



Adichunchanagiri College of Nursing

EDITION **05**

▶ **NEWS LETTER** Impression of ACN



 *Shushrushavani*  
COLD HANDS, WARM HEART...
VOL-III ISSUE-II

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॥ ज्ञेते इते ह्युपपदेते ॥



Vision

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

Mission

- Education to all for Self Reliance, Socio-Economic Change to develop an Inclusive Society with Shared Opportunities & Responsibilities
- Empathy towards the Less Fortunate, the Sick, the Suffering & the Disabled
- Enrichment to acquire Abundant Knowledge, Requisite Skills & Appropriate Attitude
- Excellence for Quality Assurance, Enhancement & Sustenance in Academics & Research to produce Graduates of Global Standards
- Equity for Fairness & Social Justice by providing Equal Opportunities
- Empowerment of Graduates to become Intuitive, Innovative & Inventive
- Entrepreneurship is a concept or idea involving the product or service to be delivered, or a new technology to be developed
- Enlightenment to attain Wisdom & Virtues in Life to think beyond Self



Adichunchanagiri College of Nursing

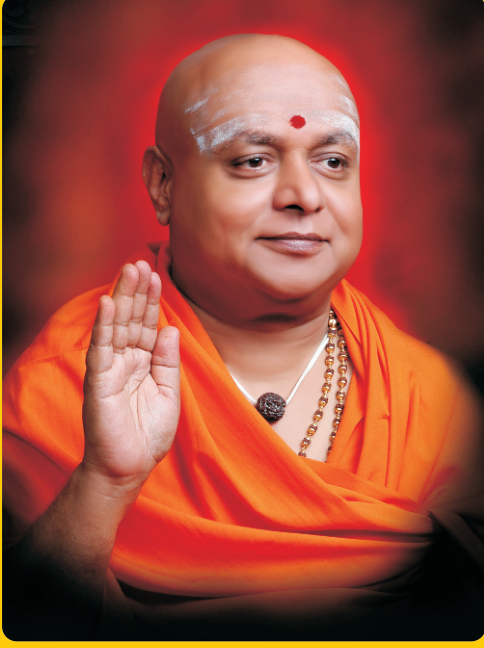
Vision_____

To be recognized as a leading & unique institution to prepare competent nursing professionals with human values to provide quality nursing care to attain and maintain positive health in society.

Mission_____

To 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. Our mission is to advance health through excellence in nursing and inter disciplinary teaching, research, practice and service.

|| Jai Sri Gurudev ||



Paramapoojya Jagadguru
Padmabhushana
**Sri Sri Sri Dr. Balagangadharanatha
Mahaswamiji**

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 ||



**Sri Sri Sri Dr. Nirmalanandanatha
Mahaswamiji**
The Hon'ble Chancellor

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 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.



Prof. Dr. S. Chandrashekar Shetty
The Hon'ble Vice Chancellor

Dr. S. Chandrashekar Shetty is Chief Sight First Technical Advisor, India & Sri Lanka, Lions Clubs International Foundation, Member, Board of Management of Nitte and JSS Deemed to be Universities, Chairman, Peer Team, National Assessment and Accreditation Council (NAAC), Bangalore and Chairman, Advisory Committee of Rajiv Gandhi Institute of Public Health & Centre for Disease Control (A unit of RGHUS), Bangalore.

Formerly, Vice-Chancellor of Rajiv Gandhi University of Health Sciences, Bangalore, Sri Devaraj Urs Deemed to be University, Kolar, Vice Chairman, Indian Red Cross Society, Karnataka, Advisor, National Program for Control of Blindness, Karnataka, Director, Regional Institute of Ophthalmology, Minto Ophthalmic Hospital, Bangalore, Chairman of the and Advisor – National Program for Control of Blindness, Karnataka.

Dr. Shetty an Ophthalmologist by training, held teaching positions in Government Medical Colleges of Hubli, Mysore and Bangalore. He was awarded with a WHO Fellowship training in Vitreo- Retinal Surgery at Moorefield's Eye Hospital, London and short training at Eye & Ear infirmary, Chicago, Illinois, Sydney Eye Hospital and Eye & Ear Infirmary, Melbourne, Australia.

As Technical Advisor, Sight First program, Lions Clubs International for South India and Sri Lanka since 1991, he has been responsible for developing more than 100 Eye Care projects worth 23 million US dollars. Financial assistance was given for conducting more than 5 lakh Free Cataract Surgeries to the poorest of poor patients in South India and Sri Lanka.

He was conferred with Honorary Doctor of Science (Honoris Causa) by Rajiv Gandhi University of Health Sciences, Karnataka and Odessa State Medical University, Ukraine for his contribution to the field of Medical Education and Community Ophthalmology. He has been recipient of many State, National and International Orations, Awards and Recognitions.

Webinar on Biomedical Waste Management

Department of Nursing foundation had organized a webinar on June 01st 2021 at 11am on the topic Biomedical waste management for BSc and GNM students. The webinar started with opening remarks by Principal and gradually the welcome speech by Mr. Hemanth C. K. Assistant Professor. The session was started by speaker. Ms. THARANI Juliet. Infection Control Nurse at Apollo Cradle. Bengaluru... Dealt regarding various aspects like Definition, Sources, persons at risk, steps of waste management and segregation, transportation and storage regarding waste management during COVID-19 pandemic including safety measures and incineration techniques. Totally around 160 Participant involved actively and clarified their doubts. Finally, the session was ended by proposing the vote of thanks by Mrs. Komala H K Professor.

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Adichunchanagiri University
Adichunchanagiri College of Nursing
B.G. Nagara, Nagamangala Tq, Mandya - 571 448

Webinar On
"Biomedical Waste Management"
Organized by Dept. of Nursing Foundation

Guest Speaker
Ms. Tharani Juliet
Infection Control Nurse
Apollo Cradle, Marathalli

Date: 01 Jun 2021
Time: 11 AM - 12 NOON

Platform: MS Teams

Health care waste is a risk to all, it affects us in different ways.

Juliet (Guest)

Dr. V

TN

TRISHA N

Juliet (Guest)

You're recording. Make sure everyone knows they're being recorded. [Privacy Policy](#)

YELLOW CATEGORY: SOILED WASTE

It includes: **Human Anatomical Waste** (Blood, Saliva, Sputum, Urine, Feces, Semen, Vaginal Discharge, Tears, Nasal Mucous, Pus, and Other Infectious Fluids)

It includes: **Animal Anatomical Waste** (Blood, Saliva, Sputum, Urine, Feces, Semen, Vaginal Discharge, Tears, Nasal Mucous, Pus, and Other Infectious Fluids)

Incineration / Deep Burial

Juliet (Guest)

