

॥ JAI SRI GURUDEV ॥



FACULTY OF NURSING
**BGS INSTITUTE OF
NURSING SCIENCES**

“ SPANDHANA ”

VOICE OF NURSING

MAY 2026



The editorial force

CHIEF PATTRON

Dr. Komala H.K

Dr. Komala H.K

Principal & dean BGSINS



PATRON

Mr Sharath S



Mr. Sharath S

Associate professor BGSINS

CHIEF EDITOR

Mr. Jayanth K R

Mr. Jayanth K.R

Nursing tutor-PG, BGSINS



FACULTY EDITOR

Miss. Poornima C.G

Miss. Poornima C.G

Assistant professor +- BGSINS

STUDENT EDITOR

Miss Chandana

Mr. Dhanush

Miss. Archa Rajeev



Mrs. Swathi

JUNIOR ASSISTANT - BGSINS



TECHINICAL SUPPORT

Mrs. Swathi

8660724732

www.bgsins.acu.edu.in

Sasyakashi, nagamangala,
mandya-571418



INC RECOGNIZED



Indian Nursing Council

To Establish Uniforms Standards of Training for
Nurses, Midwives and Health Visitors.



सत्यमेव जयते



Executive Committee Decisions on the Nursing Institutions inspected Under Section 13 & 14 of INC Act, 1947.

01 April 2026 - 30 April 2026

School Code : 1503618

Show Status

State Name	School Code	Institution Name	Mode of Inspection	Program Name	Status	Seats	Download Letter
Karnataka	1503618	Bgs Institute Of Nursing Sciences, Sasvakashinaagamangala Talukmandya, Bellur Cross, Distt.- Mandya, Pin Code- 571418	First Inspection Under Section 13 of INC Act, 1947.	B.Sc(N)	Suitable With Condition Under Section 13 & 14 of INC Act, 1947.	60 (Sixty) for 2026- 2027 academic year.	



ADICHUNCHANAGIRI
UNIVERSITY



BGS Institute of
Nursing Sciences



INDIAN NURSING COUNCIL APPROVED & RECOGNIZED



Ensuring Quality Education
and Excellence in Nursing

HEALTH TIPS



Tips for a healthy lifestyle

- Balanced Diet**
Eat a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. Aim for a colorful plate to ensure a range of nutrients.
- Stay Hydrated**
Drink plenty of water throughout the day. Aim for 3-4 liters daily, and include hydrating foods like fruits and vegetables.
- Regular Exercise**
Incorporate at least 30 minutes of physical activity most days of the week. Mix cardio, strength training, and flexibility exercises.
- Adequate Sleep**
Aim for 7-9 hours of quality sleep each night. Establish a regular sleep routine and create a calming bedtime environment.
- Manage Stress**
Practice stress-relief techniques like deep breathing, meditation, or yoga. Take time for hobbies and relaxation.
- Avoid Processed Foods**
Minimize consumption of processed foods, sugary drinks, and excessive salt. Opt for whole, natural foods whenever possible.
- Limit Alcohol and Quit Smoking**
Reduce alcohol intake and avoid smoking to lower the risk of chronic diseases.

www.etsy.com/unostep

6 TIPS FOR HEALTHY LIVING


- CLEAN EATING** (Illustration: carrot, broccoli, banana)
- EXERCISE REGULARLY** (Illustration: treadmill)
- DRINK MORE WATER** (Illustration: water bottle)
- READ FOR 30 MINUTES EVERYDAY** (Illustration: books)
- 7-9 HOURS OF SLEEP PER NIGHT** (Illustration: bed)
- TAKE BREAKS FROM SOCIAL MEDIA** (Illustration: smartphone)

9 ways to help keep your skin healthy

Health


- Always apply sunscreen (Illustration: 50 SPF bottle)
- Manage stress (Illustration: person holding head)
- Be gentle with your skin (Illustration: person washing face)
- Don't skip exercising (Illustration: person with dumbbells)
- Maintain a sleep schedule (Illustration: person sleeping)
- Stick to a skincare routine (Illustration: person applying cream)
- Eat the right foods (Illustration: bowl of fruits and vegetables)
- Avoid smoking (Illustration: cigarette with red X)
- Control consumption of alcohol (Illustration: wine glass and bottle)

FRIDAY FLORENCE

 ADICHUNCHANAGIRI
UNIVERSITY
BG Nagara, Mandya-571448


NAAC
GRADE **A+**
ACCREDITED UNIVERSITY

Faculty of Nursing
BGS Institute of Nursing Sciences
Friday Florence -85



“
Use every minute and every hour will be precious.


