



# KALEIDOS

MONTHLY NEWSLETTER  
AMALA COLLEGE OF NURSING (SNA)

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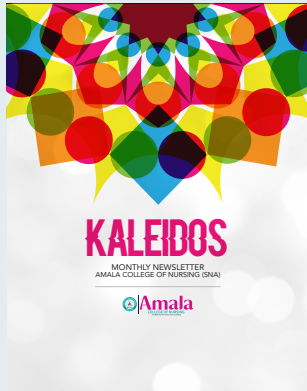


**Amala**  
COLLEGE OF NURSING  
ACCREDITED BY NAAC WITH A GRADE

# KALEIDOS

MONTHLY NEWSLETTER  
AMALA COLLEGE OF NURSING (SNA)

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Prepared by:  
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**Amala**  
 COLLEGE OF NURSING

**"WE THE DEPARTMENT OF CHILD HEALTH NURSING CORDIALLY  
 INVITE YOUR GRACIOUS PRESENCE ON"**

**BREASTFEEDING WEEK CELEBRATION 2025**




**"PRIORITISE BREASTFEEDING:CREATE  
 SUSTAINABLE SUPPORT SYSTEM"**

organized by 6th semester B. Sc  
 nursing students 2022 batch

<u>Day - 1</u>	<u>Day 2</u>	<u>Day - 3</u>
<ul style="list-style-type: none"> <li>• Theme presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Roleplay</li> <li>• Quiz</li> <li>• Health education</li> </ul>	<ul style="list-style-type: none"> <li>• Poster Competition</li> </ul>
04/08/2025 Venue:Amala college of nursing	05/08/2025 Time:11.00am Venue: Pediatric OPD	06/08/2025 Venue:Amala college of nursing

## Breastfeeding Week 2025– A Step Towards Better Health

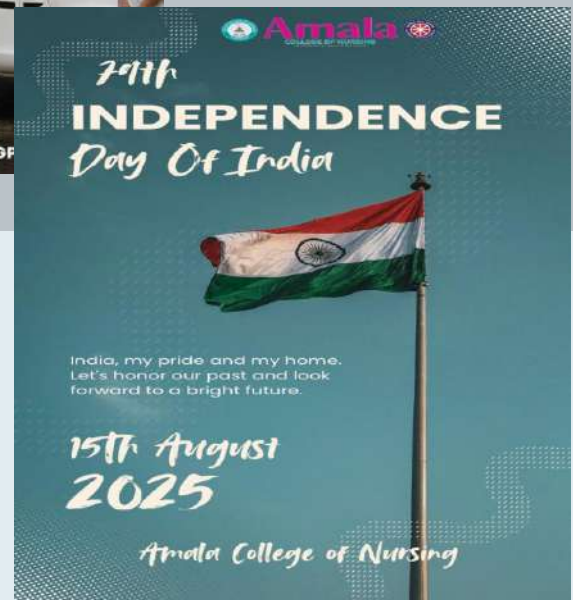
The Department of Child Health Nursing, Amala College of Nursing, successfully hosted the Breastfeeding Week Celebration 2025 with the theme "Prioritize Breastfeeding: Create Sustainable Support System." The event was organized by the 6th semester B.Sc. Nursing students (2022



batch) and highlighted the importance of breastfeeding in ensuring a healthier future for children and mothers alike.

The program began with a Theme Presentation at Amala College of Nursing, setting the tone for the week's activities. A series of engaging events including Role-play, Quiz, and Health Education sessions were conducted at the Pediatric OPD from 11:00 am onwards. The celebration concluded with a Poster Competition at Amala College of Nursing, where students expressed their creativity while spreading key messages on breastfeeding.





## Celebrating the 79th Independence Day of India

On this 15th of August, 2025, Amala College of Nursing proudly joins the nation in celebrating the 79th Independence Day of India. This day is not only a reminder of our freedom but also a tribute to the countless sacrifices made by our brave leaders and martyrs who envisioned an independent India.

As the tricolor unfurls high in the sky, we are reminded of our responsibility as citizens to uphold the values of unity, peace, and progress. Independence is not merely the absence of foreign rule but the presence of

opportunities to build a brighter, stronger nation.

