



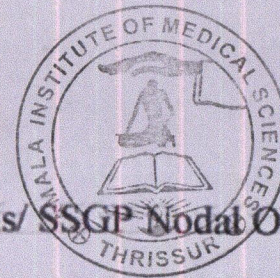
No. AIMSTSR/PRL/C&N/12/2026/01

07.01.2026

NOTICE

There will be a meeting related to Student Support & Guidance program on 9th January 2026, 3.00 pm in New MEU Hall (Medical College Block).

Please make it convenient to be present for the meeting.



Belin

Principal

Copy to : Director/Associate Director/ Vice Principals/ SSGP Nodal Officers / All mentors /
Class Teachers/ CAO/ IQAC

Programme Schedule – Mentorship Program

Event:	Mentorship Program
Date:	09.01.2026
Venue:	MEU Hall

Welcome Address	Dr. S. Monica Diana Assistant Co-ordinator, Mentorship Program
Presentation on Mentorship Program	Dr. Tinju James Chief Co-ordinator, Mentorship Program & SSGP Nodal Officer
Introduction of SSGP	Dr. Mathew Joseph, SSGP Nodal Officer
AMS-based Mentor–Mentee Updation	Mr. Sujith IT Co-ordinator
Vote of Thanks	Dr. Mathew Joseph SSGP Nodal Officer



Amala Institute of Medical Sciences, Thrissur

Name of the Meeting: Student Support & Guidance Program Meeting

Date : 09.01.2026





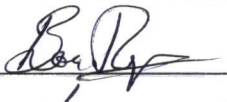
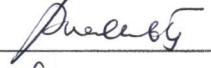
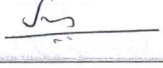
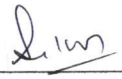

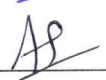
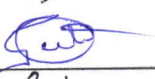




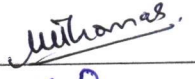
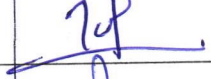


Time : 3PM

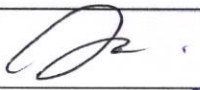


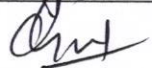

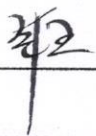
Venue : MEU Hall

Attendance Sheet

Sl. No.	Name	Department	Designation	Signature
1	Dr S. Monish Dinesh	Anatomy	Professor.	
2	Dr Sandra Paulson	Community Medicine	Assistant Professor	
3	Dr Matthew Joseph	Anatomy	TA - SSGP NO	
4	Dr. Tinju James	Physiology	Prof ^{SSGP Nodal} _{Membership co-ordinator}	
5	Dr. Sandeep Kumar	Biochemistry	Asst Professor	
6	Dr Lola Das	Anatomy	Professor.	
7	Dr. MINIK	ANATOMY	PROFESSOR	
8	Dr. NAYANA SUNIL	PHYSIOLOGY	Asst. Professor	
9	Dr. Licia Chacko	OBCU.	Senior Resident	
10	Dr. SUMAM P. VAZHAPPILY	ENT	ASSO. PROF	
11	DR LATHIKA . V. K	OPHTHALMOLOGY	PROFESSOR/MD	
12	Dr. NEERAJA . B	FORENSIC MEDICINE	ASST. PROFESSOR	
13	Dr. AJIN JOSEPH	FORENSIC MEDICINE	ASST. PROFESSOR	
14	DR. ANISHA S	GENERAL MEDICINE	ASSOCIATE PROFESSOR	
15	DR SK MERLY MV	Gen. medicine	Asst. professor	



Sl. No.	Name	Department	Designation	Signature
16	Dr. SUBI DAS	microbiology	Asso. Professor	
17	Dr. NITHIN PAUL	PATHOLOGY	ASST. PROFESSOR	
18	Dr. Anusha Bose	Pharmac	Asst. Professor	
19	Dr. STELIN AGNES	ANATOMY	Asso. Profund	
20	Dr. BONEY RASAN <small>MICHAEL</small>	PHARMACOLOGY	ASSO. Prof	
21	Dr. V.R. PRATHIBHA	PHARMACOLOGY	Professor & HOD	
22	Dr. SARITHA.	PATHOLOGY	Prof - HOD	
23	Dr. Lekha Kallai	PATHOLOGY	Prof	
24	Dr. Anuja Antony	Path	AP	
25	Dr. ALVIN TRESA	MEDICINE	Prof & HOD	
26	Dr. Geeta Paricker	Medicine	Professor	
27	Dr. Sahala V. S	Ophthalmology	AP	
28	Dr. Jaijy Joseph	Ophthalm	Assoc Prof	
29	Dr. Sujatha Clems	Medicine	Asst. Prof	
30	Dr. Keena John	Microbiology	Professor & HOD	
31	Dr. Maria Thomas	Microbiology	Asst. Professor	
32	Dr. Tabitha	Gen/Path	AP	
33	Dr. Rakesh Sora	Cardiology	AP	
34	Dr. SRUTHI - NU	Comm. Med	Asst. Prof	
35				
36				

Sl. No.	Name	Department	Designation	Signature
37	DR. JOSE VINCENT	Community Medicine	Associate Professor	
38	DR (UWL) S VIPIN	OBG	AP	
39	Dr. ELNA JOSHI C	PHARMACOLOGY	Assistant Professor	
40	Dr. Geethalakeshmi V	Microbiology	Assistant Professor	
41	Dr. Daniel Tony	Gen. Med.	Assisted Prof	
42	Dr EDWIN	GEN MED	PROF	
43				
44				
45				
46				
47				
48				
49				
50				
51				
52				
53				
54				
55				
56				
57				

**Amala Institute of Medical Sciences, affiliated to KUHS
Minutes of SSGP and Mentorship Review Meeting**

Name of the Department	Mentorship Review Meeting
Date & Time	09.01, 2026, Friday
Meeting Number	5
Venue	MEU Hall
Chairperson	Dr. Tinju James

Agenda Points & Discussion				
Sl No	Agenda Item	Discussion/Decision Taken	Responsibility	Timeline
1	Brief Description of Mentorship program	<ul style="list-style-type: none"> Guidelines on the maintenance of the mentor -mentee record book The mentor-mentee ratio will be 1:3, with mentors designated from the cadre of Assistant Professors Mentors will continue for the entire academic year. However, after the first year, students who wish to change their mentor may approach the Mentorship Coordinator Mentors should meet students at least twice a month, preferably on Fridays. A review meeting will be conducted once every three months. 		




**Amala Institute of Medical Sciences, affiliated to KUHS
Minutes of SSGP and Mentorship Review Meeting**

		<ul style="list-style-type: none"> • If a student requires special attention, the matter should be reported to the Mentorship Coordinator, who may escalate it to the Vice Principal / Principal if required. • All academic concerns and actions taken should be properly documented in the record/log book. 		
2	Documentation and Reporting	<ul style="list-style-type: none"> • Academic issues must be recorded in the mentor-mentee log book. • Any interventions or corrective measures taken should be clearly noted. • It was suggested that one geo-tagged photograph of each mentoring meeting be taken and posted in the designated group for record purposes. 		
3	Presentation on SSGP Programme	<p>Dr. Mathew Joseph provided a brief overview of the SSGP Programme. He informed that students may report:</p> <ul style="list-style-type: none"> • Academic issues • Emotional concerns • Relationship issues • Health-related matters <p>These can be communicated directly to the SSGP Coordinators for appropriate support.</p>		
4	Data Entry and Record Maintenance	<ul style="list-style-type: none"> • Both hard copies and soft copies of records must be maintained. • The E-log book system was introduced 		

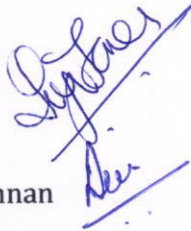


**Amala Institute of Medical Sciences, affiliated to KUHS
Minutes of SSGP and Mentorship Review Meeting**

		<ul style="list-style-type: none">• Mentors will have individual logins to view and update records.• Students will also be able to enter remarks.• Suggestions were made for certain updates to be implemented on the website.		
--	--	---	--	--

Prepared by: Sony P Gopinath 
Executive (T), IQAC, Criteria 8

Verified by: Dr. Tinju James
SSGP Nodal Officer



Approved by: Dr. Deepti Ramakrishnan
Vice - Principal







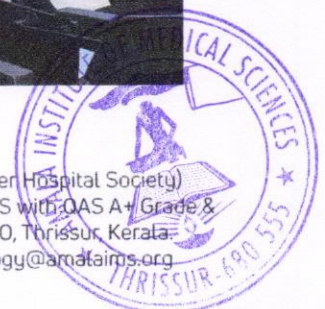


Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THIRISSUR-680 555

SSGP and Mentorship Review Programme



Amala Institute of Medical Sciences (An Undertaking of Amala Cancer Hospital Society)
Affiliated to Kerala University of Health Sciences Accredited by KUHS with QAS A+ Grade &
NABH & NABL Accredited & ISO 9001:2015 Certified, Amala Nagar P.O, Thrissur, Kerala
Ph: +91 487 2304000, 2304070 | Fax: +91 487 2307969 | urooncology@amalaims.org
www.amalaims.org | Follow us on    





No. AIMSTSR/PRL/Gen./11/2025/97

09.12.2025

CIRCULAR

Subject: SSGP Advisory Committee Meeting – Schedule and Venue

This is to inform all members that the SSGP Advisory Committee Meeting is scheduled to be held on Tuesday, 9th December 2025, at 4:00 pm in the IQAC Office.

