

sbstimes

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Editorial

Change is the only constant phenomenon in this world. Whatever is old, makes a place in our memories and we welcome the new with open arms. Last month, SBS family welcomed its new members—the newly admitted students as well as the new staff members who have come here to choose their aspirations. The entire month was activity bound, ranging from induction of new batch to commencement of new classes where each department of the Institute has a role to play to add another successful year to SBSPGI.

Our continued efforts towards relief for Uttarakhand calamity saw another level when our students thought of contributing their bit for the cause. This issue proclaims the appeal by the students. We wish that students be more involved in enriching SBSTIMES for which we propose to include an interactive column for the students. We invite suggestions from the students on the ways they could connect more to the Newsletter. Suggestions can be given to the editorial board.

The current issue showcases the month of August in black and white.....enjoy reading.

Regards
Editorial Board



WELCOMING THE NEW ASPIRANTS

To determine the future of a student, one must first analyze the Ideology of an Institute and the structure of its academic community. This decision is reached only after careful analysis. Therefore, helping

the new buds for taking this decision, SBSPGI Student Charter takes great step forward in asserting the concept of Institute, student's future and freedom with Sense of responsibilities at the Institute.

The Institute is not only known for its excellence in academics but also for earning laurels in various cultural activities. To give boost to student's enthusiasm in extra-curricular activities, Institute has various clubs and societies viz. Publication and Creative Writing Society, Dramatics Society, Blood Donor's Club, Nature Club etc.

Apart from these, certificates of appreciation and excellence along with scholarships were awarded to the deserving students. Special attention is given to the faculty as a faculty member not only teaches but also shares the responsibility for the policy and goals of the Institute.

The institute believes in overall development of its students and hence follows the success mantra '*Come with dedication and go with determination*'. No matter how many buildings an Institution may boast of, it may still be poor if it does not cherish the immutable relationship of faculty, student and administration, and this is the quality in which SBSPGI takes pride in. Therefore one's decision to become a SBSite might want to skip on second thoughts and be welcomed warmly by its new family since we strongly believe in the notion- "*Big Heart Between Broad Shoulders*".



Brig (Retd.) P.P.S. Pahwa
Additional Director (Admin.)

celebrating freedom

With the celebration of our freedom let us promise ourselves to hold our nation with loyalty, truth and honor in high esteem

The merry morning of India's 67th Independence Day flooded the young hearts of SBSites with the essence of patriotism and devotion. SBSPGI celebrated the 67th year of freedom with great fanfare and gaiety. The event started with the hoisting of the national flag by Institute's Chairman, S.P Singh Ji.



The young speakers gave a clarion call to live up to the expectations of our motherland. Speaking on the occasion, Institute's Additional Director Brig (Retd) P.P.S Pahwa encouraged the students to work hard, value the ethics, become worthy and responsible citizens.

The Chairman, S.P Singh Ji along with the Additional Director and faculty members, pinned the badges of responsibility on

WE PLEDGE OUR SUPPORT TO THE CAMPAIGN FOR UTTARAKHAND RELIEF

We are well aware of the natural calamity hit in Uttarakhand that led to the devastation of numerous villages and has left behind people forced to carry their livelihood with minimum resources. It feels great to know from the pervious issue of SBS TIMES that our faculty and staff members donated their one day salary that was used for the relief materials including food, blankets and other things required for the daily need. We congratulate the team of members that went to the remote areas for the distribution of the relief material.

This inspired us a lot, and we wish to contribute our small share of donation for the second phase of the relief campaign. For the same MSc (Micro) students have already contributed & we wish to contribute Rs. 200/- as our share of responsibility and would appeal to the students of the SBS family to come forward and donate their bit of contribution for the second phase of the campaign.

Deepika Khanna, Maitri Chaturvedi, Naval Kishore, Abhishek Dwivedi, Sanjan Chandana.

the broad and strong shoulders of newly elected Institute Captains and Secretaries.

The dignitaries awarded the students for their academics excellence. SBSPGI is not only an esteemed Institute but is also active in letting out a helping hand. The team of physiotherapy was honored for organizing a physiotherapy seva camp at Govind Ghat for the pilgrims of Hemkund Saheb.

SBSPGI has always been very close to nature. Institute honored the "Nature Club" along with the garden maintaining staff for bringing laurels to the Institute during the Spring Festival at Rajbhawan this year. The program ended with the release of IX volume, 6th issues of SBSTIMES.



APPRECIATING EFFORTS

It was a proud moment for the students of physiotherapy when Mr Madan Kohli, a patient at Prayas OPD made a donation of Rs. 56000/- in appreciation of the hard work offered by the students. Mr Kohli, came about four months ago with lot of disability. With continued treatment at OPD for about three months, he is now cured of his problems.

During the course of his treatment he appreciated the efforts of the students and the Institute as a whole. "You are working for a noble cause" says Mr. Kohli. The donation given by Mr. Kohli will be utilized for the purchasing of equipments used in OPD. We as the members of the SBS family appreciated the love, affection and a generous contribution made by Mr. Kohli and wish him a very healthy life in the future.

