



# AMALA COLLEGE OF NURSING

## AQAR (2023-2024)



### CRITERION 2 – TEACHING- LEARNING AND EVALUATION

#### Key Indicator 2.3 – Teaching- Learning Process

**Metric No. 2.3.5.- The teaching learning process of the institution nurtures creativity, analytical skills and innovation among students**

SUBMITTED TO



**National Assessment and Accreditation Council**

## **Idea club and Activities**



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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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(Certificate No. 18-16/2893-INC)

## REPORT ON YIP DISTRICT LEVEL SELECTION

Young Innovators Programme is a specially designed programme under Kerala Development and Innovation Strategic Council (K-DISC). As a part of Young Innovators Programme 4.0, 2 ideas were selected for state level presentation. There was a 2 day camp conducted on 20<sup>th</sup> and 21<sup>st</sup> July at Jubilee auditorium, Kottarakara, Kollam. Representatives from 2 groups attended the function. The camp consisted of variety of sessions on various topics. It also included different workshops. Various guidelines were provided for state level presentation. Certificates were provided for district level selection and cash prizes were also received.

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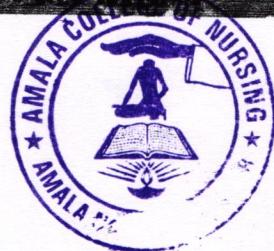
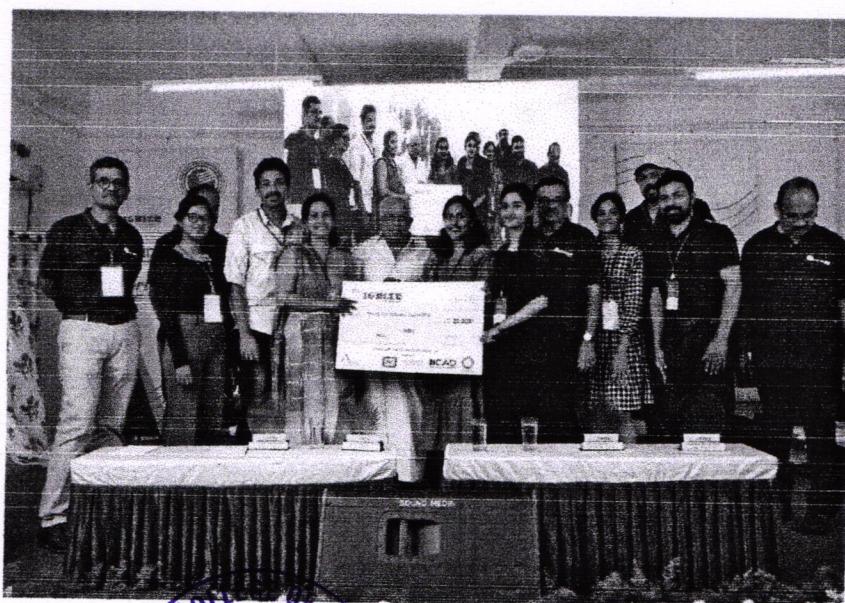
## **REPORT ON DARSANA IGNITE 2023**

Darsana Ignite conducted its idea marathon of the year 2023. A total of 196 colleges participated among which Amala College Of Nursing participated in it. 3 levels were conducted owing to which the grand finale was conducted with the top 20 shortlisted groups on 12<sup>th</sup> August 2023. 4 students of 3<sup>rd</sup> year B.Sc. Nursing, with their project pocket sterilizer were selected for grand finale.

The students are- Ms. Aleena Shaji, Ms. Alin Mannanal Gigi. Ms. Akhilamol Thomas and Mr. Eldhose Reji. Their guide was Mrs. Rinu David, Assistant Professor. Amala College of Nursing. As for technical help we had support from Christ College of Engineering, Irinjalakuda.

