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Sri Adichunchanagiri Mahasamsthana Math
Sri Adichunchanagiri Shikshana Trust®



ADICHUNCHANAGIRI
UNIVERSITY



BGS talX

Inspire to Aspire

Co-Powered By

BGS COLLEGE OF ENGERNEERING & TECHNOLOGY

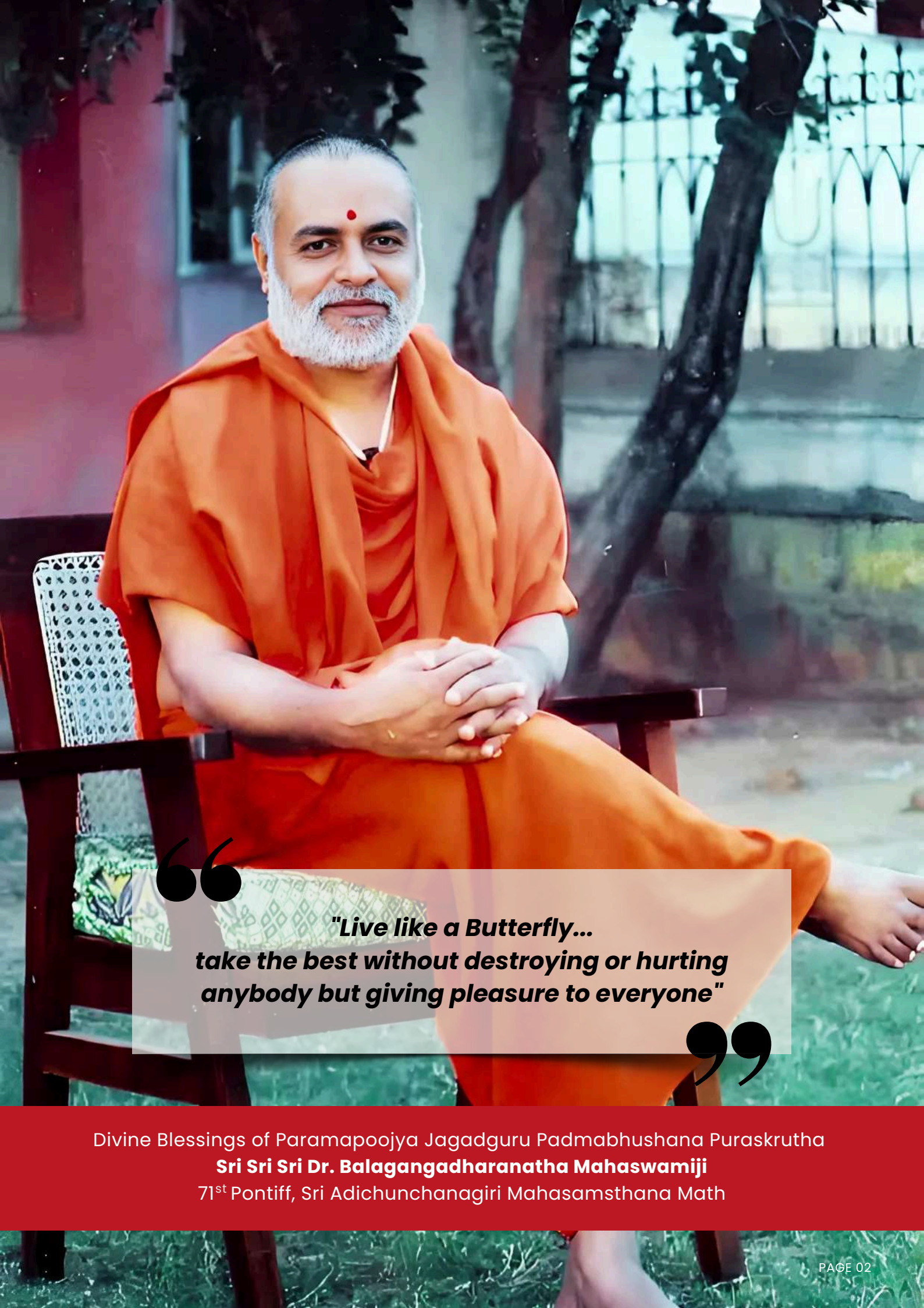


BGSCET | MBA

by BGS School of Management

Monday, 20th January 2025

**BGS Auditorium, BGS College of Engineering & Technology (BGSCET)
Mahalakshmpuram, Bengaluru**



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***"Live like a Butterfly...
take the best without destroying or hurting
anybody but giving pleasure to everyone"***

