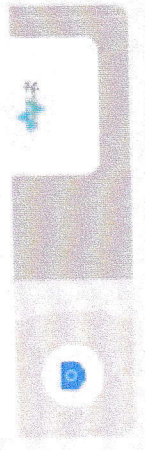




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0	0	0	0
Search appearances	New followers	Post impressions	Page visitors
N/A	N/A	N/A	N/A

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Mess

AMALA INSTITUTE OF MEDICAL SCIENCES (AIMS), THRISSUR

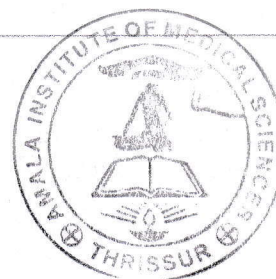
AMALA CENTRE FOR CAREER GUIDANCE AND PLACEMENT ASSISTENCE (ACCP)

Event Title	Crossroad 2025 – Career Guidance Programme
Date	June 18 th , 2025
No. of Participants	80
Venue	Zoom platform (Online) https://zoom.us/j/94985786836?pwd=LVWLBViYipyTPAgTROqRaHRxEUeR0m.1
Organized by	Amala Center for Career Guidance and Placement Assistance (ACCP)
Supported by	Internal Quality Assurance Cell (IQAC), AIMS
Key person in charge	Dr Twinkle Wilson – Placement Coordinator, ACCP Dr. Athira K R Senior Resident, Community Medicine Faculty Coordinator, ACCP
Theme	Exploring New Frontiers: Redefining Medical Careers Beyond the Conventional"

Report on Career Guidance Programme – ‘Crossroad 2025’

The Amala Centre for Career Guidance and Placement Assistance (ACCP), functioning under the Internal Quality Assurance Cell (IQAC), organized a compelling event titled “*Crossroad 2025*” that saw enthusiastic participation from 80 MBBS students across batches. This initiative was designed to broaden students’ horizons by introducing them to meaningful career paths beyond the conventional routes in medicine. The programme sought to inspire students through firsthand accounts, fostering clarity and motivation to make informed career choices. Key objectives included introducing students to alternative careers, particularly in the Armed Forces Medical Services, and encouraging interaction with experienced professionals and alumni.

The event saw enthusiastic participation from 80 MBBS students across batches. Dr. Deepti Ramakrishnan, Professor of Pathology and IQAC Coordinator, inaugurated the session with a thought-provoking address emphasizing the evolving nature of the medical profession. Dr. Febin



Antony, Assistant Professor in Radiation Oncology and Alumni & Mentorship Liaison of ACCP, introduced the keynote speaker, Maj Dr. Alfred Thomas, an Alumnus and Military Physician, whose talk was titled *"Live a Life Less Ordinary."* His address was rich with insights into the Armed Forces Medical Services (AFMS), discussing its structure, entry pathways like SSC and PC, postings, and career progression. He also provided an inspiring overview of the life of a military doctor, blending patriotism with professional excellence.

Maj. Dr. Thomas shared how AFMS operates within the Indian Army, Navy, and Air Force, offering diverse roles in hospitals, disaster zones, field units, and UN missions. He detailed the eligibility requirements and training pathways, especially through AFMC, Pune. The talk outlined career growth through military ranks and highlighted both tangible and intangible benefits such as adventure, service, team leadership, and lifelong friendships. He addressed common student concerns around safety, work-life balance, and long-term prospects with honesty and reassurance. The session concluded with an interactive Q&A, moderated by Dr. Twinkle Wilson C, during which students posed insightful questions, reflecting their deep interest and enthusiasm.

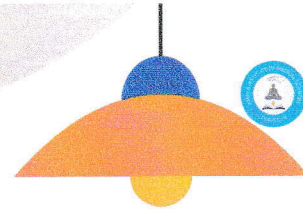
The programme concluded with a vote of thanks by Dr. Athira K Senior Resident of Department of Community Medicine and Faculty Coordinator of ACCP who acknowledged the speaker, organizers, and student participants. She reaffirmed ACCP's commitment to continuing such mentorship-driven initiatives. "Crossroad 2025" succeeded in achieving its goal of providing a transformative career guidance experience by connecting students with real-world perspectives and alternative service-driven career options. The event marked a significant step toward fostering a culture of purpose, diversity in career planning, and alumni engagement within Amala Institute of Medical Sciences.

