

॥ Jai Sri Gurudev ॥

**Adichunchanagiri University**

**BGS Institute of Nursing Sciences**

**“Spandana”**  
**Voice of Nursing**

**2025-26**

**Sasyakashi, Nagamanagala(T), Mandya(D),  
Karnataka-571418**



## Vision

Education for all with Value Systems of Empathy, Enrichment, Equity, Excellence, Empowerment, Entrepreneurship, and Enlightenment to Serve the Society.

## Mission

- Empowering Change through Education, Research, and Community Involvement
- Education to all for Self-Reliance, Socio-Economic Change to develop an Inclusive Society with Shared Opportunities & Responsibilities
- Empathy towards the Less Fortunate, the Sick, the Suffering & the Disabled
- Enrichment to acquire Abundant Knowledge, Requisite Skills & Appropriate Attitude
- Excellence for Quality Assurance, Enhancement & Sustenance in Academics and research to produce Graduates of Global Standards
- Equity for Fairness & Social Justice by providing Equal Opportunities
- Empowerment of Graduates to become Intuitive, Innovative & Inventive
- Entrepreneurship is a concept or idea involving the product or service to be delivered or a new technology to be developed
- Enlightenment to attain Wisdom & Virtues in Life to think beyond Self

## About University Logo

The heraldic logo reflects the traditional heritage of Adichunchanagiri, symbolizing the disciplined transmission of time-honoured teachings rooted in nature, culture, and spirituality. Its maroon and purple palette evokes royalty, courage, power, and ambition, with the distinctive purple inspired by a peacock shade observed by the University Chancellor, representing wisdom, dignity, creativity, and mystery. The globe within the shield signifies global educational standards, highlighting India as a growing international learning destination. Grounded in the belief that true knowledge—both scientific and spiritual—liberates us from physical, mental, and internal bondages, the logo embodies the Upanishadic principle “Sa Vidya Ya Vimuktaye” (knowledge is that which liberates), aligning with the Mundaka Upanishad’s concept of apara and para—the lower and higher forms of knowledge.

# “Spandana – Voice of Nursing”

“Spandana – Voice of Nursing” is the official nursing magazine and newsletter dedicated to capturing the heartbeat of nursing education, practice, and professional growth. True to its name, Spandana—meaning “resonance” or “heartbeat”—echoes the spirit, compassion, and commitment that define the nursing profession. This publication provides a vibrant platform for students, educators, and practitioners to share insights, research, achievements, creative expressions, and inspiring stories from the world of healthcare.

Through thoughtful articles, academic updates, interviews, and event highlights, Spandana keeps the nursing community informed, connected, and motivated. It celebrates the dignity and dedication of nurses while fostering a culture of learning, innovation, and reflective practice. As the “Voice of Nursing,” Spandana stands as a testament to the profession’s values—care, competence, empathy, and continuous growth—resonating with every reader who believes in the art and science of healing.





# FROM THE HEEL



## **FROM THE HELM**

Jagadguru Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, the 71st Pontiff of Adichunchanagiri Mutt, dedicated his life to spirituality, service, and social upliftment. Born in 1945 into a farming family, he understood rural challenges deeply and became the Pontiff in 1974 after mastering spiritual scriptures. He established hundreds of schools, Sanskrit colleges, an Ayurvedic hospital, and several nursing institutions to improve education and healthcare, especially in rural areas. He also worked for the welfare of orphans, women, the elderly, and the mentally challenged, and promoted environmental protection through the Go-Green Earth movement. His humble nature and lifelong service continue to inspire millions.



*Jagadguru Sri Sri Sri  
Dr. Balagangadharanatha  
Mahaswamiji,*



*Jagadguru Sri Sri Sri  
Dr. Nirmalanandanatha  
Mahaswamiji,*

Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the 72nd Pontiff of Sri Adichunchanagiri Mahasamsthana Math and Chancellor of Adichunchanagiri University, is a distinguished spiritual leader and scholar who blends academic excellence with deep spiritual wisdom. A Gold Medalist from IIT Chennai with a Doctorate in Sanskrit Philosophy, he embraced ascetic life in 1998 and has since guided education, healthcare, and social service through ethics, compassion, and holistic development, inspiring society by harmonizing ancient wisdom with modern progress.



**Dr. S.N. Sridhara Col.  
(Hon. Retd.)  
The Vice Chancellor  
ACU**

Dr. S. N. Sridhara is a distinguished academician and administrator with over 38 years of experience in engineering and higher education. An aerospace engineering expert, he holds a BE from Bangalore University and an ME and PhD from IISc, Bengaluru, has authored over 230 research papers, holds 7 patents, and guided 12 PhD scholars. He has served in leadership roles up to Vice Chancellor, contributing to institutional growth, promoting outcome-based education and industry collaboration, and earning national and international awards, while also contributing to NEP 2020 and the Viksit Bharat initiative.

As we welcome the November edition of Spandana – Voice of Nursing, I extend warm greetings to the students, faculty, and staff of the College of Nursing. Nursing is a commitment to humanity, and every learning experience shapes you into future healers and leaders. To our students, let curiosity and empathy guide you; to our faculty, thank you for shaping skills, character, and resilience. Let us continue to uphold the values of service, integrity, and dedication, and may this edition of Spandana inspire reflection, action, and pride in our meaningful work.



**Dr. C.K. Subbaraya  
Registrar  
ACU**

## **BGS INSTITUTE OF NURSING SCIENCES**

BGS Institute of Nursing Sciences, established in 2023 under Adichunchanagiri University, emphasizes holistic learning and high-quality nursing education through its experienced faculty and a supportive, stress-free environment. From a humble beginning, the college now strives to nurture the ambitions of young minds by offering a positive and creative learning atmosphere enriched with diverse experiences both on campus and within the wider community, helping students develop confidence, a love for learning, and a healthy outlook on life.

