



The NSS unit of ACN:

Report of nss activities from 01.04.21 to 31.03.2022



Sl no.	List of the events	Date	Page no
1.	World environment day	05.06.2021	2 – 4
2.	World international yoga day	21.06.2021	5 – 9
3.	No plastic day	03.07.2021	10 – 16
4.	No tobacco day	27.07.2021	17
5.	Catch the rain	08.08.2021	18 - 19
6.	swaraj@ 75	10.08.2021	21 – 23
7.	National paper bag day	12.08.2021	24 - 25
8.	World organ donation day	13.08.2021	26
9.	Independence Day	15.08.2021	27 - 29
10.	Awareness programme on mental illness	18.08.2021	30 – 31
11.	Covid awareness programme	19.08.2021	31-32
12.	Swaccha Bharat Abhiyaan	30.08.2021	33-35
13.	National nutrition week	06.09.2021	36-40
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17.	World contraception day	29.09.2021	51-54
18.	Clean village green village	06.10.2021	55-57
19.	National Unity Day	31.10.2021	58-60
20.	Constitution day	26.11.2021	61-63
21.	Blood donation camp	02.12.2021	64-66
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23.	National deworming day	24.02.2022	68-70
24.	World water day	22.03.2022	71-73

**Report of World Environment Day:**

Adichunchanagiri College of Nursing On the occasion of world environment day NSS unit along with non-teaching staff celebrated meaningfully by planting tree saplings in ACN campus on 05.06.2021. Mr. Kantharaju S, NSS Program Officer, and all the non-teaching staff of ACN participated in the program.







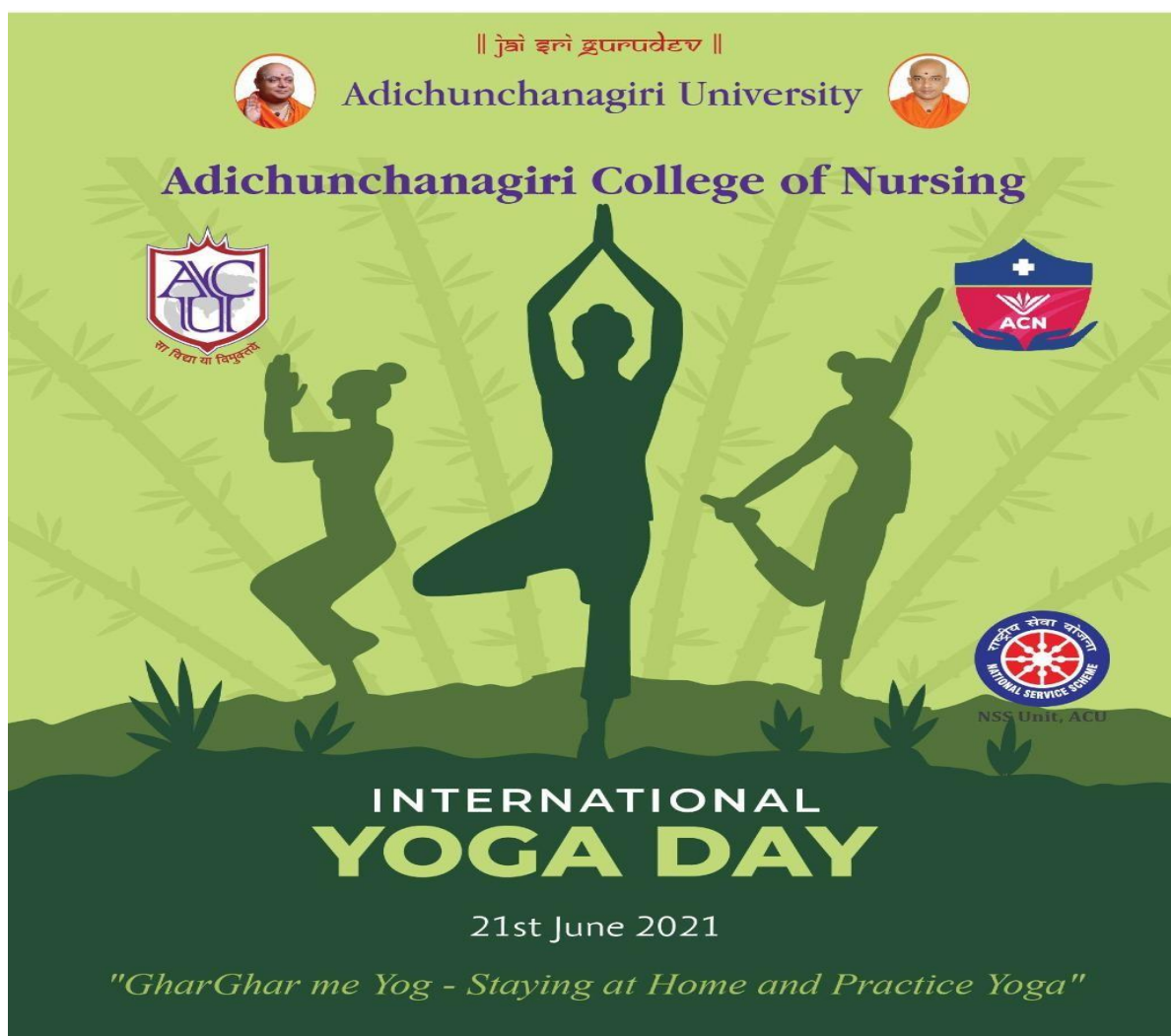






**Report of international yoga day 2021**

The national service scheme (NSS) unit of Adichunchanagiri college of nursing organized international yoga day with the theme of '**Yoga for well-being**' on 21.06. 2021. Mr. Mahesh Kumar M was the yoga master of the event. The event begins with welcome address by Mr. Kantharaju S, NSS programme officer of ACN. Session was started by displaying the short video content of yoga and Mr. Mahesh Kumar demonstrated the mudra & pranayama how its help in fight against current situation of pandemic covid -19 & event was ended by vote of thanks delivered by Mr. Kantharaju.S. Totally there were 150 participants. Event was started by 11.30 Am and ended at 1.00Pm.







**NIYAMA**

- Tapas  
penance or removal of impurities
- Swadhyaya  
study of the self
- Ishwar pranidhan  
surrender to God
- Shaucha  
purity of body and mind
- Santosh  
contentment and inner happiness

**PRANYAMA**

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|| JAI SRI GURUDEV ||

# ADICHUNCHANAGIRI COLLEGE OF NURSING

B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

(Affiliated to ACU, Recognized by KNC & INC)



ADICHUNCHANAGIRI  
UNIVERSITY

INTERNATIONAL YOGA DAY CELEBRATION-2021

01:17:16

Unmute (Ctrl+Shift+M)

Participants

Invite someone or dial a number

Share invite

Waiting in lobby (1)

In this meeting (108)

Mute all

KS Kantharaju S Organizer

AS ADEEP KUMAR SINGH

AS adithya suresh, (Guest) Guest

AF Afshan Firdose

AS AISWARYA SUNNY

AS Aksha Saju (Guest) Guest

AN AKSHATHA N

Dr. Muninar...

AF Afshan Fird...

Surojit (...)

PM Priyanka M...

A Anushak

+101

KS

Mahesh Kumar M (Guest)

Type here to search

28°C

ENG

12:27

21-06-2021

INTERNATIONAL YOGA DAY CELEBRATION-2021

01:19:45

Unmute (Ctrl+Shift+M)

Participants

Invite someone or dial a number

Share invite

Waiting in lobby (1)

In this meeting (100)

Mute all

KS Kantharaju S Organizer

AS ADEEP KUMAR SINGH

AF Afshan Firdose

AS AISWARYA SUNNY

AN AKSHATHA N

AS ALFA MARIYA SUNNY

ANIRIJDHANDHADER GAYEN

Dr. Muninar...

AF Afshan Fird...

Surojit (...)

PM Priyanka M...

A Anushak

+93

KS

Mahesh Kumar M (Guest)

Type here to search

28°C

ENG

12:29

21-06-2021





|| JAI SRI GURUDEV ||

# ADICHUNCHANAGIRI COLLEGE OF NURSING

B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

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ADICHUNCHANAGIRI  
UNIVERSITY

INTERNATIONAL YOGA DAY CELEBRATION-2021

01:24:10

Participants

Invite someone or dial a number

Share invite

In this meeting (102)

- Kantharaju S Organizer
- ADEEP KUMAR SINGH
- Afshan Firdose
- AISWARYA SUNNY
- AKSHATHA N
- ALFA MARIYA SUNNY
- ANIRUDDHADHABEY GAYEN

01:26:54

Participants

Invite someone or dial a number

Share invite

In this meeting (105)

- Kantharaju S Organizer
- ADEEP KUMAR SINGH
- Afshan Firdose
- AISWARYA SUNNY
- AKSHATHA N
- ALFA MARIYA SUNNY
- ANIRUDDHADHABEY GAYEN

