



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

# AMALA COLLEGE OF NURSING

## AQAR (2023-2024)



### CRITERION 5 – STUDENT SUPPORT AND PROGRESSION

#### Key Indicator 5.3–Student Participation and Activities

**Metric No. 5.3.3- Number of sports and cultural activities/competitions organized by the Institution during the year**

**SUBMITTED TO**



**National Assessment and Accreditation Council**



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## Institutional Cultural Activities



### **AMALA COLLEGE OF NURSING**

An Undertaking of Amala Cancer Hospital Society

Affiliated to Kerala University of Health Sciences & Recognized by Kerala Nurses & Midwives Council & Indian Nursing Council (Certificate No. 18-16/2893-INC)

The First Nursing College with NAAC A-Grade in the First Cycle (RAF)

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## Institutional Cultural Competitions 2023-2024

SL NO	Date	Item	Name	Award
1.	05/06/23	World environment day -Mobile photography contest	Blessymol Thomas-2021	First
			Santo P.T-2022	Second
			Alphonsa Sebastian-2020	Third
2.	09/06/23	Reading week-quiz competition	2021 batch	First
			2019 batch	Second
			2020 batch	Third
3.	19/06/23	Reading week-Story writing malayalam	Nishana M.A-2020	First
			Binju Devassia -2019	Second
			Jimmymol-2020	Third
		Story writing-English	Divina -2020	
			Merin Shaju -2019	First
			Aleena Shaji -2020	Second
4.	20/06/23	Reading week-reading competition	Hiba K.M-2019	Third
			Geethu -2022	First
			Dani -2021	Second
5.	22/06/23	Reading week - Minute to win Extempore malayalam	Ayana -2021, Tinu -2020	Third
			Alphonsa -2020	First
			Ayana -2021	Second
6.	15/08/23	Independence day celebration-Slogan writing competition	Merin Shaju -2019	Third
			Sandra benny-2019	First



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7.	14/09/23	Celebrating success of chandrayan landing	Sandra benny-2019	First
			Ayana Baby- 2021	Second
		Story telling competition	Sheen Mariya Jose-2019	First
			Binju Devassia -2019	
			Mahima Joncy-2021	Second
			Jesmi Jose-2021	
8.	25/9/23	On the Spot Painting	Jenifer Thadikkaran Gigo - 2022	First
			Alina Mariya Augusty - 2019	Second
			Pritty Mary Prakash - 2019	Third
		Essay Writing - English	Jesmi Jose - 2021	First
			Jimymol M Giji - 2020	Second
			Maria K Darlin - 2019	Third
		Essay Writing - Malayalam	Ayana Baby - 2021	First
			Esther Biju - 2021	Second
			Aiswarya K S - 2019	Third
		Essay Writing - Hindi	Irine Rose Josey - 2020	First
			Harsha P Jiji - 2021	Second
			Minta Rose - 2019	Third
9.	26/9/23	Pencil Sketch	Anjana V P - 2021	First
			Jimymol M Giji - 2020	Second
			Jenifer Thadikkaran Gigo - 2022	Third
		Cartoon Drawing	Merlin James - 2018	First
			Johny K Johnson - 2020	Second
			Alwin M .Thomas - 2020	Third
		Story Writing - English	Maria K Darlin - 2019	First
			Irin Rose Josey - 2020	Second



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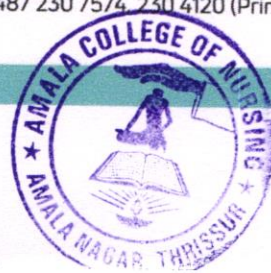
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			Ashams Roy - 2020	Third
		Story Writing - Malayalam	Maria K Darlin - 2019	First
			Esther Biju - 2021	Second
			Santo P T - 2022	Third
		Story Writing - Hindi	Harsha P Jiji - 2021	First
			Hiba K M - 2019	Second
			Irine Rose Josey - 2020	Third
		Poetry Writing - English	Sandra Benny - 2019	First
			Angel Rose Shaji Valayil - 2020	Second
			Merin Shaju - 2019	Third
		Poetry Writing - Malayalam	Neethu Benny - 2021	First
			Shibily Rasfin - 2019	Second
			Tinu James - 2019	Third
		Poetry Writing - Hindi	Hiba K M - 2019	First
			Alina Mannanal Gigi - 2020	Second
			Maria K Darlin - 2019	Third
10	1/10/23	World Oldage day celebration Selfie contest	Alphonsa Sebastian-2019	First
			Mohammed farzeen P-2021	Second
			Jestin M.D-2022	Third
11	3/10/23	Poster Presentation	Hiba K M - 2019	First
			Johnny K Johnson - 2020	Second
			Thasnim - 2022	Third
		Poster Presentation-2 (First aid in digital world )	Sindrella Paul - 2019	First
			Alwin.M.Thomas - 2020	Second
			Blessymol Thomas - 2021	Third
12	4/10/23	Scientific paper presentation	Maria K Darlin - 2019	First
			Irene Rose Josey - 2020	Second
			Ayana Baby - 2021	Third