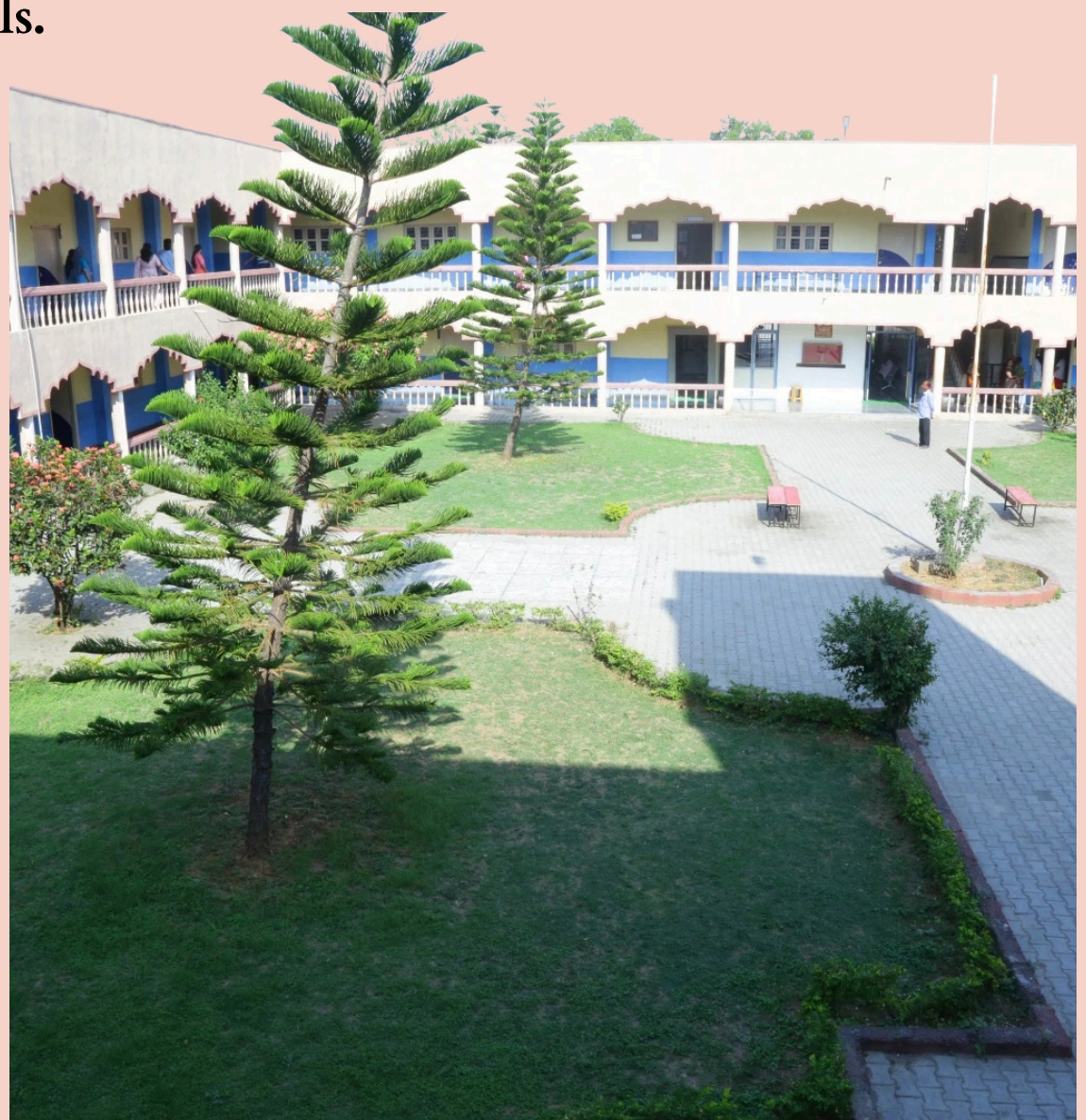
With a strong focus on academic excellence, BGSINS provides a 360-degree approach to education that blends comprehensive classroom instruction with hands-on clinical training at its 150-bedded Adichunchanagiri Super Speciality Hospital and the 1030-bedded Adichunchanagiri Hospital and Research Center. This robust combination of theory and practice ensures that students graduate as highly competent, compassionate, and health-sector-ready nursing professionals.

### **Vision**

"Produce quality nurses who will work selflessly and skilfully for patient and community welfare in collaborative environs"

### **Mission**

"Promote the health and well-being of society through creative interdisciplinary teaching, research, practice and service while fostering integrity, diversity and inclusion"





*Principal's Desk*

It gives me great pleasure to present “Spandana – Voice of Nursing”, a platform that reflects the vibrant spirit, creativity, and professional growth of our students and faculty. This magazine embodies the heartbeat of our institution—where knowledge meets expression, ideas inspire action, and the voice of every learner finds meaning. Spandana serves as a space for our budding nurses to share their thoughts, experiences, research insights, and talents, nurturing both academic excellence and holistic development.

In the rapidly evolving world of healthcare, effective communication, critical thinking, and compassionate expression are as essential as clinical skills. Through Spandana, we encourage our students to explore these dimensions, celebrate their achievements, and engage deeply with the values that define the nursing profession. I extend my heartfelt appreciation to the editorial team, contributors, and faculty mentors for their dedication in bringing this edition to life. May Spandana continue to inspire, empower, and echo the true essence of nursing—care, compassion, and commitment.

Dr. Komala H.K.  
Principal,  
BGS Institute of Nursing Sciences  
Adichunchanagiri University



Ms. Poornima C G  
P G Tutor

## Department of Fundamental of Nursing

This course provides the foundational concepts and skills essential for professional nursing practice. Established in the academic year 2023–2024 to address the evolving needs of the community and healthcare system, it prepares students for advanced nursing studies and clinical practice.

The course emphasizes understanding client needs, applying functional health patterns, and delivering safe, effective nursing interventions. Through supervised clinical experiences in a super specialty hospital, students integrate theory into practice and gain confidence in essential nursing procedures.

### Department Vision

To be a center of excellence in developing professionally competent nurses who deliver compassionate, evidence-based care across diverse specialties.

### Department Mission

To prepare skilled and responsible nurses capable of providing safe, patient-centred care that meets societal needs and aligns with international nursing education and practice standards.





Mrs. Rashmi S  
P G Tutor

# Department of Adult Health Nursing

Adult Health Nursing focuses on comprehensive care of adult patients across diverse health conditions. The course equips students with essential knowledge and skills to assess, plan, implement, and evaluate nursing care in hospital, outpatient, and community settings. Emphasis is placed on holistic, evidence-based care addressing physical, psychological, social, and cultural needs.

Through classroom instruction, simulation, and clinical practice, students develop clinical competence, critical thinking, and professional judgment to manage acute and chronic illnesses effectively.

## Department Vision

To be a center of excellence in preparing competent, compassionate nurses who deliver high-quality, patient-centered adult healthcare and embrace lifelong learning.

## Department Mission

To provide comprehensive education in adult health nursing by enabling students to understand disease pathophysiology, assess clinical findings, plan and implement evidence-based care, and manage acute, chronic, and complex health conditions.





Ms. Shrungar M  
U G Tutor

## Department of Community Health Nursing



Community Health Nursing is a key department that promotes and protects the health of individuals, families, and communities. Established in 2004–2005, it emphasizes community-based, family-centered care, enabling students to assess health needs, prevent illness, and promote wellness. Students gain practical skills through home visits and community outreach in diverse urban and rural settings, in collaboration with the university's super specialty hospital.

### Department Vision

To empower community health nurses through collaboration, continuous education, and professional development, enhancing the quality and scope of community health nursing practice in the Kurdistan Region–Iraq.

### Department Mission

To promote health, prevent disease, and protect communities from biological, behavioral, social, and environmental health risks, thereby improving population health and well-being.