Medical | Nursing | Pharmacy | Allied Health Sciences
Engineering | Education | Management | Natural Sciences

 ADICHUNCHANAGIRI
UNIVERSITY
BG Nagara, Mandya-571448

NAAC
GRADE **A+**
ACCREDITED UNIVERSITY


Faculty of Nursing
BGS Institute of Nursing Sciences
Friday Florence -86

“
Embrace each new day as an opportunity for growth and self-discovery. Believe in your potential, cultivate your strengths, and never underestimate the power of your own determination. Remember, the greatest investment you can make is in yourself.



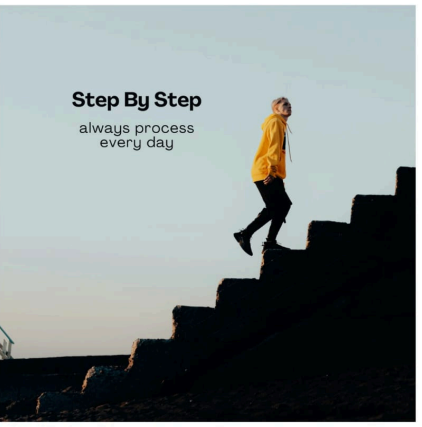
ROSA MARIA AGUADO
@reallygreatsite

Medical | Nursing | Pharmacy | Allied Health Sciences
Engineering | Education | Management | Natural Sciences

 ADICHUNCHANAGIRI
UNIVERSITY
BG Nagara, Mandya-571448


NAAC
GRADE **A+**
ACCREDITED UNIVERSITY

Faculty of Nursing
BGS Institute of Nursing Sciences
Friday Florence -87



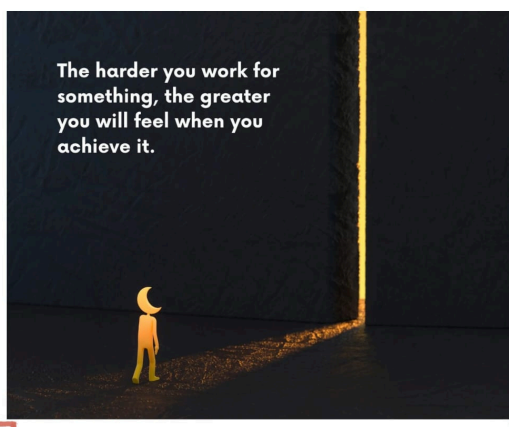
Step By Step
always process every day

Medical | Nursing | Pharmacy | Allied Health Sciences
Engineering | Education | Management | Natural Sciences

 ADICHUNCHANAGIRI
UNIVERSITY
BG Nagara, Mandya-571448

NAAC
GRADE **A+**
ACCREDITED UNIVERSITY

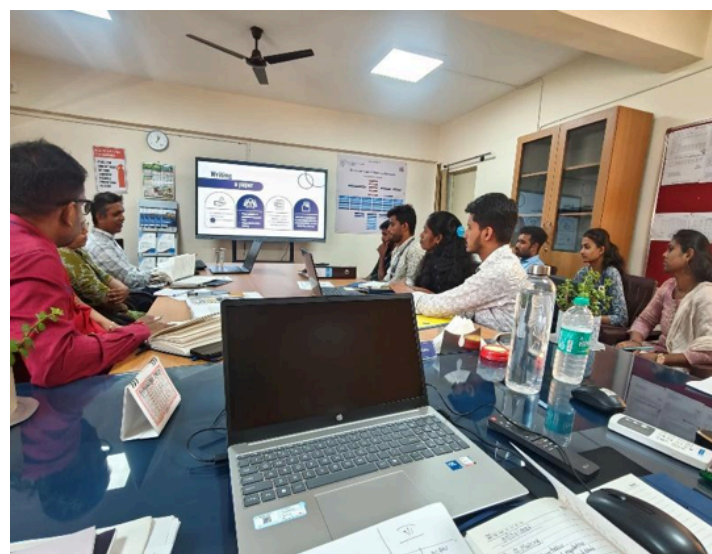
Faculty of Nursing
BGS Institute of Nursing Sciences
Friday Florence -88



The harder you work for something, the greater you will feel when you achieve it.

