



University NEWS LETTER



sbstimes

Vol XV, ISSUE 01, AUGUST 2019

Editorial

72 years of Independent India- 15th August 1947 is the date that has been marked in golden words in our minds and soul. But, are we independent? The answer is NO. Though we are free from the Britishers but still we are the slave of our negative thoughts, violence, hatred and detestation. We will be exactly free or independent when our mind and soul is free of such feelings. India is a country which actually symbolizes UNITY IN DIVERSITY, having different cultures but same love and affection for everyone. This is high time now that we have to prove it again and make our country free of all pessimism and make it “GOLDEN BIRD” again. It's **Me, You** and **We** that can accomplish this goal with high spirit of **LAG** i.e., love, affection and gratitude and insulate our thoughts to negativity.

With this issue, editorial team will be showcasing the events organized in the month of AUGUST. The month started with the celebration of 1st Anniversary of SBS University and beginning of new academic session and then celebration of Independence Day with full feeling of patriotism and enthusiasm. The University has got new group of office bearers from senior students that have been awarded with different responsibilities i.e. University Captains, Vice Captains and House Captains. Also new members have joined SBS family. We wish all of them best of luck for their future endeavors.

The editorial team will be pleased to have constructive criticism and suggestion so that we can do better and bring you goods to read. Please post your suggestions on sbspipublication@gmail.com

Enjoy reading!!
Editorial team.

Vice Chancellor's Message

Another academic session of SBS University begins with all the zeal and enthusiasm to do better than earlier. First, I wish the students all the luck and best wishes to give their best in academics as well as co-curricular activities. It is our understanding that every student is unique and therefore we have devised a flexible curriculum and a contemporary teaching pattern. Our focus is always on the development of long term careers of the students that does not terminate with mere job-seeking and therefore, we concentrate on providing students with proper guidance, hands-on training and field visits. So you have the opportunity to extract all these qualities of SBS and achieve your dreams.

I congratulate all the faculty members & staff also as with one successful year, we have entered in 2nd year of SBS UNIVERSITY. It is because of you all that it has become possible that we have accomplished all the set goals for the year.

With following lines, that our SBS family has always followed and achieved great heights of success, I rest my pen.

“Success is the result of perfection, hard work, and learning from failure, loyalty, and persistence”.

- Colin Powell



1st Anniversary Celebration of SBS University



Independence Day 2019

Sardar Bhagwan Singh University celebrated the 73rd Independence Day with patriotic zeal and fervour. The programme started with flag hoisting ceremony by Sardarni Harinder Pal Kaur Ji, wife of Founder Director accompanied by Honorable Chancellor of the University Shri. S.P. Singh, Secretary (GBSS) Dr. G.D. Singh, and Vice Chancellor Prof. A. K. Sharma. This was followed by the national anthem. Vice Chancellor Prof. A. K. Sharma addressed the gathering during which he motivated the students to transform the country by hard work and positive thinking. Mitali Babulkar (MPT, Final Year) and Navleen (BPT, Final year) anchored the function. Harshita Bajaj (B.Sc. CBZ, Final year) spoke about the constitutional values and unity in diversity. Parth Vasistha (B. Pharm, Final year) delivered a motivational speech on nation building.

Later, Investiture ceremony of the Captains, House Captains, and Student Secretary of various societies & clubs of the University was done by pinning the badges. Ujjwal Joshi (M. Pharm, Final year) and Mitali Babulkar (MPT, Final year) were appointed as University Captains. The University choir group presented a bonanza of patriotic songs to mark the occasion. Students of the Youth Foundation presented cultural dance on the occasion. The program ended with distribution of sweets. Present on the occasion were Registrar Mr. Krishan Rawat, COE Ms. Urmi Chaurasia, Dean (Academics) Prof. F C Garg, Dean (Student welfare) Prof. Manish Arora, Academic Advisor Dr. Luv Kush, Prof. Veerma Ram (Director, Pharm. Science), Manager (Administration) Mr. Zorawar Singh, HOD's, faculty, staff and students.



Plants have been always used as medicines by mankind to treat health-threatening diseases. It is the oldest medical practice for humans and 80% of developing countries rely on traditional medicines, mainly composing herbal prescriptions. With the development of modern medicinal systems natural products are being left out due to their slower rate of action for therapeutic and diagnostic operations. But due to their natural origin these drugs are the safest option with least or no side effects.

Some natural drugs are not appreciated as they are never administered as medicines but show great effects. From tea to the spices in our kitchens, the vegetables to simple condiments in our refrigerator every natural food and beverage has enough phyto-constituents to treat thousands of diseases. Ginger tea has so many volatile oils, tannins and caffeine which can be very helpful for CNS stimulation and improvement in digestion. A simple sugar and salt solution can help in case of severe hypotension and studies show that there is a modest reduction in blood pressure on intake of soyabean in daily diet which can be used as a minor preventive measure for hypertension.

