

Criterion - 7

Institutional Values and Best Practices

NAAC- SSR (2nd Cycle)



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

7.1.8(7)

Extension activities



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

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



Free Health Checkup and Medical Camp

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, Jabiyana, 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.

Programme.

Gallery

















96th INTERNATIONAL FREE MULTISPECIALTY MEDICAL AND SURGICAL CAMP

19th - 20th April 2019

Akal Charitable Hospital, Baru Sahib, Sirmour, Himachal Pradesh

A dedicated team of Physicians, Surgeons and Paramedical staff from USA, Canada and from different states of India joins us every year in our social cause to work for the health of the community. The camps are organised in association with Akal College of Nursing, Baru Sahib.

because everyone deserves good health !





Akal
Charitable Hospital
to bring
Hope and Healing
to those in Need
through
103rd Free
Medical Camp

28th | May | 2023

8 am to 2 pm
Baru Sahib

www.BaruSahib.org



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.













REPORT ON
KISAN MELA AND NAGAR KIRTAN
12 APRIL 2023-13 APRIL 2023

ETERNAL UNIVERSITY



SUBMITTED TO:

DR. YOGEEETA THAKUR (Co-ordinator)

DR. MOHIT KUMAR (Assistant Co-ordinator)

SUBMITTED BY:

MOHINI THAKUR (BS19BSAG038)

AYUSHI THAKUR (BS19BSAG013)

KAJAL (BS19BSAG033)

MEGHA AUKTA (BS20BSAG003)

EKTA (BS21BSAG005)

ANCHAL (BS22BSAG002)

GARIMA (BS22BSAG005)

ACKNOWLEDGEMENT

We would like to express our deep gratitude to **Dr. Devinder Singh** (Vice Chancellor), **Dr. A.S. Ahluwalia** (Pro Vice Chancellor) and **Dr. S.K. Sharma** (Dean of Dr. Khem Singh Gill Akal College of Agriculture) for organizing such an event which gave us a great opportunity to learn and gain such an extraordinary experience. It was a honour to deliver such a selfless service for the welfare of other people.

We would also like to extend our sincere thanks to **Dr. Yogeeta Thakur** (Co-ordinator) and **Dr. Mohit Kumar** (Assistant Co-ordinator) for cooperative and helpful approach during the event.

We are much grateful to all the staff of Eternal University who were directly or indirectly involved in making this event a grand success.

WEDNESDAY, 12th APRIL 2023

Dr. Khem Singh Gill Akal College of Agriculture, Eternal University, organized the 6th Kisan Mela from **12 /04/23-13/04/23**. The event began with the inaugural function, Vice Chancellor and President of the Kalgidhar Trust President, **Dr. Devinder Singh** and Pro- Vice Chancellor, **Professor Amrik Singh Ahluwalia** welcomed the chief guest **Dr. S.K. Malhotra**, Director Directorate of Knowledge Management in Agriculture, ICAR.

The event was followed by lamp lighting and Shabad gayan. Dean Akal College of agriculture, **Dr. S.K. Sharma** gave a welcome speech to all the guests, farmers teachers and students present in the auditorium. **Dr. Devinder Singh**, President of Kalgidhar Trust motivated the audience to maintain a perfect coordination between science and spirituality for the welfare of society.

In the category of progressive farmers from the local area who have been actively working **Mr. Arjun Singh Atri** and **Mrs. Sunita Sharma** were awarded gold medal certificate, memento and cash prize of Rs. 5100 for their excellent work in promoting agriculture.

Finally the ribbon cutting ceremony was done by the chief guest Dr.S.K. Malhotra, Director, Directorate of Knowledge Management in Agriculture and all the dignitaries visited stalls of respective departments and interacted with them. More than 40 stalls by different departments, food stalls, pesticide companies, games, handicrafts etc. participated in the Kisan Mela.





THURSDAY, 13th APRIL 2023

Nagar Kirtan was held on 13th April 2023 in which all the students of Eternal University joined the other residents and the devotees from the different states in the procession. All the NSS volunteers under the guidance of Dr. Mohit Kumar played a significant role in keeping the respective area clean and also distributing water and food to all the devotees.