Medical | Nursing | Pharmacy | Allied Health Sciences
Engineering | Education | Management | Natural Sciences

Workshop on “How to Write and Get Your Research Paper Published in Scopus Journals”



The Faculty of Nursing, BGS Institute of Nursing Sciences, Sasyakashi, successfully conducted a workshop on “How to Write and Get Your Research Paper Published in Scopus Journals” on 07/05/2026. The session was delivered by Dr. Prashanth Kalappa, Dean–Research, Adichunchanagiri University. He provided valuable insights into research article writing, manuscript preparation, journal selection, plagiarism prevention, and publication procedures. The workshop enhanced participants' understanding of research and publication standards. Faculty and students gained confidence in preparing and submitting manuscripts to Scopus-indexed journals. The session encouraged ethical research practices and motivated participants to engage in quality academic publishing. The programme contributed towards SDG 4 (Quality Education) and SDG 9 (Industry, Innovation and Infrastructure).



WORKSHOP ON

“Hands-on Workshop on fire extinguisher usage and fire emergency protocols”

The Fire and Safety Awareness Program was conducted on 9th May 2026 in the college veranda of BGSINS. The session was led by two resource persons who actively educated participants on fire prevention and safety measures. Students learned about different types of fires, classifications, and the appropriate fire extinguishers used in various emergency situations. The program also demonstrated the correct method of operating fire extinguishers and the emergency actions to be taken during fire accidents. The session enhanced participants' knowledge, confidence, and preparedness in handling fire-related emergencies. It promoted safety awareness and responsible behavior in educational and healthcare settings. The program supported SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 11 (Sustainable Cities and Communities), and SDG 13



The poster features the logos of the Faculty of Nursing and BGS Institute of Nursing Sciences. It includes a central image of a hand holding a fire extinguisher, a circular inset showing a firefighter, and another inset showing a person using a fire extinguisher. The text provides details about the workshop, including the resource persons, time, date, and venue.

FACULTY OF NURSING
BGS INSTITUTE OF NURSING SCIENCES

“Hands-on Workshop on Fire Extinguisher Usage and Fire Emergency Protocols”

Resource person

- Omkar Murthy
Chief Security Office
- Thippeswamy
Senior Officer

Time :10:00 AM
Date:09/05/2026
Venu:BGSINS, Sasyakashi



POSTER PRESENTATION COMPETITION

**THEME- "OUR NURSES OUR FUTURE
EMPOWERED NURSES SAVE LIVES"**

The Department of Nursing Foundation, BGS Institute of Nursing Sciences, organized a Poster Presentation Competition on 14th May 2026 in the Multipurpose Hall as part of the International Nurses Day Celebration. The event was conducted under the theme "Our Nurses, Our Future: Empowered Nurses Save Lives." Students actively participated by presenting creative and informative posters highlighting the vital role of nurses in healthcare. The competition enhanced students' knowledge, creativity, communication, and presentation skills while fostering professional pride and responsibility. The programme provided an interactive learning platform, encouraged teamwork and leadership qualities, and concluded successfully with appreciation for all participants. The activity contributed to SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals).



BGS INSTITUTE OF
NURSING SCIENCES



FACULTY OF NURSING

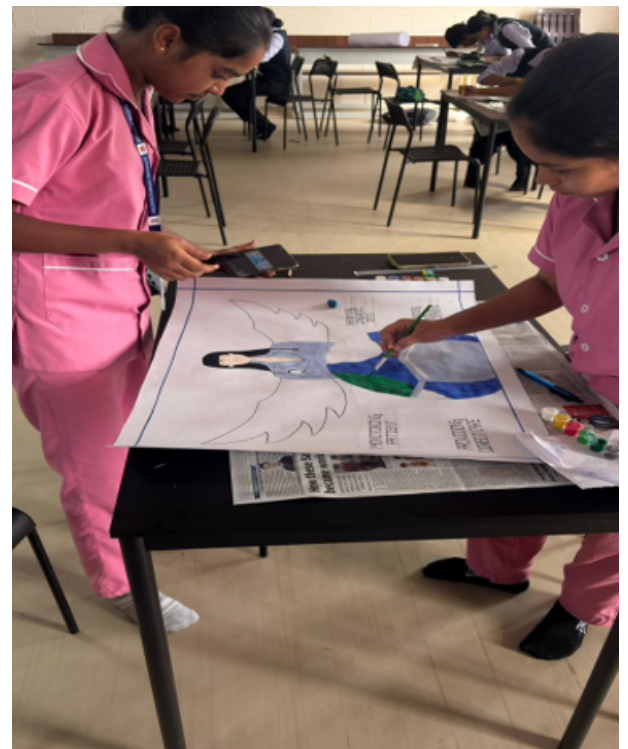
**"CELEBRATION OF INTERNATIONAL
NURSES DAY"**