Turmeric has many properties such as antiseptic, potential to prevent heart diseases, Alzheimer's disease and neoplasticity. Asafoetida (heeng) and bishop's weed (ajwain) helps in improving digestion. Many citrus fruits have antioxidants which help in strengthening our immune system.

With modern discoveries in allopathy, treatment of diseases is becoming a swift process but has its own cons like increase chances of severe side-effects and even life-threatening adverse reactions in the body which increase risk factor and degradation of general health of population.

As natural products are much safer and do not need much economical and educative resources for production they are abundantly accessible to the general population. This is making medicinal science go back to the systems which were introduced in ancient times derived from natural origin like Ayurveda, Unani and Sidha systems of medicines. It will involve more people in growing plants with increased demand by the commercial field of medicinal science as there will be more earning opportunities with least educative and scientific skills. From every aspect it is clear that going back to nature will be beneficial for mankind and for the planet.

Suyash Gaur
B. Pharma 3rd year

New Joining



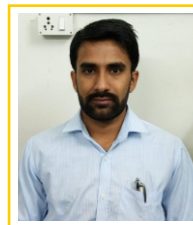
Dr Vani Trivedi
(Assistant professor)
Date of joining:-02 July 2019
Expertise:- BPT, MPT
(Musculoskeletal)



Mr. Shubham Shaily
(Assistant Professor)
Date of joining:-19 August 2019
Qualification- M.Pharm ,
GPAT Qualified
Expertise- Pharmacology



Ms. Sandhya Semwal
(Assistant professor)
Date of joining:-19 August 2019
Qualification: M. Pharm
Expertise:- Pharmaceutics



Mr. Deepankar Bahuguna
(Assistant Professor)
Date of Joining: 19 August 2019
Qualification: M.Pharm
Expertise: Pharmaceutics



Office Bearers - 2019-20



University Captains

- (i) Boys - Mr. Ujjawal Joshi, M.Pharm II year
- (ii) Girls - Ms. Mitali Babulkar, MPT II year

University Vice Captains

- (i) Boys - Mr. Aalind Joshi, B.Pharm IV year
- (ii) Girls - Ms. Vaibhavi Mishra, B.Sc. MM III Year

House Captains Ajit House

- (i) Boys - Mr Ujjawal Tyagi, B.Pharm III year
- (ii) Girls - Ms Prachika Thakur, BPT III Year

House Captains Jujhar House

- (i) Boys - Mr Varnit Tyagi, B. Pharm III year
- (ii) Girls - Ms Shalini Lekhwar, BPT IV year

House Captains Zorawar House

- (i) Boys - Mr Shrajan Thukral, B.Pharm III year
- (ii) Girls - Ms Promika Thingh, BPT IV year

House Captains Fateh House

- (i) Boys - Mr Piyush Verma, M Pharm I Sem
- (ii) Girls - Ms Bhawna Joshi, BPT IV Year

Student Secretaries

- | | |
|---|---|
| 1. Rotaract Club | Mr Ankit, President |
| 2. Cultural and Music Club | Mr Gurvinder Singh, BPT IV year
Ms P. Pandimeena Servai, BPT IV year |
| 3. Dramatic Society | Mr Mayank Mishra, B.Pharm IV year |
| 4. Creative Art Society | Mr Mitali Dua, BPT IV year |
| 5. Nature Club | Ms Awantika Punera, BPT III year |
| 6. Photographic Club | Ms Shubham Omer, BPT IV year |
| 7. Philately Club | Mr Ujjawal Kumar, B.Pharm IV year |
| 8. Sports and Athletics Club | Mr Dipanshu Bansal, B Pharm IV Year
Ms. Swarnima Naithani, BPT IV year |
| 9. Publication and Creative Writing Society | Ms Novleen Kaur, BPT IV year |
| 10. Debating Society | Ms Pragya Uniyal, BPT III year |
| 11. Media Committee | Ms. Kanika Khanna, B.Pharm IV Year |

"A word after a word after a word is power." - Margaret Atwood



A writer spends a considerable amount of time alone with their work, while observing near and far, to find ways of evoking a new way of seeing the world, to create an imaginative and powerful response to their own place. These are the complexities of "Writing Work" - Observation, thoughts and ideas, of being taken on a journey across boundaries and walking into the imagination of Words from another place. Writing was once a very solitary situation for me when i was in school and when "Publications and Creative Writing Society" mentored me in SBS. I actually became the writer. All my literary challenges have a long journey of thinking and writing through quietness and stillness for days that have now turned into years. I think my job as Secretary- Publication and Creative Writing Society now

is about helping students to create more magic, illusions and exactitude by bringing the right arrangements of words from the mind to page. I am interested to see how they might weave stories from the physical evidences around us. I think a powerful 'Society' require powerful thoughts and with the world becoming more in need of writers who can think far more deeply and bravely than ever before, to tell of the complexities of world, scope and connectiveness of our existence, to find the words and ways to express how we live through the massive changes of modern era, thoughts that can capture the imagination of far more people in the world and in the hope that these words will have a role to play in helping, to shape the future of our combined humanity. This is why i believe that the task of this 'Society' is endless, unless the members (writers) can keep up with the rigorous demand required for this University.

