

Criterion - 7

Institutional Values and Best Practices

NAAC- SSR (2nd Cycle)



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

7.1.9(5)

Awareness and Implementation in Institutions



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH



Heroes of Bharat App Based

EU QUIZ

2023

Azadi Quest

Online Quiz will be held
on 01.03.2023
(12:00 PM-01:00 PM)

Reporting Time:- 11:00 AM
Venue:- Eternal University,
Baru Sahib

You may register with

<https://tinyurl.com/5y2w3cpb>

**Download Heroes of Bharat App (Which
having 750 Questions) about the heroes
of India's Independence**

<https://tinyurl.com/2eu49nnp>

**50 MCQs
25 Min.**

For more details call on :-

9012387326/9456635739/7833911763

Exciting Prizes & Appreciation Certificates



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Result: EU Quiz-2023 (Azadi Quest)

The **EU Quiz-2023 (Azadi Quest)** was organized on **01-03-2023** at **12:00 pm (noon)** in **Bhai Gurdas Hall, Eternal University Baru Sahib**. Quiz was conducted through online mode in Google form format under the vigilance of EU-Quiz committee members using mobile phones by the participants.

S.No.	Full Name	Registration No.	Score	College Name	Rank
1.	Shruti Gupta	BS22BAG018	39 / 50	Dr. Khem Singh Gill Akal College of Agriculture	1 st
2.	Mamandeep Kaur Cheema	BS20BSAG012	35 / 50	Dr. Khem Singh Gill Akal College of Agriculture	2 nd
3.	Sumanpreet Kaur	BS21BCS015	35 / 50	Akal College of Engineering and Technology	2 nd
4.	Manpreet Kaur	BS21MMA003	34 / 50	Akal College of Basic Sciences	3 rd
5.	Arnima Upadhyay	BS22BAG023	34 / 50	Dr. Khem Singh Gill Akal College of Agriculture	3 rd
6.	Ashil Sharma	BS20BSAG001	33 / 50	Dr. Khem Singh Gill Akal College of Agriculture	4 th
7.	Gagandeep Kaur	BS20PSPHY002	33 / 50	Akal College of Basic Sciences	4 th
8.	Sarbjeet Sony	BS20BSAG013	32 / 50	Dr. Khem Singh Gill Akal College of Agriculture	5 th
9.	Saloni Sharma	BS22MEC002	31 / 50	Akal College of Economics Commerce & Management	6 th
10.	Shreya Sharma	BS20BCM011	31 / 50	Akal College of Economics Commerce & Management	6 th
11.	Geetanjali	BS21MMA001	30 / 50	Akal College of Basic Sciences	7 th

12.	Sanjana	BS22BAG016	29 / 50	Dr. Khem Singh Gill Akal College of Agriculture	8 th
13.	Nisha Devi	BS21MPHY001	28 / 50	Akal College of Basic Sciences	9 th
14.	Chandana Kumari Kashyap	BS20BSAG024	26 / 50	Dr. Khem Singh Gill Akal College of Agriculture	10 th
15.	Jasleen Kaur Rapiyal	BS21MSE001	26 / 50	Akal College of Economics Commerce & Management	10 th

(Dr. Shanta Kumari)
Member
EU Quiz Committee

(Ms. Manisha Sehgal)
Member
EU Quiz Committee

EU Quiz Committee Members:

Dr. Raina Bhatia
Dr. Geeta Sharma
Dr. Mohit Kumar
Er. Anita Chaudhary

(Dr. Puneet Negi)
Coordinator
EU Quiz Committee

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.