The meeting will discuss important matters related to the planning, implementation, and review of SSGP activities for the upcoming academic period. All members are requested to be present and contribute to the discussions.

Your punctual attendance and active participation are highly appreciated.



Betsy

Principal

Dr. BETSY THOMAS

MD, FRCOG, DNB, MICOG

PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



Amala Institute of Medical Sciences, Thrissur

Name of the Meeting: Advisory Committee Structure of Student Support & Guidance Program Cell

Date : 09.12.2025

Time : 4:00 PM

Venue : IQAC Office

Attendance Sheet

Sl. No.	Name	Signature
1	Fr. Antony Mannummel CMI	
2	Dr. Betsy Thomas	
3	Dr. Deepti Ramakrishnan	
4	Dr. Tinju James	
5	Dr. Mathew Joseph	
6	Dr. Stelin Agnes Michael	
7	Dr. Reena Renjit	
8	Dr. Sruthi Sugathan	
9	Dr. Ajith John K	
10	Dr. Anila A.P	
11	Dr. Jose Vincent	
12	Dr. Anoop Kumar A. S	
13	Mr. Savio Sunny	
14	Ms. Afwa Hameed BOZA SHALIA. S	
15	Mr. Makhoulf Mathew Martin	
16	Mr. Edwin Joy	
17	Ms. Joshmi Binu	
18	Mr. ARYA DEV K.A	
19		
20		



GPS Map Camera

Thrissur, Kerala, India 🇮🇳
H569+fjm, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.561137° Long 76.168957°
09/12/2025 04:00 PM GMT +05:30
SSGP

Google



GPS Map Camera

Thrissur, Kerala, India 🇮🇳
H569+fjm, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.56114° Long 76.168956°
09/12/2025 04:00 PM GMT +05:30
SSGP

Google

**Amala Institute of Medical Sciences, affiliated to KUHS
Minutes of SSGP Advisory Committee Meeting**

Name of the Department	SSGP Advisory Committee
Date & Time	09.12.2025; 4: 00 PM
Meeting Number	4
Venue	IQAC Office
Chairperson	Dr. Tinju James

Agenda Points & Discussion

Sl No	Agenda Item	Discussion/Decision Taken	Responsibility	Timeline
1	Introduction of members	Brief introduction of members and SSGP procedure	Dr Tinju James	Done
2	Student awareness on SSGP	Need to increase awareness among students about SSGP and its support system	Dr. Deepti Ramakrishnan	Ongoing
3	Communication sessions	30 min to 1-hour awareness/interactive sessions to be arranged for students	Dr. Deepti Ramakrishnan	To be scheduled
4	Support for Hostellers	Hostel Warden, Dr. Ajith is available Students can share issues related to family or education; mentorship circle support to be encouraged	Dr. Ajith	As required

**Amala Institute of Medical Sciences, affiliated to KUHS
Minutes of SSGP Advisory Committee Meeting**

5	Identification of student concerns	Faculty should identify problems related to stress/depression among students	All faculty / Mentorship team	Continuous
---	------------------------------------	--	-------------------------------	------------

Acten Taken Report (ATR) for previous meeting

SI No	Decision	Action Taken	Status
1	Mentors should be allotted to 2025 MBBS Batch		Done
2	Mentor Mentee log book distribution		Done
3			

Prepared by: Sony P Gopinath
Executive (T), IQAC, Criteria 7

Verified by: Dr. Tinju James
SSGP Nodal Officer

Tinju James

Approved by : Dr. Betsy Thomas Principal

Betsy Thomas



2

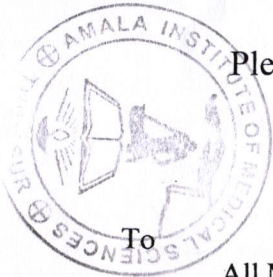
No.AIMSTSR/PRL/C&N/12/2025/57

19.07.2025

NOTICE

There will be a Mentorship and SSGP review meeting on 26th July, 2025, 3.00 pm in MEU Hall.

Please make it convenient to be present for the meeting.



To

All Mentors

relin
Principal

Copy to : Director/Associate Director/ Vice Principal's/ Curriculum Co-ordinators/CAO/ IQAC ✓



🎓 Mentorship & SSGP Review Meeting

● Amala Institute of Medical Sciences

📅 Date: 26.07.2025 (Saturday)

🕒 Time: 3:00 PM onwards

Programme Schedule

3:00 PM – 3:10 PM	<i>Welcome Address</i> Dr. S Monica Diana Professor, Dept. of Anatomy Assistant Coordinator, Mentorship Programme
3:10 PM – 3:25 PM	📄 <i>Overview of Mentorship Programme</i> Dr. Tinju James Professor, Dept. of Physiology SSGP Nodal Officer & Mentorship Coordinator
3:25 PM – 3:40 PM	📄 <i>Report on Cases Reported to SSGP</i> Dr. Mathew Joseph Assistant Professor, Dept. of Anatomy SSGP Nodal Officer
3:40 PM – 3:55 PM	<i>Remarks</i> Dr. Betsy Thomas Principal & IQAC Chairman
3:55 PM – 4:30 PM	<i>Discussion</i> Open Session

Thank you!



Fostering Growth: Highlights from the Mentorship & SSGP Review Meeting

Minutes of the Meeting

Date: 26.07.2025

Time: 3:00 PM

Venue: MEU Hall

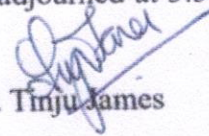
The Mentorship and SSGP Review Meeting held at the MEU Hall began promptly at 3:00 PM with a moment of silent reflection. Dr. Monica Diana, Assistant Coordinator of the Mentorship Programme, extended a warm welcome to the Principal, Vice-Principal, and esteemed faculty members. Following this, Dr. Tinju James, the Programme Coordinator, presented a comprehensive overview of the recent SSGP review meeting conducted by KUHS. She emphasized KUHS's vision of nurturing student well-being through initiatives such as basic counselling, reproductive health education, and awareness on the harmful effects of substance abuse and ragging. She also highlighted the university's commitment to maintaining an active SSGP cell on campus and stressed the importance of regular mentor-mentee meetings, held twice a month, with proper documentation.

Dr. Mathew Joseph, SSGP Nodal Officer, shared an insightful report on the student cases addressed through the programme. He outlined the interventions offered, including personalized counselling sessions, psychiatric referrals, and consistent follow-ups. These supportive actions have resulted in marked improvements in student behavior and mental health. His report underscored the dedication of the mentorship team in fostering a caring and responsive academic environment.

Principal Dr. Betsy Thomas commended all mentors for their dedication, empathy, and continuous support of the mentorship programme. She recalled an important student request raised during the SSGP review held on 5th May 2023—the option to choose their own mentors. This request was implemented for the 2021 MBBS batch and received overwhelmingly positive feedback from students. Dr. Betsy emphasized that the strength of the mentor-mentee bond can play a transformative role in a student's life, providing both academic guidance and emotional support during challenging times.

The open discussion session brought to light certain challenges faced by mentors, particularly the difficulty in allotting time for student meetings due to OPD and OT responsibilities. Dr. Tinju encouraged flexibility, suggesting that mentors coordinate mutually convenient timings with their mentees to maintain meaningful engagement. Dr. Febin Antony also shared his ongoing efforts to connect with the students assigned to him. The meeting concluded on a positive note with a vote of thanks by Dr. Tinju James, and was formally adjourned at 3:30 PM.

01.08.25


Dr. Tinju James

SSGP Nodal Officer & Mentorship program Co-Ordinator



No.AIMSTSR/PRL/C&N/12/2024/93

27.11.2024

NOTICE

There will be a meeting related to Student Support & Guidance program (2024 MBBS batch) on 30th November, 2024, 3.30 pm in BXM Conference Hall, St. Joseph's Block.

Please make it convenient to be present for the meeting.



