



sbstimes

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MONTHLY NEWSLETTER

MRP ₹ 1.00/-

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Editorial

The month of March was packed with the academic activities along with the fresh bloom of the winter flowers in the lawns of Institute. In this issue of SBSTIMES we bring you an article on Life-style–drugs. Other information on faculty achievements, publications, student achievements in various walks of life and Institute news will also keep you engaged.

SBSPGI believes in spreading joy along with treasures of knowledge and as a part of curriculum many students were engaged in workshops by eminent International faculties while others were enjoying their educational tours.

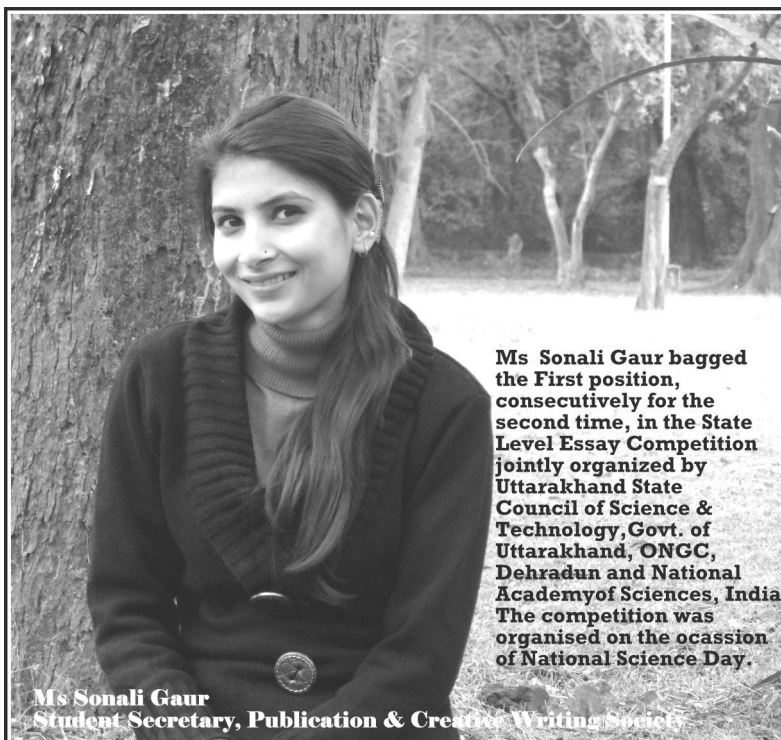
We are thank full to all those who appreciated the special edition of the newsletter for the month of March and we are sure that you all will experience and appreciate emerging changes in the forth coming issues. Do send in your feedback and suggestions to help us serve you better as we all at the editorial office believes in the quote that says:

“There are two kinds of people: those who do the work and those who take the credit. Try to be in the first group; there is much less competition there.”

We look forward to hearing from you. For now, happy reading!

Editorial Board

youngachievers



Ms Sonali Gaur bagged the First position, consecutively for the second time, in the State Level Essay Competition jointly organized by Uttarakhand State Council of Science & Technology, Govt. of Uttarakhand, ONGC, Dehradun and National Academy of Sciences, India. The competition was organised on the occasion of National Science Day.

Ms Sonali Gaur
Student Secretary, Publication & Creative Writing Society

Writing skills are an important part of communication. Good writing skills allow you to communicate your message with clarity and ease to a far larger audience than through face-to-face.

The Editorial Board congratulate Ms. Sonali Gaur, B.Sc. Biotechnology, 3rd Year, for showing her exemplary writing skills by winning the State Level Essay competition consecutively for the second time.

Professor Versha Parcha, Chaired a technical session in National Conference on Env Constrains, Conserve & Resource Development of Medicinal Plants for Health & Social Benefits, 21 – 23 March 2014, Doon University, Dehradun.

Prof. Veerma Ram and Dr. Mamta Farswan Singh received “**Prof. Duggirala Dismasharam & Prof. Sreemantula Satyanarayana Award**” for the best paper in pharmacology in year 2012 for a paper entitled as “Modulatory effect of α -tocopherol in Simvastatin and Gemfibrozil induced rhabdomyolysis in rats” by the Association of Pharmaceutical Teachers of India (APTI) at all India level.

Dr Reena Kumari was appointed as the Chairperson for the scientific session at Advance Physiotherapy Conference, APCON-2014 held at Himalayan Institute of Medical Sciences, Dehradun on 5th March, 2014. She delivered a lecture on “Nerve conduction studies in a specific age group”.

Dr. Anupama Singh has been awarded Ph.D on topic “Pharmacognostic studies on some herbal drugs used in traditional medicines of Shekhawati region” from Jodhpur National University, Jodhpur.