Students along with their guide attended the event which was held in Palakkad at 8am. The event began with the presentation of the groups and then followed by booth visit. The presentation was done by Ms. Alina Mannanal Gigi. Mr. Anoop. CEO of Kerala startup, Mr. K. Krishnankutty, Minister of electricity and other eminent personalities visited the booths and motivated the students. The competition was tough enough as all the groups participated well. The results were announced at 4.30pm. Amala college of Nursing emerged as the tag line winner, the team with the highest points for the project, pocket sterilizer. The winners were rewarded with memento, certificates and cash prize of rupees 25,000. The present was handed over by Mr. K. Krishnankutty, minister of electricity. The programme concluded by 6.30 pm.

Indeed, it was a proud moment for Amala college of Nursing for carving its name in a new branch. A world of innovation.



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## Assessment of Psychological Well Being and Quality Of life among Fishermen Community in a select Edrural Community Area, Chengalpattu District, Tamil Nadu

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### Abstract

**Background:** Fishermen community is a group of people geographically located in the coastal areas and have their own way of life and a distinctive culture. A variety of stressors that have an effect on physical and mental health are experienced by commercial fishermen. However, there is limited research on the level of mental ill-health among fishers and in certain monsoon season mostly, fishermen cannot go to the sea due to bad weather condition. Because of this, fisherman typically have low-quality jobs that are dependent on the weather. When we look at the association between various stressor categories and psychological distress, we see that fishers who perceive "traditional risks" and "modern uncertainties" as being more intensely are more likely to experience psychological distress.

**Objectives\aim:** To assess the psychological wellbeing among fishermen community, To assess the quality of life among fishermen community, To find out the association between the psychological wellbeing and quality of life among fishermen community with their selected demographic variables, To find out the correlation between psychological wellbeing and quality of life among fishermen community.

**Materials and Methods:** Quantitative descriptive research approach was used in this study. 140 fishermen were selected by using randomized sampling technique in Kokilamedu, Chengalpattu district. A valid study questionnaire was used to collect data on socio-demographic characteristics of fishermen, psychological wellbeing was assessed by using general health questionnaire and quality of life was assessed by using WHO QOL BREF scale among fishermen community.

**Results:** The study shows that most of the fishermen were not affected with mental illness (98.6%) whereas remaining 1.4% were affected with mental illness, majority of the fishermen were had average quality of life (94.3%) whereas 5.7% of fisherman had good quality of life. **Conclusion:** Assessment on psychological wellbeing and quality of life among fishermen shows that most of the fishermen were not affected with mental illness and the most of the fishermen had average quality of life.

**Key Words:** Assessment, psychological wellbeing, quality of life, fishermen community.

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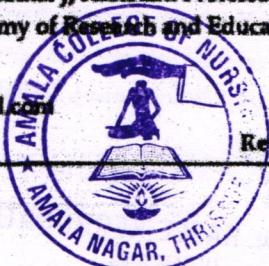
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## Introduction

Psychological wellbeing has two important facets. The first of these is how much joy and other positive emotions people experience. Subjective wellbeing is a term that has been used to describe this component of psychological wellbeing. A population's or an individual's wellness in terms of both positive and negative facets of their existence at a certain time is referred to as their quality of life (Azid, A et al. 2015)<sup>1</sup>.

The management of fishermen's issues falls within the purview of the Department of Fisheries Malaysia, a division of the Fisheries Development Authority of Malaysia (LKIM). The fishing industry contributes 1.47 % of the Gross Domestic Product (GDP). Although this is considered small, the fisheries sector is a major producer of protein for the population of this country. The government's role is seen as one effort to help the fishermen and farmers as well as livestock farmers to be competitive with the other sectors, thus helping them to increase their household income. The People's Welfare Development Scheme (SPKR) and a few other programmers have been specially prepared to diversify their sources of income. The majority of the fishing community's economic situation is still poor despite the fact that the fisheries sector has seen significant changes in terms of technology and landings. In addition to the government's efforts to increase their income, the impact of development in surrounding residential areas also affects the level of the fishing community's welfare. The improvement of the fishermen's quality of life is also aided by development in the tourism and industrial sectors. Their standard of living is impacted by the facilities the government has put in place (Kuala mohd zain et al., 2018)<sup>2</sup>.