Report Submitted by: Dr. Twinkle Wilson C, Placement Coordinator, Amala Centre for Career guidance and Placement assistance (ACCP), AIMS, Thrissur.

Approved by:  Dr. Betsy Thomas, IQAC Chairman and Principal, AIMS, Thrissur

Date: 05-07-2025





Amala
INSTITUTE OF MEDICAL SCIENCES
NABH & NABL ACCREDITED ISO 9001:2015
REDEFINING
CARE
everyday
in every way

The Amala Center for Career Guidance and Placement Assistance is pleased to inform all medical students that a Career Guidance Programme

“Crossroads 2025”

Resource person



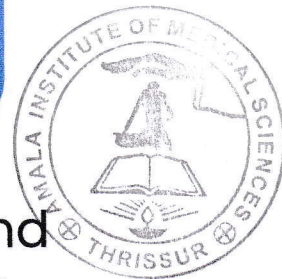
Maj Dr. Alfred Thomas

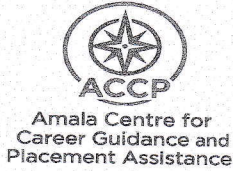


conducted on Wednesday,
18th June 2025, through the Zoom
online platform from
5:00 PM to 6:00 PM.

All students are encouraged to attend punctually and participate actively. Interested students are requested to register through the Google Form link given below.

<https://forms.gle/MrhVnL7ogpUok6ak9>





Crossroads 2025 – Career Guidance Programme
Organized by: Amala Centre for Career Guidance and
Placement Assistance (ACCP)

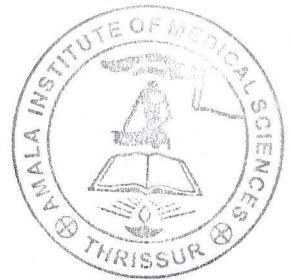
Date: Wednesday, 18th June 2025

Time: 5:00 PM – 6:00 PM

Platform: Zoom (Online)

Programme Agenda

- 4:55 PM – 5:00 PM** 📍 *Participant Login and Settling In*
- 5:00 PM – 5:05 PM** *Welcome Address*
Dr. Deepti Ramakrishnan
Professor, Pathology
IQAC Coordinator, Vice principal of AIMS
Faculty Coordinator, ACCP
- 5:05 PM – 5:10 PM** *Introduce Resource PERSON*
Dr. Febin Antony
Assistant Professor, Radiation Oncology
Alumni & Mentorship Liaison, ACCP
- 5:10 PM – 5:50 PM** *Keynote Talk – Live a Life Less Ordinary*
Maj Dr. Alfred Thomas
Armed Forces Medical Services, Ministry of Defence, Government of
India
- 5:50 PM – 5:57 PM** *Interactive Q&A Session*
Moderator: Dr. Twinkle Wilson C
Coordinator, ACCP
- 5:57 PM – 6:00 PM** 🙏 *Vote of Thanks*
Dr. Athira K R
Senior Resident, Community Medicine
Faculty Coordinator, ACCP
<https://youtu.be/rLdN2Lefeo0>



Thank you!



Maj Dr Alfred Thomas

Phone: 9567265284

Email: alfredjamesoo9@gmail.com

Address: Odackal House, Santhinagar, Thenhipalam PO, Malappuram, Kerala

Location: Bhutan

CAREER SNAPSHOT

- Medical Officer with years of experience in delivering emergency care, trauma management, and general practice in high-pressure environments, including field hospitals and high-altitude medical units.
- Proven track record in critical care management, patient assessment, and treatment planning, ensuring timely and effective medical interventions.
- Expertise in telemedicine and remote consultations, providing comprehensive care to isolated communities and military personnel.
- Strong leadership skills in directing medical teams, coordinating medical evacuations, and enhancing patient outcomes through advanced life support (BLS/ACLS) and field medicine protocols.
- Crisis management experience, including providing rapid response during natural disasters, such as the Kerala floods (2018) and Glacial Lake Outburst Flood (GLOF) in Sikkim, where I led Army columns for evacuation and casualty management.
- Successfully saved casualties post-GLOF in Sikkim and led the de-induction of Army columns by foot through challenging terrains.
- Led Army operations during the Sunjuwan terrorist attack and conducted forward operations across Jammu territories in treacherous and hostile conditions.
- Detailed for medical cover for VVIPs, including the Defence Minister, Chief of Defence Staff (CDS), and Chief of Army Staff (COAS), ensuring seamless and secure medical support during critical assignments.
- Highly skilled in patient-centric care, tactical combat casualty care, and medical record management, ensuring compliance with medical standards and high levels of patient satisfaction.
- Adept at collaborating with multidisciplinary teams, ensuring seamless care coordination and resource optimization to deliver high-quality healthcare services.
- Proficient in implementing and adhering to National Quality Assurance Standards (NQAS) in healthcare facilities, ensuring excellence in service delivery, compliance with standards, and continuous quality improvement.