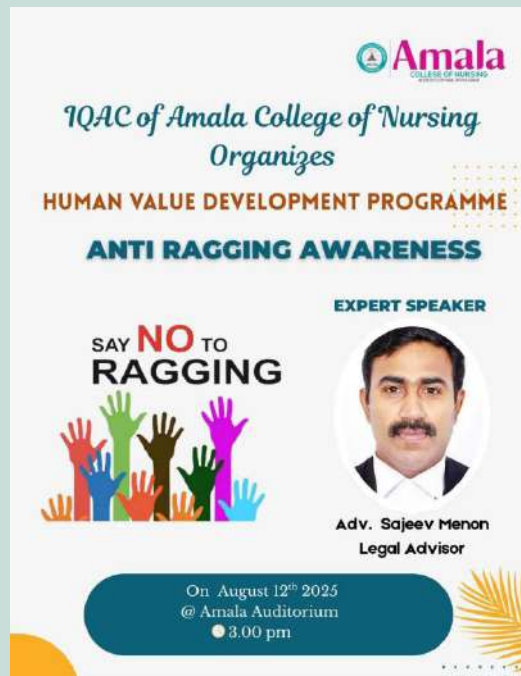
At Amala College of Nursing, we honor this day with deep gratitude and renewed commitment to serving our society. The spirit of freedom inspires us to strive for excellence, compassion, and dedication in the field of healthcare and beyond.



# ANTI-RAGGING Awareness Programme at Amala College of Nursing

The Internal Quality Assurance Cell (IQAC) of Amala College of Nursing organized a Human Value Development Programme on Anti-Ragging Awareness on August 12, 2025, at Amala Auditorium. The session aimed to create awareness among students about the harmful effects of ragging and to encourage a safe, respectful, and inclusive campus environment.

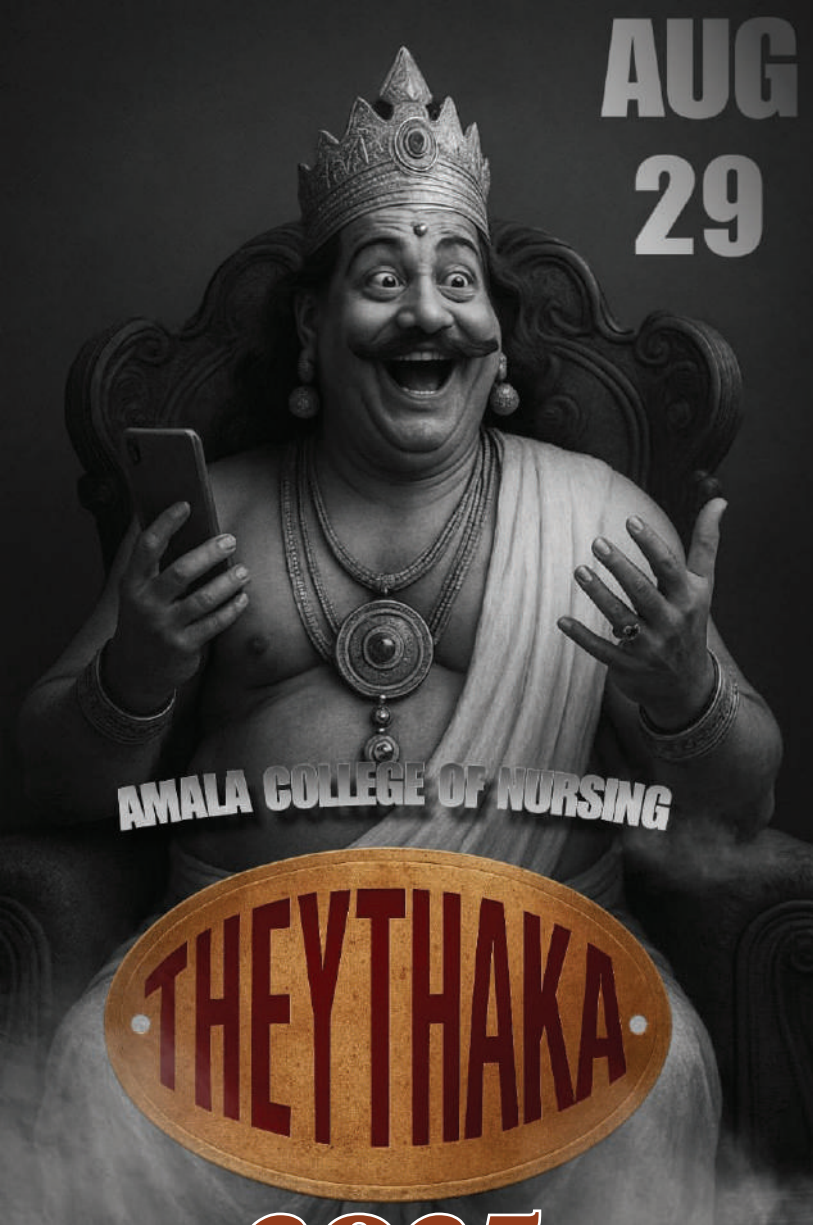
The programme featured an expert talk by Adv. Sajeev Menon, Legal Advisor, who shed light on the legal, social, and psychological implications of ragging. He emphasized that ragging is not just a violation of rules but also an infringement on human dignity and values. The session also highlighted the importance of fostering compassion, empathy, and respect among students to build a supportive community.