”

Divine Blessings of Paramapoojya Jagadguru Padmabhushana Puraskrutha
Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji
71st Pontiff, Sri Adichunchanagiri Mahasamsthana Math



Adichunchanagiri University (ACU) accredited with NAAC A+ is a multi-faculty private university committed to providing quality education and fostering a spirit of entrepreneurship among its students. The university boasts a sprawling 67-acre campus situated at BG Nagara, Nagamangala Taluk, Mandya District, equipped with state-of-the-art infrastructure, providing an ideal environment for academic and personal growth. ACU has a vibrant academic community with 4974+ students currently enrolled. The university prides itself on its 488+ teaching faculty members, supported by 64+ adjunct/visiting faculty, and an additional 1,123+ non-teaching staff. This diverse and dedicated team contributes to the holistic development of the students. Adichunchanagiri University (ACU) is committed to nurturing entrepreneurial ideas and innovation in its students. It hosts various centers for cutting-edge research and innovation, providing a holistic educational experience in line with the university's vision and mission.

ACU comprises various Units, each contributing to the overall educational and research landscape. These include:

- Sri Adichunchanagiri College of Pharmacy (SACCP, Estd. 1981)
- Adichunchanagiri College of Nursing (ACN, Estd. 1985)
- Adichunchanagiri Institute of Medical Sciences (AIMS, Estd. 1986)
- Adichunchanagiri Hospital and Research Centre (AH&RC, Estd. 1986)
- BGS Institute of Technology (BGSIT, Estd. 2005)
- BGS College of Education (BGSCE, Estd. 2007)
- Adichunchanagiri Institute for Molecular Medicine (Estd. 2016)
- BGS First Grade College (BGSFGC, Estd. 2016)
- Adichunchanagiri School of Allied Health Sciences (AHS, Estd. 2020)
- Adichunchanagiri School of Natural Sciences (ASNS, Estd. 2020)
- BGS Institute of Nursing Sciences (2023)
- BGS MCH Hospital, Nagaruru, Bengaluru (2024)

Inclusive Excellence

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

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.

Enlightenment

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

Unmatched Breadth & Depth

Explore **60+ programs, 1382 courses**, and a staggering **850 interdisciplinary options**. Gain valuable skills through **136+ Value Added Courses**.

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 & Accountability

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

Award-Winning Faculty

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

Industry-Ready Graduates

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





In the transformative landscape of healthcare, Adichunchanagiri Hospital & Research Centre (AH & RC) emerged in 1990 as a powerful symbol of hope, reflecting the visionary aspirations of His Holiness Padmabhushana Puraskrutha Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji. The hospital, commissioned with a noble purpose, has evolved into a cornerstone of medical care, particularly for the underprivileged and rural communities in the region.

AH & RC, affiliated with the prestigious Adichunchanagiri Institute of Medical Sciences (AIMS), is not just a healthcare institution; it is a testament to the unwavering commitment of its founder to establish a state-of-the-art facility addressing the health needs of the rural populace. The hospital's success is attributed to its dedicated and qualified staff, coupled with cutting-edge medical equipment, allowing the seamless provision of medical services across preventive, curative, and rehabilitative domains. Specializing in sub-disciplines such as Neurosurgery, Urology, Cardiology, Oncology, Nephrology, and Plastic Surgery, AH & RC stands out as a comprehensive healthcare hub. The Central Laboratory, equipped with advanced technology, ensures accurate and thorough diagnostics for patients, setting a standard for excellence in healthcare.

At the heart of AH & RC is its Central Operation Theatre complex, featuring 13 operation theaters and a 120-bed Intensive Care Unit (ICU) equipped with state-of-the-art monitoring systems. The hospital's commitment to emergency care is underscored by its round-the-clock Emergency Medicine department, staffed by highly qualified professionals dedicated to providing immediate medical attention. Noteworthy is the hospital's dedication to providing essential medical services to the underprivileged. The well-equipped Blood Bank, managed by experienced personnel, ensures the timely availability of blood donations and streamlined delivery systems for those in need. The Forensic department, equipped with modern cold storage facilities, plays a pivotal role in the dignified storage of cadavers requiring post-mortem examinations.

