



**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NARC WITH A GRADE

“THE EARTH IS WHAT WE  
ALL HAVE IN COMMON.”

—Wendell Berry

AMALA COLLEGE OF NURSING (SNA)

MONTHLY NEWSLETTER

KAYLEIGH DOOS

VOLUME 3

ISSUE 6

JUNE 2025

**PRESENTED BY :**

# **MAGAZINE COMMITTEE**

**THIS MONTH HIGHLIGHTED BY:**



Mrs. Nimmy P S  
Staff Editor



Ms. Esther Biju (2021 Batch)  
Student Editor



Hudha N M  
2023 Batch



Christa Grace Shaju  
2023 Batch

# Our Team



**ANSAL ELIZABETH  
2021 BATCH**



**NIMISHA P  
2021 BATCH**



**APARNA P  
2022 BATCH**



**AKHILA BENNY  
2022 BATCH**



**CHRISTINA SUNIL  
2024 BATCH**

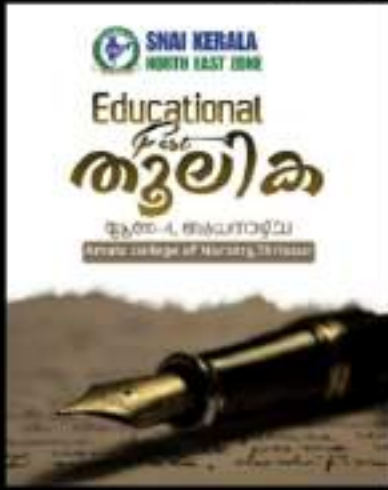


**JAIN JOHNSON  
2024 BATCH**

# Amala

COLLEGE OF NURSING

# Thoolika



In the spirit of excellence, unity, and healthy competition, the **\*Student Nurses Association of India (SNAI) North East Zone\*** proudly brought together brilliant minds and passionate hearts for the **\*THOOLIKA'25\*** Education and Off Stage Competitions 2025. This platform served not just as a space for showcasing talent, but also as a powerful reminder of the dedication, discipline, and dynamic spirit that define the nursing community. Events like these ignite the spark of leadership, encourage collaboration, and celebrate the pursuit of knowledge and creativity among future healthcare professionals.

The inaugural ceremony, held on **\*4th June 2025\*** at Amala Auditorium, was a grand success. The event commenced at 8:30 AM with the Amala Anthem, followed by a warm welcome address by **\_Dr. Rajee Raghunath, Principal, Amala College of Nursing.\_**

The event was inaugurated by **\_Rev. Fr. Julious Arackal CMI, Director of Amala Institute of Medical Sciences\_**, with insightful felicitation speeches delivered by **\_Rev. Fr. Antony Mannummel, Mr. Sujith T, Ms. Sandra KJ, and Ms. Ayana Baby\_** The programme concluded with a heartfelt vote of thanks by **\_Mrs. Lovna Grace Paul\_**

**\*Health Play First\*** - Ayana Baby, Esther Biju, Niya Mariya Varghese

**\*Scientific Paper Presentation First\*** - Ayana Baby, Kavya Nath, Mahima Johncy

**\*Extempore Speech (English) Third\*** - Ayana Baby

**\*Poster Presentation\***  
Anatomy and Physiology First- Dharsana Shaji

Paediatric Nursing First- Hridhya Vinod

SNA Activities in India Second- Anjana V P

History & Trends in Nursing in India- Sonu Soosan Aby

**\*OFF STAGE (ARTS) RESULTS\***

**\*Story Writing English Third\*** - Salu Lovely Joy

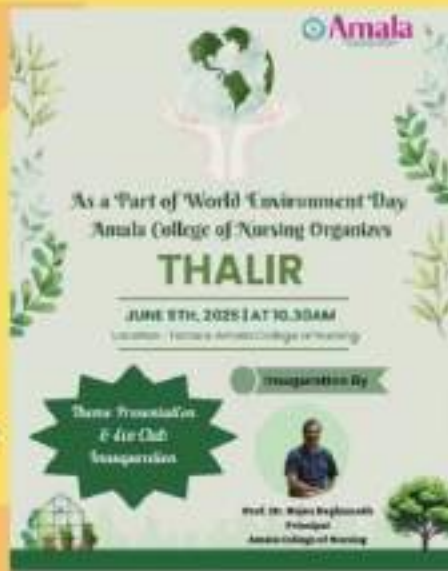
**\*Essay writing Malayalam Third\*** - Elizabeth Thomas