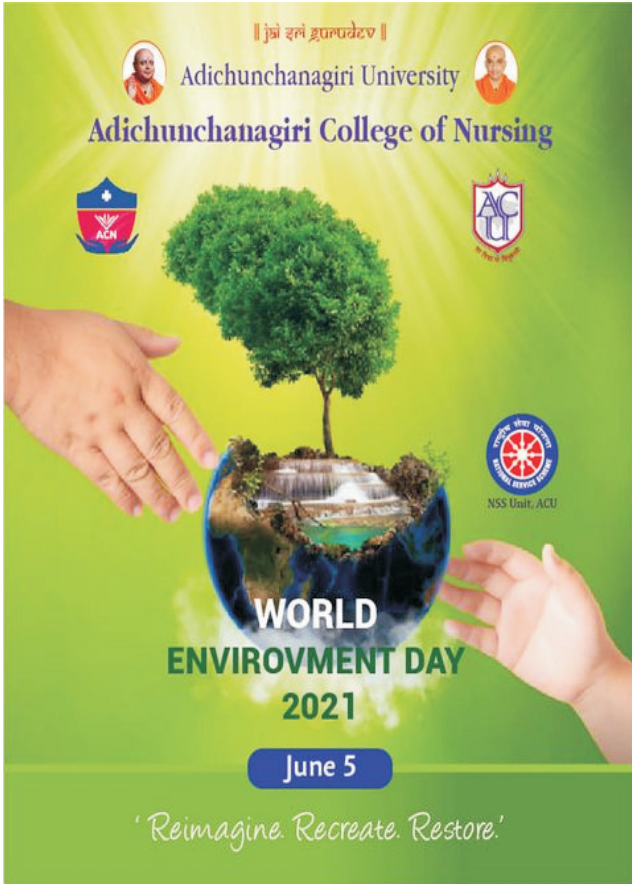
Dr. V

TN

TRISHA N

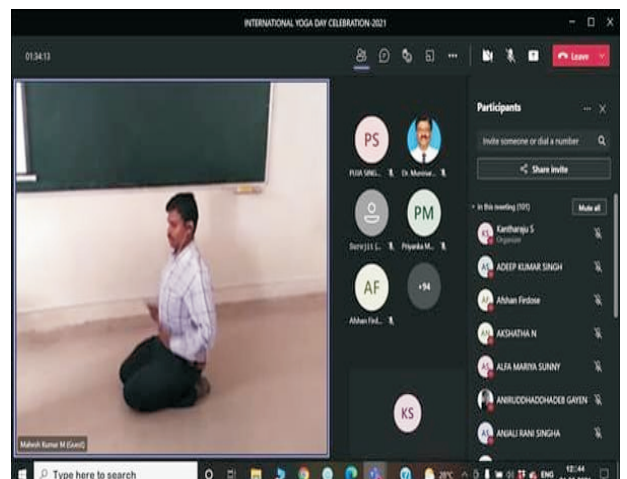
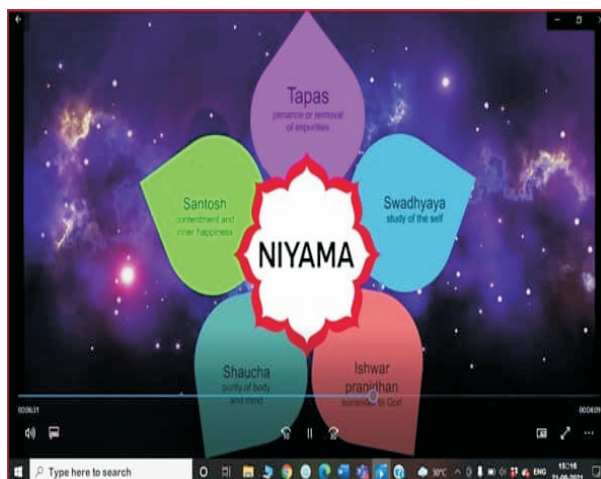
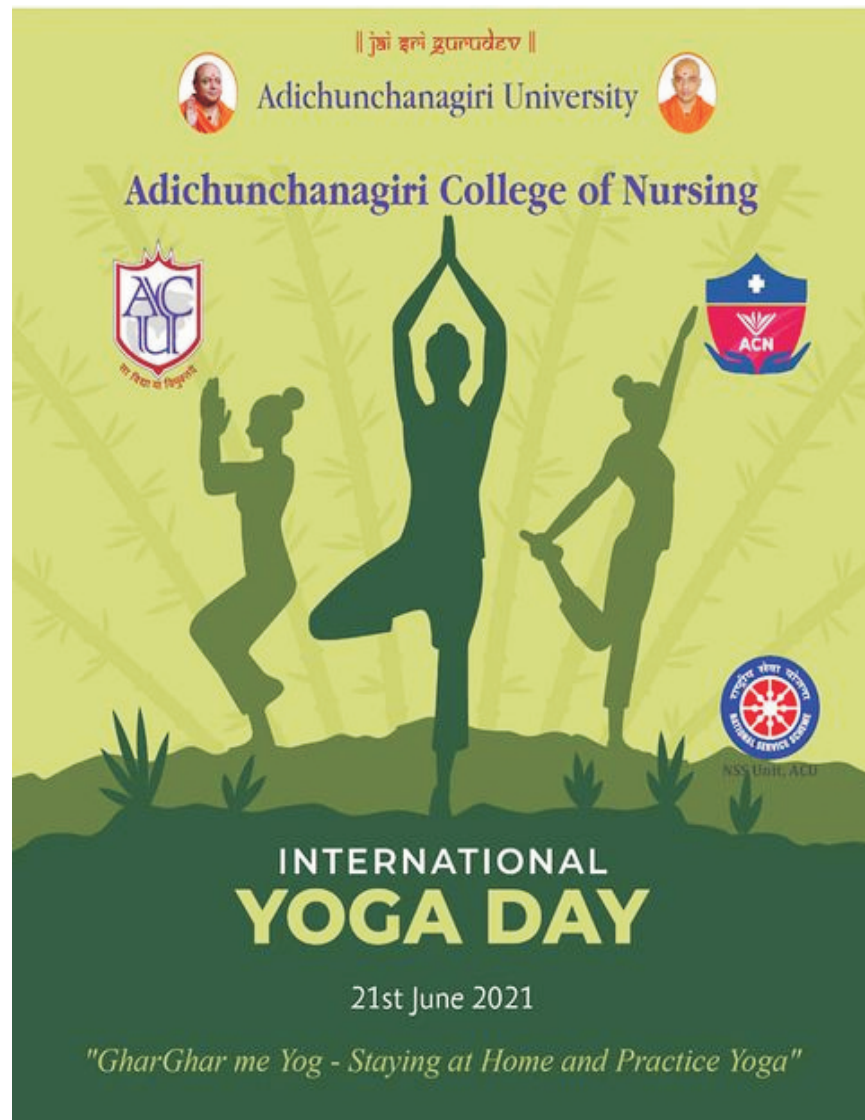
Juliet (Guest)

World Environment Day-2021



International Yoga Day-2021

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



Condolence

We regret to announce the sad demise of Prof. Dr. N V Muninarayanappa , Principal and Dean-Nursing of Adichunchanagiri University on 26th June 2021.