"Poster presentation competition"

THEME - "OUR NURSES OUR FUTURE
EMPOWERED NURSES SAVE LIVES"

Date - 14th May
venue - Multipurpose hall
Time - 3pm to 4pm

-organised by Department of
Nursing Foundation





BGS INSTITUTE OF NURSING SCIENCES

CELEBRATING

INTERNATIONAL NURSES DAY

“QUIZ CHALLENGE”

THEME:
“OUR NURSES OUR FUTURE EMPOWERED NURSES SAVE LIVES”

FRIDAY
15TH
MAY 2025

3:00 PM
TO
4:00 PM

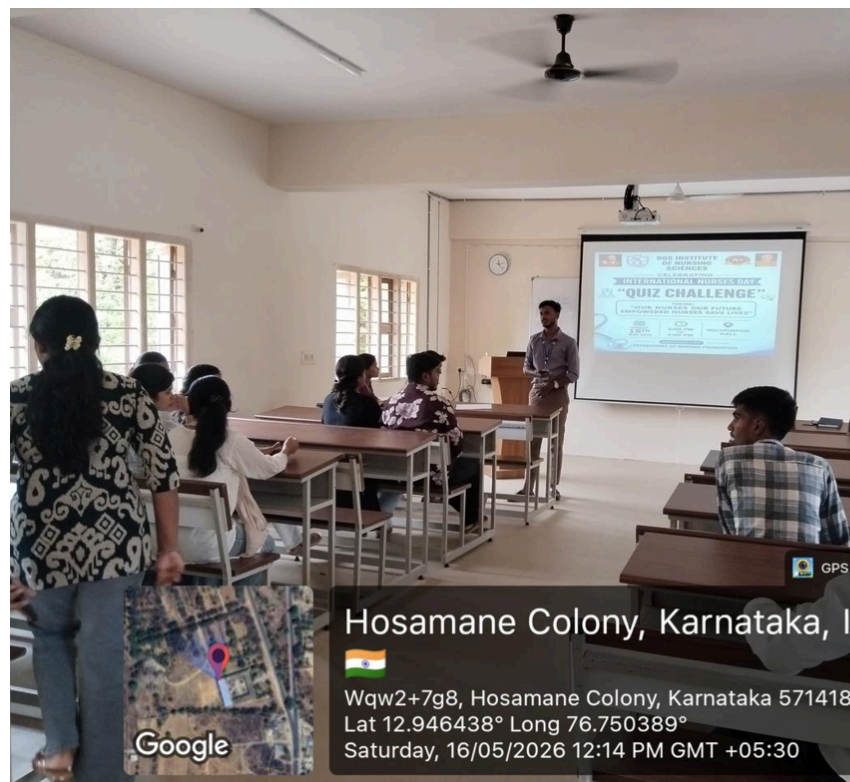
MULTIPURPOSE HALL

ORGANIZED BY
DEPARTMENT OF NURSING FOUNDATION

QUIZ CHALLENGE

THEME- “OUR NURSES OUR FUTURE EMPOWERED NURSES SAVE LIVES”