Ms. Smitha N  
P G Tutor

## Department of Child Health Nursing

Child Health Nursing is a core department within the College of Nursing that focuses on normal growth and development and common pediatric illnesses across body systems. The course integrates Human Growth and Development with Pediatric Nursing and is delivered over one full-time semester through theory and clinical practice. Students develop essential skills to care for infants, children, and adolescents in super specialty hospitals and affiliated health centers.

### Department Vision

To empower pediatric nurses through collaboration, continuous education, and professional development, and to enhance the quality of pediatric nursing practice in the Kurdistan Region, Iraq.

### Department Mission

To equip third-year nursing students with essential knowledge and skills in child growth, development, and paediatric care through clinical exposure in health centres, paediatric medical and surgical units, oncology wards, NICU, and rehabilitation centres.





Ms. Shambhavi M  
UG Tutor

## Department of Mental Health Nursing



The Mental Health Nursing Department, established in 2004–2005, is a vital unit within the College of Nursing that prepares students to provide safe, compassionate, and ethical care to individuals with mental health and psychiatric disorders.

The program emphasizes therapeutic communication, observation skills, and professional conduct, guided by core principles such as patient acceptance, self-awareness, consistency, and appropriate reassurance.

### Department Vision

To prepare competent nurses who promote emotional well-being and deliver effective mental health care to individuals across all age groups.

### Department Mission

To enhance mental health awareness, strengthen professional and personal empowerment, and improve access to mental health services through patient care, community outreach, health education, and advocacy.



Ms. Soundarya H L  
P G Tutor

## Department of Obstetrics and Gynaecological Nursing



Maternal and Neonatal Health Nursing focuses on improving the health and well-being of women and newborns, a vital component of public health in the Kurdistan Region. The department prepares nursing students to provide individualized, culturally sensitive care to women across the lifespan—from preconception through pregnancy, childbirth, postpartum, and menopause.

The curriculum emphasizes evidence-based practice, research integration, and both preventive and curative care, enabling students to manage routine and high-risk maternal and neonatal conditions effectively.

### Department Vision

To graduate competent nurses capable of delivering safe, evidence-based maternal and neonatal care that meets local and global standards.

### Department Mission

To provide education that develops clinical competence and professional skills, enabling graduates to deliver safe maternal and newborn care, promote health through education and prevention, engage in research, and meet local and global healthcare standards.

## Faculty Editor

Welcome to the latest edition of Spandana – Voice of Nursing. This publication reflects the passion, creativity, and dedication of our nursing community. More than a newsletter, Spandana is a platform for sharing ideas, research, experiences, and achievements that inspire growth and excellence. I am proud of our students and colleagues for upholding the noble values of nursing, and I hope this edition encourages continued commitment to compassionate and competent care



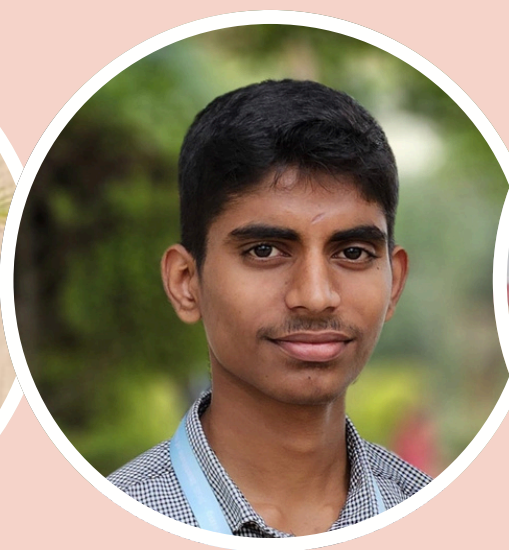
**Ms. Poornima C G  
P G Tutor**

## Student Editor's



**Ms. Sharon Susan Reji  
VI Semester**

Spandana is our platform to showcase the vibrant life of nursing education and practice. Through this newsletter, we share academic updates and inspiring stories of dedication and learning. We hope this edition motivates readers to embrace empathy, professionalism, and lifelong growth.



**Mr. Dhanush Gowda M  
S III Semester**

It is exciting to see Spandana grow into a platform that truly represents the experiences and aspirations of nursing students. Each edition highlights our learning journeys, achievements, and evolving ideas in healthcare. We hope readers find this issue engaging, informative, and motivating.



**Ms. Chaithra V  
III Semester**

Contributing to Spandana – Voice of Nursing is a pleasure as it reflects the dedication and creativity of the nursing community. We aim to present content that informs, inspires, and celebrates the art and science of nursing. We hope this edition encourages readers to connect, reflect, and grow together.

# Health Punch

## ABC'S OF LIFE

Accept Differences	Be Kind	Count Your Blessings	<b>DREAM BIG</b>
ENJOY LIFE	<i>Forgive</i>	GIVE	<i>Help Others</i>
IMAGINE	Jump for Joy	<i>Keep Going</i>	<i>Love</i>
Meditate	NOTICE THE GOOD	OPEN YOUR MIND	<b>PRAY often</b>
Quiet Your Mind	RISE UP	<i>Smile</i>	TRY
UNDERSTAND	Win graciously	Xtraordinary	Be
Value people not things		Zap Negativity	
Yearn for Peace			

LIFE IS...

## Hints For A

### HAPPY HEALTHY HEART

**EXERCISE MORE**



Get moving! Whether you enjoy going for walks, doing yoga or going for a light jog, cardio (which stands for cardiovascular!) helps strengthen your heart muscles.

**EAT HEART SMART**



Avoid a diet high in saturated and trans-fats, as they lead to higher cholesterol levels. Instead, focus on Omega-3 fats (like in salmon!), whole grains and berries.



**MANAGE STRESS**



Some people with high stress levels may have higher blood pressure. What relaxes you? Take time out of each day to do something that you enjoy - read, go for a walk, or get a massage!

**QUIT SMOKING**





Smoking increases the risk of developing cardiovascular diseases and damages the lining of your arteries, leading to a build up of fatty material which narrows the artery. This can cause a heart attack or stroke.



