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ADICHUNCHANAGIRI
UNIVERSITY

FACULTY OF NURSING
**ADICHUNCHANAGIRI COLLEGE
OF NURSING**



**NEWS
LETTER**
JANUARY 2026
IMPRESSION
OF ACN

Adichunchanagiri College of Nursing was established in 1995 following the introduction of a Diploma in Nursing Course in 1991. The Basic B.Sc. (Nursing) program commenced in 1995. The P.B.B.Sc. Nursing program began in 2008, and the M.Sc. (Nursing) in Community Health Nursing was introduced in 2011. Additional M.Sc. Nursing specializations were introduced in 2015. To address the growing need for nursing graduates in hospitals, educational institutions, clinics, and industrial nursing, a PhD program was initiated in the 2019-2020 academic year. With immense pride, Shushrushavani, the monthly newsletter of the Adichunchanagiri College and Institute of Nursing, serves as a dynamic platform to showcase our academic achievements, institutional milestones, and the ever-changing realm of nursing education and healthcare practices.

Each issue of Shushrushavani provides a carefully selected overview of the vibrant academic, clinical, and research activities undertaken by the students, faculty, and scholars. From advancements in curriculum and clinical skills to community outreach efforts aligned with the Sustainable Development Goals (SDGs) and inter-professional partnerships, the newsletter embodies our ongoing growth and dedication to providing compassionate care.

As we face the challenges and seize the opportunities in modern nursing education, Shushrushavani transcends being merely a publication; it becomes a living record of our collective vision for professional excellence, ethical practice, and comprehensive healthcare delivery.

I commend the editorial team for their commitment to accuracy, creativity, and relevance in each issue. I warmly encourage all readers to engage with Shushrushavani as a reflection of our shared journey toward academic distinction, clinical excellence and significant societal impact.



CERVICAL HEALTH AWARENESS MONTH

The Department of Obstetrics and Gynecological Nursing organized a Cervical Health Awareness programme on 08-01-2026 to educate students about cervical cancer prevention, screening, and HPV vaccination. The session, attended by 96 students, improved awareness on cervical health and early detection. The programme supported SDG 3 – Good Health and Well-being.

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 **ADICHUNCHANAGIRI UNIVERSITY**
FACULTY OF NURSING



Adichunchanagiri College of Nursing
organizes

**Health Talk on Cervical Health Awareness
Month-2026**

“Act now—screen, vaccinate, and eliminate cervical cancer.”

Department of OBG Nursing

Speaker
Ms. Poornima
II Year M.Sc.(N), OBG NURSING
Adichunchanagiri College of Nursing
B.G. Nagara



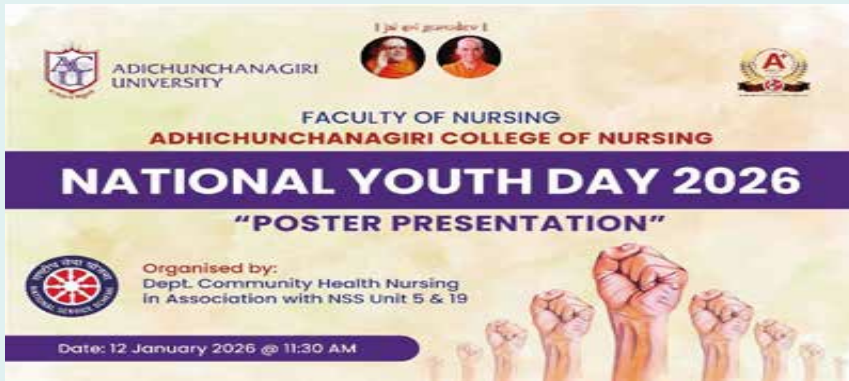
3 GOOD HEALTH AND WELL-BEING

 **08-01-2026**  **11.30AM**  **SEMINAR HALL**



NATIONAL YOUTH DAY

The Department of Community Health Nursing, in collaboration with NSS Units, celebrated National Youth Day 2025 through a poster presentation on the theme “Viksit Bharat for Yuva,” promoting youth participation in nation-building. The programme engaged 98 students and highlighted key areas such as health, education, innovation, and sustainability. It enhanced students’ creativity, awareness, and commitment toward social and national development.



NATIONAL YOUTH DAY

The Department of Mental Health Nursing organized Pick and Speak Competitions on National Youth Day 2026 to promote the ideals of Swami Vivekananda and encourage youth leadership. The event provided a platform for students to showcase creativity, communication, and confidence. It successfully fostered positive values, public speaking skills, and nation-building spirit among participants.

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ADICHUNCHANAGIRI UNIVERSITY
Adichunchanagiri College of Nursing
Organizes

A+
NAAC

Pic & Speech Competition
to commemorate

National Youth Day

"The greatest sin is to think yourself weak."
Message: Believe in your abilities.

Department of Psychiatric Nursing

"Join us in celebrating National Youth Day through a PIC & SPEECH Programme, in the spirit of Swami Vivekananda."

12-01-2026 10.30AM SEMINAR HALL

Javarana Hally, Karnataka, India

Xp8c+15m, Javarana Hally, Karnataka 571448, India
Lat 12.966536° Long 76.720269°
Monday, 12/01/2026 04:45 PM GMT +05:30

Javarana Hally, Karnataka, India

Xp8c+15m, Javarana Hally, Karnataka 571448, India
Lat 12.966536° Long 76.720269°
Monday, 12/01/2026 04:45 PM GMT +05:30



NATIONAL GLAUCOMA DAY

The Department of Nursing Foundation organized a Glaucoma Awareness Programme on 23rd January 2026 to educate students on early detection, prevention, and treatment of glaucoma. The session enhanced students' knowledge on eye health and encouraged regular eye screening. It also strengthened their confidence in promoting community awareness to prevent blindness.