AH & RC goes beyond conventional medical care by extending its healing touch through free-of-cost medical aid, including medicines, to the underprivileged. The hospital's impact is not confined to its medical services; it also addresses the broader spectrum of healthcare by providing free food to General ward patients, exemplifying its commitment to holistic healing. With 1500 beds, a multi and super-specialist approach, and facilities such as CATH Lab, MRI, CT Scan, Digital X-Ray, Echo, Fundus Camera, and more. AH & RC stands as a beacon of healthcare excellence. The hospital's journey, from a cherished dream to a thriving reality, continues to transform and uplift countless lives by providing compassionate and quality healthcare to those who need it the most.

Moreover, AH & RC extends its reach beyond its walls through a 24/7 ambulance facility, ensuring swift access to healthcare for all neighboring areas. In the pursuit of its humanitarian ideals, Adichunchanagiri Hospital & Research Centre remains a shining example of healthcare that transcends boundaries, offering hope and healing to the communities it serves.



Igniting Aspirations: BGS TalX Shapes the Future of India's Young Minds

In the vibrant heart of Bengaluru, where innovation meets inspiration, BGS TalX has emerged as a beacon of hope for India's dynamic youth. On the transformative evening of January 20, 2025, the BGS College of Engineering and Technology became a melting pot of aspirations, embodying the powerful motto: "Inspire to Aspire". With 50% of India's population under the age of 25 and 65% under 35, the nation stands on the cusp of a demographic dividend—a vast reservoir of talent, creativity, and boundless potential. Recognizing this extraordinary opportunity, BGS TalX has created a platform where leadership converges with ambition, igniting a movement to empower the next generation.

The event was graced by the revered spiritual presence of Paramapoojya Jagadguru Padma Bhushan Awardee Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji and the 72nd Pontiff, His Holiness Jagadguru Sri Sri Sri Dr. Nirmalanandhanatha Mahaswamiji. Their profound blessings transformed the evening from a mere gathering into a sacred celebration of potential and purpose.

The program commenced with a heartfelt tribute to Guru Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, setting a tone of reverence that reverberated throughout the auditorium. This moment of reflection paved the way for the official unveiling of BGS TalX. A captivating introductory video showcased the extraordinary journey of Smt. Ashwini Nachappa—an Olympian, Arjuna Awardee, and founder of Ashwini's Sports Foundation as well as co-founder of KALS. Her inspiring story embodied the essence of the evening: transforming personal challenges into a wellspring of collective inspiration.



Sports and Life: Lessons Beyond the Game

By Smt. Ashwini Nachappa, an Olympian, Arjuna Awardee, and founder of Ashwini's Sports Foundation and Co-founder KALS

The world of sports is much more than just competition and medals. It serves as a powerful metaphor for life, mirroring the challenges, triumphs, and essential skills required to navigate both our personal and professional journeys. My own athletic career stands as a testament to this deep connection between sports and personal growth.

My journey began unexpectedly at the age of 8 or 9, when running became more than just a physical activity—it became a source of freedom. What started as a simple passion, fueled by my coach's playful bribes of nutritious sweets for completing laps, eventually blossomed into an extraordinary athletic career spanning over two decades. Along the way, I learned invaluable life lessons that extended far beyond the confines of any traditional classroom.

From a local school champion to representing India in national competitions and aspiring to compete in the 1988 Olympics, my athletic journey was far from easy. I learned that success is never handed out freely—it demands perseverance, patience, and the resilience to push through monotony. My life has been a journey of continuous evolution, transitioning from athletics to banking, working with special needs children, exploring art, embracing motherhood, contributing to education, and ultimately establishing my own foundation.

The mantras I discovered through athletics continue to guide me to this day. The first and most crucial lesson is identifying what brings you joy. For me, it was running—a passion that was nurtured by a supportive team. It is essential for young individuals to understand that interests can evolve into passions, but passion alone is not enough. Action is the driving force that transforms dreams into reality.

Purpose is another critical element. In athletics, my purpose was clear: to represent my country. Purpose brings clarity, enabling effective planning, dedication, and goal-setting. Success is never an overnight phenomenon; it is the result of consistent daily effort. My Olympic dream was built on relentless, often grueling practice—especially on days when motivation was hard to find.