New Joining We congratulate the fresh new faces of Mentors in SBS family

Mr. Brajesh Shankar

Assistant Professor

Dept. of Pharmaceutical Sciences

B. Pharm (SHIATS, Allahabad)

M. Pharm (Pharmaceutical Chemistry, Dibrugarh University)

Expertise: Molecular Modelling, Molecular docking, homology modelling and QSAR designing

Contributions : 05 international and 01 National publication



Mr. Vivek Verma

Assistant Professor

Dept. of Pharmaceutical Sciences

B. Pharm (Punjabi University, Patiala)

M. Pharm (Pharmacology, Punjabi University, Patiala)



Ms. Gauree Kukreti

Assistant Professor

Dept. of Pharmaceutical Sciences

B. Pharm (SBSPGI, Dehradun)

M. Pharm (Pharmaceutics, SBSPGI, Dehradun)

Qualified GPAT-2010, 2013

Expertise: Drug delivery system

Contributions : 02 International and 03 Poster presentations



Mr. Kumud Joshi

Assistant Professor

Dept. of Pharmaceutical Sciences

B. Pharm (SGRRITS, Dehradun)

M. Pharm (Pharmaceutics, SGRRITS, Dehradun)

Qualified CSIR/UGC NET

(LS), GPAT-2010,2011,2012

Expertise: Chronotherapeutic drug delivery system



Dr. Richa Gaur

Assistant Professor

Dept. of Pharmaceutical Sciences

M.Sc. (Mathematics)

Ph.D. (Mathematics, Rohailkhand University, Bareilly)

Expertise: Reliability, Operation Research

Contributions: 01 Authored Book, 02 National Publications



Chitra Kapoor and Manish Arora (2013). An experiment to see the effect of Core strengthening on antero-posterior Postural Sway in young college male recreational athletes. *IAMR Journal of Physiotherapy*. 1(2):40-45.

Momey Doley, Deptee Warikoo, **Arunmozhi R (2013).** Effect of Potential Release Therapy and deep transverse friction massage on Gluteus Medius trigger point-A comparative study. *Journal of Exercise Science & Physiotherapy*. 9 (1):40-45.

Vikas Sharma, Nidhi Srivastava, Barkha Kamal, A.K. Dobriyal and **Vikash S. Jadon (2013).** Effects of Additives in Shoot Multiplication and Genetic Validation in *Swertia chirayita* Revealed through RAPD Analysis. *Plant Tissue Culture & Biotechnology*. 23(1): 11-19.

R.K. Negi and **Vishal Rajput (2013).** Diversity of phytoplankton in relation to different environmental variables in Bhimtal Lake of Kumaun Himalaya of Uttarakhand state. *International Journal of Advance Research*. 1(5): 171-175. **Impact Factor-1.652**

Umer Arfath (2013). Complex regional pain syndrome of the knee – A case report. *BMC Sports Science, Medicine & Rehabilitation*. 5 (12). **PMID: 23725372**

Sports Physios at Work!



Team of Sports Physiotherapists from SBSPGI, Dept. of Physiotherapy comprising Maitri Chaturvedi, Avinash Kushwaha, Farha Mirza and Aijaz Ahmad under the supervision of Dr. R. Arunmozhi and Dr. Chitra Kapoor represented the institute at various tournaments in the month of August '13. These tournaments included Distt. Badminton tournament held at the Parade ground badminton court from 11- 17th August '13, Distt. Football tournament from 18th - 22nd August '13, Distt. hockey tournament from 23rd-29th August '13.

clubs&societies



Institute Captains
Maitri Chaturvedi (M. Physio)
Naval Kishore (M. Pharm)



Jujhar House Captain
Manisha Malhotra (Med. Micro)
Kapil Kumar Dhiman (B. Pharm)



Ajit house Captain
Alok Bhatt (B. Physio)
Bhawana (B. Pharm)



Fateh House Captain
Sunshine Aroma Chauhan (B. Physio)
Amit Bisht (BMLT)



Zorawar House Captain
Geetanjali Bora (B. Physio)
Kanhaiya (B. Pharm)



Sports and Athletic Club
Rahul Singh (M. Physio)
Deepika Khanna (M Sc. Biotec)
Kanika Markan (M. Physio)



Alumnispeak



As an SBSite, I have gained a dynamic professional and personal zenith. The faculty was very knowledgeable and encouraged over grooming of the students. I have had immense experience as a Physical Therapy student at the various

medical facilities we were appointed for, which for now is proving me as a leading and groomed professional in my field. I feel immensely proud to be the alumni of such a pioneer Institute and wish to be connected to my *alma matter* both physically and emotionally.

Aanchal Badhwar

Physiotherapist
Healthy Lifestyle Rehabilitation and Wellness Center
Alberta, CANADA

Cultural and Music Club
Geetanjali Bora (B. Physio)



Debating Society
Sanjan Chandna (B Sc Biotec)
Institute Vice captain (Girls)



Dramatics Society
Najeeb Islam (M. Physio)
Asif Malik (B. Physio)



Publication & Creative Writing Society
Sonali Gaur (BSc Biotec)



Blood Donors' Club
Rupal Senger (Med. Micro)



Health & Sanitation Committee
Abhishek Dwivedi (B. Physio)
Institute Vice captain (Boys)

Philately Club

Sunshine Aroma Chauhan (B. Physio)



Photographic Club

Sachin Dimri (B. Pharm)



Nature Club

Ishita Battacharya (MSc Micro)



Creative Arts Society

Surmil Batla (MSc Micro)



Patron: Shri S.P. Singh, Chairman, Gaurav Bharti Shiksha Sansthan
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Student Editors: Sonali Gaur (Secretary), Deepika Khanna, Pooja Tiwari, Sheetanshu Sapoo, Mansi Gaur, Kajal Kalra.