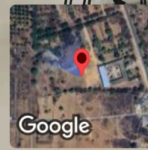
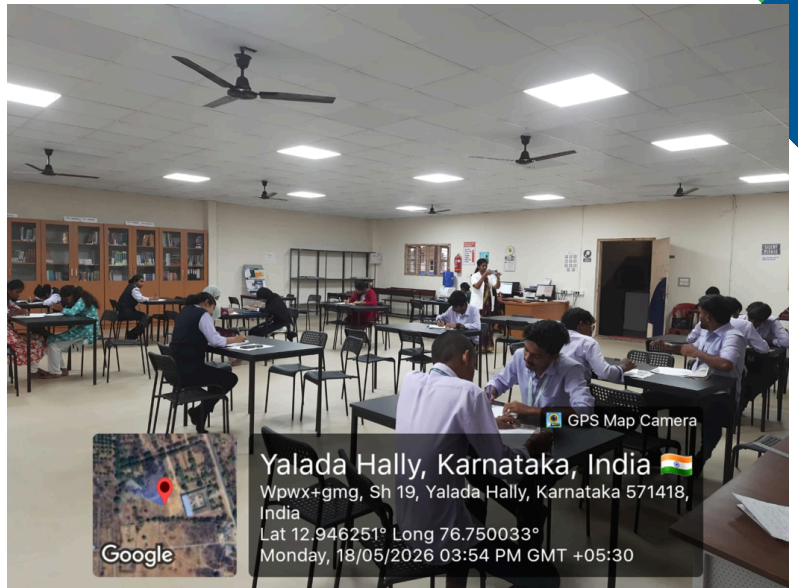
The Quiz Competition was successfully conducted on 16th May 2026 at the Multipurpose Hall of BGSINS to enhance students' critical thinking and knowledge. The event witnessed enthusiastic participation from students across various classes and included General Knowledge, Rapid Fire, and Visual Identification rounds. Participants actively engaged in the competition, demonstrating teamwork, confidence, and quick decision-making skills. Faculty members served as judges, ensuring fair and smooth conduct of the event, while interactive audience participation made the programme lively and informative. The competition improved students' subject awareness, communication skills, analytical thinking, and time management abilities. The activity promoted continuous learning, academic excellence, and active student involvement. The programme contributed to SDG 4 (Quality Education) and SDG 16 (Peace, Justice and Strong Institutions).



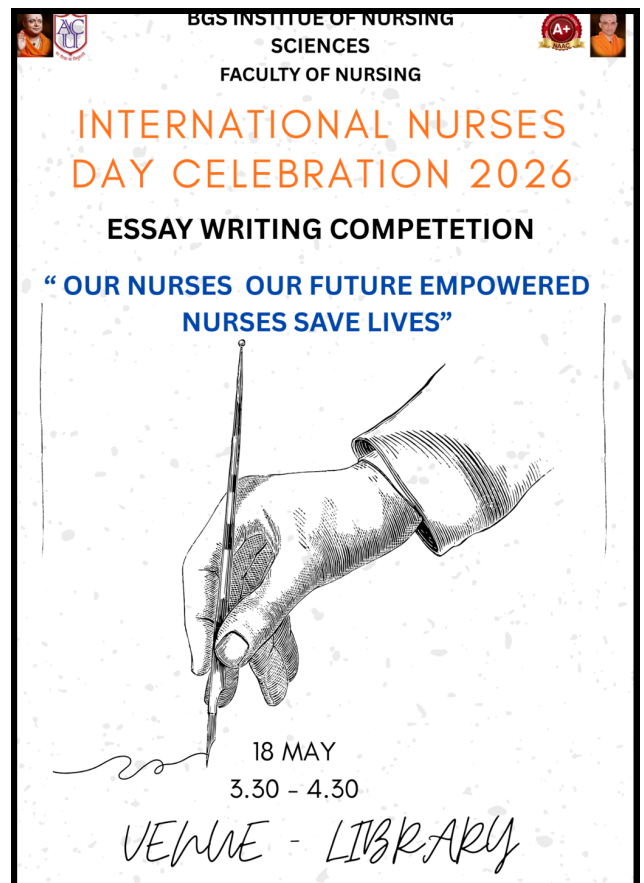
ESSAY WRITING COMPETITION

“OUR NURSES OUR FUTURE EMPOWERED NURSES SAVE LIVES “

An Essay Writing Competition was successfully conducted on 18th May 2026 at the Multipurpose Hall of BGSINS. The event aimed to enhance students’ creativity, critical thinking, and communication skills while encouraging awareness of socially relevant issues. Students from various batches actively participated and showcased their analytical and creative writing abilities. The competition was based on the theme “Our Nurses, Our Future: Empowered Nurses Save Lives.” Participants expressed their ideas effectively in a disciplined and motivating environment. The activity improved essay writing, language proficiency, confidence, and knowledge-sharing skills among students. It also promoted healthy academic competition, teamwork, and active participation. The event supported SDG 4 (Quality Education) by fostering professional learning and skill development, and SDG 16 (Peace, Justice and Strong Institutions) by encouraging responsible thinking and expression of ideas on social issues.



