

Criterion - 7

Institutional Values and Best Practices

NAAC- SSR (2nd Cycle)



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

7.1.8(5)

Harmony through commemorative days



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

Independence Day celebration 2019

The NSS units of Eternal University celebrated the 73rd Independence Day on 15th August, 2019. Dr. H.S. Dhaliwal (Vice chancellor of the University) hoisted the National Flag and briefed the students about the importance of National Integration and Communal Harmony.

Dr. B. S. Boparai (Dean Academics) Welcomed the gathering. Dr. Jaswant Singh Dean Student Welfare & NSS Programme Cordinator addressed the students about the contribution of youth to the development of our Nation.

The celebration was graced with Oratorical events and Patriotic songs on the theme of “National Integration”. At the end of the programme sweets were distributed to all the Faculty Members, Support Staffs and the students. The programme was co-ordinated by Er. Anita Chaudhary, NSS Programme Officer & Ms. Manpreet Kaur, Physical Education Teacher.





World Environment Day celebrations by NSS volunteers

The volunteers of the NSS units of our University enthusiastically celebrated the World Environment Day by organising several programmes. Dr. H.S.Dhaliwal, Vice Chancellor of our University, inaugurated the program by planting tree in university campus.

As a token of our efforts towards protection of environment and restoration of environmental quality and saplings of indigenous plant species were planted within the campus area by the NSS volunteers.

Although NSS volunteers made a small size soakage pits in the compounds of their homes for water conservation. The pits, each of which had a diameter of 1m each, were filled with coarse rocks, brick ballast and coconut husk. These activities, it was hoped, would help save mother earth from total deforestation.

Plants were distributed free of cost which has been provided by department of botany in local area near university.



International Yoga Day celebration by NSS Unit of Eternal University

In the backdrop of stressing on the physical, mental and spiritual well-being of faculty & staff, the NSS Department of Eternal University, led the celebrations for International Yoga Day, at the campus on June 21, 2019.

A practice session and demonstration was organized by Ms. Meena Kumari. The session witnessed a huge turnout with Deans and Directors of various departments taking the lead to inspire faculty, support staff and security to join in. The event was attended by more than 50 NSS volunteers, staff and faculty members of Eternal University, Baru Sahib.

Dr. Jaswant Singh, Programme Co-ordinator delivered a lecture on “the importance of Yoga”. Dr. B.S.Boparai addressed the assembly. Er. Anita Chaudhary, Programme Officer presented the vote of Thanks. The participants were also explained the benefits of each asana while experts demonstrated them.







EU NSS volunteers organize a 2-day camp on Baisakhi: 13, 14 April, 2019

13th April, 2019: The NSS volunteers of the Eternal University, Baru Sahib organized “kisan mela” with the help of staff members. Mela start with Prabhat-Feri up to machher village at 9:00 am. The volunteers performed various task with great enthusiasm. Among 70 students, Ms. Manju and Ms. Rimpay Rathore were adjudged as the best.



After Prabhat-Feri volunteers prepared and distributing parshad to all.





14th April, 2019: Students arrange stalls of various departments. They prepared some food items and showed their departments products. Our worthy Vice Chancellor Dr H.S. Dhaliwal welcomed chief guest for the event. After visit of stalls function was held in auditorium. Then a student of our university gave her speech and told the importance of this day. Some students of NSS Unit performed a nukkad natak and group dance on patriotic song. Then the function was well ended with honour of chief guest and some kisans from adopted villages to increase productivity. Vote of thanks was given by Dr. Jaswant Singh (coordinator of NSS Unit).









Dr Jaswant Singh, NSS Co-ordinator, while appreciating the efforts of the students, said the overall growth of youths is never complete until they are motivated to channelize their energy towards the community beyond classrooms. The function was ended with joint efforts of NSS team and Asst. Professor Er. Anita Chaudhary Program officer.

Celebration of Constitution Day on 26th November 2019

The NSS unit of Eternal University observed the constitution Day of India (Samvidhan Divas) today. Each year, this day is celebrated on 26th November to commemorate the adoption of Constitution of India. On this day in 1949, the constitution assembly of India, and it came into effect on 26 January 1950. On this occasion Dr. P. S. Cheema (Dean ACET), Mr. M. K. Khanna (NSS Co-ordinator) along with 70 students recited the preamble of constitution of India pay homage to **Dr. B.R. Ambedkar**. Students of NSS unit along with programme officer Er. Anita Chaudhary was also participated in the programme.







“Internation Labor Day Celebrations on 1st May, 2019”

Eternal University, Baru Sahib (H.P.) celebrated International Labour Day on **1st May, 2019** to mark a respect to Labour class. A group song marked the beginning of the programme.

NSS Volunteers presented a melodious song dedicated to labours. Speeches were also made by the NSS Volunteers and they presented a skit on the different occupation of labour.

