

|| Jai Sri Gurudev ||



ADICHUNCHANAGIRI
UNIVERSITY

Faculty of Nursing
BGS Institute of Nursing Sciences

“Spandana”

Voice of Nursing

January 2026





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

Friday Florence

ADICHUNCHANAGIRI UNIVERSITY
BG Nagara, Mandya-571448

NAAC GRADE A+

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Friday Florence -69

Everything is POSSIBLE
Think POSITIVE.




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

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Friday Florence -70



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Friday Florence -71


To make a difference in someone's life you don't have to be brilliant, rich, beautiful, or perfect. You just have to care.



In life it's important to know when to stop arguing with people and simply let them be wrong.



You don't have to live like everyone else. In fact, you'll probably be happier if you don't.




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Friday Florence -72



"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT."

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Health Tips

Health Benefits of Mango

- Increases Immunity.
- Prevents Colon, Breast, Prostate Cancer.
- Lowers Cholesterol.
- Increases RBC production.
- Prevents Cardio Vascular Diseases.
- Improves Memory.
- Improves Vision.
- Anti-oxidant and Anti- ageing Ignitor



Benefits Of Cherries - The Super Fruit

- Reduce Joint Soreness In Athletes
- Excellent Source Of Beta Carotene
- Improve Body's Sleep Cycles
- Packed With Antioxidants
- Prevent Memory Loss
- Reduce stroke Risk



10 Health Benefits of Banana

1. Helps who wants to quit smoking.
2. Can boost brain power.
3. Relieves menstrual cramps.
4. Prevents anemia.
5. Promote healthy bones.
6. Reduce depression.
7. Reduce itchy mosquito bites.
8. Lower risk of heart diseases and hypertension.
9. Regulate bowel movement.
10. Helps people with ulcer.



10 Health Benefits of... PAPAYAS



1. Soothes Intestinal Inflammation
2. Reduces Sugar Spikes
3. Helps Weight Loss
4. Improves Eyesight
5. Boosts Immunity
6. Detoxifies Body
7. Aids Digestion
8. Healthy Heart
9. Anti-Parasitic
10. Anti-Cancer

January Month Sparks of BGSINS

Nursing Excellence Programme

BGS Institute of Nursing Sciences organized the Nursing Excellence Programme on 31st December 2025 to guide nursing students and professionals on global career opportunities. Experts from Prime Step, Kareer Coach, and Learnnet Skill for Nurse Institution shared insights on international placements, skills, and certifications. The programme supported SDG 3, SDG 4, and SDG 8 by promoting quality education, professional growth, and decent work.



Faculty of Nursing
BGS Institute of Nursing Sciences

NURSING EXCELLENCE PROGRAMME

"Nursing excellence transforms knowledge into healing and service into leadership."

4 QUALITY EDUCATION | **16 PRACTICE AND CLINICAL EXPERIENCE** | **17 PARTNERSHIPS FOR THE GOALS**


DATE: 31.12.2025
TIME: 02:00 PM onwards

Logos: Career Coach, LEARNET



Payment Methods

3 EMI	9 EMI	Loan
Rs 10,000 + 18% GST	Rs 10,000	100% Loans will be provided
Rs 1,20,000 + 18% GST	Rs 28,250 - 8 Months	Eligible after job in Germany
Rs 70,000 + 18% GST		



Requirements

- Qualification**: +B. Sc Nursing +GNM
- Age**: -20-40 Years
- Experience**: +Freshers are Eligible



Commercials

Registration & Security	After Conditional Offer Letter	After BI Language Exam
₹10,000/- + 18% GST	₹1,50,000/- + 18% GST	₹10,000/- + 18% GST
Will be Refunded if Candidate not selected	Includes Training Fee, Certificate charges, etc.	Includes Visa, Flight etc.

Total Expense: 2,00,000/- + 18% GST
Refundable Amount: ₹1,50,000/-



OUR MOUs WITH INSTITUTES IN INDIA

CAWMAHATI ASSAM | NAGPUR MADHARASHTRA | PUNE MAHARASHTRA

Photo of a group of people at a signing ceremony.

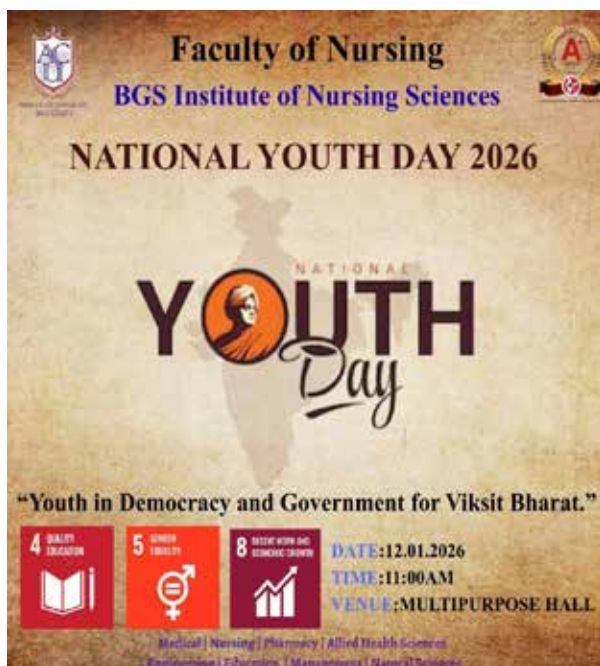
Sankashtahara Ganapati Pooja

BGS Institute of Nursing Sciences, under Adichunchanagiri University (A+ NAAC), organized the Sankashtahara Ganapati Pooja on 06 January 2026 at the Ganesha Temple, ACU Campus, seeking blessings for academic excellence, well-being, and institutional growth. The pooja, performed with traditional rituals and active participation from students, faculty, and staff across disciplines, promoted unity, mental peace, ethical values, and holistic development, aligning with SDGs 3, 4, 11, 16, and 17.



