into practice. When both preparation and application are effectively implemented, students will be able to acquire the skills they need. Once equipped with these skills, students will be well-prepared to handle the demands of their profession confidently and competently.

However, there are also important qualities beyond the syllabus such as human values, empathy, and ethical behavior that are crucial in nursing. Students should also cultivate these during their academic journey to become truly holistic healthcare professionals.



How has being a dean shaped you, not just as a leader, but as a person?

The University has five Deans representing Homeopathy, Dentistry, Medicine, Ayurveda, and Allied Sciences. Like the five fingers of a hand, each plays a unique role, yet together they ensure the University functions smoothly through coordinated efforts. As there are lots of work for a dean to do, this role offers valuable training in managing tasks rapidly, quickly, and systematically. It also teaches us to balance professional responsibilities with personal matters. So this is a training period to manage all the matters without neglecting anything, and to handle all issues physically, mentally and financially.



Balancing academic leadership and administrative responsibilities is not a small task. How are you managing these two aspects of administration? A

Actually, we do not receive any separate remuneration for our work at the university. Our salary comes from the private college where we are currently employed. So when we get an offer to be a Dean of KUHS, the support from the management is crucial. It was because of that support, I was able to accept the position, continue in the role, and carry out my responsibilities smoothly.

I have been serving as the Principal of our college for the past 19 years. Over time, a strong system has been established here, and all the basic facilities are now in place. We also ensure the selection of competent teachers and capable students, which makes managing day-to-day issues relatively easy. Only minimal supervision is required. Initially, there were some challenges in handling various matters, but now everything is running smoothly.

When we take the role of a leader, our first priority should always be our family. A peaceful and supportive family environment is essential, and resolving any issues at home is important—otherwise, it becomes difficult to give our best at work; we will put only less effort in our work. Our second priority should be our job, as it provides the income that sustains our family. Then we must work for the growth and advancement of our profession.

In addition, we all have personal interests. For example, I enjoy reading magazines regularly and make time for physical activities like walking. Despite a busy schedule, I try to maintain a balance among these different aspects of life.

It's important to set clear priorities and live according to them. However, we shouldn't focus solely on one area—we need to be involved in all dimensions of life to achieve full development and full potential.

As a student, your top priority should be your studies. So, it's important to set your priorities accordingly and stay committed to them.



Have you ever undertaken any leadership roles during your academic years?

I completed my BSc Nursing from Government Nursing College, Trivandrum, during the years 1985–1989. At that time, the proportion of male students was very low, with only three reserved seats for boys in each batch. Naturally, this led us to take on leadership roles. Since the medical college had a common students' union, it functioned as an interdisciplinary team, providing us the opportunity to engage with students from the medical and paramedical departments as well.

I held responsibilities such as Mess Secretary and Gym Secretary—some roles were entrusted to me, and others I took on proactively. During my student days, I devoted only about 25% of my time to academics, while the remaining 75% was dedicated to extracurricular and social activities, including organizing protests, strikes, and hunger strikes.

These exposures and experiences in multitasking significantly helped me in managing responsibilities later in life, including my roles as Principal and Dean. Students who take up leadership roles often perform exceptionally well, and their efforts truly deserve recognition and appreciation.

What advice would you give to students who aspire to be future leaders in healthcare?

Begin cultivating your leadership skills now. Leadership is not something to postpone for the future—it should start today. Engage actively in all areas, as leadership qualities are developed progressively through involvement and experience. Seize every opportunity to take on leadership roles, including in clinical settings. Several of our alumni are currently publishing research papers and establishing a strong presence in the field. Make the most of every opportunity available. Many nurses have also emerged as accomplished writers—pursue your passions and shape your professional journey. By stepping into leadership roles, you increase your visibility and influence. Above all, remain committed and trustworthy in every endeavor.



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

Eli Lilly has developed a new oral drug called Orforglipron, a GLP-1-based medication that shows significant promise in treating obesity and related diseases. Clinical trials have demonstrated that Orforglipron effectively controls blood sugar levels and promotes weight loss, with results comparable to popular injectable therapies – but in pill form. Importantly, the trials reported minimal serious side effects

Source: Time.com

UPCOMING EVENTS

MAY 1- International Labour Day/May Day

MAY 2- World Asthma Day

MAY 4- World Laughter Day

MAY 5- International Day of the Midwife

MAY 8- World Red Cross Day & World Thalassemia Day

MAY 12- Mother's Day & International Nurses Day

MAY 18- World Aids Vaccine Day

MAY 31- Anti-Tobacco 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 ColSege with NAAC A-Grade in the first cycle and A Grade for Kerala University of Health Sciences Quality Assessment.

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