Dr. Surjan Singh (Asst. Prof., Maths) said that all strata of society are handicapped without their valuable contribution of working man. Dr. Simranjit Singh (Asst. Prof., Punjabi) presented a “kavita” for all the workers. He also emphasized upon the value of dignity of labour which helps a person to become more humane and responsible towards his fellow beings.

Dr. Jaswant Singh, (Prof. & DSW), NSS incharge focused on the priceless contribution of the workers for the smooth functioning of the institution. He also highlighted the need, importance and significance of the role of these workers in our life. He further said that the value of dignity of labour which helps a person to become more human and responsible towards his fellow beings.

A speech by our Worthy Vice Chancellor, Prof. Dr. H. S. Dhaliwal lauded the ceaseless efforts of the work force of these workers and thanked them for their selfless services. He appreciated the hard work put in by them for the smooth running of the organization.

All the workers were felicitated with a token of appreciation by presenting shawls & sweets to the best 15 hardworking sewadars by S. Jagjit Singh ji (Kaka veer ji) patron Kalgidhar trust, Baru Sahib.

Refreshment was served by NSS Volunteers to all the peons, staff members and students. This programme was organised & directed by NSS Programme Officer Ms. Anita Chaudhary (Asst. Prof.) & Dr. Rajinder Kaur, NCC Programme Officer (Asst. Prof. & Sports Head).



NATIONAL UNITY DAY

This year our university also celebrated national unity day on 31st October 2019 and all preparations were done by NSS students. In evening a function was held in auditorium at 4 pm. Prof. Dr. B.S.Boparai, Dean Academics of university gave a speech regarding this day. Then a student of our university gave her speech and told everyone about why this day is celebrated and paid regards to **Sardar Vallabhai Patel**. Some students of NSS Unit performed a skit which was based on the theme equality in our society. Then the function was well ended with pledge ceremony by Er. Anita Chaudhary (NSS Programme Officer) and vote of thanks was given by Mr. M.K.Khanna (coordinator of NSS Unit). The function was followed by March-past saluting our national flag by our NSS and NCC Unit. All the students of NSS and NCC joined March past.







WORLD CANCER DAY

On February 04, 2020 the students of Akal College of Nursing have celebrated World Cancer Day at Rajgarh. On this special day of awareness for community & Hospital our students are organized Rally and Seminar under the guidance of Assist. Prof. Ms. Simarjot Kaur, Department of Community Health Nursing, Akal College of Nursing.





विश्व कैंसर दिवस पर नर्सिंग छात्राओं ने राजगढ़ में निकाली जागरुकता रैली

हिंदी रिपोर्टर | राजगढ़

विश्व कैंसर दिवस के उपलक्ष्य पर कुम्हार को नर्सिंग कॉलेज इंटरनल विश्वविद्यालय बड़सहिब की छात्राओं द्वारा राजगढ़ शहर में जागरुक रैली निकालकर लोगों को कैंसर रोग से बचाव बारे जागरुक किया।

स्त्रिकल अस्पताल राजगढ़ के प्रभारी डॉ. सचिन से जब विश्व कैंसर दिवस के बारे बात की गई तो उन्होंने बताया कि डब्ल्यूचओ की रिपोर्ट के अनुसार विश्व में करीब 96 लाख व्यक्ति हर वर्ष कैंसर रोग से काल का ग्रस बन जाते हैं।

इसी प्रकार भारत में भी हर वर्ष करीब एक लाख कैंसर के नए रोगियों की पहचान होती है। जिनमें से गंभीर रूप से कैंसर से पीड़ित रोगियों की मौत भी हो जाती है।



नर्सिंग कॉलेज बड़सहिब की छात्राएं जागरुकता रैली निकालते हुए।

उन्होंने बताया कि शुरुआत में अगर कैंसर की बीमारी का पता लग जाए तो इसका इलाज संभव है।

उन्होंने बताया कि मनुष्य की बदलती जीवन शैली, बढ़ती नशा खात्री, जंक एवं फास्ट फूड, गूटके और तंबाकू का सेवन आदि से कैंसर रोग होने के प्रमुख कारण हैं। डॉ. सचिन ने बताया कि कैंसर का इलाज प्रदेश में निशुल्क है

और घातक कैंसर रोगियों के लिए प्रदेश सरकार द्वारा सहारा योजना कार्यान्वित की जा रही है। जिसमें जिन रोगियों की सालाना आय 4 लाख से कम है उन्हें हर माह दो हजार की राशि उपचारके लिए प्रदान की जाती है। जिसके लिए संबंधित व्यक्ति को सरकारी अस्पताल के कैंसर अनुभाग में अपने दस्तावेज देकर निर्धारित फॉर्म भरना होगा।

Celebrated International Water Day (“Walk for Water”), March 22nd, 2020

Venue: EU Campus

Aim: To spread awareness about water availability, its importance and judicious or sustainable uses, reuses and conservation of water in our life and the problems regarding contamination of surface or groundwater with their solution.

