



University

NEWS LETTER



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Editorial

"Inspiration comes from within you. One has to be positive; when you are positive good things happen."

Inspiration is the process of instilling faith in someone to motivate him or her to do something. Many people do many things simply out of kindness in heart, and do not realize that they are inspiring others around them. We all have the ability to inspire people. This inspiration comes from a strong commitment of wanting to achieve our objectives. Our passion shines through because it is the right thing to do. If it is our actions that inspire others, there may be times when it just happens and other times when we work hard to make it happen. Sometimes our work seems small and insignificant but remember, a small ripple can gain momentum and build a current that is insurmountable. