



**2** Annual Day

**3** Inter House Competition Saptrang

**4** Creative Writing Competition  
Photographic Exhibition

**5** Student Column  
Dialog Box

## Editorial

A thought of December month, makes one strike about the X-mas celebration, cold winter night, examinations and long awaited holidays. Actually, holidays are to make one refresh, for the next year's assignment.

December month in this Institute was hectic as everyone was busy preparing for the Annual Day celebration which was fixed on 4<sup>th</sup> December 2016. Excellent programs were organized having combination of dance, drama, songs, achievement awards, release of the annual magazine Endeavour XVI volume and speeches. Flavours were added to this function by amalgamation of Saptrang a function of Nature Club & Creative Arts Club and a photographic exhibition by Photographic Club.

In semester system students are busy in preparation for their odd semester examinations. This is the right time to sit for long hours in cold winter night to prepare for their examination. Faculties are also geared up for the invigilation duties and to prepare themselves for next upcoming semester.

This newsletter includes Annual day celebration, Inter House Fest and few regular columns like student's column, dialog box and photograph of the month. Do enjoy reading.

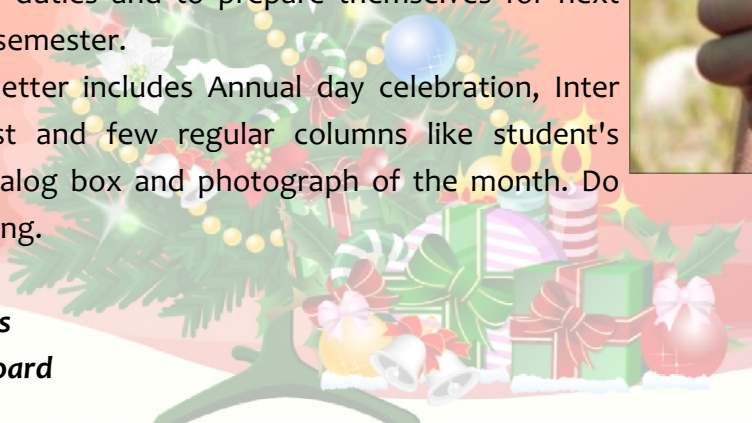
**Best Wishes**  
**Editorial Board**

## Photograph of the Month



*Abha Mattoo*

**BPT 4<sup>th</sup> Year**



## Annual Day Celebration

Without passion, you don't have energy, without energy you have nothing. It was the 22<sup>nd</sup> Annual Day of SBSPGI, on 4<sup>th</sup> December celebrated in a grand manner where students proved these lines to be true. Annual Day is important in the calendar of the Institute. The event was graced with the presence of Hon'ble Chief Minister of Uttarakhand Shri Harish Rawat as Chief Guest.

The programme was inaugurated by Hon'ble Chief Minister accompanied by wife of late Founder Director Sardarni Harinder Pal Kaur, Chairman Shri S P Singh, Secretary Dr. Gaurav Deep Singh and Director Prof. F C Garg by lighting the lamp. The function started with the presentation of the Annual Report of the Institute by the Director. The annual magazine "Endeavour" Vol. XVI was also released by the Chief Minister on this occasion. The magazine included various articles contributed by both faculty and students and about the activities of the Institute.

Academic awards were distributed to the students by the Chief Minister, Chairman, Secretary and Director. A total of 18 gold and 19 silver medals were awarded for academic excellence. Certificates were given to 300 meritorious students of 1<sup>st</sup> year from all Departments. Certificate of excellence and appreciation for extra-curricular activities were also given to the students for their overall achievements in various fields. Amandeep Singh received certificate of excellence for dramatics and Kartik Chawla for debating while Trivija Gupta, Nirdosh, Sudhanshu Rai, Amit Singh Jakhi and Ajay Chand Ramola were awarded certificate of appreciation. Manisha Malhotra, Pooja Larwal, Kajal Bankoti, Deepali and Rupali were awarded certificate of appreciation for NCC. A total of 20 awards were given to the students for their excellence in creative writing skills in poems, story writing, critic column, mythology and essay writing in both Hindi and English language.

The cultural program began with the recital of melodious Saraswati Vandana by the Institute Choir led by Rupam Roy and Neha Bora. A drama was presented by the team led by Amandeep Singh and Shubham on the theme "NavRas". The drama depicted the nine expressions of life: love, laughter, compassion, anger, courage, fear, disgust, surprise and peace. The much awaited performance "bhanga" swayed all the hearts, was led by Khushboo Kaul and choreographed by Maninder Singh. A theme dance on "Five Elements" was also presented by the students group led by Monalisa, Sudhanshu Rai, Shreya, Olivia, Reeta Prabha and Rupam Singh. The dance, ensemble with a harmonious mix of music, visuals & dialogue portraying the five elements of the universe (Space, Earth, Wind, Fire and Water) was much appreciated by the audience. Students superfluously performed various acts that really struck and gathered the appreciation of the esteemed guests.