Walkathon “Walk for Water” was organized on March 22nd, 2020 on “World Water Day,” at EU Campus. The activities of this event were carried out by the NSS unit of the Eternal University. PVC addressed the students and talked about the importance of water in our life. He said, “It is not the water that we are saving but its life.” Students from all the colleges, the cadets of NCC, all took active participation.

A total of 33 NSS Volunteers from EU took part in the event. All the students who took part in the event were provided with the WATER PLEDGE which they pledged after the Walkathon.







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STATEHOOD DAY



STATEHOOD DAY

On Celebration of 'Statehood Day' in Akal College of Nursing by 'Literary Club'.
Activities planned were Quiz Competition on Himachal Pradesh GK & Extempore on
25th Jan., 2020.

Organizers: Dr. Joseph (Assistant professor, ACN), Ms. Mahima (Nursing Tutor, ACN)
& Ms. Gagandeep Kaur (Nursing Tutor, ACN)





NSS Activities (Month of March)

Sr. No.	Date	Event	Detail of work carried out
1	20 th March, 2021	International Happiness Day	NSS Unit of Eternal University celebrated Happiness day. Volunteers collected donation from EU staff and distributed stationary items and chocolates among children of labours.
2	21 st March, 2021	Plantation Drive on “International day of Forests”	NSS Unit of Eternal University, Baru Sahib successfully completed the event of tree plantation drive on International day of Forests. Volunteers had planted lemon grass and vetivar on the top of the hills of Kakli (agriculture field) under the guidance of Prof. H.S. Dhaliwal, Former Vice Chancellor, Eternal University.
3	22 nd March, 2021	International Water Day	<p>The activities of this event were carried out by the NSS wing of the EU. Dr. Mahesh Tripathi gave a lecture on water conservation and showed documentary movie related to it. Volunteers explained the importance of water with the help of posters. Worthy Pro Vice Chancellor, Eternal University, Prof. A.S. Ahluwalia, addressed the students and talked about the importance of water in our life.</p> <p>NSS Volunteers had a visit to water treatment plant near to B.Ed College. Students of EU, the cadets of NCC, all took active participation.</p>

REPORT ON WEBINAR CONDUCTED BY THE NSS UNIT, ETERNAL UNIVERSITY, BARU SAHIB ON 12TH SEPTEMBER, 2021

Eternal University, Baru Sahib organized a webinar on Suicide Awareness and Prevention on “World Suicide Prevention Day”

NSS Unit of Eternal University organized a webinar on Suicide Awareness and Prevention on “World Suicide Prevention Day”. The programme was commenced with a welcome address by Er. Anita Chaudhary, NSS Programme Officer.

The recourse person for the webinar was **Dr. Pranav Kumar, Assistant Professor Department of Psychology, Akal College of Social Sciences, Eternal University, Baru Sahib.**

The main objective of the Programme was:

- To create awareness among the youth about prevention of suicide.
- To motivate students to create awareness among family, friends and peer group members on prevention of suicide.

Dr. Pranav Kumar said, “Students are the most vulnerable group that commits suicides. In India, the majority of people who commit suicide are between the age group of 15 and 19 years. Awareness has to be created among family members and friends on prevention of suicide. They should be very sensitive and observe the behaviours of the person who is inclined to commit suicide. The society and the community should work together to prevent this social evil.”

The session ended with a round of discussion and vote of thanks by Dr. Mohit Kumar, Assistant Professor cum NSS Programme Officer, Department of Agriculture, Dr. Khem Singh College of Akal College of Agriculture.

The webinar was attended by around 68 NSS Volunteers.

National Service Scheme Activities (2020-21)
Er. Anita Chaudhary (NSS Programme Officer)

The main objectives of National Service Scheme (NSS) are:

- i. Understand the community in which they work.
- ii. Understand themselves in relation to their community.
- iii. Identify the needs and problems of the community and involve them in problem-solving.
- iv. Develop among themselves a sense of social and civic responsibility.
- v. Utilise their knowledge in finding practical solutions to individual and community problems

The Motto of NSS "**Not Me But You**", reflects the essence of democratic living and upholds the need for self-less service.

NSS @ Eternal University

Date of the event	Programme Organized	Detail of Work Carried out
05 March, 2020	5 th Annual Athletic Meet	<ul style="list-style-type: none">➤ 12 volunteers worked as discipline committee members and many others participated in the sports activities.➤ NSS volunteers actively participated in March past as well.➤ Two volunteers received best NSS volunteer award: 1. Shivani B.Sc (Hons.) Physics 2. Pooja B.Sc (Hons.) Math.
08 March, 2020	International Women' Day celebration	On this day, NSS Volunteers have performed a "Nukkad natak on women empowerment" to observe and celebrate women's day at Lana Bhalta panchayat of Rajhgarh Teh. Distt. Sirmour along with programme officer Er. Anita Chaudhary.

