



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING

AQAR (2023-2024)



CRITERION 3– Research, Innovations and Extension

Key Indicator 3.5– Collaboration

Metric No. 3.5.2- Total number of Functional MoUs with Institutions/ Industries in India and abroad for academic, clinical training / internship, on-the job training, project work, student/faculty exchange, collaborative research programmes etc. during the year

SUBMITTED TO



National Assessment and Accreditation Council

MOU ACTIVITY WITH VIMALA COLLEGE

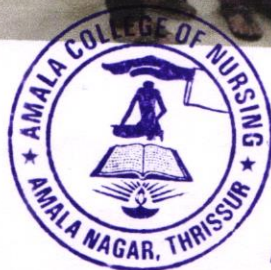



Report on Activities and MoU Renewal by Vimala College (Autonomous), Thrissur

Vimala College (Autonomous), Thrissur, 08.07.2024 showcased its commitment to academic excellence, research collaboration, and community engagement through a series of significant activities and the renewal of key Memorandums of Understanding (MoUs).

Activities and Initiatives

1. **Student Development Programs:** The college organized a range of workshops, seminars, and interactive sessions aimed at enhancing student skills in areas such as leadership, communication, and digital literacy. These programs focused on preparing students for both academic and career success, integrating soft skills with technical knowledge.
2. **Faculty Development and Research Initiatives:** To keep pace with evolving academic trends, Vimala College organized faculty development programs on topics like new teaching methodologies, digital tools for remote learning, and research publication practices. These initiatives underscored the college's emphasis on fostering continuous professional growth for its faculty members.
3. **Community Outreach Projects:** Vimala College engaged in community outreach programs as part of its commitment to social responsibility. Initiatives included health awareness campaigns, environmental conservation projects, and educational workshops in local communities. These efforts aim to give back to society and strengthen the college's ties with the local population.
4. **Skill Enhancement and Career Workshops:** The college held multiple skill-based training workshops to bridge the gap between academia and industry. These sessions were designed to equip students with hands-on experience and practical skills, including resume building, interview techniques, and industry-specific skills.




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

Renewal of MoUs

Vimala College renewed its MoUs with several esteemed institutions and industry partners to promote collaborative research, internship opportunities, student exchanges, and faculty development. These partnerships will enable students and faculty to engage in knowledge exchange and gain access to cutting-edge resources and training, ultimately enhancing the overall academic environment.

The renewed MoUs are expected to facilitate the following:

- **Collaborative Research Projects:** Joint research initiatives with partner institutions, enabling students and faculty to participate in innovative research and access specialized resources and funding.
- **Student Internship Programs:** Enhanced internship opportunities, providing students with real-world experience in various industries, improving their employability, and expanding their professional networks.
- **Exchange Programs:** Academic exchange programs for both students and faculty, fostering cross-cultural understanding and enabling participants to learn from diverse perspectives.
- **Industry-Academia Interface:** Access to industry mentors, guest lectures, and collaborative workshops that align curriculum goals with current industry requirements.

Conclusion

The renewal of MoUs and the recent activities at Vimala College reflect its unwavering commitment to holistic education, research, and societal engagement. These initiatives not only elevate the academic and professional standards of the institution but also serve as a platform for students and faculty to achieve academic excellence and make a positive societal impact.

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





amalanursing college <amalanursingcollege@amalaims.org>

Faculty exchange programme

1 message

Home Science Department <homescience@vimalacollege.edu.in>
To: amalanursingcollege@amalaims.org

20 July 2023 at 10:30

From

Dr. Thomas Ruby Mariamma

Head of the Department , Home Science

Vimala College (Autonomous) Thrissur , Kerala

To

The Principal

Amala Nursing College

Sub: Faculty Exchange programme

Respected Ma'am/Sir,

I would like to request you for a class by your faculty member for our Msc and BSc Nutrition and dietetics students on 27th July 2023 as part of the Faculty Exchange Programme. They would like to know about different medical cases and their nutritional management . I kindly request you to grant permission for the same.

Thanking You

Dr. Thomas Ruby Mariamma

20-7-2023

Thrissur



Lgud

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

Faculty exchange programme

amalanursing college <amalanursingcollege@amalaims.org>

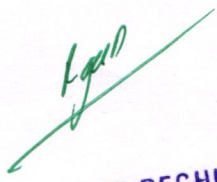
20 July 2023 at
12:35

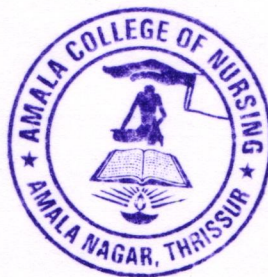
To: Home Science Department <homescience@vimalacollege.edu.in>