The event was followed by Valedictory function, **Dr. S.K. Sharma**, Dean cum coordinator, Kisan Mela welcomed everyone. **Dr. B.S. Boparai**, Director Extension cum farm and **Dr.A.S. Ahluwalia** honourable Pro- VC addressed the audience and motivated everyone to learn and share the knowledge with each other and promote the welfare of the farmers. Progressive farmer award was given to **Narendra Chauhan** with cash prize. Distribution of award and certificates to local farmers under eight categories,(Spices, Vegetables, Cereals, Flowers, Fruits, Pulses, Medicinal plants and vegetables).

Certificate and prize was awarded to the best three stalls, Department of Economics, Department of Genetics and Department of Horticulture. The two day event concluded with vote of thanks by **Dr.S.K. Chauhan**, Additional Registrar.







Thankyou





Eternal University

(World peace through value based education)

Ref.No. EU/VCO/023(i)

July 25, 2020

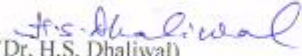
COMMITTEE

Under the provision of clause 41 (8) of the first statutes of the Eternal University, a committee comprising the following members is hereby constituted to start the process of publication of EU Voice Vol-VI 2020:

1. Dr. Kulbhushan Kumar - Coordinator and Chief Editor (English)
2. Mr. Simranjeet Singh - Punjabi Verson
3. Mr. Satwant Singh - Hindi Verson
4. Designer - Designing including Photography

All the faculty, staff and students are requested to submit their articles along with their photographs to the editor of the respective language by August 20, 2020 so that EU Voice Vol-VI 2020 be finalized by first week of September, 2020.

The committee members are requested to start the work on priority and give the progress report to the Coordinator and Chief Editor.


(Dr. H.S. Dhaliwal)
Vice Chancellor
Vice Chancellor
Eternal University
Baru Sahib (H.P.) 173101

Copy to:

1. Dr. Kulbhushan Kumar
2. Mr. Simranjeet Singh
3. Mr. Satwant Singh
4. Designer

BARU SAHIB, VIA RAJGARH, DISTT: SIRMOUR, HIMACHAL PRADESH-173101 (INDIA)

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NOTICE

Aug. 16, 2022

EU VOICE MAGAZINE

Ref. No. EU/VCO/023/C dated August 12, 2022, this is for the information of all that the EIGHTH edition of our University magazine 'EU VOICE' will be published shortly. The students, faculty members, technical assistance and staff members are requested to contribute appropriate articles (scientific or literary), poems and paintings for the magazine. In choosing content decision of selection committee will be final.

Submission Guidelines:

- i) Deadline of submitting articles: Sept. 30, 2022.
- ii) Online submission is mandatory for all articles written in English, Punjabi or Hindi language. Please also attach soft copy of your snap along with (NO SELFY PLEASE).
- iii) Hard copy of each article must also be submitted to the undersigned.
- iv) All submissions must be accompanied with the contributor's Name, Stream, Roll No., E-mail address and Contact No.
- v) Articles must be plagiarism free and original.

Dr Kulbhushan Kumar

Coordinator and Chief Editor

(88945-93313)

EU VOICE Magazine

Email/s for English Articles: drkulbhushaneng@eternaluniversity.edu.in

kulbhushanenglishphd@yahoo.co.in

Punjabi Articles: drsimranjitpun@eternaluniversity.edu.in

Hindi Articles: meenakshilib@eternaluniversity.edu.in

EU VOICE MAGAZINE

NOTICE

Oct. 08, 2022

Last date for submission of Self Composed articles, write ups and poetry for Annual University Magazine E U Voice 2022-23 is extended up to Oct. 20, 2022 as still we have not received sufficient articles and write ups for the university magazine. Faculty members, students and nonteaching staff are once again requested to spare some time out of your busy schedules and submit articles, short stories, poems, thoughts for E U Voice. Submission Guidelines:

- i) Deadline of submitting articles: Oct. 20, 2022.
- ii) Online submission is mandatory for all articles written in English, Punjabi or in Hindi language. Please also attach soft copy of your snap along with. (NO SELFIE PLEASE)
- iii) Hard copy of each article must also be submitted to the undersigned.
- iv) All submissions must be accompanied with the contributor's Name, Stream, Roll No., E-mail and Contact No.
- v) Articles must be plagiarism free and original.

Dr Kulbhushan Kumar

Coordinator and Chief Editor

(88945-93313)

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Dr Minakshi Gupta Editor Hindi Section :

meenakshilib@eternaluniversity.edu.in

EU VOICE

WORLD PEACE THROUGH VALUE BASED EDUCATION

Call for Submissions

"EU Voice", the Eternal University Magazine, invites submissions for its 5th Volume, which is to be published in September 2019. The magazine is open to all types of scientific, social, and spiritual articles, creative writing, poetry, artwork, and event reports that are held at the University or in Baru Sahib.