16 September, 2020	Webinar on NEP	Webinar link sent to all NSS Volunteers of “Creating Awareness about National Education Policy, 2020 through NSS/NCC/NYK/UBA Volunteers.
24 September, 2020	NSS Day (Jubilee Day)	Attended national NSS webinar on “Youth and Nation: Prospects and Challenges in new normal”.
02 October, 2020	International Webinar	Attended International Webinar on “To propagate the philosophy and vision of Mahatma Gandhi in context of social issues amongst NSS Volunteers”.
20 March, 2021	International Happiness Day	NSS Unit of Eternal University celebrated Happiness day. Volunteers collected donation from EU staff and distributed stationary items and chocolates among children of labours.
21 March, 2021	Plantation Drive on “International day of Forests”	NSS Unit of Eternal University, Baru Sahib successfully completed the event of tree plantation drive on International day of Forests. Volunteers had planted lemon grass and vetivar on the top of the hills of Kakli (agriculture field) under the guidance of Prof. H.S. Dhaliwal, Former Vice Chancellor, Eternal University.
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		NCC, all took active participation.
05 June, 2021	World Environment Day	<p>National Service Scheme (NSS) unit of Eternal University, Baru Sahib celebrated "World Environment Day - 2021', on the Theme: "Ecosystem Restoration". The main purpose of the celebration was to spread awareness about the need to protect the environment through various (online) activities:</p> <ol style="list-style-type: none"> 1. Quiz competition 2. Poster Presentation 3. Best out of waste 4. Montage presentation

World Anti-Drug Day – Awareness Rally



World Anti-Drug Day – Awareness Rally

As a part of Eternal University Sustainable Development outreach Activities SDG Goal 3: Good Health and Well Being Akal College of Health and Allied Sciences Organized “World Anti-Drug Day” on 26th June 2022

OBJECTIVES:

- To raise awareness about Drug Abuse
- To strengthen action and cooperation in achieving the goal of a world free of drug abuse

On 26/06/2022 in view of World Anti-Drug Day Awareness Rally was organized at Eternal University to MAcheer Village. The students and staff of Akal college of Nursing and the patients of Akal Drug De-Addiction Centre took out a massive rally to mark the 'International Day against Drug Abuse and illicit Trafficking'. The rally was organized by

Akal College of Health and Allied Sciences Eternal University & Akal Drug De-Addiction Centre, Baru Sahib in Sirmore district of Himachal. More than 300 people participated in the rally. The rally organized to create awareness on the growing menace of drug-addiction among youngsters was flagged off by **Dr Davinder Singh, Vice Chancellor of Eternal University**, exclusively meant for girls, and President of The Kalgidhar Trust.

The rally started from the university campus covered villages like Maacher and Bagroti falling within 4 km from the campus, M.Sc.(N) 1st & 2nd Years, B.Sc.(N) 1st & 2nd Year students, MPH students & patients Akal Drug De-Addiction Centre were involved in the program. During the Program Health Awareness about Drug Abuse related information was sensitized among the people.

CONCLUSION:-

The program was much appreciated by everyone who witnessed the event and it was effective, doubts raised by the public were cleared. We got feedback from the public that the programme was good and more informative and created awareness. We take this opportunity to thank Kalgidhar Trust for their support towards this Programme





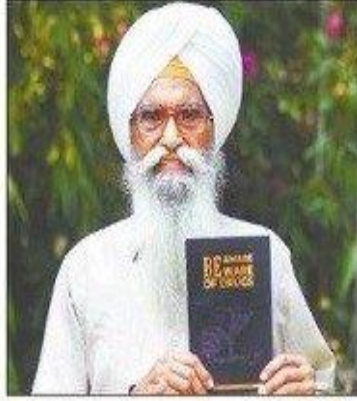


ड्रग्स लेना आसान, लेकिन इससे बाहर निकलना मुश्किल : डॉ. सिंह

संवाद न्यूज एजेंसी

चंडीगढ़। सेक्टर-27 के प्रेस क्लब में रविवार को डॉ. कर्नल रजिंदर सिंह की लिखी पुस्तक 'बी अवेयर एंड बी अवेयर ऑफ ड्रग्स' का विमोचन हुआ। 90 वर्षीय डॉ. सिंह की यह पुस्तक विभिन्न प्रकार की ड्रग्स के नुकसान के बारे में जागरूकता पैदा करने पर केंद्रित है। डॉ. कर्नल रजिंदर सिंह कहा कि रोकथाम इलाज से बेहतर है। ड्रग्स लेना आसान है लेकिन इससे बाहर निकलना बहुत ही मुश्किल है। नशा बार-बार होने वाला मस्तिष्क विकार है। इस कारण व्यक्ति को नुकसान होने के बावजूद बार-बार ड्रग्स लेना पड़ता है।

