



AMALA COLLEGE OF NURSING

AQAR (2023-2024)



CRITERION 1 – CURRICULAR ASPECTS

Key Indicator 1.3– Curriculum Enrichment

Metric No. 1.3.1- The Institution integrates cross-cutting issues relevant to gender, environment and sustainability, human values, health determinants, Right to Health and emerging demographic issues and Professional Ethics into the Curriculum as prescribed by the University / respective regulative councils

SUBMITTED TO



National Assessment and Accreditation Council

**HUMAN VALUES
AND
PROFESSIONAL
ETHICS**



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(An undertaking of Amala Cancer Hospital Society)

Amala Nagar, Thrissur – 680 555, Kerala

First Nursing College accredited by NAAC with A grade in the first cycle (RAF)

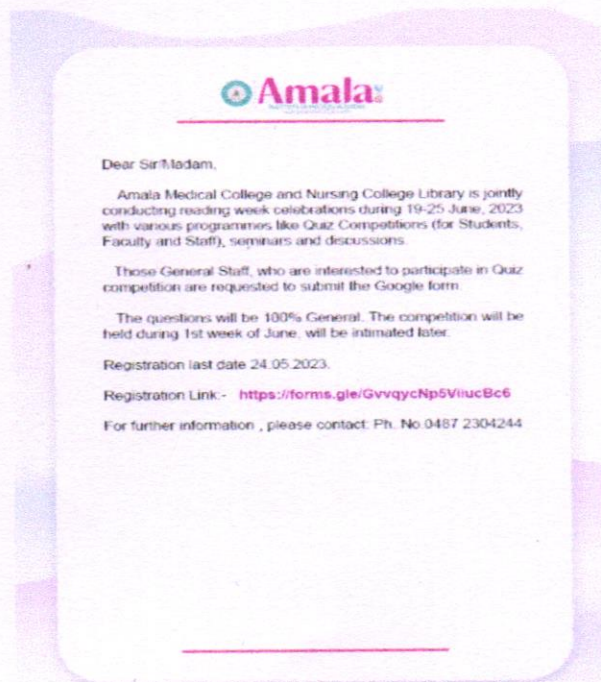
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REPORT ON READING WEEK CELEBRATION

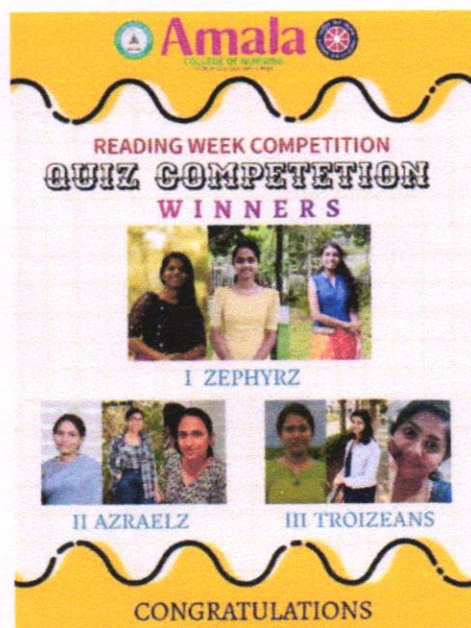
As part as a part of Reading Week celebration NSS volunteers along with Amala college library organized various programme. It includes quiz programmes, seminars and discussions. All the students actively took part in the events. Dr Rajee Reghunath Principal announced the winners of the competition. The programmes were conducted during the month of June. All the faculty also took part in the event.

Following are the events brochures, photographs and winners list .

BROCHURE



Winner list



Rajee
Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISUR-680 555





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QUIZ



BROCHURE

**READING WEEK
CELEBRATION**

Amala
COLLEGE OF NURSING

QUIZ COMPETITION

3 students from each batch can participate

DATE: 09.06.2023
TIME : 2.00 PM TO 3.00 PM
VENUE : EXAMINATION HALL




**Reading Day
Celebration 2023**

Amala

INVITATION

The Padma Bhushan Rev Fr Gabriel Chiramel CMI Monks' Central Library and Amala College of Nursing Library are jointly Celebrating Reading Day 2023. We are cordially invited all of our Faculty Members, Doctors, Staff and Students to this event. We look forward for your participation to make this event a grand success.

