

FACULTY OF NURSING  
ADICHUNCHANAGIRI  
COLLEGE OF NURSING

॥ जेवो इगो ध्याणवेवच ॥



ADICHUNCHANAGIRI  
UNIVERSITY



 *Shushrushavani*   
COLD HANDS, WARM HEART...

NEWS LETTER  
IMPRESSION OF ACN

DECEMBER 2024

[www.acnain.in](http://www.acnain.in), [www.acu.edu.in](http://www.acu.edu.in)



# WE STANDS FOR SINCERITY TO INTEGRITY

**S**incerity

**H**onesty

**U**nity

**S**olidarity

**H**umble

**R**esponsibility

**U**niqueness

**S**upremacy

**H**umanity

**A**dvanced

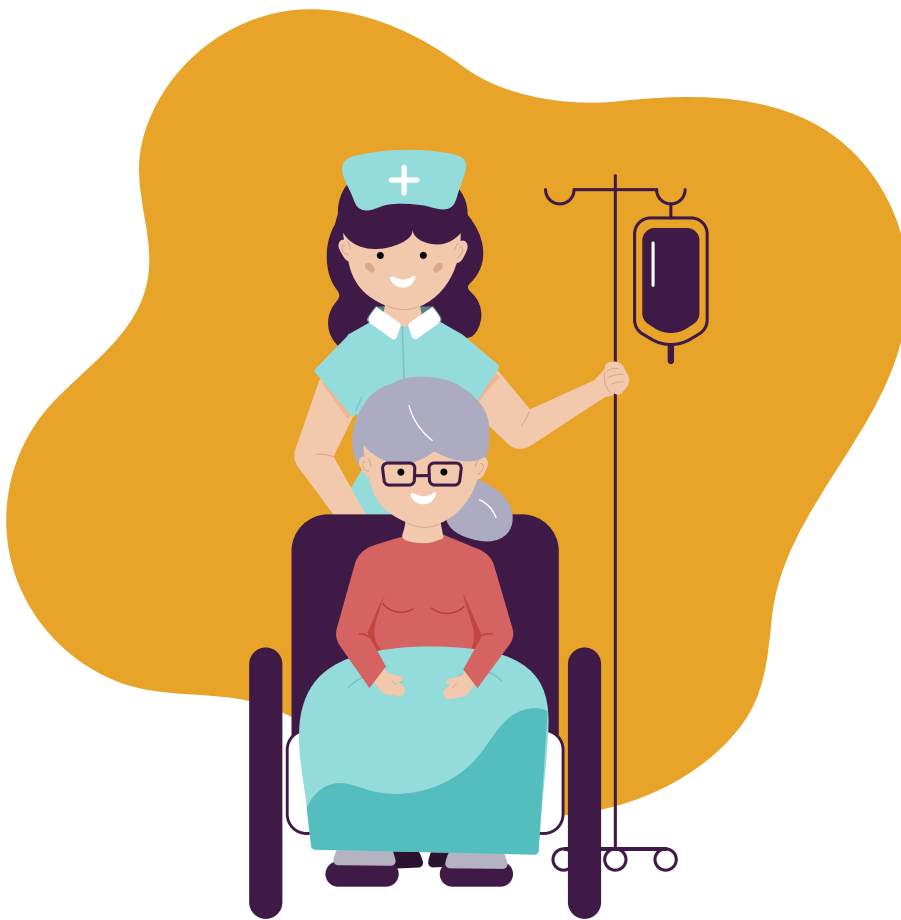
**V**irtue

**A**head

**A**vant Garde

**N**oble

**I**ntegrity





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# Sri Adichunchanagiri Mahasamsthana Math

## Karnataka, Bharat

Sri Adichunchanagiri Mahasamsthana Math, a beacon of spirituality and service with a storied 1800-years legacy, graces the picturesque Sri Adichunchanagiri Hills in Nagamangala Taluk, Karnataka. Rooted in the sacred lineage of Spiritual Masters, initiated by Lord Shiva himself at the culmination of his profound penance, this institution's history is a testament to divine devotion.

In the hallowed tradition of 'Guruparampara,' His Holiness Jagadguru Padmabhushana Puraskrutha Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji assumed the mantle of the 71<sup>st</sup> Spiritual Head of the Sri Math in 1974, at a youthful age of 30. Since that transformative moment, Sri Math embarked on an extraordinary journey, rapidly advancing its benevolent endeavors. Sri Math's selfless commitment to feeding over twenty thousand people daily has earned it the revered moniker of 'Annadani Math.' Swamiji's tireless efforts have fostered progress, peace, happiness, and harmony among humanity.

Today, under the guidance of the 72<sup>nd</sup> Pontiff, His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the institution continues its sacred mission, following in the footsteps of Sri Sri Sri Dr. Balagangadharanatha Swamiji. Dr. Nirmalanandanatha Mahaswamiji embodies wisdom, benevolence, inclusivity, and universal values, guiding all BGS Educational Institutions, temples, and shrines towards new horizons in this beautiful universe.

### Serving Humanity in Nine Limbs of Service (9 "A"s)



FOOD  
ANNA



EDUCATION  
AKSHARA



HEALTH  
AROGYA



SPIRITUALITY  
ADHYATHMIKA



SHELTER  
ASHRAYA



AFFORESTATION  
ARANYA



CATTLE PROTECTION  
AAKALU

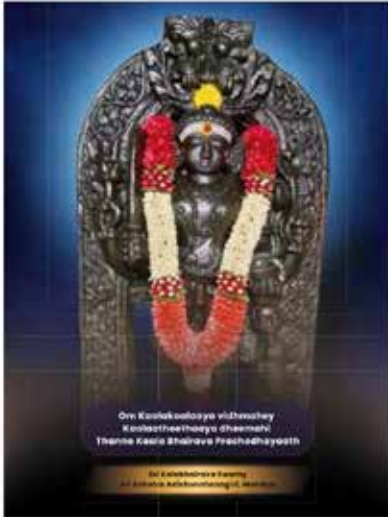


HELPING HANDS  
ANUKAMPA



COMMUNITY ORGANIZATION  
ANUBANDHA





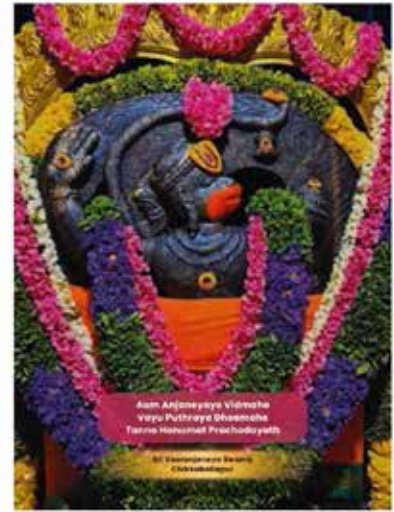
Om Kailashaya Vidmahe  
Kailasheswary Namah  
Tanno Kaila Shairava Prachodayath

Sri Kalakshaya Swamy  
Sri Kailash Adhichunchangali, Mysuru



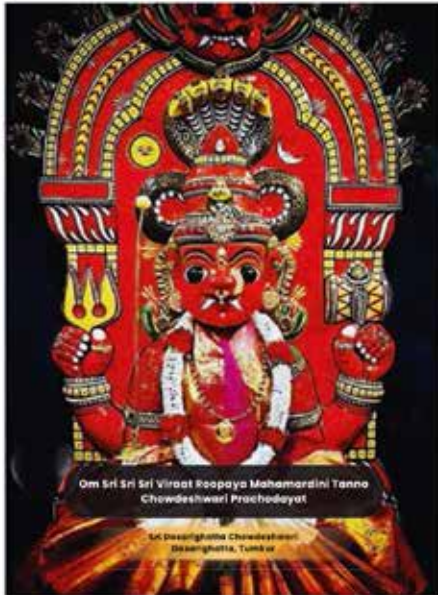
Om Kailashaya Vidmahe  
Kailasheswary Namah  
Tanno Kaila Shairava Prachodayath

Sri Kalakshaya Swamy  
Sri Kailash Adhichunchangali, Mysuru



Om Anjaneyaya Vidmahe  
Japu Putraya Namah  
Tanno Hanumat Prachodayath

Sri Hanuman Swamy  
Chikabhalgeri



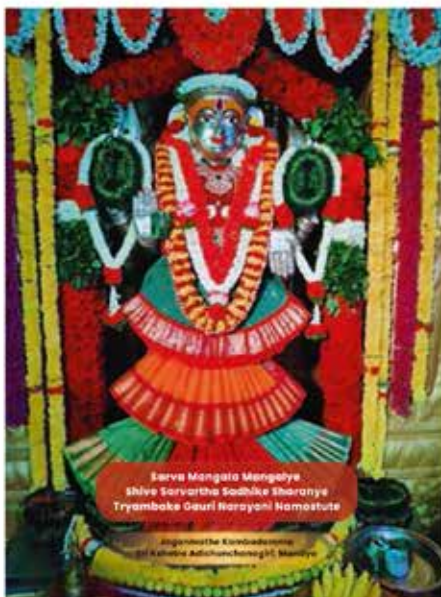
Om Sri Sri Sri Viraat Roopaya Mahamardini Tanno  
Chowdeshwari Prachodayat

Sri Dasarghatta Chowdeshwari  
Dasarghatta, Tumkur



Om Talpureshwary Vidmahe,  
Nandikeswary Namah, Tanno  
Vishabhara Prachodayat

Sri Kabbali Sreeveshwara Swamy  
Mullikena, Hassan



Sarva Mangala Mangalye  
Shive Sarvatho Sabhke Sharanye  
Tryambake Gauri Narayani Namostute

Jaganmatha Kundabettu  
Sri Kanne Adhichunchangali, Mysuru



Om Talpureshwary Vidmahe,  
Nandikeswary Namah, Tanno  
Vishabhara Prachodayat

Sri Kabbali Sreeveshwara Swamy  
Mullikena, Hassan

## Sri Adichunchanagiri Shikshana Trust® Karnataka, Bharat

The Sri Adichunchanagiri Shikshana Trust®, under the Presidentship of the current spiritual leader, His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, has been dedicated to the establishment and management of various educational institutions. These institutions cover a wide array of fields, including **General Education (Lower Primary, Upper Primary & High School), Pre-University Education, Diploma, Industrial Training, Science Education, Medical, Nursing, Pharmacy, Ayurvedic, Engineering, Architecture, Management and Fashion Design Education among others.**

With a commitment spanning over four decades, the Trust manages more than 500 educational institutions, including Special Schools for the Blind, Deaf & Dumb. These institutions collectively enroll over 150,000 students annually. Notably, many of these establishments are located in rural areas of Karnataka, Salem, and Erode districts of Tamil Nadu, Tirupathi in Andhra Pradesh, Noida, and New Delhi. This distribution serves to provide valuable educational opportunities to rural populations, contributing significantly to the advancement of education in these regions.