Faculty members and students of the University are especially encouraged to submit their work. The writing can be in English, Punjabi or Hindi, with soft copies e-mailed to the relevant editors mentioned below. All the material will be selected based on originality, accuracy, and creativity.

The deadline for submissions is 10 July, 2019.

We look forward to reading and publishing your work!

English Editor: Dr. Thirthankar Chakraborty
e-mail: thirthankarc@gmail.com

Punjabi Editor: Dr. Simranjit Singh
e-mail: simar1313@gmail.com

Hindi Editor: Mr. Satwant Singh
e-mail: nobi.ss55@gmail.com

For any queries or suggestions, please e-mail thirthankarc@gmail.com.

Dr. B. S. Boparai
Editor in Chief

Dr. H. S. Dhaliwal
Vice Chancellor

ETERNAL UNIVERSITY
BARU SAHIB (HP)
ESTABLISHED UNDER THE HIMACHAL PRADESH ACT NO.3 OF 2009.
RECOGNISED BY UGC, AICET, INC, NCTE, DSIR, DBT AND DRDO

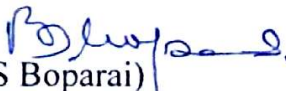


CIRCULAR

This is for the information of all that the fourth edition of our University magazine 'EU VOICE' will be published shortly. The students, faculty members, technical assistance and staff members are being requested to contribute appropriate articles (scientific or literary), poems and paintings for the magazine.

Submission Guidelines:

- i. Deadline of submitting articles: August 14, 2018.
- ii. Online submission is mandatory for all articles written in English language. Please also attach soft copy of your snap along with.
- iii. Hard copy of each article must also be submitted to the undersigned.
- iv. All submissions must be accompanied by the contributor's Name, Stream, Roll No., E-mail and Contact No.
- v. Articles must be plagiarism free and original.
- vi. Write-ups should be original. In choosing content decision of selection committee will be final.


(Dr BS Boparai)
CO-Ordinator, EU Voice Magazine


Dr Kulbhushan Kumar
Editor, EU Voice Magazine

C.C.

All concerns and
Editorial Board, EU Voice Magazine
Eternal University (HP)

NOTICE

This is to inform all the faculty, staff and students that our Eternal University is in the process of bringing out the new issue of University magazine, EU Voice, 2020, Volume-VI.

You all are requested to send your valuable write ups, articles, poems, stories, travelogues etc. on the below given E-mail IDs **at your earliest (up to Aug. 25)**.

- | | |
|--|--|
| (a) Dr Kulbhushan Kumar (English Editor) | - kulbhushanenglishphd@yahoo.co.in |
| (b) Dr Simranjeet Singh (Punjabi Editor) | - simar1313@gmail.com |
| (c) Mr Satwant Singh (Hindi Editor) | - nobi.ss55@gmail.com |

Only those articles will be accepted for publications which strictly follow “The Guidelines for Writing EU Voice”—

1. Mention your Name, Class, Semester, Roll No. at the end of your write up.
2. Only soft copy (duly typed) of your write ups/articles will be accepted.
3. Text formatting: Font should be Times New Roman (in case of English) and font size 12.
4. Title should be bold.
5. Ideally, images should be submitted as JPEG files (.jpg) and NO SELFIE. Send original picture file which is always best.
6. Authors are encouraged to write their own stuff as this magazine is a platform where students are given opportunity to show their skills, creativity and other technical skills.
7. No plagiarism, write with your own mind and intellect. Do not just download from the Google or any other search engine and forward. Such articles will not be accepted. If any article/write ups found plagiarised, that will be out rightly rejected.
8. All articles will be edited for spellings, grammar, house style and length. If an article significantly over-runs, the editor concerned reserves the right to edit the material to fit standard word and page lengths or may request the author to perform their own edit/rewrite.

Sd/- x x x x x

(Dr Kulbhushan Kumar)

Coordinator

Magazine Committee

Copy for information to:

1. All Deans/Principals/HoDs
2. Librarian (Including Nursing College)
3. University Notice Boards
4. All Girls' Hostel Notice Boards
5. Office Copy