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Editorial

The month of December is dedicated to Christmas, carols are sung and gifts are given to the children for which they keep on waiting from long time. The festival is celebrated with enthusiasm. For students it is the exam time and time to meet their parents. Students at our Institute also wait for meeting their parents and getting their gifts. Generally, examinations are the feature of this month; students are busy preparing for the examination. Faculties are also geared up for the invigilation duties and to prepare themselves for next upcoming semester.

The newsletter of the end of the year includes regular features like student's column, dialog box and photograph of the month. In addition to the regular features, there is news on "Hemant Shringar" which exhibits the flowers blooming in our campus in this season. Placement drives was also organized during this month in the Institute; we have news on students being placed. An important part of this newsletter for students and faculty is how to write a research proposals. This can enlighten the students. Youth Foundation an NGO promoting and preparing students for getting admission in army had organized a camp at our Institute had celebrated Army Day on 7th December 2017 is also included in this newsletter.

Do enjoy reading.

Best Wishes
Editorial Board

Photograph of the month



Shivani Bisht
B.Sc. Biotech VI Sem

WORLD AIDS DAY

World AIDS Day, an international day celebrated on 1st December since 1988 is dedicated to raising awareness of the AIDS pandemic. Government and health Officials, Non-Governmental Organizations and individuals around the world observe the day often with education on AIDS prevention and control. The red ribbon is the global symbol for solidarity with HIV-positive people and those living with AIDS.

In 2017, AIDS has killed between 28.9 and 41.5 million people worldwide and an estimated 36.7 million are living with HIV, making it one of the most important global public health issues. Thanks to improved access to anti-retroviral treatment in the world, the death rate of AIDS epidemic has decreased since its peak in 2005.

Rabinder Negi
B.Sc Biotech III Sem

Hemant Shringar: the flower show

The Nature Club of SBS Post Graduate Institute, Balawala organized a Flower show “**Hemant Shringar**” on 7th December exhibiting a number of beautiful and colorful flowers in the college campus. Flowers are the gift of nature which makes ones happy and fill the environment with fragrance.

The event is organized under able guidance of the Convener Mr. Ankush Sundrial and other members of the Nature Club, advised by Captain (Mrs) Nalini Mehrishi. The Student Secretary Ms. Lalita Joshi, M.Sc. 3rd Semester, Biotechnology along with her team tried their best to make the event successful. This year more than 50 varieties of Chrysanthemum were displayed. The event was inaugurated by Sardarni Harinderpal Kaur W/O Late Sardar Gurcharan Singh, Founder Director of the Institute. The event was graced by Chairman Shri SP Singh, Managing Secretary Dr. Gaurav Deep Singh, Director Prof. FC Garg, Col. IPS Walia and Captain (Mrs) Nalini Mehrishi. Faculties and students of various Departments, Col. Ajay Kothiyal, Principal, Himalayan Institute of Mountaineering and students of youth foundation visited and praised the collection.

The purpose of the event was to create awareness and encourage the young generation towards the nature.



Placement office; SBSPGI, Dehradun for Portea Medical, New Delhi. The campus placement was organized for the BPT and MPT final year students for the post of a clinical physiotherapist. The panel for the interview consisted of Dr. Ruchika Gupta, (Subject Expert, Northern Region), Dr. Mandeep Singh, (Physiocare Executive, Northern Region), Mr. Vikas Tripathi (Senior Executive HR). Dr. Mamta F. Singh (Convener, Training and Placement Office) welcomed the team and the campus placement process started with the brief induction by Dr. R. Raghuvver followed by personal interview of students. The students interacted curiously with the team members of Portea Medical. Students participated in the placement drive with great enthusiasm. 40 students of BPT and MPT final year students appeared in an interview. The panel was felicitated with a memento by Prof. (Dr.) F.C. Garg (Director) as a token of gratitude. Dr. Manjeet Kaur, Mr. Shashank Soni, Dr. Kumar Sachin, Dr. Arun Mozhi of T&P cell were also present on the occasion. After the interview, five students from SBSPGI were selected.

HOW TO WRITE A RESEARCH PROPOSAL?

