



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

**"BE THE CHANGE THAT YOU  
WISH TO SEE IN THE WORLD."**

—Mahatma Gandhi

AMALA COLLEGE OF NURSING (SNA)

**MONTHLY NEWSLETTER**

**KALJEEDOS**

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**PRESENTED BY**  
**MAGAZINE COMMITTEE**

This month is highlighted by



**Mrs Nimmy P S**  
**Staff Editor**



**Ms Esther Biju (2021 Batch)**  
**Student Editor**



**Christina Sunil**  
**2024 Batch**



**Jain Johnson**  
**2024 Batch**

# OUR TEAM



**ANSAL ELIZABETH  
2021 BATCH**



**NIMISHA P  
2021 BATCH**



**APARNA P  
2022 BATCH**



**AKHILA BENNY  
2022 BATCH**



**HUDHA N M  
2023 BATCH**



**CHRISTA GRACE SHAJU  
2023 BATCH**

# JULY HIGHLIGHTS!

This July, Amala College of Nursing experienced a moment of immense pride and joy, marked by two outstanding performances in the university examinations. Behind this remarkable achievement stands the tireless dedication and leadership of our beloved Principal Dr. Rajee Rahunath, the constant support of Vice Principal Sr. Litha Lizabeth. The achievement is also a testament to the sincere efforts of the class coordinators. For the 1st Semester B.Sc. Nursing, Dr. Asha Raj (Associate Professor) and Ms. Seena A.F. (Lecturer) played a pivotal role in guiding and mentoring the students. For the 5th Semester B.Sc. Nursing, the dedicated involvement of Dr. Ambika C (Professor) and Ms. Sheena John (Lecturer) ensured a consistent path of academic excellence. Their commitment, guidance, and hard work have been the true pillars of this success.

## CONGRATULATIONS



The 1st Semester Bsc Nursing results were announced on July 11 2025, and the Rovenzers achieved an impressive 96.6% with 10 distinctions.

## CONGRATULATIONS



The 5th Semester Bsc Nursing results were announced on July 17 2025, bringing a wave of celebration! Razielanzs achieved a remarkable 100% with 5 distinctions, showcasing outstanding dedication and excellence.

# SSGP

At Amala College of Nursing, the Student Support and Guidance Program (SSGP) is a well-appreciated monthly initiative, usually held on the second Friday. Through SSGP, dedicated mentors provide individualized guidance, motivation, and support, enabling students to strengthen their academic performance and personal growth. Conducted consistently throughout the academic year, the program has been met with great success, making a positive impact on the overall development of our nursing students.

## WORLD SCLEROMA DAY



As part of health awareness and academic enrichment, the 2022 Batch of B.Sc Nursing students, organized a Theme Presentation on 18th July. The event aimed to educate peers and faculty on this rare chronic granulomatous disease Scleroma, increase awareness, and enhance understanding through creative and evidence-based learning.

## EMPOWERING LIVES THROUGH BLOOD DONATION

Blood Donation Awareness was celebrated on July 19th. 2022 batch presented the global theme for the day, aiming to raise awareness and encourage everyone to participate in the noble act of blood donation.

## EMPOWERING YOUTH, BUILDING FUTURES



As part of the World Youth Skills Day, the 2021 batch organized a vibrant and thought-provoking theme presentation to celebrate the importance of skill development among young people. Highlighted how today's youth can shape a better future through continuous learning, innovation, and practical abilities.



## POWER OF THE MIND: CHESS DAY HIGHLIGHT



International Chess Day was celebrated on 21st July 2025, where the 2022 batch marked the occasion with a theme presentation highlighting the brilliance, strategy, and dedication behind the game of chess.



An informative and enriching Human Development class was conducted by Sr. Jyothish C.S.C. (Professor) for the 2021 batch on 18th July, offering valuable insights into the stages and significance of human growth.

## "RIPPLES OF HOPE" BLOOD DONATION CAMP

As part of the "Ripples of Hope" initiative, the NSS unit of Amala College of Nursing successfully organized a blood donation camp on 20th July 2025 at Mundoor Church. Two committed NSS volunteers from the 2023 batch—Ms. Angel Davis and Ms. Angel P. B played a key role in coordinating the event. The camp was a resounding success, witnessing 53 voluntary blood donors who came forward to make a life-saving difference.



## PARENTS' DAY CELEBRATION – HONORING BONDS OF LOVE

Parents' Day was meaningfully celebrated on 27th July. The 2023 batch led the event with a heartfelt theme presentation that beautifully highlighted the importance of parental love and support.



To make the occasion more special, students were encouraged to write personal letters to their parents, expressing gratitude and affection. A letter-writing competition was also held, allowing students to creatively reflect on their unique bonds with their parents.

# FACULTY RESEARCH HUB

A memorable day that remarked a significant academic milestone by hosting Research Day 2025 and inaugurating the Research Cell and Innovation and Entrepreneurship Development Centre (IEDC) on 7th July 2025 at the Amala Auditorium. The Research Cell and IEDC were officially inaugurated by Prof. Dr. K. S. Shaji, Dean (Research), KUHS. A key highlight was the Research Awards Ceremony, recognizing outstanding contributions for faculty and students.