Mr. Kundan Bora, Mr. Jeetendra Negi, Mrs. Vandana Negi participated in a conference organized by Indian Pharmacological Society North Zone on theme: “New Horizons in Pharmacy and Pharmacology”. GLA University, Mathura, UP, February 15-16, 2014.

Tarun Thakur and **Luv Kush** (2013). Designing of facial cosmeceuticophore (FC). International Journal of Innovative Research and Development. 2(7): 117-119.

Akshay Negi and **Luv Kush** (2013). Trichophoric Ayurvedicophore. International Journal of Innovative Research and Development. 2(7): 127-131.

Mohit K. Sharma and **Luv Kush** (2013). Theoretical attempt to design ayurvedicophoric models of antidepressants. Asian Journal of Pharmaceutical Research & Development. 1(1): 2-5.

Yogita Dobhal and Ajay Kumar (2014). Attenuation of Ischaemic Myocardial Injury from *Carica papaya* (Linn.) Leaves Extract. JPR ; 8(3):227-232.

Dobhal Y, Gupta R and Kaur I. (2014). Synthesis and Evaluation of Ibuprofen Derived Analogs as Potential Anti- Inflammatory Agents. International Journal of Pharmacy Research and Science. 3 (1-1): 437-441.

Maithani Alok, Parcha Versha and Joshi Geeta. Antidiabetic activity guided isolation and characterization of new hypoglycaemic diterpenoid from *Azadirachta indica* leaves. Presented at National Conference on Environment Constrain, Conservation & Resource Development of Medicinal Plants for Health & Social Benefits, 21 – 23 March 2014, Doon University, Dehradun.

dialogcolumn

Pharmacoeconomics of Life-Style-Drugs



The Life-style drugs in India emerged as the turning point for the pharmacoeconomics. The pharmaceutical industry celebrated the birth of the life style drugs as an economic innovation. They are vulnerable commercial entities and their boom is helping to individuals for solving their psychosocial maladies of modern scenario, in the simple manner through non-prescriptional medication. This influenced the human psyche and blessed the economics of pharmaceuticals. The parlance of affluent class exclusively use them, but they are reaching in the hands of other social class people. The young people charmed by them for improving their physical, mental, emotional and social performances. About 600 million people below the age of thirty years in India are tuned with consumerism of such medications. They embrace trichological (hair growth/style), cosmeceutical (appearance enhancers), aphrodisiological

(pleasures and love imbibers) and behavioural (improvers of happiness, smile, optimism, attractiveness, mood and cognition). They all gratify reputable status as the modern life style because they treat psychosocial setbacks, related to aging, choices in life, discords and loss of pleasurable interests.

The elite ayurvedic formulations, nutraceuticals and legitimate life-style medications potentiated the positive efficacy of life style and therefore became an essential health care products in daily life. The objective of such products would be non-pharmacological intervention with positive and holistic personal changes in the life.

The use of Life-style-drugs is the personal responsibility as long as they are food supplements, vitamins and minerals for improving the quality of life.

The life style medications are contemporary pharmaceutical assets. They help for attaining certain degree of charm, beauty, handsomeness, love and behavioural modifications for making quality of life pleasurable.

Holistically well-being mirrors the healthy life style of living.

Dr Luv Kush
Advisor– Academics

MAESTRO'S LIVE CONCERT AT SBSPGI



To promote the awareness of Indian classical music among the students, Sardar Bhagwan Singh PG Institute of Biomedical Sciences & Research, Balawala, organized a live concert by Padam Shri Pt. Vishwa

Bhatt in association with SPIC MACAY on 7th March 2014. The innovative Mohan Veena played a soulful beat with self composed raga Vishwa Ranjani. It was peaceful, yet with all its expressions. The torrent of expressions, livelid cords, spontaneously played by Padam Shri Pt. Viswa Mohan Bhatt, the winner

of Grammy Award and a disciple of the legendary musician, Bharat Rattan, Pt. Ravi Shankar, left the audience mesmerized. He attracted attention by his successful Indianisation of the Western Hawaiian guitar and his perfect assimilation of sitar, sarod and veena techniques by giving it an evolutionary design and shape by adding 14 more strings to establish the instrument Mohan Veena. He was accompanied by Pt. Prithwiraj Mishra on table. He answered all the curiosities of the students with all modesty and ended his concert in the Doon Valley by playing the melodious tunes of Tri Taal.

