

|| Jai Sri Gurudev ||



ADICHUNCHANAGIRI  
UNIVERSITY

**Faculty of Nursing**  
BGS Institute of Nursing Sciences

**“Spandana”**

Voice of Nursing

December 2025







# About The University

## 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

# Florence Nightingale's Pledge



**FLORENCE NIGHTINGALE**

12th May 1820 – 13th Aug 1910

Florence Nightingale OM RRC DStJ was an English social reformer, statistician and the founder of modern nursing. Nightingale came to prominence while serving as a manager and trainer of nurses during the Crimean War, in which she organised care for wounded soldiers at Constantinople. She significantly reduced death rates by improving hygiene and living standards. Nightingale gave nursing a favourable reputation and became an icon of Victorian culture, especially in the persona of “The Lady with the Lamp” making rounds of wounded soldiers at night.

We are celebrating her birthday every year in the name of  
**“International Nurses Day”**

The Florence Nightingale Pledge

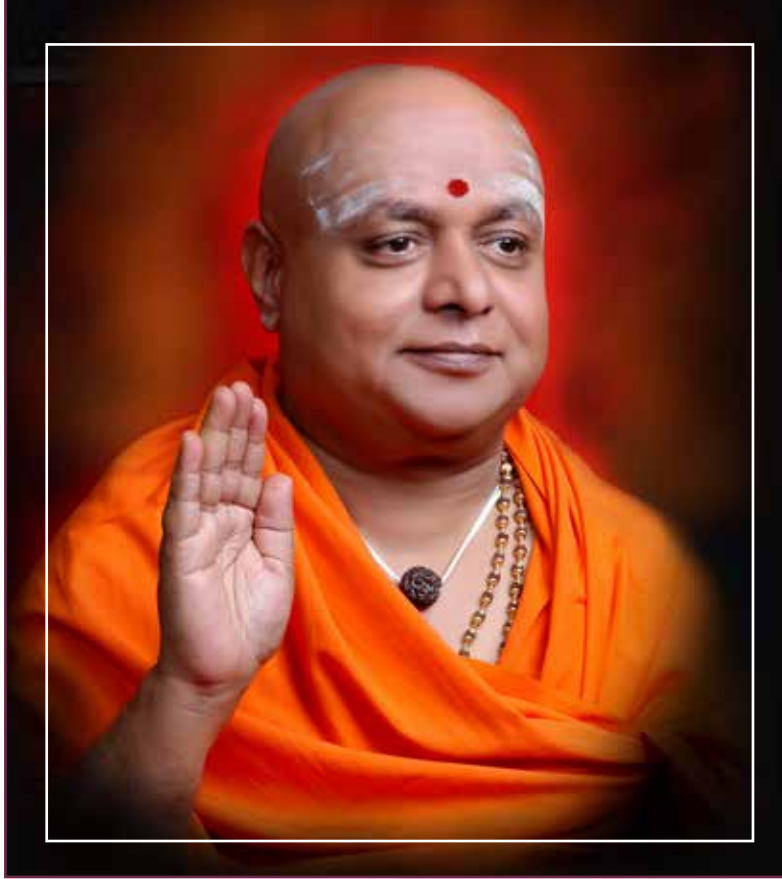
I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully.

I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling.

With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare of those committed to my care.