Princy

Principal

Copy to : Director/Associate Director/ Vice Principals/ SSGP Nodal Officers / Class Teachers/CAO/ IQAC



No.AIMSTSR/PRL/C&N/12/2024/91

27.11.2024

NOTICE

There will be a meeting related to Mentorship program (2024 MBBS batch) on 30th November, 2024, 2.30 pm in BXM Conference Hall, St. Joseph's Block. List of faculty to attend the meeting is attached herewith.

Please make it convenient to be present for the meeting.

To
HOD's of Phase 1 & Phase II (to inform faculty)

Betsy Thomas
Principal

Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555

Copy to : Director/Associate Director/ Vice Principal's/ Curriculum Coordinators/Class Teacher/

Tutorial System Coordinator/ Asst. Tutorial System Coordinator/ CAO/ IQAC



PROGRAMME SCHEDULE

Welcome speech : **Dr. S.Monica Diana**
Assistant Co-ordinator,
Mentorship Programme

Importance of Mentorship
Programme : **Dr. Betsy Thomas**
Principal, AIMS

Presentation on Mentorship
Programme : **Dr. Tinju James**
Chief Co-ordinator,
Mentorship Programme

Discussion :

Vote of thanks : **Mr. Remith P.R.**
Class Teacher Phase I





No.AIMSTSR/PRL/C&N/12/2025/27

11.04.2025

NOTICE

There will be a meeting related to Student Support & Guidance program (2024 MBBS batch) on 15th April, 2025, 3.30 pm in Forensic Demonstration Hall.

- Please make it convenient to be present for the meeting.

relin

Principal

Copy to : Director/Associate Director/ Vice Principals/ SSGP Nodal Officers / Class Teachers/CAO/ IQAC





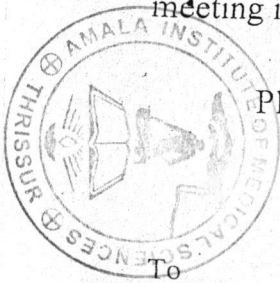
No.AIMSTSR/PRL/C&N/12/2025/26

11.04.2025

NOTICE

There will be a meeting related to Mentorship program (2024 MBBS batch) on 15th April, 2025, 3.00 pm in Forensic Demonstration Hall. List of faculty to attend the meeting is attached herewith.

Please make it convenient to be present for the meeting.



relax
Principal

To
HOD's of Phase I, II (to inform faculty)

Copy to : Director/Associate Director/ Vice Principal's/ Curriculum Co-ordinators/Class Teacher/

Tutorial System Co-ordinator/ Asst. Tutorial System Co-ordinator/ CAO/ IQAC

PROGRAMME SCHEDULE

- Welcome speech : **Dr. S. Monica Diana**
Assistant Co-ordinator,
Mentorship Programme
- Presentation on Mentorship
Programme : **Dr. Tinju James**
Chief Co-ordinator,
Mentorship Programme
- Importance of Mentorship
Programme : **Dr. Betsy Thomas**
Principal, AIMS
- Discussion :
- Vote of Thanks : **Dr. Tinju James**
Chief Co-ordinator,
Mentorship Programme



AIMSTSR/PRL/IQAC/C&N/1/2025

25.04.2025

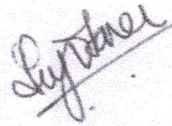
CIRCULAR

The **Internal Quality Assurance Cell (IQAC)** of **Amala Institute of Medical Sciences** is pleased to announce that the **Scientific Mentorship Programme, 2025** will be held on **Friday, May 2nd, 2025**, from **2:00 PM onwards** at the **Medical Education Unit (MEU) Hall**. This programme aims to foster a culture of scientific mentorship within the institution. All mentors are cordially invited to attend and contribute to the initiative. We look forward to your active participation.

Submitted by: Dr. Tinju James, Professor

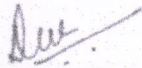
Department of Physiology

Mentorship coordinator & SSGP Nodal officer



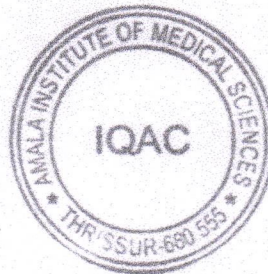
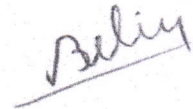
Verified by: Dr. Deepti Ramakrishnan

Vice Principal & IQAC Coordinator



Authorized by: Dr. Betsy Thomas

Principal & IQAC Chairman



To: All HOD's (inform all mentors)

Copy to: Director/Associate Director/ Principal /Vice Principals CAO

Event Brochure:



Amala

INSTITUTE OF MEDICAL SCIENCES

AMALA NAGAR, THRISSUR, KERALA

REDEFINING
CARE
everyday
in every way



Scientific **Mentorship** **Programme 2025**

Date : 02/05/2025 | Venue : MEU Hall, AIMS
Time : 2 pm onwards



Amala Institute of Medical Sciences
Internal Quality Assurance Cell (IQAC)

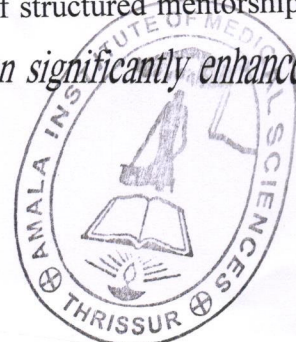
Event Title	Scientific Mentorship Programme 2025
Date	May 2nd, 2025
No. of Participants	40 Mentors/ Faculties from AIMS
Venue	MEU Conference Hall, Amala Institute of Medical Sciences (AIMS), Thrissur
Organized	Quality Enhancement Initiatives under IQAC
Key person in charge	Dr. Tinju James, Mentorship Coordinator, Professor, Dept. of Physiology
Theme	Mentorship for Tomorrow's Medical Doctors

Report on the Scientific Mentorship Programme 2025

The **Scientific Mentorship Programme 2025** was convened on 2nd May 2025, commencing at 2:00 PM with a moment of silent prayer. The session opened with a welcome address delivered by Dr. Tinju James, Mentorship Coordinator and SSGP Nodal officer, followed by the presidential address and formal inauguration by Principal and IQAC Chairman of AIMS, Dr. Betsy Thomas. The dignitaries felicitated during the inaugural session included Dr. Lola Das, Vice Principal and Dr. Deepti Ramakrishnan, Vice Principal and IQAC Coordinator. The vote of thanks was proposed by Dr. Mathew Joseph, SSGP Nodal Officer, formally concluding the inaugural segment at 2:23 PM. Subsequently, Dr. Betsy Thomas, IQAC Chairman provided an overview of the Internal Quality Assurance Cell (IQAC) and the institutional framework for mentorship documentation. Her address underscored the significance of systematic mentorship practices and the need for consistent record-keeping to ensure quality assurance and continuity.

The session featured insightful thoughts by Dr. Prameela Menon began the session by focusing on Understanding the Foundation of mentoring, emphasizing the importance of trust, empathy, and mutual respect in cultivating meaningful mentor-mentee relationships. She highlighted how these core values form the bedrock of impactful mentorship, promoting both personal and professional growth for all participants.

The session concluded with a reflection on the Long-Term Impact of structured mentorship. *The speakers discussed how sustained and intentional mentoring can significantly enhance*



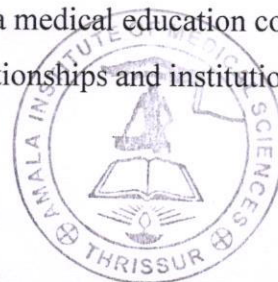
student confidence, inform academic and career choices, and foster a positive and cohesive institutional culture. They emphasized that when mentorship is approached with sincerity and strategic planning, it can leave a lasting and transformative impact on both individual lives and the academic ecosystem as a whole.

Dr. Tinju James, who explored the foundational concepts and guiding principles of effective mentoring. She presented an overview of the **AIMS Mentorship Policy 2025**, emphasizing its role in formalizing and standardizing the institution's mentoring practices. She outlined key components of the policy, including the delineation of mentor and mentee roles, ethical guidelines, structured session formats, and integrated feedback mechanisms. She also showcased the **soft copy of the 'Mentor–Mentee Record'**, explaining its structure and utility in documenting key aspects of each mentoring interaction. Dr. James elaborated on responsible ways to maintain these records, particularly when handling sensitive information disclosed by mentees, stressing the importance of confidentiality and professionalism in documentation. The policy, she explained, is designed to promote consistency, effectiveness, and integrity in mentoring across all departments, aligning with AIMS's broader academic and developmental goals.

Building on this foundation, both speakers examined **Mentor–Mentee Dynamics**, offering practical insights into clearly defined roles and responsibilities within the mentorship framework. They underscored the importance of setting healthy boundaries, upholding professional ethics, and fostering open, honest communication—elements essential to sustaining a supportive and effective mentoring environment.

