

Ref:-AIMS:HR I (P) CON 1227 (b)

**CIRCULAR**

03.03.2025

Dear all,

In connection with **International Women's Day**, a special training session on **Self-Defence** will be conducted for all female staff as part of our **ongoing Women Empowerment Programme**.

This session is aimed at equipping our **women employees** with basic self-defence techniques and enhancing their confidence in handling difficult situations safely and effectively.

All concerned staff members are encouraged to attend this empowering and informative session. Attendance will be considered on duty.

Let us come together to celebrate strength, safety, and self-reliance.

Date & Venue:

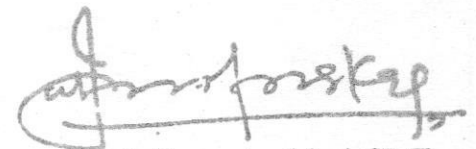
**08.03.2025: Amala Auditorium.**

Time

**03.00 pm to 04.30 pm**



Fr. Antony Perinchery CMI  
Joint Director



Fr. Julious Arakkal CMI  
Director

Copy To,  
OneAmala/All Incharges Official Whatsapp Groups

**wherever you are!**

This Women's Day, empower yourself with the gift of self-defence with Amala and reclaim the freedom you truly deserve.

Date: March 8, 2025 | Venue: Amala Auditorium

Time: 3.00pm-4.30pm


# Join our self-defence class led by:



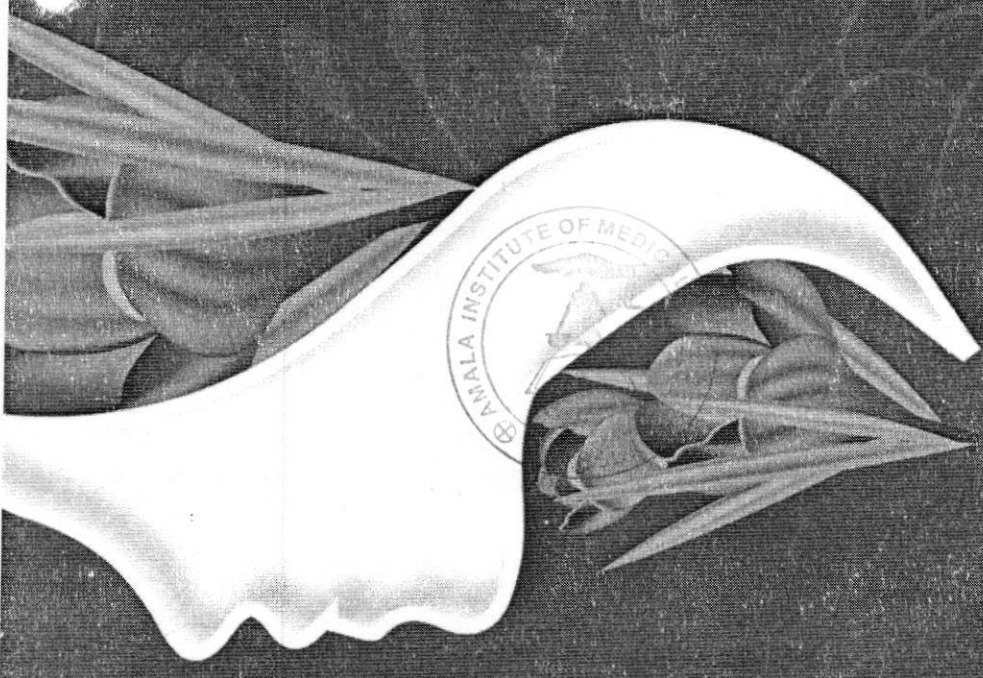
**Ms. Shiji P. B.**  
Assistant Sub Inspector &  
Self Defence Master Trainer  
Thrissur City



**Ms. Sheeja I. A.**  
Senior Civil Police Officer

  
International  
**WOMEN'S DAY**  
Celebrations@Amala

For more details contact:  
Adv. Phinergeev Alappatt V.  
9544002818





# AMALA<sup>®</sup> INSTITUTE OF MEDICAL SCIENCES

(An Undertaking of Amala Cancer Hospital Society)  
(NABH Accredited and ISO 9001:2015 Certified)