Mute all

Type here to search

28°C

ENG

12:34

21-06-2021

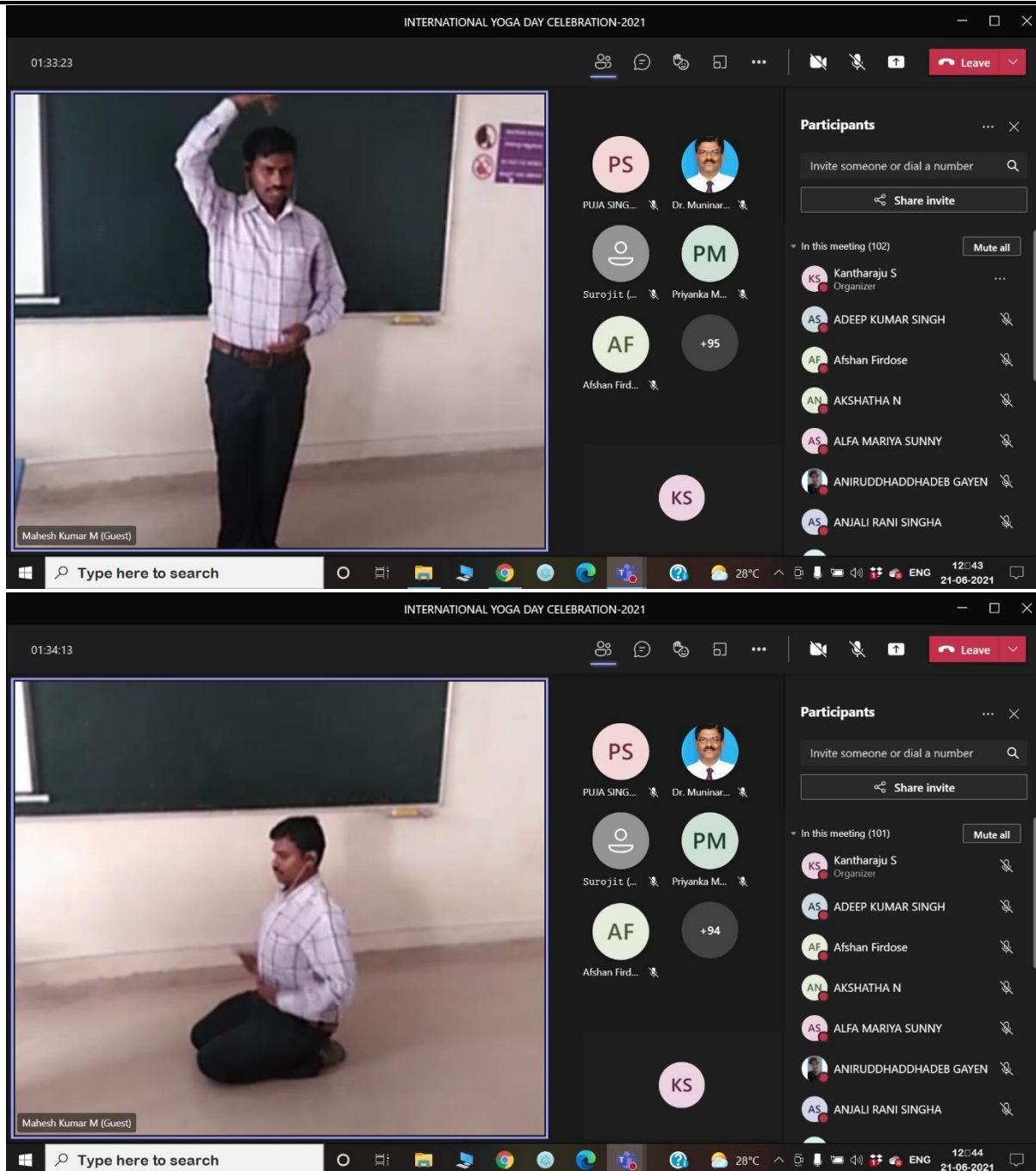
Type here to search

28°C

ENG

12:36

21-06-2021



INTERNATIONAL YOGA DAY CELEBRATION-2021

01:33:23

Participants

Invite someone or dial a number

Share invite

In this meeting (102)

Mute all

KS Kantharaju S Organizer

AS ADEEP KUMAR SINGH

AF Afshan Firdose

AN AKSHATHA N

AS ALFA MARIYA SUNNY

ANIRUDDHADHADBAYEN

AS ANJALI RANI SINGHA

PS PUJA SINGH

Dr. Muninar

PM Priyanka M.

Surojit

AF Afshan Firdose

+95

KS

Maresh Kumar M (Guest)

Type here to search

28°C

ENG

12:43

21-06-2021

INTERNATIONAL YOGA DAY CELEBRATION-2021

01:34:13

Participants

Invite someone or dial a number

Share invite

In this meeting (101)

Mute all

KS Kantharaju S Organizer

AS ADEEP KUMAR SINGH

AF Afshan Firdose

AN AKSHATHA N

AS ALFA MARIYA SUNNY

ANIRUDDHADHADBAYEN

AS ANJALI RANI SINGHA

PS PUJA SINGH

Dr. Muninar

PM Priyanka M.

Surojit

AF Afshan Firdose

+94

KS

Maresh Kumar M (Guest)

Type here to search

28°C

ENG

12:44

21-06-2021





## Report of no plastic day 2021:

As per the circular no ACU/AUTY/UGC –implementation of plastic free campus at ACU. The nss unit of Adichunchanagiri college of nursing organized poster & video presentation by nursing students on 3 July 2021. Among 25 students were participated on this competition.

|| जै श्री गुरुदेव ||



Adichunchanagiri University  
Adichunchanagiri College of Nursing



## SAY NO TO PLASTIC

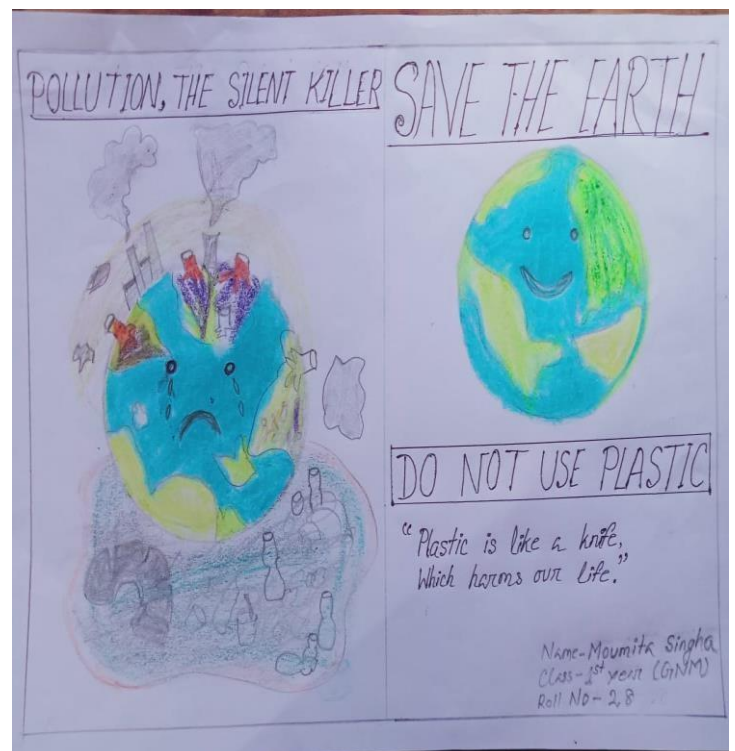
“

- Plastic is a man-made material, unlike other natural substances, it is not possible to dispose of it as it is a non-biodegradable material.
- Plastic bags are produced in large quantities all over the world, resulting in huge amounts of waste.
- This waste remains on the earth for thousands of years and it causes pollution of Land, Water and Air.
- In this way, it causes many serious diseases and environment pollution.
- When plastic bags are discarded after use, it becomes a serious environmental hazard.
- Along with polluting the land, it also effects the growth of trees and crops.
- Both wild plants are cultivated crops are affected by this.
- When trees are plants are harmed, the whole environment in negatively affected by it.
- Animal-birds also confuse and eat these plastic bags as their food, which makes them sick.
- Every year a large number of animals and birds, animals die due to eating plastic bags.











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# ADICHUNCHANAGIRI COLLEGE OF NURSING

B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

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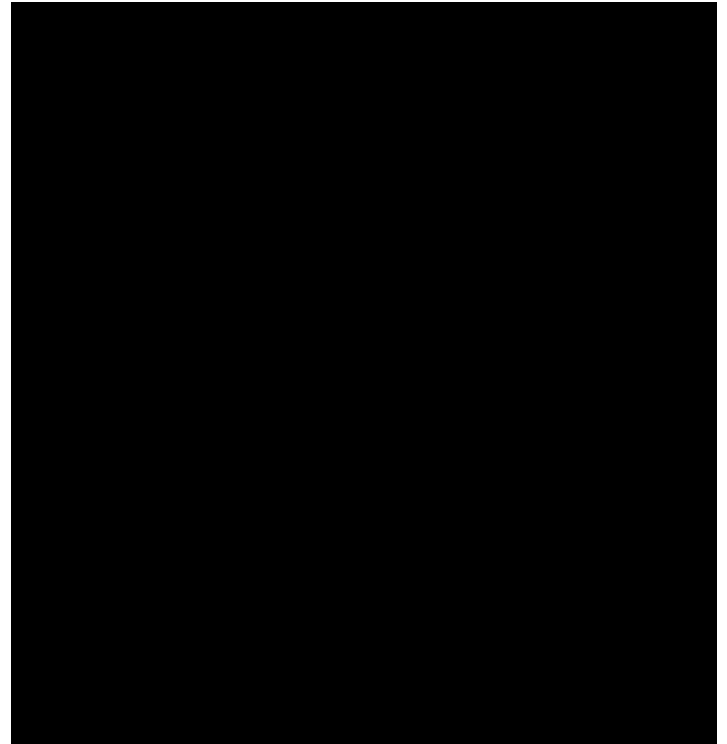
ADICHUNCHANAGIRI  
UNIVERSITY







Video presentation by students





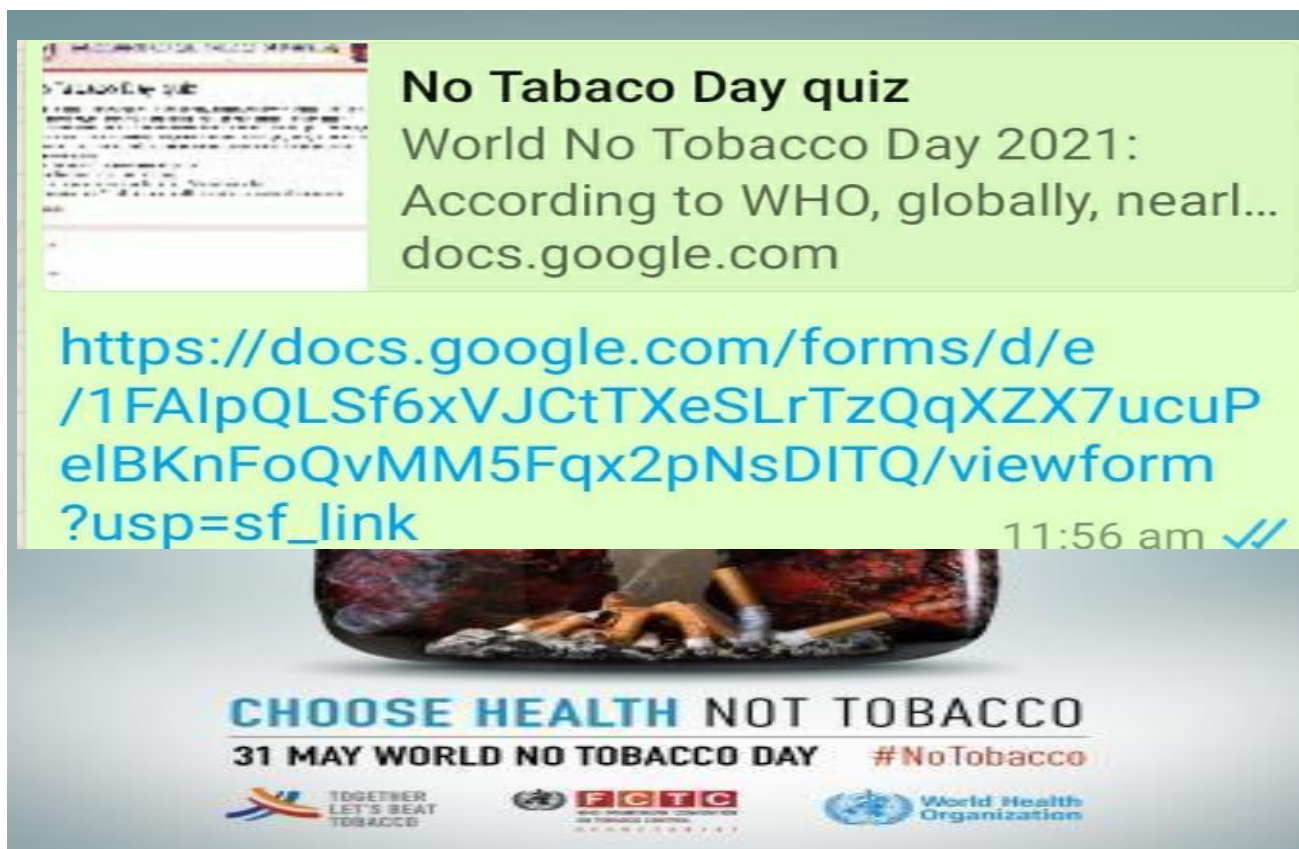






**Report of No Tobacco Day:**

The nss unit of Adichunchanagiri college of nursing organized no tobacco day on 27 July 2021 by an event of online google form quiz. Around 120 students were participated on this quiz.  
[https://docs.google.com/forms/d/e/1FAIpQLScuKke1NjRpH\\_Li6cmplo3ODUBXSPvRt5pYv](https://docs.google.com/forms/d/e/1FAIpQLScuKke1NjRpH_Li6cmplo3ODUBXSPvRt5pYv)