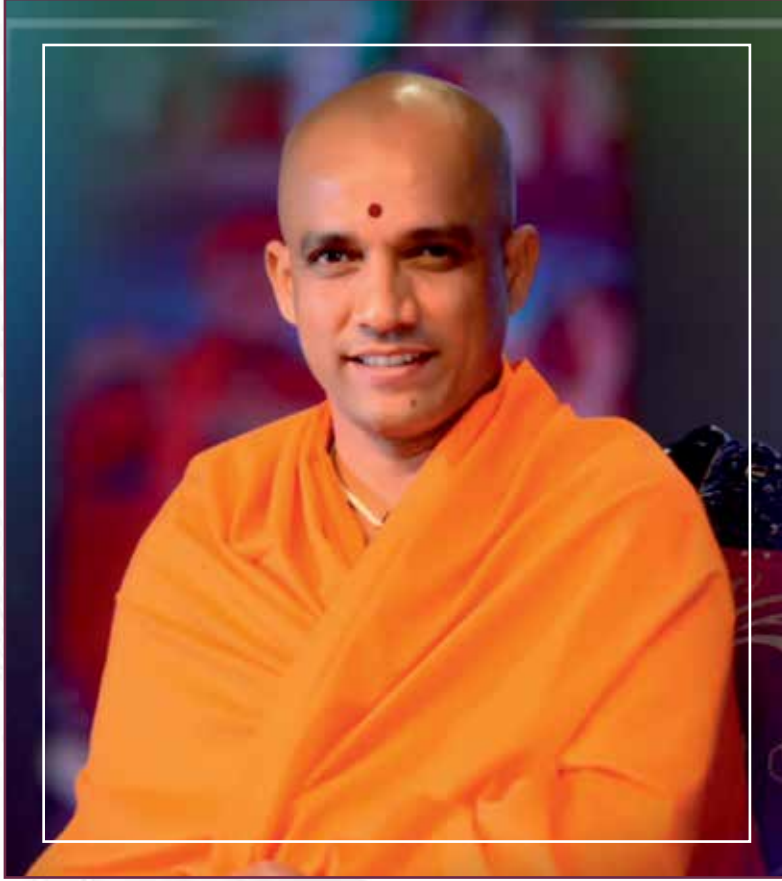
# FROM THE HELM



## Jagadguru Sri Sri Sri Dr. Balangadharanatha Mahaswamiji

**Jagadguru Sri Sri Sri Dr. Balangadharanatha 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.

# FROM THE HELM



## **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.

# 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”

# Students Desk

## STORY BEHIND

## HOSPITAL WALLS

Behind the quiet white walls of a hospital, life feels heavier and more real. The sharp scent of antiseptic, the rhythmic beeping of monitors, and the muffled footsteps echoing through the corridors carry stories that words often struggle to capture.

In one room, a young mother sits vigil beside her child, clutching a tiny hand while whispering prayers through tired, red-rimmed eyes. Sleep has become a distant memory; hope is the only thing keeping her anchored. In another room, an elderly man lies staring at the ceiling, lost in a flood of memories, quietly wishing for a visitor to sit beside him and share a conversation.

Nurses move silently from bed to bed, masking their own exhaustion behind warm, reassuring smiles. They wipe away tears, listen patiently to unspoken fears, and offer comfort without ever being asked. More often than not, they become temporary family to complete strangers.

Doctors proceed with calm determination, making life-altering decisions, celebrating small victories with genuine relief, and carrying the silent weight of grief when outcomes fall short of hope.

Inside these walls, time bends and stretches in unnatural ways. A single minute can feel like an eternity during a crisis, while a small improvement—a steady heartbeat or a faint smile—can feel like a genuine miracle.

These walls have witnessed countless final goodbyes whispered through tears, as well as the radiant smiles that bloom from unexpected recoveries. They have absorbed the raw anguish of loss and the quiet joy of healing.

A hospital is far more than a place of treatment; it is a sanctuary where pain meets profound compassion, where vulnerability reveals the deepest strengths of the human spirit, and where humanity shines brightest in its most fragile moments.

Behind the walls of a hospital, heartbreak and hope coexist, and life—tenacious, unpredictable, and precious—goes on.