EDUCATION

MBBS

Amala Institute of Medical Sciences, Thrissur

MBA HHSM

BITS Pilani

COURSES

- NQAS course : Topped the course of NQAS(National Quality Assurance Standards) by Academy of Hospital administration in 2024
- CTLS course : Attended and cleared Combat Trauma Life Support Course from OTC (Officers Training Centre, Lucknow) in 2016
- Operational Logistics and Resource management - detailed as Sub depot commanders for various sub depots of Advance Base Ordnance Depot of Indian Army

NQAS Internal Assessor – Academy of Hospital Administration

Associate Member – Academy of Hospital Administration (AMAHA)



List Of Participants
Crossroads, 2025
Amala Institute of Medical Sciences (AIMS)
Thrissur-680555

1.	DR BOBAN
2.	Michelle
3.	Varsha Das
4.	Tony
5.	CPR
6.	Aghil Subin UG22007
7.	Aksa (Amsa)
8.	Sneha
9.	Ananya A UG22015
10.	Makhlouf Mathew Martin
11.	Nikhil
12.	22035
13.	Amala
14.	Alen Joy
15.	Joyce R Reji
16.	Karthika Sajikumar
17.	Dona Devasia
18.	Aaron Ansel (1)
19.	Satheerthya C S
20.	Ryan Rennis
21.	Aswini T Anil
22.	Elsa Joy
23.	swati manjaly
24.	Jenifer (21049-Jenifer)
25.	Hannah Tito
26.	AKSHATHA BINU SYAM
27.	Zandra (Zandra 1027)
28.	Jacob
29.	Zoom user
30.	Divya
31.	Dahlia
32.	187576
33.	Alfred Thomas
34.	Uttam rajesh
35.	Nadim
36.	Kingkong
37.	Neha
38.	Joseph
39.	Sreelakshmi Lejumon



40.	Adithy Ajay
41.	Grace Maria Boby
42.	Ann Joseph
43.	Febin
44.	Nikhila Vijayan
45.	23061 (61 Laurel Elza Mathew)
46.	22092 Sree Lakshmi J
47.	Anwitha
48.	Elvis Thomas John
49.	Vishnu Manoj 97
50.	88-Shifna
51.	Evangeline Jose
52.	Jacob Abraham
53.	Stephany Maria Santhosh
54.	Priya
55.	Amanda
56.	Dr deepthi ,vice principal,Amala thrissur
57.	Samsung SM-T220
58.	Dr Dayana
59.	aghil subin.
60.	AKASH SURESH
61.	Shreya
62.	Mahima
63.	Kripa (Kripa)
64.	Merlin Martin 22068
65.	Rosemary Joseph
66.	Ria
67.	Twinklewilson Chittilappily
68.	Ann Maria Jose
69.	Niharika
70.	Dr Athira K.R (Athira Sree)
71.	Tom Xavier
72.	Aneeta
73.	Lizbeth
74.	raisa ann
75.	Anshida K
76.	Maria Grace Antony- 64
77.	Merlin Benny
78.	Jisia Rose V
79.	Maria Grace Antony 64
80.	Christina
81.	Anna George



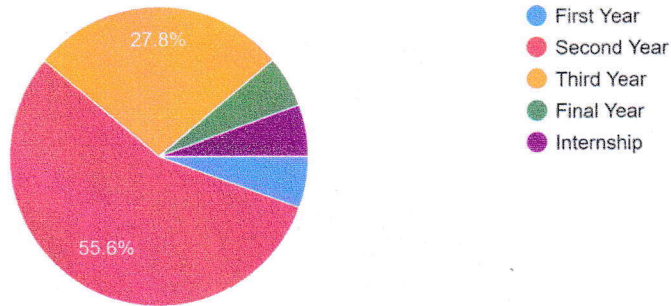
Betsy

Dr. BETSY THOMAS
MD, FRCOG, DNB, MICO
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-6