On 16th June (Friday) 2023,
at 3.00 - 4.00 pm
in St. Joseph Hall (St. Joseph Library Block)

 President of Address Fr. Julius Arakkal, CMI Director ABML	 Inauguration Sri. Alankode Linalakrishnan Writer & Poet	 Sponsor Mr. C Abdul Razak Topic: Reading for Health & Life
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Principal
Dr. Betsy Thomas, Principal, ABML

Principal
Dr. Ragesh Raghunath, Principal, ACON

Prof. Dr. RAJEE REGHUNATH
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REPORT ON SPECIAL SCHOOL VISIT

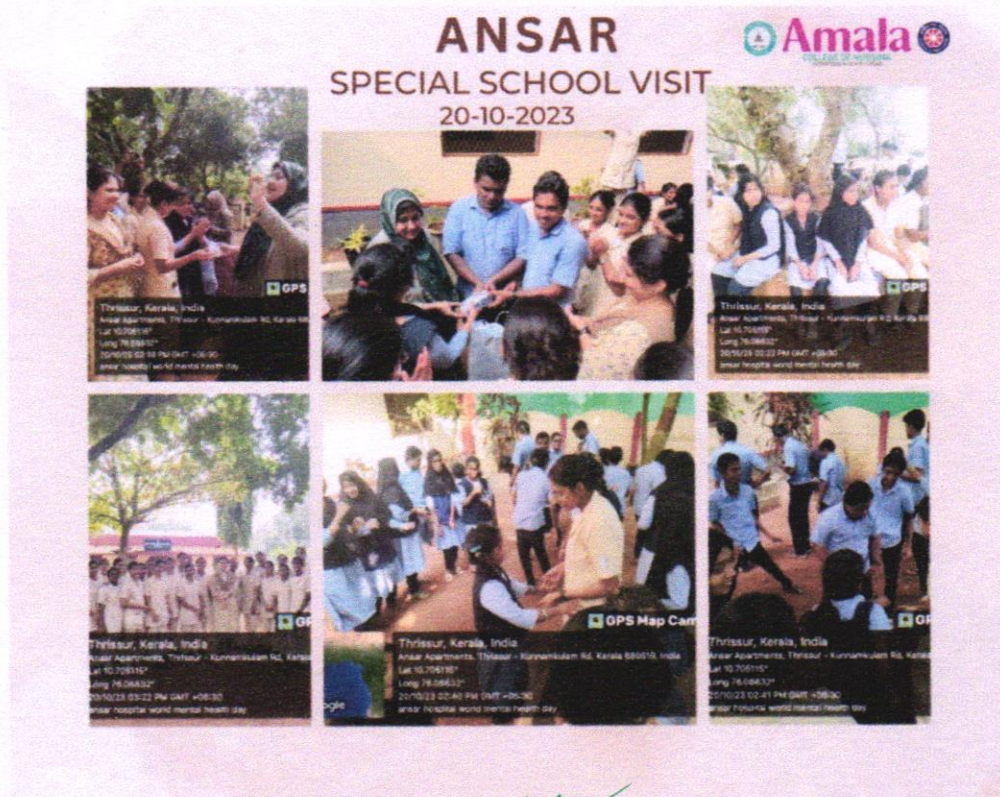
On October 20, 2023, a group of National Service Scheme (NSS) volunteers visited Ansar Special School as part of our community service initiative. The purpose of the visit was to interact with the students, understand their needs, and contribute to creating a positive and inclusive environment.

Objectives:

1. To engage with students of Ansar Special School and learn about their experiences.
2. To offer support and assistance to the school staff in various activities.
3. To promote awareness and inclusivity regarding special education.

Activities:

1. **Interactive Sessions:** NSS volunteers engaged in interactive sessions with the students, fostering a friendly and inclusive atmosphere. This allowed us to understand their unique needs, challenges, and talents.
2. **Assistance in Classrooms:** Volunteers assisted teachers in classrooms, providing one-on-one support to students as needed. This hands-on experience helped us gain insights into the teaching methodologies adapted for special education.
3. **Recreational Activities:** Organized recreational activities, such as art and craft sessions, music, and games, aimed at providing a platform for students to express themselves creatively and socially interact.