इस अवसर पर पीजीआई की पूर्व डीन और मनोरोगविभाग की एचओडी डॉ. सविता मल्होत्रा मुख्यातिथि के रूप में उपस्थित हुईं और पुस्तक का विमोचन किया। 1991 में इंडियन आर्मी में वरिष्ठ सलाहकार मनोचिकित्सक के पद से सेवानिवृत्त हुए डॉ. कर्नल रजिंदर सिंह अब तक 11 हजार से भी अधिक नशा करने वालों का इलाज कर चुके हैं। वे दो नशा मुक्ति केंद्रों के निदेशक और स्वयं सेवक हैं। एक चीमा (संगरूर) पंजाब में



अपनी किताब के साथ डॉ. कर्नल रजिंदर सिंह।

और दूसरा हिमाचल प्रदेश में बारू सहिब (सिरमौर) में स्थित है। उन्होंने कहा कि शराब के बारे में एक गलत धारणा है कि यह कुछ बीमारियों से राहत दिलाने में उपयोगी है जबकि यह 200 से अधिक बीमारियों का कारण बनता है। लगभग 50 प्रतिशत सड़क हादसे शराब सेवन की वजह से होते हैं। तंबाकू सबसे आम व्यसनों में से एक है। सभी तरह के कैंसर के लगभग 40 प्रतिशत का कारण है। भारत में हर साल दस लाख लोग तंबाकू सेवन के कारण मर जाते हैं।

अमर उजाला

June 27, 2022

National Dengue Day Observation



DEPARTMENT OF COMMUNITY HEALTH NURSING

Organized



At Macheer, Lana Bhalta & Bongalikech

National Dengue Day Observation

As a part of Eternal University Sustainable Development outreach Activities SDG Goal 3: Good Health and Well Being Akal College of Health and Allied Sciences Organized National Dengue Day on 16th May 2022.

OBJECTIVES:

- Raise awareness about our “Dengue”
- Dengue Source reduction activity

On 16/05/2022 National Dengue Day was organized at Macheer, Lana Bhalta & Bongalikech rural villages by department of community Health Nursing, Faculty & B.Sc.(N) 2nd Year students were involved in the program. During the Program Dengue Source Reduction and Health Awareness about Mosquito Prevention and Dengue Fever was sensitized among the people

CONCLUSION:

The program was much appreciated by everyone who witnessed the event and it was effective, doubts raised by the public were cleared. We got feedback from the public that the programme was good and more informative and created awareness.

We take this opportunity to thank Kalgidhar Trust for their support towards this Programme.

DENGUE SOURCE REDUCTION PROGRAMME





DENGUE HEALTH AWARENESS





Spirit of Healing and Service

Healing and Service



ETERNAL UNIVERSITY, BARU SAHIB



WORLD HEALTH DAY

SUNDAY **07** APRIL

MY HEALTH, MY RIGHT





www.eternaluniversity.edu.in

ACN-Akal College of Nursing, Eternal University Baru Sahib marks World Health Day by honoring compassionate healthcare. They invite everyone to join in celebrating the legacy of care, learning, and blessings, while advocating for the sanctity of 'My Health, My Right.'

Free Health Checkup and Medical Camp

Free Health Checkup, Consultation and
Medical Treatment

AKAL COLLEGE OF HEALTH AND ALLIED SCIENCES
ETERNAL UNIVERSITY
Barusahib, Distt. Sirmaur, Himachal Pradesh, INDIA - 173101



Cordially invite you to the

WORLD HEALTH DAY

“Our Planet, Our Health”



at

Bagroti, Neri Nawan, Chunar, Jabiyana, Macher, Lana Mue, Riwalda & Bonglekech

On : 4th to 6th April 2022

Activities :

- Blood Pressure Monitoring**
- Blood Sugar Testing**
- Haemoglobin Estimation**
- Body Mass Index Checking**



As a part of Eternal University Sustainable Development outreach Activities SDG Goal 3: Good Health and Well Being Akal College of Health and Allied Sciences celebrated World Health Day 2022 “Our Planet, Our Health” on 1st April to 6th April 2022.

MISSION:

Amid the ongoing pandemic and pollution growing on the planet, diseases like cancer, asthma, and heart diseases are increasing rapidly. World Health Organization aims to focus global attention on the urgent actions needed to “keep humans and the planet healthy.”

OBJECTIVES :

- Raise awareness about our “Planet and Health”

- Encourage systematic screening of all School Children to Elderly.
- Encourage preventive behaviours.
- Educate and create awareness among all Adolescents, Adults, Elderly people about their key role in detecting and reducing the risk of any Diseases and illness, particularly in high risk populations.