Lamplighting Ceremony





**Mr Don Jose K was selected as the Best Researcher - Faculty.**





**Apart from this Consolation prizes were given to Dr Linda Varghese, Mrs Chanlin Chacko, Mrs Aneesa V B, Mrs Krishnaja Unnikrishnan.**





On the occasion of the Research Cell inauguration, incentives were awarded to outstanding researchers in recognition of their valuable contributions. The college remains committed to fostering a culture of research, continuously supporting and encouraging students to engage in research activities and enhance their skills for academic and professional excellence.

PG Research Incentives were awarded to Sr. Ancy Christeena James, Sr. Reshma Sabu, Mrs. Anjali Krishnan, Sr. Honey T G Mrs. Dincy K Davis

UG Research Incentives were awarded to: 10 research groups from the 2021 Batch

GROUPS	RESEARCH TOPIC	MEMBERS
GROUP 1	LEVEL OF ASSERTIVENESS AMONG BSC NURSING STUDENTS	Abin Babu, Amal Biju, Angela Dickson, Anjana V P, Anju Bobby 
GROUP 2	TO ASSESS STRESS AND BURNOUT AMONG INDIAN NURSES WORKING ABROAD	Anju Kunjumon, Anne Mariya Augustian, Annmary V R, Ansal Elizabeth Kuriakose, Anu Anto 

GROUPS	RESEARCH TOPIC	MEMBERS
<p><b>GROUP 3</b></p>	<p><b>OSTEOPOROSIS KNOWLEDGE AND PREVENTIVE BEHAVIOUR AMONG PERIMENOPAUSAL WOMEN</b></p>	<p><b>Arathi P, Ayana Baby, Ayona Thomas Blessymol Thomas, Dany Paul</b></p> 
<p><b>GROUP 4</b></p>	<p><b>THE LEVEL OF STRESS AND IT'S DETERMINANTS AMONG MOTHERS OF NEONATES ADMITTED IN NICU OF TERTIARY HOSPITAL IN THRI</b></p>	<p><b>Della Toms, Devika K Dileepkumar Dharsana Shaji, Diya Rose Colines Elna A S</b></p> 
<p><b>GROUP 5</b></p>	<p><b>LEVEL OF KNOWLEDGE REGARDING MIGRAINE AMONG UNDERGRADUATE NURSING STUDENTS</b></p>	<p><b>Emil Martin, Esther Biju, Febina A Feleena Lukose, Femi Sebastian</b></p> 
<p><b>GROUP 6</b></p>	<p><b>A STUDY ON PREOPERATIVE ANXIETY AND ASSOCIATED FACTORS AMONG ADULT SURGICAL PATIENTS</b></p>	<p><b>Gopika M K, Harsha P Jiji, Hridhya Vinod Jesmi Jose, Kalpa S</b></p> 

GROUPS	RESEARCH TOPIC	MEMBERS
<p><b>GROUP 7</b></p>	<p><b>DEPRESSION, ANXIETY AND STRESS AMONG NURSES WORKING IN INTENSIVE CARE UNITS AND MEDICAL WARDS</b></p>	<p><b>Kavya Nath, Krishnapriya C S, Lakshmi P S Liya Reji, Mahima Johny</b></p> 
<p><b>GROUP 8</b></p>	<p><b>SELF-CARE BEHAVIOUR AND ASSOCIATED FACTORS AMONG ELDERLY PEOPLE WITH TYPE 2 DIABETES</b></p>	<p><b>Mariya Christy E F, Mariya Thomas, Mohammed Farzeen, Neethu Benny Neha Nigi Ollukkaran</b></p> 
<p><b>GROUP 9</b></p>	<p><b>TO ASSESS KNOWLEDGE OF MEDICATION ERRORS AMONG UNDERGRADUATE NURSING STUDENTS</b></p>	<p><b>Nimisha P, Nirosh M J, Niya Mariya Varghese, Shameema S, Sneha N Saji</b></p> 
<p><b>GROUP 10</b></p>	<p><b>IMPACT OF SOCIAL MEDIA ADDICTION ON SLEEP QUALITY AMONG BSC NURSING STUDENTS</b></p>	<p><b>Sneha Tharakan, Sneha Tom, Sonamariya P V Stessy Biju, Taniya T R</b></p> 

# **SPECIAL RECOGNITION**

**Secured First Prize in Science Expo–Idea Submission**

**Mrs. Agin Jeevan (2022 batch)**

**Mrs. Hanna Merin B (2022 batch)**

## **KUHS RESEARCH PROJECT:**

Students of the 4th and 6th semester B.Sc. Nursing of Amala College of Nursing are actively engaged and submitted research project under the guidance of Kerala University of Health Sciences (KUHS). These research activities aim to promote critical thinking and evidence-based practice among nursing students, encouraging them to explore relevant healthcare topics. Supported by faculty members, the students are gaining valuable experience in scientific inquiry, contributing to the advancement of nursing education and practice.

## **MESSAGE FOR THIS MONTH**

July arrives with the warmth of summer and the promise of renewal. It's a month to slow down, breathe deeply, and appreciate life's simple joys —quiet moments, and meaningful connections. As we stand halfway through the year, July invites us to reflect on our journey so far and set fresh intentions for what's ahead. Embrace each day with purpose and positivity, and let the light of July guide you toward growth, joy, and memorable moments.

Let this month be a gentle reminder that life is not only about reaching destinations, but also about enjoying the moments in between. Celebrate the present, look forward to the future, and carry the light of this season into everything you do. Be grateful for everything happening in your life.

**BREAK FREE, STAY  
DRUG-FREE**



**So Don't Let The 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.  
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