One of the notable accomplishments of the Trust is the establishment of Adichunchanagiri University, a Multi-Disciplinary State Private University, which was founded in the year 2018. These institutions under the Sri Adichunchanagiri Shikshana Trust® have consistently maintained excellence in their respective domains over the years.

The Trust's focus on education, research, and service to humanity at large underscores its commitment to not only academic excellence but also the betterment of society by providing accessible and high-quality education to diverse populations.



**500+**  
Educational Institutions

**150K+**  
Students getting Education

**25K+**  
Students Graduating Every Year

**20K+**  
Teachers in Shaping up the Future

**500K+**  
Alumni as a prominent presence





**|| Jai Sri Gurudev ||**



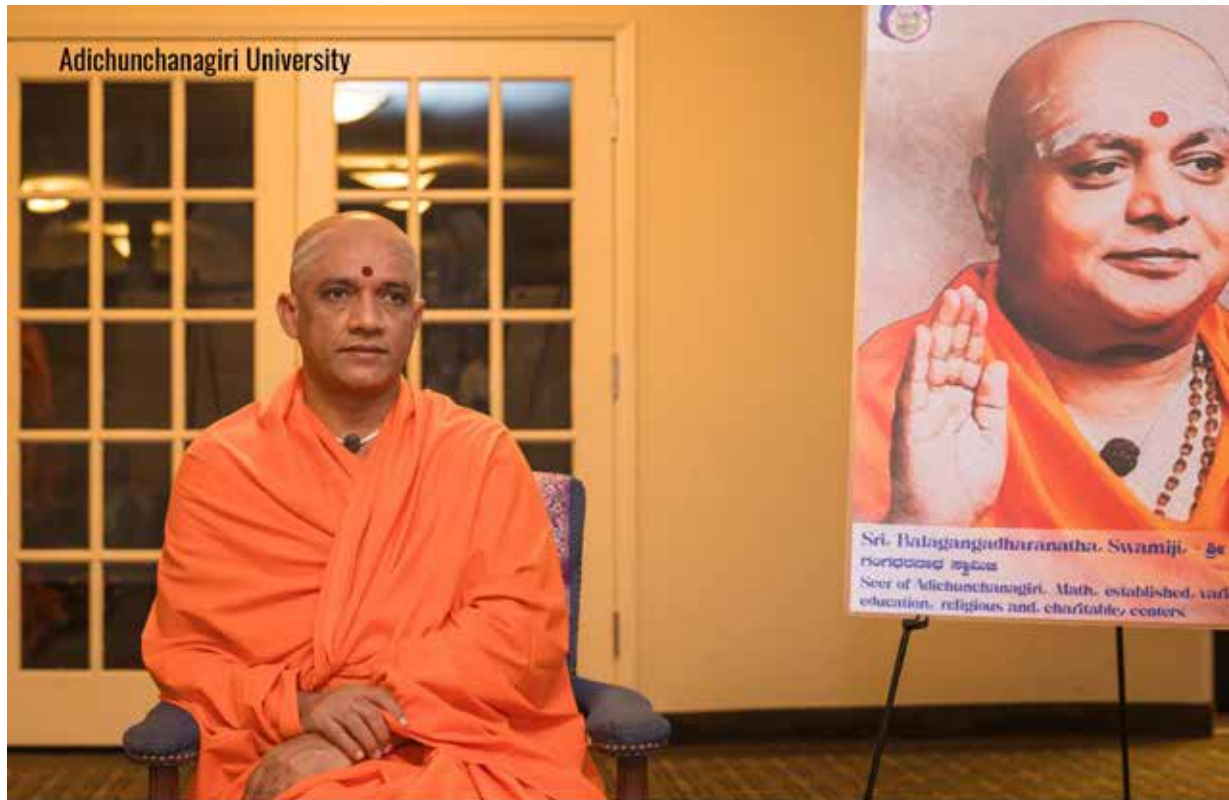
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji assumed the holy chair of Sri Adichunchanagiri Mahasamsthana Math in 1974. Poojya Mahaswamiji was truly an enlightened soul. He treated all the people alike without discriminating on the basis of caste, creed, gender or social status. His approach towards handling different problems was truly scientific and logical. He implicitly understood the importance of education to the masses in alleviation of poverty.

Poojya Mahaswamiji was a great visionary with a perfect blend of science and spirituality. He was primarily instrumental in establishing Sri Adichunchanagiri Shikshana Trust that runs more than 500+ Educational institutions catering for about 130000 students across the country to impart quality education from primary to Professional Courses with a special focus on young people of semi-urban and rural areas.

Mahaswamiji had a vision of serving the humanity in eight fold areas of Adhyathmika (Spirituality), Anna (Free Food), Akshara (Knowledge), Arogya (Health), Ashraya (Shelter), Anukampa (Helping Hands), Aranya (Afforestation), Akalu (Cattle Protection) was exemplary and noteworthy.

He was rewarded and conferred with innumerable titles for his services in the field of Education, Health, Spiritual, Moral, Social, Cultural and Environmental activities. Most prominent among them are "Padma Bhushan, Doctor Honoris Causa, Saadhanaacharya, Akshaya Santha Sanatana, Dharmarathna, Seva Soorya, Vidya Samrat, Parisara Rathna, Abhinava Vivekananda, Rashtriya Ekatha Prashasthi" and so on.





**|| Jai Sri Gurudev ||**

## **Continuing the Legacy of Enlightenment and Service**

His Holiness Jagadguru Sri Dr. Nirmalanandanatha Mahaswamiji anointed as the 72nd Pontiff of Adichunchanagiri Mahasamsthana Math as successor to his Guru, Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji in the year 2013.

Poojya Mahaswamiji, unlike many other youngsters, had an inclination towards Spirituality, Science and Service rather than Materialism. He adapted an ascetic life in 1998 and underwent formal training in the traditional knowledge systems. His unquenchable thirst for knowledge is evident from his attitude in conferences and functions wherein he listens to the discourses on Vedas, Upanishads and other Shastras like an eager young student.

Poojya Mahaswamiji, aided by his educational background and interest in Engineering has incorporated Modern Technologies and revolutionized the functioning of all the Institutions of Shikshana Trust. He has taken up the initiative of introducing a computerized working environment in all the Academic and Administrative activities of the institutions.

The Vision of Poojya Mahaswamiji is to follow the footsteps of his Guru, working tirelessly to "Preserve, Promote, Pursue and Progress with Passion in the Path of his Patriarch". His Holiness was conferred with "Doctor Honoris Causa" (Honorary Doctor of Science) by the University of Mysore, Karnataka in 2016.



॥ ज्ञेते इते कुणलपुतेव ॥



ADICHUNCHANAGIRI  
UNIVERSITY



"Be a Lifelong Learner in order for Yourself to  
Gain Respect and Acceptance from others."

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His Holiness Jagadguru  
**Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji**  
Honorable Chancellor, Adichunchanagiri University



ADICHUNCHANAGIRI  
UNIVERSITY

|| श्री श्री गुरुभ्यो ||



**"The Mindful Discipline of Students creates Self Efficacy and a Flexible Cognitive State to Achieve Greater Academic Outcomes and Success."**

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His Holiness Jagadguru

**Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji**

Honorable Chancellor, Adichunchanagiri University

Adichunchanagiri University

# THE LEADING NAME IN ACADEMIA

**Empowering transformation through Education,  
Research, and Community involvement**



Faculty of Medical & Allied Health Sciences  
Faculty of Pharmacy  
Faculty of Nursing  
Faculty of Engineering, Management & Technology  
Faculty of Humanities & Social Sciences  
Faculty of Natural Sciences



ADICHUNCHANAGIRI  
UNIVERSITY

## OUR VISION

Education for all with Value Systems of Equity, Empathy, Enrichment, Excellence, Empowerment, Entrepreneurship and Enlightenment to Serve the Society.

## OUR MISSION

- Education to all for self-reliance and socio-economic change to develop an inclusive society with shared opportunities and responsibilities.
- Empathy towards the less fortunate, the sick, the suffering and the differently abled.
- Enrichment to acquire abundant knowledge, requisite skills and appropriate attitude.
- Excellence for quality assurance, enhancement and sustenance in academics and research to produce graduates of global standards.
- Equity for fairness and social justice by providing equal opportunities. Empowerment of graduates to become intuitive, innovative and inventive.
- Entrepreneurship for a concept or idea involving the product or service to be delivered, or a new technology to be developed.
- Enlightenment to attain wisdom and virtues in life to think beyond self.



## HELPING STUDENTS TO GROW BETTER TOGETHER

### OUR PHILOSOPHY

Adichunchanagiri University, we believe in holistic education that nurtures the mind, body, and spirit, fostering a balanced development for societal and personal growth.

### OUR PRINCIPLE

Our core principles revolve around integrity, inclusivity, and innovation – ensuring a learning environment that respects diversity and encourages forward-thinking.

### OUR KEY OF SUCCESS

Our success is anchored in continuous learning and community engagement, where academic excellence meets social responsibility to create impactful global citizens.