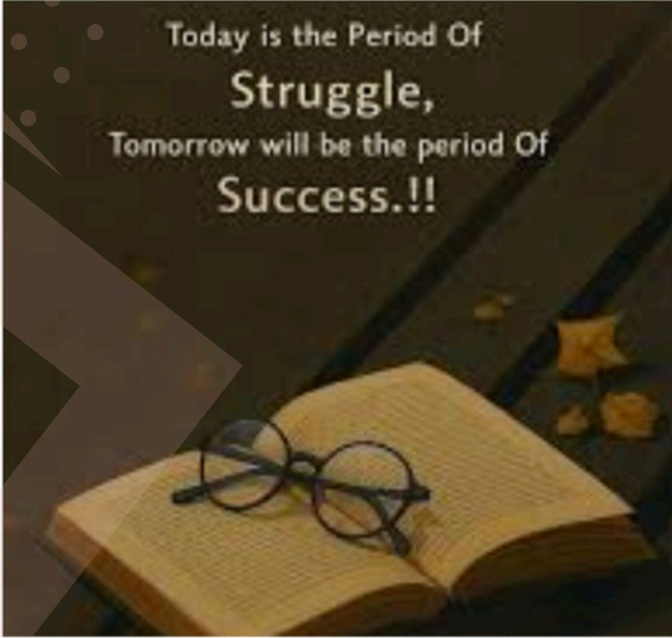
**"Healthy Food For Wealthy Mood"**

# November Month Friday Florence


**ADICHUNCHANAGIRI UNIVERSITY**  
 BG Nagara, Mandya-571448


**NAAC GRADE A+**  
 ACCREDITED UNIVERSITY

**Faculty of Nursing**  
**BGS Institute of Nursing Sciences**  
**Friday Florence -61**



Today is the Period Of  
**Struggle,**  
 Tomorrow will be the period Of  
**Success.!!**

Medical | Nursing | Pharmacy | Allied Health Sciences  
 Engineering | Education | Management | Natural Sciences



**ADICHUNCHANAGIRI UNIVERSITY**  
 BG Nagara, Mandya-571448



**NAAC GRADE A+**  
 ACCREDITED UNIVERSITY

**Faculty of Nursing**  
**BGS Institute of Nursing Sciences**  
**Friday Florence -62**


It is not how much  
**we have,**  
 but how much  
**we enjoy**  
 that makes  
*happiness*

Medical | Nursing | Pharmacy | Allied Health Sciences  
 Engineering | Education | Management | Natural Sciences


**ADICHUNCHANAGIRI UNIVERSITY**  
 BG Nagara, Mandya-571448



**NAAC GRADE A+**  
 ACCREDITED UNIVERSITY


**Faculty of Nursing**  
**BGS Institute of Nursing Sciences**  
**Friday Florence -63**




**Simplicity**  
 is the ultimate sophistication.

Medical | Nursing | Pharmacy | Allied Health Sciences  
 Engineering | Education | Management | Natural Sciences


**ADICHUNCHANAGIRI UNIVERSITY**  
 BG Nagara, Mandya-571448


**NAAC GRADE A+**  
 ACCREDITED UNIVERSITY

**Faculty of Nursing**  
**BGS Institute of Nursing Sciences**  
**Friday Florence -64**



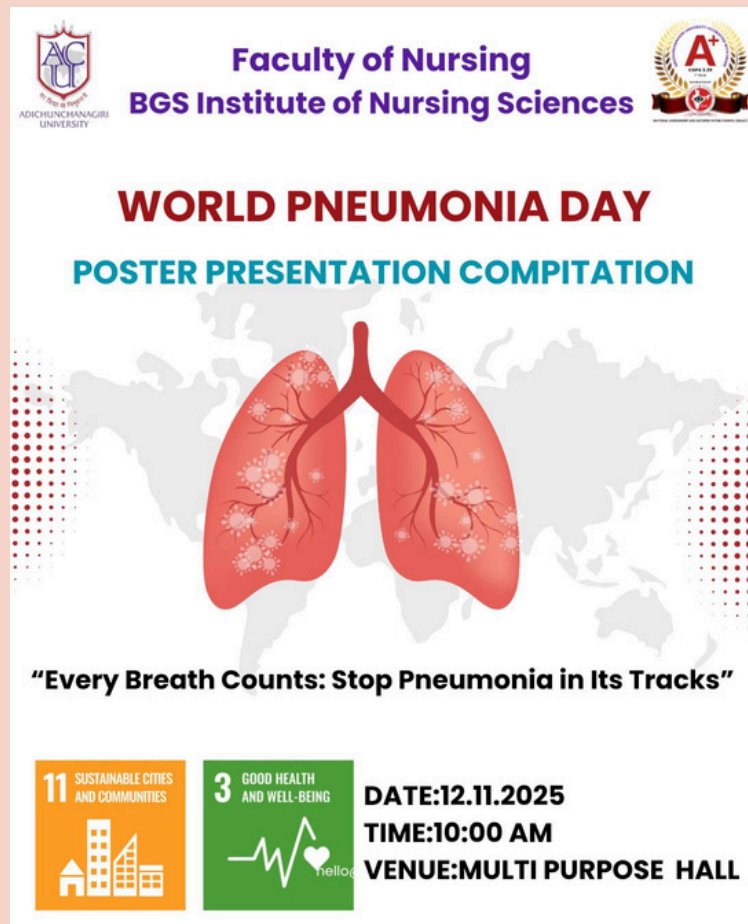
**BELIEVE**  
 in yourself  
 and  
 you will  
**SUCCEED**

Medical | Nursing | Pharmacy | Allied Health Sciences  
 Engineering | Education | Management | Natural Sciences

# November Month sparks of BGSINS



## Protecting Every Breath: Stronger Lungs for All



On World Pneumonia Day 2025, the Department of Adult Health Nursing organized a Poster Presentation Competition on 12 November to raise awareness about pneumonia prevention and management. Ten students showcased creative and informative posters aligned with the theme “Protecting Every Breath: Stronger Lungs for All.” The event strengthened students’ knowledge, creativity, communication, and advocacy skills while promoting global health priorities. By actively engaging nursing students in public health education, the program supported the successful observance of World Pneumonia Day and contributed to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 6 (Clean Water and Sanitation).

## Swara Chitta Kavanagalu



The “Swara Chitta Kavanagalu” competition was held on 15th November 2025 at the MEU Hall, AIMS, as part of the Kannada Rajyotsava celebrations to promote Kannada language, culture, and creative expression. The event was inaugurated in the presence of dignitaries and judged by experts from the Department of Kannada, ACU. A total of 20 students presented their self-composed poems, showcasing creativity, cultural expression, and literary talent, and the judges were felicitated as a token of gratitude. The event enhanced student confidence, cultural awareness, and artistic skills while fostering pride in Kannada heritage. It also supported SDG 4 by promoting inclusive and creative learning and SDG 11 by contributing to the preservation of cultural and linguistic heritage on campus.

## Induction Programme



The B.Sc. Nursing 2025–26 Induction Programme was held on 17 November 2025 at Lecture Hall–1, AIMS. The event began with a campus introduction video, followed by addresses from Prof. Victoria Sarvand and Dr. Komala H. K., who emphasized discipline, institutional support, and academic expectations. Ms. Poornima C. G. oriented the students on class schedules, responsibilities, and mentorship, while the Vice Chancellor, Dr. S. N. Sridhara, motivated the students on professionalism and leadership. An interaction session provided space for feedback from students and parents, along with faculty introductions and a briefing on institutional rules and examination guidelines. The programme aimed to orient students and parents, introduce faculty and support systems, and motivate students for their academic journey, resulting in enhanced understanding of institutional policies, improved student confidence, and strengthened communication. The programme also aligned with SDG 3, 4, 5, 10, and 17.