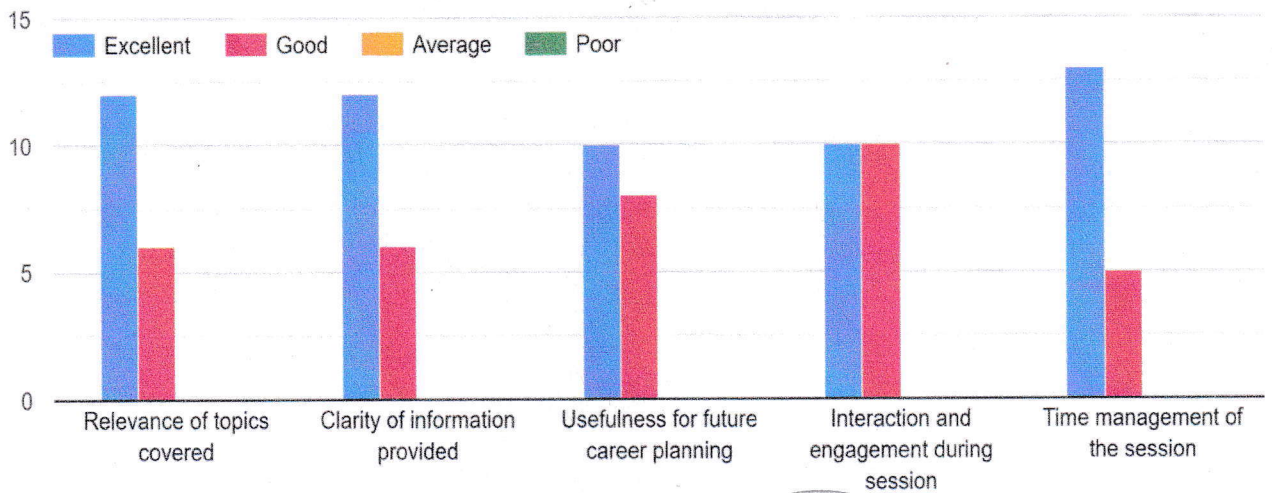
Feedback

Current Year of MBBS

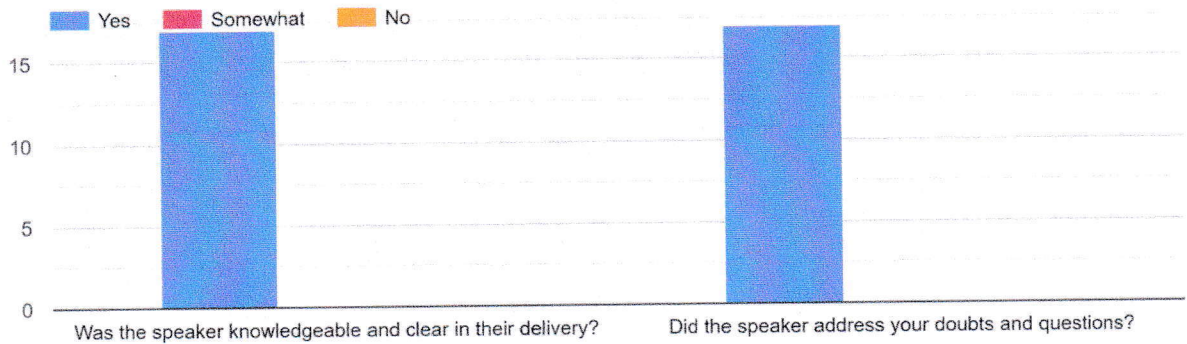
18 responses



How would you rate the following aspects? (Tick the appropriate box) Statement | Excellent | Good | Average | Poor