A Toe-tapping Journey Through a Musical World Where Melodies Bloom Like Flowers

A flower show "BASANT BAHAR" was organized at the lawns of the Institute. The show was inaugurated by Sardarni Harinder Pal Kaur ji. Variety of flowers like Petunia, Geranium, Fuschia, kalanchoe and Pansy etc. were at display. All



details of flowers were presented in the show. A large number of students and teachers witnessed the show.

SBSPGI at National Congress of Physical Therapy – 2014

The students and faculty from department of Physiotherapy, yet again, brought glory to the Institute. In the month of March, students from Master's Physiotherapy bagged multiple prizes in scientific and research paper presentations. At the "National Congress of Physical Therapy – 2014" organized at C.K. Reddy Auditorium, ALTTC Ghaziabad on 1st – 2nd March. Multiple awards in all categories of scientific paper presentations were swept away. Maitri Chaturvedi, Farha Mirza and Aijaz Ahmad from MPT 2nd yr. Sports, grabbed the 1st, 2nd & 3rd positions in sports category respectively. Kanika Markan from 2nd MPT Neurology, and Sarika Sahi from MPT 1st yr. won the 2nd & 3rd prize in miscellaneous category. As a matter of honor and pride for Department of Physiotherapy and the Institute, Dr. Maneesh Arora, Head Physiotherapy Dept. SBSPGI, was awarded for Academic excellence in the field of Physiotherapy.

SBS – An Interface of Potentiality

Since the beginning of the Institute, SBS has buildup a hub of high potential and talents by bringing together brilliant and passionate students destined to take a giant leap in every walk of life. This legacy was continued by the students who participated at Inter Collegiate Cultural Competition at Birla Campus, Srinagar (Garhwal) from 7th March to 9th March, 2014 organized by Hemwati Nandan Bahuguna, Garhwal University.

The competition embraced participation from different Colleges and Institutes from Garhwal region of Uttarakhand. Various events of the competition were music, dance, theatre, literary, fine arts and cultural rally performed by the students of participating colleges/Institutes.

The students from SBSPGI excelled in the competition and won many prizes under various categories. The detail of the prize winner are furnish below:

Classical Dance –

1st position – Geetanjali Bohra, BPT 4th year

Mimicry –

3rd position – Sudhanshu, BPT 1st year

Mime –

3rd position - SBSPGI

Drama –

3rd position - SBSPGI

Cultural Rally –

2nd position- SBSPGI



Hands-on-workshops by eminent International Faculties

As a part of 'Continuing Physiotherapy Education Program', Department of Physiotherapy organized three Hands-on demonstrations and workshops in the in the of month March on chiropractic manipulation by Dr. Jimmy Nanda from Life Chiropractic College West, California USA, Shoulder Rehabilitation by Dr. Marg Perrott & Dr. Tajinder Singh, Physiotherapists from Kilmore Physiotherapy Centre, Australia and Workshop on Bands & Balls by Dr. Shabnum Agarwal, Nopanoi Institute of Physiotherapy, Kolkata. The resource persons delivered enlightening lectures and demonstrated recent skill utilized in examination and treatment of various ailments. The workshops were attended by final year students & postgraduates from Department of Physiotherapy, SBSPGI. The guest speakers highlighted the need of evaluation of shoulder dysfunction in the light of new trends and developments made in the field of Physiotherapy.



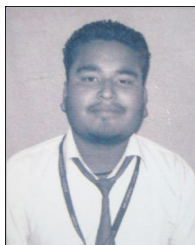


Another proud moment for SBSPGI wherein three students got selected in Avantor Performance Materials as Trainee Executives. In the Photograph: Ankit Dwivedi (M.Sc. Biotechnology), Deepti Nautiyal (M.Sc. Biotechnology) and Swati Negi (M.Sc. Biotechnology)

GPAT Qualifiers 2014



Ms. Anjali Pant
B. Pharm IV Year
All India Rank: 243



Mr. Rajat Pant
B. Pharm IV Year
All India Rank: 2248



Ms. Jyoti Dhandriyal
B. Pharm IV Year
All India Rank: 3813



Ms Anam Naeem, M.Sc. Pharmaceutical Chemistry Class of 2013

Ms Anam received outstanding team award for outstanding contribution and commitment to team work, while working as QC Chemist at Jubilant Life Sciences, Roorkee.



Mr Anurag Panwar B.Pharm Class of 2013

Mr Anurag joined Ranbaxy Ponta Sahib in production unit with the efforts of Placement Cell.

We congratulate both the young aspirants for best of their future and hope they carry the name of the Institute forward.

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Student Editors: Sonali Gaur (Secretary), Deepika Khanna, Sheetanshu Sapru, Pooja Tiwari, Mansi Gaur, Kajal Kalra.