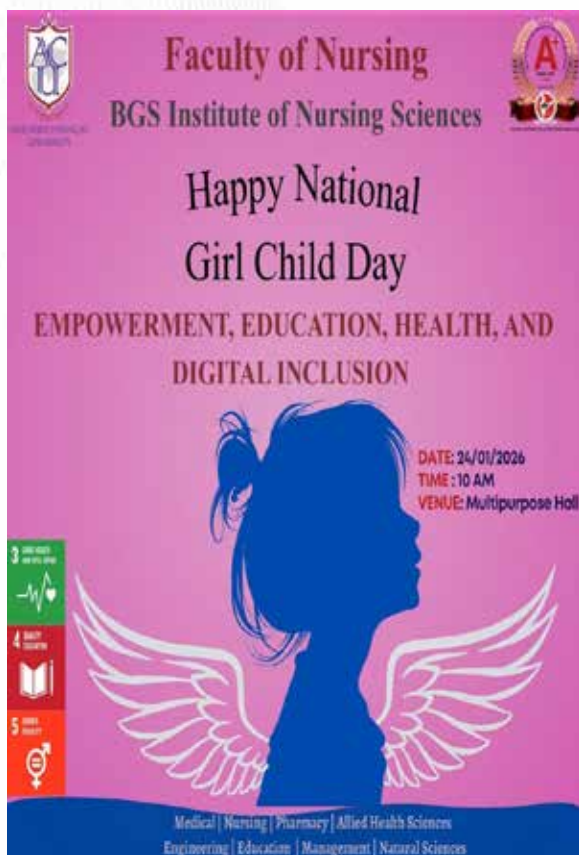
HUMAN RIGHTS DAY

As part of National Youth Day-2026, the Department of Mental Health Nursing, BGS Institute of Nursing Sciences, organized student-centered activities on the theme “Youth in Democracy and Government for Viksit Bharat” on 12.01.2025. Patriotic songs, Pick and Speech, and Brainstorming activities enhanced students’ communication skills, critical thinking, civic awareness, and understanding of democratic responsibilities. The programme promoted responsible citizenship and youth participation in nation-building, aligning with SDGs 4, 5, and 8.



National Girl Child Day

As part of National Girl Child Day–2026, the Department of Child Health Nursing, BGS Institute of Nursing Sciences, organized a Poster Presentation Competition on 12.01.2025 to promote awareness on girl child empowerment, education, health, digital inclusion, and gender equality. Students actively showcased creative posters, which were evaluated by external expert Mrs. Thushara G S, who also provided constructive feedback. The programme encouraged positive attitudes toward girl child welfare and aligned with SDGs 4, 5, and 10.



Book Exhibition

A Book Exhibition was successfully conducted at BGSINS in association with ACN College on 19th and 20th January 2026, featuring a wide range of nursing books from Jaypee Brothers Medical Publishers and CBS Publishers & Distributors. The exhibition promoted academic reading, updated knowledge resources, and familiarized students and faculty with the latest editions, with active participation and special discounts making the event highly beneficial for academic enrichment and strengthening library resources.



Quiz Competition

BGS Institute of Nursing Sciences, under Adichunchanagiri University, organized a Quiz Competition on 28/01/2026 at the Multipurpose Hall on the theme “Uniting for a Glaucoma-Free World.” The interactive programme enhanced awareness on glaucoma prevention, early detection, and management among nursing students, promoting teamwork and critical thinking, and aligning with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).



Thyroid Awareness Programme

BGS Institute of Nursing Sciences, under Adichunchanagiri University, organized a Thyroid Awareness Programme on 30/01/2026 at Agachahalli village through the Adult Health Nursing Department with the theme “Know Your Thyroid, Know Your Health.” The programme enhanced community awareness on thyroid disorders, prevention, early detection, and healthy lifestyle practices, encouraging regular screening and active participation, and aligned with SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).



Awareness Programme on Cervical Cancer and HPV

BGS Institute of Nursing Sciences, conducted an awareness programme on cervical cancer and HPV vaccination on 30th January 2026 at SJ BGS Polytechnic College. The session enhanced students' knowledge on prevention, early detection, and HPV vaccination through interactive discussions and booklet distribution, promoting positive health practices and aligning with SDG 3 (Good Health and Well-being), SDG 5 (Gender Equality), and SDG 10 (Reduced Inequalities).



Faculty Certifications & Achievements

We take immense pride in sharing that the faculty members of BGS Institute of Nursing Sciences have actively participated in various workshops and conferences and have successfully presented research papers. Their scholarly engagement reflects a strong commitment to academic excellence, continuous professional development, and the advancement of nursing education and research. This achievement stands as a testament to the institute's vibrant research culture and dedication to quality education.



Non Teaching Faculty Certificates and Achievements