**No Tabaco Day quiz**  
World No Tobacco Day 2021:  
According to WHO, globally, nearl...  
[docs.google.com](https://docs.google.com/forms/d/e/1FAIpQLScuKke1NjRpH_Li6cmplo3ODUBXSPvRt5pYv)

[https://docs.google.com/forms/d/e/1FAIpQLSf6xVJCtTXeSLrTzQqXZX7ucuPeIBKnFoQvMM5Fqx2pNsDITQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf6xVJCtTXeSLrTzQqXZX7ucuPeIBKnFoQvMM5Fqx2pNsDITQ/viewform?usp=sf_link)

11:56 am ✓✓

**CHOOSE HEALTH NOT TOBACCO**  
**31 MAY WORLD NO TOBACCO DAY** #NoTobacco

TOGETHER LET'S BEAT TOBACCO

FCTC

World Health Organization

[CL8tJ1gp-oZng/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSf6xVJCtTXeSLrTzQqXZX7ucuPeIBKnFoQvMM5Fqx2pNsDITQ/viewform?usp=pp_url)



|| JAI SRI GURUDEV ||

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## **Report of rain harvesting awareness programme:**

On the eve of Azadi Ka Amrut Mahotsav India @ 75 the NSS unit of Adichunchanagiri college of nursing organized rain harvesting awareness programme with the tagline of “catch the rain” on 08.08.2021 at Thiganalahalli village, nagamangala taluk, mandya dist.





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B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

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B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

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## Report of MYBHARAT youth online campaign:

The NSS unit of Adichunchanagiri college of nursing, in association with Disha Bharat, was organized swaraj@75, an online youth campaign imbuing patriotism with the theme of “know yourself, know your country, know your culture” on 10.08.2021 through the MS Team platform at 11 to 12 pm. The event was started with the prayer song by Ayana baby from 4th year B. Sc nursing and a keynote address by guest prof. N Ramu, Principal first-grade college & NSS coordinator of Adichunchanagiri university. The chief guest & speaker of this event were Dr. Hemanth, professor and principal, HOD, department of orthodontics Dayananda Sagar college of dental science, Bengaluru had a deal with the session on swaraj@75 with the theme of “know yourself, know your country, know your culture” in his speech highlight the historical background of Indian country, revolution and reformation of pre-independence and post-independence development takes place in the industry, education, economy, health, and spirituality. The session concluded by Mis Kruthika and vote of thanks delivered by Mis. Pavithra NSS volunteer of ACN. There are 300 students and faculty who were present on this occasion.

॥ ज्ञे ज्ञे इने ज्ञुपुनवेडर ॥

**Adichunchanagiri University**

**Adichunchanagiri College of Nursing**

**DISHA BHARAT**  
Enriching life through voice education

**My BHARAT**  
An Online Youth Campaign Imbuing Patriotism

**Dr. Hemanth**  
Professor and Principal  
HOD, Dept. of Orthodontics  
Dayananda Sagar College  
of Dental Sciences, Bengaluru

**Swarajya @ 75**  
**AN ONLINE YOUTH CAMPAIGN**  
**IMBUING PATRIOTISM**

**Theme**  
**“Know Yourself, Know Your Country,  
Know Your Culture”**

Time: 11AM	Date: 10th August 2021	Platform: MStears
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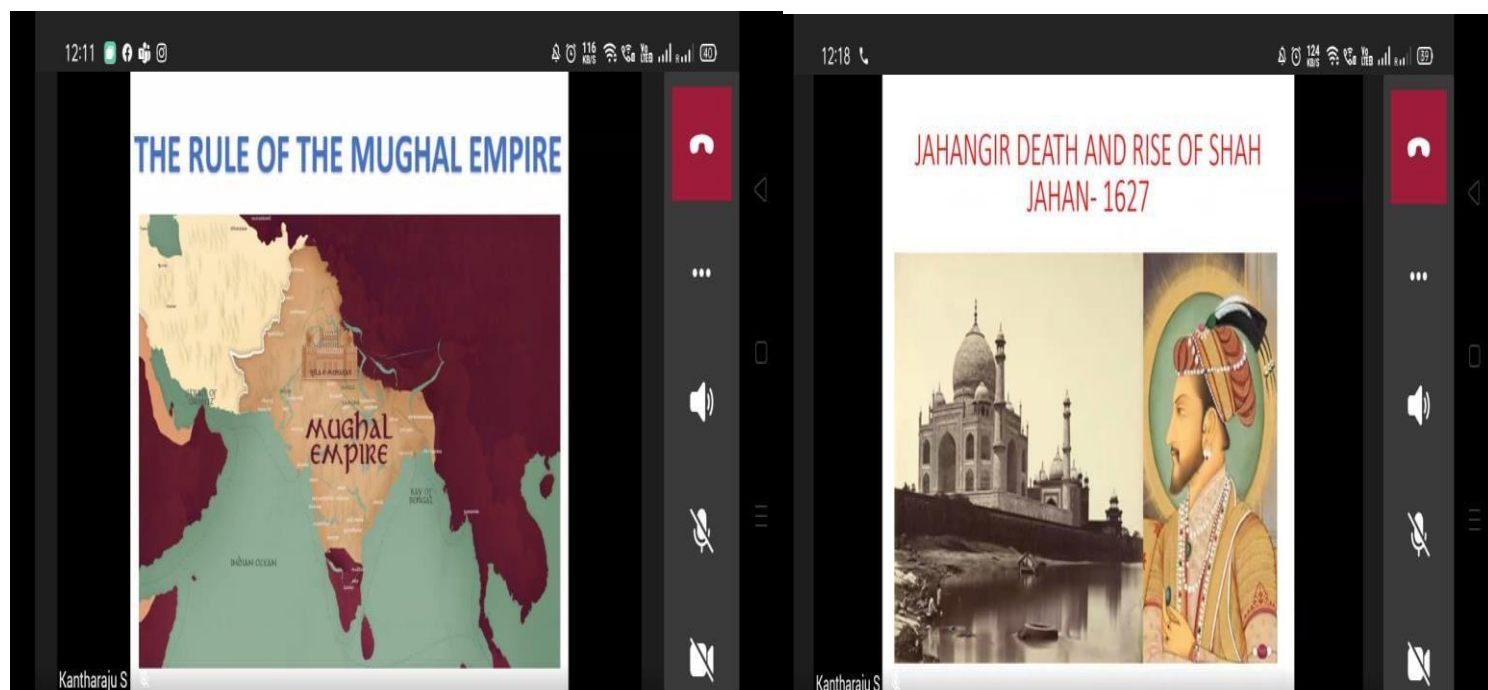
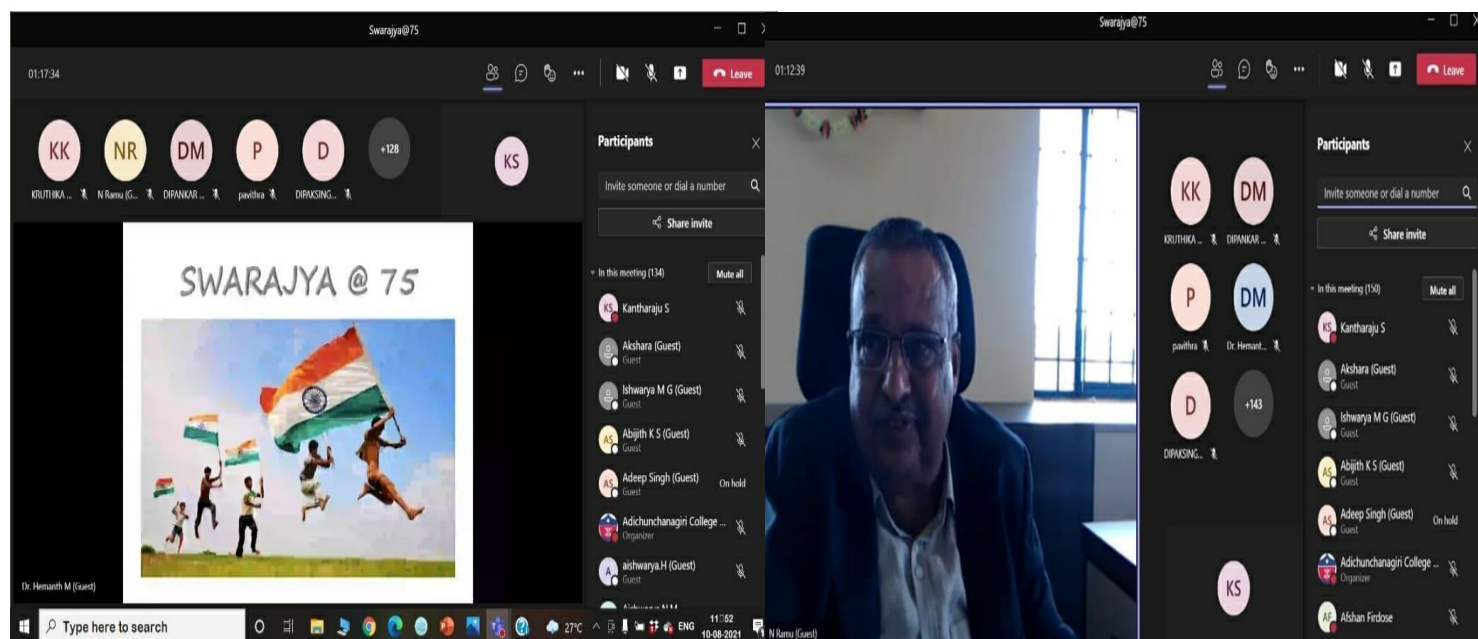
Chief Convener  
**Prof. Chandrashekar H C**  
Principal

