



॥ JAI SRI GURUDEV ॥



ADICHUNCHANAGIRI UNIVERSITY BGS INSTITUTE OF NURSING SCIENCES

SPANDHANA

VOICE OF NURSING

JUNE 2026



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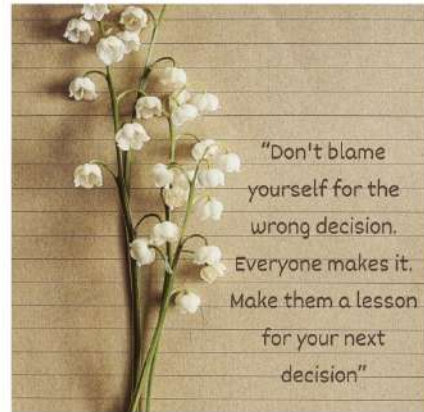
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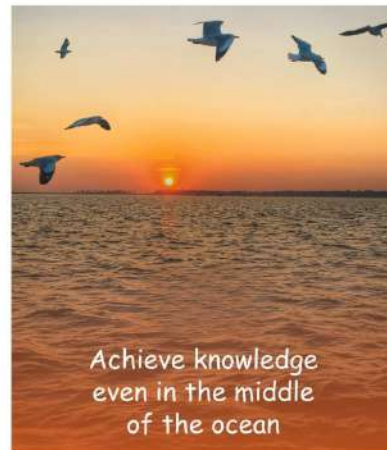
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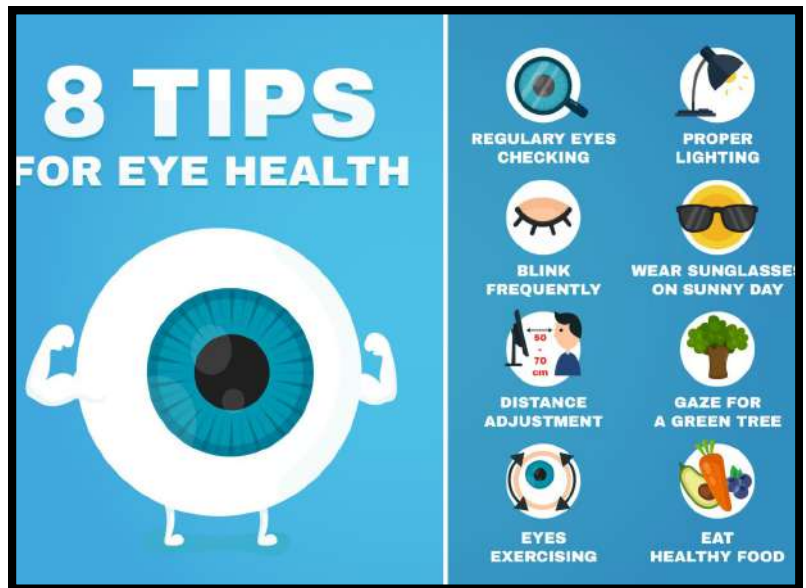
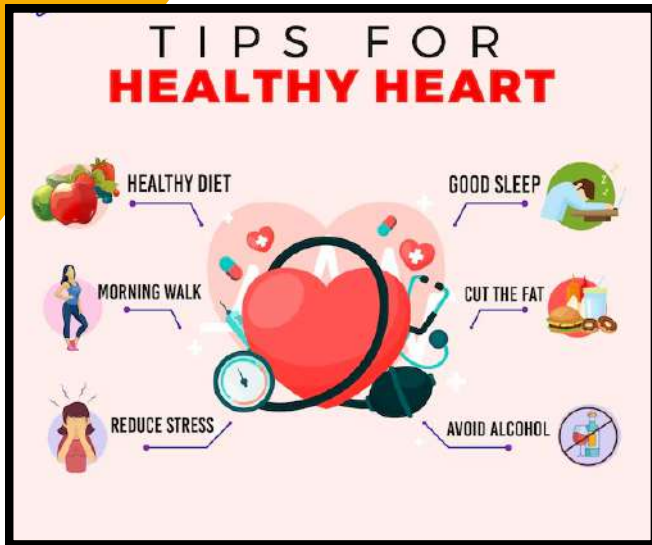
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HEALTH TIPS