Time	Tentative date	Proposed Activity	Proposed area
09.00 am- 01.00 pm	01.04.2022	School Health Program Health Assessment Sexual reproductive awareness program for adolescent girls Health Education	Govt. Sec. School Bonglikhech
09.00a m- 5.00 pm	04.04.2022 to 06.04.2022	Medical Camp BP Monitoring Random Blood Sugar Hemoglobin BMI Checking Mobile Exhibition with propaganda Pamphlet distribution Mass Awareness Program	Bagroti Neri Nawan Chunar Jabiyana Macher Lana Mue Riwalda Bonglikech
10am – 11am	07.04.2022	Valediction	Eternal University Auditorium

Day I – SCHOOL HEALTH PROGRAM

01/04/2022

Bongalikech Government Senior Secondary School

On 01/04/2022 School Health program was organized at Bongalikech Government Senior Secondary School. B.Sc.(N) 3rd Year and 1st Year students were involved in the program. During the Program General Health Check-up and sensitized about Adolescent Reproductive and Sexual Health Program, Personal Hygiene and Sanitation.

OBJECTIVES :

At the end of the school health program students are able to:

- 1. Observe the infrastructure and health practice adopted by the model school.
- 2. Conducting the health checkup
- 3. Identifying the common health problem in school children.
- 4. To provide awareness to students regarding the management of these problems.
- 5. Gather data, analyze and interpret the findings in term of knowledge , practices regarding health in school.
- 6. Appreciate working together as a team.

After conducting health checkup we found that out of the total population of students i.e 89 none were having any serious health complication while a moderate number of children had common health issue. Mass Health Education Program was conducted for students based on the health problems identified through Health Checkup and Observation of the School.

DAY 2 to DAY 4 – HEALTH CAMP On 04th to 6th April 2022

Health Camp was organized at 7 adopted Villages of Department of Community health Nursing, Akal College of Nursing, Eternal University such as Bagroti, Neri Naeen, Chunnar, Jabiyan, Macheer, BongliKech, Lana Mue and Riwadla.

B.Sc.(N) 3rd Year and 1st Year students were involved in the program. During the Program General Health Check-up the following was carried out by the students under the guidance of faculty:-

- BP Monitoring
- Random Blood Sugar
- Haemoglobin estimation
- BMI Checking
- Mobile Exhibition with propaganda
- Pamphlet distribution
- Mass Awareness Program

CONCLUSION: -

The program was much appreciated by everyone who witnessed the event and it was effective, doubts raised by the public were cleared. We got feedback from the public that the programme was good and more informative and created awareness. We take this opportunity to thank Kalgidhar Trust for their support towards this Programme.















WORLD KIDNEY DAY

Bridge the Knowledge Gap : To better Kidney Care



WORLD KIDNEY DAY

World Kidney Day is a global campaign aimed at raising awareness of the importance of our kidneys. During this day we do it all to create awareness about preventive behaviours, risk factors and how to live with a kidney disease.

Akal College of Health and Allied Sciences has a wish to celebrate **World Kidney Day** at **Eternal University**, which was discussed with **Dr. Neelam Kaur, Senior Advisor, Health & Education, Kalgidhar Trust** and **Dr. Harpreet Kaur, Administrator, ACH&AS**, with the immediate approval of the respected eminent people, committee was formed and all the members were started working tirelessly as a bees to successfully complete this event.

MISSION:

Mission adopted from [World Kidney Day](#) “to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.”

OBJECTIVES:

- Raise awareness about our “amazing kidneys” Highlight that diabetes and high blood pressure are key risk factors for Kidney Disease.
- Encourage systematic screening of all patients with diabetes and hypertension for Chronic Kidney Disease (CKD).
- Encourage preventive behaviours.
- Educate and create awareness among all Adolescents, Adults, Elderly people of medical professionals, Non medical professional, Literate and non-literate about their key role in detecting and reducing the risk of CKD, particularly in high risk populations.
- Stress the important role of local and national health authorities in controlling the CKD epidemic.

TARGET GROUP:

- Open for all at Barusahib, Dist. Sirmaur, Himachal Pradesh. It includes
- Adolescents,
- Adults,
- Elderly people
- Medical Professionals,
- Non medical professional,
- Literate and
- Non-literate
- Labourers
- People residing at Barusahib

REGISTRATION

For the registration to the World Kidney Day, the committee has developed an online registration form with the use of Google Form. Total **318 members** have registered earlier to participate in the event apart from the on the spot people who joined the day on **10/03/2022**.

Events are planned at three places as follow

1. Baru Sahib – Eternal University

2. Shimla – IGMC&H and KNH

3. Amritsar – Trillium Mall

Inauguration

On 10/03/2022 the inauguration of World Kidney Day was started at 9.00 am Mrs. Uma, Professor, HOD Department of Medical and Surgical Nursing, hosted a Master of Ceremony.