**\*Essay Writing Hindi Third\***- Harsha P Jiji

**\*Face Painting Second\***- Jennifer Thadikkaran Gigo and Helen saby

# THALIR

As part of World Environment Day celebrations on June 5th, our college organized an impactful event titled "Thalir", aimed at promoting environmental awareness and action. The event began with the inauguration of the Eco Club by our esteemed Principal, followed by a symbolic seed planting activity on the college terrace by students and faculty. During the morning assembly, students delivered a presentation based on the World Environment Day theme, spreading awareness among peers. Adding a creative touch, 4th-semester students, in collaboration with the NSS unit, performed a flash mob at amala square, centered around nature, capturing attention and reinforcing the day's message of sustainability and collective responsibility.



# അരങ്ങം - 2K25

SNA Unit Culturals

**ARANGU 2025** – A Celebration of Talent, Culture, and Creativity

Organized by Amala Institute of Medical Sciences in association with SNA | June 11 & 13, 2025

Amala Institute of Medical Sciences, in proud association with the Student Nurses Association (SNA), hosted ARANGU 2025, a vibrant unit-level arts festival held on June 11 and 13. The event served as a dynamic platform for students to express their creativity and cultural flair through a range of competitions and performances.

Venues for the event included the Amala Auditorium and Amala College of Nursing, where the campus came alive with energy, colors, and applause.

Adding to the festive spirit, the celebrations also included the feast of Rev. Fr. Antony Mannummel and Rev. Fr. Antony Perincherry, honoring their guidance and leadership with joy and gratitude.

The festival featured a diverse lineup of individual and group events, including:

- Personality Contest
- Group Song
- Group Dance
- Bharatanatyam
- Mappilapattu
- Debate
- Skit, and many more.

The event highlighted not only the artistic talents of students but also their teamwork, enthusiasm, and cultural pride.

- 🏆 Overall Champion: Zephyrz
- 🏆 Kalaprabhitha (Best All-Round Performer): Yatin Varghese, Batch 2022
- 🏆 Kalathilakam : Ayana Baby, Batch 2021
- 🏆 Chithraprabhitha (Best in Visual Arts): Nisthula U D, Batch 2023
- 🏆 Sarghaprabhitha (Best in Literary & Performing Arts): Fathima Sherbin, Batch 2023

ARANGU 2025 stood as a true celebration of talent and unity—bringing together hearts, voices, and stories that reflect the spirit of Amala's nursing community.



Miss SNA 🏆



Ayana Baby



Mr SNA  
Yatin Varghese





**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NAAC WITH A GRADE

In Collaboration with NSS  
Literary Club Organizes  
**NATIONAL READING DAY** JUNE 19

**Programme:**  
Theme presentation

**Competitions:**  
 ▶ Reading Competition for teachers and students on 19/06/2025 @ 2pm  
 ▶ Elocution Malayalam on 20/06/2025 @ 2pm  
 ▶ Book Contribution to library

*Read A Book*  
You think you've read a good book when you turn the last page and feel a little sad. If you have one at hand.