Resilience and adaptability emerged as fundamental life skills through my sporting journey. Athletes are constantly required to navigate changing circumstances—unpredictable weather, varied track surfaces, and challenging living conditions. Despite limited resources and financial constraints, it was courage and a willingness to face failure that propelled me forward. I encourage everyone to view failures as opportunities for growth and self-reflection. Remember, failure is a single event, not a defining characteristic.

Pressure is an inherent aspect of individual sports like athletics, where performance is intensely personal. Training rigorously for 365 days to excel in a single race is both mentally and physically demanding. Building mental resilience and overcoming the fear of failure are crucial. Success isn't just about being the fastest or the smartest—it's about developing and consistently practicing positive habits.

Four principles have served as my life's compass: competence, commitment, consistency, and character. Competence is cultivated through preparation and continuous learning. Commitment demands unwavering discipline and focus. Consistency is achieved through relentless practice and regular self-evaluation. However, character stands above all—it is defined not by external appearances, but by our core values, principles, and the way we treat others.

Physical and mental fitness are non-negotiable on this journey. In our increasingly digital world, dedicating at least an hour each day to physical activity is essential. A healthy body sustains a healthy mind, creating a strong foundation for achieving both personal and professional goals.

To the younger generation, I offer this advice: set realistic goals, make thoughtful choices, and remain consistent. Take responsibility for your actions, value your time, and constantly work on building your character. The journey to success may be arduous and challenging, but with discipline—both of mind and body—you can turn your aspirations into reality. As Mahatma Gandhi wisely said, "You must be the change you wish to see in the world." Each of us has the potential to be an agent of positive change, and it is our contributions to the greater good of society that ultimately define our legacy.



Shri Alok Kumar, IPS, Additional Director General of Police (ADGP) for Training in Karnataka, Bengaluru, delivered a compelling presentation titled "Becoming a Change Agent - Citizenship with Impact." The event commenced with an engaging introductory video that showcased his illustrious professional journey, setting the tone for his thought-provoking address. His insightful talk centered on themes of civic engagement, societal transformation, individual responsibility, and systemic change. Shri Alok Kumar emphasized the immense potential of citizens to drive meaningful progress in society, leaving the audience inspired to take action.



Becoming a Change Agent - Citizenship with Impact **By Shri Alok Kumar IPS, Additional Director General of Police (ADGP) for Training** **in Karnataka, Bengaluru**

Today, January 20th, holds great significance in the history of the United States. On this day, the 47th President of the United States is set to be sworn in, coinciding with the 64th anniversary of John Fitzgerald Kennedy's iconic inaugural address delivered on January 20, 1961. Kennedy's timeless words, "Ask not what your country can do for you, but what you can do for your country," continue to resonate profoundly, urging every citizen to contribute meaningfully to the betterment of society. In the same spirit, we must reflect on our own efforts and ask ourselves: What are we doing to make our country stronger and bring about positive change?

Change does not require extraordinary actions; it begins with sincerity and dedication in fulfilling one's responsibilities. Reflecting on my own experiences, I recall my tenure as a young assistant in the police force in the Belgaum district, a region once notorious for violent crimes. By earnestly committing to my duty to prevent crime and maintain law and order, I played a role in transforming the area into a relatively peaceful region over time. Similar efforts in other challenging areas, including Belgaum, Chitradurga, Gulbarga, Bangalore, and the infamous killing fields of Karnataka, reinforced the idea that even small, consistent actions can bring about significant societal change.

Change, however, begins at home. Simple initiatives such as maintaining cleanliness, managing waste responsibly, and planting trees can create powerful ripple effects. Community participation in activities like blood donation, organ donation, or supporting causes for orphans, senior citizens, and individuals with disabilities fosters collective progress. As students, contributing to campaigns against drug abuse, alcoholism, and smoking can inspire transformative outcomes without requiring significant sacrifices.

Meaningful change often comes with challenges, including resistance from vested interests, but it is essential to persevere. History teaches us that many who sought reform paid a heavy price—be it Jesus Christ, Abraham Lincoln, or Martin Luther King Jr. Closer to home, we remember Mahatma Gandhi's ultimate sacrifice for the nation's unity and freedom. More recently, individuals like Satyendra Kumar Dubey and Shanmugam Manjunath gave their lives while fighting corruption and malpractice. Their stories serve as powerful reminders that change requires courage, sacrifice, and an unwavering commitment to principles.