The event held was a clear depiction of the nurturing minds and the energised souls of SBSites. It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things. The Chief Minister addressed the gathering and congratulated the students for their hard work and achievements. He also motivated the students to work hard towards nation building. The annual day celebration was attended by the faculty, staff, students, parents, guests and media persons. The vote on thanks was presented by Dr. Chitra Kapoor Lamba. The function ended with the national anthem being sung by each one present.



### Inter House Competition - Who is Better than Whom?

Inter House Competition is to encourage students to have bonding among their houses and healthy competition with other houses.

### Creative art Club

Creativity begins with a foundation of knowledge, learning a discipline, and mastering a way of thinking. *The Creative Arts Club* was formed to encourage and inculcate creativity among students. Creative art club generates imagination, creativity and innovation. It provides opportunities to students to exhibit and recognize artistic talents.

Creative workshops, events and parties which are innovative and fun are organised, to give students the opportunity to discover new talents while having a fantastic time. SAPTRANG was organised during Annual Day celebrations on 4<sup>th</sup> December 2016 jointly with Nature Club. The Club motivates students and encourage their participation in National or Inter College level.

Sardarni Harinder Pal Singh Kaur was the Chief Guest and inaugurated the event. The theme of the event was "Nature" and included activities like - Card Making, Rangoli, Mehandi, Salad Decoration, Face Painting Competition. Mrs. Jyoti Singh and Mrs. Sheetal graced the event with their presence and judged the competition.



Event	Ist Prize	IInd Prize	IIIRD Prize
<b>Mehandi</b>	Archana Chaudhary Zorawar	Rrinay Jaiswal Jujhar	Rupali Jujhar
<b>Rangoli</b>	Sonali & Pushpha Fateh	Pallavi & Aditi Jujhar	Shikha & Aakansha Jujhar
<b>Card Making</b>	Shristi Negi Ajit	Prachika Thakur Ajit	Shubham Sharma Fateh
<b>Face paintin</b>	Bicky Sharma Fateh	Sunita Mehra Ajit	Prashita Jujhar
<b>Collage</b>	Tanya Goel Jujhar	Harsha Pal Fateh	Swastik Fateh
<b>Salad Decoration</b>	Apoorva Tiwari Fateh	Ashiwarya Fateh	Tanya Goel Jujhar
<b>Best out of waste</b>	Shristi Negi Ajit	Amandeep Singh Jujhar	Lavish Saxena Ajit

### NATURE CLUB FEST

Nature club is one of the consistent club in SBSPGI, conducting various meetings, competitions, events, trips etc. for enhancing knowledge and interest among the students for the nature.

Inter house competition named *Saptrang* and flower show named *Hemant Shringar* was organized in front of central library and college lawn. Lot of students participated in various events organized by Nature club and bagged many prizes. Cash prizes with a certificate were distributed to the winning students.

Flower show was inaugurated by Sardarni Harinder Pal Kaurji. A beautiful arrangement of various Chrysanthemum species was displayed and adored by all. In *Floral Rangoli* 1<sup>st</sup> prize was bagged by Manisha Malhotra & Nitika Matta of Fateh house, 2<sup>nd</sup> prize by Anila and Barkha of Ajit house and 3<sup>rd</sup> prize by Nupur and Deepika of Fateh house, in *Flower Arrangement* 1<sup>st</sup> prize was bagged by Virendra & Swati of Jujhar house 2<sup>nd</sup> prize by Deepa and Natasha of Zorawar house and 3<sup>rd</sup> prize by Tanya of Jujhar house, in *Garland preparation* 1<sup>st</sup> prize was bagged by Virendra and Swati of Jujhar house, 2<sup>nd</sup> prize by **Inter House Competition** Amandeep of Jujhar house and 3<sup>rd</sup> prize by Ankita and Tanuja of Ajit House, and in *Bouquet Preparation* 1<sup>st</sup> prize was bagged by Virendra & Swati of Jujhar house, 2<sup>nd</sup> prize by Ankita and Tanuja of Ajit house and 3<sup>rd</sup> prize by Amandeep Singh of Jujhar house.