TITLE

- ✓ A tentative one which may be revised during the course of your research

INTRODUCTION

- ✓ Overview on research title
- ✓ Summarize the current knowledge
- ✓ Write significance, in brief
- ✓ Demonstrate your familiarity in the field of research
- ✓ Demonstrate your ability to communicate concisely.
- ✓ Include aims, objectives and rationale (if not provided as separate headings)

AIM & OBJECTIVES

- ✓ Write a single aim, generally the title of your research
- ✓ Divide aim into several experiments or groups of experiments

RATIONALE

- ✓ Justify the need of the proposed research
- ✓ Discuss advancements in science/technology
- ✓ What are benefits of your research for public

LITERATURE REVIEW

- ✓ Literature review on topic
- ✓ Literature review on analytical methods and other procedures
- ✓ Literature review on theoretical aspects
- ✓ Find a literature gap or a problem which is yet to be addressed
- ✓ Lay stress on debatable issues, if any

METHODOLOGY

- ✓ Research design
- ✓ Materials required
- ✓ Methods (Procedures) to be used
- ✓ Observations, data collection, data handling, statistical procedures and data interpretations
- ✓ Human/animal ethical issues
- ✓ Costs and funding (May be written separately)

TIMELINES

- ✓ Total duration of the research
- ✓ Identification of important milestones
- ✓ Time required to achieve milestones

REFERENCES

- ✓ Provide list of references
- ✓ Number and quality of references
- ✓ Formatting uniformity

Why cleanliness is important for Institution

Cleanliness is an important part of life. It can affect the environment, health and hygiene of a place. Cleanliness is a habit. It is not a work which, we should we do forcefully. We should try to improve our habit to keep the ambience pure. Whether it is personal cleanliness, college cleanliness, environmental cleanliness, pet cleanliness etc. We should be highly aware, how to maintain cleanliness in our daily life. It should be initiated from our home and parents have the first and foremost responsibility.

Cleanliness among students in the school or colleges are promoted through many activities like cleaning of college campus, classrooms, labs, making poster on cleanliness, waste segregation, group discussion, documentary videos etc. It is very important to maintain cleanliness nowadays as a huge population are dying daily because of diseases caused due to lack of cleanliness. So, it is very necessary to be aware about importance and necessity of cleanliness. We all know college schools and working sector are breeding ground for germs and spreading of illness.

Consequences

- ▶▶ From elementary school to college campus an unclean, untidy environment can be detrimental to students learning experience.
- ▶▶ Due to breeding ground for, germs and illnesses are inevitable in the campuses that can cause poor health and lead to several communicable as well as fatal diseases which spreads quickly.
- ▶▶ When students are constantly getting sick they miss their classes due to poor health and hygiene.
- ▶▶ Lack of cleanliness can also be a major distraction in student's concentration.

These all factors contribute to a student's academic performances. Negative effect on health, attendance and concentration can hinder a student's ability to perform well. So, it is very important to maintain cleanliness for productive environment. It is not just students, research source reports a correlation between school and college cleanliness and teachers achievements as well. As a clean Institute makes a less stressful working environment.

Our Prime Minister, Narendra Modi has started a cleanliness campaign called "Clean India". Clean environment helps us to concentrate better in our studies. We should understand that cleanliness is responsibility of each and every person living on this earth.

Rules for Institutional Cleanliness:

- ▶▶ Sweeping and mopping of all hard surface.
- ▶▶ Vacuuming floor and carpets in administrative, classrooms and dormitory buildings.
- ▶▶ Maintenance of drains to assure that the drains are dried properly after cleaning.
- ▶▶ Cleaning the window and other surfaces of rooms and building throughout the campus.
- ▶▶ Maintaining hand soaps and toiletries in public and dormitory rest room.
- ▶▶ Proper storage & cleaning equipments.
- ▶▶ Cleaning of dustbins and proper disposal of garbages.
- ▶▶ Use of effective and safe cleaning materials in rest room, cafeteria and food preparation spaces.

By following above mentioned points we should maintain cleanliness in our Institute to keep pure and positive ambience.



Sonali Singh
B.Sc. MM II Year

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