India faces unique challenges—its vast diversity in language, culture, and region often makes uniform solutions for change difficult to implement. Furthermore, the lack of quality education and deeply entrenched orthodox beliefs can act as significant barriers to progress. Raising awareness and providing education are crucial for empowering citizens to resist manipulation and actively support meaningful reforms.

Encouragingly, technology is emerging as a game-changer in promoting transparency and accountability. Initiatives such as digitization, UPI, and advancements in fields like nanotechnology, artificial intelligence, and space exploration are propelling India toward becoming a global leader.



While technological and scientific advancements are commendable, providing quality and affordable education remains crucial for bridging economic disparities. Initiatives like Super 30 in Patna exemplify how dedicated efforts can empower marginalized sections of society by granting them access to premier education. Additionally, organizations such as NGOs, Rotary Clubs, and Lions Clubs set inspiring examples through their community service, including blood donation drives, support for the underprivileged, and various other impactful initiatives.

Social media also plays a significant role in amplifying voices and holding authorities accountable. Public opinions shared online can influence policies and draw attention to critical issues such as crime, gender inequality, and corruption. However, legislative frameworks alone are not enough; effective implementation by the bureaucracy, coupled with active pressure from citizens, is essential for meaningful change.

India's progress in science, technology, and education is undeniable, yet there is no room for complacency. To elevate India to the status of a global superpower, concerted efforts from citizens, policymakers, and administrators are crucial. By embracing our responsibilities and striving for excellence in our respective fields, we can collectively contribute to the nation's growth. Life is precious, fleeting, and unique, and every moment should be utilized meaningfully. As Henry Wadsworth Longfellow aptly wrote in "A Psalm of Life":

"Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time."

His final message echoed with hope and responsibility: every moment is precious, and each individual has the potential to inspire meaningful change. Let us strive to leave behind footprints of progress, integrity, and service wherever we go



A Journey Through Health, Diabetes, and Personal Transformation **By Dr. M. A. Shekar, Honorable Vice Chancellor, Adichunchanagiri University**

Our nation's health landscape has undergone a remarkable transformation. In 1947, the average lifespan of an Indian was just 40 years. Today, it has increased to over 70 years. However, the critical question remains: how many of us will truly enjoy good health during those years?

I challenge every young person to conduct a simple experiment: keep a 24-hour diary. You'll be surprised to see how many hours are unintentionally wasted—time that could instead be invested in improving your health and fostering personal growth.