This was followed by a **Panel Discussion** on “Scientific Mentorship in Medical Education” was conducted on 2nd May 2025 from 2:40 PM to 4:00 PM at the MEU Hall of Amala Institute of Medical Sciences, Thrissur. The event was organized under the Scientific Mentorship Program and brought together key stakeholders including faculty members, program coordinators, and students to deliberate on effective mentoring practices in medical colleges. The discussion was moderated by Dr. Mathew Joseph and featured a panel of six speakers. Aim of the discussion

1. To explore the essential qualities of a good mentor in a medical education context.
2. To identify common challenges in mentor-mentee relationships and institutional strategies to mitigate them.



3. To understand how mentorship can support both academic and emotional aspects of student life.
4. To examine the role of the Student Support Guidance Program (SSGP).
5. To capture the student perspective on effective mentorship.
6. To propose strategies to embed a culture of mentorship in medical colleges.

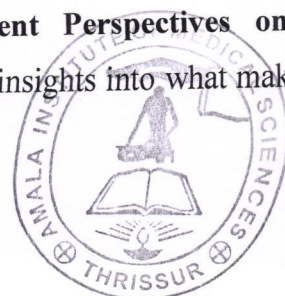
Speaker 1: Dr. Deepti Ramakrishnan (Topic: Key Qualities of a Good Mentor and Their Impact): - Dr. Deepti emphasized that effective mentors in medical colleges must demonstrate clinical competence, empathy, strong communication, commitment, and professionalism. She discussed how these traits foster academic success, professional growth, ethical conduct, and emotional well-being among mentees. Her presentation highlighted mentorship as a transformative relationship that moulds future medical professionals.

Speaker 2: Dr. Dijoe Davis (Topic: Challenges in the Mentor-Mentee Relationship and Institutional Solutions): - Dr. Dijoe addressed the frequent obstacles in mentorship, such as mismatched expectations, poor communication, and time constraints. He proposed structured orientation programs, protected mentoring time, and faculty development initiatives to improve mentoring relationships. His recommendations included integrating mentorship into faculty evaluations and creating mechanisms for anonymous feedback.

Speaker 3: Dr. Sruthy M.V. (Topic: Structuring Mentorship to Support Holistic Student Development): - Dr. Sruthy presented a multi-dimensional framework for mentorship programs that address academic guidance, emotional well-being, and career development. She emphasized tiered mentorship models, including faculty, resident, and peer mentors, supported by structured goal-setting and cultural sensitivity training. Her talk advocated for recognition systems to honour outstanding mentors.

Speaker 4: Dr. Tinju James (Topic: Role and Strengthening of the Student Support Guidance Program (SSGP)): - Dr. Tinju highlighted the SSGP's proactive role in identifying and supporting at-risk students through early interventions, individualized plans, and confidential support. To strengthen the program, she recommended formal referral protocols, training faculty in active listening and trauma-informed care, and better integration with mentoring and academic advising.

Speaker 5: Student Representative (Topic: Student Perspectives on Meaningful Mentorship): The student representative shared candid insights into what makes mentorship



meaningful: trust, accessibility, consistency, and tailored support. They called for improved mentor-mentee matching, structured planning, near-peer mentoring, and better feedback systems. Emphasis was placed on addressing work-life balance and providing mentorship that nurtures both academic and emotional resilience.

Speaker 6: Dr. Mathew Joseph (Moderator) (Topic: Creating a Culture of Mentorship and Guidance in Medical Colleges): - Dr. Mathew concluded the discussion by underlining the importance of institutional culture in sustaining mentorship initiatives. He advocated for integrating mentorship into curricula, rewarding faculty involvement, and promoting a “culture of care.” Dr. Mathew emphasized leadership support, continuous training, and visible communication strategies as key enablers for building engagement and trust.

Key Takeaways of the Panel discussion is:

- Mentorship should be holistic, encompassing academic, emotional, and professional guidance.
- Institutions need to create formal structures and recognition systems to support mentoring efforts.
- Programs like SSGP must be integrated into the broader academic and mentoring ecosystem.
- Feedback loops and monitoring systems are essential for continuous improvement.
- Students value personalized, consistent, and supportive relationships with mentors.

The panel discussion provided valuable insights into developing effective mentorship frameworks in medical education. The involvement of both faculty and students ensured a balanced exchange of ideas and actionable recommendations. The session concluded with a strong call for embedding mentorship as a core component of medical training, backed by institutional commitment, structured implementation, and ongoing evaluation.

The panel discussion on the Scientific Mentorship Program offered valuable insights into the importance of structured mentorship in nurturing the next generation of researchers and healthcare professionals. The dialogue between experienced mentors and aspiring mentees highlighted the mutual benefits of mentorship, including knowledge transfer, professional growth, and the development of critical thinking skills. Key themes such as the need for sustained guidance, ethical research practices, and fostering a culture of inquiry were consistently emphasized.



Inauguration Ceremony

Welcome Address	: Dr. Tinju James Mentorship Coordinator & SSDP Nodal Officer Professor, Dept. of Physiology,
Inaugural Address	: Rev. Fr. Antony Mannummel CMI, Associate Director,AIMS
Lighting of the Lamp Presidential Address	: Dr. Betsy Thomas Professor, Dept. Of Obstetrics & Gynaecology, Principal & IQAC Chairman
Felicitation	: Dr. Lola Das Professor & HOD, Vice Principal, Anatomy : Dr. Deepti Ramakrishnan Professor, Vice Principal & IQAC Coordinator, AIMS
Vote of Thanks	: Dr. Mathew Joseph SSDP Nodal Officer Assistant Professor, Anatomy



Scientific Mentorship Sessions Mentoring for Scientific Growth

Guiding the Next Generation of Doctors

Dr. Prameela Menon,
Professor,
Dept. of Obstetrics & Gynaecology

AIMS Mentorship Policy, 2025

Dr. Tinju James,
Mentorship Coordinator &
SSDP Nodal Officer
Professor, Dept. of Physiology



Panel Discussion:

Perspectives on Mentorship in Medical Education

Student Support and Guidance Programme (SSGP),

AIMS, Thrissur
Dr. Mathew Joseph,
SSGP Nodal Officer,
Assistant Professor, Anatomy

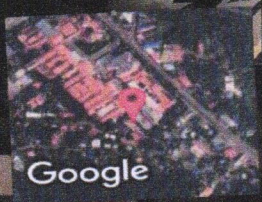
Moderator:

Dr. Mathew Joseph

An open dialogue exploring challenges,
experiences, and future directions of
mentorship at AIMS.





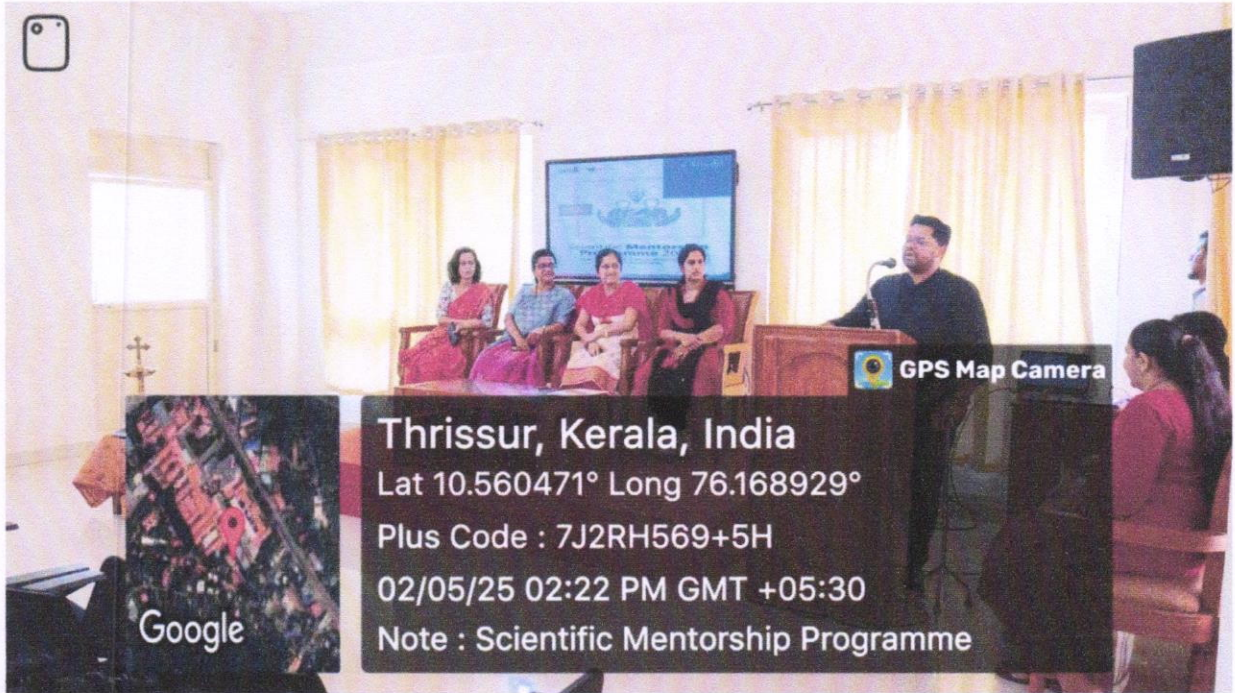


Thrissur, Kerala, India
H569+4fw, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.560468° Long 76.168934°
02/05/2025 03:39 PM GMT +05:30
SSGP 2025



