

॥ Jai Sri Gurudev ॥



ADICHUNCHANAGIRI
UNIVERSITY

Faculty of Nursing


BGS Institute of Nursing Sciences


“Spandana”

Voice of Nursing


APRIL 2026

Friday Florence


 ADICHUNCHANAGIRI UNIVERSITY
BG Nagara, Mandya-571448


 NAAC GRADE A+ ACCREDITED UNIVERSITY

Faculty of Nursing
BGS Institute of Nursing Sciences
Friday Florence -81




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 -82




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 -83




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 -84



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

April Month Inspection Conducted on 24/04/2026 and 25/04/2026

The Indian Nursing Council inspection was conducted on 24/04/2026 and 25/04/2026 to assess the infrastructure, academic facilities, laboratories, teaching-learning resources, clinical facilities, hostel facilities, hospital affiliations, faculty availability, student welfare services, and overall compliance with INC norms and standards.

The inspection team visited all departments, laboratories, classrooms, clinical areas, affiliated hospitals, library, hostel, transportation facilities, and administrative sections of the institution.

INFRASTRUCTURE



INFRASTRUCTURE



LABORATORIES



TEACHING- LEARNING RESOURCES



CLINICAL FACILITIES



HOSTEL FACILITIES



TRANSPORT FACILITIES



Certificates



Tech Trainers And Testers Pune
Registered under "The Bombay Public Trusts Act, 1950" The Govt. of Maharashtra Registration No. F-61131/PUNE

Certificate

AWARDED TO
JAYANTH KR

FOR COMPLETION OF TRAINING ON
THE POSH ACT 2013
THE SEXUAL HARASSMENT OF WOMEN AT WORKPLACE
(PREVENTION, PROHIBITION AND REDRESSAL) ACT, 2013
UGC REGULATIONS 2015

THE ABOVE CANDIDATE HAS BEEN REGISTERED FOR AND HAS
ATTENDED FULL ONE-DAY TRAINING ON THE MENTIONED TOPICS
ON THIS DAY, SATURDAY, APRIL 11, 2026 AND IS HEREBY AWARDED
THIS CERTIFICATE.


DR. PRASHANT GODGHATE
SECRETARY
TECH TRAINERS AND TESTERS PUNE


DR. MANOJ RAMRAO WAGH
CHAIRPERSON
TECH TRAINERS AND TESTERS PUNE

DATE OF ISSUE: APRIL 11, 2026
CERT. BATCH NO.: 82 / 230 / 02
CODE: S-82



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AWARDED TO
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Health Tips



IMPORTANT HEALTH TIPS

-  Don't take your medicine with cold water.
-  Don't eat heavy meals after 5pm.
-  Drink more water in morning, less at night.
-  Best sleeping time is 10pm to 4am.
-  Don't lie down immediately after taking meal.
-  Answer phone calls from Left ear.
-  When phone's battery is low to last bar, don't answer the call because the radiation is 1000 times stronger.

5 Golden Health Tips

- * **1 Apple / Day = No Doctor**
- * **1 Tulsi Leaf / Day = No Cancer**
- * **1 Lemon / Day = No Fat**
- * **1 Cup Milk / Day = No Bone Problem**
- * **3 Ltrs Water / Day = No Diseases**



www.ethnichealthcourt.com

10 Ways to Boost Your Energy Instantly

1. Stay Hydrated

Being dehydrated can lead to fatigue, crankiness, and foginess



2. Walk Around the Block

Even a short walk can get your endorphins flowing



3. Spend time in the Sun

A few minutes in the light can brighten your day



4. Sip Tea

For energy without a crash



5. Eat More Mini Meals

Eating good food frequently keeps your energy up



6. Take a Tech Break

A few minutes away from the gadgets can give you a boost



9 Tips For Fit And Healthy Body

-  Water intake
-  Brush teeth
-  More vegetables
-  No alcohol
-  Manage weight
-  No smoking
-  More fruit
-  Exercise daily
-  Proper sleep

Follow @fitandbeautiful4 for fitness and beauty tips