WORLD ENVIRONMENT DAY-2026

3 DAYS-CLEANLINESS DRIVE

BGS Institute of Nursing Sciences, Sasyakashi Campus, conducted a Three-Day Cleanliness Drive from 01 June 2026 to 03 June 2026 with active participation from students and faculty members. The programme aimed to promote cleanliness, hygiene, environmental awareness, and social responsibility. Participants cleaned campus premises, gardens, pathways, open spaces, and common areas while ensuring proper waste disposal. Students were guided by faculty members and actively engaged in maintaining a clean and healthy environment. The activity enhanced awareness regarding sanitation, waste management, and environmental conservation. It also encouraged teamwork, leadership, cooperation, and community participation among students. The drive significantly improved the cleanliness and appearance of the campus. Students developed a sense of responsibility towards maintaining hygienic surroundings. The programme concluded with a cleanliness pledge and a commitment to sustainable environmental practices. The activity supported SDGs 3, 6, 11, 12, 13, 15, and 17.

WORLD ENVIRONMENT DAY-2026

TREE PLANTATION DRIVE

The Department of Community Health Nursing in association with the SDG Cell of BGS Institute of Nursing Sciences celebrated World Environment Day 2026 on 05 June 2026 at Sasyakashi Campus with the theme “Inspired by Nature. For Climate. For Our Future.” The programme featured a Sapling Plantation Drive inaugurated by Dr. C.K. Subbaraya, Registrar, ACU, followed by active participation from faculty and students. Around 120 students and staff members planted saplings of Mango, Neem, Banana, Areca, Mahogany, and Teak across the campus to enhance green cover and promote afforestation. The activity created awareness regarding environmental conservation, climate action, and sustainable practices. It strengthened the campus environment and encouraged collective responsibility towards protecting natural resources. The programme concluded successfully and contributed to SDG 11 (Sustainable Cities and Communities), SDG 12 (Responsible Consumption and Production), SDG 13 (Climate Action), SDG 14



WORLD DAY AGAINST CHILD LABOUR



On 13th June 2026, the Department of Child Health Nursing, BGS Institute of Nursing Sciences, Sasyakashi, observed a World Day Against Child Labour awareness programme at BGS Circle, Bellur. The programme aimed to educate the public on the harmful effects of child labour and promote children's rights to education, health, and protection. Sixth Semester B.Sc. Nursing students performed an impactful role play, displayed placards, and interacted with the community to spread awareness. Prior permission was obtained from the local police authorities for the event. The programme received positive public response and strengthened community commitment towards child welfare and the eradication of child labour. The activity supported SDGs 1 (No Poverty), 4 (Quality Education), 8 (Decent Work and Economic Growth), and 10 (Reduced Inequalities).



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Saturday, 13/06/2026 10:45 AM GMT +05:30

WORLD BLOOD DONOR DAY-2026

Sasyakashi Campus, under the theme “One Drop of Humanity – Give Blood, Save Lives.” The program, organized by the Adult Health Nursing Department and Youth Red Cross Society, promoted voluntary blood donation and awareness about safe blood transfusion. Students, faculty, healthcare professionals, and donors actively participated in the blood donation camp. Health screening, counseling, and awareness sessions were conducted to ensure safe donation practices and encourage regular blood donation. The initiative enhanced community participation, humanitarian values, and health awareness among students and the public. The program supported SDG 3 (Good Health and Well-Being), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals).





WORLD SICKLE CELL ANEMIA AWARENESS DAY

World Sickle Cell Anemia Awareness Day was observed on 20th June 2026 at ALK Government PU College, Bellur, by the Department of Child Health Nursing, BGS Institute of Nursing Sciences, Sasyakashi. The programme aimed to create awareness among PUC students about Sickle Cell Anemia, its causes, symptoms, complications, prevention, and management. Sixth Semester B.Sc. Nursing students conducted an informative role play highlighting the importance of early diagnosis, treatment, and regular health check-ups. Health education was also provided on genetic inheritance, prevention, and genetic counseling. The programme encouraged active student participation and improved knowledge regarding the disease and its prevention. The event supported SDGs 3 (Good Health and Well-being), 10 (Reduced Inequalities), 11 (Sustainable Cities and Communities), and 17 (Partnerships for the Goals).