Thrissur, Kerala, India
H569+4fw, Amalanagar, Thrissur, Kerala 680555, India
Lat 10.560468° Long 76.168934°
02/05/2025 04:00 PM GMT +05:30
SSGP 2025





Thrissur, Kerala, India

Lat 10.560471° Long 76.168929°

Plus Code : 7J2RH569+5H

02/05/25 02:22 PM GMT +05:30

Note : Scientific Mentorship Programme

Google



Thrissur, Kerala, India

Lat 10.560462° Long 76.16893°

Plus Code : 7J2RH569+5H

02/05/25 02:27 PM GMT +05:30

Note : Scientific Mentorship Programme

Google





Amala
INSTITUTE OF MEDICAL SCIENCES
WWW.AMALAIMS.COM

TRAINING ATTENDANCE SHEET

Topic: Scientific Mentorship Programme 2025

Date & Time: 02/05/2025, 2 PM

Venue: MEU Hall, AIMS

Dept: IQAC, Medical college

Name of Trainer: Dr. Tinju, Dr. Mathan, Dr. Prasad

L. No.	Name of the staff	Department	Designation	Signature
1	DR ANISH S	General Medicine	Associate Professor	<i>Anish</i>
2	DR JOSE VINCENT	COMMUNITY MEDICINE	ASSOCIATE PROFESSOR	<i>Jose</i>
3	DR PARVATHY T J	COMMUNITY MEDICINE	SENIOR RESIDENT	<i>Parvathy</i>
4	Remith PR	Anatomy	Assistant Professor	<i>Remith</i>
5	Dr. Boney Rajan	Pharmacology	Asst. Professor	<i>Boney</i>
6	Dr. Anith A	Biochemistry	Prof.	<i>Anith</i>
7	Dr. Anwariga Alex	Microbiology	Associate Professor	<i>Anwariga</i>
8	DR. MARIA THOMAS	MICROBIOLOGY	Assistant Professor	<i>Thomas</i>
9	DR. SUBI DAS	Microbiology	Associate Professor	<i>Subi</i>
10	Dr. V K PRATHIMA	PHARMACOLOGY	PROFESSOR & HOD	<i>Prathima</i>
11	Dr. Anusha Bose	Pharmacology	SR	<i>Anusha</i>
12	Dr. Fina Jose	Pharmacology	SR	<i>Fina</i>
13	DR PRINCE M PAUL	Forensic Medicine	PROFESSOR & HOD	<i>Prince</i>
14	DR BOBAN BABU	FORENSIC MEDICINE	PROFESSOR	<i>Boban</i>
15	DR SRUTHI M V	Community medicine	Associate Professor	<i>Sruthi</i>
16	DR MINI KARIAPPA	ANATOMY	PROFESSOR	<i>Mini</i>
17	Dr. M C JANARDAN	PATHOLOGY	PROF & HOD	<i>Janardhan</i>
18	Dr. Leela K Nair	Pathology	Prof	<i>Leela</i>
19	Dr. Deepthi R.	Pathology	Prof	<i>Deepthi</i>
20	Dr. Roona John	Microbiology	PROF & HOD	<i>Roona</i>
21	Dr. Bindu C.B	Physiology	PROF & HOD	<i>Bindu</i>
22	Dr. Suresh KV	Microbiology	HOD	<i>Suresh</i>
23	Dr. S. Monica Diana	Anatomy	Professor	<i>Monica</i>
24	DR STELLIN AGNES MICHAEL	Anatomy	Associate Professor	<i>Stellin</i>
25	Dr. Lala Das	Anatomy	Professor & HOD	<i>Lala</i>
26	Dr. Jethu John	Pediatrics	Asst. Prof.	<i>Jethu</i>
27	Dr. Jenice Joy	Pathology	Senior Resident	<i>Jenice</i>
28	Dr. Neeraja B	Forensic Medicine	Asst. Prof.	<i>Neeraja</i>
29	Dr. Nayana Sunil	Physiology	Asst. Professor	<i>Nayana</i>
30	Dr. Heeta C G	Pathology	Asst. Prof	<i>Heeta</i>

Signature of Trainer:

MS-001-TAS-14

REF: IIRMOA/NA/011

REVISION: 02/05/2024 Page 1 of 2



AIMS 06/20



Amala

INSTITUTE OF MEDICAL SCIENCES

ESTABLISHED IN 1984

PROVIDING
CARE
SUPPORTING
LIFE

TRAINING ATTENDANCE SHEET

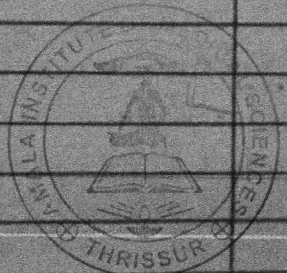
Topic: Scientific Mentorship Programme, 2025 Date & Time: 2/5/2025, 2 PM

Venue: MEU Hall, AIMS

Institution: BAC, Medical College

Name of Trainer:

No	Name of the staff	Department	Designation	Signature
1	DR SK MERLY MV	GEN MEDICINE	Asst. Prof	<i>[Signature]</i>
2	Roshan Roy Varghese	MBBS - 2021	Medical Student	<i>[Signature]</i>
3	Riya Tessa John	MBBS - 2021	Medical Student	<i>[Signature]</i>
4	Dr. Dileep DAVIS	ORURO	Asst. Prof	<i>[Signature]</i>
5	Dr. Sreya P.B	Pathology	Assistant Prof	<i>[Signature]</i>
6	Dr. Ajin Joseph	Forensic Medicine	"	<i>[Signature]</i>
7	LITL K.O	ADMINISTRATION	ASSOCIATE CT	<i>[Signature]</i>
8	Dr. Sushan Chandramohan	Community Medicine	Asst. Professor	<i>[Signature]</i>
9	Dr. Sushan C.M.	Community Medicine	Asst. Professor	<i>[Signature]</i>
10	Dr. Steffi Francis	Community Medicine	Asst. Professor	<i>[Signature]</i>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

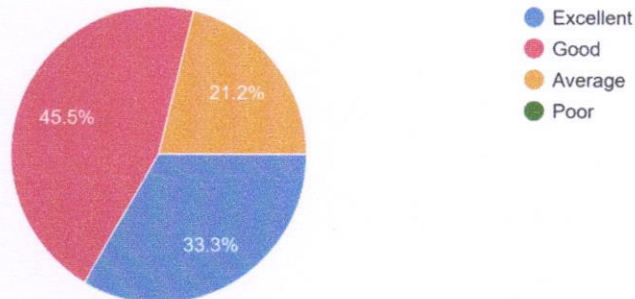


Signature of Trainer

Feedback

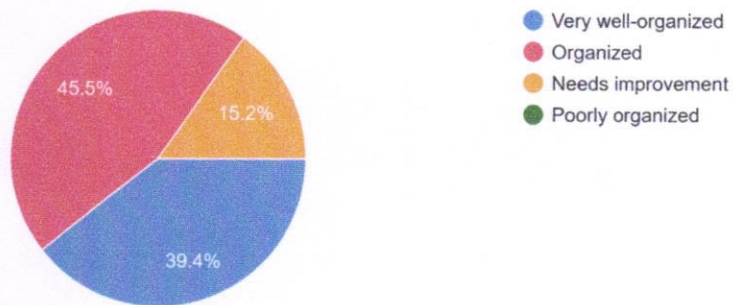
How would you rate your overall experience as a mentor?

33 responses



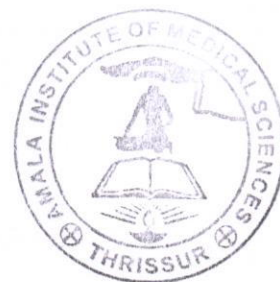
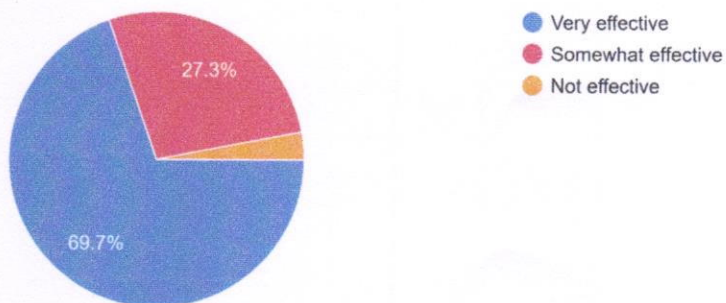
How would you evaluate the structure and coordination of the programme?