By,

**Mr. THARUN KUMAR V**

1st Semester B.Sc Nursing

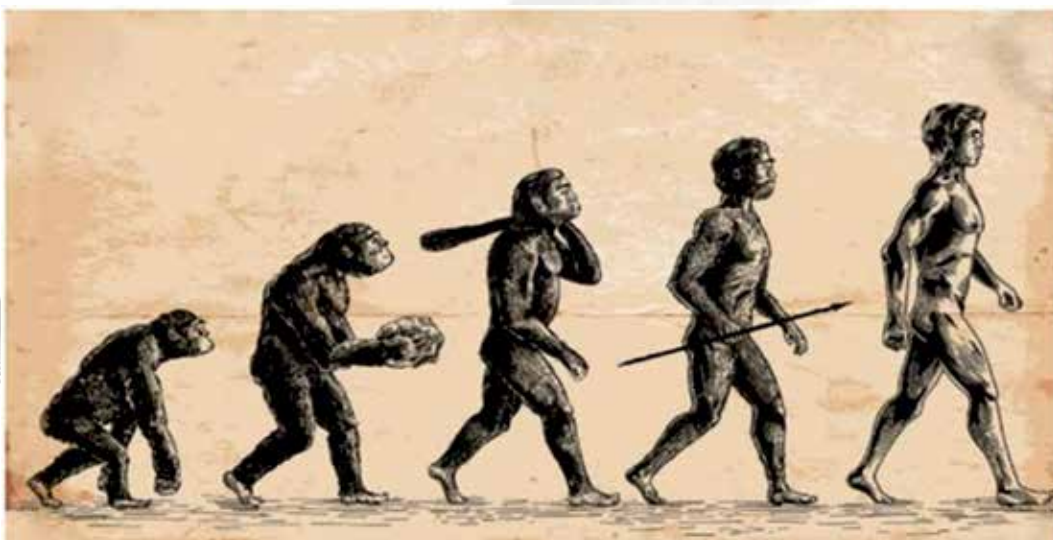
# CHARLES DARWIN - FEBRUARY 12

**February 12** is celebrated as **Charles Darwin Day** to mark the birth of Charles Robert Darwin, one of the greatest scientists in history. He was born on 12 February 1809 in Shrewsbury, England. Darwin is famous for introducing the **Theory of Evolution by Natural Selection**, which explains how living organisms gradually change over generations.

From a young age, Darwin showed a strong interest in nature. Although he began studying medicine, his passion for plants, animals, and fossils led him to natural science. In 1831, he joined a five-year voyage aboard the ship **HMS Beagle**. During this journey, he visited several countries, especially South America and the **Galápagos Islands**, where he observed many unique species.

Darwin noticed that organisms with useful characteristics survived better and produced more offspring. This process was later called natural selection. After many years of study and careful research, he published his famous book '**On the Origin of Species**' in 1859.

Charles Darwin's discoveries transformed biology and helped people understand the diversity of life on Earth. His ideas continue to influence modern science, medicine, and genetics. Darwin died in 1882, but his work remains a foundation of biological science.



By,  
**Mr. Dhanush Gowda**  
III rd Semester

# MATERNAL HEALTH; NURTURING LIFE, STRENGTHENING SOCIETY

Maternal health is the cornerstone of a healthy family and a resilient society. It encompasses the physical, mental, and social well-being of women during pregnancy, childbirth, and the postnatal period. Ensuring optimal maternal health not only saves lives but also shapes the health and future of the next generation.

A healthy mother is more likely to give birth to a healthy child. Proper maternal care reduces the risk of complications such as anemia, hypertension, infections, and maternal mortality. It also plays a vital role in preventing low birth weight, preterm birth, and neonatal deaths.

Beyond physical outcomes, maternal well-being strongly influences emotional bonding and early child development.

Quality antenatal care ensures early detection of high-risk pregnancies, timely interventions, and health education. Balanced nutrition, iron and folic acid supplementation, immunization, and regular health check-ups are essential. Safe delivery practices with skilled birth attendants and adequate postnatal care help prevent complications and promote recovery.

Nurses are the backbone of maternal healthcare. They provide compassionate care, monitor maternal and fetal health, educate mothers on nutrition, breastfeeding, hygiene, and family planning, and offer emotional support. Community health nurses play a crucial role in outreach services, early identification of risks, and health promotion, especially in rural and underserved areas.

When mothers thrive, families flourish and communities grow stronger. Investing in maternal health contributes to gender equality, economic productivity, and overall social development. Healthy mothers raise healthier children, reducing the long-term burden on healthcare systems.

In conclusion, Maternal health is not just a medical concern—it is a social responsibility. By strengthening maternal care services and empowering nurses, we nurture life at its very beginning and build a healthier, stronger society for the future.

“Protecting mothers today ensures a healthier generation tomorrow.”

