



Amala
COLLEGE OF NURSING
ACCREDITED BY NAAC WITH A GRADE

AMALA COLLEGE OF NURSING

AQAR (2023-2024)



CRITERION 4 – Infrastructure and Learning Resources

Key Indicator 4.1– Physical Facilities

Metric No. 4.1.2- The Institution has adequate facilities to support physical and recreational requirements of students and staff - sports, games (indoor, outdoor), gymnasium, auditorium, yoga centre, etc.) and for cultural activities

SUBMITTED TO



National Assessment and Accreditation Council

**AMALA COLLEGE OF NURSING
SPORTS AND GAMES REGISTER**

02/12/2023

SPORTS - 2023

The sports day of 2023 'JWALA' was conducted on December 2nd. It was hosted by "Azrealz" [2019]. The meeting was inaugurated by Rev. Fr. Delto Puthoor, Joint director, Amala college of Nursing by hosting the flag. The sports day was conducted for 2 days. Indoor items was conducted on 30th September and outdoor items was conducted on 2nd December.

Indoor Items

- ① chess
- ② carroms
- ③ Badminton

The sports day on 2nd began with March past followed by the Deepashika prayanam. After the inauguration, outdoor items were conducted. It includes:

- 100m race
- 200m race
- 800m race
- 4x100m relay
- shot put
- Discus throw
- Javelin throw

The individual championship for sports competition was awarded to Ms. Anura H.p from 2019 batch and Kasim from 2019 batch. The overall championship goes to 2019 batch. "A - ..."

1. Aghina paul 2019
2. Aruwaya K.S 2019
3. Anikha Mathew 2019
4. Ann Marya sabu 2019
5. Aruwaya shaji 2020
6. Angel Maria Thomas 2020
7. Anaswara Mekarapilly shaju 2020
8. Anamika K.B 2020
9. Archilamol Thomas 2020
10. Johnny K. Johnson 2020
11. Ritha Robson 2020
12. Ashwin Roy 2020
13. Emil Martin 2021
14. Feina A 2021
15. Iridhya Vinod 2021
16. Esther Biju 2021

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SPORTS - 2024

The sports day of 2024 under the concept SPORTS FOR ALL was organized as INDOOR SPORTS on 3rd September 2024. The indoor sports was organized by TROIZEANZ. This endeavour created an opportunity for students and staff to engage in an exciting and enjoyable experience fostering a sense of joy and enhance social interaction and test one's potential to achieve success.

The following events have been organized for indoor games.

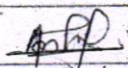
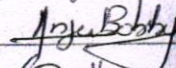
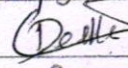
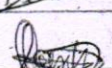
BADMINTON.

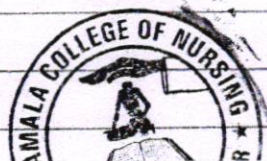
- Singles
- Doubles

CHESS.

CARROMS.

Prize distribution was provided to respective winners.

1. Anne Mariya Augustine	2021	
2. Anja Kunjumen	2021	
3. Anja Bobby	2021	
4. Della fons	2021	
5. Harsha P. Jiji	2021	



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ZONAL SPORTS & GAMES COMPETITION - 2024

The Zonal Sports & Games competition of 2024, named as 'ASTHRA-2024' was conducted on 25th ~~sep~~ and 26th September held at Govt. Medical College Ground, Palakkad. It was conducted for 2 days. Indoor items was conducted on 26th September and outdoor was on 25th September.

→ In Shot Put (Boys), category, Mr. Adithyan RJ (2023 batch) secured 2nd prize with an impressive throw.

→ In Shot Put (Girls), Mrs. Anne Mariya Augustine (2021 batch) clinched 1st prize & Mrs. Arswarya Shaji (2022 batch) got 3rd prize.

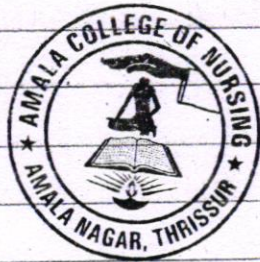
→ In Discus Throw, Mrs. Arswarya Shaji again bagged 2nd prize.

→ In Badminton Doubles, Dely Toms (2021) & Irene Jose (2022) secured 1st prize.

The participation reflects the college's focus on promoting physical fitness & sportsmanship along side academic achievement.

1.	Anju Kunjimon	2021	Anju
2.	Anju Bobby	2021	Anju
3.	Angela Dickson	2021	Angela
4.	Liya Reji	2021	Liya
4.	Devika	2021	Devika
5.	Dya Rose	2021	Dya
6.	Sreha N. Saji	2021	Sreha
7.	Jermi Jose	2021	Jermi Jose
8.	Anu Anto	2021	Anu Anto

7.	Aravanya Shaji	2022	<u>Aravanya</u>
10.	Dreene Drc	2022	<u>Dreene</u>
11.	Kneelija	2022	<u>Kneelija</u>
12.	Shruha Ahnmadkutti	2022	<u>Shruha</u>



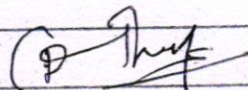
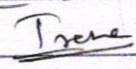
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SNA - STATE SPORTS - 2024

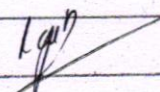
The SNA sports state level competitions, named 'SPARTA - 24' was conducted on 29th October 2024. held at Kochin Sports Arena, at Edappalli, Neerising. Ernakulam.

As for Badminton Doubles, Mrs. Della Toms of 2021 batch and Mrs. Irene Jose of 2022 batch participated and performed an amazing work and secured 1st prize.

It was a proud moment for our college and they raised the pride of Amala Once again.

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|---------------|------|--|
| 1. Della Toms | 2021 | 
 |
| 2. Irene Jose | 2022 | |




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