Adesh University, Bathinda, the flagship academic and research endeavor of Adesh Foundation, a pioneer in health care, medical and technical education came into existence in the State of Punjab in July 2012 by Act no. 6 of 2012 of Government of Punjab, notified under Punjab Government Gazette (Extraordinary) dated July 10, 2012 under Punjab Private Universities policy 2010. The parent body, the Adesh Foundation was established in 1995 vide Registration No. 618 of 1995-1996 (Registered under Societies' Registration Act XXI, 1860) in Sri Muktsar Sahib, an underdeveloped area of Southern Punjab, with aim and objectives of serving humanity in the sphere of health care as well as medical, paramedical and technical education. Adesh Foundation started its journey in the field of professional education and health care with the establishment of Adesh Institute of Engineering and Technology, Faridkot in the year 1996, to deliver various undergraduate and postgraduate level programmes in the field of technical education. The Foundation established its second degree level institution in the sacred memory of martyrs of Sri Muktsar Sahib under the name Bhai Maha Singh College of Engineering, Muktsar in the year 2002.

The foundation established a Medical College at Bathinda under the name and style as Adesh Institute of Medical Sciences & Research, Bathinda. This premier medical institution of Northern India with an annual intake capacity of 150 students in MBBS course is duly recognized by Medical council of India/Govt of India. The foundation further established College of Nursing, AIMSR, Bathinda and College of Physiotherapy, AIMSR, Bathinda in the year 2005. College of Pharmacy, AIMSR, Bathinda was established in the year 2006, while Adesh Institute of Pharmacy and Biomedical Sciences, Bathinda was established in the year 2007 to impart training in the field of Pharmacy. All these colleges are recognized/approved by respective regulatory councils / authorities. Adesh Institute of Dental Sciences & Research, Bathinda was established in year 2008 to impart training in dental sciences, with the annual intake of 100 seats in BDS. The dental college is recognized by Dental Council of India/Government of India. The Adesh Foundation has made a rapid progress and growth since its inception by introducing innovative and professional courses in medical sciences, allied health sciences, management and technical education. As the Foundation was identified as having potential of conducting and introducing programmes of research and innovations, a University by the name and style as Adesh University was established under it’s fold in year 2012.