## Inter House Creative Writing Competition 2016-17

Articles were invited from all the four houses for the **Inter House Creative Writing Competition under "INTER HOUSE FEST" 2016**. The entries received were 1. Poem: 13 (English), 22 (Hindi) 2. Story: 13 (English), 03 (Hindi), 3. Essay: 10 (English), 07 (Hindi), 4. Mythology: 08 (English), 08 (Hindi) and 5. Critic column: 17 (English), 03 (Hindi).

The winners of the competition were awarded certificates along with Rs 1000/- for 1st Prize & Rs 750/- for 2nd Prize.

The judges were as follows:

Poem - Ms. Richa Gaur and Ms. Gauri Kukerati

Story - Prof. Maneesh Arora and Prof. Versa Parcha

Essay - Prof. R. L. Thakur and Dr. Reena Kumari

Mythology Ms. Urmi Churasia and Dr. Manjeet Kaur

Critic Column - Prof. Sanjay Gupta and Dr. Vikash Singh Jadon

The winners of the competition were as follows:

### ENGLISH CATEGORY

#### Poem

- 1<sup>st</sup> prize Abhishek Kaushik, BMM I Yr (Zorawar house)
- 2<sup>nd</sup> prize Manisha Malhotra, M. Sc. Microbiology II Yr (Fateh house)

#### Story

- 1<sup>st</sup> prize - Laxmi Karki, B. Sc. Biotechnology III Sem (Fateh house)
- 2<sup>nd</sup> prize- Urmila Tamta, BPT III Yr (Jujhar house)

#### Essay

- 1<sup>st</sup> prize Shivani Bisht, B. Sc. Biotechnology III Sem (Fateh house)
- 2<sup>nd</sup> prize Kamini Godiyal, BPT I Yr (Zorawar house)

#### Mythology

- 1<sup>st</sup> prize Megha Keshari, M.Sc. Chem. III Sem (Ajit house)
- 2<sup>nd</sup> prize Kirti Gandhi, B. Sc. Biotechnology III Yr (Jujhar house)

#### Critic Column

- 1<sup>st</sup> prize Abhishek Kaushik, BMM I Yr (Zorawar house)
- 2<sup>nd</sup> prize Mayank Bahuguna, B. Sc. Biotech III Sem (Fateh house)

### HINDI CATEGORY

#### Poem

- 1<sup>st</sup> prize - Anuj Pandey, B.Pharm III yr (Jujhar house)
- 2<sup>nd</sup> prize - Soumya Joshi, B. Sc. Biotech III Sem (Ajit house)

#### Story

- 1<sup>st</sup> prize - Nidhi Gupta, B.M.M. III yr (Fateh house)
- 2<sup>nd</sup> prize Nirdosh, BMLT III yr (Ajit house)

#### Essay

- 1<sup>st</sup> prize- Kanika Joshi, B.Pharm II yr (Zorawar house)
- 2<sup>nd</sup> prize Amit Thapliyal, BMLT I yr (Jujhar house)

#### Mythology

- 1<sup>st</sup> prize - Deepa Mahar, B. Sc. Biotech III yr (Zorawar house)
- 2<sup>nd</sup> prize - Mayank Bahuguna, B. Sc. Biotech III Sem (Fateh house)

#### Critic Column

- 1<sup>st</sup> prize- Nirdosh, BMLT III yr (Ajit house)
- 2<sup>nd</sup> prize Nidhi Gupta, B.M.M. III yr (Fateh house)

## Photographic Exhibition

An Inter-house photography competition was organized by the photography club of SBS on 4<sup>th</sup> December 2016. Total 70 participants exhibited their photographs on a wide variety of subjects. It was a great visual treat to appreciate the creative endeavor from the students of all the houses. The competition was held in four categories viz. **Wildlife/Pet, Nature, Portrait and Random Click**.

A very dedicated photographer of Dehradun Mr. Satpal Gandhi Judge the photos. Mr. Gandhi interacted with participants and shared his valuable comments on photos displayed. He also provided some valuable tips to the students with regard to their photography techniques.

### WINNERS:

Wildlife Category			
Position	Name	House	Course
1	Abhishek Divedi	Ajit	MPT
2	Mansheen	Jujhar	BPT
3	Manish Kumar	Zorawar	B.Pharm
Nature Category			
1	Prakash Matura	Jujhar	MSc Micro
2	Zeinat Bazami	Ajit	MM
3	Abhishek Divedi	Ajit	MPT
Portrait Category			
1	Manisha Mall	Jujhar	MSc Micro
2	Abhishek Divedi	Ajit	MPT
3	Danishwar Khan	Ajit	BPT
Random Click			
1	Abhishek Divedi	Ajit	MPT
2	Danishwar Khan	Ajit	BPT
3	Anjali Rana	Ajit	Bsc Biotech