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REPORT ON VISIT TO DIVYA HRIDAYA ASHRAM (Sacred Heart Ashram)

NSS volunteers visited Inaugurated the Sacred Heart Ashram which was established in 1994 by Mother Teresa as a rehabilitation center and as a permanent residence for those with nowhere else to go. There are no criteria that disqualify an individual from finding refuge with us. Men, women, and children from infants to those approaching ninety years of age make up this unique community of 350 people. Muslims, Hindus, and Christians all live together. The volunteers had a beautiful experience to know the world out there. They communicated, and shared their talents with the residents



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Rajee
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Report on the Personality Development Program

On May 4th, 2024, the NSS Volunteers of Amala College of Nursing organized a dynamic Personality Development Program focused on the theme "Focus on Your Goals, Break Your Comfort Zone." The session, conducted via Zoom, featured Mr. Arun G Krishnan, Associate Professor at Ahalia School of Pharmacy, Palakkad, as the expert speaker. Students of Amala College of Nursing participated eagerly as Mr. Krishnan delivered an insightful and motivational talk on the importance of goal-setting and stepping out of one's comfort zone for personal growth and development. His expertise and engaging presentation style captivated the audience, inspiring them to embrace challenges, overcome obstacles, and strive for excellence in both academic and personal pursuits. The program concluded with a lively interactive session where students had the opportunity to ask questions and seek advice from the esteemed speaker, leaving them feeling inspired and empowered to pursue their goals with renewed determination and confidence.

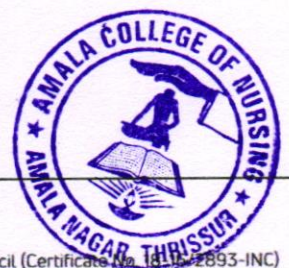
PERSONALITY DEVELOPMENT PROGRAM

Topic : "Focus on your Goals"
"Break Your Comfort Zone"

EXPERT SPEAKER
MR. ARUN G KRISHNAN
Associate Professor,
Ahalia School of Pharmacy, Palakkad &
Soft Skill Trainer
TOT from Rajagiri Institute of Social Science
TOT from Positive Commune
TOT from KILA

DATE: 04.05.2024
TIME : 10.00 AM TO 11.00 AM
PLATFORM : ZOOM

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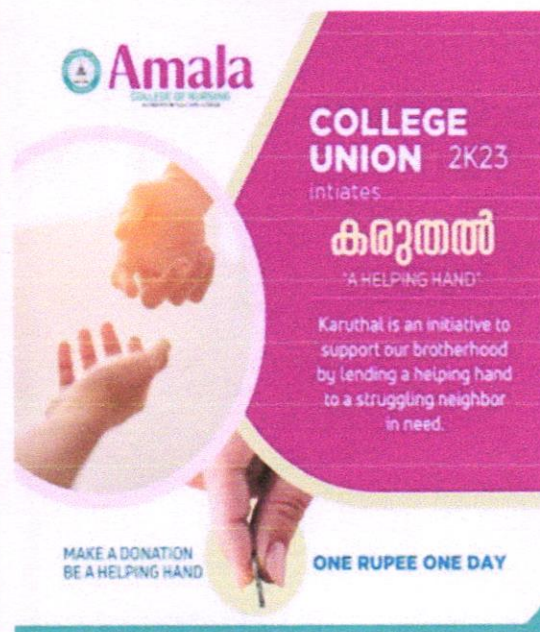
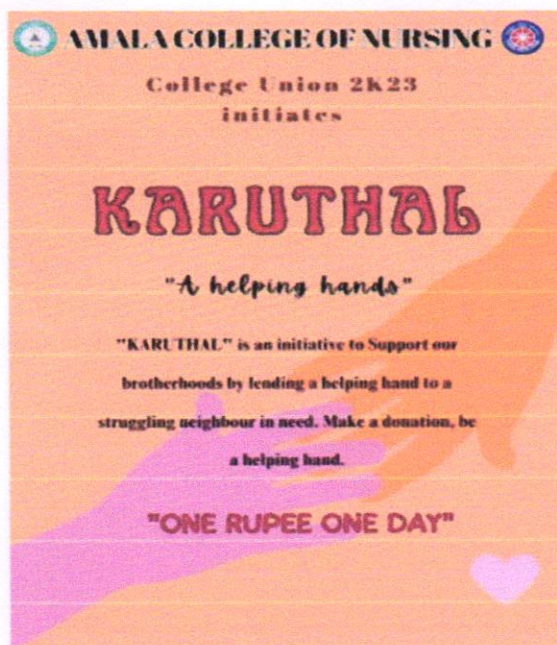
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REPORT ON PROJECT KARUTHAL