Convener  
**Mr. Kantharaju S**  
Asst Professor & NSS Coordinator

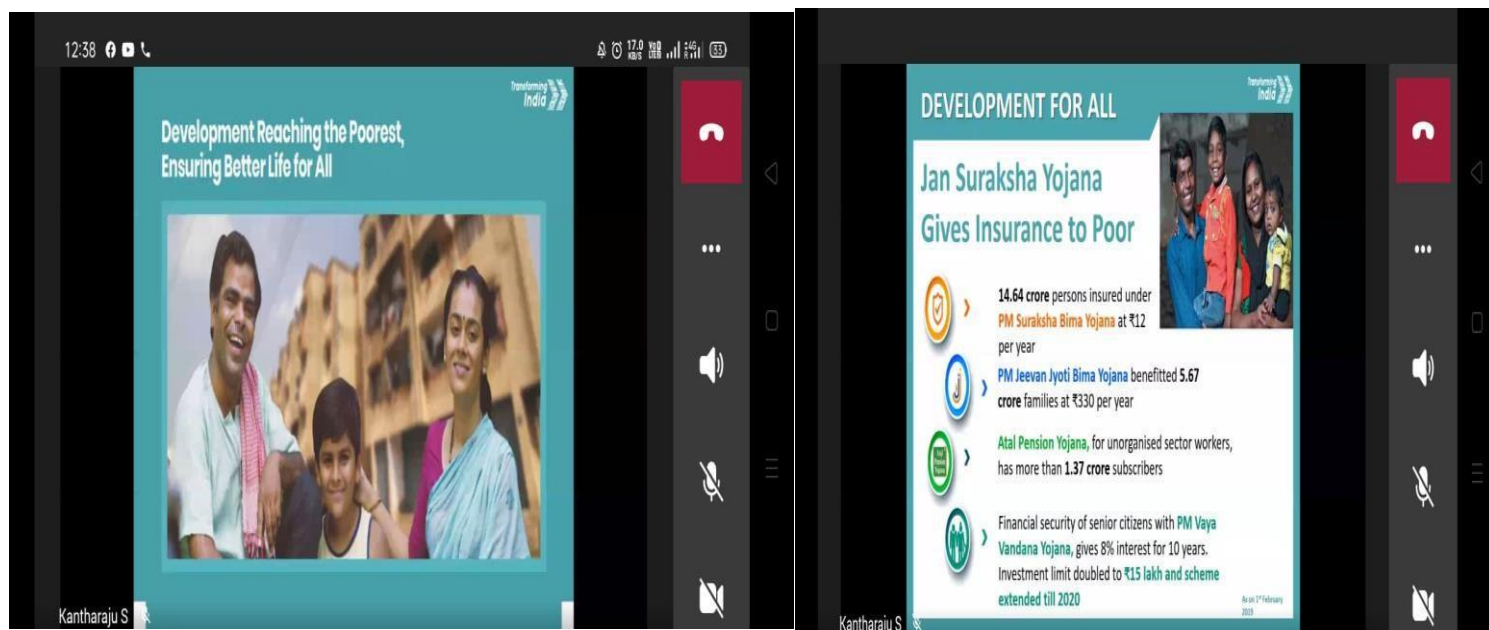
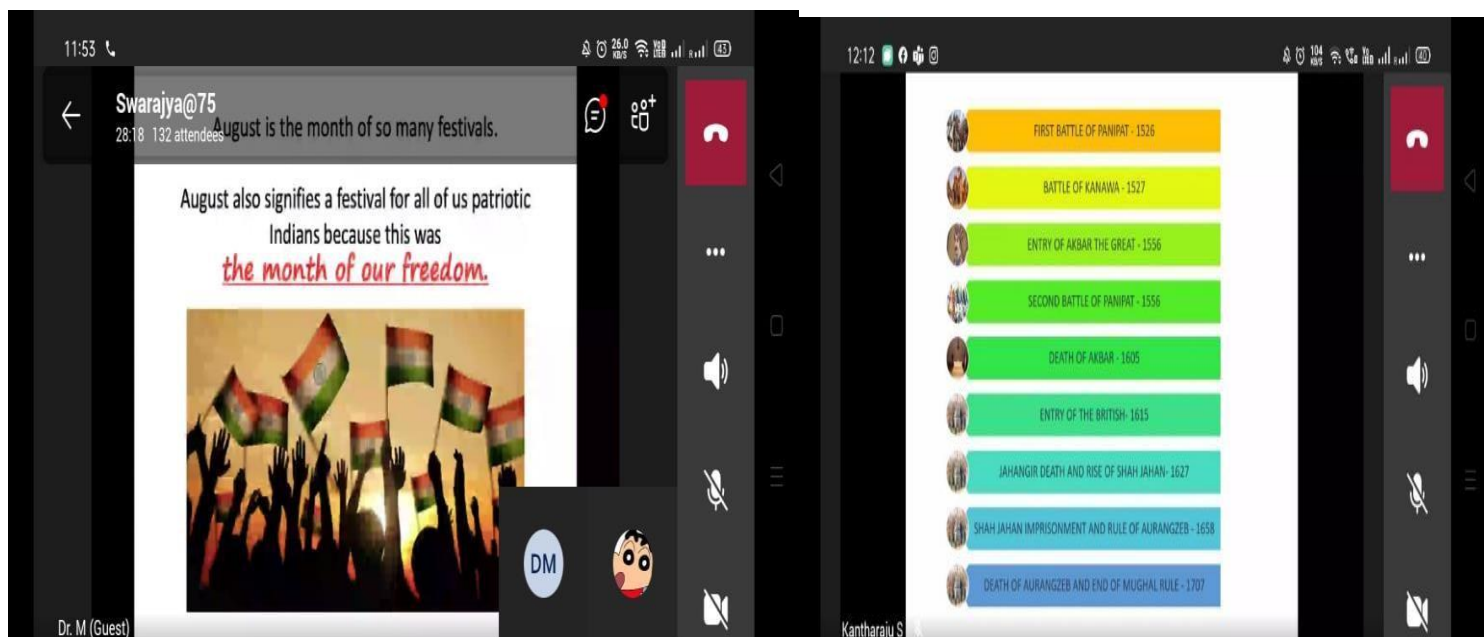
www.acnain.in

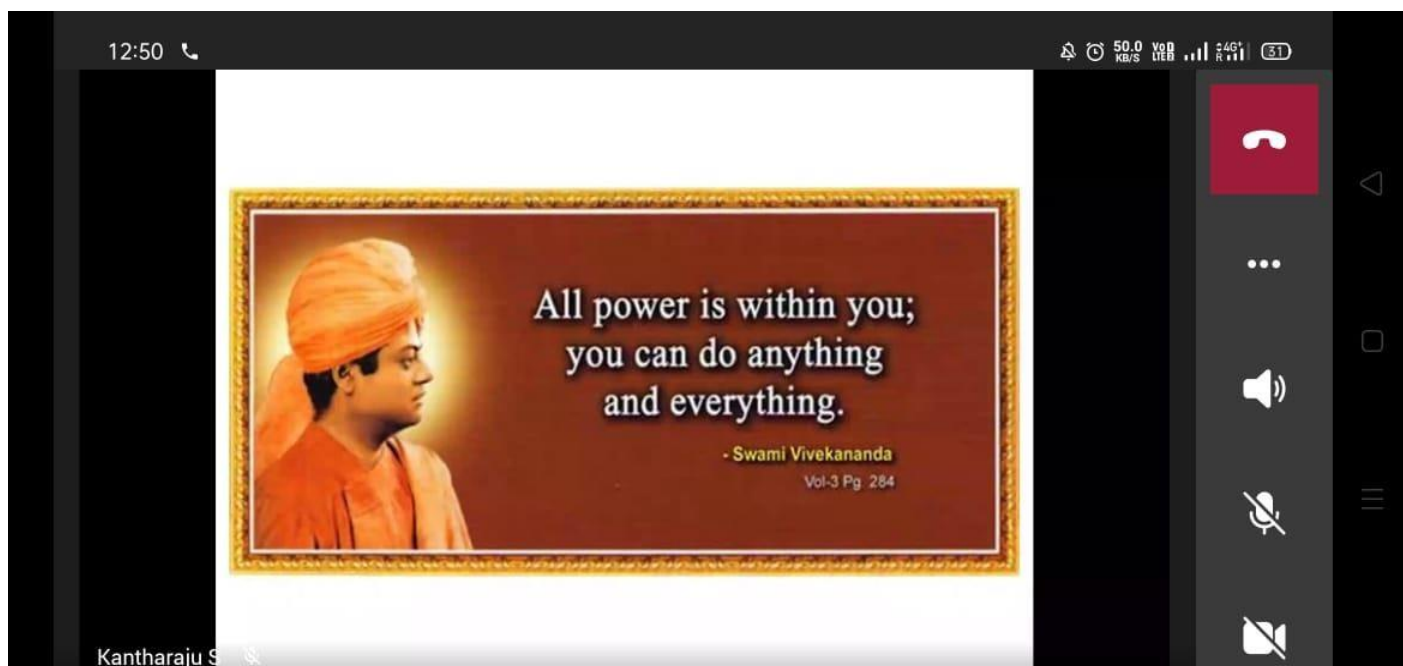
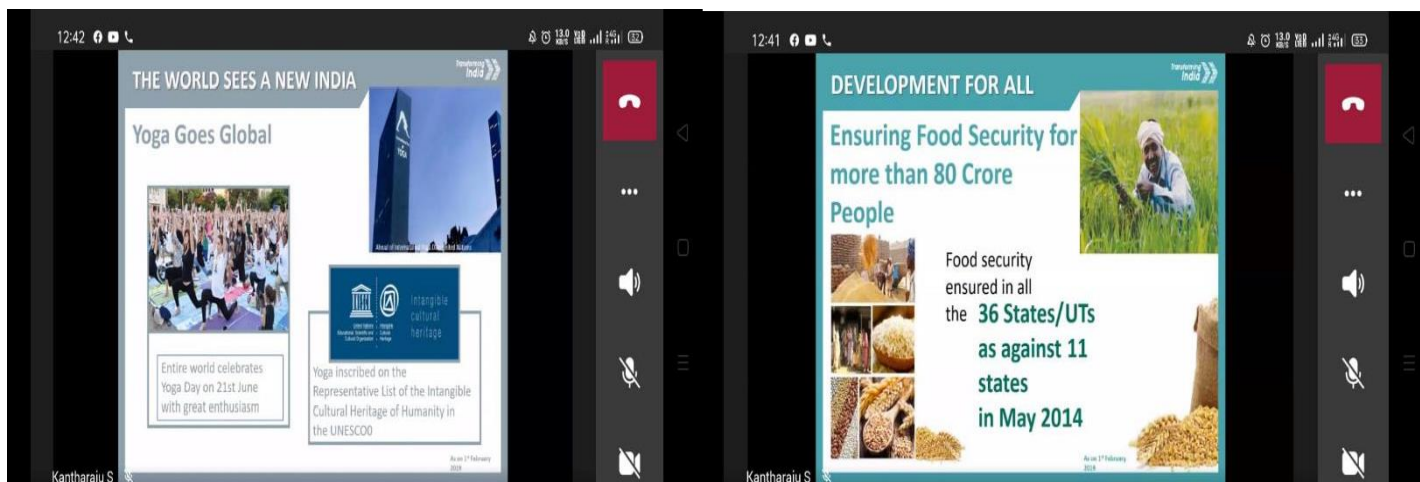
Organized by NSS Unit