ADICHUNCHANAGIRI  
UNIVERSITY

Adichunchanagiri University (ACU) is a State Private University located in B.G. Nagara, Karnataka, established in 2018 under the Sri Adichunchanagiri Mahasamsthana Math. The university is guided by a spiritual legacy that spans over 1800 years and is rooted in a tradition of education and social service. It was founded by the revered Jagadguru Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, the 71st Pontiff and the chairman of Sri Adichunchanagiri Shikshana Trust.

<https://acu.edu.in>



Adichunchanagiri University

## Back to nature make the Future..

4000+ Trees

The University is nestled in a verdant expanse of 67.3 acres at B.G. Nagara, Nagamangala Tq., in Mandya District of Karnataka. Located on the Bangalore – Mangalore National Highway No. 75, it is just 105 km from Bangalore, the state's capital. This unitary campus is renowned for its lush greenery.

Encompassing a lush and eco-friendly campus, the university showcases sustainability with over 4,000 trees and rooftop solarization. A commitment to green energy further underlines the institution's dedication to environmental responsibility.

Demonstrating environmental consciousness, the campus is plastic-free, battery-operated buggies and BI-cycles contribute to the institution's green initiative.

The campus embraces alternate energy sources with 8 solar units generating 700 kW and a 300 kg capacity Biogas plant for food waste management. Water conservation is prioritised with a 750 KLD sewage water treatment plant and 17 RO, 500 LPH water purification plants.

# DISCOVER EXCELLENCE AT ADICHUNCHANAGIRI UNIVERSITY



The university integrates the Choice-Based Credit System (CBCS) into 60 programs, offering 1382 courses, including 850 interdisciplinary options, fostering academic flexibility and a multidisciplinary learning environment.



### **Faculty of Engineering, Management & Technology**

BGS Institute of Technology

### **Faculty of Medical & Allied Health Sciences**

Adichunchanagiri Institute of Medical Sciences (AIMS)

Adichunchanagiri School of Allied Health Sciences

BGS MCH Hospital

### **Faculty of Pharmacy**

Sri Adichunchanagiri College of Pharmacy

### **Faculty of Nursing**

Adichunchanagiri College of Nursing

BGS Nursing Sciences

### **Faculty of Humanities and Social Sciences**

BGS First Grade College

BGS College of Education

### **Faculty of Natural Sciences**

Adichunchanagiri School of Natural Sciences



॥ ज्ञानं इत्येव ब्रह्मण्यदेवता ॥



# ADICHUNCHANAGIRI UNIVERSITY

"The whole **Purpose of Education** at ACU is to  
**turn Mirrors into Windows**"

## Inclusive Excellence

We educate over **4974+** students, **80% from country backgrounds** and **58% female**. We offer **scholarships exceeding ₹2 crore** annually to ensure accessibility.

## Unmatched Breadth & Depth

Explore **60+** programs, **1362 courses**, and a staggering **850 interdisciplinary options**. Gain valuable skills through **136+ Value Added Courses**.

## Award-Winning Faculty

Learn from the best. Over **110+ faculty members** hold **National / International Awards**, and **54+** have authored **Books / Book Chapters**.

## Cutting-Edge Research

Be a part of ground-breaking research at our dedicated centers like **ACU-Centre for Research and Innovation**, **Adichunchanagiri Institute for Molecular Medicine**, and more.

## Entrepreneurial Spirit

We nurture future leaders. The **Adichunchanagiri Centre for Entrepreneurs (ACE)** equips you with the **skills to thrive in the business world**.

## Social Responsibility

We believe in giving back. We've **adopted 11 government schools** to enhance academic excellence and empower communities.

## Industry-Ready Graduates

**92% of our students** land jobs at the best organizations in their industries.

## Enlightenment

Providing opportunities for **Spiritual Development** through **Yoga, Meditation, and Community Service Activities**

## Accreditation and Recognition



Find **Your Purpose**

Find **Yourself**

Join **Adichunchanagiri University**



Adichunchanagiri University



**DR. S.N. SRIDHARA**  
The Vice Chancellor



**ADICHUNCHANAGIRI  
UNIVERSITY**

**WE ARE  
PIONEERS**

**AND ROLE  
MODELS**

**IN EVERY  
RESPECT**

**Dr. B Ramesh**  
Dean - Academics & Accreditation



**Dr. C K Subbaraya**  
Registrar



॥ ज्ञेवो इतो ह्युपपदेत् ॥



Faculty of Nursing  
Adichunchanagiri College of Nursing

'सा विद्या या विमुक्तये' | "sā vidyā yā vimuktaye"

Knowledge or Vidya  
gives Power, Pleasure & Honor.

Both Science and Spirituality enrich us  
with knowledge, which is superior  
& lead us to liberation.

Liberation from Physical, Mental & External  
Bonds is attained through the control of  
external nature with the help of science;  
while liberation from Internal Bonds is  
attained through Ethics and Religion.

Sā vidyā yā vimuktaye  
that which liberates is knowledge

Adichunchanagiri University

## FACULTIES - FOSTERING THE FUTURE..

**4974**  
**STUDENTS**

**60**  
**PROGRAMS**

**481**  
**FACULTIES**

**1,118**  
**NON-TEACHING STAF**

**~ 2 CRORE RUPEES**  
**SCHOLARSHIPS EVERY AY**

**1 MENTOR FOR EVERY 12 STUDENTS**  
**FACULTY-TO- STUDENT RATIO OF 1:10**

1382 courses and 850 interdisciplinary options

136 Value Added Courses (VAC) implemented over the past five years,  
benefiting 18,905 students

**110**

**Faculty members received National/International  
awards/recognitions**

**54**

**Faculty members being  
authors for 109 Books/Book Chapters**



## Highlights of ACN

Adichunchanagiri College of Nursing (ACN) was started in the year 1995 with the fore sight and vision of His Holiness Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji to prepare professional nurses in order to improve standards of nursing service through quality education. It is affiliated under Adichunchanagiri University (ACU). B G Nagara (Formerly with Rajiv Gandhi University of Health Sciences, Karnataka till 2018).

With the divine leadership and blessings of Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji, the honourable chancellor of ACU. We have grown to be one among the largest nursing institution in the country and the best in the state of Karnataka, by providing value-based education in the last 27 years. The college has recognition from both apex bodies - Karnataka Nursing Council & Indian Nursing Council.

College comprises highly qualified and competent teachers, good physical infrastructure, Library facilities and most importantly 1150 bedded multi-speciality teaching hospital.

Nursing students do have benefit of contributions from interdisciplinary teaching faculty and ample opportunity for extra- curricular activities as university has excellent facilities for the same. We are proud to say that all our alumni's are on job in various hospitals and nursing institutes within Karnataka state and surrounding states and also various countries.



## Programmes Offered

### **DIPLOMA IN NURSING**

GNM (General Nursing and Midwifery)

Duration: 03 Years

Eligibility: PUC/10+2 Pass

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### **BACHELOR IN NURSING**

B. Sc Nursing

Duration: 04 Year (8 Semesters)

Eligibility: PUC/10+2 Pass in Science (PCMB only)

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### **POST BASIC B. SC NURSING**

Duration: 02 Year

Eligibility: GNM Pass

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### **MASTER OF NURSING**

M. Sc Nursing

- Community Health Nursing
- Medical Surgical Nursing
- OBG Nursing
- Child Health (Paediatric) Nursing
- Mental Health (Psychiatric) Nursing

Duration: 02 Year

Eligibility: B.S c Nursing or Post Basic B. Sc Nursing Pass

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### **Ph.D Nursing Programme**

Duration

Full Time: 3 Years

Part Time: Max. 3 Years

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## **Vision**

Achieve excellence by fostering value-based education to develop competent nurses and leaders with a global outlook.

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## **Mission**

- Provide high quality nursing education with a broad theoretical base and diverse clinical experience that enhances the individual to become a good nurse in professional practice.
  - Advance health care through excellence in nursing and inter disciplinary teaching, research, practice and service.
- 

## **Programme Educational Objectives**

- To apply knowledge and critical thinking skills and ethical principles in evidence-based nursing practice.
- To prepare competent nursing professionals with human values to provide quality nursing care globally.
- To demonstrate effective communication, leadership and decision-making abilities and Managerial skills in providing quality nursing care in various health care settings.
- To practice promotive, preventive, curative and restorative health care services adhering to ethical values.
- To demonstrate a comprehensive and advanced understanding of nursing practice's core issues and knowledge bases.

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ADICHUNCHANAGIRI  
UNIVERSITY



40<sup>th</sup>  
Rank  
(National)



Faculty of Nursing  
Adichunchanagiri College of Nursing  
BGS Institute of Nursing Sciences



### SALIENT FEATURES

- 1500 Bedded Parent Teaching Hospital
- On Campus Multi & Super Specialty Hospital
- One International and One National MoU's for collaborative activities
- Training and Placement Cell
- Guest Lecturers by Eminent Personalities from clinicals/academics
- Extension/Community outreach activities
- Well established NSS Unit.

### PROGRAMS & COURSES OFFERED

Diploma in Nursing  
B. Sc. Nursing  
M. Sc. Nursing  
Ph. D. Nursing  
Certificate Courses

### FACILITIES



Institution Headed by

**Prof. Victoria Sarvand**

Dean Faculty of Nursing, ACU  
Principal, Adichunchanagiri College of Nursing



Institution Headed by

**Dr. Komala H. K.**

Principal,  
BGS Institute of Nursing Sciences

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## **Adichunchanagiri Hospital**

Adichunchanagiri Hospital and Research Center was started as a teaching hospital attached to Adichunchanagiri Institute of Medical Sciences in the year 1990, Now it is under Adichunchanagiri University. It was the dream of His Holiness Bairvaikya Padmabushana Sri Sri Sri Dr Balagangadharanatha Mahaswamiji to build a hospital in the rural area of Javarannahalli to provide the state of the art medical services under one roof to the rural population around this place.

This hospital started as a 300 bed hospital in 1990, now it has increased upto 1200 bed Hospital with all facilities to provide the best of the care to the patient. 13 broad specialties along with round the clock Emergency services, Laboratory & Radiology Diagnostic services. Ambulance services, ICU services, Pharmacy & blood bank facility.