33 responses



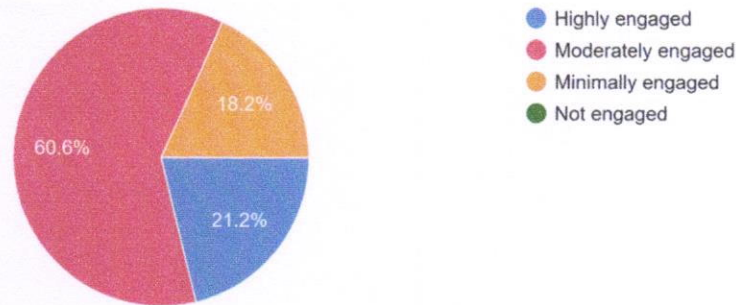
How effective were the communication and support from the organizing team?

33 responses



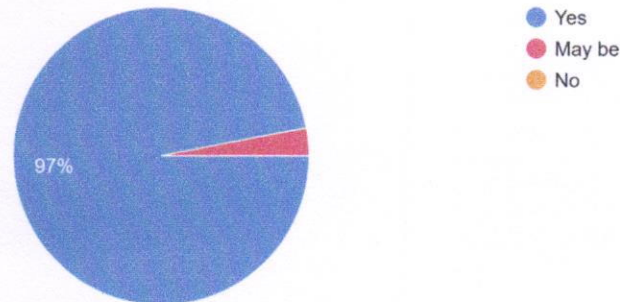
How would you rate your mentees' level of engagement and participation?

33 responses



Did you feel the objectives of the mentorship programme were clear to you?

33 responses



What were the key challenges you faced as a mentor?

Time management, after first visit mentees are not meeting mentors, Time constraint, Students not yet come to us, finding time to interact with mentees, Mentees needed time and more than one sitting to come out of their shell, Mentees are not interested, Getting the confidence of the mentees, Children not keen in meeting us. The present batch is better though. Mentoring students belonging to same phase as ours is easier than those of different phases, Scheduling meetings, not able to engage the mentees separately, Lack of specific training, to schedule meetings, getting students to meet me., Getting the students to meet me. 2024 batch is regular. Limited access to academic Data. There is a mismatch our timings. Time to see mentees



What suggestions do you have to improve the mentorship programme?

Give students to choose their mentors, Allow the program to evolve based on participant needs and feedback. Allow for flexibility with virtual meetings if in-person is difficult, Mentee to choose mentor, Teachers should teach well and become closer to mentees, Regular visits by students can be made compulsory and uniform, it's a good program., Assign specific time., As students said we will take them for social outings, Mentees should be briefed right from the beginning that the programme is entirely for their benefit and their wholehearted cooperation and participation should be assured, Single mentor throughout the curriculum, The mentees should be made aware that the programme is solely for THEIR benefit, Time table adjustment, Reduce number of mentees to 3 Get more mentors for phase 3 Part2 so that less number of mentees per mentor, It should be possible to engage the mentees and talk to them whenever possible , not time bound or according to time table, Formal Training by experts in the field and also sharing an agenda and program schedule before every event. So that we come informed about the event., Provide more opportunities for mentor mentee interaction, conduct an awareness program for mentees too, making them also responsible, Mentees to be made aware that it their responsibility too. Mentorship on a voluntary basis with a mentoring cell., Option to choose mentor should be implemented in all batches without much delay, Match mentors and mentee based on their interest, career goals skill gaps. Encourage regular open communication to build trust and rapport, Give the students an opportunity to choose their mentor

Betsy

Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



Amala Institute of Medical Sciences

Amala Nagar, Thrissur, 680 555, Ph: 0487 - 2304116

MINUTES OF SSGP MEETING HELD ON 15-04-2025

Time 2.45 pm To 3.30 pm

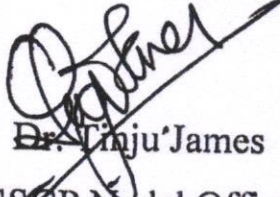
Venue: Forensic Demonstration Hall

The SSGP review meeting began with a silent prayer and a welcome address by the Principal. Dr. Tinju, the SSGP nodal officer, presented a report on SSGP activities at the college. She introduced the mentor-mentee record book created for the mentorship program and encouraged regular mentor-mentee interactions, preferably twice a month on Fridays from 12 to 1 PM. The students and faculty were repeatedly sensitized about the SSGP initiative by KUHS. The Principal congratulated the team for their efforts in conducting the SSGP and mentorship programs, and common issues faced by students were discussed during the meeting.

The meeting emphasized that student concerns should be communicated to mentors and class teachers, and further to SSGP nodal officers, to plan actions in a systematic manner. If necessary, students may be referred to clinical psychologists. The importance of maintaining a strong student-teacher relationship through the mentorship program was also highlighted. The Principal urged faculty to attend the upcoming "Scientific Mentorship Program Planning" session in the first week of May, 2025, coordinated by the IQAC team. The meeting concluded at 3:30 PM.

21-04-2025




Dr. Tinju James
SSGP Nodal Officer



AMALA INSTITUTE OF MEDICAL SCIENCES

Amala Nagar, Thrissur, Kerala-680555, Ph: 0487-2304116

MINUTES OF MENTOR MEETING HELD ON 15-04-2025

Time 2 pm To 2.45 pm

Venue: Forensic Demonstration Hall

The mentor-mentee meeting held on 15th April 2025 at 2:00 PM in the Forensic Demo Hall commenced with a silent prayer. Condolences were offered to Mr. Simon, the previous Warden of the Boys Hostel, who had passed away. Dr. S. Monica Diana, Professor and Assistant Coordinator of the Tutorial System, delivered the welcome address. Dr. Tinju James, Professor and Coordinator of the Tutorial System, introduced the mentorship programme and explained the use of the logbook for recording mentor-mentee interactions.

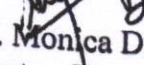
The Principal shared insights from her visit to Vellore Medical College regarding their mentorship practices. Discussions followed on whether the logbook should be maintained by students or staff, and it was decided that faculty would maintain the logbook, recording only general issues, while confidential matters were to be excluded. Dr. Prince M Paul, HOD of Forensic Medicine, raised a query about the difference between SSGP and the mentorship programme, which was clarified by stating that SSGP identifies student concerns, which are then referred to the mentors. The difficulty of scheduling mentor meetings was acknowledged, and a suggestion was made to create a portal to simplify the submission of student marks. It was also decided that from the next academic year onwards, first-year students will be divided among Phase-I faculty for subject-wise mentoring.

Dr. Deepti, Vice Principal, shared updates regarding the 2nd-year subject mentoring and suggested avoiding the Friday 1–2 PM slot due to student prayer time, although it was decided to retain the same timing. Finally, it was announced that a mentor-mentee programme would be held on May 2nd, 2025, and all faculty were instructed to attend.

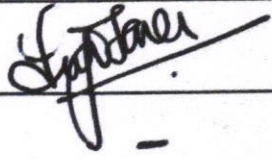

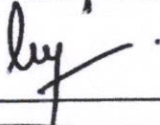

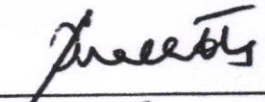
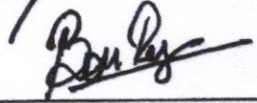

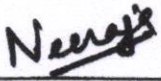
The session will include a panel discussion with students focusing on benefits and feedback. The meeting concluded at 2:45 PM.