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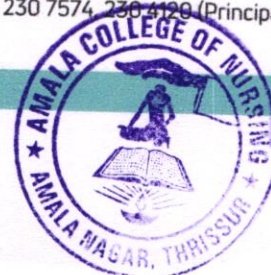
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13	5/10/23	Quiz	Anna Mariya Johnson - 2020	First
			Binju Devassia - 2019	Second
			Jesmi Jose - 2021	Third
		Elocution - Malayalam	Ayana Baby - 2021	First
			Aleena John - 2022	Second
			Aleena Shaji - 2020	Third
		Extempore - Speech - English	Alina Mannanal Gigi - 2020	First
			Ayana Baby - 2021	Second
			Merin Shaju - 2019	Third
		Recitation - English	Jenifer Thadikkaran Gigo - 2022	First
			Merin Shaju - 2019	Second
			Aleena Shaji - 2020	Third
		Recitation - Malayalam	Aparna P - 2022	First
			Anjitha Shaji - 2020	Second
			Krishnapriya C S - 2021	Third
		Solo Song - Girls	1. Thasnim P S - 2022	First
			2. Geethu Aloysius - 2022	Second
			Hridhya Vinod - 2021	Third
		Solo Song - Boys	Yatin Varghese Puthuran - 2022	First
			Abin Babu - 2021	Second
		Mimicry	Sindrella Paul - 2019	First
			Alphonsa Sebastian - 2020	Second
			Liya Charly - 2020	Third
		Debate	Geethu Aloysius - 2022	First
			Merin Shaju - 2019	Second
			Mahima Johncy - 2021	Third
		Fancy Dress	Shibily Rasfin - 2019	First
			Sharon Thomas - 2019	Second



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			Arya M Arun - 2022	Third
		Personality Contest - Girls	Alina Mannanal - 2020	First
			Mahima Johncy - 2021	Second
			Aiswarya Shaji - 2022	Third
		Personality Contest - Boys	Alwin. M .Thomas - 2020	First
			Santo P T - 2022	Second
			Nirosh - 2022	Third
		Spot choreo	Arya M Arun - 2022	First
			Harsha P Jiji - 2021	Second
			Nova Elizabeth Tom - 2019	Third
14	6/10/23	Group song	Gladis Mariya A C - 2019	First
			Krishnapriya C S - 2021	Second
			Riya Jose - 2020	Third
		Nadanpatt	Anntreesa M P - 2019	First
			Riya Jose - 2020	Second
			Hridhya Vinod - 2021	Third
		Mime	Margaret James - 2019	First
			Shelby - 2022	Second
			Johncy K Johnson - 2020	Third
		Skit	Sindrella Paul - 2019	First
			Eldhose Reji - 2020	Second
			Santo P T - 2022	Third
		Group Dance	Hridhya Vinod - 2021	First
			Johncy K Johnson - 2020	Second
			Hiba K M - 2019	Third
		Health Play	Ayana Baby - 2021	First
			Alina Mannanal Gigi - 2020	Second
			Maria K Darlin - 2019	Third