\*Reading Competition Winners\*  
Date: 19/06/2025

Student Category  
Geethu Alosius – First Prize  
Dany Paul – Second Prize  
Angel Mary P. B. – Third Prize

Teaching & Non-Teaching Staff Category  
Dr. Linda Varghese – First Prize  
Ms. Haritha – Second Prize  
Sr. Grace Maria – Third Prize

Elocution Competition  
Winners – Reading Day  
Celebration 2025  
Winners:  
First Prize – Mahima Johny (2021 Batch)  
Second Prize – Elizabeth Thomas (2023 Batch)  
Third Prize – Nimmy Sunil (2024 Batch)

Congratulations to all. 🎉🎉🎉



**World Blood Donor Day 2025 – Honouring Lifesavers**  
Organized by Amala College of Nursing | June 14, 2025

On June 14, 2025, Amala College of Nursing joined the global community in celebrating World Blood Donor Day, recognizing the selfless individuals who save lives through the simple yet powerful act of blood donation.

The event served to raise awareness about the importance of voluntary blood donation and to encourage more people to become regular donors.

A theme presentation was delivered by Christa, shedding light on the global significance of the day, the life-saving impact of each donation, and the ongoing need for safe and accessible blood supply.

The program inspired gratitude and responsibility among students and staff alike, fostering a culture of giving and compassion within the nursing community.

**National Reading Day 2025 – Celebrating the Joy of Reading**  
Organized by the Literature Club in collaboration with NSS and Amala | June 19, 2025

To honour the legacy of P.N. Panicker and to promote a culture of reading, the Literature Club, in collaboration with the National Service Scheme (NSS) and Amala College of Nursing, observed National Reading Day on June 19, 2025 with great enthusiasm and spirit.

The event aimed to instill the habit of reading among students and faculty, emphasizing its importance in personal and professional growth. A variety of engaging activities were organized to mark the occasion:

**Highlights of the Day:**

Theme Presentation  
Reading Competition for both teachers and students  
Elocution in Malayalam  
Book Distribution in the College Library

The event brought together lovers of literature across all age groups, celebrating the timeless power of books and the joy of learning. It served as a beautiful reminder that reading is not just a habit—but a gateway to ideas, imagination, and informed living.



**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NAAC WITH A GRADE

*World*

# FATHER'S DAY

*In celebration of World Father's Day on June 15th, our college paid heartfelt tribute to the guiding lights in our lives—our fathers—through a series of meaningful activities. A special "Selfie with Dad" competition was organized, encouraging students to capture and share cherished moments with their fathers; the results of the competition are yet to be announced. To further honor the day, students presented a thoughtful theme-based presentation during the morning assembly, highlighting the invaluable role of fathers in shaping lives with strength, love, and quiet resilience.*



*Congratulations*



We are proud to celebrate the outstanding academic performance of the 2023 batch, **Derzelianz**, whose **3rd semester results** were released on June 25th. The batch achieved a remarkable success rate, with **12 students** securing distinctions, reflecting their hard work, dedication, and resilience. This achievement not only highlights the academic strength of the students but also serves as an inspiration for the entire college community. **Congratulations to Derzelianz for setting a commendable example and continuing to uphold the spirit of excellence.**

# Research Workshop at Amala College of Nursing

The Amala College of Nursing, in collaboration with the Institution Innovation Council (IIC), Research Club, and IEDC, organized a Research Workshop on 17th June 2025 at Amala Boulevard, Thrissur.

The session was led by Mr. Santo Jose, College Librarian, St. Thomas College, who shared valuable insights on research methodology, literature review techniques, and academic writing. The workshop aimed to motivate students and faculty to actively engage in research and innovation, especially in the field of healthcare and nursing.

Participants found the session informative and interactive, enhancing their knowledge of research practices. The event reflected Amala College's commitment to fostering academic growth and encouraging a research-oriented mindset among its students.



## Add-on Course on Environmental Sustainability

The Amala College of Nursing, in collaboration with KESS, organized an Add-on Course on Environmental Sustainability on 9th June 2025 at Lecture Hall III.

The session focused on the topic "Non-Discriminatory Legal Rights", highlighting the legal aspects related to equality and social justice in the context of sustainability and human rights.

The expert speaker, Adv. Reena John N, Legal Counsellor (KESS SPC), under the Women and Child Development Department, delivered an insightful talk on various legal rights that ensure non-discrimination and inclusion in society. She emphasized the importance of legal awareness among healthcare professionals for building a more just and sustainable community.