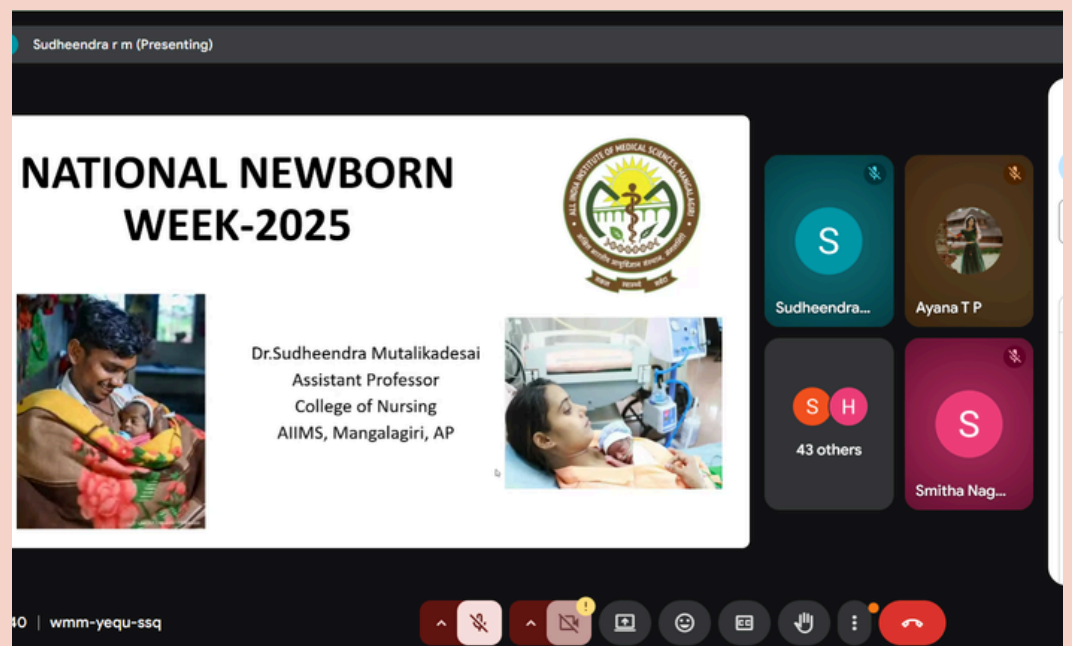
## Healthy Parent, Healthy Baby



**FACULTY OF NURSING**  
**BGS INSTITUTE OF NURSING SCIENCES**  
**National Newborn Week-2025**  
**A WEBINAR ON**  
**"Healthy Parent, Healthy Baby,"**

**RESOURCE PERSON**  
**DR SUDHEENDRA MUTALIKADESAI**  
 ASSISTANT PROFESSOR  
 COLLEGE OF NURSING AIIMS  
 MANGALAGIRI, ANDHRA PRADESH

**17.11.2025**  
**02:00-03:00 PM**  
**ONLINE MODE**



Sudheendra r m (Presenting)

**NATIONAL NEWBORN WEEK-2025**

**Dr. Sudheendra Mutalikadesai**  
 Assistant Professor  
 College of Nursing  
 AIIMS, Mangalagiri, AP

Sudheendra...  
 Ayana T P  
 43 others  
 Smitha Nag...

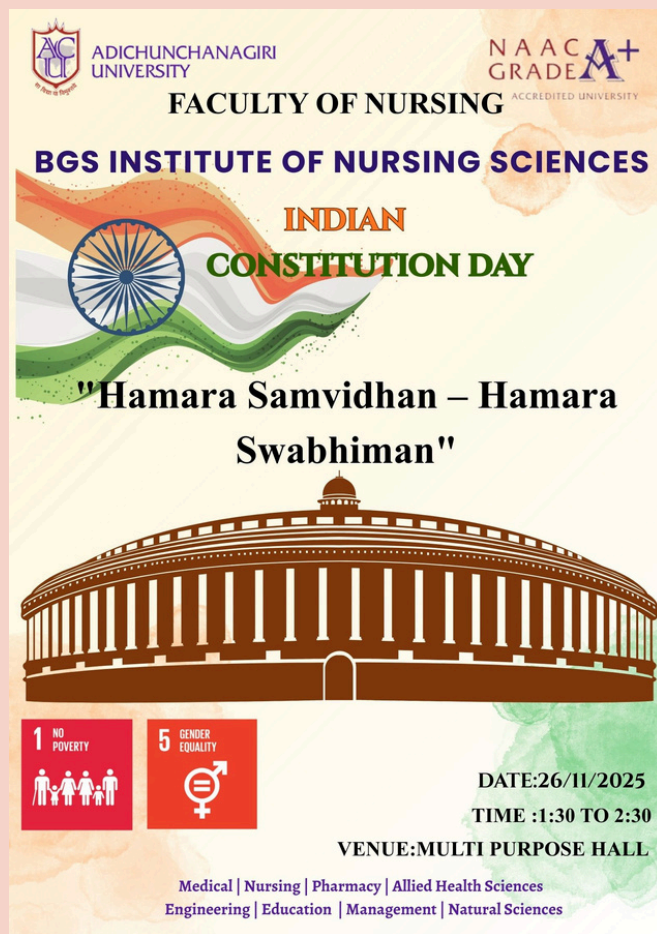
The online webinar on National Newborn Week 2025 with the theme “Healthy Parent, Healthy Baby”, held on 17th November from 2:00 PM to 3:00 PM, was attended by 59 students and delivered by Dr. Sudheendra Mutalikadesai, Assistant Professor, College of Nursing, AIIMS Mangalagiri. The session addressed key aspects of newborn care, maternal well-being, early breastfeeding, gender-inclusive practices, and prevention of neonatal complications. Students gained valuable knowledge on newborn assessment, healthy infant growth, and community health measures. The programme enhanced understanding of newborn care, reinforced the impact of maternal health and family involvement, and aligned with SDG 1, SDG 2, and SDG 3.

## International Men's Day



On 19th November 2025, the Faculty of Nursing organized a Costume Outfit and Arm-Wrestling Competition to celebrate International Men's Day, fostering creativity, confidence, physical strength, and teamwork among male students. The event, judged by Mr. Pavan Kumar CM, featured participants from various batches showcasing thematic costumes and competing in a knockout-style arm-wrestling contest. The competitions promoted talent, cultural awareness, sportsmanship, and peer bonding, with winners recognized for their performance. Overall, the program enhanced student confidence, creativity, fitness, and appreciation of men's contributions, aligning with SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 16 (Peace, Justice, and Strong Institutions).

## Hamara Samvidhan – Hamara Swabhiman



On 26th November 2025, the Faculty of Nursing organized Indian Constitution Day at the Multi-Purpose Hall from 1:30 PM to 2:30 PM to create awareness among students about the significance and core values of the Indian Constitution. The program highlighted the Constitution's history, the contributions of Dr. B. R. Ambedkar, and the theme "Hamara Samvidhan – Hamara Swabhiman." Students actively participated by taking the Constitutional Oath, reaffirming their commitment to justice, liberty, equality, and fraternity. The event promoted constitutional awareness, active citizenship, social justice, and national pride, aligning with SDGs 4, 10, and 16.