Amala Nagar, Thrissur - 680 555



## TRAINING ATTENDANCE SHEET

Topic : Self-Defence

Date & Time : 08/03/20 3:30-4:30 PM

Dept : All staff

Venue : Auditorium

Name of Trainer : Shiji P B

Sl.No.	Name of the Staff	Department	Designation	Signature
1	Megha Johnson	PRE	PRE	
2	Ancy Mathew	HR	Executive	
3	Shilgi mol K.U	HR	Executive	
4	Begeee Isobah	HR	HR(T)	
5	Cissa Jose	HR	Executive	
6	Athira O R	HR	Executive	
7	Dayna Rajendran	HR	HR (T)	
8	Alimisha B. Manoharan	G.S.S Operations	G.S.S	
9	Geetha N.K	G.S.S Operations	"	
10	Bismy C.D	Blood center	Lab technician	
11	Jissa Joby	Blood centre	Lab technician	
12	Benilta P.J	Blood centre	Lab technician	
13	MARIYA P.J	Blood centre	Lab Tech	
14	Drishya P	Blood centre	Lab technician	
15	Laya P.K	School of Nursing	Nurse tutor	
16	Thashima Thomas	School of Nursing	Nurse tutor	
17	PREMA-E	"	"	
18	Siya Thomas	Finance	Internal Auditor (T)	
19	Beny Babu	Accounts	Accounts - Assistant	
20	Jared Joseph	Accounts	HMT	
21	Anamika Mrs	Accounts	HMT	
22	Bindee K.R	Accounts	HMT	
23	Megha A P	HMT	ward Admin	
24	Sona Anto	Patient Relations	PRE	
25	Swapna A.T	ward Admin Assistant	ward Admin	
26	Jesna K.J	ward admin	ward admin	
27	Saneena Vincent	Operations	ward Admin	
28	MARIA PAUL	SCHOOL OF NURSING	NURSING TUTOR	
29	NEETHU JOSEPH	SCHOOL OF NURSING	NURSING Tutor	
30	Ss. Jancy Eran	School of Nsg	Nursing Tutor	

Signature of Trainer: Shiji P B



# AMALA<sup>®</sup> INSTITUTE OF MEDICAL SCIENCES

(An Undertaking of Amala Cancer Hospital Society)  
(NABH Accredited and ISO 9001:2015 Certified)

Amala Nagar, Thrissur - 680 555



## TRAINING ATTENDANCE SHEET

Topic : Self Defence

Date & Time : 08/03/25 8:30-4:30

Venue : Auditorium

Dept : All Staff

Name of Trainer : Shaji PB

Sl.No.	Name of the Staff	Department	Designation	Signature
31	Greetha Prakash	Ayurveda MPU	Asst. I	<i>Greetha</i>
32	Radha Jayaram	"	Office Asst I	<i>Radha</i>
33	Ajeesha Varghese	School of Nsg	Tutor	<i>Ajeesha</i>
34	Dr. Beena Varghese	School of Nsg	Tutor	<i>Beena</i>
35	Renzil Davis C.	School of Nsg	Tutor	<i>Renzil</i>
36	Saritha C.K	School of Nursing	Office Staff	<i>Saritha</i>
37	Sreya T. Asokan	HR	Assistant	<i>Sreya</i>
38	Tessin Mariya Paul	HR	Assistant	<i>Tessin</i>
39	Soniya Saji	MSW - Trainee	Student	<i>Soniya</i>
40	DAYANA K.L	WAR	Ward admin	<i>Dayana</i>
41	Vinitha V.K	School of Nursing	Tutors	<i>Vinitha</i>
42	Deesa P.A	Ayurveda	Panchakarma	<i>Deesa</i>
43	Usha K.G	Ayurveda	P.K	<i>Usha</i>
44	SINI G.M	Ayurveda	Panchakarma	<i>Sini</i>
45	Gireeshma Thomas	Ayurvedam	Panchakarma therapist	<i>Gireeshma</i>
46	R.Y.B.I. A.R.	Ayurvedam	Panchakarma	<i>R.Y.B.I.</i>
47	Jicy P.J.	Ayurveda	Panchakarma	<i>Jicy</i>
48	Mandula Johny	HR	HR Executive	<i>Mandula</i>
49	Fiona Francis P	Allied health sciences	Tutor	<i>Fiona</i>
50	Sreelakshmi P.S.	PRE HMT	HR OP PRE	<i>Sreelakshmi</i>
51	Navya E	MSW-trainee	Student	<i>Navya</i>
52	Rensha	Ayurveda	Panchakarma	<i>Rensha</i>
53	Rintu Anto	Ayurveda	Panchakarma	<i>Rintu</i>
54	Jincy Jose	PRE	PRE	<i>Jincy</i>
55	Aswathy M.B	PRE	PRE	<i>Aswathy</i>
56	Sneha Francis	Patient Relations	PRE	<i>Sneha</i>
57	Arju K.K	Allied Health Sci	Tutor	<i>Arju</i>
58	Nimitha Thomas	"	Tutor	<i>Nimitha</i>
59	Reshma Rajendran	Allied health sciences	Tutor	<i>Reshma</i>
60	Maheshkalyan P	Allied Health sciences	Tutor	<i>Mahesh</i>

