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## Editorial

Dear friends,

Greetings of the day!

In order to get a desired life which, defines us as a successful individual, we ought to identify and then achieve some set goals. Beginning is the most important part of a work. Many of us possess great ideas and potentials, but failure of implementation does not let that seed take the form of a giant tree. A very old saying, "Rome was not built in a day" explains us that we are not supposed to get success on the very first day, as a goal requires considerable time and efforts to be put in the right direction. Well directed efforts always bring success if they are not given up midway. The overall requirement is sheer persistence, patience and hard work along with full concentration, that will definitely take us ultimately to our desired destination.

We are deeply indebted to the great efforts of Late. Sardar Gurcharan Singh Ji, founder SBSPGI, whose vision and meticulous implementation of his ideology came up with the present form of this successful institute. Considering that success is a journey, not a destination, Institute is moving ahead towards its goal. We wish all the members of SBSPGI to pursue their dreams with a great vision that not only benefits them, but also to others as well. At last, we all must remember the following words which are well said for achieving success in our life, "Running on the right road is worth running."

## Photograph of the Month



Arvind S. Farswan,  
Faculty, Dept. of Pharmaceutical Science

## Dialog Box

### Synergism of trans- envelope multidrug efflux pumps and the outer membrane barrier of Gram-negative bacteria

For antibiotic resistance significant efforts are currently directed towards the spread of resistance, finding new therapeutic options concerning resistant human and animal pathogens and understanding of mechanism of resistance. Experimental data and kinetic modelling revealed a major factor in resistance, the synergy between active efflux and the low permeability barrier of the outer membrane, which dramatically reduces the intracellular accumulation of many antibiotics. The structural and mechanistic particularities of trans-envelope efflux pumps amplify the effectiveness of cell envelope as permeability barriers. An important feature of this synergism is that efflux pumps and the outer membrane barriers are mechanically independent and select the antibiotics based on different psycho chemical properties. The synergism amplifies even weak poly specificity of multi drug efflux pumps and creates a major hurdles in the discovery and development of new therapeutics against gram negative pathogens.

Sonali Singh, BMM 2nd year

Edt. By - Rabinder Negi, B.Sc. Biotech 3rd Sem.

## 56<sup>th</sup> National Pharmacy Week

School of Pharmaceutical Sciences of Sardar Bhagwan Singh Post-Graduate Institute of Bio-Medical Sciences (SBSPGI), Balawala celebrated 56<sup>th</sup> National Pharmacy Week (NPW) as a grand show on 25<sup>th</sup> November 2018. All the students, faculty and staff of the Department actively participated in the NPW celebrations.

The Indian Pharmaceutical Association has been celebrating the National Pharmacy Week every year during the third week of November. The major focus of NPW celebrations is to create awareness amongst the public, other healthcare providers and the authorities, about the NPW theme in specific and about the pharmacy profession and role of the pharmacist in general. The theme selected for this year was: "Know Your Medicines: Ask Your Pharmacist". Several events were organized by the Department on the theme which included procession by students, poster competition, street play and pharmacy quiz.

The celebrations started with the procession being flagged off by Director of the Institute Prof. F.C. Garg and Principal of School of Pharmaceutical Sciences Prof. Veerma Ram. The procession was led by the faculty members of Pharmacy Department in which the students actively participated. During the procession students were holding placards and posters regarding the importance of pharmacist in daily life. They also distributed pamphlets to the people around Balawala and encouraged them to ask pharmacist about the pros and cons of prescribed medicines.

Later the poster competition started with lamp lighting and ribbon cutting ceremony by Director Prof. F.C. Garg. The Under-Graduate and Post-Graduate students of Institute participated in the competition in which they depicted the side effects, adverse effects of medicines, importance of time management to intake medicine. The event was judged by Mr. B.S. Matura (Deputy Director Pharmacy, Uttarakhand), Ms Urmi Chaurasia and Dr. R. Raghuvier. In PG poster competition, first prize was bagged by Pooja Upadhya (M. Pharm III Sem) and second prize was bagged by Kiran Chamoli (M. Pharm I Sem). In UG poster competition, first prize was bagged by Archana and Anju (B. Pharm III Sem), second prize was bagged by Ratnapriya and Perna Rawat (B. Pharm III Sem) and third prize was bagged by Piyush Verma (B. Pharm V Sem). The students performed a street play at Balawala Inter College and later at the Institute premises and educated the audience regarding role of pharmacist to maintain a healthy life.