The hospital provides teaching facility to medical students, Nursing students, Pharmacy and Paramedical students. The excellent clinical materials with an average daily outpatient of around 1000 numbers and inpatient of around 500 - 600, which help the students for better clinical exposure.

As a part of integrated medical treatment, a state of the art Panchakarma unit is also started providing the service to the needy.

## **Adichunchanagiri Super Specialty Hospital**

Our Present Swamiji His Holiness Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji has taken this institute to a new height. In order to fulfil the dreams of Sri Sri Sri Dr Balagangadharanatha Mahaswamiji to provide health care under one roof. He has started Adichunchanagiri Super Specialty Hospital which caters the services in the various super specialties. The department of Neurosurgery was established keeping in mind the number of road traffic accident victims on the Bengaluru-Mangaluru highway. The department is working round the clock to provide services immediately to the patients of RTA and has saved hundreds of lives. Apart from RTA it also provides Surgical services to stroke, tumors, spinal problems and other Neurosurgical patients. The plastic surgery department is doing a lot of Reconstructive surgeries with highly skilled staff and also burns victims in collaboration with Agni Raksha an NGO working for burns victims. The super Specialty hospital also provides the services in the super specialty of Urology, Nephrology, Surgical, Medical & Radiation Oncology and Rheumatology. The interventional cardiac services are started in the month of Nov 2022 and is offering round the clock service. The hospital also provides comprehensive diabetes treatment under diabetes care centre.

All services are provided at a very affordable cost and the hospital has the potential to cater service to the people of nearby districts as per the vision of His Holiness Bairvaikya Padmabushana Sri Sri Sri Dr Balagangadharanatha Mahaswamiji and Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji



Adichunchanagiri University



**Dr. Shiva Kumar K M**  
MBBS, MD  
Chief of Hospital

**Dr. Ravi K S**  
MBBS, MS, MBA, DHM  
Deputy Chief of Hospital



## The Jewel of the University

**Adichunchanagiri Hospital & Research Centre (AH & RC)** was commissioned in 1990 to render healthcare services to the poor and needy. AH & RC serves as teaching hospital to the AIMS and renders medical services in preventive, curative and rehabilitative domains to the rural populace in the region. The hospital is equipped with high-tech equipment & well qualified staff, and has treatment facilities in broad and super specialities.

Special and deep expertise in Neurosurgery, Urology, Cardiology, Oncology, Nephrology, Plastic Surgery, Critical Care...& much more

**BEDS**

**1600**

**PRACTIONERS**

**250+**

**SQ FT**

**1 Million**

**Renal Transplants**  
**1000+ Total Staff**  
**Low Mortality Rates**

**2,00,000+ Out Patients per year**  
**40,000+ Inpatients per year**  
**10,000+ Surgeries per year**



# 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.



## Principal's Message

### Prof. Victoria Sarvand

Dean and Principal

It gives me immense pleasure to welcome you to **Adichunchanagiri College of Nursing**, a premier institution committed to excellence in nursing education, research, and service. Established in **1995**, Adichunchanagiri College of Nursing has a long-standing tradition of nurturing competent nursing professionals. Since **2018**, the college has been functioning as a **constituent unit of Adichunchanagiri University**, upholding the university's vision of providing quality education blended with ethical values and social responsibility.

Adichunchanagiri College of Nursing offers **Undergraduate (B.Sc. Nursing)** and Postgraduate (**M.Sc. Nursing**) programs **in all specialties**, designed to prepare competent, compassionate, and skilled nursing professionals who can meet the evolving demands of the healthcare system. Our curriculum is carefully structured to integrate sound theoretical knowledge with extensive clinical exposure, thereby fostering critical thinking, leadership qualities, and evidence-based nursing practice.

One of the greatest strengths of our institution is our parent hospital, **Adichunchanagiri Hospital & Research Centre (AH & RC)**, a **1039-bedded multi-specialty teaching hospital**. This advanced healthcare facility provides our students with rich and diverse clinical learning experiences, ensuring hands-on training across various specialties under the guidance of experienced clinicians and dedicated faculty members.

Our college is supported by a team of **highly qualified, experienced, and committed faculty** who play a vital role in mentoring students both academically and professionally. We place strong emphasis on skill development through our **well-equipped laboratories**, including modern **Nursing Foundation and Specialty Labs, an OSCE Lab**, and a Centralized Simulation Lab, which facilitate experiential learning in a safe and controlled environment.

At Adichunchanagiri College of Nursing, we strive to create a **learner-centered environment** that promotes academic excellence, ethical practice, research orientation, and community service. We encourage our students to develop not only professional competence but also empathy, integrity, and a lifelong commitment to learning.

I warmly invite aspiring nursing professionals to join us and become part of an institution that nurtures talent, inspires innovation, and shapes future leaders in nursing. Together, let us work towards advancing healthcare and serving humanity with compassion and excellence.

**Best wishes for a bright and successful future.**

## DEPARTMENT OF NURSING FOUNDATION

- Fundamental of nursing lab is the basic foundation laboratory in the art of Nursing.
- Nursing Foundation lab offers the opportunity to provide simulation based education to challenges and test students clinical and decision making skills during realistic patient care and scenarios.
- The department trains the nursing students to gain cognitive, affective and psychomotor domains which can be practiced and create apposition changes in the health outcomes of individuals, families, community in all health care settings.
- It exposes all the equipments which are used for giving care to the patient in practical way which will guide the students to improve the knowledge and to assess the patient care effectively and efficiently.

## HIGHLIGHTS

- Experience with high fidelity patient care simulator.
- Centralized AIMS simulation lab exposure to students.



## DEPARTMENT OF MEDICAL SURGICAL NURSING

- The department offers student-centered instruction and learning in an environment that is conducive to practical experience, assisting the students in developing confidence in their nursing knowledge, abilities, and practiced attitudes.
- In order to meet the challenges of changing patient demographics, disease severity, and complexity in health care technologies, the department's faculty places a strong emphasis on students' knowledge, skills, and altitudinal acquisition.
- When it comes to caring for patients in the critical care unit, the family members and their concerns are taken into consideration on an equal basis. The medical surgical nursing practice scope is evidence-based, in terms of the patient's care as well as procedural factors.
- The topic is carefully considered and presented in second- and third-year B.Sc. nursing courses in order to logically address all health system challenges. Simulated patients are used to practice crucial patient care procedures, allowing trainees to develop their clinical skills and confidence. To prepare them for providing comprehensive care, the course gives students the chance to study about adult health issues, including geriatrics.

## HIGHLIGHTS

- Establish the highest standards for basic, secondary, and tertiary medical surgical nursing treatment and rehabilitation.
- To strengthen the science of nursing and improve patient outcomes, encourage research-driven nursing practice.
- Offer consulting services in fields important to the practice, study, and future direction of medical surgical nursing.



## DEPARTMENT OF COMMUNITY HEALTH NURSING

- Community Health Nursing is the specialty that prepares the students to meet the ever-changing challenges of society. The course orients the students to the concept of positive health and successful living, focuses on the families in the community and population groups with health risks.
- The Community department organizes household surveys, epidemiological investigations, health projects, health awareness campaigns, exhibitions, health care programs, school health programs, special clinics, health education activities etc. in the village. These activities train the students to effectively interact with the community on health matters.
- Our CHN lab is properly equipped and well furnished with healthy environment of learning for the under graduates and post graduates so as to practice the procedure to improve the skill and make effective AV aids needed for the public and related to community health concerns. The lab is arranged in such a manner that the student of the nursing programme can CHN lab is therefore an extension and expansion of the ideal guidelines of community health nursing.

### HIGHLIGHTS

- We have affiliated Community Health Centre.
- Adopted villages.
- Well-equipped laboratory.



## DEPARTMENT OF OBG (OBSTETRICAL & GYNAECOLOGICAL) NURSING

- The Department of Obstetrical and Gynaecological Nursing takes pride in quality teaching. The department is a specialty of caring for women during antenatal, intranatal and postnatal period.
- The department is designed for graduate and post graduate students to develop expertise and in-depth knowledge to provide comprehensive nursing care to the mothers as well newborn.
- The department encourages student research in the core areas of women's health, reproductive health, high risk pregnancy, high risk labour, high risk puerperium, neonatal care and high risk newborn.
- The department further enable the students to function as care giver, independent midwifery practitioner, effective educators, lactation counsellors, managers and researchers at different settings.

### HIGHLIGHTS

- Simulation lab at AIMS.
- Well-equipped laboratory with dummies and mannequins for the mechanism of labour, antenatal and postnatal examinations.



## DEPARTMENT OF PAEDIATRIC (CHILD HEALTH) NURSING

- The department of Child Health (Paediatric) Nursing provides courses related to child health nursing within the framework of the curriculum of Adichunchanagiri College of Nursing and the Indian Nursing council (INC).
- The department provides student-centered teaching and learning in conducive atmosphere that helps the students to gain confidence in their nursing knowledge and skills. The department is concerned with training the students in developing the knowledge and skills required to respond to health care needs of infants and children and their family in a variety of settings.

### HIGHLIGHTS

- Well established laboratory equipped with models, manikins, instruments to facilitate teaching learning process
- Utilization of centralized simulation lab at AIMS to expose the students to learn about paediatric procedures



## DEPARTMENT OF PSYCHIATRIC (MENTAL HEALTH) NURSING

- Mental health nursing is a specialized field of nursing practice that involves the care of individuals with a mental health disorder to help them recover and improve their quality of life.
- Mental health nurses have advanced knowledge of the assessment, diagnosis, and treatment of psychiatric disorders that helps them provide specialized care. They typically work alongside other health professionals in a medical team with the aim of providing the optimal clinical outcomes for the patient.
- Mental health / Psychiatric nursing is the specialty area of nursing that focus on the promotion of mental health, prevention of mental illness and rehabilitate the client with mental illness.
- The students to assist in developing expertise and in depth understanding in the field of psychiatric nursing. It will help the students to appreciate the client as a holistic individual and develop skills to function psychiatric nurse specialist it will further enable the students to function as educator, manager and researcher in the field of psychiatric nursing.