Welcome note was given by **Dr. Anupama. K, Ph.D (N), Principal, Akal College Of Nursing**.

Dr. Narinder Pal Singh, Dean Research (Volunteer), Eternal University, unfolded the Theme on World Kidney Day.

Dr. Neelam Kaur, Senior Advisor, Health and Education, Kalgidhar Trust, her divine personality and simplicity always keep influencing us. She made everyone realized the importance of World Kidney Day Celebration for bringing the future generation with good health.

Dr. Amrik Singh Ahluwalia, Pro Vice Chancellor, Eternal University who stressed great importance on innovative ideas can be brought by conducting these type of events to create awareness among the public.

BOOK RELEASE: Punjabi Book on “SAFETY KIDNEY”

All Dignitaries on the program are joined together to released the Book of “Safety Kidney” which is authored by **Dr. Narinder Pal Singh, Dean Research (Volunteer), EU**. It is available for the Public to access free download from www.KidneyEducation.com

AWARENESS RALLY

At 9.30 am awareness rally was commenced from Eternal University. Rally took the march through Bhai Gurdaas Hall, New Girls Hostel, Akal Academy, Gurduwara, Nurses Hostel, Sangat Building, IB School and same way return back to Eternal University. Students were created public awareness by using various Placard and Slogans.

STREET PLAY

Street play was performed by the students regarding Human Kidney – Importance, Risk factors, prevention and treatment. B.Sc. Psychology and M.Sc. Psychology students, Akal College of Arts and Social Sciences have performed in regional language.

LECTURE PRESENTATION

Lecture Presentation on How well you know your kidney? Was conducted for the different group of people in respective time schedule.

Session 1 : Akal Academy Secondary and Higher Secondary Boys – 96 members

Session 2: Open for All at Barusahib (Students, Labourers & Staffs) – 120 members

Session 3: For Humanities students UG & PG - 138 students

Session 4: Akal Academy Secondary and Higher Secondary Girls & B.Ed students – 170 members

BLOOD SUGAR AND BLOOD PRESSURE MONITORING

Medical camp was organized during the World Kidney Day in view of screening and monitoring the Blood Glucose and Blood Pressure among the people residing at Barusahib.

Three different locations canopy was placed, Blood Glucose and Blood Pressure was monitored for all the people on voluntary basis. People are shown more enthusiasm to check their BP & Blood Sugar. Staff Nurse from Akal Charitable Hospital were involved for the clinical parameter monitoring including BMI and MPH students were involved for the basic History collection regarding the History of Substance Abuse, Cardio Vascular Diseases, Chronic Kidney Diseases and Diabetes.

SLOGAN COMPETITION:

Slogan Competition was organized on World Kidney Day for Nursing and MPH students. 30 students were participated enthusiastically, among them best Three were awarded on following criteria as follows:-

- i. Slogans should be Catchy
- ii. Relevance to theme
- iii. Originality & Creativity
- iv. Presentation

v. Try to keep it short

Prize Winners:

1st Prize : Ms. Kanika Gautam, II Year MPH

2nd Prize : Ms. Abhya Sharma, I Year MPH

3rd Prize : Ms. Neeraj Kaleta, & Ms. Aditi Sharma, I Year B.Sc.(N)

POSTER COMPETITION:

E-Poster Competition was organized on World Kidney Day 12 students were participated enthusiastically, among them best Three were awarded on following criteria as follows:-

- i. Visual Appearance
- ii. Relevance to theme
- iii. Clear and Logical
- iv. Organization of Content
- v. Overall Quality

Prize Winners :

1st Prize: Ms. Rajdeep Kaur, II-yr B.E, Akal College of Engineering

2nd Prize : Ms. Ujal Kaur, II-yr M.Sc. Microbiology, ACBS

3rd Prize: Ms. Nikita Tomar, I-yr B.Sc Psychology, ACA&SS

EVENTS AT SHIMLA – IGMC&H

Akal College of Nursing, B.Sc.(N) 2nd year students and faculty have organize World Kidney Celebration at **IGMC&H, Shimla**. In this regard permission was obtained from the Nursing superintendent.

In two areas i.e OPD near **emergency department and Nephrology unit**. Nursing Superintendent **Mrs. Premlata**, HOD of Nephrology department **Dr. Ashish**, Ward sister **Mrs. Promil** and staff nurses **Mrs. Bhavna**, **Mrs. Sarika**, **Ms. Ayushi** and **Ms. Jyoti** were participated and motivated the students.

Health education was given through Skit, Posters exhibition, Health Talk by M.Sc. (N) 2nd year and B.Sc. (N) year 2nd year along with teachers **Mrs. Babita kumari** and **Ms. Lovpreet Kaur**. The queries of patients was cleared by the students as well as teachers.