ಭಾವಪೂರ್ಣ ಶ್ರದ್ಧಾಂಜಲಿ



ಡಾ. ಎನ್.ವಿ. ಮುನಿನಾರಾಯಣಪ್ಪ

Professor and Principal Adichunchanagiri College/Institute of Nursing

Mind War- Quiz competition

Department of Community Health Nursing had organized Mind War- Quiz competition for nursing students through online platform on 01-07-2021 at 7pm to 7.30 pm. The competition was started with welcome speech by Prof. Komala H K welcomed the Principal Prof. Chandrashekar H C to the event and also welcomed the faculty members and the participants for the event. This event started by explaining the rules and regulation followed by the introduction of the Kahoot usage for the quiz programme. The quiz consists of 35 questions each questions carries 1 mark and there were no passing rounds. Around 60 students were participated in the event and finally at the end results were announced and congratulated the winners and the participants for the event. The quiz programme was concluded by vote of thanks by Mr. Swamy PGN, Assot. Professor Department of Community Health Nursing.

|| ज्ञानं इत्येव ब्रह्मण्यदेव ||

Adichunchanagiri University
Adichunchanagiri College of Nursing
B.G. Nagara, Nagamangala Tq, Mandya - 571 448

Mind War-Quiz Competition
(Organized by Dept. of Community Health Nursing)

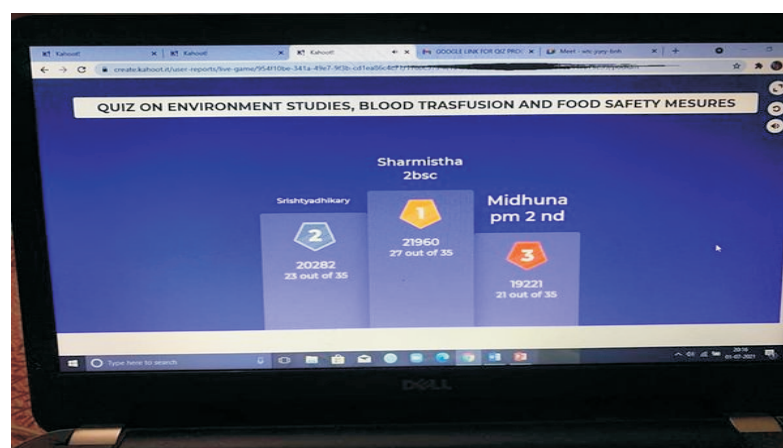
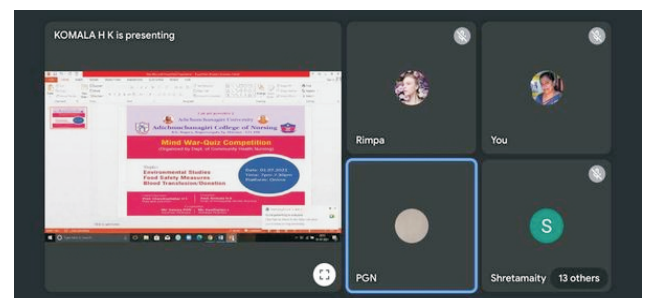
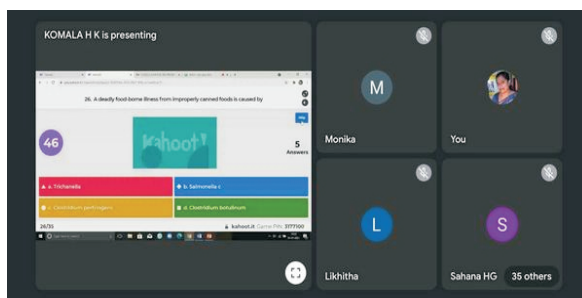
Topic:
Environmental Studies
Food Safety Measures
Blood Transfusion/Donation

Date: 01.07.2021
Time: 7pm-7.30pm
Platform: Online

Chief Convener
Prof. Chandrashekar H C
Principal and HoD

Convener
Prof. Komala H K
Dept. of Community Health Nursing

Co-ordinator
Mr. Swamy PGN | **Mr. Kantharaju s**
Associate Professor | Assistant Professor



Webinar on "Electro Convulsive Therapy"

Department of Psychiatric Nursing had organized a Guest Lecture on the topic "Electro Convulsive Therapy" on June 06th 2021 at 11am through virtual mode for MSc. BSc, P.B. BSc(N) and GNM students. The webinar started with opening remarks by Prof. Chandrasekhar H C Principal and gradually the welcome speech by Prof. Keshavamurthy C D. The session was started by speaker. Prof. Jacintha Principal of Rajiv college of Nursing, Hassan, dealt regarding various aspects like Definition, indications, contraindications, mechanism of action and also Role of Nurse. Totally around 70 Participants involved actively and clarified their doubts. Finally, the session was concluded by proposing the vote of thanks by Mr. Chethan B S, Assistant Professor.

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Adichunchanagiri University

Adichunchanagiri College of Nursing

B.G. Nagara, Nagamangala Tq, Mandya - 571 448

Guest Lecture
on
"Electro Convulsive Therapy [ECT]"

On Tuesday, 6th July 2021 at 11am

Organized by
Department of Mental Health Nursing, ACN

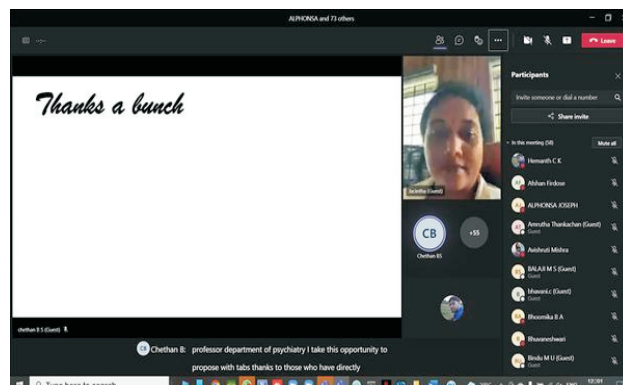
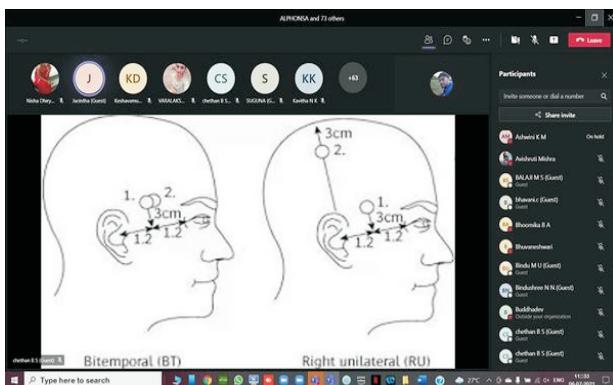
Guest Speaker:
Prof. Jacintha
Principal
Rajiv College of Nursing
Hassan

Chief Convener
Prof. Chandrashekar H C
Principal

Convener
Prof. Keshavamurthy C D
Head of Department

Co-ordinator
Mr. Chethan B S
Asst. Professor

Platform:



Skill Standardization and Simulation Training

The faculties of Adichunchanagiri College of Nursing Prof. Komala H K, Mrs. Arathi T V, Asso. Professor and Mrs. Ashwini K M, Asst. Professor have attended five-days, Onsite **"Skill Standardization and Simulation Training"** for capacity building of Midwifery Faculty in India was organized by the National Reference Simulation Centre in collaboration with Indian Nursing Council (INC) - UNFPA from 26-30 July 2021. On 26 th July, Dr. T. Dileep Kumar, President, Indian Nursing Council (INC), Prof. (Dr.) Vikas Dhawan, Pro-Vice-Chancellor, SGT University, Ms. Abra Pearl, Technical Officer, Indian Nursing Council (INC), and Ms. Anu Grover, Officiating Director, NRSC, SGTU addressed the participants during the inauguration. Twenty-Seven Faculty members from Government and Private Nursing Institutes of Karnataka, Maharashtra, Uttar Pradesh, Pondicherry, Bihar, Kerala, Chhattisgarh, Rajasthan, Madhya Pradesh, Gujarat, Haryana, Assam, Tamil Nadu, and Chandigarh attended the training.