## 1. Kannada Rajyotsava



The Kannada Rajyotsava Programme was celebrated with great enthusiasm on 26th November 2025 at the BGS Auditorium, in the divine presence of Paramapoojya Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, Hon'ble Chancellor, ACU, and with Dr. Nagathihalli Chandrashekhar as the Chief Guest, along with several distinguished dignitaries. Moderated by MBBS students, the programme featured cultural performances, video tributes to eminent Kannada personalities, and the release of Kannada books by ACU faculty and students. Speakers highlighted the importance of Kannada language, literature, and mother tongue, while Rajyotsava awardees and students were felicitated. The celebration showcased Karnataka's rich cultural heritage through traditional art forms and reaffirmed ACU's commitment to inclusive education, cultural preservation, and community engagement in alignment with SDGs 4, 10, 11, and 17.

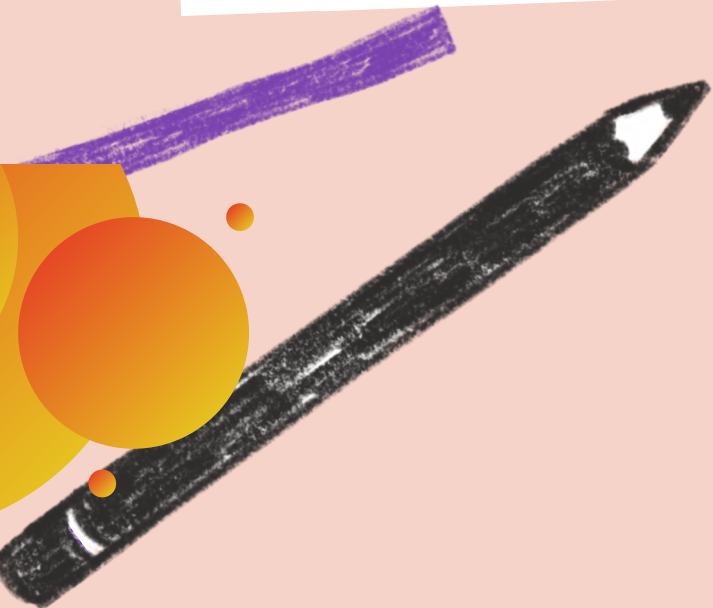
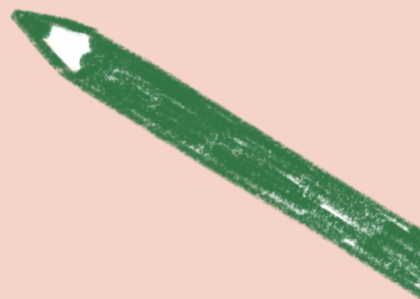