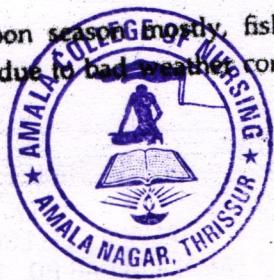
A variety of pressures that fishermen encounter have an effect on their physical and emotional wellbeing. There is, however, little information on the extent of mental illness among fishermen and the kind of stresses that fuel their psychological suffering. The focuses on the experiences of commercial wild-catch fishers and analyses the results of an Australian national survey conducted Patricia (Crisan Szabo, 2020)<sup>3</sup>.

In certain monsoon seasons mostly, fishermen cannot go to the sea due to bad weather condition.

Fishermen are weather-dependent; in good weather, they will go out in search of food; in bad weather, they will be unable to work for several months until the conclusion of the monsoon season. Because of this, fishermen typically have low-quality jobs that are dependent on the weather. (Hayrol Azrileta., 2013)<sup>4</sup>

## Materials and methods

A quantitative descriptive study approach was used for the study. The aim of the study was to assess the psychological well-being and quality of life among fishermen. Quantitative descriptive survey research design was adopted for this study, which is a non-experimental research design used to obtain data with regard to its prevalence, distribution and interrelations. The study was conducted in Kokilamedu situated in Pooncheri near Mahabalipuram, Chengalpattu district, Tamil Nadu. The target population for this study was people in the fishermen community, who were in the age group of 18 years to above 60 years. Both male and female were taken for the study, who were available during the time of data collection period were included in the study. Whereas, people who were sick and known to have any mental illness were excluded from the study. 140 fishermen, who met the inclusion criteria were considered to be the part of the study population. Random sampling technique in which the participants were selected as per choice of the researcher was utilized in the study. The study tool contains three parts. Part 1 consists of the personal information of the participants such as age, gender, education, marital status, income, types of life, religion, occupation, hours of working, boat ownership. Part 2 was a General Health Questionnaire to assess the psychological wellbeing among fishermen community. Which is a standardized tool 4-point rating scale consisting of 28 items and stratified into domains for each consisting of 7 questions. It includes options such as not all time, no more than usual, rather more than usual, and much more than usual which is scored as 0, 1, 2, & 3 respectively in which scores will be given based upon the response of the participants. Based on the scores obtained by the participants, their psychological level will be assessed. Part 3 is a WHO QOL BREF SCALE which is a standardized tool, it is a 5-point rating scale consisting of 26 items and stratified into physical (7), psychological (6), social relation (3) and environment



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## REPORT ON YIP DISTRICT LEVEL PRESENTATION

Young Innovators Programme is a specially designed programme under Kerala Development and Innovation Strategic Council (K-DISC). It is designed to transform the vision of a knowledge society in a way that is suited to our society. As a part of Young

○ 2 ideas were selected for district level presentation at Kerala Agricultural University, Extension Office, Thrissur on 24 June, 2023. The students participated in this event and had presented their ideas. The students who participated were Surya R. and Delna Mariya Davis. The idea was “A face mask sensor to detect covid-19” and “Ca- Po-So detector” respectively. The idea was presented before a panel of 3 judges. The judges also provided various suggestions and also appreciated the idea.

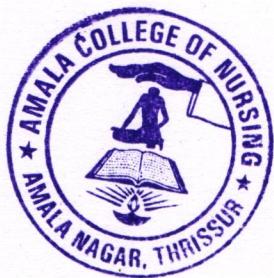
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YIP



- 3rd- Jimymol M Giji (2020 batch) and Aparna P (2022 batch)



✓

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#### 4. Report on World Water Day