From day 1 to day 5 the faculties were exposed to OSCE sessions and also were attended the demonstration sessions and involved in simulation on various topics. The training was concluded with the certificate distribution in the valedictory function on the last day



Covid-19 Vaccination Drive

Department of Nursing foundation had organized a webinar on June 01st 2021 at 11am on the topic Biomedical waste management for BSc and GNM students. The webinar started with opening remarks by Principal and gradually the welcome speech by Mr. Hemanth C. K. Assistant Professor. The session was started by speaker. Ms. THARANI Juliet. Infection Control Nurse at Apollo Cradle. Bengaluru... Dealt regarding various aspects like Definition, Sources, persons at risk, steps of waste management and segregation, transportation and storage regarding waste management during COVID-19 pandemic including safety measures and incineration techniques. Totally around 160 Participant involved actively and clarified their doubts. Finally, the session was ended by proposing the vote of thanks by Mrs. Komala H K Professor.



Adichunchanagiri University
ADICHUNCHANAGIRI COLLEGE OF NURSING
Covid-19 Vaccine DRIVE
On 4th August 2021
Organized by NSS Unit
Time : 11.00 am
Venue : Nursing Foundation Laboratory ACN, B G Nagara



Webinar on Anatomical Differences Between Children and Adult

Department of Paediatric Nursing had organized a webinar on 18th June 2021 at 11 am to 12-30pm on the topic Anatomical differences between Children and Adult for III year B.Sc. Nursing students and II year GNM students. The programme was started with welcome speech by Mrs. Arathi T.V, HOD and Associate Professor, ACN. In this session, the speaker Prof. Nirmal Raj E V from Sumandeep college of Nursing, Gujarat, has discussed about System wise Anatomical differences between child and adult. Totally 101 students were participated including external participants from Sapthagiri college of nursing, Bengaluru and Sumandeep college of Nursing, teaching staffs of ACN, 3rd year BSc nursing students and 2nd year GNM students, AIN. The session was concluded with vote of thanks by Mrs. Shilpa P.M, Asst. professor, department of paediatric nursing, Adichunchanagiri college of Nursing.



Webinar on

"Anatomical differences between Child and Adult"

Date: 18th June 2021

Time: 11 am

Platform: MStears



Prof. Nirmal Raj E V

Dept of Paediatric Nursing
Sumandeep College of Nursing
Gujarat

Organized by Department of Paediatric Nursing

International Webinar on "Substance Abuse"

Department of Psychiatric Nursing had organized an International Webinar on the topic "Substance Abuse" on August 06th 2021 at 11am through virtual mode for MSc. Nursing BSc, P.B. BSc(N) and GNM students. The webinar started with opening remarks by Prof. Chandrasekhar H C, Principal and welcome speech followed by Prof. Keshavamurthy C D. The session was started by speaker. Dr. Nageshwar Venkatesh Reddy Asst. Professor Al-Bha university kingdom of Saudi Arabia dealt regarding various aspects like introduction about Substance abuse, Alcohol withdrawal syndrome and also Management of Substance abuse. Totally around 70 Participants involved actively and clarified their doubts. Finally, the session was concluded by proposing the vote of thanks by Ms Nisha, I year Msc Nursing student.

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Adichunchanagiri College of Nursing
B.G. Nagara, Nagamangala Tq, Mandya - 571 448

International Webinar
On
"Substance Abuse"

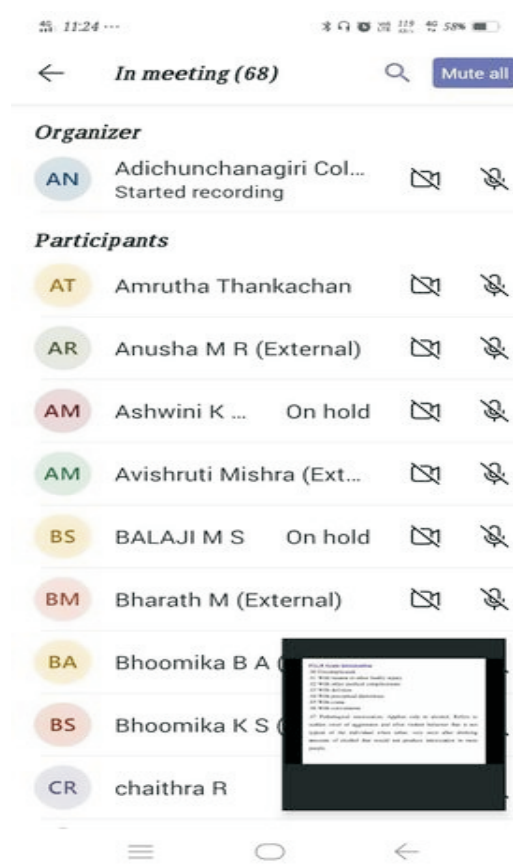
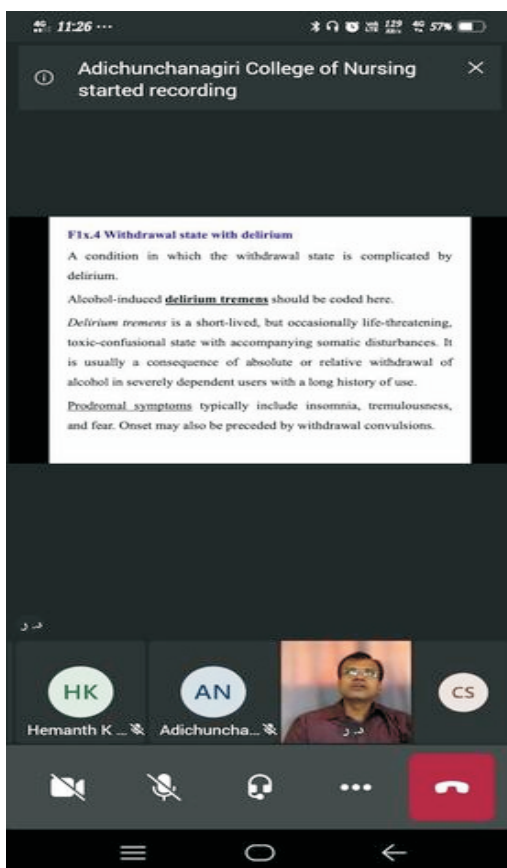
Date: 06 Aug 2021
Time : 11.00 am
Platform: MStears

Dr. Nageshwar Venkatesh Reddy
Assistant Professor
Nursing Department, Faculty of Applied Medical Sciences
Al-Baha University
Ministry of Higher Education
Kingdom of Saudi Arabia