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		Sargaprabha	Maria K Darlin - 2019	
		Kalaprathiba	Alina Mannanal Gigi - 2020	
15	20/10/23	Innovation day celebration	Santo P T-2022	First
		Essay writing competition	Jimymol M Giji-2020	Second
			Salu Lovely Joy-2023	Third
16	31/10/23	Unity day celebration	Mahima Johncy 2021	First
		English elocution competition	Hanna Merin Baby 2022	Second
			Elna A.s 2021	Third
			Jenifar Thadikaran Gigo 2022	
17	1/11/23	Interbatch Keralapiravi Quiz Competition	2020 batch	First
			2023 batch	Second
			2022 batch	Third
18	19/11/23	National Entrepreneurship Day	Anu Anto-2021	First
			Aleena Mariya-2019	Second
		Interbatch poster competition	Sneha Tharakan-2021	Third
19	21/11/23	HIC week celebration	Jenifar Thadikaran Gigo 2022	First
		Spot painting	Aparna p(2022)	
		Short film	Abin Babu (2021)	Second
20	22/11/23	Stall competition	2020 batch	First
21	12/01/24	National Youth day	Jesmi Jose(2021 Batch)	First
		Inter batch essay competition	Anu Anto (2021 Batch)	Second
			Yatin Varghese (2022 Batch)	
			Angel Mary (2023 Batch)	Third
			Nikitha Rose (2022 Batch)	
22	16/01/24	National Start Up Day Interbatch Pencil Drawing	Merlin James 2019 Batch	First
			Thasnim 2022 Batch	Second



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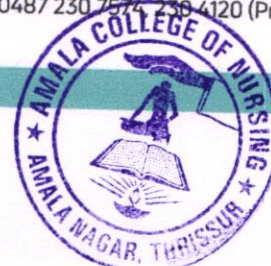
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		Competition	Jennifer Thadikkaran Gigo 2022	Third
23	05/02/24	World Cancer Day Quiz competition	Jimymol M Giji 2020 Batch Anna Mariya Johnson 2020batch	First
			Aneesha Azeez 2023 Shalu Lovely Joy 2023 Batch	Second
24	28/2/24	National Science Day Science Quiz	Fathima Sherbin 2023 Santo P T 2022 Alphonsa Sebastian 2020	First Second Third
25	07/03/24	Women's Day Poster Competition	Jimymol M Giji(2020) Hridhya Vinod (2021) Aparna P & Jennifer Thadikkaran Gijo (2022)	First Second Third
26	14/03/24	World Kidney Day-Poster competition	Jimymol Giji of 2020 batch	First
27	22/03/24	World Water Day Poster competition	Anjana V P -2021 Thasnim P S -2022 Jimymol M Giji -2020 Aparna P -2022	First Second Third
28	07/04/24	World health day Essay writing competition	Aleena Shaji 2020 Alphonsa Sebastian 2020 Alina Mannanal Gigi 2020	First Second Third
29	22/04/24	International Earth Day Online Quiz Competition	Sweetna Thomas 2020 Lansal Elizabeth Kuriakose 2021 Sona Paul 2020	First Second Third
		Caption Writing Competition	Emil Martin 2021 Amritha Johnson 2020 Mahima Johncy 2021	First Second Third
30	15/05/24	Film Club: Box	2021 Batch	First



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		Office	2022 Batch	Second
		Dance video Competition	2023 Batch	Third
31	16/05/24	Dengue Day Poster Competition	Anu Anto-2021	First
32	17/05/24	World Hypertension Day-Elocution	Ayana Baby-2021	First
			Hanna Merin-2022	Second
			Esther Biju-2021	Third
33	27/05/24	Logo Design	Hudha N M-2023	First
			Anu Anto -2021	Second
			Santo PT-2022	Third
34	31/05/24	World No Tobacco Day- Caption writing competition	Abin Babu -2021	First
			Hudha N M-2023	Second
			Neethu Benny-2021	Third
			Santo PT-2022	



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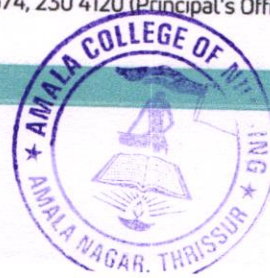
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## Institutional Sports Activities



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## Institutional Sports Activities

**JWALA 2K23**

SL.No	Date	Item	Name	Award
1)	02/12/23	100 Meters ( Boys)	Yatin Varghese (2022) Justin (2022)	1 <sup>st</sup> 2 <sup>nd</sup>
2)		100 Meters (Girls)	Akhilamol Thomas (2020) Anntreesa M P (2019) Rose Maria Antony (2020)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
3)		800 Meters ( Boys)	Nidhin Francis (2020) Justin (2022) Didhimos T P (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
4)		800 Meters ( Girls)	Anntresa M P ( 2019) Niya Grace (2019) Amrutha Johnson (2020)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
5)		4* 100 (Girls )	2021 Batch 2019 Batch 2022 Batch	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
6)		200 Meters (Girls )	Anntreesa M P ( 2019) Nimiya Elizabeth (2020), Irene Jose(2022) Angel Rose (2020)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>



