

# Kerala University of Health Sciences (KUHS)

## Student Support and Guidance Program

### Report

Name and Address of College	Amala Institute of Medical Sciences Thrissur		
Reporting period Month & Year	June - September 2025	Course	MBBS

#### Intervention activities

G&C -AC	2	G&C -MH	1	G&C - PH	1	G&C -RH	1
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#### Group sensitisations / advocacy with stakeholders

Faculty	1	Students	2	Parents	1	Admin	0
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#### Referrals made to..

MH		PH /RH		S/FS		L/P A	
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G & C - Guidance and Counselling; AC- Academic; MH- Mental Health; PH – Physical Health RH – Reproductive Health; S/FS – Social /Financial support; L/P S – Legal / Police Assistance

Areas where improvements identified in students as a result of SSGP

YES	
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1. Academics
2. Mental Health
3. Extracurricular activities
- 4.

Thematic areas identified in which adequate support could not be provided due to lack of

of technical clarity among nodal faculty in reporting month .

NO
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- 1.
- 2.
- 3.
- 4.

Innovative activities initiated as part of SGSP in the reporting month.

YES	
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1. Observed World Environment Day - Planted trees in campus
2. International Yoga Day - Practiced yoga sessions
3. World Blood Donor Day - Students and Faculty donated blood.

Operational difficulties faced in SGSP in the reporting months

	NO
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- 1.
- 2.
- 3.
- 4.

Major achievements / good practices identified if any,

YES	NO
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1. Students won multiple titles in university sports and acts competitions.

Suggestions for improving the program

- 1.
- 2.
- 3.
- 4.

Name & Signature of Nodal faculty

Dr Tinju James

Dr Mathew Joseph



- SGSP -  
Kerala University of Health Sciences

AMALA INSTITUTE OF MEDICAL SCIENCES

MBBS 2024 Batch

October - November 2024



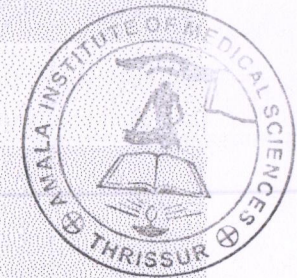
# Status snapshot

Category	Status
Number of Nodal faculty trained	2
Number of drop outs in nodal faculty	0
Total intake of 1 <sup>st</sup> year students in current year	100
Number of sensitisations conducted for students	1
Number of sensitisations conducted to teachers	1
Number of sensitisations conducted to parents	1
Number of advocacy programs conducted	1
Number of college level reviews conducted	2
Monthly reports to KUHS till last months submitted or not	Yes



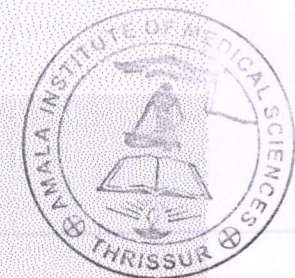
# Intervention related status

Intervention related indices	Status	Comments
Total self reported cases	5	<ul style="list-style-type: none"> <li>•Stress related to difficulty in learning</li> <li>•Interpersonal relationship issues</li> </ul>
Total referred cases	0	
Total interventions (1 <sup>st</sup> session)	Multiple (4) counselling sessions were done	Students improved and were able to study better.
Total interventions (Follow ups)	5	Students improved and were able to study better.
Total scholastic tools completed		
Total out referrals made		
Critical remarks related to interventions during reporting period		
Nil		



# Profile of reported cases

Category	Number	Details of issues
Accademic issues	3	Stress related to difficulty in learning
Emotional issues	2	Interpersonal relationship issues
General health	0	
Reproductive health	Nil	
Substance abuse	Nil	
Mental illnesses	0	



# Achievements during reporting Period

- The students improved after the counselling sessions and they were able to study better.



# Concerns to be addressed based on experiences during reporting period

- Nil



# Any other Information to share

- The tutorial system in our institute in which 100 students are divided into multiple groups and each group of 3 students is being mentored by a faculty is running fine.
- Meetings are held regularly.