Respected Madam,

we are glad to hear you in continuing the activities as part of mou .Here by accepting the invitation for a session on Breast cancer awareness on August 2nd at at 2:00 p.m. we are arranging an expert faculty Mrs Neetu Anto from our college for taking the session as part of faculty exchange program.

by,
Principal
Amala College of Nursing


Prot. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-680 555





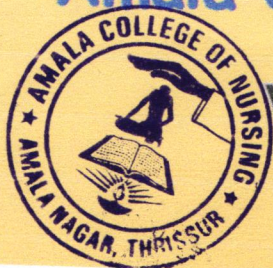
**AMALA COLLEGE OF NURSING IN COLLABORATION WITH
VIMALA COLLEGE (AUTONOMOUS) THRISSUR**
Topic : Breast Cancer Awareness



RESOURCE PERSON




Mrs. Neethu Anto
Lecturer, (M.Sc. Oncology Nursing)
Amala College of Nursing, Thrissur



Venue : Vimala College

Date : 3 August 2023

Time : 2 - 3 PM


Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
AMALA COLLEGE OF NURSING
AMALA NAGAR P.O., THRISSUR-686 006

Report on Breast Cancer Awareness Program

Date: August 3rd

Time: 2 PM to 3 PM

Venue: Vimala College

Collaborators: Amala College of Nursing and Vimala College

Attendees: Approximately 100 students from the Home Science Department

On August 3rd, Amala College of Nursing, in collaboration with Vimala College, organized an impactful Breast Cancer Awareness Program. The event took place from 2 PM to 3 PM and was attended by around 100 students from the Home Science Department.

The awareness program aimed to educate young students about the importance of early detection and prevention of breast cancer. Recognizing the significant role that awareness and education play in combating this prevalent disease, the session covered various critical aspects, including: Understanding Breast Cancer: Early Detection: Prevention and Healthy Lifestyle, Support and Resources:



Prof. Dr. RAJEE REGHUNATH

PRINCIPAL

AMALA COLLEGE OF NURSING

AMALA NAGAR P.O., THRISSUR-680 555



The program featured expert speakers from Amala College of Nursing who shared their knowledge and experiences. They provided practical demonstrations on how to perform self-examinations and emphasized the importance of regular medical check-ups. Additionally, there was a Q&A session where students actively participated, asking insightful questions and clarifying their doubts.

The collaborative effort between Amala College of Nursing and Vimala College ensured the program's success, reflecting their commitment to community health and education. The students from the Home Science Department left the session with a deeper understanding of breast cancer and a heightened awareness of the steps they can take to protect their health and support those affected by the disease.

Overall, the Breast Cancer Awareness Program was a significant step towards fostering a well-informed community, equipped with the knowledge to fight breast cancer effectively.



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



Amala

COLLEGE OF NURSING

ACCREDITED BY NAAC WITH A GRADE



**AMALA COLLEGE OF NURSING IN COLLABORATION WITH
VIMALA COLLEGE (AUTONOMOUS) THRISSUR**

***Topic : Nutrition Deficiency among
Adolescents***



RESOURCE PERSON

Ms. MARIA JOHNSON

Assistant Professor

Department of Home Science

Vimala College, Autonomous, Thrissur

Venue : Lecture Hall I

Date : 6th November 2023

Time : 1 - 2 PM



Prof. Dr. RAJEE REGHUNATH

PRINCIPAL

AMALA COLLEGE OF NURSING

AMALA NAGAR P.O., THRISSUR-680 555



Amala COLLEGE OF NURSING

(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)

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

Report on the Session regarding “Nutritional Deficiencies Among College Students”

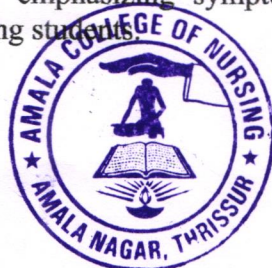
On November 6, 2023, : 1:00 PM - 2:00 PM, Ms. Maria, an Assistant Professor from Vimala College, conducted an insightful session for the B.Sc. Nursing students at Amala College of Nursing. The session focused on the topic of *Nutritional Deficiencies Among College Students*, a crucial subject relevant to the health and well-being of young adults.

Ms. Maria began the session by highlighting the importance of balanced nutrition and the common dietary patterns observed among college students. She pointed out the growing trend of unhealthy eating habits influenced by lifestyle factors, limited time, budget constraints, and the easy availability of fast food. This segment aimed to raise awareness about the risks associated with poor dietary choices and emphasized the impact on physical and mental health.



The core of the session addressed the various types of nutritional deficiencies that commonly affect college students, including:

1. **Iron Deficiency:** Ms. Maria discussed iron's role in preventing anemia and enhancing energy levels, emphasizing symptoms like fatigue and poor concentration that are prevalent among students.