## HIGHLIGHTS

- Providing counselling and awareness Programme in common and personal issues such as misconception related to mental illness, conflict resolution, career guidance, awareness Programme on mental illness, Prevention of suicide, selfprotective measures, sex education, substance abuse, slow learners, etc.



# Academic Activities

## World Youth Day 2024

Adichunchanagiri College of Nursing, Adichunchanagiri University, organized a Poster Presentation Competition on the theme “Youth Skills for Peace and Development” on July 15, 2024, in observance of World Youth Day 2024. The event aimed to promote youth engagement and empowerment, with 30 participants forming 10 groups. The programme was coordinated by Mrs. Kavitha N K and judged by Mr. Swamy PGN and Mr. Chethan B S. Posters highlighted key youth skills such as communication, leadership, empathy, and problem-solving. Group 9 won first prize, followed by Group 8 (second) and Group 6 (third). The event successfully raised awareness about the role of youth skills in promoting peace, development, and social change and concluded with a vote of thanks.



## Alumni Talk on In Vitro Fertilization

Adichunchanagiri College of Nursing, Faculty of Nursing, Adichunchanagiri University, organized an Alumni Talk on “In-Vitro Fertilization” on 16th July 2024 at 11:00 am. The program was inaugurated with a welcome speech by Miss Aksha and coordinated by Mrs. Kavitha N K, who felicitated the alumni speaker Prof. Ashwini K M, Department of OBG Nursing, Smt. Padma Madegowda College of Nursing, Maddur. The session highlighted recent advancements, research, challenges, and management strategies in IVF. The program was attended by faculty members and 76 final-year B.Sc. Nursing students. The talk enhanced students’ knowledge, research interest, and advocacy skills in reproductive healthcare and contributed to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).



## International Breast-Feeding Week

The Department of Paediatric Nursing, Adichunchanagiri College of Nursing, ACU, organized a Poster Presentation Competition on the theme “Closing the Gap: Breastfeeding Support for All” on 06/08/2024 at 11:00 am at the ACN Auditorium, in observance of International Breastfeeding Week. Seven students participated, and the best poster was awarded. The event encouraged research skills, creativity, collaboration, and effective visual communication. Participants enhanced their presentation abilities, gained constructive feedback, and benefited from academic networking and mentorship opportunities.



## International breast-feeding week

As part of World Breastfeeding Week, IV B.Sc. Nursing students of Adichunchanagiri College of Nursing, ACU, conducted a Breastfeeding Awareness Program at CHC Bellur. The program aimed to educate and empower mothers on the importance, benefits, and techniques of breastfeeding. Around 25 mothers actively participated. Through role play and interactive discussions, students highlighted the nutritional, immunological, and emotional benefits of breastfeeding, encouraged experience sharing, and addressed mothers' concerns, creating a supportive and informative learning environment.



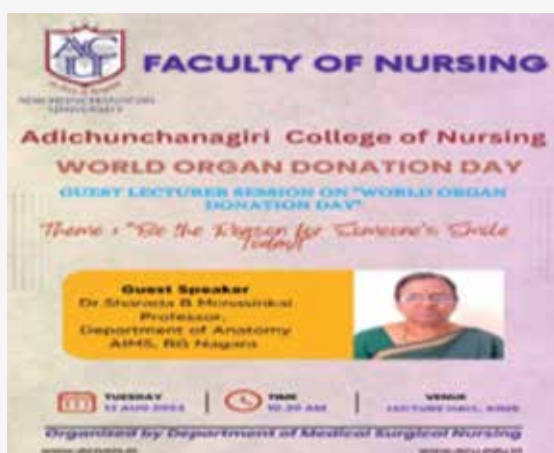
## Guest Lecture on Viral Hepatitis

On World Hepatitis Day 2024, the Department of Medical Surgical Nursing, Faculty of Nursing, Adichunchanagiri University organized a guest lecture on "It's Time for Action" on 8th August 2024. The program aimed to increase global awareness of viral hepatitis and support efforts toward a hepatitis-free future. The session was inaugurated and presided over by the Dean, Principal, and HOD, with coordination by the Medical Surgical Nursing department. The guest speaker, Dr. Chethan R. Rajpurohit, delivered an informative lecture on types of viral hepatitis, prevention, lifestyle modification, immunization, infection control, and safety of patients and healthcare workers. Around 250 students and faculty members actively participated and gained knowledge on early diagnosis, management, prevention, and control of viral hepatitis. The program emphasized timely action, standard treatment protocols, linkage with national programs, and the importance of testing and immunization to reduce morbidity and mortality associated with hepatitis.



## World Organ Donation Day

On World Organ Donation Day 2024, the Department of Medical Surgical Nursing, Adichunchanagiri College of Nursing, ACU, organized a guest lecture on “Be the Reason for Someone’s Smile Today” on 13th August 2024. The program aimed to create awareness and motivate individuals to pledge organ donation after death, highlighting its life-saving impact. The program was inaugurated and presided over by the Dean, Principal, and HOD of Medical Surgical Nursing, and coordinated by the department faculty. The guest speaker, Dr. Sharada B. Menasinkai, delivered an informative session on the importance, types, processes, benefits, and challenges of organ donation, including donor crisis, organ viability, transplant outcomes, and donor cards. Around 250 students and faculty members actively participated and gained knowledge on organ and tissue donation. The session emphasized that one organ donor can save up to eight lives and significantly improve the quality of life for many recipients, reinforcing the importance of public awareness and willingness to donate organs.



## Guest Lecture on Refractive Errors

The Department of Nursing Foundation organized a Guest Lecture on “Refractive Errors” on 21st August 2024 at the Seminar Hall, ACN. The program began at 10:30 AM with an inaugural ceremony, where dignitaries were welcomed, and the Vice Principal appreciated the organizers and encouraged the students. The session was led by Dr. Rashmi Jalihal, Department of Ophthalmology, who delivered an informative and interactive lecture on types of refractive errors, surgical management, and the role of nursing care. A total of 95 fourth-semester B.Sc. Nursing students participated actively. The program concluded with felicitation of the guest speaker and a vote of thanks. The lecture successfully enhanced students’ knowledge and awareness of refractive errors, contributing to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education)



## Workshop on Prototype/Process Design and Development

The Department of Medical Surgical Nursing, in association with IIC-ACN, organized a workshop on “Prototype/Process Design and Development” on 21st August 2024 at 11:00 AM in the ACN Lecture Hall. The workshop aimed to enhance students’ knowledge and skills in prototype development for academic and research planning. The program was inaugurated with the welcome of the guest speaker Prof. Rohith N. R., Principal, BGS First Grade College, AIMS, and was presided over by the Dean, Principal, and HOD of Medical Surgical Nursing. The session was coordinated by the department faculty. Prof. Rohith N. R. delivered an engaging session covering types, stages, tools, techniques, case studies, and practical examples of prototype design and development. A total of 10 faculty members and 100 students actively participated and benefited from the workshop. The workshop resulted in improved understanding of prototype and process design, enhanced problem-solving and collaboration skills, better documentation and presentation abilities, and strategic planning for development.



## World Lung Cancer Day

The Department of Community Health Nursing, Adichunchanagiri College of Nursing, in association with the NSS Unit, organized World Lung Cancer Day 2024 on 22nd August 2024 with the theme "Stronger Together: United for Lung Cancer Awareness." The programme included a lecture by Dr. Kanchana N. Raj on the incidence, causes, diagnosis, management, and prevention of lung cancer. Seventy-six students and faculty members participated and gained awareness about risk factors, early detection, prevention, and recent advancements in lung cancer treatment, contributing to SDGs 3, 4, and 17.



## Sankashtahara Chaturthi Pooja

Adichunchanagiri College of Nursing celebrated Sankashtahara Chaturthi Pooja on 22nd August 2024 at the Ganapathi Temple on campus. The event was attended by the Principal, faculty members, staff, students, and their family members. Devotees gathered to seek the blessings of Lord Ganesha, making the occasion a spiritually enriching experience that fostered unity, devotion, and a sense of togetherness among the ACN community.



## Faculty Development Program

Adichunchanagiri College of Nursing organized a Faculty Development Program on “Artificial Intelligence – A New Paradigm in Nursing” on 23rd August 2024. The session was led by Dr. Gopichandran L, Assistant Professor, NIMHANS, who highlighted AI concepts, algorithms, and applications in nursing education, service, and research. Attended by 25 faculty members and 7 M.Sc. nursing students, the program enhanced knowledge on AI integration, ethical considerations, and research opportunities in nursing. The program aligned with Sustainable Development Goals 3, 4, and 9, promoting quality education, good health, and innovation.



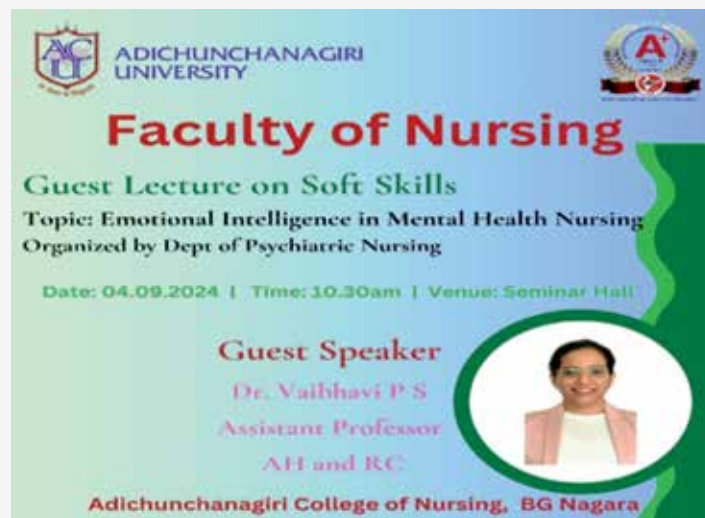
## Workshop On Building Business Plans

The Department of Medical Surgical Nursing, Adichunchanagiri College of Nursing–ACU, in association with the IIC Cell, organized a workshop titled “Building Business Plans: Cultivating Innovation for Nursing Leaders” on 2nd September 2024. The session was led by Mrs. Shashwathi B. S., Assistant Professor, BGSIT, ACU, B. G. Nagara, who explained the significance, process, basic guidelines, and key components of business plans. Around 95 students actively participated and gained valuable knowledge. The workshop supported Sustainable Development Goals related to no poverty, no hunger, and decent work and economic growth. Overall, the program was successful, meeting its objectives of enhancing business planning skills, fostering innovation, and preparing students for real-world applications.