# Technical assistance needed from KUHS for further improvement

- Nil





**- SSGP -**  
**Kerala University of Health Sciences**

**AMALA INSTITUTE OF MEDICAL SCIENCES**

**MBBS 2024 Batch**

**April 2025 - May 2025**



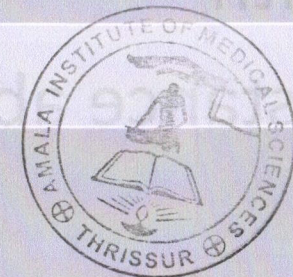
# Status snapshot

Category	Status
Number of Nodal faculty trained	2
Number of drop outs in nodal faculty	0
Total intake of 1 <sup>st</sup> year students in current year	100
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Number of sensitisations conducted to parents	0
Number of advocacy programs conducted	1
Number of college level reviews conducted	1
Monthly reports to KUHS till last months submitted or not	Yes



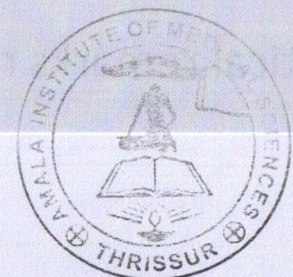
# Intervention related status

Intervention related indices	Status	Comments
Total self reported cases	4	Stress related to difficulty in learning Interpersonal relationship issues
Total referred cases	2	Stress related to difficulty in learning
Total interventions (1 <sup>st</sup> session)	Multiple (4) counselling sessions were done	Students improved and were able to study better.
Total interventions (Follow ups)	2	Students improved and were able to study better.
Total scholastic tools completed		
Total out referrals made		
Critical remarks related to interventions during reporting period Nil		



# Profile of reported cases

Category	Number	Details of issues
Accademic issues	3	Stress related to difficulty in learning
Emotional issues	4	Interpersonal relationship issues
General health	0	
Reproductive health	Nil	
Substance abuse	Nil	
Mental illnesses	0	



# Achievements during reporting Period

- The students improved after the counselling sessions and they were able to study better.



# Concerns to be addressed based on experiences during reporting period

- Nil



# Technical assistance needed from KUHS for further improvement

- Nil



DR. BETTA THOMAS  
MD, FRAC, DRC, MICO  
FRCR  
HEAD, DEPARTMENT OF MEDICAL MICROBIOLOGY  
AMALA INSTITUTE OF MEDICAL SCIENCES  
THRISSUR, KERALA

# Any other Information to share

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- Meetings are held regularly.



*Betsy*

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**- SGSP -**  
**Kerala University of Health Sciences**

**AMALA INSTITUTE OF MEDICAL SCIENCES**

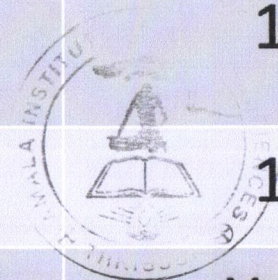
**MBBS 2024 Batch**

**February 2025 - March 2025**



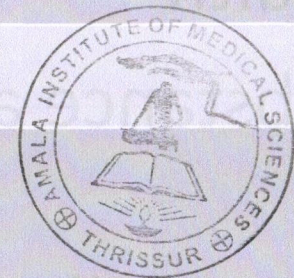
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Number of sensitisations conducted to parents	1
Number of advocacy programs conducted	1
Number of college level reviews conducted	1
Monthly reports to KUHS till last months submitted or not	Yes



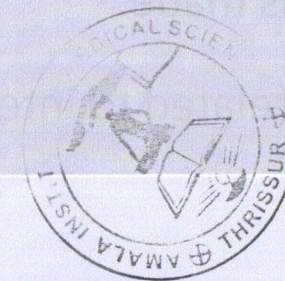
# Intervention related status

Intervention related indices	Status	Comments
Total self reported cases	5	<ul style="list-style-type: none"> <li>•Stress related to difficulty in learning</li> <li>•Interpersonal relationship issues</li> </ul>
Total referred cases	0	
Total interventions (1 <sup>st</sup> session)	Multiple (4) counselling sessions were done	Students improved and were able to study better.
Total interventions (Follow ups)	0	Students improved and were able to study better.
Total scholastic tools completed		
Total out referrals made		
Critical remarks related to interventions during reporting period Nil		



# Profile of reported cases

Category	Number	Details of issues
Accademic issues	3	Stress related to difficulty in learning
Emotional issues	2	Interpersonal relationship issues
General health	0	
Reproductive health	Nil	
Substance abuse	Nil	
Mental illnesses	0	



# Achievements during reporting Period

- The students improved after the counselling sessions and they were able to study better.