NSS Volunteers along with College Union collaborate to start KARUTHAL project which is a fund-raising program to help the needy. The management and Principal Dr. Rajee Reghunath welcomed their idea and motivated them. The project includes collection of 1 rupee every day from every person in the college. The sum amount will be utilized for the dialysis patients and other needed areas.




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REPORT ON Non-Communicable Disease Clinic Visit

On November 7, 2023, National Service Scheme (NSS) volunteers conducted a visit to the Non-Communicable Disease (NCD) Clinic as part of our community outreach program. The primary objectives were to create awareness about non-communicable diseases and to provide a small medical camp for the local community.

Objectives:

1. To raise awareness about non-communicable diseases and their preventive measures.
2. To conduct a small medical camp offering basic health check-ups to the public.

Activities:

1. **Awareness Class:** NSS volunteers organized an informative awareness class for the public. Topics covered included the common types of non-communicable diseases, risk factors, and lifestyle modifications for prevention. Emphasis was placed on the significance of regular health check-ups.
2. **Question and Answer Session:** Following the awareness class, a question and answer session was conducted, allowing participants to seek clarification on specific health concerns and NCD-related queries.
3. **Medical Camp:** A small medical camp was set up, providing basic health check-ups such as blood pressure monitoring, blood sugar tests, and BMI measurements. Qualified healthcare professionals, including doctors and nurses, volunteered their services.



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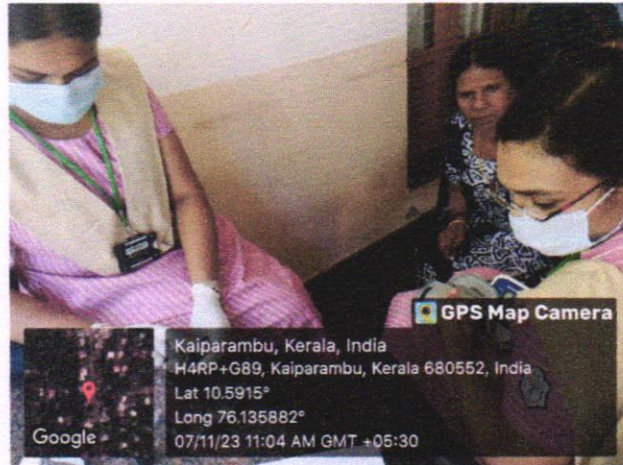
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Report on NSS Volunteer Visit to Gagultha Retreat Centre, Thrissur

On 14th December 2023, a group of enthusiastic NSS (National Service Scheme) volunteers from Amala College of Nursing, Thrissur, embarked on a visit to the Gagultha Retreat Centre. The centre, known for its commendable work in providing care and support to a diverse community, including individuals with disabilities, the elderly, and those facing various concerns, was chosen as a destination for the NSS community service initiative.

Purpose of the Visit: The primary objective of the visit was to extend a helping hand and engage in activities that would bring joy, companionship, and assistance to the residents of the Gagultha Retreat Centre. The NSS volunteers aimed to contribute positively to the lives of the individuals at the centre through meaningful interactions and support.

Activities Undertaken: Upon reaching the Gagultha Retreat Centre, the NSS volunteers were warmly welcomed by the staff and residents. The visit included a range of activities that catered to the diverse needs of the individuals at the centre.