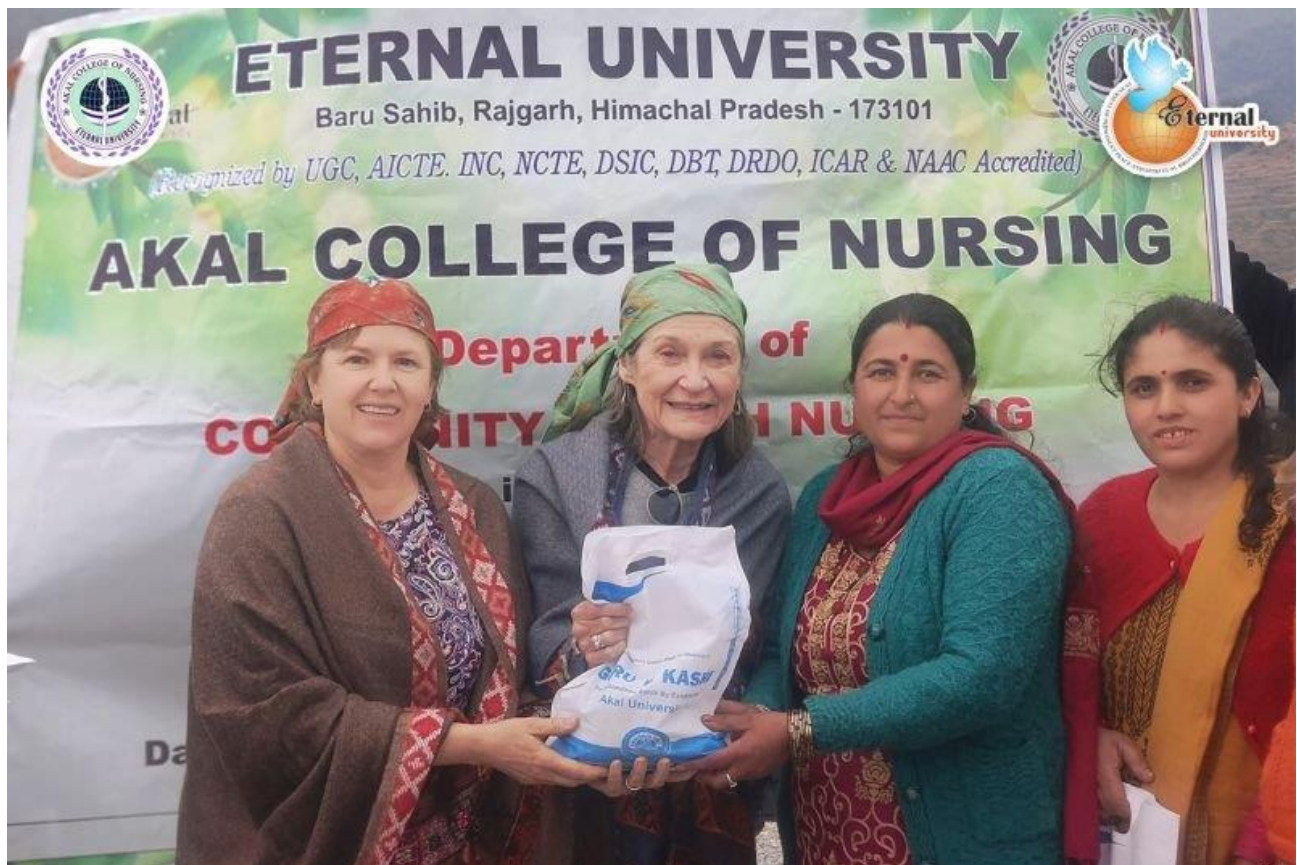






Community Empowerment

From culinary creativity to sustainability prowess, here's a glimpse of the incredible activities that filled our day at Ser Tendulla Village!



Fun Learning

We extend our heartfelt gratitude to everyone who joined us at **Ser Tendulla Village**, making it a resounding success! It was a day filled with joy, empowerment, and meaningful connections, and we couldn't have done it without your [hashtag#enthusiastic](#) participation.

→ ☐ From culinary creativity to sustainability prowess, here's a glimpse of the incredible activities that filled our day at Ser Tendulla Village!

✓☐ **Nutritious Food Making Competition:** Congratulations to all the talented chefs who showcased their culinary skills and creativity in preparing delicious and healthy dishes. Your culinary creations were truly inspiring!

✓☐ **Wealth from Waste Competition:** Kudos to the brilliant minds who turned recycled materials into beautiful and practical treasures. Your innovative creations demonstrated the power of [hashtag#sustainability](#) and [hashtag#creativity](#).

✓☐ **Health Screening and Awareness Program:** A big thank you to everyone who availed of the free health screenings and participated in the informative sessions on women's health. Your commitment to prioritizing health and wellness is commendable.

✓☐ **Games and Activities:** From thrilling games to engaging activities, it was wonderful to see everyone come together and have a blast. Your energy and enthusiasm added an extra layer of excitement to the festivities.

Special thanks to our esteemed guest faculty visitors from Texas Woman's University, [Dr. Brenda Moore](#) and [Dr. Landrum Peggy](#), for gracing us with their presence and enriching our celebration with their expertise and insights.

As we reflect on this memorable day, let's carry forward the spirit of empowerment, support, and appreciation for the [hashtag#incredible](#) women in our community and beyond. Together, we can continue to uplift and inspire one another to reach new heights.