Chief Convener: Prof. Chandrasekhar H C (Principal)
Convener: Prof. Keshavamurthy C D (Head of Department)
Co-ordinator: Mr. Chethan B S (Assistant Professor)

Organized by
Department of Psychiatric Nursing

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National Webinar on World Breast Feeding Week-2021

Department of OBG nursing and in association with Department of Paediatric Nursing Adichunchanagiri College of Nursing, B.G Nagara was organized "BREAST FEEDING WEEK" on 02.08.2021, at 11am in online platform. Mrs. VINAYA KUMARY T, Associate professor and Head, Parul University, Gujrat was the chief guest for the programme. The programme was started with inviting dignitaries with theme of Protect Breast Feeding: A Shared responsibility. After the formal invocation and inauguration of the programme Prof.Chandrashekar, Principal ACN, addressed with introductory speech and graced the occasion. Mrs. VINAYA KUMARY T, the chief guest preceded the occasion, describing the importance of breast week during childhood care and various factors influencing the same. The programme was very interactive, students and faculty actively participated. The programme was concluded with felicitation of chief guest from dignitaries & vote of thanks for the occasion. The programme was witnessed by all the teaching and faculty of the ACN and around 100 students present on the occasion.



|| ज्ञानं दानं द्रव्यदानमिव ||

Adichunchanagiri University
Adichunchanagiri College of Nursing
B.G. Nagara, Nagamangala Tq, Mandya - 571 448

National Webinar

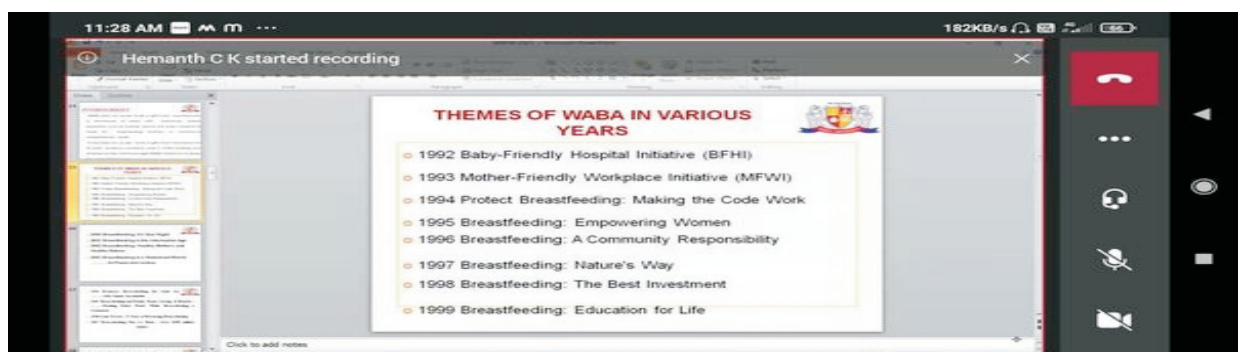
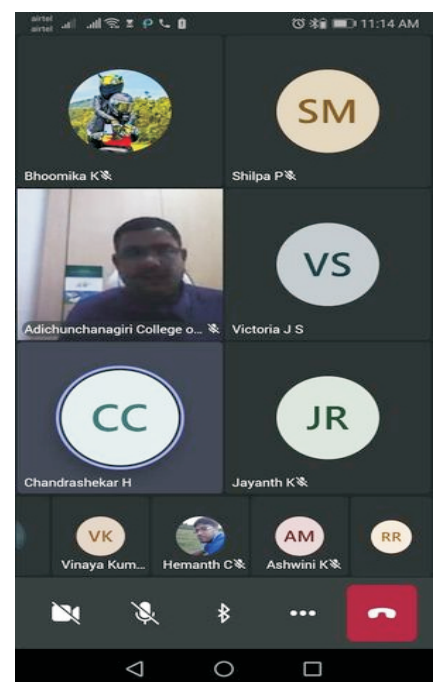
World Breastfeeding Week - 2021

Theme: Protect Breastfeeding - A Shared Responsibility
Organized by: OBG Nursing and Paediatric Nursing Department

Platform: MSteams | Date: 02.08.2021 | Time : 11.00 am

Guest Speaker
Mrs. Vinaya kumary T
Associate Professor and HOD
Dept. of OBG Nursing
Parul University, Vadodara, Gujarat

Chief Convener: Prof. Chandrashekar H C, Principal
Convener: Prof. Victoria J Sarvand, Head of Department
Co-ordinator: Mrs. Ramya R, Assistant Professor



Celebration of Swaraj@75

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

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Adichunchanagiri University

Adichunchanagiri College of Nursing

DISHA BHARAT

My BHARAT
An Online Youth Campaign Imbuing Patriotism

Swarajya @ 75
AN ONLINE YOUTH CAMPAIGN
IMBUING PATRIOTISM

Theme
"Know Yourself, Know Your Country,
Know Your Culture"

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

Time: 11AM | Date: 10th August 2021 | Platform: MSteams

Chief Convener
Prof. Chandrashekar H C
Principal

Convener
Mr. Kantharaju S
Asst Professor & NSS Coordinator

www.acnain.in | Organized by NSS Unit | acn@acu.edu.in

12:42

THE WORLD SEES A NEW INDIA

Yoga Goes Global

Entire world celebrates Yoga Day on 21st June with great enthusiasm

Yoga inscribed on the Representative List of the Intangible Cultural Heritage of Humanity in the UNESCO

Kantharaju S

12:38

Development Reaching the Poorest,
Ensuring Better Life for All

Kantharaju S

01:17:34

SWARAJYA @ 75

Participants

- Kantharaju S
- Abhisara (Guest)
- Sthwanya M G (Guest)
- Abijith K S (Guest)
- Adarsh Singh (Guest)
- Aditi Pruthi (Guest)
- Adithyana H (Guest)

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National webinar on COPD CARE IMPACT ON COVID- 19 PATIENTS

The department of medical surgical nursing, Adichunchanagiri college of nursing organised National webinar on COPD CARE IMPACT ON COVID- 19 PATIENTS, on 30/08/2021 from 11 am to 12.30noon at Ms team virtual mode. The webinar was addressed by Prof.Chandrashekar H C, Principal ACN with the Key note on webinar, Mrs. Shobha K R, H O D Department of medical surgical nursing introduce the Guest Speaker Prof Dr. Jaslina Gnanarani, vice principal and H O D Department of medical surgical nursing Apollo college of Nursing Chennai, Tamilnadu. The webinar was excellent, where 200 participants including faculties and students attended with active participation in interactive session. Dr. Jaslina Gnanarani was very informative in her scientific speech. New mode of management of COPD patients during Covid19 was well explained. Later followed by open discussion participants received positive feedback and satisfied with the explanation. The feedback received from the participants was they refreshed the information regarding COPD CARE AND IMPACT ON COVID 19 PATIENTS.