1. **Interactive Sessions:** The volunteers initiated interactive sessions, engaging in conversations and activities with the residents to create a sense of companionship and alleviate feelings of loneliness.
2. **Assistance and Support:** Recognizing the diverse concerns of the residents, the NSS volunteers provided assistance and support as needed, whether it be helping with mobility, reading, or simply spending quality time together.
3. **Recreational Activities:** The volunteers organized recreational activities, such as games, music, and art, tailored to the abilities and preferences of the individuals at the centre, creating an atmosphere of joy and relaxation.
4. **Donation Drive:** To further support the Gagultha Retreat Centre, the NSS volunteers conducted a donation drive, collecting essential items and supplies that could contribute to the well-being of the residents.

The visit by NSS volunteers from Amala College of Nursing to Gagultha Retreat Centre proved to be a meaningful and heartwarming experience. The volunteers, through their compassionate interactions and supportive activities, aimed to bring smiles and comfort to the residents of the centre. The initiative not only reflected the spirit of community service but also highlighted the importance of extending care and empathy to those facing various challenges. The NSS volunteers left the centre with a sense of fulfillment, having made a positive impact on the lives of the individuals at Gagultha Retreat Centre.

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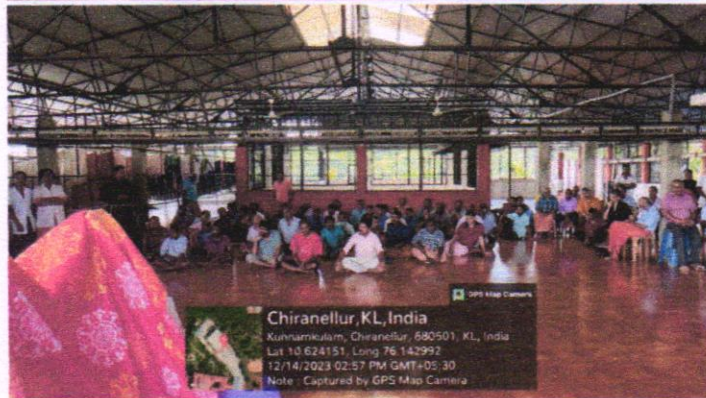
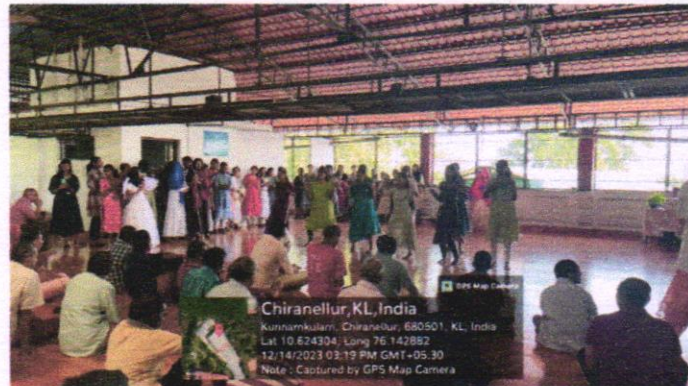
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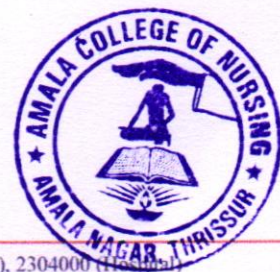
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NATIONAL YOUTH DAY

The NSS volunteers of Amala College of Nursing, Thrissur, celebrated National Youth Day with great enthusiasm and zeal on January 12th 2024. National Youth Day is celebrated in India every year on January 12th to commemorate the birth anniversary of Swami Vivekananda, a philosopher and youth icon.

Activities Organized


To mark this special occasion, the NSS unit organized two main activities:

- **Essay Writing Competition:** An essay writing competition was held on the theme "Swami Vivekananda's Vision for the Youth of India." This competition provided a platform for students to express their understanding of Swami Vivekananda's teachings and their relevance to the lives of young people in today's world.
- **Informative Speech:** Sr.Litha Lizbeth, Vice Principal was invited to deliver an informative speech on the topic "Swami Vivekananda: A Role Model for Young People." The speaker, who is an expert on Swami Vivekananda's life and teachings, shared insights into his philosophy and how it can inspire young people to lead meaningful lives.