Signature of Trainer? Shaji PB



# AMALA<sup>®</sup> INSTITUTE OF MEDICAL SCIENCES

(An Undertaking of Amala Cancer Hospital Society)  
(NABH Accredited and ISO 9001:2015 Certified)

Amala Nagar, Thrissur - 680 555



## TRAINING ATTENDANCE SHEET

Topic : *Self Defence*

Date & Time : *08/03/25 3:30 - 4:30 pm*

Dept : *All staff*

Venue : *Auditorium*

Name of Trainer : *Shiji PB*

Sl.No.	Name of the Staff	Department	Designation	Signature
1	L.I.I. JOHNSON	Central store	Assistant	<i>[Signature]</i>
2	DEEPA DEVASSY KUTTY	CENTRAL STORE	STORE INCHARGE	<i>[Signature]</i>
3	Nigitha . K.A	Pharmacy	pharmacy Assistant	<i>[Signature]</i>
4	Navya cs	pharmacy	Student	<i>[Signature]</i>
5	Milani . M.T	Pharmacy	Pharmacist	<i>[Signature]</i>
6	Rahana K.S	pharmacy	pharmacist	<i>[Signature]</i>
7	Jayrose Varghese	Pharmacy	Student	<i>[Signature]</i>
8	Anjali . Anto	Pharmacy	Student	<i>[Signature]</i>
9	Ashitha . P . J	Pharmacy	Student	<i>[Signature]</i>
10	Fathimath Nisham kabee	pharmacy	Student	<i>[Signature]</i>
11	Della Rose	Pharmacy	Student	<i>[Signature]</i>
12	Emily P.S	pharmacy	Pharmacist	<i>[Signature]</i>
13	Dini M. Johnson	pharmacy	pharmacist	<i>[Signature]</i>
14	Sreedekha - m-B	Pharmacy	Pharmacist	<i>[Signature]</i>
15	Haritha . p.d	pharmacy	pharmacy Assf	<i>[Signature]</i>
16	Aneetha . Anil	pharmacy	pharmacy Assf	<i>[Signature]</i>
17	Renal Annes C.J	Pharmacy	Pharmacist	<i>[Signature]</i>
18	Sneha . N . o	CCA	Student	<i>[Signature]</i>
19	Jisha	CCA	Student	<i>[Signature]</i>
20	Amritha chopinents	Pharmacy	pharmacy Assistant	<i>[Signature]</i>
21	Tanet	Pharmacy	pharmacist	<i>[Signature]</i>
22	Aswathy K.S	Pharmacy	Pharmacy Assistant	<i>[Signature]</i>
23	Neelva . K . Suresh	Pharmacy	Pharmacy Assistant	<i>[Signature]</i>
24	Sharon Lazar	OBCS	Technical Support	<i>[Signature]</i>
25	Anny T.A	physical Education Dept	P.E Teacher	<i>[Signature]</i>
26	Allen Joy	Office Associate, IQAC	Office Associate	<i>[Signature]</i>
27	Farahana K.F	IQAC	Assistant (J)	<i>[Signature]</i>
28	MARY K FRANCIS	DIALYSIS	Incharge	<i>[Signature]</i>
29	Shiji			<i>[Signature]</i>
30	Parvathans.	MRD	Assistant	<i>[Signature]</i>