Faculty Organizers:

Mrs. Babita kumari, Assistant Professor, ACN

Mrs. Lovpreet Kaur, Nursing Tutor, ACN

EVENTS AT SHIMLA – KAMAL NEHRU HOSPITAL (KNH)

Akal College of Nursing, B.Sc.(N) 2nd year students and faculty have organize World Kidney Celebration at KNH, Shimla. In this regard permission was obtained from the Medical Superintendent.

Respected Dr. Ravinder S. Mokta, Medical Superintendent, Nursing Superintendent and All Matron ma'am were participated and motivated the students for the various performance to create awareness such as Skit, Posters exhibition, Health Talk among the public and nearly about 40 people were benefited out of it.

EVENTS AT AMRITSAR

World Kidney Day was celebrated in front of Trillium Mall, Amritsar in the public gathering from 5pm-6pm. B.Sc. Nursing 3rd year B.Sc. (N) students has performed street play and charts to aware the public regarding kidney problems, its prevention and kidney donation. 2nd year M.Sc.(N) & 3rd year B.Sc.(N) students were created awareness among around 50 members regarding Kidney health and prevention of disease.







ਸੁਰੱਕਸ਼ਾ ਕਿਡਨੀ ਦੀ



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“NSS Activities Report – August, 2023”

<u>Sr. No.</u>	<u>Date</u>	<u>Activities</u>
1	14-08-2023	Online Pledge under "Meri Mati Mera Desh" Campaign
2	14-10-2023	Celebration of Independence Day under “Har Ghar Tiranga Campaign”
3	15-10-2023	“Prabhat Feri” under the GoI initiated Programme “ Meri Mati Mera Desh”

1. Participation in the "Meri Mati Mera Desh" Online Pledge Campaign on 14-08-2023

The National Service Scheme (NSS) has always been committed to fostering a sense of national pride and responsibility among its volunteers and the community at large. In line with this objective, NSS actively participated in the "Meri Mati Mera Desh" campaign, an initiative aimed at promoting patriotism and unity among the citizens of our nation. The campaign encouraged individuals to take an online pledge, symbolizing their dedication to the welfare and progress of our beloved Motherland.

Pledge Taking Process: Taking the pledge was a straightforward process, with individuals visiting the official campaign website (<https://merimaatimeradesh.gov.in/>). The website provided a user-friendly interface, allowing participants to read the pledge, confirm their commitment, and subsequently download a certificate.

The campaign witnessed a substantial number of pledges being taken by NSS volunteers and their acquaintances. The act of taking the pledge not only symbolized their dedication to the nation but also served as a reminder of the shared responsibility we hold in shaping a better future for India. The downloaded certificates are a testament to the collective commitment of our NSS community and their families towards the betterment of our country.

Total volunteers: 56

2. Celebration of Independence Day under "Har Ghar Tiranga Campaign" on 14-08-2023

In an effort to instill a sense of patriotism and celebrate our national identity, our National Service Scheme (NSS) unit organized the "Har Ghar Tiranga" campaign. Participants were encouraged to upload their selfies with the national flag on the website. The response was overwhelming, with numerous students and volunteers proudly displaying the tricolor. This initiative successfully promoted a deeper connection with our national symbol and the values it represents. The uploaded photos served as a testament to the enthusiasm and dedication of our NSS members in fostering a strong sense of unity and love for our country.

Total volunteers: 65

3. “Prabhat Feri” under the GoI initiated Programme “ Meri Mati Mera Desh” on 15-08-2023

On the morning of August 15, 2023, as part of the Government of India's "Meri Mati Mera Desh" initiative, our National Service Scheme (NSS) units of Eternal University, Baru Sahib organized a spirited "Prabhat Feri" from the university gate to Lana Machher. The event, aimed at fostering a deeper connection between the youth and their homeland, saw enthusiastic participation from students and volunteers. Carrying the national flag and singing patriotic songs, the procession was a vibrant display of national pride and unity. This initiative not only instilled a sense of patriotism but also showcased the NSS's commitment to community engagement and nation-building.

Total volunteers: 45

Photographs:





Report:- International Women' Day celebration by NSS Volunteers

8th March is internationally celebrated as the “International Women’s Day”. It is an important occasion for all of us to pause for a moment to reflect on ourselves, to appreciate how much has been done and what more needs to be done in the field of gender equality. Moreover, it is the day to acknowledge all the men and women in the world for making this world a better place for everyone to live in.



On the day, NSS Volunteers have organized a “**Nukkad natak on women empowerment**” to observe and celebrate women’s day. The purpose of organizing a nukkad natak on such occasion is not just to observe the day but also to create awareness amongst the students and also with the target of reaching the parents and people in the community at large through the students.



The volunteers of Eternal University are optimistic that the program made a great impact on the people of Baru Sahib in making them understand the fact that women and men are equal beings, deserve the same respect, opportunities and are also equally responsible for building a better future.