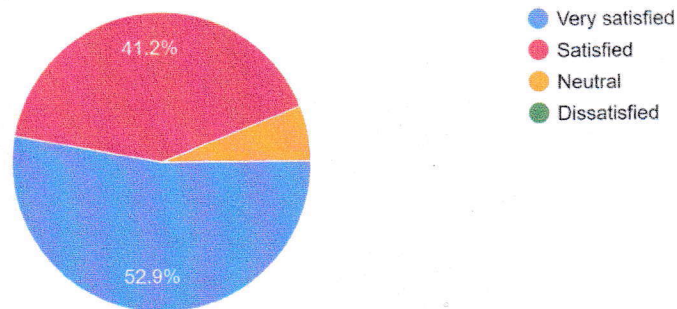


Resource person Feedback



Overall Satisfaction

17 responses

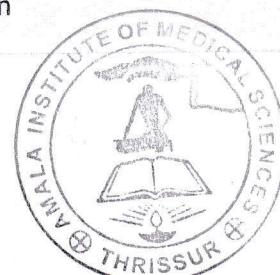


What did you like most about the session

Good speaker and good information. Dr Alfred's inspiring talk It was an amazing session to know more about it in great in depth He describes his experiences in army and that's what I liked the most. The experience shared by sir, and the perks. Information I'd like to appreciate that the speaker is an alumnus of our college, giving us a hope that this path isn't an unachievable one, also like to point out how knowledgeable the speaker, giving us the pros and cons of this particular career path. The session was inspirational.

What could be improved?

Session time, Nil, Including more interactive sessions. It's really inspiring. Love to hear many more experiences of different paths that our alumnus has taken



WELCOME BACK TO AMALAM



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- News
- Gallery
- Bye-Law
- Members
- Accounts

Welcome to AIMSAT

AIMSAAT (Amala Institute of Medical Sciences Alumni Association Trichur) is the association of past students graduated in Medicine from Amala Institute of Medical Sciences, Trichur (Thrissur), Kerala State, India (AIMS).

Our alma mater, "The Home for total Healing", named after Blessed Virgin Mary, is a multidisciplinary medical network of pedagogical, therapeutic, research and outreach programmes, bringing together a dedicated team of doctors, nurses, and other healthcare professionals to provide the highest standards of medical treatment. Our alma mater puts forth full range of primary and specialty care medical services, provides cross-specialty consultation and assures outstanding treatment for each patient. Our alma mater, with extensive infrastructure offers extensive facilities comprising 25 modern operating theatres, 210 equipped intensive-care beds, a fully computerized and networked Hospital Information System (HIS), a fully digital radiology department and a NABL accredited clinical laboratory.

AIMSAAT came into being on 01st December 2010, with aims and objectives to impart a sense of co-operation and healthy understanding among the old students, present students, teaching staff and Governing Body of Amala Institute of Medical Sciences, Trichur (AIMS) to maintain the pride of our Alma-mater, to promote the academic, cultural, social and scientific activities of the students and members of staff and to uphold the dignity of medical profession and safeguard the rights and privileges of the profession in general

On our Official Website, we bring you an overview of Amala Institute of Medical Sciences Alumni Association, Thrissur (AIMSAAT) and various facilities for interaction.