By,  
**SHERON SUSAN REJI**  
5TH SEM BSC. NURSING

# From the Desk of Faculties

## ನಗುವುದು ಒಂದು ಚಿಕಿತ್ಸೆ

ಮಾನವನ ಜೀವನದಲ್ಲಿ ನಗು ಅತ್ಯಂತ ಸರಳವೂ ಶಕ್ತಿಶಾಲಿಯೂ ಆದ ಔಷಧಿ. ಹಣವಿಲ್ಲದೇ ಸಿಗುವ, ಯಾವುದೇ ಪಾರ್ಶ್ವಫಲಗಳಿಲ್ಲದ ಈ ಚಿಕಿತ್ಸೆ ನಮ್ಮ ದೇಹಮನಸ್ಸು ಎರಡಕ್ಕೂ ಆರೋಗ್ಯ ನೀಡುತ್ತದೆ. “ನಗುವಿನ ಮುಖಕ್ಕೆ ರೋಗದೂರ” ಎಂಬ ಮಾತು ಕೇವಲ ನುಡಿಮುತ್ತುಲ್ಲ; ಅದರ ಹಿಂದೆ ವೈಜ್ಞಾನಿಕ ಸತ್ಯವೂ ಅಡಗಿದೆ.

ನಾವು ನಗುವಾಗ ದೇಹದಲ್ಲಿ ಎಂಡಾರ್ಫಿನ್ ಎಂಬ ಸಂತೋಷದ ಹಾರ್ಮೋನು ಬಿಡುಗಡೆಯಾಗುತ್ತದೆ. ಇದು ಮನಸ್ಸಿನ ಒತ್ತಡವನ್ನು ಕಡಿಮೆ ಮಾಡುತ್ತದೆ, ಆತಂಕ ಮತ್ತು ಆಯಾಸವನ್ನು ತಗ್ಗಿಸುತ್ತದೆ. ನಗುವಿನಿಂದ ಹೃದಯ ಬಡಿತ ಸರಿಯಾಗುತ್ತದೆ, ರಕ್ತಸಂಚಾರ ಉತ್ತಮಗೊಳ್ಳುತ್ತದೆ ಮತ್ತು ರೋಗನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚುತ್ತದೆ. ಹೀಗಾಗಿ ನಗು ದೈಹಿಕ ಆರೋಗ್ಯಕ್ಕೂ ಸಹಾಯಕವಾಗುತ್ತದೆ.

ಇಂದಿನ ಸ್ಪರ್ಧಾತ್ಮಕ ಜೀವನದಲ್ಲಿ ಒತ್ತಡ, ತುರ್ತು, ಆತಂಕಗಳು ಸಹಜವಾಗಿವೆ. ಕೆಲಸದ ಒತ್ತಡ, ಕುಟುಂಬದ ಜವಾಬ್ದಾರಿಗಳು, ಸಾಮಾಜಿಕ ಸಮಸ್ಯೆಗಳು ಚಿಟಿಟ ಇವುಗಳು ಮನಸ್ಸನ್ನು ದಣಿಗೊಳಿಸುತ್ತವೆ. ಇಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ನಗು ಒಂದು ವಿರಾಮದಂತೆ ಕೆಲಸ ಮಾಡುತ್ತದೆ. ಕೆಲ ಕ್ಷಣ ನಗುವುದರಿಂದಲೇ ಮನಸ್ಸು ಹಗುರವಾಗುತ್ತದೆ, ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸುವ ಧೈರ್ಯ ಹೆಚ್ಚುತ್ತದೆ.

ನಗು ಮಾನವ ಸಂಬಂಧಗಳನ್ನು ಗಟ್ಟಿಗೊಳಿಸಿ ಕುಟುಂಬ ಮತ್ತು ಸಮಾಜದ ವಾತಾವರಣವನ್ನು ಹಸನಾಗಿಸುತ್ತದೆ; ಸ್ನೇಹಿತರು, ಕುಟುಂಬದವರು, ಮಕ್ಕಳು ಹಾಗೂ ಹಿರಿಯರ ನಡುವೆ ಆತ್ಮೀಯತೆ ಮತ್ತು ಉತ್ಸಾಹವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಇಂದಿನ ದಿನಗಳಲ್ಲಿ ಜನಪ್ರಿಯವಾಗಿರುವ ಲಾಫಿಂಗ್ ಯೋಗದಂತೆ ನಿಯಮಿತ ನಗುವಿನ ಅಭ್ಯಾಸ ದೇಹವು ಅದನ್ನು ನಿಜವಾದ ಸಂತೋಷವೆಂದು ಸ್ವೀಕರಿಸುವಂತೆ ಮಾಡಿ, ದೈಹಿಕ ಹಾಗೂ ಮಾನಸಿಕ ಆರೋಗ್ಯದಲ್ಲಿ ಸಕಾರಾತ್ಮಕ ಬದಲಾವಣೆಗಳನ್ನು ಉಂಟುಮಾಡುತ್ತದೆ.

