



University

NEWS LETTER



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Editorial

The month of May is full of formal & cultural events to name some are International Mother's Day, National technology Day, May Day, World Red Cross Day, Armed Forces Day, Biological Diversity Day and many more. While in the month of June, a plantation drive was organised to commemorate the death anniversary of our beloved founder Director Late Sardar Gurcharan Singh Ji. With his vision and aim of educating the society the team SBS striving hard to maintain and fulfill his dreams.

As said by- **Dozantamanta**- *"It is only in our darkest hours that we may discover the true strength of the brilliant light with in ourselves that can, never, ever be dimmed."*

Lockdown due to Covid-19 still continued but couldn't celebration of these events, various webinars, online essay, poetry, poster competitions for students, teacher & official were organized.

The faculty members at our University ensured the uninterrupted academic activities through online mode during this lockdown. Apart from this faculties of various of departments were pro-active in quality improvement programmes such as webinars. Some one rightly said that "An optimist seems the opportunity in every difficulty". This was proven by the entire SBS family with co-ordination and determination.

Enjoy reading
Editorial Board

Photograph of the Month



PC: Navdeep Joshi
B.Sc Biotech 3 year

Journey of Moon

The moon is a traveller through eternity. It travels from half to full moon constantly, telling us never to stop growing even if you are at verge of vanishing.

Dr. Nidhi S. Belwal

Plantation Drive

To commemorate the 15th Death Anniversary of Founder Director Late Sardar Gurcharan Singh Ji, a symbolic plantation drive owing to COVID-19 pandemic situation was organized at the premises of Sardar Bhagwan Singh University, Dehradun, by Chancellor Shri. S.P. Singh along with Mrs. Jyoti Singh, Mr. Zorawar Singh (Manager) and Miss. Kudrat Singh on 22nd June, 2020. As per the yester years, continuing with a mission of "Go Green", a plantation drive was planned to distribute saplings of medicinally important plants as neem and lemon to the residents of balawala to promote a healthy environment. Present on the occasion were Mr. Krishan Rawat (Registrar), Prof. R.K. Singh, Capt. Nalini Mehrishi, Mr. Sachin Jain (Account Officer), Dr. Vikas Singh Jadon and other staff members.



WEBINAR

Webinar is an online seminar aims to deliver presentation, lecture or conference through web. Faculties of all departments conducted/attended webinars for their professional upgradation. These webinars were conducted by/for reputed Institutes and organization namely WHO, IIT's, HNB Garhwal University, George Washington University, USA, DIT University, HNB Society for Pharmaceutical dissolution, ISF College of Pharmacy, Swami Vivekanand Subharti University, Society of Pharmaceutical Education and Research and many other reputed universities and colleges.

In times where small instructor-led classrooms tend to be the exception, electronic learning solutions can offer more collaboration and interaction with experts and peers, as well as a higher success rate than the live alternative.

Keith Bachman

The spread of a virus:

A stupidity test with a virus spread in the community so emphatically, there is a lesson we can not ignore even if we want to. Living in a community invites with itself a sense of inter-dependency among individuals which also involves taking good care of each other and involvement in every sickness and moments of celebration, as a whole. In a country like ours, our culture has been the deepest and the one teaching its disciples about compassion and empathy but a virus like this provides feedback on what we have learnt so far. With cases refusing to cease in number, when the virus made its entry in the smaller cities and the rural areas it exposed in a layered fashion everything that could be worse. We could clearly see the stigma people have in their hearts for the people testing positive for the disease. As mentioned in the topic itself, if one tries to observe the things with a perspective which goes deeper, one comes out with a realization that it is nothing but stupidity. Our government who was supposed to hold firm the citizens was busy in collecting praises from all over the world for its tackling of the virus which was a complete failure. When it was necessary for the governments to just create awareness, to tell people about the consequences, effects a virus could bring about if not taken seriously, it was busy inaugurating a temple, an event that could have waited for a bit longer. When everywhere in the world firm decisions are being taken to welcome the changes the world is going to see in the foreseeable future, the students of our country were filing petitions in the apex court with a single demand of their exams being postponed. There had been zillion avoidable incidents from the refusal of hospitals to admit the patients to governments completely failing due to its false and slower processes to tackle stuff like this to citizens' own convictions of their righteousness. This is a stupidity test that should be enough to persuade us to throw away our blindfolds that are completely disabling us to embrace change and hence establish a society of acknowledgement.

Sarthak Malik
B Pharm. 7th Semester)

Strong Fighter

If you are alone fighter who walks alone, fights alone, suffers alone, you should understand that nobody else rather than you will defend you in any case .Do not rely on anybody . Those who think they understand you without knowing who you are , are the one's that believe the words, voice and impressions. Those who really know you well yet do not understand what you are , are the one's who choose to understand a specific part of yours .Among these opinion, hate, love, judgement just do WHAT IS RIGHT. Walk with confidence, without expecting others to understand your sacrifices. That's what a strong fighter does.