Participation and Response

The essay writing competition received a good response from students, with over 15 entries submitted. The judges, who were faculty members from the college, had a difficult time selecting the winners as the essays were all well-written and reflected a deep understanding of the theme.

The informative speech was attended by a large number of students and faculty members. The speaker's engaging presentation captivated the audience and left them with a renewed appreciation for Swami Vivekananda's message.


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In association with
Innovation Cell

National
YOUTH DAY

ARISE, AWAKE
AND REALIZE
THE POWER YOU
HOLD

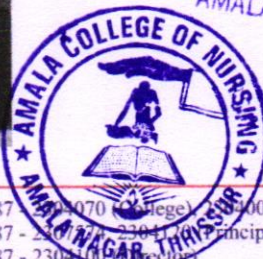
Inter batch essay competition
(English)

3 participants
from each batch

12.01.2024
FRIDAY
3PM-4PM
@
Examination Hall



Thrissur, Kerala, India
H569+W5V, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.562235° Long 76.167912°
12/01/24 03:09 PM GMT +05:30
national youth day interbatch essay writing competition



14/1
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REPUBLIC DAY CELEBRATION REPORT

Date: January 26, 2024

Venue: Amala Campus, Thrissur

Organized by: NSS Volunteers

On January 26, 2024, the vibrant spirit of patriotism filled the air as Republic Day was celebrated with great enthusiasm at the Amala Campus in Thrissur. Organized by the NSS volunteers, the event was a remarkable display of reverence for the nation and its values.

Flag Hoisting Ceremony:

The highlight of the celebration was the flag hoisting ceremony, which took place at 6:45 AM in front of the Chavara Block, symbolizing the unity and pride of the nation. The national flag was proudly hoisted by the Managing Director of Amala Institute of Medical Sciences, Thrissur, Reverend Father Julious Arrakal. His dignified presence added solemnity to the occasion.

Attendees and Participants:


The event witnessed active participation from students, faculty, and staff members of the institution, all gathering to pay homage to the ideals enshrined in the Constitution of India. The NSS volunteers played a pivotal role in organizing and coordinating the program, ensuring its smooth conduct and meaningful engagement of the attendees.

Message of Unity and Progress:

Throughout the event, the underlying message of unity, diversity, and progress resonated strongly, emphasizing the importance of upholding the democratic values and principles on which the nation was founded. Reverend Father Julious Arrakal, in his address, highlighted the significance of active citizenship and collective responsibility in building a strong and inclusive society.

The Republic Day celebration at Amala Campus was a resounding success, thanks to the dedicated efforts of the NSS volunteers and the enthusiastic participation of the attendees. The event not only commemorated the historic day of India's adoption of the Constitution but also served as a reminder of the responsibilities and duties of every citizen towards the nation's welfare and progress.