The interactive session encouraged students to actively participate and understand the link between law, environment, and social equity.

This event was part of Amala College's continuous efforts to create socially responsible nursing professionals who contribute positively to environmental and community well-being.



# International Yoga Day

In observance of **International Yoga Day** on June 21st, our college, in collaboration with the **NSS unit** and the **Physical Activity Club**, organized a **Yoga Asanas Photo Challenge Competition** to promote the ancient practice of yoga and its benefits for holistic well-being. Jestin from the 2022 batch emerged as the first prize winner, ayana baby from 2021 batch secured 2nd prize and blessymol from 2021 batch secured 3rd prizes, showcasing grace and discipline through their asanas.

As a prelude to the celebration, on June 18th, a yoga demonstration session and educational class on the theme "**Yoga for Positive Health**" was conducted for 4th-semester students, jointly organized with the NSS unit and the Adult Health Nursing Department. The session was led by expert faculty **Dr. Saily S.P. and Mrs. Deepthy C. from Vaidyaratnam Ayurveda College, Ollur**, who guided students through various yoga practices. The class proved to be both informative and inspiring, as students actively engaged in learning and performing yoga under professional supervision. These initiatives emphasized the profound role of yoga in enhancing physical strength, mental clarity, and overall positive health in everyday life.



**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NAAC (A) & UGC



## International Yoga Day

**YOGA ASANAS PHOTO CHALLENGE**  
In association with Physical Activity Club

### GENERAL INSTRUCTIONS:

1. Eligibility: Open to all students. Individual participation only.
2. Date of submission: 20th/21st/22nd April to the email ID: [amajoin1@gmail.com](mailto:amajoin1@gmail.com)

**JUDGEMENT CRITERIA:**  
Poses alignment and accuracy  
Confidence and grace

Rules & regulations:  
Only one photo or video per student.  
Judging decision will be final.



AMALA COLLEGE OF NURSING IN COLLABORATION WITH NSS UNIT & DEPARTMENT OF ADULT HEALTH NURSING ORGANIZES

## INTERNATIONAL YOGA DAY

Yoga for Positive Health

**WEDNESDAY 18 JUNE 2022 | 12:00 PM**  
@ AMALA NURSING COLLEGE THIRUVARUR

Expert Speaker | Yoga Demonstration Session

 <b>DR. SAILY S.P.</b> ASSOCIATE PROFESSOR HUMAN ANATOMY AND PHYSIOLOGY OLLUR, THIRUVARUR	 <b>MRS. DEEPTHY C.</b> HEAD, AYURVEDA Vaidyaratnam Ayurveda College OLLUR, THIRUVARUR
---	--



Eka Pada Raja Kapotasana

Raja Bhujangasana

# MALHAR 2025 – A Symphony of Culture and Competition

Zonal Arts Meet | Organized by SNA North East Zone | June 25–26, 2025

The Student Nurses Association (SNA), North East Zone hosted the highly anticipated Zonal Arts Meet – MALHAR 2025, an intercollegiate arts fest held on June 25 and 26 at PK Das College of Nursing. The vibrant celebration brought together the finest talents from nursing institutions across the region, creating an atmosphere filled with creativity, competition, and camaraderie.

The event was graced by distinguished Chief Guests Ms. Anusree and Mr. Balram, whose presence added charm and inspiration to the fest.

Among the standout participants, Amala College of Nursing delivered a stellar performance and proudly secured the position of First Runner-Up, earning an impressive 62 points.