# Concerns to be addressed based on experiences during reporting period

- Nil



# Technical assistance needed from KUHS for further improvement

- Nil



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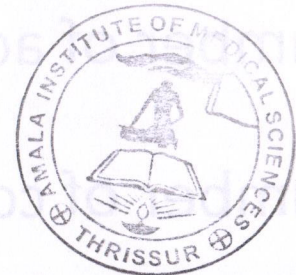


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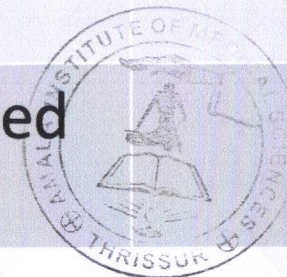
**MBBS 2024 Batch**

**April 2025 - May 2025**



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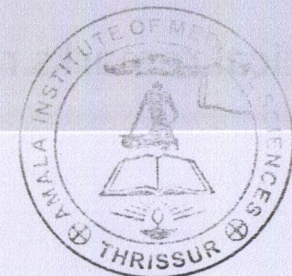
# Intervention related status

Intervention related indices	Status	Comments
Total self reported cases	4	Stress related to difficulty in learning Interpersonal relationship issues
Total referred cases	2	Stress related to difficulty in learning
Total interventions (1 <sup>st</sup> session)	Multiple (4) counselling sessions were done	Students improved and were able to study better.
Total interventions (Follow ups)	2	Students improved and were able to study better.
Total scholastic tools completed		
Total out referrals made		
Critical remarks related to interventions during reporting period Nil		



# Profile of reported cases

Category	Number	Details of issues
Accademic issues	3	Stress related to difficulty in learning
Emotional issues	4	Interpersonal relationship issues
General health	0	
Reproductive health	Nil	
Substance abuse	Nil	
Mental illnesses	0	



# Achievements during reporting Period

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# Concerns to be addressed based on experiences during reporting period

- Nil



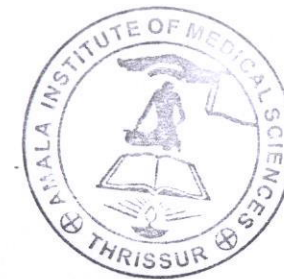
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**- SGSP -**  
**Kerala University of Health Sciences**

**AMALA INSTITUTE OF MEDICAL SCIENCES**

**MBBS 2024 Batch**

**December 2024 - January 2025**



# Status snapshot

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Number of Nodal faculty trained	2
Number of drop outs in nodal faculty	0
Total intake of 1 <sup>st</sup> year students in current year	100
Number of sensitisations conducted for students	1
Number of sensitisations conducted to teachers	1
Number of sensitisations conducted to parents	1
Number of advocacy programs conducted	1
Number of college level reviews conducted	2
Monthly reports to KUHS till last months submitted or not	Yes



# Intervention related status

Intervention related indices	Status	Comments
Total self reported cases	7	<ul style="list-style-type: none"> <li>•Stress related to difficulty in learning</li> <li>•Interpersonal relationship issues</li> </ul>
Total referred cases	0	
Total interventions (1 <sup>st</sup> session)	Multiple (4) counselling sessions were done	Students improved and were able to study better.
Total interventions (Follow ups)	4	Students improved and were able to study better.
Total scholastic tools completed		
Total out referrals made		
Critical remarks related to interventions during reporting period Nil		



# Profile of reported cases

Category	Number	Details of issues
Accademic issues	4	Stress related to difficulty in learning
Emotional issues	3	Interpersonal relationship issues
General health	0	
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Mental illnesses	0	



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