acn@acu.edu.in







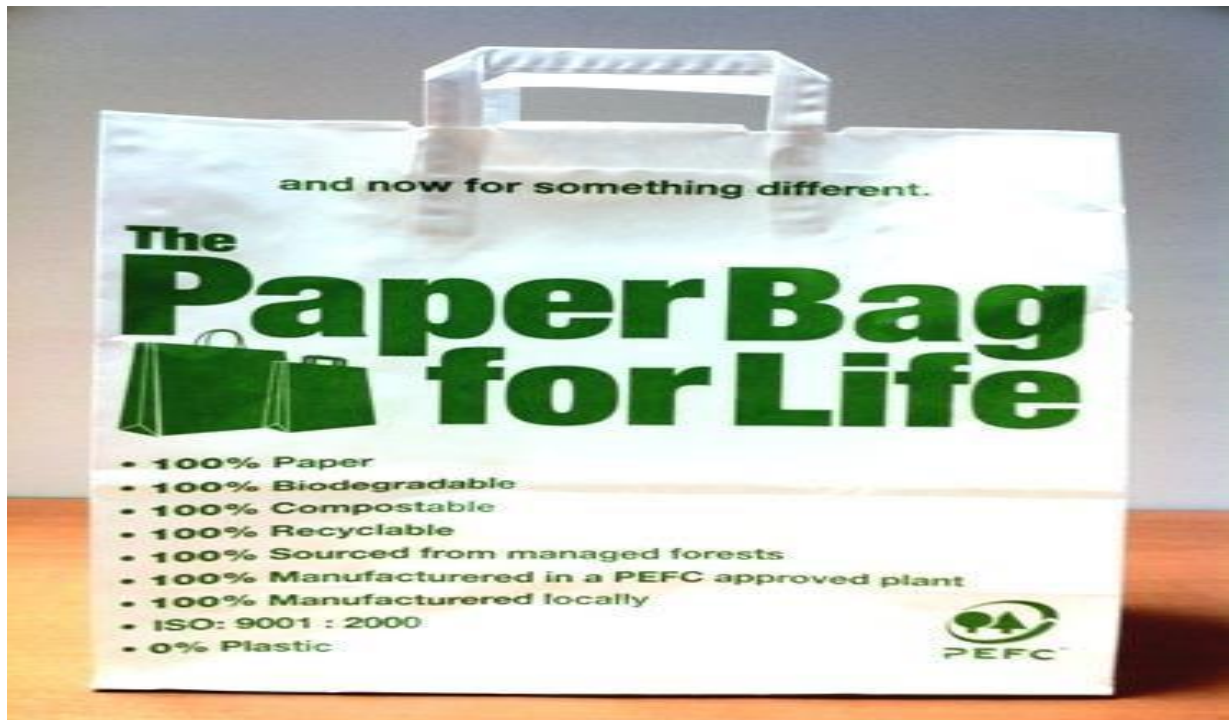




**Report of Paper Bag Day:**

As per the circular no ACU/AUTY/UGC –implementation of plastic free campus at ACU by using of paper bag. The nss unit of Adichunchanagiri college of nursing organized national paper bag day on 12 July 2021. Nss unit of volunteer presented a small video on awareness regarding use of paper bag on this event.

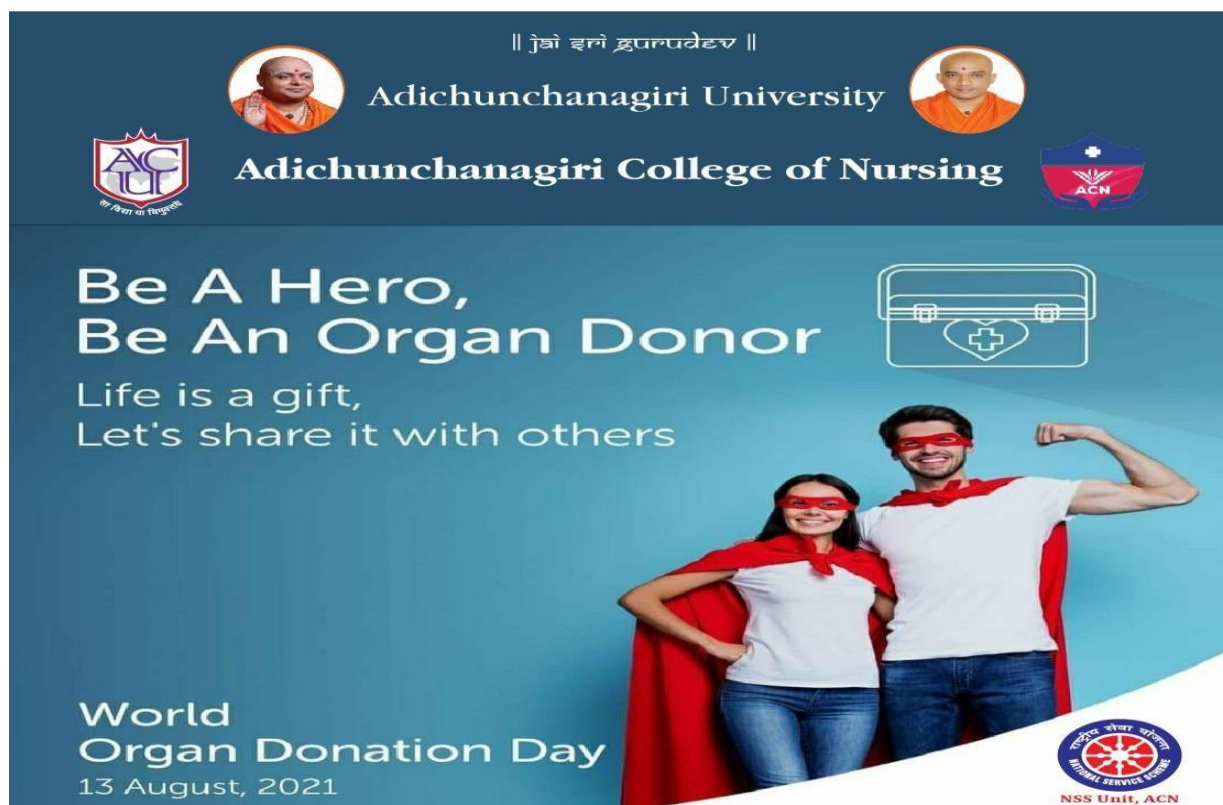






**Report of world organ donation day:**

The nss unit of Adichunchanagiri college of nursing organized world organ donation day on 13.08.2021 by conducting an event of online google form quiz. Around 60 students were participated on this quiz.



॥ जै श्री गुरुदेव ॥

Adichunchanagiri University

Adichunchanagiri College of Nursing

**Be A Hero,  
Be An Organ Donor**

Life is a gift,  
Let's share it with others

**World  
Organ Donation Day**  
13 August, 2021

NSS Unit, ACN

[https://docs.google.com/forms/d/e/1FAIpQLSfYL54ugxWBbllXc9yyMjMptSvwYGUWbpJXgu-9ohU1LQ-LzA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfYL54ugxWBbllXc9yyMjMptSvwYGUWbpJXgu-9ohU1LQ-LzA/viewform?usp=pp_url)



**World Organ Donation Day**  
A number of people lose their  
lives because of the unavailabilit...  
[docs.google.com](https://docs.google.com/forms/d/e/1FAIpQLSfYL54ugxWBbllXc9yyMjMptSvwYGUWbpJXgu-9ohU1LQ-LzA/viewform?usp=pp_url)

[https://docs.google.com/forms/d/e/1FAIpQLSfYL54ugxWBbllXc9yyMjMptSvwYGUWbpJXgu-9ohU1LQ-LzA/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSfYL54ugxWBbllXc9yyMjMptSvwYGUWbpJXgu-9ohU1LQ-LzA/viewform?usp=pp_url)

★ 1:58 pm ✓

**Report of Independence Day celebration:**

The NSS unit of Adichunchanagiri college of nursing, in association with Adichunchanagiri institute of medical science celebrated 75<sup>th</sup> Independence Day held at aims medical college triangle by 8.30 am on 15.08.2021 and My Bharat nationwide online youth campaign through face book live events. Dr. M.G. Shivaram, principal aims was the chief guest on this occasion in his speech remembered the great freedom fighter contribution for getting independence and also tribute to the all the covid warrior worker in our hospital. Prof.chandrashekar H C, principal of ACN, Dr. B G Sagar, Medical superintendent of AH & RC, Mr. B K Umesh finance officer of ACU, staffs, students and non-teaching staffs of ACN and AIMS who were present on this occasion. The programme ended by cultural events from ACN and aims students on this occasion.

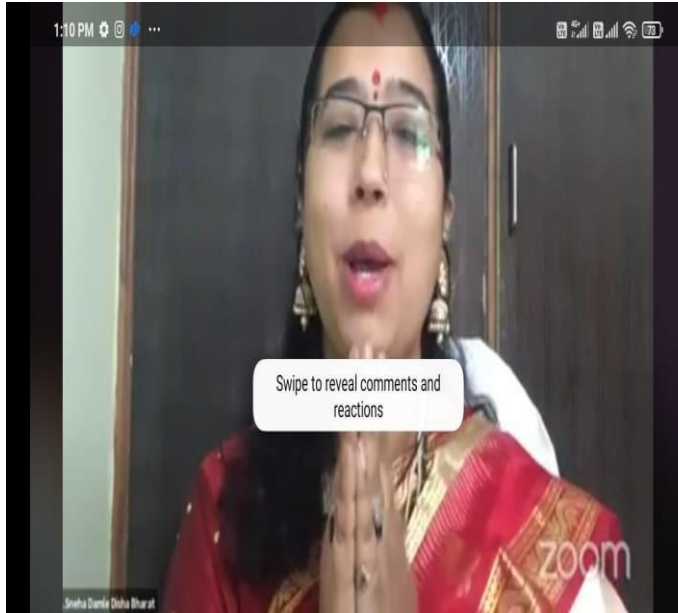








## MY Bharat online youth campaign on the occasion of 75<sup>th</sup> Independence Day:








## Report of covid -19 awareness programme:

The department of community health nursing in association with NSS unit of Adichunchanagiri college of nursing was organized covid -19 awareness programme on 18.08.2021 at Thiganahalli village, Nagamangala taluk, Mandya dist. Mis. Bhagaymma, Aganawadi teacher, Mis. Nagarathana, a member of grama panchayat, Mr. Kantharaju S, NSS coordinator, Mr. Chenthan B S, Assistant professor, dept. Psychiatry nursing who were present on this programme. The event was started with the prayer song by Mis. Archana II year P.B.B. Sc nursing and inaugurated by lighting the lamp by the all the guest. Then the programme started by the covid -19 awareness topic such as causes of covid -19, symptoms of covid -19, prevention of covid -19 and covid -19 vaccination taught by Mis. Varalakshmi and team of second year P.B.B.SC nursing. There are 60 nursing students and village people who were present on this event.