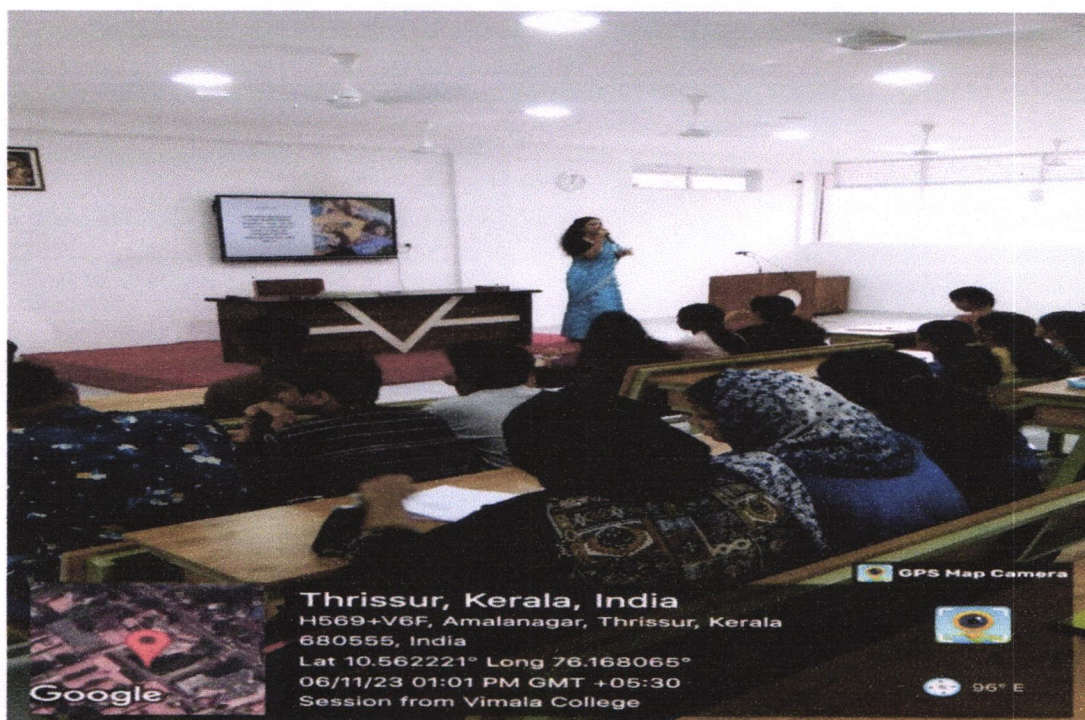


Lgr

Prof. Dr. RAJEE REGHUNATH
PRINCIPAL

AMALA COLLEGE OF NURSING
AMALA NAGAR PO., THRISSUR-680 555

2. **Vitamin D Deficiency:** The session covered how limited exposure to sunlight, especially in students who spend long hours indoors, can lead to vitamin D deficiency, affecting bone health and immune function.
3. **Calcium Deficiency:** Ms. Maria explained the importance of calcium for bone strength and development and highlighted how inadequate intake could predispose students to osteoporosis later in life.
4. **Protein Deficiency:** She discussed the importance of protein in muscle repair and immune support, especially for students who may have higher physical demands or irregular meal patterns.
5. **B-Complex Vitamins Deficiency:** Emphasis was placed on B-vitamins, particularly B12 and folate, due to their role in cognitive function, mood regulation, and overall energy levels.



The session also explored preventive measures and recommendations for maintaining balanced nutrition on a college-friendly budget. Ms. Maria encouraged students to make mindful food choices, such as opting for whole foods over processed snacks, incorporating a variety of fruits and vegetables, and planning meals to include sources of essential nutrients.

In conclusion, Ms. Maria highlighted the responsibility of future nurses not only to practice healthy eating themselves but also to educate others on the importance of nutrition. The session concluded with a Q&A segment, where students actively participated, seeking advice on practical strategies for maintaining a balanced diet. The session was well-received, leaving students with a greater understanding of the importance of nutrition and practical tips for addressing nutritional deficiencies.



Lg

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

CURRICULUM VITAE



MARIA JOHNSON

Gmail: mariakollannoor@gmail.com

Phone: 8113034921

I am an Assistant Professor on contract at Vimala College (Autonomous), Thrissur who is looking forward to build a good career in the research field and to learn and contribute the best to this field.

