



University

NEWS LETTER



sbstimes

Vol XV, ISSUE 01, JANUARY 2021

Editorial

Greetings to all!

The month of January have kick off the New Year 2021. January month is bringing along with it a new beginning and some joyful festivities. As the month of January started, 26 January was chosen the day to announce India becoming a republic in the year 1930 and on the same day the Indian National Congress denounced colonial rule and proclaimed Purna Swaraj “ complete Freedom from the British”. India celebrated Republic Day annually on 26 January and this year the country celebrated its 72nd Republic day.

The festival of Lohri, Guru Govind Singh Jayanti and world Hindi day is also celebrated in this month. India celebrates Martyrs' day or ShaheedDiwas every year on January 30. Many famous personalities were born in this month including Stephen Howking, Michelle Obama, Swami Vivekananda and Subhas Chandra Bose.

To make this month of New Year more special, SBSU organized orientation programme for incoming students to ease the transition into college. Freshman orientation is a way for students to meet other students, become familiar with campus services and register for fall classes.

Wishing all the readers a joyful reading of this edition of SBS times and a very Happy New Year.

“Arise! Awake! And stop not until the goal is reached”
Swami Vivekananda

Enjoy reading!!

Editorial team.

Dean Student Welfare Message



Rome was not built in a day. The recipes for all good things in life is to be baked slowly and optimally in the furnace of time and so is a good carrier. Quality teaching, Practical crafted for repeated reinforcements of learning and unbiased evaluations for monitoring learning processes has

been the USP of SBS. That's the reason our students have shown par excellence in their professions and expect all our present students to further augment this SBS culture.

Prof Maneesh Arora,
DEAN (SW)

Photograph of the Month



PC: Abhishek Shandilya
B.Sc. Biotechnology, V Sem

ORIENTATION CUM CHARTER DISTRIBUTION PROGRAM

Sardar Bhagwan Singh University, Dehradun organized orientation program on 15 January, 2021 for the 1st year students to acquaint them with the administrative setup, rules and regulations, academic profile and co-curricular activities of the University. The program was started with welcoming of the officiating Vice Chancellor Prof. R. K. Singh accompanied with Mr. Krishan Rawat (Registrar), Prof. F.C. Garg (Dean Academics), Prof. Veerma Ram (Director, School of Pharmaceutical Sciences and Technology), Prof. Maneesh Arora (Dean, Students Welfare) and Ms. Urmi Chaurasia (Controller of Examination). The Officiating Vice Chancellor addressed the gathering and welcomed all the fresh students to SBS University. During the program, guidelines issued by the Central and State Government regarding the rescue of COVID pandemic were strictly followed. Then copies of student's charter along with goodies were given to all the fresh students. The program was anchored by University Vice Captain Miss. Vaibhavi Mishra. The program was coordinated by Miss. Deepika Ahuja, Dr. Vikas Singh Jadon and Capt. Nalini Mehrishi. All the Heads/In-charges and Coordinators of the Departments, Faculty, University Captains and Vice-Captains were present during the program.



72nd Republic Day

Sardar Bhagwan Singh University, Dehradun celebrated the 72nd Republic Day on 26th January 2021 with patriotic zeal. The tricolor was hoisted by Honorable Chancellor of the University Shri. S.P. Singh accompanied with officiating Vice Chancellor Prof. R. K. Singh, Prof. F.C. Garg (Dean Academics), Prof. Veerma Ram (Director, School of Pharmaceutical Sciences and Technology), Prof. Maneesh Arora (Dean, Students Welfare) and Ms. Urmi Chaurasia (Controller of Examination). The festivities commenced with a musical note. The entire campus was resplendent in the shades of tricolor. During the program, guidelines issued by the Central and State Government regarding the rescue of COVID pandemic were strictly followed. The Officiating Vice Chancellor delivered an imbuing speech about the "Importance of the Indian Constitution" and urged the students to participate in the transformation of the country. On this auspicious occasion Ms. Urmi Chaurasia (Controller of Examination) was felicitated with a token of appreciation and shawl for her remarkable 25 years of service with SBS. Ms. Bindu Yadav (B.PT. 1st year) and Mr. Yash Gupta (B. Pharm. 4th year) were delivered enthusiastic speeches on "Role of India to conquer the COVID pandemic" and "Role of Youth on Indian Republic", respectively. The event was anchored by Ms. Novleen Kaur (B.PT. Final Year). Everyone took a pledge to uphold the honor, integrity, dignity, and uniqueness of the Nation. The program was coordinated by Capt. Nalini Mehrishi and Miss. Deepika Ahuja (Convener, Cultural and Music Club). All the Heads/ In-charges and Coordinators of the Departments, Faculty, University Captains and Vice-Captains were present during the program.



*Dedicated and Devoted Employee makes an organization impregnable
just as pillars make a building strong.*

Ms. Urmi Chaurasia, COE was honored for her excellent 25 years of service with SBS



Aeons have passed unknown to me and on 15th Jan this year, I completed 25 years in this Institution. The Republic day, this year was a momentous and grand day, spinning the threads of tangled emotions as I received Award of appreciation for my services rendered. I felt ebullient and am grateful to the management for bestowing on me this honor. This I truly owe to my mentors, and above all to our beloved founder Director, Sardar Gurcharan Singh ji who taught me the importance of working with devotion, dedication and determination and inspired me, as well as made me realize my potential. It was a smooth sail with support of Shri S.P Singh ji and Dr Gaurav Deep Singh as well as love and support of my seniors, colleagues and students. This institution, which headed as one of the first Institute of this region is now a full-fledged University and it's indeed an unforgettable experience to be a part of its journey and grow with it. I am truly humbled for the honour and shall cherish it lifelong.

