



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



Report on MoU activity with Marian College Kuttikkanam(Autonomous)

Date: 02/05/2023

Dear Sir/Madam,

The Department of Health and Wellness at Marian College Kuttikkanam (Autonomous) is pleased to present this report detailing the activities conducted under the Memorandum of Understanding (MOU) with Amala College of Nursing Thrissur. The MOU was established to promote collaboration in the fields of health, wellness, and education, enhancing physical fitness, mental well-being, and academic growth among students and faculty.

Key Activities and Initiatives

1. Workshops and Training Programs

- Conducted a workshop on "Promoting Physical Fitness and Healthy Lifestyles" in collaboration with experts from Marian College.
- Delivered training sessions on psychological and emotional well-being, targeting students and faculty.

2. Research Collaboration

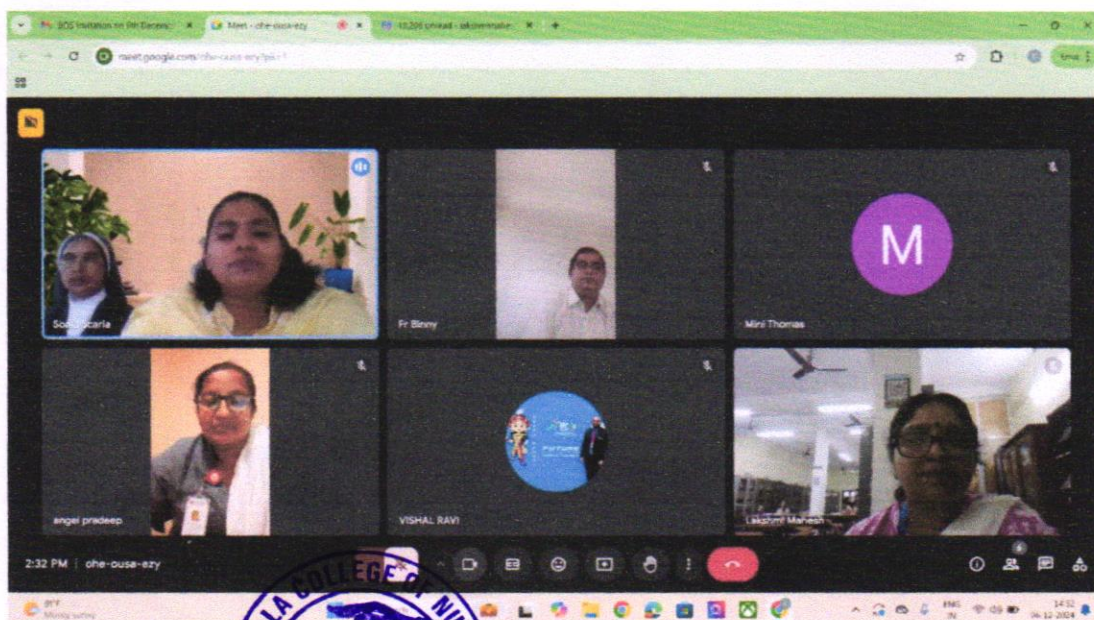
- Initiated joint research projects focusing on student health and wellness trends.

3. Community Outreach

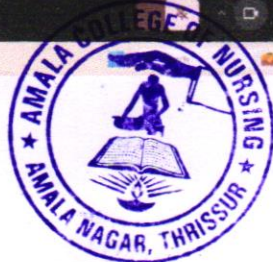
- Organized community wellness programs, including health check-ups and awareness campaigns on nutrition and hygiene.

4. Student Development

- Introduced specialized skill development sessions for students to enhance their knowledge in health management and related disciplines.



5.



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Outcomes and Achievements

- Improved awareness of physical fitness and mental health among students.
- Strengthened research capabilities through shared resources and expertise.
- Enhanced community engagement and impact through outreach programs.
- Fostered a culture of health consciousness and emotional well-being within the institution.

Future Plans

- Expand research initiatives to include additional focus areas such as environmental health and public policy.
- Conduct annual health and wellness conclaves in collaboration with Marian College.
- Develop e-learning modules for sustained education on wellness topics.

Conclusion

The collaboration under the MOU has yielded significant progress in achieving mutual goals.

BOS INVITATION LETTER

02/05/2023

Dear Sir/ Madam

The department of Health and Wellness Marian College Kuttikkanam (Autonomous) has decided to convene a Board of Studies meeting on Saturday 20th May 2023, at 7.30 PM on the google meet platform. Please make it convenient to attend the meeting.

<http://meet.google.com/wfi-aodb-mky>

Matters to discuss

- 1) Discussion on UGC guidelines. (Guidelines for Promotion of physical fitness, sports, students health, welfare, psychological and emotional wellbeing at Higher Education Institutions of India)
- 2) Any other matter to discuss

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