Date: 22 – 04 – 2024

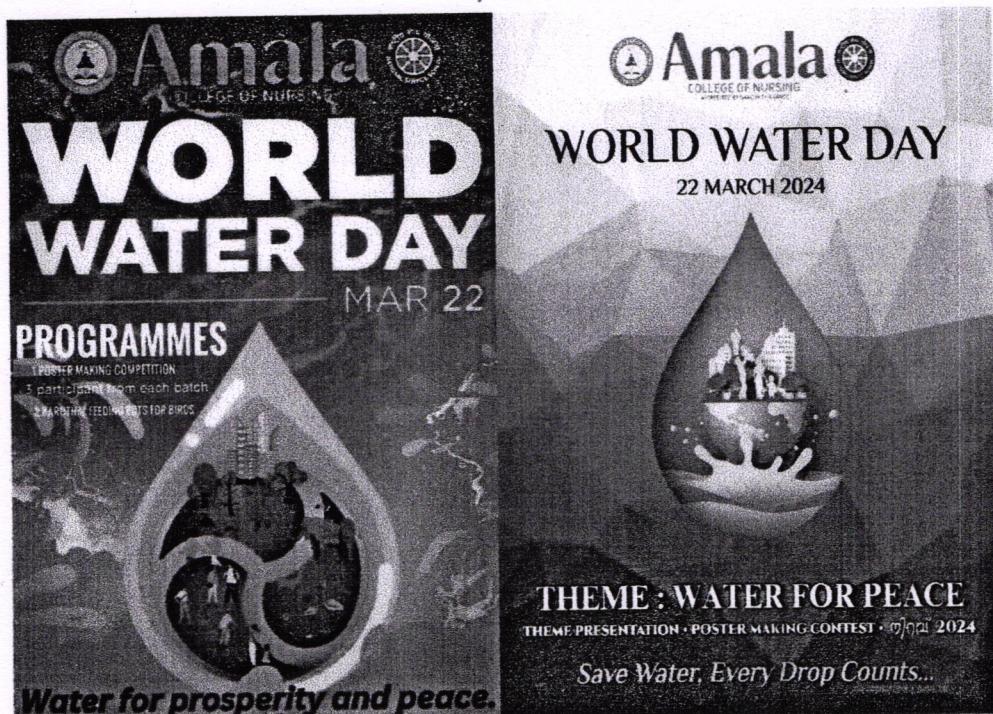
World Water Day was celebrated with various activities at Amala Campus and College of Nursing, focusing on the importance of water conservation and access to clean water for all.

**Poster Making Competition:** A poster making competition was held to raise awareness about water conservation and pollution prevention. Participants created visually captivating posters highlighting the significance of preserving water resources for future generations.

**Theme Presentation:** A thematic presentation was organized to educate attendees about the global water crisis, sustainable water management practices, and the importance of access to clean water for human health and well-being.

**Pledge Taking:** Students and faculty members took a pledge to conserve water, reduce water wastage, and promote sustainable water use practices in their daily lives. Pledge is delivered by Principal Prof Dr. Rajee Reghunath. Venue: infront of Chapel

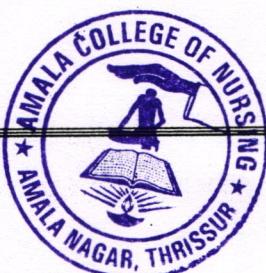
**Niravu Project:** As part of the event, water stations were set up to provide clean water for birds, emphasizing the importance of water not only for humans but also for wildlife. The project is inaugurated by Managing director, Rev Fr Julius Arrakal CMI



Poster competition results

- 1st- Anjana V P (2021 batch)
- 2nd- Thasnim P S (2022 batch)

*✓*  
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# *Certificate of Appreciation*

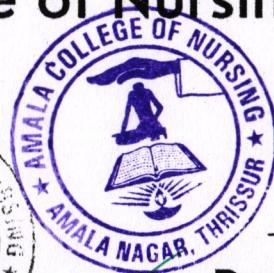
This certificate is awarded to

**Devika K Dileep kumar (2021 Batch)**

has participated and secured Third prize in poster competition on world Autism Awareness Month 2024, organized by department of Child Health Nursing, Amala College of Nursing on 30 April 2024'