ADICHUNCHANAGIRI UNIVERSITY
FACULTY OF NURSING
ADICHUNCHANAGIRI COLLEGE OF NURSING

DEPARTMENT OF NURSING FOUNDATION
NATIONAL GLAUCOMA DAY
"WEAR GREEN TO BE SEEN"

RESOURCE PERSON
Dr. Tanmaya s
MBBS, MS
Senior resident department of ophthalmology
ACU

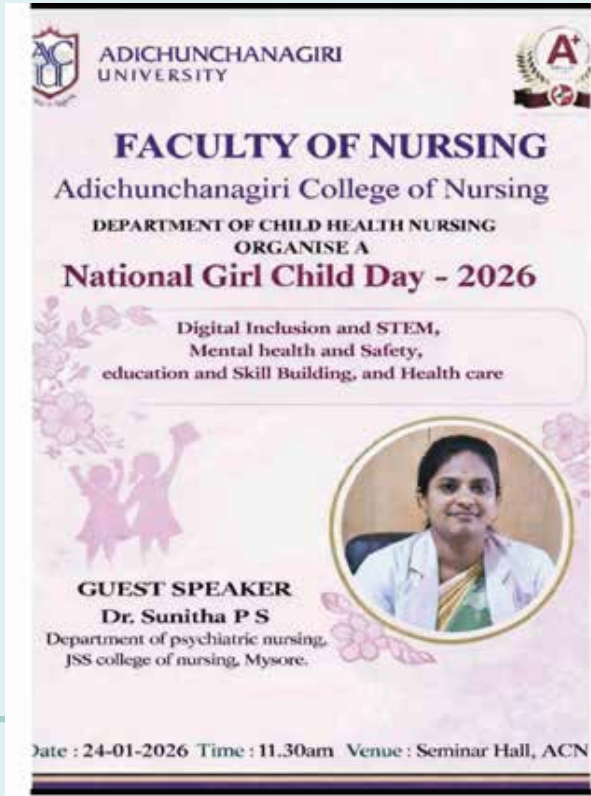
DATE: 23.01.2025
TIME: 10:00 AM ONWARDS
VENUE: ACN SEMINAR HALL

3 MORE HEALTH AND WELL-BEING
10 MINUTE PRESENTATION



NATIONAL GIRL CHILD DAY

The Department of Child Health Nursing organized a National Girl Child Day awareness programme on 24th January 2026 to highlight the importance of girls' education, rights, and empowerment. The session increased students' awareness about gender equality, health, and social issues affecting girls. It promoted positive attitudes and encouraged support for the well-being and development of the girl child.



WORLD LEPROSY DAY

The Department of Community Health Nursing, in collaboration with NSS Units, organized a rally on World Leprosy Day 2026 at Lalanakere village to spread awareness about the curability of leprosy and reduce social stigma. The programme actively involved 98 students and promoted early detection, treatment, and community participation. It successfully enhanced public understanding and encouraged positive attitudes toward individuals affected by leprosy.



MENOPAUSE: MYTHS & FACTS YOU SHOULD KNOW

Menopause is a natural life stage, yet it's still surrounded by confusion and misinformation. Understanding what menopause really is—and what it isn't—can help women feel more prepared, supported, and in control of their health.

Menopause marks the end of menstrual cycles and is officially diagnosed after 12 consecutive months without a period. It typically occurs between ages 45 and 55, though timing varies. The years leading up to it are called perimenopause, when hormonal shifts begin and symptoms often appear.

Myth 1: Menopause Happens Overnight

Fact: Menopause is a gradual transition.

Most women experience perimenopause for several years before menopause itself. Hormone levels fluctuate during this time, which can cause irregular periods, hot flashes, sleep issues, and mood changes. The process is gradual, not sudden.

Myth 2: Hot Flashes Happen to Everyone

Fact: Symptoms vary widely.

Hot flashes are common, but not universal. Some women have mild symptoms; others experience more intense ones. Menopause can also involve night sweats, brain fog, joint pain, vaginal dryness, or none of these at all. There's no "normal" experience.

Myth 3: Menopause Means the End of a Healthy Sex Life

Fact: Many women report improved sexual well-being.

While hormonal changes can affect libido or comfort, effective treatments and lifestyle adjustments can help. For some women, freedom from pregnancy concerns and greater self-confidence actually improve intimacy.

Myth 4: Hormone Therapy Is Always Dangerous

Fact: Hormone therapy can be safe and effective for many women.

Menopausal hormone therapy (MHT) isn't one-size-fits-all. For healthy women under 60 or within 10 years of menopause, it can safely relieve symptoms when appropriately prescribed. Decisions should always be individualized and discussed with a healthcare provider.

Myth 5: Weight Gain Is Inevitable

Fact: Metabolism changes, but weight gain isn't guaranteed.

Hormonal shifts can affect how the body stores fat, especially around the abdomen. However, regular movement, strength training, good sleep, and balanced nutrition make a real difference. Menopause doesn't remove your ability to manage weight—it changes the strategy.

Myth 6: Menopause Causes Depression

Fact: It increases vulnerability, not certainty.

Hormonal changes can affect mood, especially during perimenopause. While some women experience anxiety or depression, menopause itself doesn't automatically cause mental health disorders. Support, stress management, and treatment options are available and effective.

Myth 7: Menopause Means Getting Old

Fact: Menopause is a transition, not a decline.

Menopause marks the end of fertility—not vitality, productivity, or relevance. Many women describe this stage as a time of clarity, confidence, and renewed focus on their own well-being.