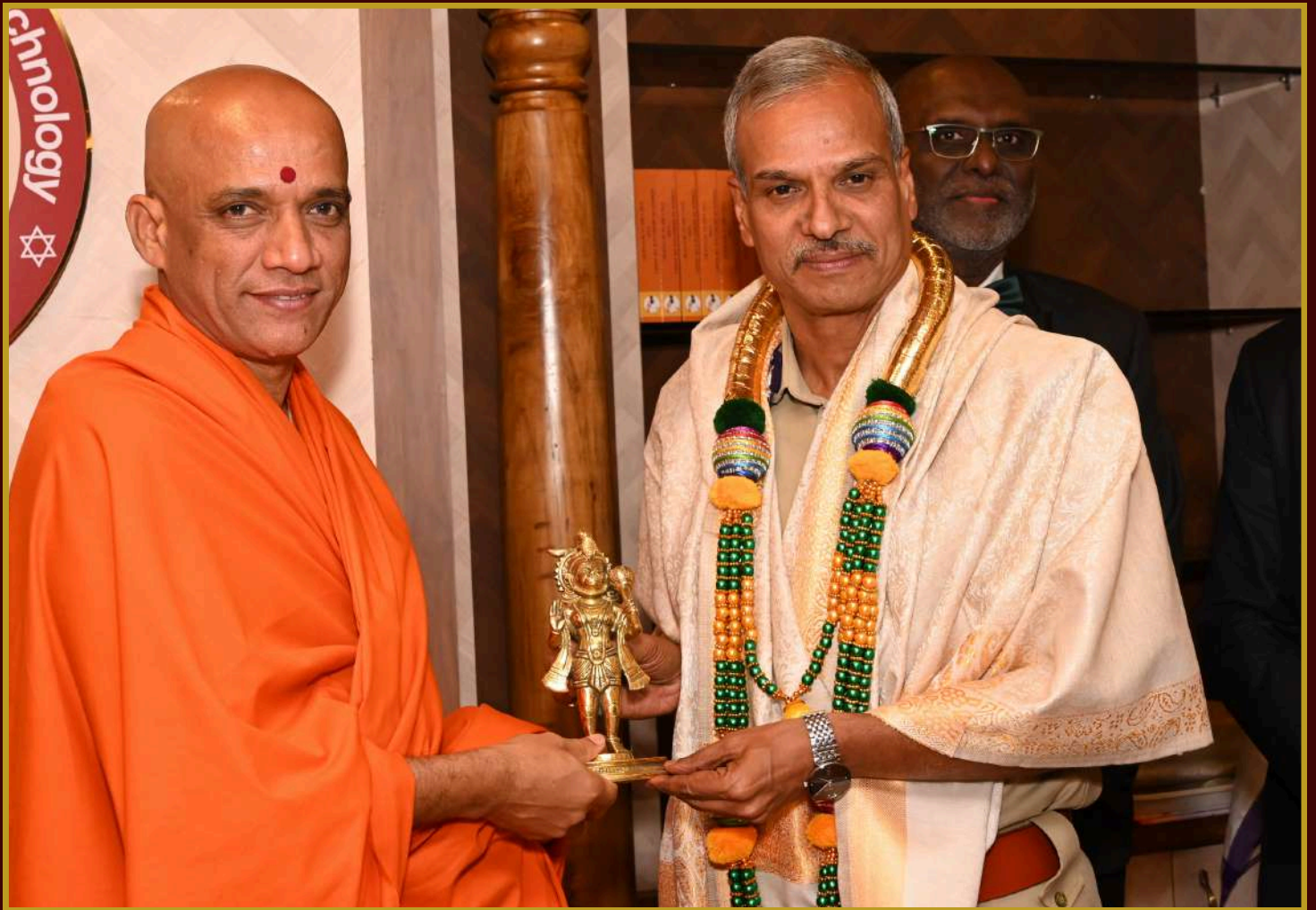
Medicine introduces a powerful concept known as "Life's Simple Seven", a holistic approach to maintaining overall health. These seven principles include managing weight, incorporating regular exercise, staying mentally active, controlling blood pressure, monitoring blood glucose levels, avoiding smoking, and moderating alcohol consumption. By adopting these practices, you can profoundly enhance your health and well-being.

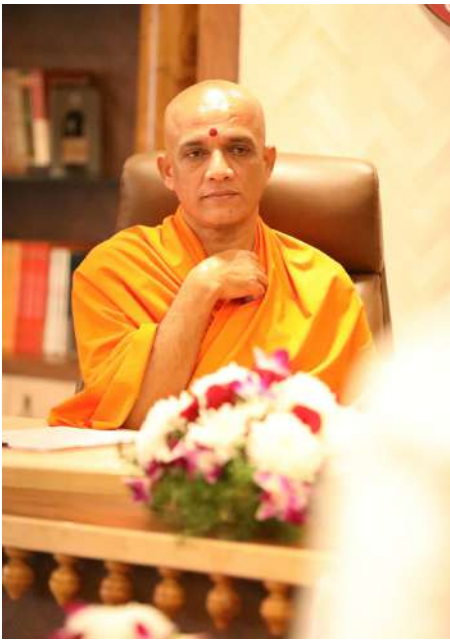
Stress management is essential. Contrary to popular belief, stress isn't solely about negative experiences—it's about your internal response to any stimulus, whether it's a beautiful song or a challenging situation. The key lies in transforming negative stress into positive energy by embracing what you do and valuing the people around you.

Exercise doesn't require expensive equipment or complicated routines. Simple actions make a difference—walking during television commercial breaks, taking the stairs instead of the elevator, or simply moving around your living space. The focus should be on consistency, not perfection. Similarly, diet plays a pivotal role in maintaining overall health. Three fundamental questions can guide your nutritional choices: When to eat, what to eat, and how much to eat. Regional and ethnic dietary patterns play an important role in shaping healthy habits. Focus on avoiding sugar, minimizing oil, maximizing vegetable intake, and paying attention to your body's unique needs.