Meenal Sharma
BPT 2nd year

"IT NEVER ENDS"

The world never stops, never does life.

Everything keeps moving forward.

Things keep coming back to their place.

It might look like everything is getting together
while your pieces are way off to you.

There is no forever. You have endless opportunities.

this is not just your life, it's your lives.

You can end one and start another.

There are no rules. There is no time.

Take a moment in the dark, live it and embrace it.

You'll know it's empowering.

If it's required, start over everyday.

Change without fearing it.

Take your minutes. Twist it, turn it,
stretch it and break it.

There is no purpose so learn and fall.

You'll know life isn't difficult

when you quit rushing for things.

Shivani Pokhriyal
D.Pharm 2nd year

Student Column

EVOLUTION

Evolution bring us altogether,
either by technology or other intelligent science.
Nature used to have mystical balance,
that is still running up with time.
All the flora and fauna deck up mother earth,
while human took care of the balance among all.
While the brains grow bigger the heart shrink small,
All live along but human think of them alone.
They slaughtered and poached and deforested their
home,
The imbalance that created was a result of their own.
Seems like a self destruct mode has been set on,
humans seems weaker, liable and dependent while
some viruses took their jobs on.
Big brains seems to fail while everything was hard to
understand,
The tiny non-living lived and massacred the living all
alone.
Frightened and anxious, the living soul still want to live
on,
Thus only way found was to hide from the kind of their
own.
Seems funny yet truth, one endangering all species is
now a danger from their owns.
Thus karma smiled back leaving everyone looking up
clueless.
Empty roads, empty malls and luxuries left behind.
Maybe mother earth is teaching human the lesson of
human kind..
Between all panic and bad vibes a ray of hope is still that
lies here between us
Maybe we'll figure it before the dawn of dooms day.
Prayers and well wishes for all.
Hope to see you soon! :)

Ms. Awantika
BPT 4th year



तू आवाज उठा

अब सिर्फ देख मत अत्याचार तू आवाज उठा, अब नहीं बन कर
रहना लाचार तू आवाज उठा।
डरो मत धर्मों से, ये सब विज्ञान से बड़े नहीं, बस अब बंद करो
ये व्यापार तू आवाज उठा।
जो मन में है वो कर, निडर बेबाक हो अब चल, सोच मत क्या
कहेंगे लोग चार, तू आवाज उठा।
बाबाओं मौलानाओं को दूर से जोड़ो उल्टे हाथ, मिटा दो
अंधविश्वासी अंधकार, तू आवाज उठा।
अब धरा को जरूरत है तेरे जैसे महान वीरों की, सिर्फ धर्म नहीं
बचा पाएंगे संसार, तू आवाज उठा।

Gurvinder Singh
BPT 4th year

BIRTHDAYS DURING A PANDEMIC LOCKDOWN

- Birthday is a special day in anyone's life since it was the day you were born.
- It was the beginning of the year everyone was excited to celebrate their birthdays, a lots of plan were made.
- But suddenly the pandemic change everyone's life. All the things got change, all the plans, excitement everything.
- But I thought that everything happen is for a good reason. The pandemic made me realize that the birthday we celebrate with our friends is just for fun and wastage of money as well.
- I am saying this because a few day before I celebrated my birthday at my home with my parents, and it was the best birthday ever.
- I was thinking that I could not go anywhere, even I can't enjoy my birthday. But I was completely wrong my parents made it the most memorable day for me. They gave me a lots of love, blessings and didi everything that I love.
- I realize that none can make me more happy than my parents.
- At the end I will only say that we should try to make the best of everything we have. Every small thing in the world has a bit of happiness in it.

Srishti Ahlawat
B.Pharm. 4th yr

Student Achievements

ACADEMICS:

Mr. Deepanshu Naithani (M. Sc. Biotechnology, Batch 2017-2019), included one more academic achievement in his credit by writing a manuscript and published in the Scopus/SCI Journal. The title of the manuscript is the *Role of Ketone Bodies in Improving Neurological Function and Efficiency* Published in **Health Scope Journal**. Continuously he was working under the guidance of Dr. Santosh Kumar Karn, Department of Biochemistry & Biotechnology. Currently, Mr. Deepanshu is working as Research Trainee, in Avantor Material Performance Ltd. Dehradun.

CO-CURRICULAR:

Publication & Creative Writing Society: The Student Secretary of society **Ms. Novleen Kaur**, (BPT 4th year) represented SBS University in National level Story Writing Competition held at UPES, Dehradun. She has been an active member of various societies at different designations from time to time and is passionate about her work and responsibilities.

Photography Club: Student member of club Mr. Suyash Gaur, (B. Pharm 4th year) in association with "A Dream Team Production" shot a video on story rooted in the roots of domestic violence envisaging the beginning of estrangement in relationships.

<https://www.youtube.com/channel/UCpKSQdAhJIKrkGzUAxFu1QQ>

He's been constantly working on stories about small but crucial topics from our society. Along with academics he's working as cinematographer and photographer to pursue his passion



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