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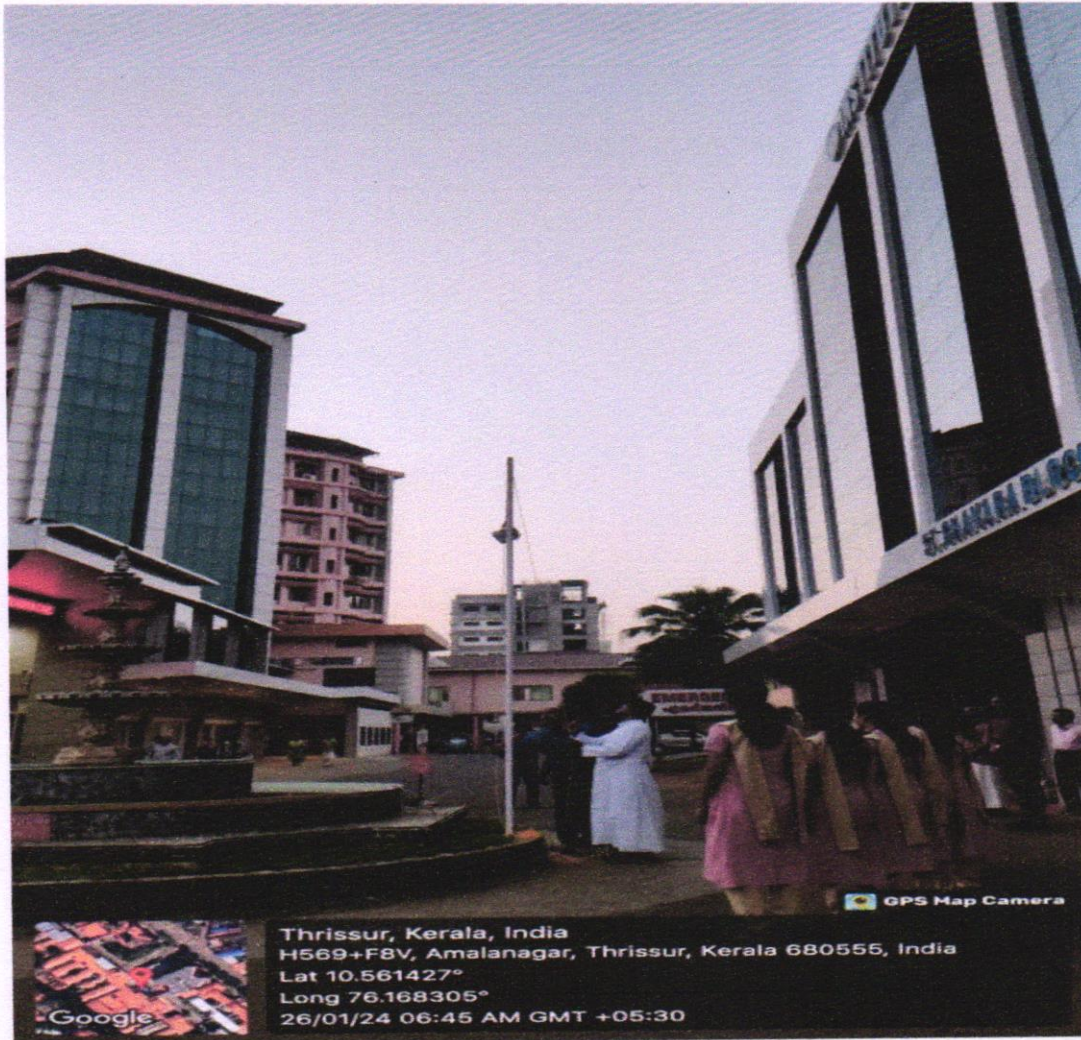
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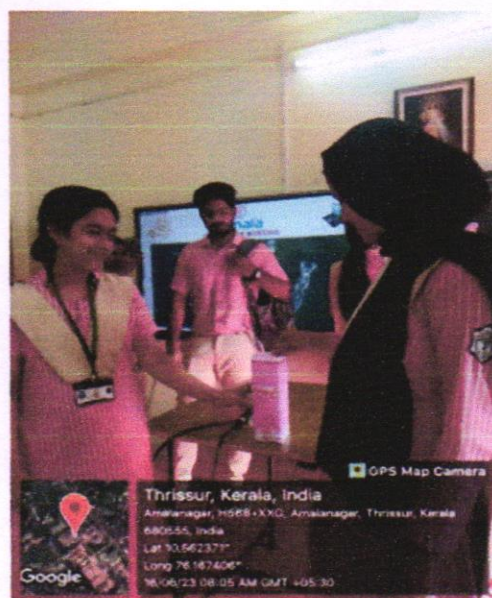
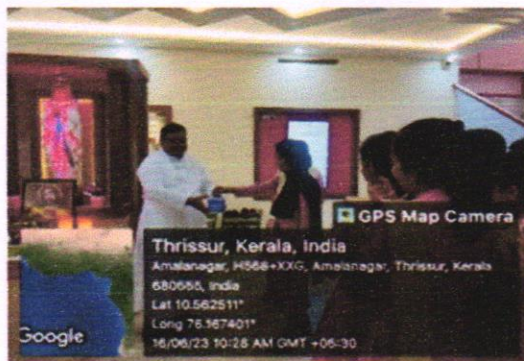
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