ಆದರೆ ನಗು ವ್ಯಂಗ್ಯವಾಗಿರಬಾರದು, ಯಾರನ್ನೂ ನೋಯಿಸಬಾರದು. ಹೃದಯಪೂರ್ವಕ, ಸೌಮ್ಯ ನಗು ಮಾತ್ರ ಚಿಕಿತ್ಸೆ ಆಗುತ್ತದೆ. ಇತರರನ್ನು ಗೌರವಿಸುತ್ತಾ, ಜೀವನದ ಸಣ್ಣ ಸಂತೋಷಗಳನ್ನು ಆನಂದಿಸುತ್ತಾ ನಗುವುದನ್ನು ಕಲಿಯಬೇಕು.

ಸಾರಾಂಶವಾಗಿ ಹೇಳುವುದಾದರೆ, ನಗು ಜೀವನದ ಅಮೂಲ್ಯ ಔಷಧಿ. ದಿನನಿತ್ಯದ ಜೀವನದಲ್ಲಿ ನಗುವಿಗೆ ಸ್ವಲ್ಪ ಸಮಯ ಕೊಟ್ಟರೆ, ಆರೋಗ್ಯ, ಸಂತೋಷ ಮತ್ತು ಶಾಂತಿ ಮೂರುವೂ ನಮ್ಮದಾಗುತ್ತವೆ. ಆದ್ದರಿಂದ ಪ್ರತಿದಿನವೂ ನಗೋಣ, ನಗಿಸೋಣ; ನಗುವಿನ ಮೂಲಕ ಆರೋಗ್ಯವನ್ನು ಪಡೆಯೋಣ.

By,  
**Dr Komala H K**  
Principal, BGSINS

# The Ties That Hold Us Forever

## **Introduction**

Family, in its essence, is more than just blood relations, it's a bond of love, care, and mutual support that forms the bedrock of our lives. From our earliest days, family members are our first teachers, imparting crucial life lessons, morals, and a sense of belonging that influences our entire existence.

## **The Role of Family**

**Emotional Support:** Families provide a safe haven, offering unconditional love and understanding during difficult times and celebrating successes, making individuals feel secure and valued.

**Character Building:** The values of respect, honesty, hard work, and resilience are first instilled within the family unit, shaping our personalities and outlook on life. First School: Before formal education, the home environment teaches fundamental behaviours, communication, and the understanding of right and wrong, laying the foundation for social skills.

## **A Source of Strength**

**Shared Experiences:** Daily routines, family dinners, celebrations, and even disagreements create strong bonds, teaching patience, companionship, and conflict resolution.

**Guidance:** Parents and elders guide younger members, helping them navigate challenges and make informed decisions, ensuring personal growth.

**Unity:** A strong family unit fosters cooperation and solidarity, making members feel protected and more capable of facing the outside world.

## **Conclusion**

In conclusion, family is an indispensable anchor, a constant source of strength, and a lifelong journey of growth and learning. It is where we learn to love, where we find our footing, and where we build the character to become responsible citizens, ultimately contributing to a stronger society and nation.