Novleen Kour, BPT 4th Year

Student Secretary Publication and Creative Writing Society

FAREWELL

A Farewell party for the final year students was organized by their juniors in a flamboyant manner. The program started with lighting of lamp by Dean Student welfare Prof. Manish Arora & Head of the Department Dr. Reena Kumari along with all the faculty members. The students nailed the event with their rocking singing and dance performances. Students made the occasion a memorable event for their seniors. The show ended on a vibrant note with the students grooving together on the dance floor.

The titles for the event were as follows:

BPT

Mr. & Miss Physiotherapist

Himashu Singla, Ritika Agarwal

Mr. & Miss Spark

Anand Kumar, Sakshi Agnihotri

Mr. & Miss Farewell

Chetan Kumar, Tanya Mehta

MPT

Mr. & Miss Spark-

Bhavesh Bhati, Anesha Khan

Mr. & Miss Farewell

Yarden Dhagani, Shruti Rawat

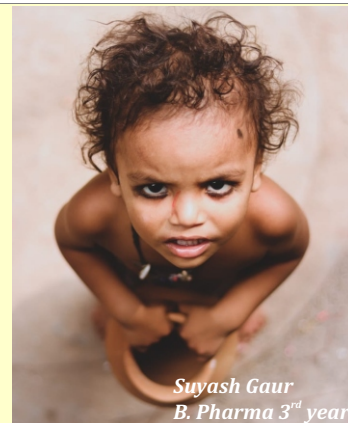


Patron: Shri S.P. Singh, Chairman, Dr. Gaurav Deep Singh, Secretary, Mr. Zorawar Singh, Manager Gaurav Bharti Shiksha Sansthan
Publisher: Prof. A.K. Sharma Vice-Chancellor
Advisors: Capt. (Retd.) J.S. Gill, (Advisor Administration), Prof. F.C. Garg (Dean Academics), Dr. Luv Kush (Academic Advisor), Prof. G.S. Randhawa (Dean R & D), Mr. K.B.S. Rawat (Registrar), Ms. Urmi Chaurasia (Controller of Examination)
Editorial Board: **Chief Editor:** Dr. Nidhi S. Belwal; **Co-Editor:** Dr. Pooja Naudiyal, Dr. Geeta Bhandari;
Members: Dr. Nithya Shanthi, Ms. Gauri Kukreti, Ms. Deepika Ahuja, Dr. Pooja Yadav, Mr. Ankit Pundir
Student Editors: **Student Secretary:** Ms. Novleen Kour; **Members:** Gurvinder, Avnatika, Shreya Gupta, Meenakshi Lodhi, Vidushi Kala, Sukriti Badola, Yamini Anand, Priyanka Tiwari, Shivani Chauhan, Ankita Pandey, Aasif Karim, Ankit, Arti, Devshwari, Akansha Hatwal, Aalind Joshi, Anju, Shubham Thakur, Suyash Gaur, Utkarsh Gusain, Sarthak Malik, Ujjwal Tyagi
Photography: Photography Club

SARDAR BHAGWAN SINGH UNIVERSITY, BALAWALA, DEHRADUN-248161, UTTARAKHAND

TEL: 0135-2686246, E-mail: sbspqi@gmail.com, website: www.sbsuniversity.edu.in

Photograph of the Month



Suyash Gaur
B. Pharma 3rd year

THE FEAR TO FACE IT

His hair, a mist centralised as if playing melancholy
with the thoughts in his brain, the roots that dug in,
a traversing facade to escape,

Like the evil through the black mark on his
forehead!

Ah! The FEAR.

His heart thumping faster than his reflexes Fists
cleanching the momentum.

His bare chest absolutely evident of his tsunami
heartbeats.

Making all way to be shrouded by his shoulders
Engulfing, provocting and keeping the pace.

His brows, with shouting questions
His lips with phrases stuck and shut.

Ah! The FEAR.

He fastens, for the sake of mysteries
Kind of, freezing to the moment.

They tell him, you tend to be out of time.

His hair, now conjuring
Heartbeats, conquering
With Brain being controlling
And his eyes, circling the dark-
Thus conquering!

Ah! The FEAR.

Fear to face it.

Comes to an end of a vivacious circle.

Unless, the red mark on his nose

Dictates to End- The FEAR!

THE FEAR TO FACE IT!

Novleen Kour
BPT IV year