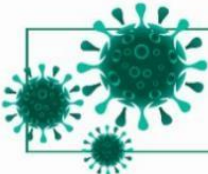
|| ज्ञानं इति गुरुदेव ||






ADICHUNCHANAGIRI  
COLLEGE OF NURSING



**COMMUNITY AWARENESS  
PROGRAMME** **ON**  **COVID-19**

**Date: 18-08-2021** **Time: 10:00 AM**

<b>Chief Convener</b> <b>Prof. Chandrashekar H C</b> Principal	<b>Convener</b> <b>Mr. PGN Swamy</b> Associate Professor	<b>Prof. Komala H K</b> Professor	<b>Co-ordinator</b> <b>Mr. Kantharaju S</b> Assistant Professor and NSS Coordinator
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**Organized by**  
**Department of Community Health Nursing**  
**In Association with NSS Unit, ACN.**

**Venue: Thigalanahalli,**  
**Nagamangala Tq, Mandya**





**Report of Swachh Bharat Abhiyaan:**

The Dept. of Community Health Nursing in association with NSS unit of ACN organized Swachh Bharat Abhiyaan rally on 30.08.2021 at Thiganahalli village, Nagamangala (TQ). The Mis. Bhagaymma, Aganawadi teacher was the chief guest on this programme and Mr. kantharaju S, NSS programme officer were present on the occasion. The rally was inaugurated by the chief guest by showing flag. Fifty Nursing students of the college of nursing took part in the rally, the rally was moved across village around radius of 1.5 km with banner and slogans consisting of messages regarding cleanliness of environment. General public witnessed the rally and listened to the key message.







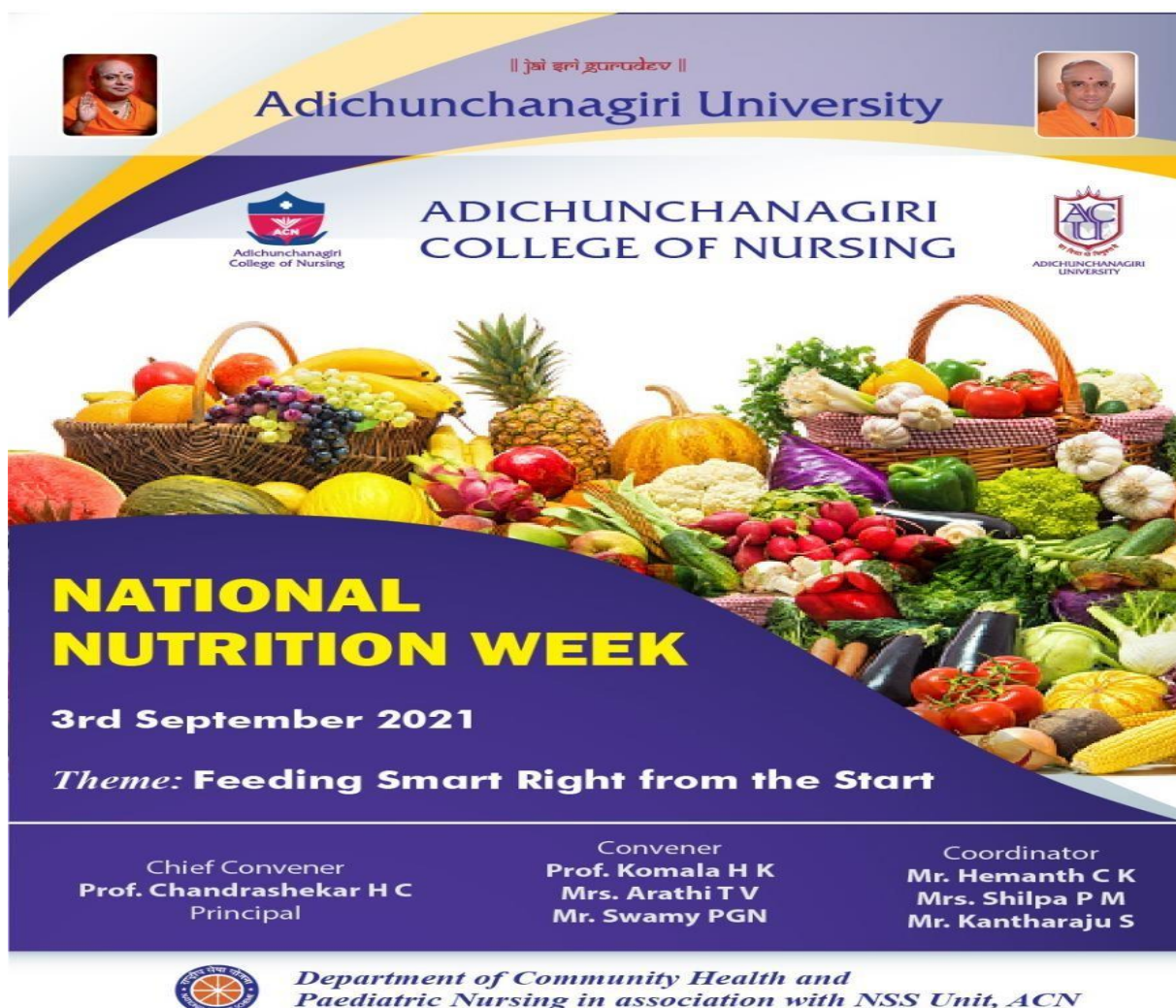






**Report of national nutritional week:**

The department of community health nursing and pediatric nursing in association with NSS unit of Adichunchanagiri college of nursing was organized national nutrition week on 01.09.2021 to 07.09.2021 at Arani village, Nagamangala taluk, Mandya dist. Mr. Puttaraju, a member of grama panchayat, Mr. Ravikumar, headmaster of primary school, Mr. Sundharaju a teacher of primary school, Mr. Bharat, SDMC member, who were present on this programme. The event was started with the prayer song by Mis. Sushmita III-year G N M and inaugurated by lighting the lamp by the all the guest. Then the programme started by the following activities namely nutrition education awareness taught by mis. Vinutha and team of III-year GNM, drama on nutrition awareness by mis. Shana and team and finally event was ended with serving nutrition food to children of school. There are fourty nursing students and fifty school children who were present on this event.



The poster for National Nutrition Week features a vibrant image of various fruits and vegetables in baskets. At the top, it displays the Adichunchanagiri University logo and the motto '॥ ज्ञानं इमे ह्यनुपमदेव ॥'. Below this, the Adichunchanagiri College of Nursing logo is shown. The main text reads 'NATIONAL NUTRITION WEEK' in large yellow letters, followed by '3rd September 2021' and the theme 'Feeding Smart Right from the Start'. At the bottom, the names of the Chief Convener, Convener, and Coordinator are listed.

**Adichunchanagiri University**

**ADICHUNCHANAGIRI COLLEGE OF NURSING**

**NATIONAL NUTRITION WEEK**


**3rd September 2021**

**Theme: Feeding Smart Right from the Start**

**Chief Convener**  
Prof. Chandrashekar H C  
Principal

**Convener**  
Prof. Komala H K  
Mrs. Arathi T V  
Mr. Swamy PGN

**Coordinator**  
Mr. Hemanth C K  
Mrs. Shilpa P M  
Mr. Kantharaju S

 **Department of Community Health and Paediatric Nursing in association with NSS Unit, ACN**











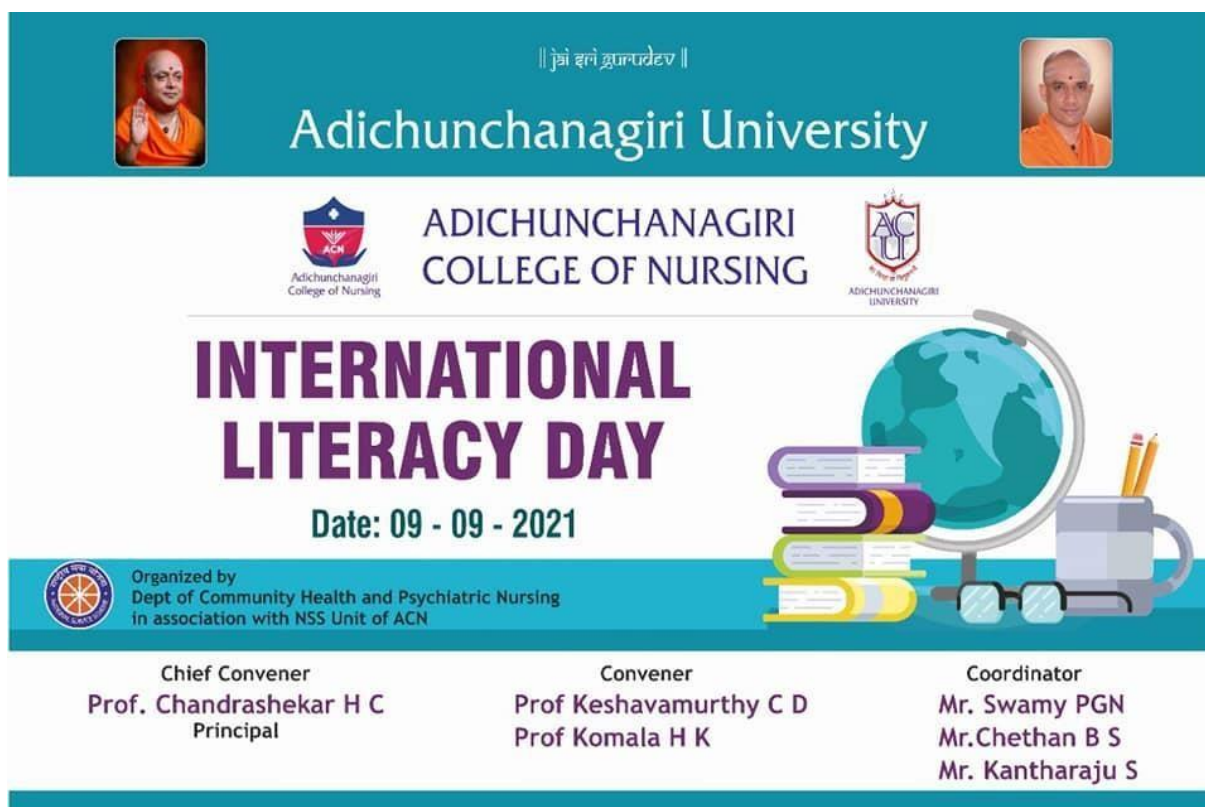






**Report of international literacy day:**



The department of community health nursing and psychiatric nursing in association with NSS unit of Adichunchanagiri college of nursing was organized International Literacy Day on 09.09.2021 at Arani village, Nagamangala taluk, Mandya dist. Mr Kantharaju S NSS Co ordinators, Mr Nikil J V and Mr Prathap Kumar M R Department supervisor who were inaugurating the rally by showing flag. During this rally students were creating the awareness of literacy among village people by delivering the slogans with the message consists of encouragement of education by girl child with various schemes. The rally moved around radius of 1.5 km of streets of village and during this rally 60 nursing students who were present on this vacation.