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7)	200 Meters (Boys )	Nidhin Francis (2020) Yatin Varghese (2022) Didhimos T P (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
8)	Shot Put ( Boys)	Eldhose Reji (2020) ,Sharon Thomas (2019) Muhammed Kasim ( 2019) Didhimos T P (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
9)	Shot Put ( Girls)	Aiswarya Shaji (2022) Anne Mariya Augustian ( 2021) Anunandha Mohan (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
10)	Discuss Throw ( Boys)	Eldhose Reji (2020) Muhammed Kasim (2019) Didhimos T P (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
11)	Discuss Throw Girls)	Shibily Rasfin K M (2019) Nova Elizabeth Tom (2019) Emitha Tomy (2019)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
12)	Javelin Throw ( Boys)	Muhammed Kasim (2019) Eldhose Reji (2020) Sharon Thomas (2019)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>



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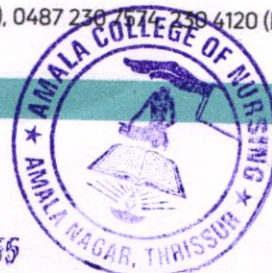
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13)		Javelin Throw (Girls)	Shaiha (2022) Surya R (2020) Nova Elizabeth Tom (2019)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
14)		Marchpast	2019 Batch 2021 Batch 2020 Batch	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>



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## Institutional Sports Activities

### Badminton competition on 27/09/23

1.	27/09/23	Badminton - Singles ( Boys )	Muhammed Kasim (2019) Aswin Jose (2022) Yatin Varghese (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
2.		Badminton - Singles ( Girls )	Maria K Darlin (2019) Irene Jose (2022) Anne Maria Augustian (2021)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
3.		Badminton - Doubles ( Girls )	Maria k Darlin (2019), Angel Davis Pynadath (2019) Blessymol Thomas (2021), Annie Maria Augustine (2021) Amala Therese Saju (2022), Ameeliya Mariya Anto (2022)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
4.		Badminton - Doubles ( Boys )	Muhammed Kasim (2019), Sharon Thomas (2019) Nidhin Francis (2020), Eldhose Reji (2020) Amal Biju (2021), Abin Babu (2021)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>



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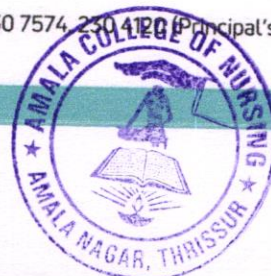
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**Institutional Sports Activities**  
**Chess Tournaments on 25/09/23**

1.	25/09/23	Chess ( Boys )	Nidhin Francis (2020) Mohammed Farzeen P (2021) Sharon Thomas ( 2019)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>
2.		Chess ( Girls)	Neethu Benny (2021) Ameeliya Mariya Anto (2022) Anju Bobby ( 2021)	1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup>



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amalanursingcollege@amalaims.org | www.amalanursingcollege.org

*[Signature]*  
**Prof. Dr. RAJEE REGHUNATH**  
PRINCIPAL  
AMALA COLLEGE OF NURSING  
AMALA NAGAR P.O., THRISSUR-680 555







**Institutional Sports Activities**  
**Carroms Competition on 26/09/23**

1.	26/09/23	Carroms ( Boys )	Justin M D (2022), Yatin Varghese (2022)	1 <sup>st</sup>
			Amal Biju (2021), Nirosh M J (2021)	2 <sup>nd</sup>
			Muhammed Kasim (2019), Sharon Thomas (2019)	3 <sup>rd</sup>
2.		Carroms (Girls)	Alina Mariya Augusty (2019)	1 <sup>st</sup>
			Amrutha Johnson (2020)	2 <sup>nd</sup>
			Nimisha P (2021)	3 <sup>rd</sup>



**AMALA COLLEGE OF NURSING**

An Undertaking of Amala Cancer Hospital Society

Affiliated to Kerala University of Health Sciences & Recognized by Kerala Nurses & Midwives Council & Indian Nursing Council (Certificate No. 18-16/2893-INC)

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*Regan*  
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