National Webinar On COPD CARE-IMPACT ON COVID-19 PATIENTS



Date: 30th August 2021 at 11am
Platform: MStears

Guest Speaker
Prof. Dr. J. JASLINA GNANARANI
Vice Principal and HOD
Dept. of Medical Surgical Nursing
Apollo College of Nursing,
Chennai, Tamilnadu

Organized by Department of Medical Surgical Nursing

Chief Convener Prof. Chandrashekar H C Professor and Principal	Convener Mrs. Shobha K R Associate Professor and HOD	Coordinator Mr. Balaji M S Assistant Professor
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Invasive ventilation
Indication

- Escalate oxygen requirement
- Rapid deterioration
- Lack of improvement
- Hypercapnia, inc. WOB
- Altered sensorium
- Hemodynamic instability- shock
- MODS

Acute respiratory failure

Low flow oxygen therapy → High flow oxygen therapy → Noninvasive ventilation → Invasive mechanical ventilation → Invasive mechanical ventilation and ECMO

Oxygenation support | Oxygenation and/or ventilation support

SWACHHBHARATABHIYAN



॥ ज्ञानं श्रमच्छ्रेयम् ॥

Adichunchanagiri University



ADICHUNCHANAGIRI
COLLEGE OF NURSING



SWACHH BHARAT ABHIYAN



Date: 30-08-2021

Time: 10:00 AM

Chief Convener

Prof. Chandrashekar H C

Principal

Convener

Mr. PGN Swamy

Associate Professor

Prof. Komala H K

Professor

Co-ordinator

Mr. Kantharaju S

Assistant Professor and NSS Coordinator



Organized by

Department of Community Health Nursing
In Association with NSS Unit, ACN.

Venue: Thigalanahalli,
Nagamangala Tq, Mandya



Awareness Programme "Misconception related to mental illness"

The Department of Psychiatric Nursing was organized an awareness programme "Misconception related to mental illness" on 18-08-2021 at Thigalanahalli village, Nagamangala taluk, Mandya dist. Ms. Bhagaymma, Aganawadi Teacher, Ms. Nagarathana, a member of Gram Panchayat, Mr. Kantharaju S, NSS coordinator, Mr. Chethan B S, Assistant professor, dept. Of Psychiatry nursing who were present on this programme. The event was started with the prayer song by Ms. Archana II year P.B.B. Sc Nursing and inaugurated by lighting the lamp by the all the guests. Then the programme started by the topic of misconception related to mental illness. Ms Madhusmitha introduced the topic in that Mental health is widely misunderstood. There is a stigma that surrounds mental health issues. This stigma prevents people from getting the help they need. The only way to stop the stigma is to learn as much as you can about it. The best way to do that is to dispel some of the common myths about mental illness. Each student explains about stigma towards mental illness by using pluck cards followed by concluding the topic misunderstandings, stereotypes and attitudes that surround mental illness. These result in the judgement, discrimination, and isolation of people with mental illness, as well as their families and caretakers. Totally 60 nursing students and 100 village people who were present in the awareness programme.

॥ ज्ञानं कुरु ग्रामपतेय ॥

Adichunchanagiri University

ADICHUNCHANAGIRI
COLLEGE OF NURSING

**Awareness Programme on
"MISCONCEPTION RELATED TO MENTAL ILLNESS"**

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

Chief Convener Prof. Chandrashekar H C Principal	Convener Prof. Keshavamurthy C D Professor and HOD	Co-ordinator Mr. Chethan B S Asst.Professor	Mr. Kantharaju S Asst.Professor and NSS Coordinator
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Organized by
Department of Psychiatric Nursing
In Association with NSS Unit, ACN.

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



National Nutrition Week

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

Adichunchanagiri University
ADICHUNCHANAGIRI COLLEGE OF NURSING

NATIONAL NUTRITION WEEK

3rd September 2021

Theme: Feeding Smart Right from the Start

Chief Convener Prof. Chandrashekar H C Principal	Convener Prof. Komala H K Mrs. Arathi TV Mr. Swamy PGN	Coordinator Mr. Hemanth C K Mrs. Shilpa P M Mr. Kantharaju S
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Department of Community Health and Paediatric Nursing in association with NSS Unit, ACN

Awareness Programme on " Youth mental health day"

Department of Psychiatric Nursing had organized an awareness programme on the occasion of " Youth mental health day" on September 07th, 2021 at 11am for MSc. BSc, and GNM students at ACN Auditorium. The awareness programme started welcoming by Mr. Chethan Asst. professor and Prof. Keshavamurthy C.D. highlighted regarding various aspects like Mental Health and Youth, and encourages youth about importance of mental health in current scenario. Also importance of understanding and practice the good characteristics of mentally healthy people, and enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health. Mental health concerns for young people have multiplied in recent times. Even before the COVID-19 crisis, one in six young people aged 5-16-year olds had a mental disorder. Though times may be hard, Youth Mental Health Day is here to provide hope. By getting young people engaged in discussions and activities about how to improve their mental health, YMHD goes beyond awareness and breaking the stigma surrounding mental health, into tackling the heart of the issue. Mr. Deepankar maity and Sahana K.R. students of 4th-year B. Sc Nursing share their own experience during the pandemic situations. Totally around 50 Participants were involved actively. Finally, the session was concluded by proposing the vote of thanks by Mr. Prathap, I year Msc Nursing student.




The banner features the Adichunchanagiri University logo and the text: "Adichunchanagiri University ADICHUNCHANAGIRI COLLEGE OF NURSING". The main title is "Awareness Programme On YOUTH MENTAL HEALTH DAY", organized by the Department of Psychiatric Nursing. It lists the date as 07-09-2021, the time as 11:00 AM, and the location as Auditorium, ACN. The organizers are Prof. Chandrashekar H C (Principal), Prof. Keshavamurthy C D (Professor & HOD), and Mr. Chethan B S (Assistant Professor). A graphic of silhouettes with raised hands is on the right.





Awareness Programme On Poly Cystic Ovarian Syndrome

Department of OBG nursing, Adichunchanagiri College of Nursing, B.G Nagara was organized "AWARENESS PROGRAMME ON POLY CYSTIC OVARIAN SYNDROME "on 07.09.2021, at 11.00am Mr. MANJEGOWDA, PRINCIPAL Sri Bakthanatha Swamy High School, was the chief guest for the programme. The programme was started with inviting dignitaries. After the formal invocation and inauguration of the programme. Prof. Victoria Sarvand, HOD, OBG department ACN, addressed with introductory speech and graced the occasion. The programme was started with the 2 sessions. First session dealt by Ms. Poornima C.G, 1st year MSc nursing student preceded the occasion, and explain about introduction, incidence and causes of poly cystic ovarian syndrome. Second session dealt by Mrs. Bushra Sardar B, 1st year MSc nursing student explained the clinical features, diagnostic procedures, treatment and preventive measures for PCOD. The programme was very interactive, students and faculty actively participated. The programme was concluded with felicitation of chief guest from dignitaries & vote of thanks for the occasion. The programme was witnessed by all the teaching and faculty of the ACN and around 100 students present on the occasion.