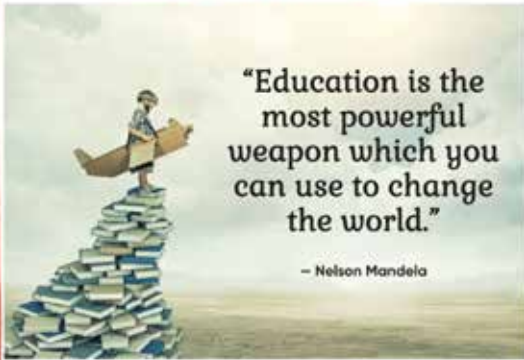
By,  
**Ms Smitha N**  
PG Tutor, BGSINS

# Friday Florence

ADICHUNCHANAGIRI UNIVERSITY  
BG Nagara, Mandya-571448

NAAC GRADE A+

Faculty of Nursing  
BGS Institute of Nursing Sciences  
Friday Florence -65



"Education is the most powerful weapon which you can use to change the world."  
— Nelson Mandela

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

ADICHUNCHANAGIRI UNIVERSITY  
BG Nagara, Mandya-571448

NAAC GRADE A+

Faculty of Nursing  
BGS Institute of Nursing Sciences  
Friday Florence -66



*A positive mindset brings positive things.*  
— PHILIPP BAUTER

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

ADICHUNCHANAGIRI UNIVERSITY  
BG Nagara, Mandya-571448

NAAC GRADE A+

Faculty of Nursing  
BGS Institute of Nursing Sciences  
Friday Florence -67




Just one small positive thought in the morning can change your whole day.

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

ADICHUNCHANAGIRI UNIVERSITY  
BG Nagara, Mandya-571448

NAAC GRADE A+

Faculty of Nursing  
BGS Institute of Nursing Sciences  
Friday Florence -68



Judge nothing, you will be happy.  
Forgive everything, you will be happier.  
Love everything, you will be happiest.

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

# Health Tips

## HOW YOGA KEEPS YOUR HEART HEALTHY

- PRANAYAMA**  
Improves blood circulation and removes artery blockage.
- ARJUNA CHAKRESANA (STANDING BACKWARD BEND)**  
Improves heart function and regulates blood pressure. Improves respiratory problems in digestion.
- SETU BANDHASANA (BRIDGE POSE)**  
Opens up the chest. Therapeutic for people with high blood pressure.
- UTTARASANA (STANDING FORWARD BEND)**  
Challenges your heart to regulate the blood flow.
- BHUJANGASANA (COBRA POSE)**  
Invigorates the heart, helps to clear the passages of the heart and lung.
- DHANURASANA (BOW POSE)**  
Strengthens the heart region.
- JANU SIRSHASANA (HEAD-TO-KNEE FORWARD BEND)**  
Helps in heart rate reduction.

The heart4health tips visit [www.lybra.com](http://www.lybra.com)

## DO'S AND DON'TS OF MENSTRUAL HYGIENE

### DO'S

- ✓ Change pads/tampons every 4-6 hours
- ✓ Wash hands before & after changing products
- ✓ Use breathable cotton underwear
- ✓ Stay hydrated & eat nutritious food
- ✓ Dispose of sanitary products properly
- ✓ Track your cycle for better period management

### DON'TS

- ✗ Don't use pads/tampons for too long
- ✗ Avoid scented products – they can cause irritation
- ✗ Never flush sanitary products
- ✗ Don't ignore unusual symptoms – consult a doctor
- ✗ Avoid skipping showers or wearing damp clothes
- ✗ Never feel ashamed – talk about periods openly!

*Menstrual hygiene is a necessity!*

## Best Foods For Your Body

- Brain:** salmon, tuna, sardines, walnuts
- Muscle:** bananas, red meat, fish, eggs
- Lungs:** broccoli, brussels sprouts
- Skin:** blueberries, salmon, green tea
- Hair:** green vegetables, beans, salmon
- Eyes:** eggs, corn, carrot
- Heart:** tomatoes, potatoes
- Bowels:** prunes, yogurt
- Bones:** oranges, celery, milk

## HOW TO PREVENT HEART DISEASE

- ✓ Eat a healthy diet
- ✓ Exercise regularly
- ✓ Get regular health check-ups
- ✗ Don't drink alcohol
- ✗ Don't smoke

HEART FOUNDATION

# Outstanding Performance at Project Smile



# December Month Sparks of BGSINS

## WORLD AIDS DAY-2025

On World AIDS Day 2025, the BGS Institute of Nursing Sciences conducted a role play and health education program on 1st December to raise awareness about HIV/AIDS. The activity emphasized accurate information, stigma reduction, prevention, ART treatment, and available government services. Interactive participation and a question-and-answer session reflected improved awareness and positive attitudes, supporting SDGs 3, 4, 5, and 10.