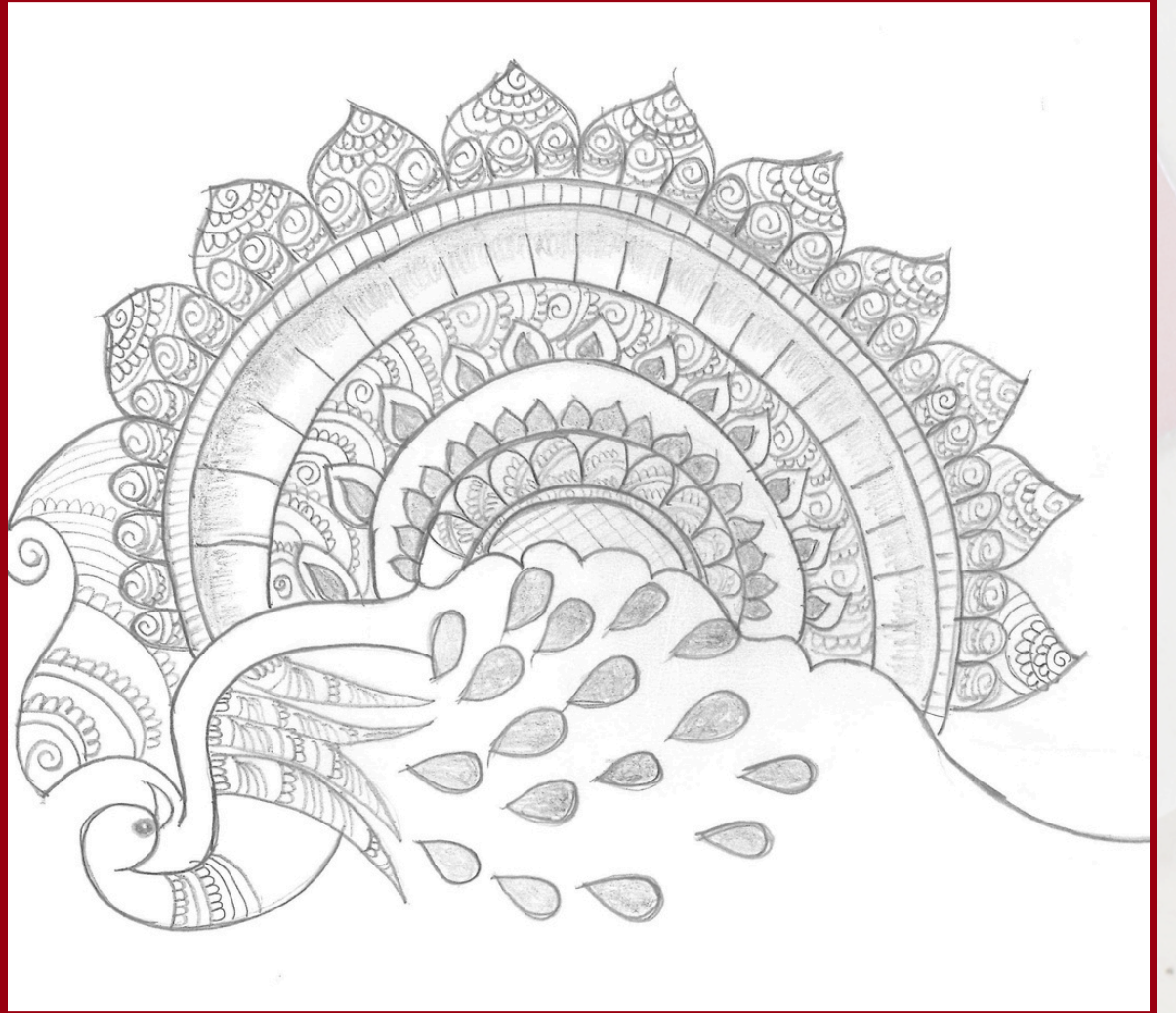
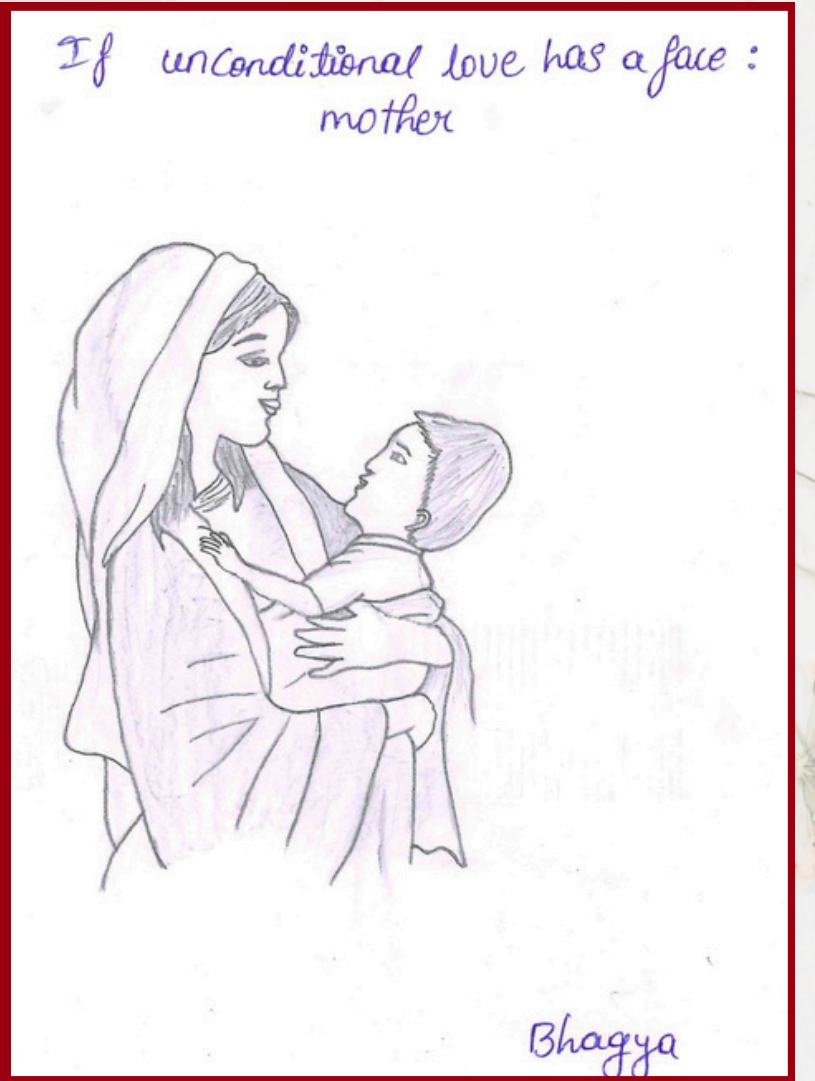
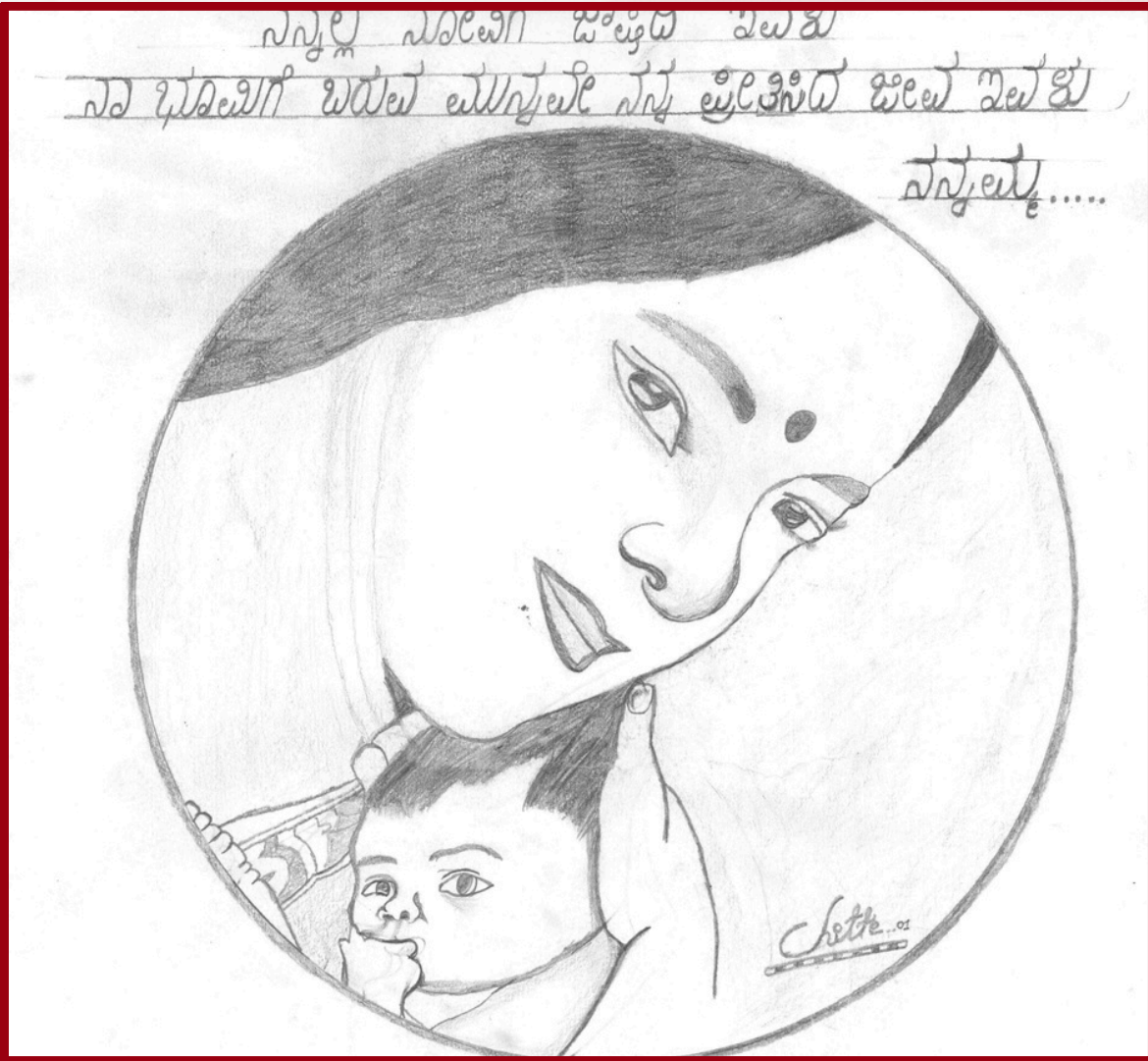


Ms. Poornima C. G. presented a poster at ICTAHS, the International Conference held at Dayanand Sagar University, Bengaluru from 13 th to 15 th of November. Dr. Komala H. K. served as a chairperson at the conference and also published an article in November.