Miss Urmi Chaurasia



Student Column

MENTAL HEALTH



Mental health has become a point of concern now-a-days. Mental health includes our emotional, Psychological and social instabilities. It affects our daily processing how we think, feel and act. Mental health is an important aspect of our life and is needed at every stage of life. Life being an unpredictable cage has its different phase (ups and downs). Over a course of life if a person is suffering from mental health problems his mood, behavior and thinking are affected. Unemployment has been shown to hurt an individual's self esteem, emotions perhaps well being and more broadly their mental health, predominantly depressive disorders emotional mental disorders are leading cause of disabilities now-a-days. Conditions such as stress, depression, anxiety, and behavioral fluctuations affect mental health and disrupt person s routine. Although life is a beautiful experience though it has ups and downs but that's what makes it worth living without these life will be monotonous. Life is a beautiful journey let's live it fully with all grace and happiness and conclusively: " Don't let your mind bully your body

**SHIVANI POKHRIYAL
D. PHARM(2nd YEAR)**

PhD Programme at SBSU

PhD (Doctor of Philosophy) is open gateway to take admission in the doctorate degree in India and abroad. The Doctor of Philosophy is a distinctive research based programme which will help you to become a competent researcher to carry out research in any of the specialities.

SBSU has now achieved a new milestone by introducing own Doctoral Programs in different fields like MSc-PhD dual degree programme in Microbiology/Biotechnology/Biochemistry/Chemistry and Physiotherapy. Ph.D programme in following subjects like pharmaceuticals, Pharmacology, Pharmacognosy, Pharmaceutical Chemistry, Biotechnology, Biochemistry, Microbiology, Lab Technology Botany, Zoology and chemistry. Total 42 students have appeared on entrance exam in all department and 27 students have qualified the entrance exam organised in the month of December 2020.

New Joining



Miss. Nidhi Darmwal, Assistant Professor
M.Pharm (Pharmaceutical Chemistry)
Teaching Experience : 5 Month



Miss Swati Dobhal, Assistant Professor
M.Pharm, Pharmacology
Fresher



Ashima Joshi, Assistant Professor
M.Pharm.(Pharmacognosy)
Worked as SRF (Pharmacognosy/Botany) under CCRS project



Mr. Surojit Banerjee, Assistant Professor
M.Pharm, Pharmaceuticals,
Fresher



Dr. Namrata Gururani Assistant Professor
(Ph.D. Chemistry)
One year experience as project fellow

Publications

Department of Physiotherapy

Mozhi A., Arumugam N. (2021). Effect of cognitive behavioural therapy in patients with fibromyalgia: a single blind, randomized controlled study. Journals Bahiana. Vol. 11(1), 1-10.[dx.doi.org/10.17267/2238-2704rpf.v11i1.3309](https://doi.org/10.17267/2238-2704rpf.v11i1.3309)

Department of Microbiology

Baliyan N., Dhiman S., Dheeman S. Kumar S., Optimization of Indole - 3 - acetic acid using response surface methodology and its effect on vegetative growth of chickpea. *Rhizosphere*. [Doi.org/10.1016/j.rhisph.2021.100321](https://doi.org/10.1016/j.rhisph.2021.100321)

Department of Pharmaceutical Sciences

Saharawat A., Deepali*, Nainwal N. (2021). Natural plus synthetic hydrotropic solubilisation using response surface methodology to optimize the solid dispersion of hydrochlorothiazide. Bentham Science. [doi:10.2174/1386207323666201218115149](https://doi.org/10.2174/1386207323666201218115149)

Banerjee S., Joshi U., Singh A., Saharan V.A. (2021). Lipid for Taste masking and Taste assessment in Pharmaceutical Formulations. Chem. Phys. Lipids. [235:105031.doi.org/10.1016/j.chemphyslip.2020.10.5031](https://doi.org/10.1016/j.chemphyslip.2020.10.5031)

Patron: Shri S.P. Singh, Chairman, Dr. Gaurav Deep Singh, Secretary, Mr. Zorawar Singh, Manager Gaurav Bharti Shiksha Sansthan
Publisher: Prof. R.K. Singh, Officiating Vice-Chancellor
Advisors: Capt. (Retd) J.S. Gill, (Advisor Administration), Prof. F.C. Garg (Dean Academics), Dr. Luv Kush (Academic Advisor), Mr. Krishan 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, Mrs. Shweta Joshi, Mr. Ankit Pundir
Student Editors: **Student Secretary:** Sarthak Malik; **Members:** Shivani pokhriyal, Srishti Ahlavat, Ayush Nayal, Meenal Sharma, Tanya Nanda, Jyoti, Surekha, Manisha Rawat, Utkarsh Gusain, Suyash Gaur, Ujjwal Tyagi, Anvita Pandey, Pragya, Meenakshi Lodhi
Photography: Photography Club
E-mail: sbspipublication@gmail.com / pcws.sbsu2018@gmail.com (for Editorial Board)
SARDAR BHAGWAN SINGH UNIVERSITY, BALAWALA, DEHRADUN-248161, UTTARAKHAND
TEL: 0135-2686246, E-mail:university.sbs@gmail.com, website: www.sbsuniversity.edu.in