Yalada Hally, Karnataka, India
Wpwx+gmg, Sh 19, Yalada Hally, Karnataka 571418, India
Lat 12.946251° Long 76.750033°
Monday, 18/05/2026 03:54 PM GMT +05:30



GPS Map Camera

Yalada Hally, Karnataka, India
Wpwx+gmg, Sh 19, Yalada Hally, Karnataka 571418, India
Lat 12.946247° Long 76.750318°
Monday, 18/05/2026 03:54 PM GMT +05:30

Google

WORLD HYPERTENSION DAY-2026

THEME-“Controlling Hypertension Together: Check Your Blood Pressure Regularly – Defeat the Silent Killer”

World Hypertension Day was observed on 19th May 2026 from 3:30 PM to 4:30 PM in the Multipurpose Hall by the Adult Health Nursing Department under the theme “Controlling Hypertension Together.” The program aimed to raise awareness about hypertension prevention, early detection, and healthy lifestyle practices. Faculty members and nursing students educated participants on risk factors, regular blood pressure monitoring, balanced diet, physical activity, and disease prevention. The event encouraged active student participation and enhanced knowledge regarding cardiovascular health. Participants gained awareness about hypertension management and the importance of regular health checkups. Nursing students also strengthened their communication and health education skills. The program promoted healthy behaviours and highlighted the role of nurses in preventing heart-related diseases. The event successfully contributed to community health awareness and supported SDG 3 (Good Health and Well-being), SDG 6 (Clean Water and Sanitation), and SDG 10



Jai Sri Gurudev

FACULTY OF NURSING
BGS INSTITUTE OF NURSING SCIENCES
World Hypertension Day -2026
POSTER PRESENTATION COMPETITION



THEME : “CONTROLLING HYPERTENSION TOGETHER ,CHECK YOUR BLOOD PRESSURE REGULARLY -DEFEAT THE SILENT KILLER ”

Date:19/05/2026
Time:3:30 to 4:30 PM
Venue: Multipurpose Hall

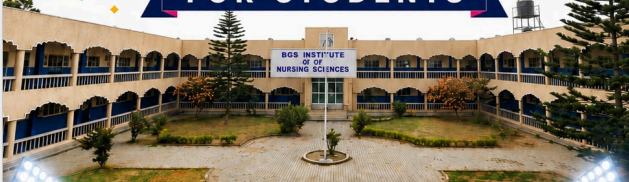




SPORTS MEET 2026

SPORTS MEET

FOR STUDENTS



★ PLAY TOGETHER ★ GROW TOGETHER ★ SHINE TOGETHER



SATURDAY
23 MAY 26

VENUE
BGS COLLEGE GROUND

★ TEAM SPIRIT • RESPECT ★
DISCIPLINE • EXCELLENCE

STRONG BODY, STRONG MIND, STRONGER TOGETHER!

The Sports Meet 2026 was successfully conducted on 23rd May 2026 at the BGS College Ground with enthusiastic participation from students. The event began with an energetic Flash Mob performance titled “AROHI,” followed by a vibrant cultural dance presentation. The programme was inaugurated by Dr. Komala H.K., Principal, BGSINS, who emphasized the importance of physical fitness, discipline, and teamwork. Various sports events were organized to promote healthy competition, sportsmanship, and unity among students. The Sports Meet provided opportunities for students to showcase their talents, develop leadership qualities, and maintain a balance between academics and physical activities. The event enhanced confidence, teamwork, coordination, and social interaction while creating a positive and energetic atmosphere. The programme supported SDG 3 (Good Health and Well-Being), SDG 4 (Quality Education), SDG 5 (Gender Equality), and SDG 17 (Partnerships for the Goals).



GPS Map Camera

Hosamane Colony, Karnataka, India

Wqw2+7g8, Hosamane Colony, Karnataka 571418, India
Lat 12.946438° Long 76.750389°
Saturday, 23/05/2026 11:33 AM GMT +05:30





The Department of Obstetrics and Gynaecological Nursing organized an Awareness Programme on Menstrual Hygiene and Breast Self-Examination on 29th May 2026 at Sri Bhakthanatha High School, B.G. Nagar, in observance of International Menstrual Hygiene Day under the theme “Together for a #PeriodFriendlyWorld.” Resource persons Mrs. Divya Singh and Mrs. Anusha K delivered informative sessions on menstrual health, hygiene practices, myths and misconceptions, personal hygiene, and Breast Self-Examination (BSE). A practical BSE demonstration and role-play by VI Semester B.Sc. Nursing students enhanced learning and participation. The programme benefited 100 adolescent girls by improving their knowledge and awareness regarding menstrual hygiene and breast health. Pre-test and post-test assessments showed a significant increase in understanding among participants. The programme successfully promoted health education, empowerment, and preventive healthcare practices while contributing to SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 5 (Gender Equality), SDG 6 (Clean Water and Sanitation), and SDG 12