# WORLD DISABILITY DAY

BGS Institute of Nursing Sciences organized an educational visit to Asha Sadhana and Deepti Nivas Special Centres, Mandya, on 02/12/2025 to enhance students' learning beyond the classroom. Students interacted with children and adults with physical, intellectual, and developmental disabilities and observed rehabilitation services such as physiotherapy, occupational therapy, speech therapy, vocational training, and special education. They actively participated in therapeutic and recreational activities, including play therapy, music therapy, yoga, and exercises, gaining practical insights into therapeutic interventions. The visit highlighted holistic, compassionate, and patient-centered care, strengthened empathy, communication, and caregiving skills, and enhanced awareness of community-based rehabilitation and inclusive healthcare. The experience aligned with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).



# “HUMAN RIGHTS DAY”

“On the occasion of Human Rights Day, the BGS Institute of Nursing Sciences organized a debate competition on the theme “Our Everyday Essentials” to highlight the importance of human rights in daily life. Students actively participated and were divided into For and Against teams, presenting meaningful arguments. The For team emphasized dignity, equality, education, safety, and freedom as essential human rights, while the Against team focused on ongoing violations, corruption, inequality, and injustices faced by women, children, and minorities. The session encouraged critical thinking, strong rebuttals, and thoughtful discussions among students. The activity helped participants understand the gap between human rights laws and ground realities, improved their communication and debating skills, and promoted empathy and social responsibility. The program supported Sustainable Development Goals #4 Quality Education, #10 Reduced Inequality, and #16 Peace, Justice, and Strong Institutions.



# “OUR EVERYDAY ESSENTIALS”

The Faculty of Nursing, BGS Institute of Nursing Sciences organized a role play and awareness rally on dog ingress to address public health concerns such as dog bites and rabies. Nursing students actively participated, performing a role play that demonstrated causes of dog ingress, health risks of dog bites, first aid measures, early reporting, timely anti-rabies vaccination, and the role of community members and local authorities in controlling stray dog populations. This was followed by an awareness rally in nearby communities, where students engaged the public through slogans, placards, and pamphlets, promoting safe practices. The program received a positive response, enhanced community awareness, and reinforced the importance of public health interventions, supporting SDGs 3 (Good Health and Well-being), 11 (Sustainable Cities and Communities), and 17 (Partnerships for Goals).



# “INTERNATIONAL PATIENT SAFETY GOALS”

The Department of Nursing Foundation, BGSINS, organized a seminar on International Patient Safety Goals (IPSG) on 16 December 2025, led by Mr. George Viveek from BGS Apollo Hospital, Mysuru. The session highlighted nurses' roles in patient identification, communication, infection prevention, medication safety, and fall prevention. Students gained practical insights into error prevention and quality care, fostering a culture of safety, accountability, and professional responsibility. The program encouraged application of patient safety principles in clinical practice and supported SDGs 3 (Good Health), 8 (Decent Work), and 17 (Partnerships for Goals).



# CHRISTMAS CELEBRATION

The Faculty of Nursing, Adichunchanagiri University, celebrated Christmas on 19 December 2025 at college premises with great enthusiasm and festive spirit, promoting values of love, peace, joy, compassion, and togetherness. The celebration began with an invocation, welcome address, and lamp lighting symbolizing hope and enlightenment, followed by a cake-cutting ceremony that reflected the spirit of sharing. Pastor Sunil Kumar J, the Chief Guest, delivered a meaningful Christmas message emphasizing love and service to humanity, while musical performances, carol singing, and dance showcased students' talents and teamwork. Hon. Vice chancellor DR. Shridhara S N and Respected Registrar DR. C K Subbaraya of ACU motivated students to uphold moral values and professionalism, and prizes were distributed to recognize participation and creativity. The programme concluded with a vote of thanks, strengthening unity and institutional bonding among students and faculty.



# PULSE POLIO PROGRAMME

The students of BGS Institute of Nursing Sciences actively participated in the National Polio Immunization Programme on 21.12.2025 as part of Community Health Nursing activities, supporting national efforts to prevent and eradicate poliomyelitis.