21-04-2025




Dr. S. Monica Diana
Asst co-ordinator, Tutorial system

SSGP REVIEW MEETING

Sl. No.	Name with Designation	Signature
1.	Fr. Antony Mannummel, CMI, Associate Director	
2.	Dr. Betsy Thomas, Principal	
3.	Dr. Deepti Ramakrishnan, Vice Principal	
4.	Dr. Tinju James, SSGP Nodal Officer	
5.	Dr. Mathew Joseph, SSGP Nodal Officer	
6.	Sri. Remith P R, Class Teacher	
7.	Dr. S Monica Diana Assistant Co-ordinator, Tutorial System	
8.	Dr. Ajith T A, Professor of Biochemistry	
9.	Dr. V K Prathibha Associate Professor of Pharmacology	
10.	Dr. Boney Rajan Assistant Professor of Pharmacology	
11.	Dr. Aiswariya Alex Associate Professor of Microbiology	
12.	Dr. Subi Das Associate Professor of Microbiology	
13.	Dr Ajin Joseph Assistant Professor of Forensic Medicine	
14.	Dr. Neeraja B. Assistant Professor of Forensic Medicine	



Sl. No.	Name with Designation	Signature
1.	Fr. Antony Mannummel, CMI Associate Director	
2.	Dr. Betsy Thomas Principal	<i>Betsy</i>
3.	Dr. Lola Das Professor & HOD of Anatomy	<i>Lola</i>
4.	Dr. Mini Kariappa Professor of Anatomy	
5.	Dr. S Monica Diana Professor of Anatomy	<i>S Monica</i>
6.	Dr. Stelin Agnes Michael Associate Professor of Anatomy	<i>Stelin</i>
7.	Sri. Remith P R Assistant Professor of Anatomy	<i>Remith</i>
8.	Dr. Mathew Joseph Assistant Professor of Anatomy	
9.	Dr. Bindu C B Professor & HOD of Physiology	<i>Bindu</i>
10.	Dr. R Lilly Pushpam Professor of Physiology	
11.	Dr. Tinju James Professor of Physiology	<i>Tinju</i>
12.	Dr. Rakesh L John Assistant Professor of Physiology	
13.	Dr. Sindu P C Professor of Biochemistry	<i>Sindu</i>
14.	Dr. Ajith T A Professor of Biochemistry	<i>Ajith</i>
15.	Dr. Savithri M C Professor & HOD of Pathology	<i>Savithri</i>
16.	Dr. Deepti Ramakrishnan Professor of Pathology, Medical Superintendent & Vice Principal	<i>Deepti</i>
17.	Dr. Lekha K Nair Professor of Pathology	<i>Lekha</i>
18.	Dr. Usha Mary Abraham Professor of Pathology	
19.	Dr. Divya S Professor of Pathology	
20.	Dr. C G Geetha Assistant Professor of Pathology	
21.	Dr. Aniya Antony Assistant Professor of Pathology	



Sl. No.	Name with Designation	Signature
22.	Dr. Sreya P B Assistant Professor of Pathology	
23.	Dr. V K Prathibha Professor & HOD of Pharmacology	<i>Prathibha</i>
24.	Dr. Boney Rajan Assistant Professor of Pharmacology	<i>Boney Rajan</i>
25.	Dr Reena John Professor & HOD of Microbiology	
26.	Dr. Suseela K V Professor of Microbiology	<i>Suseela</i>
27.	Dr. Aiswariya Alex Associate Professor of Microbiology	<i>Aiswariya</i>
28.	Dr. Subi Das Associate Professor of Microbiology	<i>Subi Das</i>
29.	Dr. Geethalakshmi V Assistant Professor of Microbiology	<i>Geetha</i>
30.	Dr. Maria Thomas Assistant Professor of Microbiology	<i>MThomas</i>
31.	Dr. Prince M Paul Professor & HOD of Forensic Medicine	<i>Prince M Paul</i>
32.	Dr. Boban Babu Associate Professor of Forensic Medicine	<i>Boban Babu</i>
33.	Dr Ajin Joseph Assistant Professor of Forensic Medicine	<i>Ajin Joseph</i>
34.	Dr. Neeraja B. Assistant Professor of Forensic Medicine	<i>Neeraja</i>



Betsy
Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL

AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



Amala Institute of Medical Sciences

Amala Nagar, Thrissur, 680 555, Ph: 0487 - 2304116

Minutes of the meeting held at College Council room in connection with SSGP on 30.11.2024

Members Present:

1. Dr. Betsy Thomas – Principal & Professor of OBG
2. Dr Deepti Ramakrishnan – Vice Principal
3. Dr. Tinju James – SSGP Nodal Officer
4. Dr. Remith PR – Class teacher
5. Dr. Monica Diana – Professor, Dept of Anatomy
6. Dr. Ajith.T.A – Professor, Dept of Biochemistry
7. Dr Arun K Prakash – Asst professor, Physiology

Meeting started at 3.30pm, with a silent prayer. Principal invited the members of the committee to the meeting.

Dr. Tinju James explained the members of Students Support Guidance Programme (SSGP), a programme envisaged by KUHS to support and guide the students, in case of any need. The aims and designs of SSGP, including the conduct of study skill inventory pattern were explained to the committee members. She also mentioned that the SSG Cell will function in the room close to Lecture Hall III. The students can seek the help of nodal officers when in need and the nodal officers can take necessary action according to the case.

Principal offered their great support towards this program. They also discussed the importance of maintaining a good relationship with the students through mentorship program. It was decided to conduct review meetings once in 2 months to discuss the difficulties faced by the students.

Meeting came to a close by 4.00 pm

2.12.2024

Dr. Tinju James
SSGP Nodal Officer

Copy to: Director/ / Principal/ Committe members





AMALA INSTITUTE OF MEDICAL SCIENCES

Amala Nagar, Thrissur, Kerala-680555, Ph: 0487-2304116

MINUTES OF MENTOR MEETING HELD ON 30-11-2024

Time 2.30 Pm To 3.30 Pm

Venue: BXM Hall 1

The meeting started with a silent prayer at 2.30 pm.

Welcome speech was delivered by Dr. S. Monica Diana, Assistant Co-ordinator of Tutorial System. Dr. Betsy Thomas, Principal, gave an introduction about the tutorial System/ mentorship program, responsibilities of a mentor etc. She told the importance of giving support and guidance to students, keeping a safe distance from them.

Dr. Tinju James, Chief Co-ordinator of Tutorial System highlighted the duties of mentor, updated the new aspects of this system as recommended by National Medical Commission with the help of a power point presentation. Queries and doubts were cleared. Dr. Deepti Ramakrishnan, Vice Principal shared her experience about department wise mentoring system of phase II MBBS students. Dr. Rennis Davis, Vice Principal added a few points on his thoughts about tutorial system. Vote of thanks was delivered by Mr. Remith P R, Class Teacher of first MBBs 2024 batch.

The meeting came to close by 3.30pm.

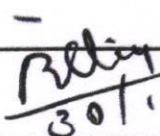

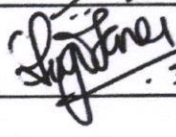

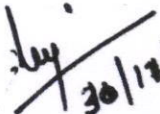
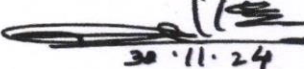
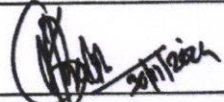
2.12.24



Dr Monica Diana .S

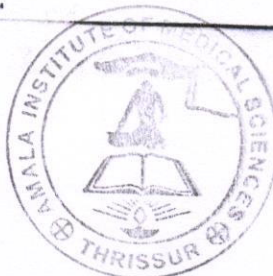
Asst co-ordinator, Tutorial system

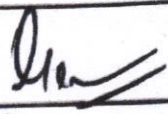
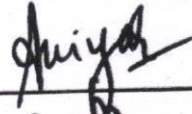
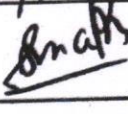
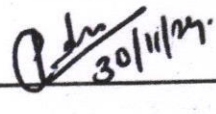
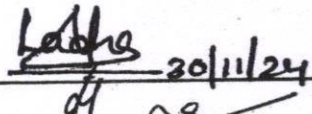
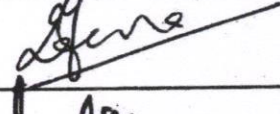
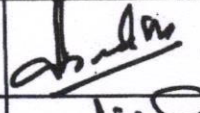
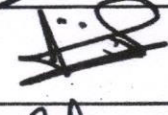
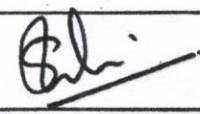
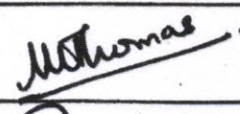
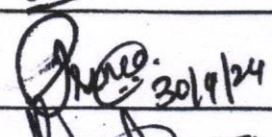

SSGP Review Meeting 30.11.24

SI No	Name with Designation	Signature
1	Fr Antony Mannummel, Associate Director	
2	Dr. Betsy Thomas, Principal	 30/11/24
3	Dr Deepti Ramakrishnan, Vice Principal	 30/11/24
4	Dr Tinju James, SSGP Nodal Officer	 30/11/24
5	Dr Mathew Joseph, SSGP Nodal Officer	
6	Mr Remith P R, Class teacher	 30/11/24
7	Dr Monica Diana, Asst co-ordinator, Tutorial System	 30/11/24
8	Dr Ajith T A, Professor of Biochemistry	 30.11.24
9	Dr Arun K Prakash, Asst Professor of Physiology	 30/11/24