For \_\_\_\_\_

**Mrs. Chanlin Chacko,  
Organizing Secretary**



**Prof. Dr. Rajee Raghunath  
Principal/Organizing  
Chairperson**

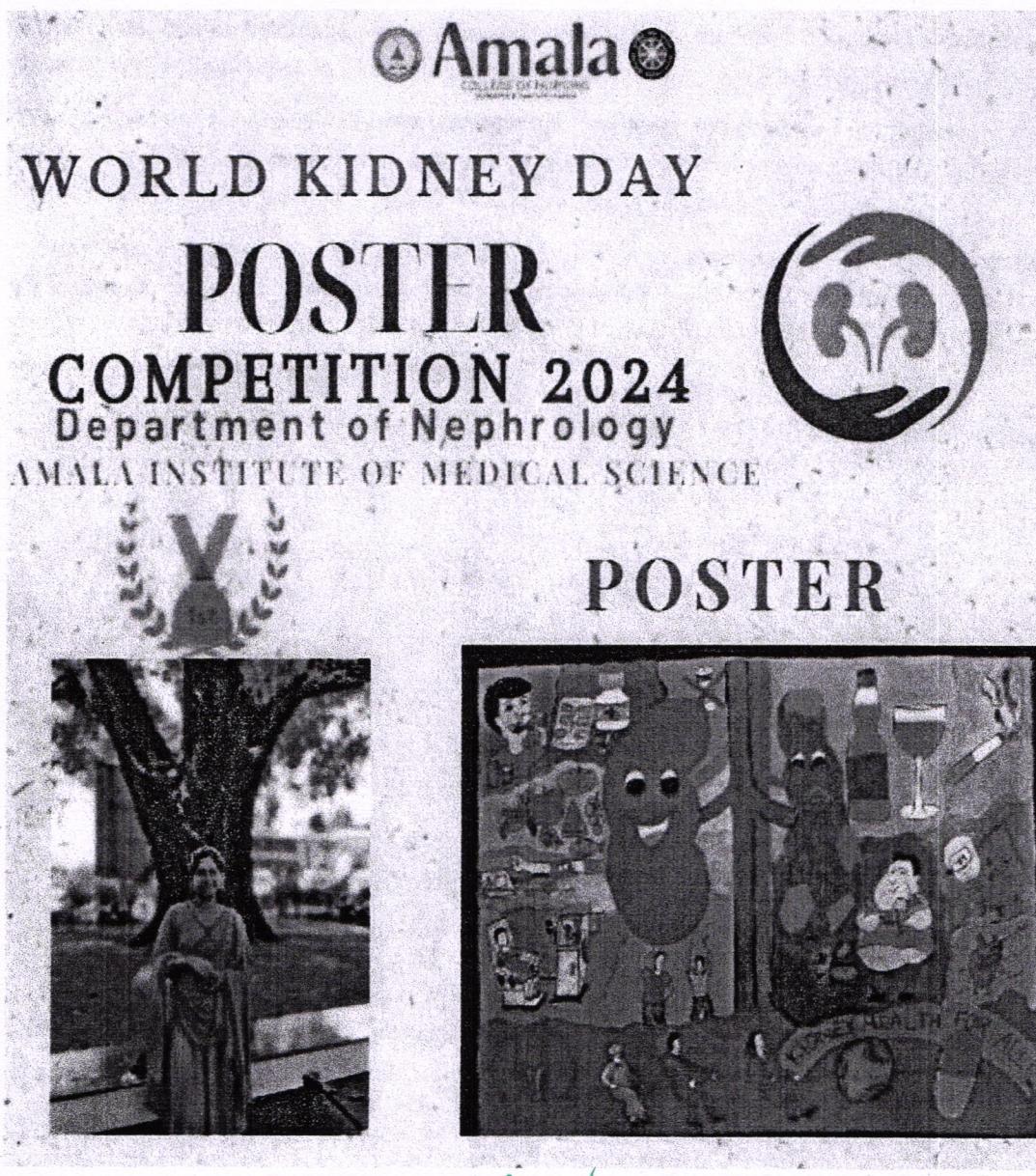
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### 3. Report on World Kidney Day

Date: 20 – 03 – 2024

World Kidney Day was observed with a poster competition at Amala Campus and College of Nursing. The event aimed to raise awareness about kidney health and the importance of early detection and prevention of kidney diseases.

**Poster Competition:** Students showcased their creativity and artistic skills through posters illustrating key messages about kidney health, risk factors for kidney diseases, and preventive measures. The competition encouraged participants to convey important health messages in an engaging and visually appealing manner.



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