## Major Achievements by Amala College of Nursing:

- 🏆 Mr. SNA – Yatin Varghese
- 🏆 Ms. SNA – Ayana Baby
- 🌟 Kalaprathibha – Yatin Varghese

## Individual & Group Event Highlights:

- 🏆 Group Song – 1st Prize
- 🏆 Monoact (English) – 1st Prize
- 🏆 Margamkali – 1st Prize
- 🏆 Mappilapaatu (Boys) – 2nd Prize
- 🏆 Solo Song – 2nd Prize
- 🏆 Mappilapaatu (Girls) – 2nd Prize
- 🏆 Face Painting – 2nd Prize
- 🏆 Mappilapaatu – 2nd Prize
- 🏆 Nandanpattu – 3rd Prize
- 🏆 Bharatanatyam – 3rd Prize
- 🏆 Elocution (English) – 3rd Prize
- 🏆 Story Writing (English) – 3rd Prize
- 🏆 Elocution (Malayalam) – 3rd Prize
- 🏆 Essay Writing (Malayalam) – 3rd Prize
- 🏆 Essay Writing (Hindi) – 3rd Prize

MALHAR 2025 was not just a competition—it was a celebration of voice, rhythm, and expression. It highlighted the multifaceted talents of nursing students and fostered a sense of pride, unity, and artistic brilliance across colleges.

# Malhar 2025





# Amala

COLLEGE OF NURSING  
ACCREDITED BY NAAC WITH A GRADE



## *KUHS Research Appreciation Awardees - 2024*

Celebrating Student Excellence in Research

The Research Cell of Amala College of Nursing is proud to announce that our students have been honored with the KUHS Research Appreciation Award 2024 for their outstanding contributions to research.

This prestigious recognition by the Kerala University of Health Sciences (KUHS) highlights the dedication, academic rigor, and innovation demonstrated by our budding researchers. Their hard work and commitment towards advancing evidence-based nursing practice have brought laurels to the institution.

The management, faculty, and entire college community extend heartfelt congratulations to the awardees and encourage all students to pursue research with the same passion and integrity.

## International Day Against Drug Abuse and Illicit Trafficking 2025

Observed by Amala College of Nursing | June 26, 2025

On June 26, 2025, Amala College of Nursing observed the International Day Against Drug Abuse and Illicit Trafficking, reaffirming its commitment to building a drug-free and healthier society. The day was marked by a series of awareness-driven activities aimed at educating and empowering students to stand united against substance abuse and illegal trafficking.

### 🌸 Highlights of the Observance:

A collective pledge against drug abuse, promoting responsibility and vigilance.

Theme Presentation, highlighting the global impact of drug abuse and the importance of prevention.

A Slogan Writing Competition, held at the College Library, where students expressed powerful messages through creativity and conviction.

The event served as a reminder that education, awareness, and unity are key tools in the fight against drug abuse.





# Grace in Service

NIVYA DEVASSY  
2023 BATCH

**"The best way to find yourself is to lose yourself in the service of others."**

**Nursing has been a transformative journey for me, filled with moments of excitement, sleepless nights, and exam fears. Yet, it's in these challenges that I've discovered the real value of life. Every patient encounter, every late-night study session, and every triumph has shaped me into the person I am today. I remember the cries and laughter of patients, the process of getting organized, and learning to manage time. With each sentence I read, I knew I was working towards saving others' lives.**

**The early days were a blur of lectures, clinical rotations, and exams. There were times when I doubted my abilities, but the hopeful face of my patients inspired me to keep going. I learned to prioritize, to stay calm under pressure, and to find joy in the smallest moments - a patient's smile, a family's gratitude, or a friend's support.**

**As I progressed in my journey, I realized that nursing wasn't just about administering medication or performing procedures; it was about compassion, empathy, and kindness. It was about holding a patient's hand, listening to their stories, and being present in their moments of need.**

**I still have much to learn, and I'm humbled by the realization that I'm not yet the nurse I aspire to be. But I'm committed to continued growth, to being present for my patients, and to reaching out when they need me most. Nursing has taught me that it's not about being perfect; it's about being present, compassionate, and genuine.**

# 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**



**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  
Grade for Kerala University of Health Sciences Quality Assessment.  
[amalanursingcollege@amalaims.org](mailto:amalanursingcollege@amalaims.org) | [www.amalanursingcollege.org](http://www.amalanursingcollege.org)**

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



**Amala**  
**COLLEGE OF NURSING**  
ACCREDITED BY NAAC WITH A GRADE