|| ज्ञानं धर्मं गुरुदेव ||

Adichunchanagiri University

**ADICHUNCHANAGIRI
COLLEGE OF NURSING**


AWARENESS PROGRAMME ON

POLYCYSTIC OVARIAN DISEASE PCOD

Date: 07-09-2021**Time:** 11:00 AM

Organized by:
Dept. of OBG Nursing

Venue:
SBNSHS, B G Nagara





International Literacy Day

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



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Adichunchanagiri University

ADICHUNCHANAGIRI COLLEGE OF NURSING

INTERNATIONAL LITERACY DAY

Date: 09 - 09 - 2021

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

Chief Convener
Prof. Chandrashekar H C
Principal

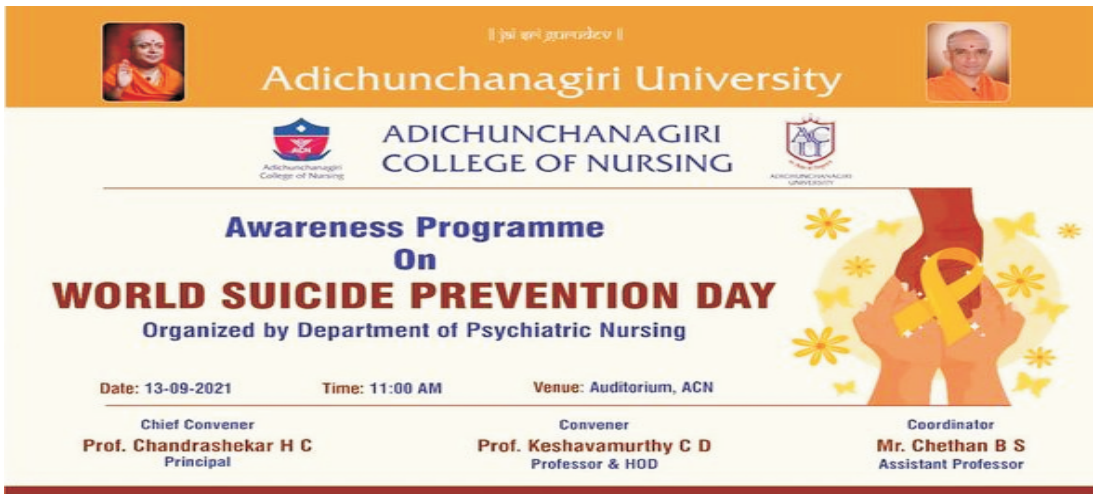
Convener
Prof Keshavamurthy C D
Prof Komala H K

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



Awareness Programme on "World Suicide Prevention Day"

Department of Psychiatric Nursing had organized an awareness programme on the occasion of " world suicide prevention day on September 13th, 2021 at 11am for MSc. BSc, students at ACN Auditorium. The awareness programme started welcoming by Mr. Chethan Asst. professor and Prof. Keshavamurthy C. D. highlighted regarding One in every 100 deaths worldwide is the result of suicide. It can affect every one of us. Each and every suicide is devastating and has a profound impact on those around them. Prof. Chandrashekar Principal ACN. Speak about World Suicide Prevention Day is an opportunity to raise awareness of suicide and to promote action through proven means that will reduce the number of suicides and suicide attempts globally. Finally, the session was concluded by proposing the vote of thanks by Mr. Prathap, I year Msc Nursing student.

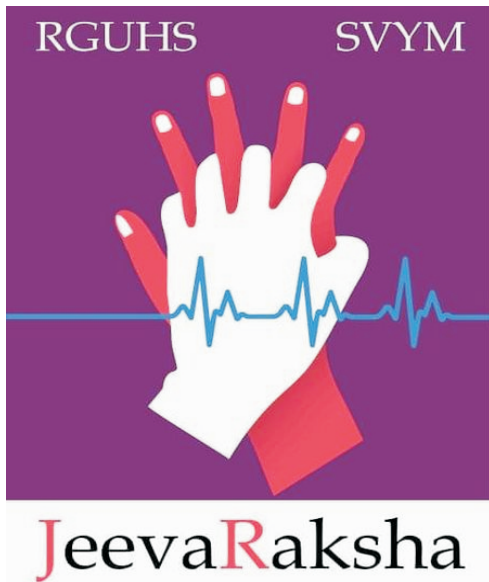


The banner features the Adichunchanagiri University logo at the top center, flanked by portraits of Prof. Chandrashekar H C and Prof. Keshavamurthy C D. Below the university name is the Adichunchanagiri College of Nursing logo. The main title reads "Awareness Programme On WORLD SUICIDE PREVENTION DAY Organized by Department of Psychiatric Nursing". To the right is a graphic of two hands holding a yellow awareness ribbon. The event details are listed below: Date: 13-09-2021, Time: 11:00 AM, Venue: Auditorium, ACN. The organizers are: Chief Convener Prof. Chandrashekar H C (Principal), Convener Prof. Keshavamurthy C D (Professor & HOD), and Coordinator Mr. Chethan B S (Assistant Professor).



Jeeva-Raksha Training Programme

Our three Nursing tutors of Adichunchanagiri College of Nursing, were attended 4days Training programme on "Emergency Nursing and Life Support" at Sri Vivekananda Institute of Leadership Development, Mysore from 14.09.2021 to 17.09.2021. The TOT programme organised by RGUHS-JeevaRaksha Trust. Participates were received certificates in the closing ceremony.



Awareness Programme on "Safety in Health Care"

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Adichunchanagiri University

Adichunchanagiri College of Nursing
NH 75, B G Nagara, Nagamangala Tq. Mandya-571448

Awareness Programme on
SAFETY IN HEALTH CARE
"World Patient Safety Day-2021"

DATE 17 Sept, 2021

TIME 11.00 AM

VENUE Auditorium, ACN

Chief Convener
Prof. Chandrashekar H C
Principal

Convener
Mrs. Shobha K R
Associate Professor & HOD

Coordinator
Mr. Balaji M S
Assistant Professor

Organized by Department of Medical Surgical Nursing



Health Screen Campaign

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



The banner features the Adichunchanagiri University logo at the top, with the text 'Adichunchanagiri University' and 'ADICHUNCHANAGIRI COLLEGE OF NURSING'. Below this, it reads 'Health Screen Campaign' and 'In view of NSS Founder's Day'. The date is '24-09-2021' and the time is '11:00 AM'. It lists the Chief Convener as Prof. Chandrashekar H C, Principal, and the Convener as Mr. Kantharaju S, NSS Programme Officer. It also states 'Organized by NSS Unit In Association with Sri Adichunchanagiri College of Pharmacy' and 'Venue: Arani, Bellur (H)'. There is a small image of a person's hand holding a glucometer.



World Contraception Day-2021

The department of Community Health Nursing and Obstetrical and Gynaecological Nursing in association with NSS unit of Adichunchanagiri college of nursing was organized world Contraception Day on 29.09.2021 at Arani village, Nagamangala taluk, Mandya dist. Mrs Victoria J Sarvand HOD of OBG Department, Mrs. Kavitha N K assistant professor OBG Department and Mr Nikil J V, Ms. Poornima C G and Mrs. Bushra Sardar Department supervisor who were inaugurating the awareness program. During this program the III year GNM students were creating the awareness of contraception methods among village people by doing the role play with the message consists of encouragement of adaption of permanent and temporary methods of contraception.