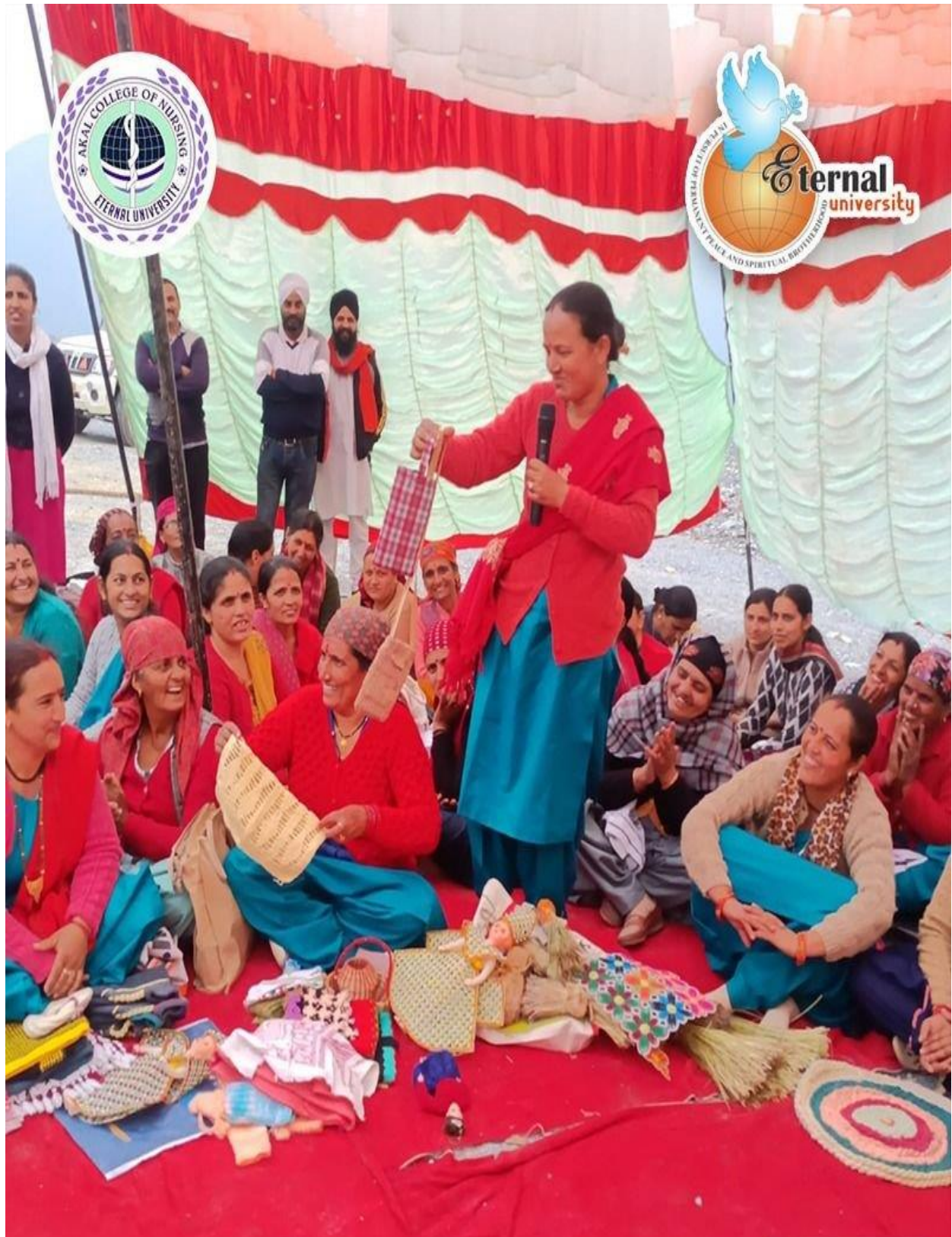
[hashtag#CommunityEmpowerment](#)

[hashtag#Akacollegeofnursing](#)

[hashtag#Eternaluniversity](#)

[hashtag#Thekalgidhartrust](#)











15th August



HAPPY

INDEPENDENCE DAY



ETERNAL UNIVERSITY



DR. AMRIK SINGH AHLUWALIA
(PRO VICE CHANCELLOR)











Eternal University

(World peace through value based education)

Ref. No. EU/VCO/64/23

25th January, 2023

74th Republic Day will be celebrated with the hosting of National Flag by Dr. Davinder Singh in the Eternal University at 10.00 a.m. on January 26, 2023.

All the faculty, staff members and students present at the campus of the University are requested to be present at 09.45 a.m. sharp on January 26, 2023.

Eternal University and all the constituent colleges will remain closed on January 26, 2023.

Vice Chancellor

Distribution:
All Deans/Principals/HODs
Hostel Wardens
Notice Boards



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)