They were deputed to Bellur Cross Toll Booth, Kaliganahalli PHC, and Neligeru Sub-centre under the supervision of Medical Officers and healthcare personnel. Students assisted in administration of Oral Polio Vaccine (OPV), record maintenance, crowd management, and health education for parents. They collaborated with Medical Officers, ANMs, and ASHA workers to ensure smooth implementation of immunization services. They got appreciation letter from the medical officer for active participation.

The programme provided practical exposure in community-based preventive healthcare and enhanced students' skills in immunization practices, communication, and teamwork, contributing to SDG 3, SDG 1, and SDG 4.



# ROTAPLAST GLOBAL SCHOLARS PROGRAM SMILE PROJECT

The four students of BGS Institute of Nursing Sciences actively participated in the SMILE Project at Adichunchanagiri Hospital and Research Centre (AH&RC), which organized free plastic surgery camps for cleft lip and palate patients, particularly from rural and underprivileged communities. During the programme, students efficiently assisted in pre-operative assessments, vital monitoring, and preparation of patients for surgery under supervision. They managed post-operative care, including wound care, medication administration, and monitoring for complications, while providing health education and emotional support to patients and caregivers. By collaborating seamlessly with surgical teams, nursing staff, and volunteers, they contributed to smooth workflow and timely service delivery. Through this experience, the students gained hands-on exposure to specialized nursing care, enhanced their professional skills, empathy, and teamwork, reflecting both high interest and work efficiency in supporting a community health initiative.



# SCHOOL HEALTH PROGRAMME

The students of BGS Institute of Nursing Sciences organized a School Health Programme at Kaligenahalli School on 03.01.2026 at 10:00 AM as part of their Community Health Nursing activities. During the programme, students conducted health check-ups for school children, including measurement of height and weight, general physical examination, assessment of personal hygiene, and screening for common health problems such as nutritional deficiencies, dental caries, skin conditions, and vision problems. They provided basic health education on personal hygiene, hand-washing practices, balanced diet, and healthy lifestyle habits. Children identified with health issues were informed and advised to seek further medical consultation. The programme was carried out smoothly with active participation from nursing students and full cooperation from school authorities, contributing to the promotion of health and well-being among school children. The activity aligned with Sustainable Development Goals (SDGs) 3, 4, and 6, promoting good health, quality education, and clean water and sanitation.



# COMMUNITY HEALTH NURSING POSTING REPORT

The students of BGS Institute of Nursing Sciences had their community health nursing posting under the supervision of Mr. Shrungar M, Nursing Tutor, at Nelligere Village, and carried out the posting through Kaliganahalli Primary Health Centre under the guidance of the Medical Officer. During the posting, students actively engaged in various activities to assess, plan, implement, and evaluate nursing care in a community setting, including village and PHC-based services.

## Community Health Nursing Posting Activities – Point Wise

### 1. Community and Individual Assessment

- o Conducted **community surveys and health needs assessments**.
- o Collected **demographic data** and identified **common health problems**.
- o Observed **living conditions, sanitation, and water supply**.
- o Assessed **family structures, socioeconomic status, and immunization coverage**.
- o Performed individual assessments: vital signs, BMI, nutrition status, and health history collection.

### 2. Nursing Interventions

- o Provided **health education** on personal hygiene, nutrition, breastfeeding, immunization, and disease prevention.
- o Organized **community mobilization activities**, including health awareness programs and role plays.
- o Assisted in **basic nursing care**: medication administration, vital sign monitoring, and first aid under supervision.
- o Conducted school health assessments.

### 3. Collaboration and Coordination

- o Worked with **community health workers, ASHA workers, and volunteers**.
- o Referred patients to **higher centres** when necessary.
- o **Documented health records** and trends.

#### 4. Observational Activities

- o Observed **public health programs** in action, such as immunization, antenatal care, and family planning services.
- o Gained insight into **community health administration and management.**

#### 5. Learning Outcomes

- o Gained **practical exposure** in community-based nursing.
- o Enhanced clinical skills, teamwork, **communication, and professional development.**

#### 6. Report Preparation

- o Compiled, organized, and prepared the **draft community health nursing posting report** for submission to the Medical Officer.

This process allowed the students to practice proper record-keeping, professional reporting, and accountability in community health nursing.