Through interactive discussions, students gained valuable insights into preventive measures and the legal consequences of ragging. The speaker reminded students that saying “No to Ragging” is not only a duty but also a step toward protecting the rights and well-being of peers.



AUG  
29



2025



Amala College of Nursing celebrated Onam with grandeur and cultural fervour on 29th September through the vibrant programme "Theythaka". The event brought together students, faculty, and staff in a joyful atmosphere, reflecting the true essence of Kerala's harvest festival.

The day's celebrations began with the rhythmic beats of the Chendamelam, setting a festive tone for the occasion. Students decorated the campus with colorful Pookkalam, showcasing creativity and teamwork. The highlight of the cultural

performances included Thiruvathira, Onappattu, games, and group dances, each portraying Kerala's rich traditions.

Adding charm to the festivities was the Malayali Manka competition, where participants in traditional attire captured the grace and beauty of Kerala womanhood. The celebration concluded with a sumptuous Onasadhya served on banana leaves, symbolizing unity and togetherness. Principal, faculty, and student leaders addressed the gathering, emphasizing the values of harmony, cultural pride, and community spirit.



# AMALA COLLEGE OF NURSING SHINES IN ALL KERALA BADMINTON TOURNAMENT

Amala College of Nursing proudly celebrates a remarkable achievement as our students, Della Toms and Irene Jose, secured first Place in the All Kerala Nursing Collegiate Badminton Tournament. The event witnessed spirited competition among nursing colleges across Kerala, and our champions displayed exceptional skill, determination, and teamwork to emerge victorious. Their outstanding performance not only brought

glory to themselves but also added great prestige to the institution. The Principal and faculty members congratulated the winners for their dedication and sportsmanship, appreciating them as role models who balance academics and extracurricular excellence. This victory is a proud moment for Amala College of Nursing, reflecting the holistic development and talent nurtured within the campus.

# SAMVAD MANCHIKA

Monthly Journal Club activity, “Samvad Manchika,” successfully organized in the Boulevard of the College. The event, dedicated to promoting research culture among faculty and students, provided a platform for discussing recent advancements in nursing research.

Teachers and students actively participated, presenting and critically analyzing research articles, fostering evidence-based practice. The interactive session encouraged knowledge sharing and helped participants enhance their research skills.

“Samvad Manchika” continues to be a vital initiative of the college, nurturing a spirit of inquiry and keeping the academic community updated with the latest trends in nursing and healthcare research.



**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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in every way

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DEPARTMENTS  
1 MISSION

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YOUR SANCTUARY**



At Amala Institute of Medical Sciences, we're more than just a hospital; we're a sanctuary of healing. With over 75 specialized departments, we offer a comprehensive range of medical services tailored to meet your every need. From cardiology to oncology, neurology to orthopaedics, our expert team is dedicated to providing top-notch care with compassion and

precision. Whether you're seeking treatment, diagnosis, or preventive care, your trust in Amala Institute to deliver excellence in healthcare will always be worthwhile. Your health is our priority, and we're here for you every step of the way. Welcome to a world of advanced medicine and heartfelt care. Welcome to Amala Institute of Medical Sciences.

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