Betsy
BETSY THOMAS
 D, FRCOG, DNB, MICOG
 PRINCIPAL
 AMALA INSTITUTE OF MEDICAL SCIENCES
 NAGAR, THRISSUR-680 555

Amala Institute of Medical Sciences

Amala Nagar, Thrissur

Alumni Expense Payable

Ledger Account

1-Apr-2024 to 31-Mar-2025

Date	Particulars	Vch Type	Vch No.	Debit	Page Credit
28-8-2024	By Abhinav A.S	Journal	429		1,500.00
	By Abhinav P.	Journal	430		1,500.00
	By ABI MADORN A.S	Journal	431		1,500.00
	By Agnal Thomas.	Journal	432		1,500.00
	By Aida Sojan	Journal	433		1,500.00
	By Aji P.A	Journal	434		1,500.00
	By Akhila Nandan	Journal	435		1,500.00
	By Akhil Raj Premarajan	Journal	436		1,500.00
	By Aleena Joy	Journal	437		1,500.00
	By Aliflami	Journal	438		1,500.00
	By Alisha Noushad	Journal	439		1,500.00
	By Alvin Babu	Journal	440		1,500.00
	By ANANDU A.	Journal	441		1,500.00
	By Anjali S.	Journal	442		1,500.00
	By Ansaf Shaji	Journal	443		1,500.00
	By Anu Paul	Journal	444		1,500.00
	By Architha Prakash K.V	Journal	445		1,500.00
	By Ardra S.	Journal	446		1,500.00
	By Arif Muhammed Muhammad Koya	Journal	447		1,500.00
	By Arya Narayanan.K.V	Journal	448		1,500.00
	By Ashley Sarah Roy	Journal	449		1,500.00
	By Askar Ali K.N	Journal	450		1,500.00
	By Athira Sony	Journal	451		1,500.00
	By Ayana S.	Journal	452		1,500.00
	By Ayisha Anuda	Journal	453		1,500.00
	By Beneeta Baiju	Journal	454		1,500.00
	By Bilhan Benoy	Journal	455		1,500.00
	By Bony C. Babu	Journal	456		1,500.00
	By Chandana V.	Journal	457		1,500.00
	By Chelsia Sunny Augustine	Journal	458		1,500.00
	By Chinnu A.	Journal	459		1,500.00
	By Sr. Dona Joseph	Journal	460		1,500.00
	By Fasal Fayaz K	Journal	461		1,500.00
	By Feba Mary Santhosh	Journal	462		1,500.00
	By Gowri Parvathi Premkumar	Journal	463		1,500.00
	By Hadiya Mel	Journal	464		1,500.00
	By Hima Madhavan	Journal	465		1,500.00
	By Jeeva Maria James	Journal	466		1,500.00
	By Jeny George	Journal	467		1,500.00
	By Jerry Sabu	Journal	468		1,500.00
	By Jibin Antony	Journal	469		1,500.00
	By Jibin Joseph Benoy	Journal	470		1,500.00
	By JOVIAL MARIA JOHN	Journal	471		1,500.00
	By Jyotika Lis Sonny	Journal	472		1,500.00
	By Kavitha Rajesh	Journal	473		1,500.00
	Carried Over				67,500.00



continued ..

Amala Institute of Medical Sciences

Alumni Expense Payable Ledger Account : 1-Apr-2024 to 31-Mar-2025

Date	Particulars	Vch Type	Vch No.	Debit	Page Credit
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	By Leba Manuel	Journal	475		1,500.00
	By Mathew Benny.	Journal	476		1,500.00
	By Megha Annie John	Journal	477		1,500.00
	By Merlin A.T.	Journal	478		1,500.00
	By Minu Treesa Shaju	Journal	479		1,500.00
	By Nayana Raj,	Journal	480		1,500.00
	By Neeraja Menon.	Journal	481		1,500.00
	By Neha Elsa Jibu.	Journal	482		1,500.00
	By Raihana R..	Journal	483		1,500.00
	By Reshma B Godfrey	Journal	484		1,500.00
	By Richu Mathew	Journal	485		1,500.00
	By Riya Sara Jayan	Journal	486		1,500.00
	By Rizana Pulath	Journal	487		1,500.00
	By Sam Mathew Tomi	Journal	488		1,500.00
	By Sandra Mohandas C.M	Journal	489		1,500.00
	By Scania P.K.	Journal	490		1,500.00
	By Seena Joseph	Journal	491		1,500.00
	By Shaifa T.P	Journal	492		1,500.00
	By Sona Saji	Journal	493		1,500.00
	By Sreelekha E.M	Journal	494		1,500.00
	By Susan Jelin	Journal	495		1,500.00
	By Thansi T.	Journal	496		1,500.00
	By Theertha Padmanabhan	Journal	497		1,500.00
	By TRESA ANTONY	Journal	498		1,500.00
18-9-2024	By Nainu Narda V.	Journal	829		1,500.00
	By Rabeeh Ummer	Journal	830		1,500.00
14-10-2024	By Abhijith Raghav M.	Journal	1349		1,500.00
5-12-2024	By Krishnitha	Journal	1792		1,500.00
27-1-2025	By Shaheen Salavudheen	Journal	2075		1,500.00
	By Aditi Baiju	Journal	2099		1,500.00
	By Ashwathy Roy	Journal	2100		1,500.00
	By Aswin Prasad	Journal	2101		1,500.00
	By Erline Mary Philip	Journal	2102		1,500.00
	By Fahim Siyad	Journal	2103		1,500.00
	By Freda Stanley	Journal	2104		1,500.00
	By Harigovind S.	Journal	2105		1,500.00
	By Hiness Roslin Jos	Journal	2106		1,500.00
	By Joel Jose	Journal	2107		1,500.00
	By Joshua Reji Varghese	Journal	2108		1,500.00
	By Neeraja John	Journal	2109		1,500.00
	By Seethal V. Joseph	Journal	2110		1,500.00
	By Anju George - 2018	Journal	2111		1,500.00
	By Manuel Job	Journal	2112		1,500.00
	Carried Over				1,33,500.00

continued ..