Signature of Trainer: *Shiji P.B*

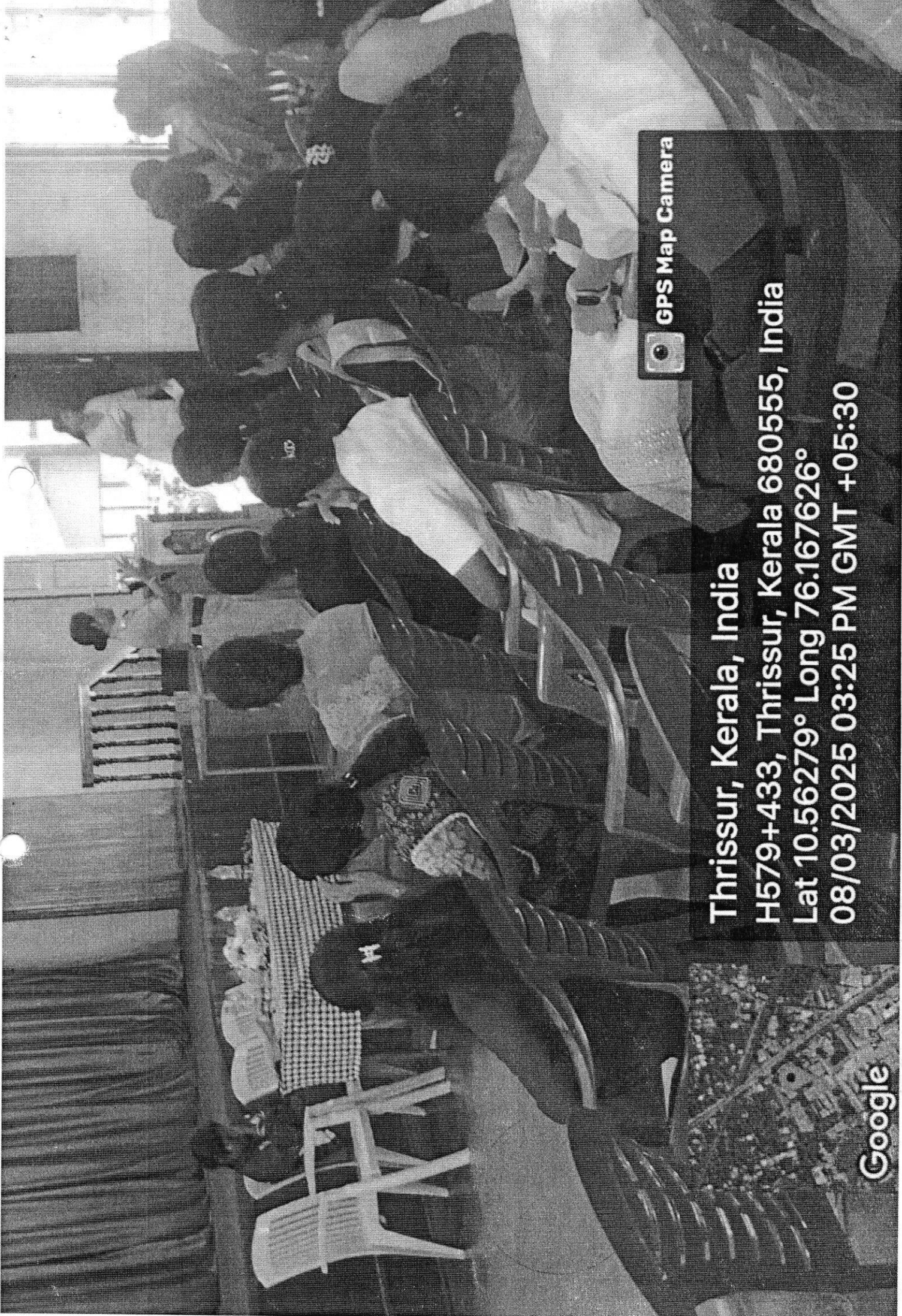
MS/HR/TAS-14

REF: HRM 04(NABH)

REV: 01(07/06/2019) Page 1 of 2

PD (LINK) (07/23)