(currently preparing for NET&JRF exam December cycle, 2023)

SKILLS

- Diet consultation, developing novel recipes
- customizing diets as per the therapeutic requirements of the individuals
- Skilled at documentation, nutritional screening, research and doubt clearing
- Organizing awareness programmes in community

EDUCATION

- M.Sc. Clinical Nutrition and dietetics, Alphonsa College, Pala, 2022
- BSc. Home science, St. Teresa's college Ernakulam, 2017-2020
- Online short term course on Ayurveda dietetics and nutrition, by

IUCDS

EXPERIENCE

- Six months of internship at Rajagiri Hospital, kalamassery
- Worked at FTREAT COUPLE, an online diet consultancy as a dietitian
- Worked at Kumaran Hospitals and Rela institute Chennai as a consultant dietitian
- Currently working as an Assistant professor on contract at Vimala College (Autonomous), Thrissur and guides four thesis works.

VOLUNTEER EXPERIENCE

- Participated at CIAL medical camp, 2022
- Participated in community nutrition program at Puliyanoor at Pala municipality Kerala · Conducted awareness programmes in anganawady]
- Organised a webinar on the topic “Addressing overall wellness of lactating mothers”
- Organised a 5 days community nutrition programme at Mannakudy Tribal colony, Kumily Grama Panchayat Idukki, Kerala
- Organised a Hands on training of Emergency Medical Aid in association with Aster Medcity Hospital's (Kochi) **BeFirst campaign**

RESEARCH EXPERIENCE

- Conducted a study on **“FOOD AND DIETARY PATTERN OF ELDERLY MEN AND WOMEN IN CHRISTIAN COMMUNITY”**
- Developed **“ LOW COST NUTRITIOUS RICH RECIPES FOR PREGNANT WOMEN”**

PERSONAL INTERESTS

Interested in

- Nutritional related extension works
- Conducting awareness programmes in community
- Preparing educative materials and audio visual aids
- Research and documentation

REFERENCE

- Marykutty Augustine, Former HOD Psychiatric Nursing Department, St. John's College of nursing, Bangalore [SJNAHS], Phone number:+91 9886747812
- Dr. Thomas Ruby Mariamma, HOD Home Science, Vimala college (Autonomous), Thrissur, Phone number:+91 9745346466




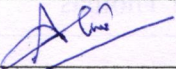

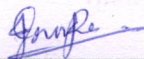
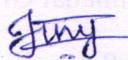
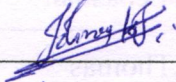

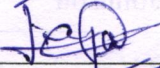
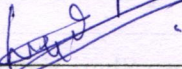

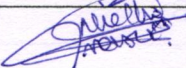

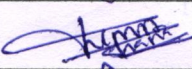
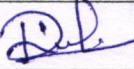
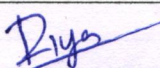
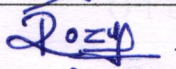

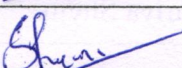

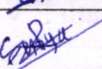
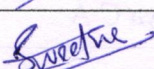
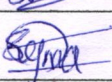


AMALA COLLEGE OF NURSING, THRISSUR

Attendance Report - B.Sc. Nursing (2020 Batch)

Name of the Programme/Topic : Nutrition deficiency among adolescents
Date : 6.11.2023
Time : 1.00 PM
Resource Person : Ms. Maria Johnson

Sl. No	Name of the student	Signature
1	Adithya V	
2	Akhilamol Thomas	
3	Aleena Peter	
4	Aleena Shaji	
5	Alina Mannanal Gigi	
6	Alphonsa Sebastian	
7	Alwin.M.Thomas	
8	Amritha Johnson	
9	Anagha P V	
10	Angel Rose Shaji Valayil	
11	Anjana K B	
12	Anjana Kuriachan	
13	Anjana T T	
14	Anjitha Shaji	
15	Anju Sani	
16	Ann Maria T O	
17	Ann Mariya Dominic	
18	Ann Mariya Shyju	
19	Anna Mariya Johnson	
20	Ardhra Viswanath P V	
21	Arsha Mariya C A	
22	Ashams Roy	
23	Bittu Boban	

Sl. No	Name of the student	Signature
24	Delna Mariya Davis	
25	Divina Sibi	
26	Eldhose Reji	
27	Elsa Joseph	
28	Gillumol Shiji	
29	Harsha A K	
30	Hiba Fathima K S	
31	Irin Rose Josey	
32	Jimymol M Giji	
33	Johnncy K Johnson	
34	Jonia Mariam Devassy	
35	Liya Charly	
36	Liya Tressa Sibi	
37	Neha Benoy	
38	Nidhin Francis	
39	Nimiya Elezabath Sabu	
40	Nishana M A	
41	Riya Jose	
42	Riya Roy	
43	Rose Maria Antony	
44	Shalvina Merin Sojan	
45	Sheenu S Lukose	
46	Sona Paul	
47	Surya R	
48	Sweetna Thomas	
49	Syma P S	
50	Vandana Ranjraj	