Amala Institute of Medical Sciences

Alumni Expense Payable Ledger Account : 1-Apr-2024 to 31-Mar-2025

Date	Particulars	Vch Type	Vch No.	Debit	Pa C
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	By Mohammed Shahil P. J.	Journal	2114		1,50
	By Adarsh Ajin	Journal	2115		1,50
	By Neena Mathew	Journal	2116		1,50
	By Colleen P Mallier	Journal	2117		1,50
	By Adith Krishna	Journal	2118		1,50
	By Mrinalini Bindu Nandakumar	Journal	2119		1,50
	By Aishwarya Mohan K. J.	Journal	2120		1,50
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				1,45,500.00	1,45,500

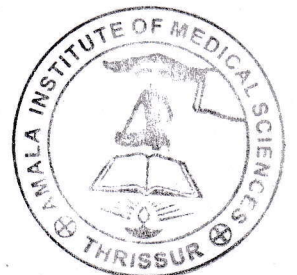
Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



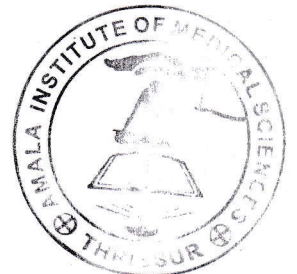
Amala Institute of Medical Sciences

2019 MBBS BATCH

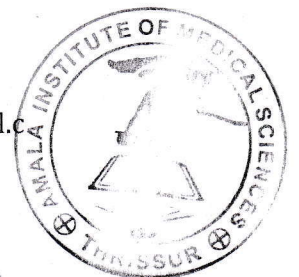
SI. No.	Roll no.	Name of Students	Contact No.	Email ID
1	19001	Aardra Sukumaran	9961691827	aardrasukumaran@gmail.com
2	19002	Aarsha Alex	7034055674	aarshaalex00@gmail.com
3	19003	Abhaya Maria Devasia	7025750213	ammudev25@gmail.com
4	19004	Abhinand P	9895319003	abhinandp16@gmail.com
5	19005	Adarsh M	8301059370	
6	19006	Aishah Musthafa	8156999353	mustafa161@hotmail.com
7	19007	Aishwarya Ajith Js	8281515893	aishuash0514@gmail.com
8	19008	Aiswarya K	9526927310	-
9	19009	Aivin Kj	9495603012	aivinkj2000@gmail.com
10	19010	Akhilet Roy	9074536440	akhiletroy@gmail.com
11	19011	Aleesha P J	7510850477	aleeshaanmary@gmail.com
12	19012	Alna Benny	9495165197	alna157230@gmail.com
13	19013	Amal Rymond	9447725256	
14	19014	Ameera Lulu O V	9400694145	-
15	19015	Amith A	9447931054	amithajesh0@gmail.com
16	19016	Amitha Manoj	7306427054	
17	19017	Amrith Mithran		
18	19018	Anaka Merine Saji	9895478690	
19	19019	Aneetta Gilson	8547668704	aneettaagna@gmail.com
20	19020	Anjali P	7902495875	-
21	19021	Anjana Liz Sajeev	7306206409	anjalizsajeeva4@gmail.com
22	19022	Anjana Mary Thomas	8589095572	anju020700@gmail.com
23	19023	Anjima Unni	8138950814	anjimaunniannjzz@gmail.com
24	19024	Ann Armstrong	8078444266	annarmstrong00@gmail.com
25	19025	Ann Mary Eldhose	9446062525	annmaryeldho1104@gmail.com
26	19026	Ann Rose Anto	8078277650	annroseantoo@gmail.com
27	19027	Anna J Mattam	7902943449	annsmattam@gmail.com
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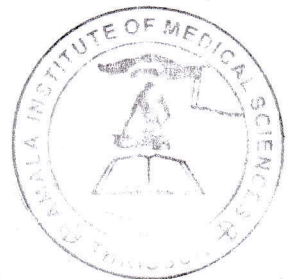
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