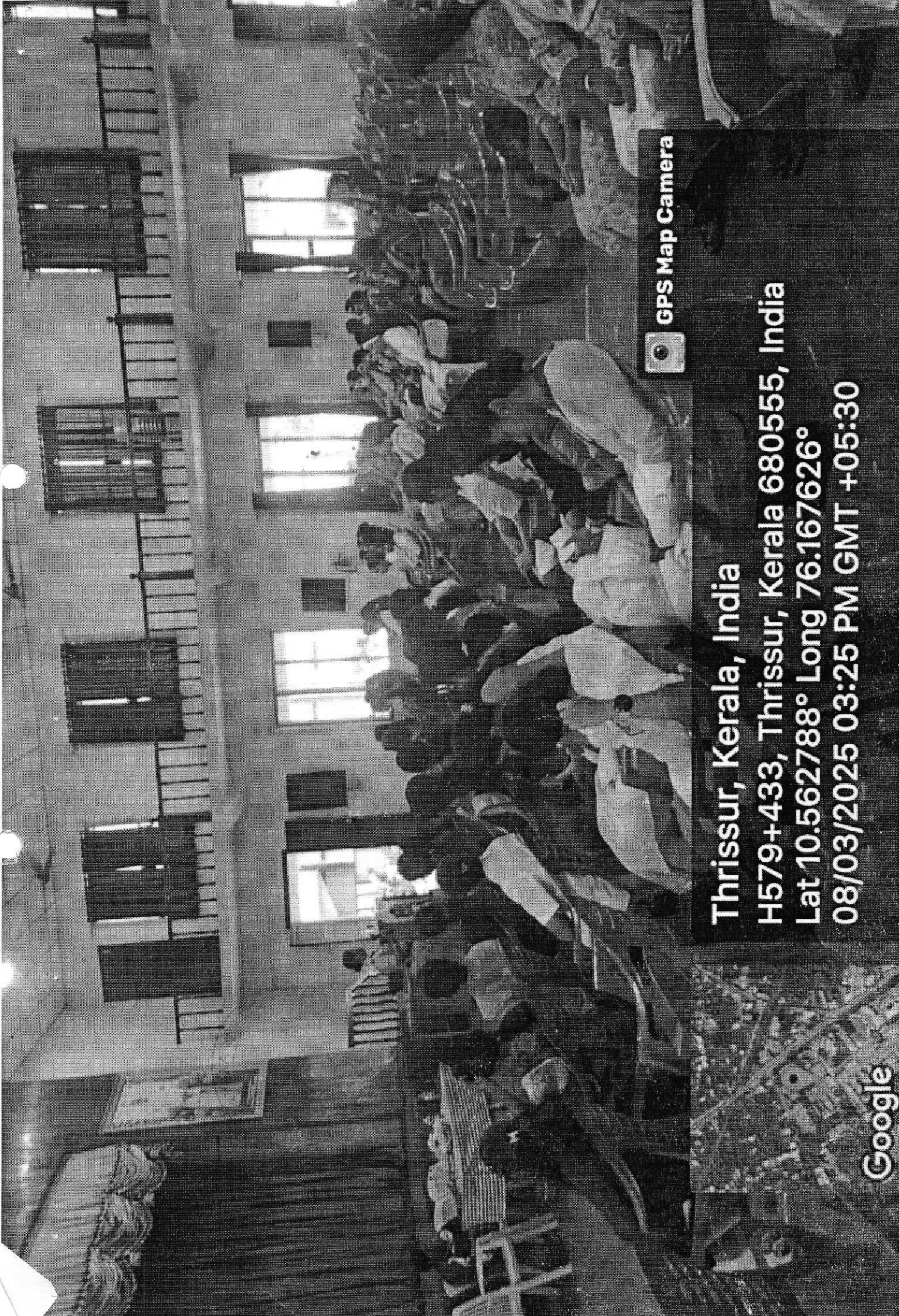
PD (LINK) (07/23)



GPS Map Camera

Thrissur, Kerala, India  
H579+433, Thrissur, Kerala 680555, India  
Lat 10.56279° Long 76.167626°  
08/03/2025 03:25 PM GMT +05:30

Google



GPS Map Camera

Thrissur, Kerala, India  
H579+433, Thrissur, Kerala 680555, India  
Lat 10.562788° Long 76.167626°  
08/03/2025 03:25 PM GMT +05:30

Google