**PENCIL AND  
CHARCOAL  
FROM BGSINS**





# ಬಿಜಿಎಸ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ನರ್ಸಿಂಗ್ ಸೈನ್ಸಸ್ ಬಹುಮಾನ ವಿಜೇತರು




ಬಿಜಿಎಸ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ನರ್ಸಿಂಗ್ ಸೈನ್ಸಸ್‌ನ ವಿದ್ಯಾರ್ಥಿಗಳು ಆದಿಚುಂಚನಗಿರಿ ವಿಶ್ವವಿದ್ಯಾಲಯದ ವ್ಯಾಪ್ತಿಯಲ್ಲಿ 2025ರ ನವೆಂಬರ್ 10 ರಿಂದ 17 ರವರೆಗೆ ಆಯೋಜಿಸಲಾದ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವದ ಅಂಗವಾಗಿ ನಡೆದ ವಿವಿಧ ಸಾಂಸ್ಕೃತಿಕ ಹಾಗೂ ಸಾಹಿತ್ಯ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ಸಕ್ರಿಯವಾಗಿ ಪಾಲ್ಗೊಂಡರು.

ಸ್ಪರ್ಧೆಗಳಲ್ಲಿ ನಮ್ಮ ಕಾಲೇಜಿನ ತೃತೀಯ ಸೆಮಿಸ್ಟರ್‌ನ ವಿದ್ಯಾರ್ಥಿನಿ ಲಕ್ಷ್ಮಿಬಾಯಿ ಅವರು ಪ್ರಬಂಧ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಪ್ರಥಮ ಬಹುಮಾನವನ್ನು ಪಡೆದುಕೊಂಡಿದ್ದು, ಸ್ವರಚಿತ ಕವನ ವಾಚನದಲ್ಲಿಯೂ ಪ್ರಥಮ ಬಹುಮಾನವನ್ನು ಗಳಿಸಿದ್ದಾರೆ. ತೃತೀಯ ಸೆಮಿಸ್ಟರ್‌ನ ವಿದ್ಯಾರ್ಥಿ ಧನುಷ್ ಅವರು ಸ್ವರಚಿತ ಕವನ ವಾಚನದಲ್ಲಿ ದ್ವಿತೀಯ ಬಹುಮಾನವನ್ನು ಪಡೆದಿದ್ದಾರೆ.

ಈ ಸಾಧನೆಗಾಗಿ ವಿಜೇತ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರು ಹಾಗೂ ಅಧ್ಯಾಪಕ ವೃಂದವು ಹಾರ್ದಿಕವಾಗಿ ಅಭಿನಂದಿಸಿ, ಸಂತೋಷ ಹಾಗೂ ಮೆಚ್ಚುಗೆ ವ್ಯಕ್ತಪಡಿಸಿದರು.

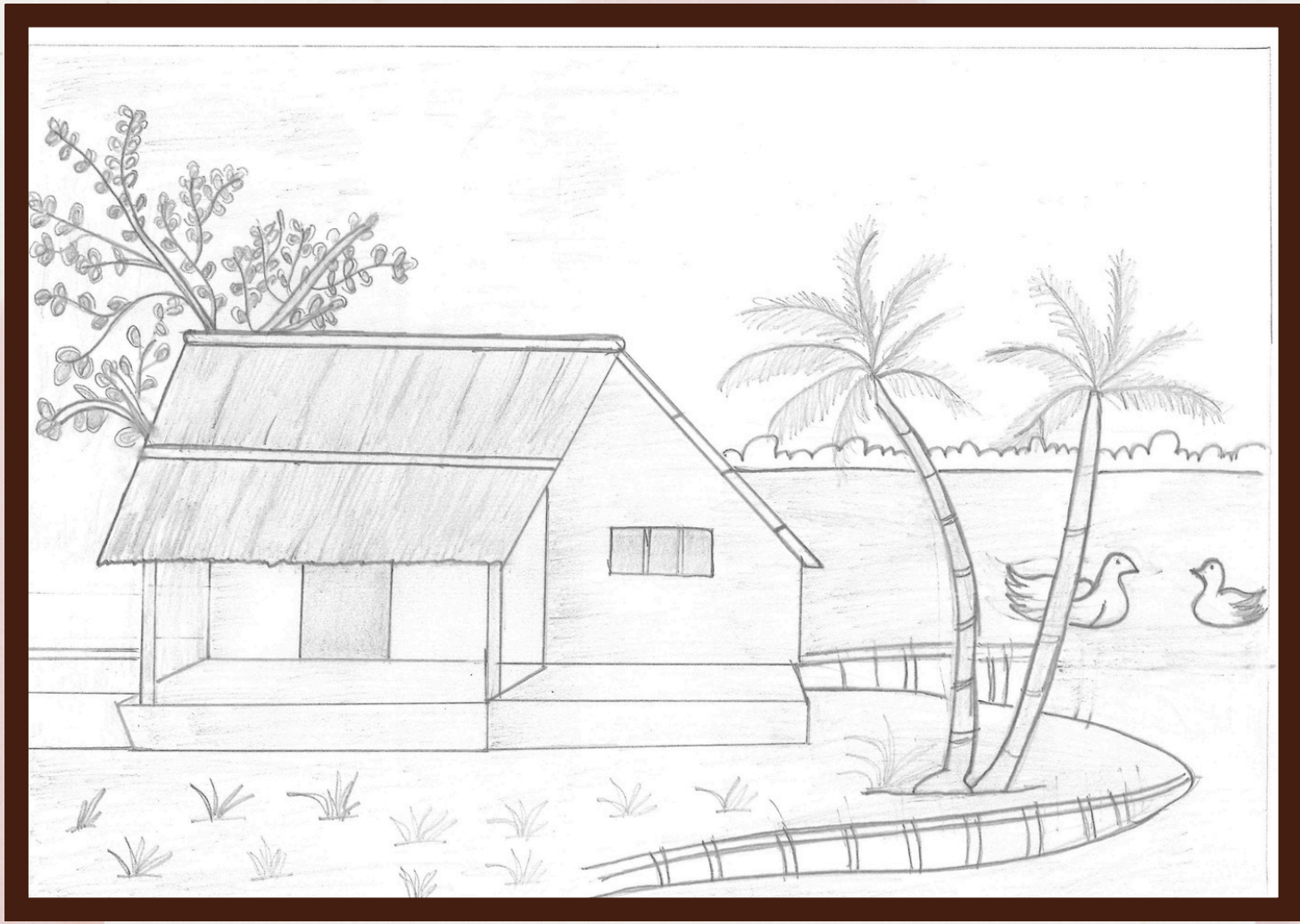


# Happy New Year

- Cervical Health awareness month
  - National Youth Day
  - National Girl Child Day
  - Thyroid Awareness Month
  - Glaucoma Awareness Month
- 

**Every year you make a resolution to change yourself. This year, make a resolution to be yourself.**







**THANK  
YOU**

**ADICHUNCHANAGIRI  
UNIVERSITY**