## Guest Lecture on Emotional Intelligence

The Department of Mental Health Nursing, Adichunchanagiri College of Nursing-ACU, organized a guest lecture on "Emotional Intelligence in Mental Health Nursing" on September 4th, 2024. The session, delivered by Dr. Vaibhavi P.S., Assistant Professor, Department of Psychiatry, AIMS, focused on the importance of emotional intelligence in providing effective and empathetic mental health care. Key areas included self-awareness, self-regulation, social skills, cultural sensitivity, and practical applications in nursing practice, aligning with SDG #3 (Good Health and Well-being).



## Kreeda 2024

Kreeda 2K24, the Annual Sports Competition of the Faculty of Nursing, Adichunchanagiri University, was held at Adichunchanagiri College of Nursing on 26th, 27th, 30th, and 31st. The event was inaugurated by Dr. C.K. Subbaraya, Registrar of Adichunchanagiri University, along with college principals and faculty members. The competition witnessed enthusiastic participation from students, promoting physical fitness, teamwork, leadership, resilience, and sportsmanship in a vibrant and festive atmosphere.



## KALA UTSAV

The image is a poster announcing “KALA UTSAV-2K24”, the Annual Cultural Events organized by the Faculty of Nursing, Adichunchanagiri University. The event is jointly hosted by the Adichunchanagiri College of Nursing and BGS Institute of Nursing Sciences.

Event Dates: 28th August 2024 – 29th August 2024

Venue: ACU Campus

The background shows dancers in colourful attire, emphasizing the cultural and artistic theme of the event. The university’s logo and the phrase “Jai Sri Gurudev” appear at the top, symbolizing the institution’s identity and ethos.



## Teachers' Day

Teachers' Day was celebrated with great enthusiasm at Adichunchanagiri College of Nursing and BGS Institute of Nursing Sciences on the 5th of September, 2024 to honour the valuable contributions of our esteemed faculty members. The guest speakers for the day were Prof. Chandrashekar H. C., Principal of ACN, Dr. Komala H. K., Principal of BGSINS, and all the Heads of Departments, who graced the occasion. The event commemorated the birth anniversary of Dr. Sarvepalli Radhakrishnan and served as an opportunity for the students to express their heartfelt gratitude towards their teachers who play an indispensable role in shaping their professional journeys in the nursing field. The students conducted various games and a quiz competition, with awards and prizes given to all the winners.



## Nutritional programme

On September 13, 2024, the Faculty of Nursing, Adichunchanagiri University, Adichunchanagiri College of Nursing (ACU) organized a Nutritional Programme at 10:30 am, inaugurated by the Principal of ACN. The programme was conducted by 2nd Semester nursing students, who actively participated in 10 groups, preparing therapeutic diets for various disease conditions such as diabetes mellitus, hypertension, antenatal and postnatal care, and renal diseases. The event was witnessed by faculty and students of ACN and BGSINS, who provided valuable feedback. Mr. Satish D. E. and Mrs. Shilpa P. M., Nursing Faculty of ACN, served as judges, and prizes were awarded to the winners. The programme enhanced nutrition knowledge, healthy dietary practices, and overall well-being, contributing to SDGs #2 (Zero Hunger), #3 (Good Health and Well-being), and #4 (Quality Education).



## Onam Celebration

The Onam Celebration organized by the Faculty of Nursing, Adichunchanagiri University.

The poster announces an Onam Celebration to be held on 20th September 2024 at 10:00 AM at the ACN Campus, organized by Adichunchanagiri College of Nursing and BGS Institute of Nursing Sciences.




## Intra-Institutional Business Competition

The Intra-Institutional Business Competition was organized by the Adichunchanagiri College of Nursing – Institutional Innovation Council, in association with the Department of Child Health Nursing, on 26th September 2024. The event aimed to promote innovation, entrepreneurship, and collaboration among students from different institutions. Six student groups presented creative business ideas such as home care nursing, doula services, food delivery, village pharmacy services, Ed-Link, and Med-Well. The competition was evaluated by Dr. Naga Prashant and Prof. Victoria J. Sarvand, with effective coordination by faculty members. The event concluded successfully with prize and certificate distribution, encouraging students' entrepreneurial thinking and leadership skills.



## Guest Lecture on Cancer Among Children

The Department of Child Health Nursing, Adichunchanagiri College of Nursing, ACU, organized a guest lecture on “Prevention, Early Recognition, and Treatment of Cancer among Children” on 27.09.2024 as part of Childhood Cancer Awareness Month. The session was held at 10.30 am in the seminar hall, with Prof. Salomi S, Principal, Rajeev College of Nursing, Hassan, as the guest speaker. She discussed the definition, causes, symptoms, treatment, and management of childhood cancer. The program aimed to increase awareness, promote early detection, and strengthen community support for affected families, aligning with Sustainable Development Goal 3: Good Health and Well-being.



The poster features the Adichunchanagiri University (ACU) logo on the top left and a 30th anniversary emblem on the top right. The text is centered and reads: "Faculty of Nursing, Adichunchanagiri College of Nursing". Below this, it states "On the occasion of Childhood Cancer Awareness Month" and "Guest Lecture on Prevention, early recognition, and treatment of cancer among children". The date, time, and venue are listed as "Date: 27.09.2024", "Time: 10.30am", and "Venue: Seminar Hall". The guest speaker is identified as "Prof. SALOMI S, Principal, Rajeev College of Nursing, Hassan". A circular portrait of Prof. Salomi S is shown on the right side of the poster.

**ADICHUNCHANAGIRI UNIVERSITY**  
BG Nagara, Mandya-571448

**Faculty of Nursing**  
**Adichunchanagiri College of Nursing**

On the occasion of Childhood Cancer Awareness Month  
**Guest Lecture on**  
**Prevention, early recognition, and treatment**  
**of cancer among children**

**Date: 27.09.2024    Time: 10.30am    Venue: Seminar Hall**

**Guest Speaker**  
**Prof. SALOMI S**  
**Principal**  
**Rajeev College of Nursing**  
**Hassan**



## Guest Lecture on First Aid and Sports

The Department of Nursing Foundation, Adichunchanagiri College of Nursing, ACU, organized a guest lecture on "First Aid and Sports" on September 30, 2024, in observance of World First Aid Day. The session was held at 10:30 AM in the Seminar Hall, with Dr. Pruthvi A R, Senior Resident, Department of Medicine, AH & RC, B G Nagara, as the guest speaker. He highlighted the importance of first aid and the management of common sports injuries. The interactive program was attended by 170 nursing students and aimed at improving knowledge and skills related to first aid and sports injury management, aligning with SDGs 3 (Good Health and Well-being) and 4 (Quality Education).



## Awareness Programme on PCOD

The Department of OBG Nursing, Adichunchanagiri College of Nursing, ACU, organized an awareness programme on Polycystic Ovarian Disease (PCOD) on October 01, 2024, at 2:00 PM for adolescent high school girls. The session focused on creating awareness about PCOD, including its causes, signs and symptoms, diagnosis, management, prevention, and complications. The programme was conducted by 3rd year GNM students Ms. Bhavana and Ms. Abida, with active participation from 100 high school students. The initiative aimed to promote early detection, prevention, and better understanding of PCOD, aligning with Sustainable Development Goals 3 (Good Health and Well-being) and 4 (Quality Education).



## Guest Lecture on Cardiac Emergencies and Intervention

On the occasion of World Heart Day 2024, the Department of Medical Surgical Nursing, Adichunchanagiri College of Nursing, ACU, organized a guest lecture on "Cardiac Emergencies and Intervention – An Overview" on 30th September 2024 at 3:00 PM. The session, led by Dr. Yathish B E, Assistant Professor, Department of Cardiology, AH & RC, focused on cardiac emergencies, their interventions, prevention, and lifestyle modifications. The programme aimed to raise awareness about heart health, promote healthy lifestyles, and encourage early prevention and management of cardiovascular diseases. Around 250 students and faculty members actively participated and enhanced their knowledge on cardiac emergency care and heart-healthy practices.



## Seminar On Common Communicable Diseases

The Department of Child Health Nursing, Faculty of Nursing, Adichunchanagiri University, organized a student seminar on “Common Communicable Diseases in Children” on 08.10.2024 at 10:00 AM in the seminar hall, ACN. Students presented on various communicable diseases affecting children, including infectious and vector-borne diseases. The seminar aimed to enhance students’ knowledge and awareness, aligning with Sustainable Development Goal 3: Good Health and Well-being. The program showed a significant improvement in learning outcomes, with average knowledge scores increasing from 60% in the pretest to 80% in the post-test.



## Guest Lecture on Mental Health at Work

Jai Sri Gurudev

Faculty of Nursing, Adichunchanagiri University, Adichunchanagiri College of Nursing-ACU. In observance of World Mental Health Day 2024, the Department of Psychiatric Nursing at Adichunchanagiri College of Nursing organized a guest lecture on the theme "Mental Health at Work." The aim of the event was to raise awareness about the importance of mental well-being in the workplace, discuss challenges employees face, and explore how mental health can be prioritized and supported in professional settings. The guest speaker for the lecture was Mr. Jayaprakash C Assistant Professor, Srinivas Institute of Nursing, Valachil, Mangalore. a distinguished expert has extensive experience working with organizations to improve mental health policies and create supportive environment. The lecture was followed by an engaging activity where students had the opportunity to discuss real-life challenges faced in maintaining mental health at work. Participants shared personal experiences of work-related stress.