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INTERNATIONAL YOGA DAY-2026

The International Day of Yoga 2026 was celebrated at Adichunchanagiri University with the theme “Yoga for Healthy Ageing.” The programme was blessed by His Holiness Dr. Nirmalanandanatha Mahaswamiji, who emphasized the importance of yoga in achieving physical, mental, and spiritual well-being. A mass yoga demonstration featuring various asanas, pranayama, meditation, and relaxation techniques was conducted by trained instructors. Around 1,000 students, faculty members, administrative staff, and personnel from Adichunchanagiri Hospital & Research Centre actively participated in the event. The programme created awareness about the benefits of yoga in promoting healthy lifestyles, preventing lifestyle-related diseases, reducing stress, and improving overall quality of life. It also contributed to the achievement of SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 17 (Partnerships for the Goals) by fostering a culture of holistic wellness and community participation.



NATIONAL PULSE POLIO PROGRAMME



The Department of Community Health Nursing, BGS Institute of Nursing Sciences, in collaboration with the Department of Health and Family Welfare and PHC, Kalinganahalli, actively participated in the National Pulse Polio Programme on 28 June 2026 at Toll Plaza, Nelligere. Oral Polio Vaccine (OPV) drops were administered to all eligible children below five years, ensuring no child was missed. The programme also created awareness among parents on the importance of complete immunization and timely vaccination. The active involvement of nursing students, healthcare professionals, and health workers strengthened community participation and supported India's polio-free status. The activity contributed towards SDG 3: Good Health and Well-Being, SDG 10: Reduced Inequalities, and SDG 17: Partnerships for the Goals.

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING



The Department of Nursing, BGS Institute of Nursing Sciences, organized to participate an awareness programme on International Day Against Drug Abuse and Illicit Trafficking on 30th June 2026 at the Multi-Purpose Hall. The programme educated students about the harmful effects of drug abuse, its legal consequences, and the importance of prevention and early intervention. A live screening of the state-level awareness session provided valuable insights from experts on drug control and rehabilitation. Students actively participated, received awareness pamphlets, and took a Drug-Free Oath to promote a healthy, drug-free lifestyle. The programme concluded successfully with enthusiastic participation, strengthening students' commitment towards building a drug-free society.

ARTICLE



POSITIVE THINKING: YOUR EVERYDAY SUPERPOWER

Imagine waking up on a Monday morning: your alarm is blaring, your hair is a mess, your phone is at 2%, and you've forgotten to iron your uniform. For many, that's the perfect recipe for a bad day.

But then a tiny voice says, "Relax... You've got this." That superhero is positive thinking.

Positive thinking doesn't mean pretending everything is perfect. It means facing problems with a better attitude. When life gives you lemons, make lemon juice, lemon pickle, or even a lemon face pack—just do something positive!

The bus is late? Enjoy your music. You spilled tea on your notes? Rewrite them and reinforce your learning. Exam tomorrow? At least it's not today! Positive thinkers turn everyday struggles into comedy instead of tragedy.

Positive thinking is like a gym for your brain. Every time you say, "I can handle this," you build confidence and become more resilient.

Its benefits include reduced stress, greater happiness, increased confidence, more opportunities, and even a stronger immune system. Positive thinking doesn't remove problems—it helps you handle them better.

How to stay positive:

- Talk to yourself kindly.
- Take breaks when needed.
- Focus on what's going right.
- Surround yourself with people who make you laugh and lift you up.

As the saying goes, "When you change the way you look at things, the things you look at change." Change the way you think, and you'll change the way you live.

By,
Ms. Rachana H P
2ND Semester

FACULTY ACHIEVEMENTS



Harshitha K successfully completed the AI Tools and ChatGPT Workshop conducted by be10X on 21st June 2026 and received a Certificate of Completion. The workshop enhanced skills in AI-powered presentation creation, data analysis, coding, and debugging, promoting digital competency and lifelong learning.



This certificate recognizes Harshitha K for successfully completing the Digital Awareness course offered through the Cisco Networking Academy program. It demonstrates the learner's understanding of essential digital literacy, online safety, and responsible use of digital technologies.



Mrs. Smitha N. participated a scientific poster at the International Conference on "Interdisciplinary Approaches in Health Sciences for Translational Research" held at Adichunchanagiri University, B.G. Nagara, on 22nd–23rd June 2026.

The conference provided an excellent platform to showcase research findings and interact with experts from various health science disciplines.