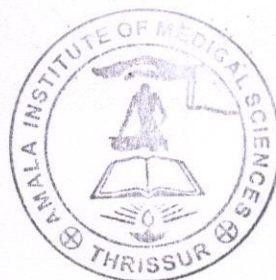
Sl.No:	Name with Designation	Signature
1	Fr. Antony Mannummel, CMI, Associate Director	
2	Dr. Betsy Thomas, Principal	<i>Betsy</i>
3	Dr. Lola Das Professor & HOD of Anatomy	
4	Dr. Mini Kariappa Professor of Anatomy	
5	Dr. S Monica Diana Professor of Anatomy	<i>S. Monica Diana</i>
6	Dr. Stelin Agnes Michael Associate Professor of Anatomy	<i>Stelin Agnes Michael</i>
7	Sri. Remith P R Assistant Professor of Anatomy	<i>Remith P R</i>
8	Dr. Mathew Joseph Assistant Professor of Anatomy	
9	Dr. Bindu C B Professor & HOD of Physiology	<i>Bindu C B</i>
10	Dr. R Lilly Pushpam Professor of Physiology	<i>R Lilly Pushpam</i>
11	Dr. Tinju James Professor of Physiology	<i>Tinju James</i>
12	Dr. Rakesh L John Assistant Professor of Physiology	<i>Rakesh L John</i>
13	Dr. Arun K Prakash Assistant Professor of Physiology	<i>Arun K Prakash</i>
14	Dr. Sindu P C Professor of Biochemistry	<i>Sindu P C</i>
15	Dr. Ajith T A Professor of Biochemistry	<i>Ajith T A</i>
16	Dr Sreejith J Kishore Assistant Professor of Biochemistry	<i>Sreejith J Kishore</i>
17	Dr. Savithri M C Professor & HOD of Pathology	
18	Dr. Deepti Ramakrishnan Professor of Pathology, Medical Superintendent & Vice Principal	<i>Dr. Deepti</i>
19	Dr. Lekha K Nair Professor of Pathology	<i>Lekha K Nair</i>
20	Dr. Usha Mary Abraham Professor of Pathology	<i>Usha Mary Abraham</i>




Sl.No:	Name with Designation	Signature
21	Dr. Divya S Professor of Pathology	
22	Dr. C G Geetha Assistant Professor of Pathology	
23	Dr. Aniya Antony Assistant Professor of Pathology	
24	Dr. Sreya P B Assistant Professor of Pathology	
25	Dr. Padmaja G Nair Professor & HOD of Pharmacology	
26	Dr. V K Prathibha Associate Professor of Pharmacology	
27	Dr. Boney Rajan Assistant Professor of Pharmacology	
28	Dr Laona Lal Assistant Professor of Pharmacology	
29	Dr Reena John Professor & HOD of Microbiology	
30	Dr. Suseela K V Professor of Microbiology	
31	Dr. Aiswariya Alex Associate Professor of Microbiology	
32	Dr. Subi Das Associate Professor of Microbiology	
33	Dr. Geethalakshmi V Assistant Professor of Microbiology	
34	Dr. Maria Thomas Assistant Professor of Microbiology	
35	Dr. Prince M Paul Professor & HOD of Forensic Medicine	
36	Dr. Boban Babu Associate Professor of Forensic Medicine	

37 Dr RENNIS DAVIS
Prof + Head, Pulmonary med
Via Principal

 30/11/24




Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555

Fostering Growth: Highlights from the Mentorship & SSGP Review Meeting

Minutes of the Meeting

Date: 26.07.2025

Time: 3:00 PM

Venue: MEU Hall

The Mentorship and SSGP Review Meeting held at the MEU Hall began promptly at 3:00 PM with a moment of silent reflection. Dr. Monica Diana, Assistant Coordinator of the Mentorship Programme, extended a warm welcome to the Principal, Vice-Principal, and esteemed faculty members. Following this, Dr. Tinju James, the Programme Coordinator, presented a comprehensive overview of the recent SSGP review meeting conducted by KUHS. She emphasized KUHS's vision of nurturing student well-being through initiatives such as basic counselling, reproductive health education, and awareness on the harmful effects of substance abuse and ragging. She also highlighted the university's commitment to maintaining an active SSGP cell on campus and stressed the importance of regular mentor-mentee meetings, held twice a month, with proper documentation.

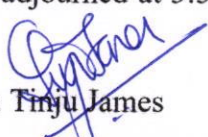
Dr. Mathew Joseph, SSGP Nodal Officer, shared an insightful report on the student cases addressed through the programme. He outlined the interventions offered, including personalized counselling sessions, psychiatric referrals, and consistent follow-ups. These supportive actions have resulted in marked improvements in student behavior and mental health. His report underscored the dedication of the mentorship team in fostering a caring and responsive academic environment.

Principal Dr. Betsy Thomas commended all mentors for their dedication, empathy, and continuous support of the mentorship programme. She recalled an important student request raised during the SSGP review held on 5th May 2023—the option to choose their own mentors. This request was implemented for the 2021 MBBS batch and received overwhelmingly positive feedback from students. Dr. Betsy emphasized that the strength of the mentor-mentee bond can play a transformative role in a student's life, providing both academic guidance and emotional support during challenging times.

The open discussion session brought to light certain challenges faced by mentors, particularly the difficulty in allotting time for student meetings due to OPD and OT responsibilities. Dr. Tinju encouraged flexibility, suggesting that mentors coordinate mutually convenient timings with their mentees to maintain meaningful engagement. Dr. Febin Antony also shared his ongoing efforts to connect with the students assigned to him. The meeting concluded on a positive note with a vote of thanks by Dr. Tinju James, and was formally adjourned at 3:30 PM.

01.08.25






Dr. Tinju James


SSGP Nodal Officer & Mentorship program Co-Ordinator

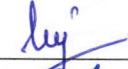




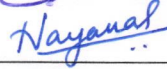
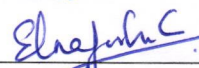
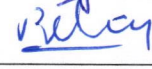







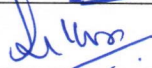
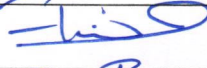
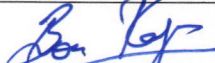
**Mentorship & SSGP Review Meeting – Amala Institute of Medical Sciences,
Thrissur**

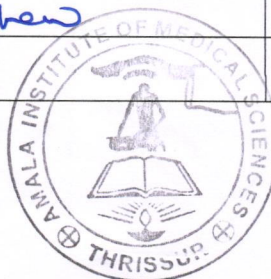
Attendance Sheet


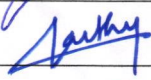



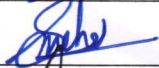
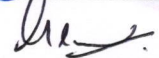
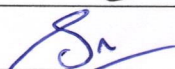




 **Date:** 26th July 2025

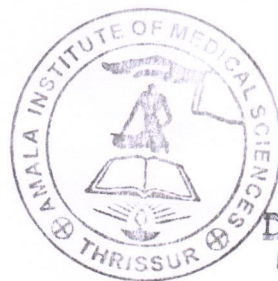
 **Time:** 03:00 PM

 **Venue:** MEU Hall, Amala Institute of Medical Sciences

Sl. No.	Name	Signature
1.	Dr. S. Monica Diana	
2.	Dr. Tinju James	
3.	Dr. Mathew Joseph	
4.	Remith PR	
5.	DR JOSE JACQUES C	
6.	Dr. NAYANA SUNIL	
7.	Dr. ELNA JOSHI C	
8.	DR BETSY THOMAS	
9.	Dr Binn P Simon	
10.	Dr. Arun Ravi	
11.	Dr. STELIN AGNES MICHAEL	
12.	Dr. MINI KARIAPPA	
13.	DR (LT COL) B VIPIN	
14.	Dr. Subi Das	
15.	Dr. Anshwariya Alex.	
16.	Dr. Lekha K. Nair	
17.	Dr. Jeethish Mathew	
18.	Dr. Boney Regan	



19.	Dr. Ajin Joseph	
20.	Dr. PARVATHY. T.J	
21.	Dr. ATHIRA. K. R	
22.	Dr. Fehin Antony	
23.	Dr. Desneems cbe	
24.	Dr. Sneha George	
25.	Dr. Sneha C.G	
26.	Dr. SRUTHI - MV	
27.	Dr Sandra Paulson	
28.	Dr. Nisha.T	
29.	Dr. Licia Chacko	
30.	Dr. Deepth. R.	
31.		
32.		
33.		
34.		
35.		
36.		
37.		
38.		
39.		
40.		



Betsy

Dr. BETSY THOMAS
 MD, FRCOG, DNB, MICOG
 PRINCIPAL
 AMALA INSTITUTE OF MEDICAL SCIENCES
 AMALA NAGAR, THRISSUR-680 555