## Guest Lecturer on Elevate Nursing

Dept of Library and Information was Organised a Guest Lecturer Session on the topic Elevate Nursing: Comprehensive resources for research and practice on 15th OCT 2024.



**ADICHUNCHANAGIRI UNIVERSITY**  
BG Nagara, Mandya-571448

**Faculty of Nursing**  
**Adichunchanagiri College of Nursing**  
**BGS Institute of Nursing Sciences**

**"Guest Lecture on Elevate Nursing:  
Comprehensive Resources for Research & Practice"**  
Organized by Department of Library and Information

**Guest Speaker**  
Mr. Srijith Sasidharan,  
Customer Success & Training  
Manager- APAC  
Information Solutions & eBooks  
Customer Success

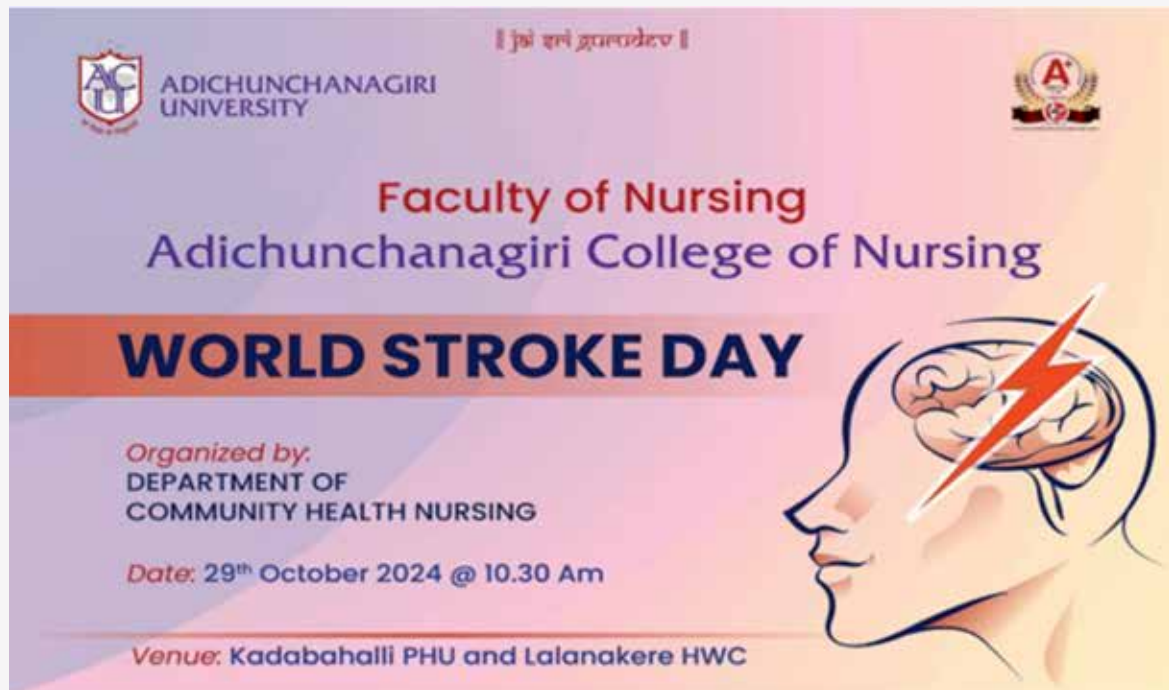
Date: 16.10.2024    Time: 11.30am    Venue: Seminar Hall

**"Nothing is pleasanter than exploring a library."**



## World Stroke Day

The Faculty of Nursing, Adichunchanagiri College of Nursing, observed World Stroke Day 2024 on 29th October 2024 with the theme "Greater Than Stroke Active Challenge." The Department of Community Health Nursing conducted an awareness program for high-risk and hypertensive OPD patients, educating them on stroke prevention, rehabilitation, and early recognition using FAST signs. The program benefited around 45 patients and involved 15 GNM students, enhancing community awareness and student learning while supporting SDGs 3, 4, 10, and 17.



The poster features the Adichunchanagiri University logo on the left and a circular emblem on the right. The text is centered and includes the faculty name, the event title 'WORLD STROKE DAY', the organizing department, the date and time, and the venue. A graphic of a human head in profile with a lightning bolt striking the brain is on the right side.

|| ज्ञं र्ज्ञं गुरुरन्देव ||

ADICHUNCHANAGIRI UNIVERSITY

Faculty of Nursing  
Adichunchanagiri College of Nursing

**WORLD STROKE DAY**

Organized by:  
DEPARTMENT OF  
COMMUNITY HEALTH NURSING

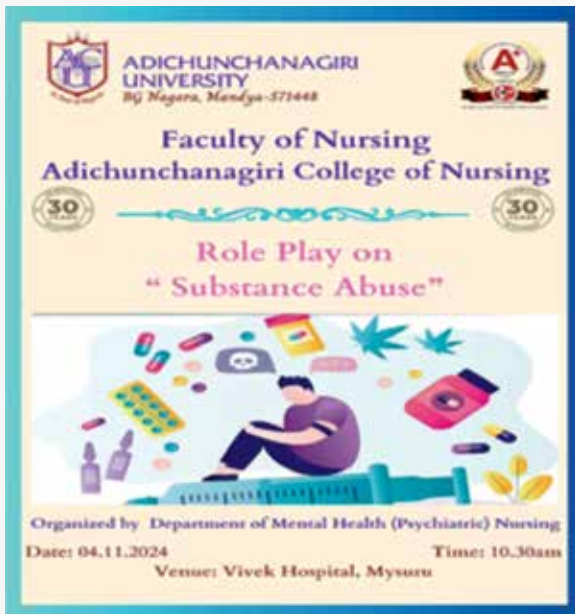
Date: 29<sup>th</sup> October 2024 @ 10.30 Am

Venue: Kadabahalli PHU and Lalanakere HWC



## The Role Play on Substance Abuse

The 3rd year B.Sc. Nursing students of Adichunchanagiri College of Nursing, ACU, conducted a role play on substance abuse during their psychiatric posting on November 4th, 2024 at Viveka Hospital, Mysore. The activity provided hands-on experience in managing substance abuse cases, enhanced empathy, strengthened therapeutic communication skills, and improved students' confidence in handling challenging patient interactions, contributing to better mental health care outcomes.



## State-Level Conference on Enhancing the Research Visibility

The Faculty of Nursing, Adichunchanagiri University organized a State-Level Conference on “Enhancing the Research Visibility” on 15th November 2024 at Lecture Hall-I for faculty, students, and PhD scholars. The conference was inaugurated by Dr. C. K. Subbaraya, Registrar, Adichunchanagiri University, and featured expert sessions by Dr. Anil Raj and Dr. Shejila C. H. on research visibility and publication practices. The event promoted academic excellence, interdisciplinary collaboration, and research dissemination, aligning with SDG 4. A significant improvement in knowledge was observed, with post test scores (20.6/30) markedly higher than pretest scores (11.63/30).

ADICHUNCHANAGIRI UNIVERSITY

Faculty of Nursing

Adichunchanagiri College of Nursing | BGS Institute of Nursing Sciences

State Level Conference on  
"ENHANCING THE RESEARCH VISIBILITY"  
- Shaping the Future of Research

8 KSNK CREDIT POINTS

Resource Persons

**Dr. SHEJILA CH**  
Professor  
Department of Medical Surgical Nursing  
Faculty of Nursing  
Dayananda Sagar University, Bangalore

**Dr. ANIL RAJ**  
Assistant Professor  
Department of Medical Surgical Nursing  
Faculty of Nursing  
Manipal University, Manipal

Date: 15<sup>th</sup> November 2024

Venue: Lecture Hall, AIMS



## Orientation Programme

Orientation Programme for I Semester B.Sc. Nursing students organized by the Faculty of Nursing, Adichunchanagiri University, involving Adichunchanagiri College of Nursing and BGS Institute of Nursing Sciences. The programme is scheduled on 19th November 2024 at 10:00 am in the Lecture Hall.



## Community visit

Visits to water purification plant, and sewage treatment plant by I GNM students at Mysore on 21st Nov 2024.



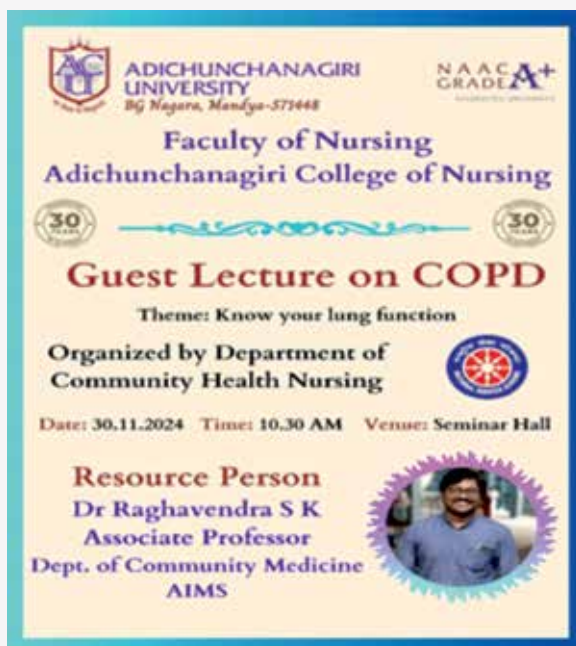
## Constitution day

On 26th November 2024, Adichunchanagiri college of nursing, the NSS unit of ACN celebrated constitution day by delivering the preamble of the constitution of India to the students. The event was led by Mr. Kantharaju – NSS officer of ACN. 50 students and faculty members participated in this event.