The most profound medical lesson I've learned is the "KISS" principle: Keep It Simple, Stupid. As healthcare professionals, our responsibility is to simplify complex medical advice, making it clear, accessible, and actionable for patients. Life's journey is about more than just adding years—it's about adding meaning and vitality to those years. We must strive not only to survive but to truly thrive. As the great poet Henry Wadsworth Longfellow reminds us, "Life is real and earnest." We have the power to make our lives meaningful, leaving lasting footprints on the sands of time.

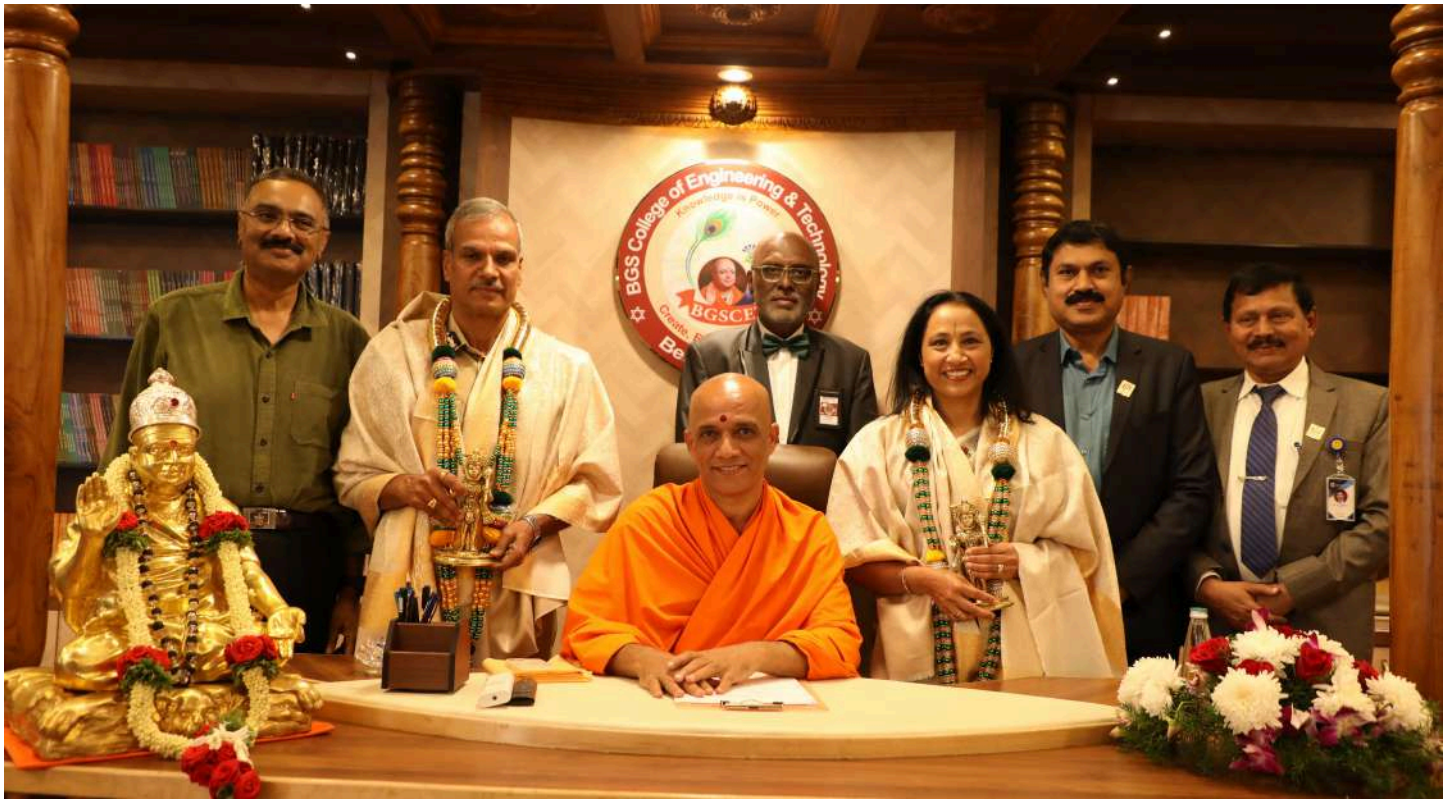
The tagline that resonates deeply with me is "Inspire to Aspire"—a call for each individual to dream, grow, and transform. Whether your goal is to become a distinguished police officer, an Olympic athlete, or simply the best version of yourself, inspiration is the first step toward achievement. Always remember, health is not a destination but a lifelong journey of mindful choices, personal discipline, and positive transformation.