The banner features a red header with portraits of two men and the text '|| ಜಿ ಎನ್ ಶರಣೇಶ್ವರ ||' and 'Adichunchanagiri University'. Below this, logos for 'ADICHUNCHANAGIRI COLLEGE OF NURSING' and 'ADICHUNCHANAGIRI UNIVERSITY' are shown. The main title 'WORLD CONTRACEPTION DAY 2021' is in large purple letters, with a red awareness ribbon graphic. The date 'Date: 29 - 09 - 2021 @ 11 am' is displayed. A blue section at the bottom lists organizers: 'Organized By Department of Community Health and OBG Nursing in association with NSS Unit' and 'Venue: Arani, Bellur'. At the very bottom, roles and names are listed: Chief Convener Prof. Chandrashekar H C (Principal), Convener Prof. Victoria J Sarvand (Professor and HOD) and Prof. Komala H K (Professor & HOD), and Coordinator Mr. Kantharaju S (Assistant Professor & NSS Programme Officer).



CLEAN VILLAGE - GREEN VILLAGE



World Mental Health Day 2021



|| ज्ञानं ब्रह्मरूपतेव ||



Adichunchanagiri University



ADICHUNCHANAGIRI
COLLEGE OF NURSING



World Mental Health Day 2021 MENTAL HEALTH IN AN UNEQUAL WORLD



Date: 11 - 10 - 2021 at 10.30 AM

Venue: Bellur (H)

Organized by Department of Psychiatric Nursing

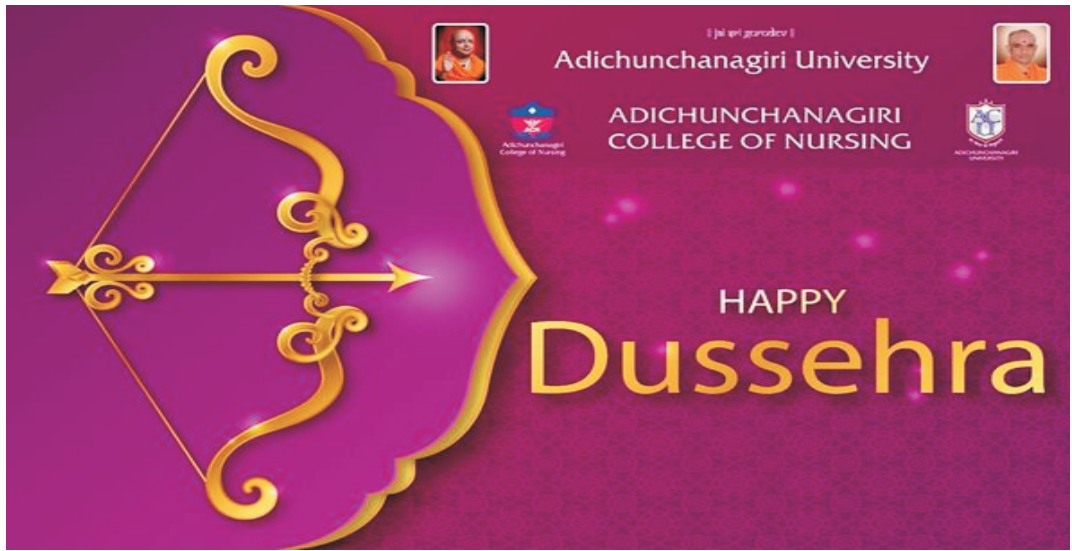
Chief Convener
Prof. Chandrashekar H C
Principal

Convener
Prof Keshavamurthy C D
Professor & HOD

Coordinator
Mr.Chethan B S
Assistant Professor



Ayudhapooja Celebration



SEMINAR ON INFERTILITY

Department of OBG Nursing, was organized "SEMINAR ON INFERTILITY" on 30.10.2021, Prof. Chandrashekar H C, Principal, was the chief guest for the programme. The programme was started with inviting dignitaries. Prof. Victoria Sarvand, HOD, OBG department, Mrs. Ashwini K M, Assist Professor, Mrs. Kavitha N K, Assist. Professor and Mrs. Ramya R Assist. Professor gathered in the programme. The programme was started with the 2 sessions. First session dealt by Mrs. Bushra B Sardar first year Msc nursing student preceded the occasion, and explain about introduction incidence, definition and different causes of infertility. Second session dealt by Ms. Poornima C G First year Msc nursing students explained the investigation, management and role of nurse during infertility counselling. The seminar was very interactive, students actively participated. The programme was concluded with felicitation of chief guest from dignitaries & vote of thanks for the occasion. The programme was witnessed by all the teaching faculties of OBG department and 4th year B.sc and 3rd year GNM students, around 110 students attended the seminar

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Adichunchanagiri University
Adichunchanagiri College of Nursing
NH 75, B G Nagara, Nagamangala Tq, Mandya-571448

SEMINAR ON INFERTILITY

Date: 30-10-2021
Time: 10 am
Venue: ACN Auditorium

Organized by Department of OBG Nursing

Chief convener
Prof. Chandrashekar H C
Professor & Principal

Convener
Prof. Victoria J Sarvand
Professor & HOD

Co ordinator
Mrs. Ashwini K M
Assistant Professor



HEALTH TIPS

“How can I tell if I have a spinal extension problem”

To test for spinal extension problems (a movement dysfunction wherein the spine is unable to flatten (flex) adequately or wherein the abdominals cannot stabilize the spine's extension, causing pain) do the following:

- 1. Stand in a normal position.**
 - Do you have back pain?
- 2. Bend down and reach toward your toes.**
 - Does your back feel better or worse when you are flexed forward?
- 3. Return to standing.**
 - Does your pain increase or decrease while returning to an upright position?
- 4. Lean against a wall, flattening your lower back against it.**
 - You may have to bend your knees or walk your feet away from the wall to flatten your lower back without straining. Does your pain increase or decrease when your lower back is flattened against the wall?
- 5. Sit in a chair. Press your lower back into the back of the chair.**
 - Does your pain increase or decrease?

6. Lie on your back (supine) on a firm surface, such as the floor. Let your body relax. Extend your legs so they rest on the floor with your knees straight. Stay there for approximately one minute. Walk your feet back to your rear, bending your knees, and stop at a comfortable position. Stay there for approximately one minute. Which position is more comfortable?

- If there is no difference, pull your knees up to your chest and hold them there for one minute, then assess. Legs extended / Legs flexed (knees bent)?

7. People with extension problems typically give the following answers for the above activities:

- Yes
- Better
- Increase
- Decrease
- Decrease
- Legs flexed (knees bent)

Constituent units of ACU



ADICHUNCHANAGIRI
UNIVERSITY

- ▶ Adichunchanagiri Institute of Medical Sciences
- ▶ Sri Adichunchanagiri College of Pharmacy
- ▶ Adichunchanagiri College of Nursing
- ▶ BGS Institute of Technology
- ▶ BGS College of Education
- ▶ BGS First Grade College
- ▶ Adichunchanagiri School of Natural Sciences
- ▶ Adichunchanagiri School of Allied Health Sciences

Programmes Offered

Diploma in Nursing

GNM (General Nursing and Midwifery)

Duration: 03 Years

Eligibility: PUC/10+2 Pass

Bachelor in Nursing

B. Sc Nursing

Duration: 04 Year

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

Post Basic B. Sc Nursing

Duration: 02 Year

Eligibility: GNM Pass

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. Sc Nursing or Post Basic B. Sc Nursing Pass



Adichunchanagiri

College of Nursing

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