



ETERNAL UNIVERSITY

Institution's Innovation Council



Activity Report on Evidence Based Practice

1.	Academic year	:	2024-25
2.	Program driven by	:	Self-Driven Activity
3.	Quarter	:	III
4.	Program/Activity Name	:	Expert Talk on “Evidence Based Practice”
5.	Program type	:	Level 1 (Expert Talk)
6.	Program Theme	:	Innovation and Design Thinking
7.	Duration of the activity (in hrs)	:	2.5 Hrs
8.	Start Date	:	06-03-2025
9.	End Date	:	06-03-2025
10.	Number of Student Participants	:	120
11.	Number of Faculty Participants	:	20
12.	Number of External Participants, If any	:	-
13.	Expenditure Amount, If any	:	-
14.	Remark	:	-
15.	Mode of Session Delivery	:	Offline
16.	Objective (max 100 letters)	:	To enhance understanding of evidence-based oncology care and community research in nursing
17.	Benefit in terms of Learning/Skill/ Knowledge obtained (max 150 letters)	:	Improved knowledge of symptom management in oncology and skills in applying evidence-based, community-focused nursing research
18.	Video URL (EU YouTube channel)	:	-
19.	Photographs (only 2) (max size 2 MB)	:	Attached on IIC portal
20.	Overall report of the activity (PDF, max 2MB)	:	Attached on IIC portal
21.	Social media links of activity (at least one is mandatory) Facebook: https://www.facebook.com/story.php?story_fbid=1083165936946865&id=100057604052487		

ETERNAL UNIVERSITY

Baru Sahib, Himachal Pradesh



Expert Visit Report

Delivered a Topic on

“Evidence Based Practice”



06 March, 2025

About the Expert

PROFESSIONAL DETAILS

Primary Appointment

Senior Associate Consultant, Department of Nursing

Academic Rank

Assistant Professor of Nursing



Dr. Komal P. Singh, Ph.D., R.N.

Nurse Scientist,
Mayo Clinic, USA

EDUCATION

Post Doctoral Fellowship - Postdoctoral Fellow-Nursing University of California

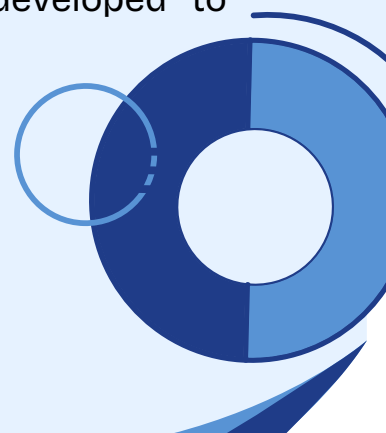
PhD - Nursing University of California

BSN - Nursing Samuel Merritt University

MS - Biochemistry and Molecular Biology Rutgers University

Komal P. Singh, Ph.D., a nurse-scientist at Mayo Clinic, conducts research to improve outcomes for oncology patients. Currently, patients experience several debilitating neuropsychological and gastrointestinal symptoms related to cancer treatment. Some of these symptoms are persistent and continue beyond treatment completion into survivorship.

Associations between patient symptoms and exercise, dietary intake and changes in the gut microbiome composition profiles (both during and after chemotherapy) are limited. Currently, Dr. Singh is investigating these associations so that personalized interventions can be developed to improve patient quality of life.



Highlight of the Visit:

The Akal College of Nursing, Eternal University, successfully organized an Expert Talk on Evidence-Based Practices (EBP) on 6th March 2025. The session, led by Dr. Komal P Singh, Ph.D., R.N, was attended by a wide range of participants, including B.Sc. Nursing and M.Sc. Nursing students and the faculty of Akal College of Nursing. The talk provided invaluable insights into modern nursing practices, focusing particularly on oncology patient care, symptom management, and community-based research strategies.

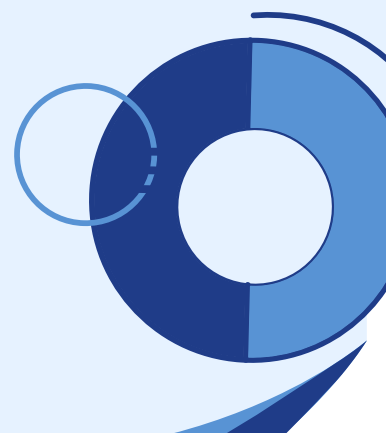
Key Points in Expert Talk :

1. Oncology Patient Symptoms and Management

Dr. Komal P Singh extensively discussed the various symptoms experienced by oncology patients during and after chemotherapy. These symptoms include:

- Fatigue and weakness
- Nausea and vomiting
- Loss of appetite
- Neuropathy and cognitive impairment
- Emotional distress and depression

The discussion emphasized the need for a holistic approach to symptom management, incorporating evidence-based interventions to enhance the well-being of cancer patients.



2. Community-Based Research Strategies

The session concluded with an emphasis on community-based research approaches in nursing. Dr. Singh elaborated on:

- The importance of engaging local communities in cancer awareness and care initiatives.
- Conducting longitudinal studies on oncology patients within communities to better understand long-term treatment impacts.
- The role of nurses in community-based participatory research (CBPR) to develop practical, patient-centered solutions.
- Strengthening collaborations between academic institutions, healthcare providers, and community organizations to improve cancer care at grassroots levels.

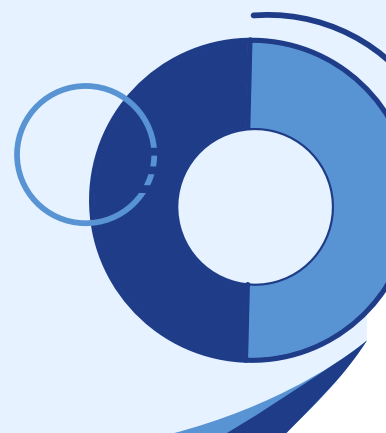


Photo Glimpses



Since 2008



Best Features OF ACN

First Private Nursing College in Himachal Pradesh
Collaboration with Drexel University & Texas Woman's University, USA

Since 2023



900+

Students Graduated

60

Seats/Year in B.Sc.

25

Seats/Year in M.Sc.

20

Seats/Year in Geriatric Care Assistant

18

Villages Adopted for Community Health Services

12000+

Population Covered Under Outreach Health Care Services

19

Alumni working in Indian Military Nursing Services

Alumni Working in



INDIA

CANADA

USA

UK

UAE

SAUDI

AUSTRALIA

INDONESIA