The banner is a horizontal rectangular graphic with a teal header and footer. The header contains two portraits of men in orange robes, the text "|| जै श्री गुरुदेव ||" in Devanagari script, and "Adichunchanagiri University". The main body is white and features the college logo, the text "ADICHUNCHANAGIRI COLLEGE OF NURSING", and a large illustration of a globe with books, a pencil, and glasses. The text "INTERNATIONAL LITERACY DAY" is prominently displayed in purple, followed by "Date: 09 - 09 - 2021". The footer is teal and lists the organizers: Chief Convener Prof. Chandrashekar H C Principal, Convener Prof Keshavamurthy C D Prof Komala H K, and Coordinator Mr. Swamy PGN Mr.Chethan B S Mr. Kantharaju S.


|| जै श्री गुरुदेव ||

**Adichunchanagiri University**

 **ADICHUNCHANAGIRI  
COLLEGE OF NURSING** 

**INTERNATIONAL  
LITERACY DAY**

**Date: 09 - 09 - 2021**

 Organized by  
Dept of Community Health and Psychiatric Nursing  
in association with NSS Unit of ACN

**Chief Convener**  
**Prof. Chandrashekar H C**  
Principal

**Convener**  
**Prof Keshavamurthy C D**  
Prof Komala H K

**Coordinator**  
**Mr. Swamy PGN**  
**Mr.Chethan B S**  
**Mr. Kantharaju S**









|| JAI SRI GURUDEV ||

# ADICHUNCHANAGIRI COLLEGE OF NURSING

B.G.NAGARA, NAGAMANGALA TQ, MANDYA DIST – 571 448

(Affiliated to ACU, Recognized by KNC & INC)



ADICHUNCHANAGIRI  
UNIVERSITY

## Report of NSS founders' day:

On the view of NSS Founder's Day the NSS unit of Adichunchanagiri college of nursing in association with sri Adichunchanagiri college of pharmacy were organized health screen campaign on 24.09.2021 at Arani village, Nagamangala taluk, Mandya dist. During this programme the NSS Voluntary conduct health screening by glucometer test, B.P measurement, weight recording, counselling of health issues to client after testing, distribution of general health issues awareness pamphlets to house to house of village people. Around 120 village people were undergone health screening and 60 NSS volunteer who were participated on this programme. The programme are meaningfully ended with delivery of NSS pledge to volunteer and making a group photo session.



|| ज्ञानं ह्यनेन ब्रह्मचर्यदेव ||





ADICHUNCHANAGIRI  
COLLEGE OF NURSING



## Health Screen Campaign

In view of NSS Founder's Day

**Date:** 24-09-2021      **Time:** 11:00 AM

Chief Convener <b>Prof. Chandrashekar H C</b> Principal	Convener <b>Mr. Kantharaju S</b> NSS Programme Officer
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Organized by **NSS Unit**  
In Association with **Sri Adichunchanagiri College of Pharmacy**

**Venue:**  
**Arani, Bellur (H)**















**Report of fit India freedom run:**

On the eve of India celebrating its 75 years of Independence, ACU NSS had organised \*‘FIT INDIA RUN’\* program on 25-09-2021 at 9:00AM. Dr. C K Subbaraya, Registrar, ACU initiated the program. Dr. M G Shivaramu, Dr. A T Shivaramu, Dr. B Ramesh, NSS program coordinator Prof. N Ramu, NSS program officers and 150 selected NSS volunteers from the constituent colleges took part in the program.











## ಬಲಿಷ್ಠ ಭಾರತ ನಿರ್ಮಾಣಕ್ಕೆ ಫಿಟ್ ಇಂಡಿಯಾ ಪ್ರೀಡಂ ರನ್

### • ಪ್ರಜಾವಾಹಿನಿ-ನಾಗಮಂಗಲ

ದೇಶದ ಸ್ವಾತಂತ್ರ್ಯ ಅಮೃತ ಮಹೋತ್ಸವವನ್ನು ಅರ್ಥಪೂರ್ಣವಾಗಿ ಆಚರಿಸಬೇಕಾದರೆ ಭಾರತವನ್ನು ಬಲಿಷ್ಠ ರಾಷ್ಟ್ರವನ್ನಾಗಿ ಮಾಡಬೇಕು ಎಂದು ಆದಿಚುಂಚನಗಿರಿ ವಿಶ್ವ ವಿದ್ಯಾಲಯದ ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನಾ ಕಾರ್ಯಕ್ರಮ ಸಂಯೋಜನಾಧಿಕಾರಿ ಪ್ರೊ. ಎನ್.ರಾಮು ಅಭಿಪ್ರಾಯಪಟ್ಟರು.

ನಾವು ಸ್ವಾತಂತ್ರ್ಯದ 75 ನೇ ವರ್ಷವನ್ನು ಆಚರಿಸುವ ಸಂದರ್ಭದಲ್ಲಿ ಸದೃಢ ಮತ್ತು ಆರೋಗ್ಯಕರ ಭಾರತಕ್ಕಾಗಿ ಸಂಕಲ್ಪ ಮಾಡಬೇಕು. ಏಕೆಂದರೆ ಸದೃಢ ಮತ್ತು ಆರೋಗ್ಯಕರ ಭಾರತದಿಂದ ಮಾತ್ರವೇ ಬಲಿಷ್ಠ ಭಾರತ ನಿರ್ಮಾಣ ಮಾಡಲು ಸಾಧ್ಯ. ಆದ್ದರಿಂದ ರಾಷ್ಟ್ರವ್ಯಾಪಿ ಫಿಟ್ ಇಂಡಿಯಾ ಸ್ವಾತಂತ್ರ್ಯದ ಓಟ 2.0 ರಲ್ಲಿ ಕೇವಲ ವಿದ್ಯಾರ್ಥಿಗಳಷ್ಟೇ ಅಲ್ಲ ದೇಶದ ಜನರಲ್ಲರೂ ಭಾಗವಹಿಸಬೇಕು ಎಂದರು.

ಜನರು ತಮ್ಮ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಓಟ ಮತ್ತು ಕ್ರೀಡೆಗಳಂತಹ ಫಿಟ್ನೆಸ್ ಚಟುವಟಿಕೆಗಳನ್ನು ಕೈಗೊಳ್ಳಲು ಪ್ರೋತ್ಸಾಹಿಸುವುದು ಮತ್ತು ಬೋಬ್ಬು, ಸಾಂಸ್ಕೃತಿಕ ಒತ್ತಡ, ಆತಂಕ, ರೋಗಗಳು ಇತ್ಯಾದಿಗಳಿಂದ ಮುಕ್ತಿ ಪಡೆಯುವುದು ಇದರ ಉದ್ದೇಶವಾಗಿದೆ. ಈ ಅಭಿಯಾನದ ಮೂಲಕ ನಾಗರಿಕರಿಗೆ ತಮ್ಮ ಜೀವನದಲ್ಲಿ ಪ್ರತಿದಿನ ಕನಿಷ್ಠ 30 ನಿಮಿಷಗಳ ಚಟುವಟಿಕೆಯನ್ನು ಸೇರಿಸುವ



ಸಂಕಲ್ಪ ಮಾಡಲು ಕರೆ ನೀಡಲಾಗಿದೆ.

ಗಣ್ಣು, ಜನಪ್ರತಿನಿಧಿಗಳು, ಸಾಮಾಜಿಕ ಕಾರ್ಯಕರ್ತರು, ಕ್ರೀಡಾಪಟುಗಳು, ಮಾಧ್ಯಮ ವ್ಯಕ್ತಿಗಳು, ವೈದ್ಯರು, ರೈತರು ಹೀಗೆ ಸಮಾಜದ ವಿವಿಧ ಸ್ತರಗಳ ಜನರು ಕೋವಿಡ್ - 19 ರ ಶಿಷ್ಟಾಚಾರಗಳನ್ನು ಅನುಸರಿಸುವ ಮೂಲಕ ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಿ ಈ ಅಭಿಯಾನವನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಬೇಕಿದೆ. ಸ್ನೇಹಿತರ ಒಕ್ಕೂಟ, ಕುಟುಂಬಗಳು ಮತ್ತು ಸಮಾನ ಮನಸ್ಸು ಗುಂಪುಗಳು, ಯುವ ಸ್ವಯಂಸೇವಕರು ಪ್ರಮುಖ ಚಟುವಟಿಕೆಗಳಾದ ಪ್ರತಿಜ್ಞೆ ರಾಷ್ಟ್ರಗೀತೆಯ ಗಾಯನ, ಸ್ವಾತಂತ್ರ್ಯದ ಓಟ, ವಿವಿಧ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಹಳಿ ಹಳಗಲಿ ಆಯೋಜಿಸುವ ಮೂಲಕ ಫಿಟ್ ಇಂಡಿಯಾ ರನ್ 2.0 ಅಭಿಯಾನವನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಲು ಪ್ರಾಮಾಣಿಕ ಪ್ರಯತ್ನ ಮಾಡಬೇಕು ಎಂದು ಕರೆಕೊಟ್ಟರು.

ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಆದಿಚುಂಚನಗಿರಿ

ವಿಶ್ವವಿದ್ಯಾಲಯದ ಡಾ.ಸಿ.ಕೆ.ಸುಬ್ಬರಾಯ ಹಸಿರು ನಿಶಾನೆ ತೋರುವ ಮೂಲಕ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಚಾಲನೆ ನೀಡಿದರು.