## Guest lecture on COPD

On 30th November 2024, the Department of Community Health Nursing, Adichunchanagiri College of Nursing, in association with the NSS Unit of ACN, organized COPD Awareness Month with the theme "Know Your Lung Function." The programme was led by Mr. PGN Swamy, HOD, Community Health Nursing, and Mr. Kanta Raju, NSS Officer. Dr. Raghavendra S K delivered an informative lecture on the definition, prevalence, diagnosis, management, and prevention of COPD. A total of 79 students and faculty members participated, enhancing their knowledge and clinical understanding of COPD. The programme contributed to SDGs 3, 4, and 17.



The poster is for a guest lecture on COPD. It features the logos of Adichunchanagiri University (ACU) and NAAC Grade A+. The text includes the faculty name, the theme 'Know your lung function', the organizing department, the date (30.11.2024), time (10:30 AM), and venue (Seminar Hall). It also identifies the resource person as Dr. Raghavendra S K, Associate Professor in the Dept. of Community Medicine at AIMS, and includes a small portrait of him.

**ADICHUNCHANAGIRI UNIVERSITY**  
B.G. Nagara, Mandya-571448

NAAC GRADE **A+**

**Faculty of Nursing**  
**Adichunchanagiri College of Nursing**

30 YEARS

**Guest Lecture on COPD**

Theme: Know your lung function

Organized by Department of  
Community Health Nursing

Date: 30.11.2024 Time: 10.30 AM Venue: Seminar Hall

**Resource Person**  
**Dr Raghavendra S K**  
Associate Professor  
Dept. of Community Medicine  
AIMS



## Awareness programme on Constipation in Women

On 28th December 2024, the Department of OBG Nursing, Adichunchanagiri College of Nursing, BG Nagara, organized an Awareness Programme on Constipation in Women at the OBG OPD. The programme commenced at 11:00 am with a welcome address by Ms. Pavitra, I Year GNM student. The session, conducted by Ms. Vani and Ms. Soujanya (I Year GNM), covered causes, signs and symptoms, types, diagnosis, management, prevention, and complications of constipation. About 20–25 women actively participated and clarified their doubts. The programme enhanced awareness and promoted early prevention of constipation, contributing to SDGs 3 (Good Health and Well-being) and 4 (Quality Education).



# Tips to Prevent Heart Attack and Maintain a Healthy Heart

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## 1. Eat a Heart-Healthy Diet

A balanced diet plays a vital role in maintaining heart health. Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats such as nuts and olive oil. Reduce intake of saturated fats, trans fats, salt, and added sugars, which contribute to high cholesterol and blood pressure.

## 2. Exercise Regularly

Regular physical activity strengthens the heart and improves blood circulation. Aim for at least 30 minutes of moderate exercise, such as brisk walking, cycling, or swimming, on most days of the week. Exercise helps control weight, lower cholesterol, and reduce blood pressure.

## 3. Maintain a Healthy Weight

Being overweight increases the risk of heart disease. Maintaining a healthy body weight through proper diet and regular exercise reduces strain on the heart and lowers the chances of heart attack.

## 4. Quit Smoking and Avoid Tobacco

Smoking damages blood vessels, raises blood pressure, and reduces oxygen levels in the blood, significantly increasing the risk of heart attack. Quitting smoking and avoiding second hand smoke can dramatically improve heart health.

## 5. Control Blood Pressure and Cholesterol

High blood pressure and high cholesterol are major risk factors for heart attacks. Regular health checkups, a healthy diet, physical activity, and prescribed medications (if needed) help keep these levels under control.

## 6. Manage Stress Effectively

Chronic stress can increase blood pressure and lead to unhealthy habits such as overeating or smoking. Practice stress management techniques like meditation, deep breathing, yoga, or engaging in relaxing hobbies.

## 7. Limit Alcohol Consumption

Excessive alcohol intake can raise blood pressure and contribute to weight gain. If you drink alcohol, do so in moderation—generally no more than one drink per day for women and two for men.

## 8. Manage Diabetes

Diabetes significantly increases the risk of heart disease. Maintaining healthy blood sugar levels through diet, exercise, medication, and regular monitoring is essential for heart attack prevention.

## 9. Get Regular Health Screenings

Regular medical checkups help detect early signs of heart disease. Monitoring blood pressure, cholesterol, blood sugar levels, and overall heart health allows for timely intervention and prevention.

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# SCHOLARSHIPS

## About Us

is a scholarship program that covers education costs ranging from concessions to awards....

**2 Cr per year**



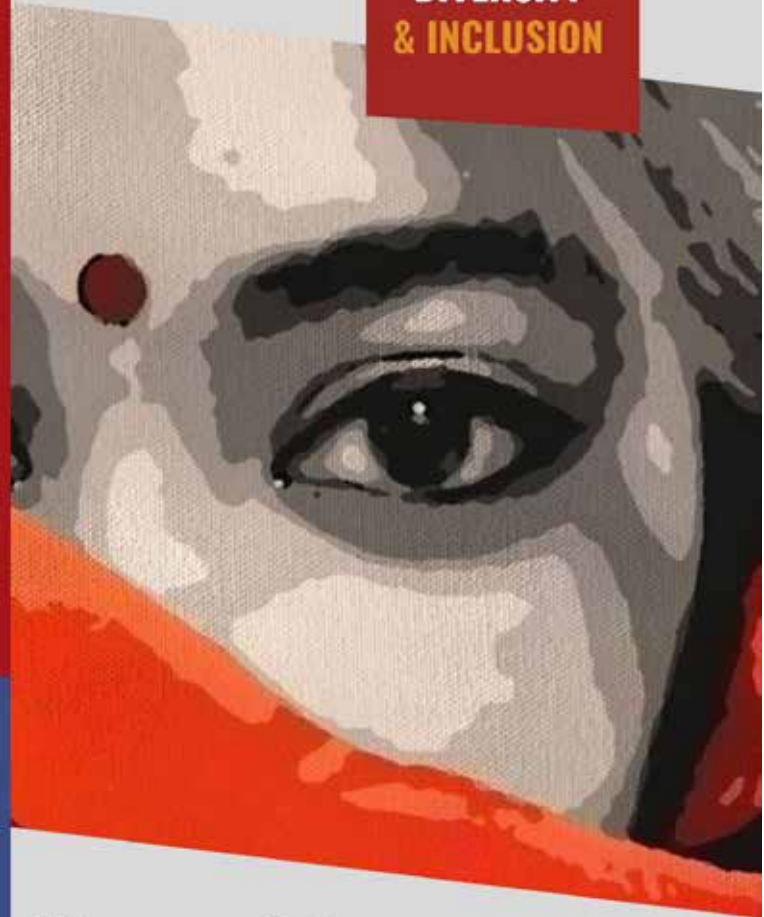
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## **PREPARING STUDENT FOR SUCCESSFUL FUTURE & CULTURE**

### **WOMEN EMPOWERMENT CELL**

The WEC advocates for inclusive hiring, career advancement, and supportive work-life balance policies. The significant presence of women in leadership roles within the university's administrative and academic structures powerfully reflects its commitment to gender equality.

### **DIVERSITY & INCLUSION**



### **WE are proud of**

47% of 481 teaching faculty are Women and 45% of 1118 non-teaching faculty are Women. Notably, of the total student population, female students constitute 53%.

### **Our Good & Best Service**

The collective efforts and initiatives undertaken by Adichunchanagiri University over the past five years have significantly contributed to creating an environment where gender equality is not just a goal but a reality. The university's steadfast dedication to this cause is reflected in the measurable increase in participation and achievements of its female students and staff.

Adichunchanagiri University

## SPORTS at it's best

Sports facilities spread over an approximately 40,470 Sqm area providing facilities for Cricket, Athletic (400m track), Football, Hockey, Volleyball, Throw ball, Handball, Kabaddi, Kho-Kho, Ball Badminton, Tennis & Basketball courts with synthetic floor and flood lights.

ACU has outdoor and indoor sports facilities for cricket, football, tennis, basketball, volleyball, and badminton, along with a jogging track and amphitheatre.  
The facility of Gymnasium, indoor games & yoga..!!



**VISION BECOMING A REALITY...**







**THE PERFECT  
UNIVERSITY**

.....









**JOY OF LEARNING  
AT IT'S PEAK**



# Our Comprehensive Programs...

## Engineering

### B.E

- Civil Engg.
- Mechanical Engg.
- Computer Science & Engg.
- Information Science & Engg.
- Electronics & Comm. Engg.
- Artificial Intelligence and Machine Learning

### M.Tech

- Structural Engg.
- Computer Science & Engg.
- VLSI Design & Embedded system
- Infrastructure Management

## Management

**M.B.A** (HR, Finance & Marketing)

## Humanities & Social Sciences

### B.Ed.

**B.Com. | M.Com. | BCA | BBA**

## Natural Sciences

### B.Sc/B.Sc (Hons.)

- Computer Science
- Artificial Intelligence and Machine Learning
- Physics & Chemistry
- Physics & Mathematics
- Chemistry & Biology

### M.Sc

Physics | Chemistry | Biochemistry |  
Biotechnology Microbiology

## Medical

**M.B.B.S | M.D | M.S**

### M.P.H

**M.Sc.** (Medical) Biochemistry, Microbiology

**M.H.A** (Master of Hospital Administration)

## Pharmacy

**D. Pharm | B. Pharm | Pharm.D**

### M. Pharm

Pharmaceutical Chemistry | Pharmacy Practice  
Pharmaceutics | Pharmaceutical Analysis  
Pharmacology | Pharma Regulatory Affairs  
Pharmacognosy

## Nursing

**GNM | B.Sc. | M.Sc.**

## Allied Health Sciences

### B.Sc.

- Medical Laboratory Technology
- Medical Imaging Technology
- Renal Dialysis Technology Optometry
- Anaesthesia & Operation Theatre Technology
- Clinical Psychology

### Diploma in

- Medical Laboratory Technology
- Medical Imaging Technology
- Health Inspector Ophthalmic Technology
- Dialysis Technology
- Medical Records Technology
- Operation Theatre Technology

**BPT** (Bachelor of Physiotherapy)

## Ph.D Programs in all above Faculties

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## Accreditation and Recognition



B.G. Nagara - 571448, NH-75, Nagamangala Tq., Mandya Dist., Karnataka, India

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