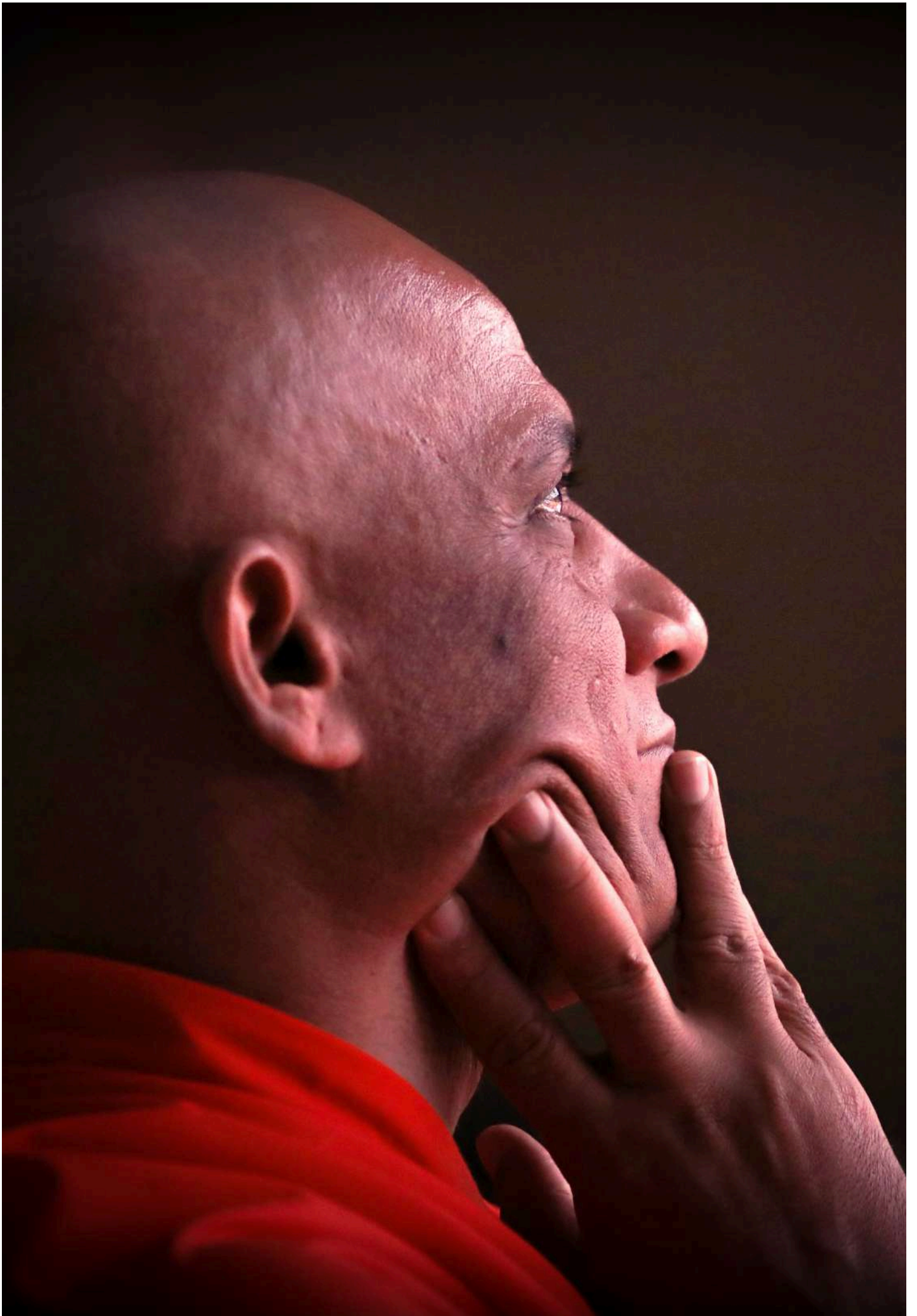














**“THERE MAY BE LIMITATIONS IN EVERYTHING
AROUND US, BUT NOT IN SERVING THE SOCIETY”**

Adichunchanagiri University

Medical Sciences | Engineering | Nursing | Pharmacy | Commerce | Management | Education | Natural Sciences

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