Welcome to

NATIONAL CONFERENCE

on
NURSING RESEARCH-
in Action



NATIONAL CONFERENCE ON "CATALYZING NURSING RESEARCH"

Ms. Poornima C.G., Faculty, BGS Institute of Nursing Sciences, Sasyakashi, Adichunchanagiri University, participated in the National Conference on "Catalyzing Nursing Research – Care 4.0 in Action" held at Dr. M.V. Shetty College of Nursing, Mangalore, on 08 June 2026. She presented her research study in the Scientific Oral Presentation category and secured Second Place for her outstanding presentation. The conference provided valuable opportunities for professional development through sessions on nursing research, publication ethics, healthcare innovations, and research funding. Her achievement reflects the institution's commitment to research excellence, evidence-based practice, and quality healthcare. The activity contributed to SDG 3 (Good Health & Well-Being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation & Infrastructure), and SDG 17 (Partnerships for the Goals).



The Research Foundation of India (RFI) awarded the Certificate of Individual Membership to Dr. Komala H. K, Principal, and Mr. Sharath S, Associate Professor, of BGS Institute of Nursing Sciences, Adichunchanagiri University, Sasyakashi. The membership recognizes their outstanding commitment, dedication, and valuable contributions to research and academic excellence. It also grants them the privileges of RFI-CARE Individual Membership. This recognition reflects their continuous efforts in promoting quality research and professional development. The membership is valid from 30 May 2026 to 29 May 2027.

Miss Poornima and Mrs Smitha.N Received a Certificate of Participation for successfully attending the One-Year Webinar Series on "Nurturing Minds: Compassionate Care, Mental Wellbeing, Resilience Support and Empowering Nursing Education" organized by the Trained Nurses' Association of India (TNAI), Uttar Pradesh State Branch. The webinar series enhanced knowledge on mental wellbeing, resilience, stress management, sleep health, and compassionate nursing practices.

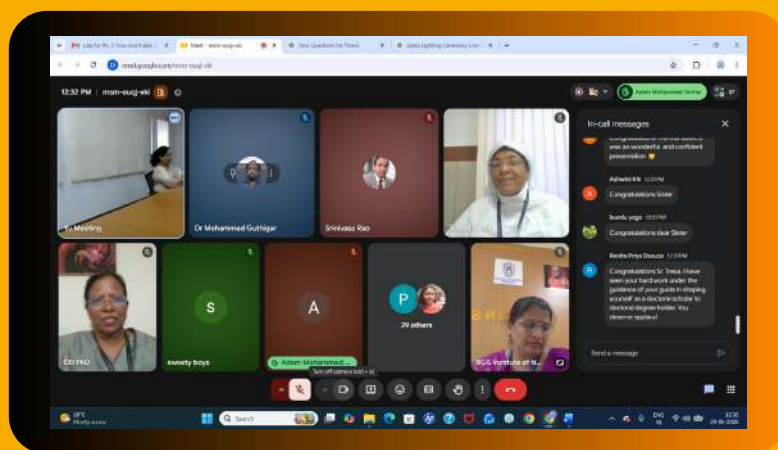


Received a Certificate of Participation for successfully attending the 9th National Webinar on "The Use of Digital Platforms to Improve Civic Management and Community Health Nursing Services" organized by GIAR Academic Foundation in collaboration with GPHAR. The webinar enhanced knowledge on the effective use of digital platforms in healthcare and community health nursing practices.





Mr. Sharath S was awarded a Certificate of Reviewing by the IP Journal of Paediatrics and Nursing Science in recognition of his valuable contribution as a peer reviewer. This certificate acknowledges his expert review of the manuscript titled "Morgagni Hernia Presenting with Bronchopneumonia in a Preschool Child: A Rare Diagnostic Challenge."



Dr. Komala H.K., Principal, BGS Institute of Nursing Sciences, attended the Ph.D. Viva-Voce Examination held on 30th June 2026 through the online platform. She actively participated in the viva proceedings and appreciated the research scholar's presentation and scholarly responses. The session concluded successfully with her congratulating the scholar and extending best wishes for future academic endeavors.



Dr. Komala H.K., Principal, BGS Institute of Nursing Sciences, attended the Ph.D. Viva-Voce Examination held on 29th June 2026 through the online platform. She actively participated in the viva proceedings and appreciated the research scholar's presentation and scholarly responses. The session concluded successfully with her congratulating the scholar and extending best wishes for future academic endeavors.