# ससुराल से लौटती हुई बेटी

लौटती है बहार सी  
सर्द मौसमों के बाद  
जैसे धूप नव विहार सी  
उर्जा के अनगिनत स्रोतों से सबार सी  
औंस के धुले पत्तों पर निखार सी  
लौटती है फूल कचनार सी!  
उनका आना और ठहरना  
होता है वक्त के ठहराव सा  
हँसी से भरी बातों में  
अनकहे का भाव सा  
वर्तमान की सीढ़ी से  
भविष्य के लगाव सा  
बदलती है सवालियों के चतुराई से  
चलती हैं कुछ दौव सा  
उनका आना और ठहरना  
होता है वक्त के ठहराव सा  
और एक दिन रखती है  
अपनी वापसी की बात चुपके से  
होते हैं तार टूटे टूटे से  
जानती है, समझती है,  
रीत अनबुझे सी  
इसलिये छोड़ जाती है अपनी चंचलता  
और समेट ले जाती है  
आर्शीवाद की गांठ  
ससुराल से लौटती बेटियाँ।

निर्दोष  
बी०एम०एल०टी चतुर्थ वर्ष



## DIALOG BOX

### Classification & Symptoms of Back Pain

Do you have back pain?

Back pain is responsible for huge personal and societal costs and is major reason for work disability. Contrary to traditional thinking back pain is not a problem that resolves itself.

The best and most widely accepted method of classification for back pain is "Diagnostic Triagae" where patients are categorized into 3 categories:-

- 1) Serious spinal pathology e.g. spinal infection, tumor or fracture.
- 2) Neurological involvements like cauda equina syndrome (Loss of urination or bowel movement)
- 3) Non-specific low back pain.

If there is no signs of above two, then the pain is referred to as non-specific.

Some of the common symptoms are:-

- ▶ Significant leg weakness
- ▶ Fever and chills
- ▶ Severe continuous abdominal pain (abdominal aortic aneurysm)
- ▶ Obesity, as spine is designed to carry limited weight. Obesity may lead to structural compromise and damage.

Thus, taking care of back pain in earlier stage can prevent the further damage to spine.

Navleen kaur  
BPT 1<sup>st</sup> year



**Patron:** Shri S.P. Singh, Chairman, Gaurav Bharti Shiksha Sansthan  
**Publisher:** Dr. Gaurav Deep Singh, Secretary, Gaurav Bharti Shiksha Sansthan  
**Advisors:** Prof. F. C. Garg (Director), Capt. (Retd) J.S. Gill (Advisor Administration), Dr. Luv Kush (Academic Advisor), Col. (Retd) I. P. S. Walia (Administrative Officer), Ms. Urmi Chaurasia (Advisor, Publication & Creative Writing Society)  
**Editorial Board:** **Convener :** Dr. Rina Rani Singh; **Co-Conveners :** Dr. Nidhi S. Belwal , Dr. Chitra Kapoor, Mr. Arvind Singh Farswan; **Treasurer :** Dr. Abhishek Mishra; **Designer :** Mr. Ankit Pundir.  
**Student Editors:** **Student Secretary :** Nirdosh; **Members :** Garvita, Samiksha, Sakshi, Monalisa, Tejpal, Arpita, Monika, Yogita, Mudita, Ayushi, Akanksha, Jyoti, Abha, Shreya Nidhi, Anamika, Aman, Divya Tyagi, Shristi, Yashi, Divya Shah, Zienat, Ananya, Priya, Ishika, Pankhuri, Nidhi, Shweta, Shubhi, Saumya, Mayank, Simranjeet, Shivani, Ashima, Mannat, Vani, Ujjwal, Ritik, Amit, Abhishek, Sonali, Sneha, Avantika, Md. Daneshwar, Kelash, Shalini, Nitika, Ayushi, Punasha, Bhawana, Kamini, Chetna, Marry, Aditi and Nazma.  
**Photography:** Photography Club  
**E-mail :** [sbspgipublication@gmail.com](mailto:sbspgipublication@gmail.com) (for Editorial Board)

**sbs** Education  
Estd:1994 DEHRADUN

SARDAR BHAGWAN SINGH POST GRADUATE INSTITUTE OF BIOMEDICAL SCIENCES & RESEARCH, BALAWALA, DEHRADUN-248161, UTTARAKHAND TEL: 0135-2686246, e-mail: [sbspgi@gmail.com](mailto:sbspgi@gmail.com), website: [www.sbspgi.edu.in](http://www.sbspgi.edu.in)

sbs times.....5