AWERENESS PROGRAMME ON MENSTRUAL HYGIENE AND BREAST SELF EXAMINATION

**THEME-“TOGETHER
FOR A PERIOD
FRIENDLY WORLD”**

WORLD NO TOBACCO DAY-2026

THEME-“UNMASKING THE APPEAL- COUNTERING NICOTINE AND TOBACCO ADDICTION”

On the occasion of World No Tobacco Day, the Department of Mental Health Nursing organized an awareness programme on 30 May 2026 at the BGSINS Campus. The event was conducted under the theme “Unmasking the Appeal – Countering Nicotine and Tobacco Addiction.” The programme aimed to educate students and the community about the harmful effects of tobacco use and the importance of healthy lifestyle choices. Mr. Ravikumar Y. N., Police Sub Inspector, Bellur, served as the chief guest and delivered an informative session on the health, social, and legal consequences of tobacco consumption. The programme motivated participants to adopt tobacco-free lifestyles and contribute to a healthier society. Faculty members and students actively participated, making the event meaningful and impactful. The initiative successfully raised awareness about tobacco prevention and supported SDG 3 (Good Health and Well-being), SDG 12 (Responsible Consumption and Production), and SDG 17



Hosamane Colony, Karnataka, India
Wqw2+7g8, Hosamane Colony, Karnataka 571418, India
Lat 12.946336° Long 76.750785°
Saturday, 30/05/2026 11:13 AM GMT +05:30



Hosamane Colony, Karnataka, India
Wqw2+7g8, Hosamane Colony, Karnataka 571418, India
Lat 12.946335° Long 76.750835°

FACULTY ACHIEVEMENTS



Faculty Participation in Online FDP

The faculty members of BGS Institute of Nursing Sciences participated in an Online Faculty Development Program (FDP) organized by SRM College of Nursing, SRM Institute of Science and Technology, Tamil Nadu, on 06 May 2026. The program, titled “AI Assisted Idea Generation in Nursing Research and Designing Smart Studies: Choosing the Right Research Methodology,” focused on the use of Artificial Intelligence in nursing research and innovative study design. The session enhanced participants’ understanding of research methodology, AI-based tools, and scientific publication processes. Faculty members Mr. Likhith, Mr. Puneeth, Mr. Jayanth Kr, Ms. Soundarya, Ms. Poornima C G, and Ms. Fiza successfully attended the FDP and received certificates of participation. The program enriched their research knowledge and strengthened their commitment to academic excellence and evidence-based nursing practice.



Dr. Komala H K participated in the National Webinar titled “Artificial Intelligence in Nursing: Transforming Care Through Innovation” on 16 May 2026. The two-hour CNE training was conducted by Nurses Initiative for Community Empowerment (NICE) and the Indian Society of Emergency and Cardiac Nurses (ISECN). The webinar focused on the role of Artificial Intelligence in transforming nursing care through innovation. The participant successfully completed the program and received a Certificate of Participation. The session enhanced knowledge regarding the application of AI in nursing practice and healthcare delivery.



Dr. Komala H. K, Principal of BGS Institute of Nursing Sciences, successfully completed the professional development webinar titled “From OBE Compliance to Academic Intelligence” on 15th May 2026. The webinar enhanced her knowledge of Outcome-Based Education (OBE), academic quality assurance, and competency-based learning. For her active participation and successful completion, she was awarded a Certificate of Excellence. This achievement reflects her commitment to professional development and academic excellence. BGSINS congratulates her on this accomplishment and wishes her continued success.



Mr. Bopanna K.T participated as a Delegate in the 1st International Seminar on “Advancing Nursing Practice with Artificial Intelligence: Enhancing Preparedness for the Future” organized by Rajarajeswari College of Nursing, Bengaluru, on 19 May 2026. The seminar focused on the integration of Artificial Intelligence in nursing practice and preparing healthcare professionals for future challenges. The participant successfully attended the seminar and was awarded 08 credit points by the Karnataka State Nursing Council. The program provided valuable insights into emerging trends and innovations in nursing and healthcare.