150 ಕ್ಕೂ ಹೆಚ್ಚು ಎನ್‌ಎಸ್‌ಎಸ್ ಸ್ವಯಂ ಸೇವಕರು ಕಾಲೇಜಿನ ಆವರಣದಿಂದ ಬೆಳ್ಳೂರು ಕ್ರಾಸ್ ರಾಷ್ಟ್ರೀಯ ಹೆದ್ದಾರಿಯಲ್ಲಿ ಜಾರ್ಜ್ ನಡೆಸುವ ಮೂಲಕ ಫಿಟ್ ಇಂಡಿಯಾ ರನ್ ಅಭಿಯಾನದ ಬಗ್ಗೆ ಸಾರ್ವಜನಿಕರಲ್ಲಿ ಜಾಗೃತಿ ಮೂಡಿಸಿದರು. ಡಾ. ಎಂ. ಜಿ. ಶಿವ ರಾಂ ಎಂ.ಎಂ. ಡಾ. ಎ.ಟಿ.ಶಿವರಾಮು. ಡಾ.ಬಿ.ರಮೇಶ್, ಆರು ವಿದ್ಯಾಲಯದ ಆರು ಕಾಲೇಜುಗಳ ಪ್ರಾಂಶುಪಾಲರು, ರಾಷ್ಟ್ರೀಯ ಸೇವಾಯೋಜನಾ ಕಾರ್ಯಕ್ರಮಾಧಿಕಾರಿಗಳು ಸೇರಿದಂತೆ ಬೆಳ್ಳೂರು ಪೋಲೀಸ್ ಠಾಣೆಯ ಸಿಬ್ಬಂದಿಗಳು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಭಾಗವಹಿಸಿದ್ದರು.



**Report of world contraception day:**

The department of community health nursing and obstetrical and gynaecological Nursing in association with NSS unit of Adichunchanagiri college of nursing was organized world Contraception Day on 29.09.2021 at Arani village, Nagamangala taluk, Mandya dist. Mrs Victoria J Sarvand HOD of OBG Department, Mrs. Kavitha N K assistant professor OBG Department and Mr Nikhil J V Ms. Poornima C G and Mrs. Bushra Sardar Department supervisor who were inaugurating the awareness program.

During this program the III-year GNM students were creating the awareness of contraception methods among village people by doing the role play with the message consists of encouragement of adaption of permanent and temporary methods of contraception.



The banner is a horizontal rectangular graphic with a red top section and a white bottom section. The top section features two portraits of religious figures in orange robes, the text "|| जै श्री गुरुदेव ||" in Devanagari script, and the "Adichunchanagiri University" logo. The middle section has the "ADICHUNCHANAGIRI COLLEGE OF NURSING" logo, the text "WORLD CONTRACEPTION DAY 2021" in large purple letters, and the date "Date: 29 - 09 - 2021 @ 11 am". The bottom section is blue and contains the text "Organized By Department of Community Health and OBG Nursing in association with NSS Unit" and "Venue: Arani, Bellur". At the very bottom, a white section lists the names and titles of the Chief Convener, Convener, and Coordinator.

**Chief Convener**  
Prof. Chandrashekar H C  
Principal

**Convener**  
Prof. Victoria J Sarvand  
Professor and HOD

**Coordinator**  
Mr. Kantharaju S  
Assistant Professor & NSS  
Programme Officer













**Report of clean village green village:**

On the occasion of Gandhi Jayanthi “CLEAN VILLAGE -GREEN VILLAGE” programme was organized by NSS unit, ACU on 5th October 2021 at Brahmadevarahalli an adopted village of Adichunchanagiri University. with the support of taluk panchayat, the premises of primary health canter, government school and grama panchayat office were cleaned, followed by plantation of Neem sapling at School campus. Around 150 NSS volunteers from all the constituent’s college of ACU, along with the programme officer participated in the programme. making the event more remarkable and successful.













## Report of National Unity Day:

The birth anniversary of our first deputy prime minister late sardar Vallabhbhai Patel was celebrated as national Unity Day (Rastriya Ekta Diwas) on 31st October 2021 organized by the NSS unit of Adichunchanagiri college of nursing. The principal Prof.chandrashekar H C address the event with the student should made aware of responsibilities as citizens of India and how a national integrity helps in defeating the actual and potential threats for unity, integrity and security of the nation. The essence of the day was highlighted by a meaningful cultural program by NSS volunteer. Mr. Shobha K R, HOD of medical surgical nursing deliver pledge to the volunteer, students and staffs to preserve the unity and integrity of the nation and spread this message among the countrymen. Around 80 NSS student volunteer enthusiastically participated in this event.

|| जै श्री गुरुदेव ||

**Adichunchanagiri University**

**Adichunchanagiri College of Nursing**

NH 75, B G Nagara, Nagamangala Tq, Mandya-571448

## National Unity Day - 2021

Date: 31-10-2021  
Time: 10 am  
Venue: ACN Auditorium

**Organized by NSS Unit of College of Nursing**

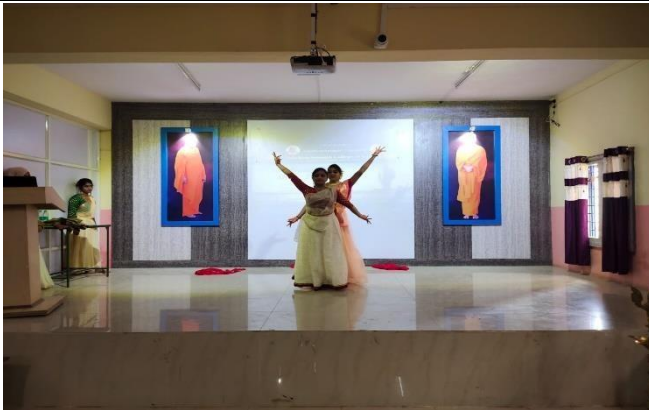
NSS Unit, ACN

Chief convener  
**Prof. Chandrashekar H C**  
Professor & Principal

Convener  
**Mr. Kantharaju S**  
NSS Program Office











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## Report of constitution day:

The NSS unit of Adichunchanagiri college of nursing has celebrated the Constitution Day (Samvidhan Divas)” on November 26th, 2021 at the college. On this occasion, as an important part of the celebration, the NSS programme officer Mr. KANTHARAJU.S deliver the Preamble of the Indian Constitution for the NSS volunteer.

|| जेठो इलो ह्युगुपदेव ||

Adichunchanagiri University

Adichunchanagiri College of Nursing

**CONSTITUTION DAY  
2021**

*Date: 26 - 11 - 2021 @ 11:00 AM*  
*Venue: Multipurpose Hall*

Chief Convener  
**Prof. Chandrashekar H C**  
Principal

Convener  
**Mr. Kantharaju S**  
NSS Program Officer

acn@acu.edu.in | www.acnain.in

Organized by  
NSS Unit, ACN







### **Report of blood donation camp:**

\*NATIONAL SERVICE SCHEME, ACU\*, BG Nagara had organized \*BLOOD DONATION CAMP\* on \*02/12/2021\* at BGS Auditorium, ACU campus.

Dr. C K Subbaraya, Registrar, ACU inaugurated the program. Dr. Sagar M S, AH&RC, Dr. B. Ramesh, Principal, SACP, Sri B K Umesh, FO, Prof N Ramu, NSS program Co-ordinator, ACU, NSS program officers from 6 constituent colleges and PROs participated in the program.

As many as 100 volunteers from the NSS units of the constituent colleges donated blood in the camp.













### Report of Nasha Mukta Bharat Abhiyan:

As a part of the \*"Nasha Mukta Bharat Abhiyan"\* of Government of India, Narcotics Control Bureau, Bengaluru is undertaking various campaigns to create awareness about the ill effects of drug consumption.

With a view to achieve the aforesaid goal, an e-pledge titled \*"Say yes to life, No to Drugs"\* has been up-loaded. The objective of this pledge is to spread the messages of ill effect of drugs. Click the below link to take e-pledge on "Say yes to life, No to Drugs"

<https://pledge.mygov.in/fightagainstdrugabuse/>

Let us join hands to make India a drug free nation and to lead a healthy life.



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 **Adichunchanagiri University** 

 **Adichunchanagiri College of Nursing** 

B.G. Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka

 गृह मंत्रालय  
MINISTRY OF  
HOME AFFAIRS

 myGov  
मेरी सरकार

**SAY NO  
TO  
DRUGS**

 राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME

**Let's take a PLEDGE**

NSS Unit, ACN

## Report of national deworming day:

Department of community health nursing of Adichunchanagiri college of Nursing in association with NSS unit of ACN organized a school health Education programme on 24-2-2022 from 10.30 am to 11.30 am at Govt. Higher Primary school, Govindagatta village on the topic “A step to make Every Child in the country Worm Free”. The Programme was inaugurated by school headmistress Mrs. Renuka, Prof. Komala H K, HOD Dept of CHN, Mr. Swamy PGN, and Mr. Kantharaju nss programme officer. Around 40 school children, 3 school teachers and 56 B. Sc nursing students with 3 Adichunchanagiri College of Nursing faculties were participated. In this health education programme, the students concentrated on the topics like, Worm infestation, Causes, Clinical features and the preventive management and the importance of





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deworming day. The response of the students was good. Health education programme concluded by Vote of thanks.



॥ जेष्ठे इने ह्यगुरुदेव ॥


Adichunchanagiri University





Adichunchanagiri College of Nursing


NH 75, B G Nagara, Nagamangala Tq, Mandya-571448



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**School Health Programme**  
**on**  
**“A Step to Make Every Child**  
**in the Country Worm Free”**

Organized by  
**Department of Community Health Nursing**



**Date:** 24 February 2022  
**Time:** 10:30 AM  
**Venue:** Govt School, Govindagatta

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Chief Convener  
**Prof. Chandrashekhar H C**  
Professor & Principal

Convener  
**Prof. Komala H K**  
Professor & Head of Department

Co-ordinator  
**Mr. Kantharaju S**  
Assistant Professor









### Report of world water day:



The NSS unit of ACN organized world water day with the theme of “**ground water, making the invisible visible**” by conducting role play on 22-03-2022 from 11 am to 12.30 pm at Govt. Higher Primary school, Chakenahalli village. The Programme was inaugurated by school headmistress Mr. Manje Gowda, Mr. Kumar SDMC president, Mr. Kantharaju nss programme officer. Around 40 school children, 2 school teachers, people of village and 40 B. Sc nursing students with 2 Adichunchanagiri College of Nursing faculties were participated. In this Role play, the students concentrated on the issues like, water pollution, crisis of water depletion, pooling the water and water preservation. The response of the school students and village people was good. Role Play concluded by Vote of thanks.




॥ जेको इने ह्यपरपदेच ॥

Adichunchanagiri University

Adichunchanagiri College of Nursing




**"Ground Water,  
making the invisible visible"**



*Date: 22.03.2022*  
*Time: 11am*  
*Place: Chakenahalli*

**World  
Water Day**



NSS Unit, ACN