A pharmacy quiz was also organized by the Department in which five teams participated. The teams comprised of four Under-Graduate students and one

Post-Graduate student in each team. First prize in quiz was bagged by Team E which comprised of Mahak Arora (M.Pharm II yr), Archana Negi (B.Pharm IV Yr), Narendra Purohit (B.Pharm III Yr), Anju (B.Pharm II Yr) & Utkarsh Gusain (B.Pharm I Yr).

The prizes and certificates were distributed to the winners by Prof. Veerma Ram and Prof A.K. Sharma.



Mayank Bahuguna  
B.Sc Biotechnology, 3<sup>rd</sup> Year

## Student Column

### "Adding Years to Life."

The above words sum the versatile branch of Physiotherapy. Physiotherapy is one of the allied professions, that by using mechanical forces and movements, manual therapy, exercise therapy, electrotherapy, remediates impairments and promotes mobility and function. Not only the clinical practice, other activities are also encompassed in physical therapy profession which include research, education, consultation and administration. The physical therapy may be provided as primary care treatment or alongside, or in conjugation with, other medical services.

While, the basic static goal of physiotherapy primarily focus upon the upliftment of a person from disability and providing good stable services to the individuals. It also lay a focus upon the training, acquisition of human body to work properly and to remain unfluctuating throughout its life span. Thus "adding years to life".

Recent discoveries:

▶▶ Not only can moderate exercise relieve depression, but it may also reduce risk of becoming depressed in the future. (A review of 25 long term studies show).

▶▶ Even just walking for half an hour five times a week may be enough to prevent depression in later life.

▶▶ People with diabetes strongly reduce their risk of death from cardiovascular disease if they take 30 minutes exercise, at least three times a week (According to a Swedish study of 15,462 subjects).

Novleen kaur  
BPT 2<sup>nd</sup> Year

## 23<sup>rd</sup> Annual Day Celebration

Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences and Research, Balawala celebrated its 23<sup>rd</sup> Annual Day on 17<sup>th</sup> November 2017 in a grand manner. Smt. Indira Hridayesh, MLA and leader of opposition of Uttarakhand legislative assembly graced the occasion as Chief Guest. The programme was inaugurated with the lighting of the lamp by the chief guest. On this occasion, wife of late Founder Director Sardarni Harinder Pal Kaur, Chairman Shri S P Singh, Managing Secretary Dr. Gaurav Deep Singh and Director Prof. F C Garg were present.

The function started with the speech of Director Prof. F C Garg in which he extended a warm welcome to the gathering and presented the Annual Report of the Institute. Later, scholarships were distributed to 37 top ranking students of government schools by the Chief Guest. Scholarships were also distributed to more than 350 meritorious students of the Institute. Certificate of excellence and appreciation for extra-curricular activities were given to Nirdosh (Debating Society), Somya Joshi (Publication & Creative Writing.), Khushboo Koul (Cultural Club), Shivangi Rawat (NCC), Deepali (NCC) and Rajat Joshi (NCC) for their overall achievements in various fields. Appreciation awards were also given to the faculties namely, Prof. Vikas Anand, Dr. Vikas Jadon, Dr. R. Arunmozhi and Dr. (Mrs.) C. Nithya Shanthi for their contribution towards teaching and research. The chief guest addressed the gathering and congratulated the students and faculties for their achievements. The annual magazine "Endeavour" Vol. XVII was also released on this occasion.

In the cultural program a skit was presented by the students on awareness towards drugs and alcohol addiction. Later a theme dance was presented portraying the various dance forms of India including Garhwali, Bhangra etc. which enthralled the audience.

On this occasion, Saptrang an event of Creative Art, Nature Club and Photographic exhibition were also organized.





# Glimpses of 23rd Annual Day

## Sports News

- ▶▶ Inter House Football Tournament was organized in this month. Fateh house was judged first, Zorawar house second followed by Ajit house in the third position. Abhishek Tripathi M.Pharm. II year got best player award.
- ▶▶ Mohit Bisht M.Pharm I year was selected in North Zone Cricket tournament held at Rohtak, Haryana in November 2017.
- ▶▶ Ajay Chand Ramola B.Pharm. IV year, Gurdeep Singh B.Pharm. III year, Vikrant Singh B.Pharm. III year were selected in North Zone Basket Ball Tournament. These students also played in Uttarakhand Inter University Basket Ball Tournament held at Doon University, Dehradun. They secured second position.



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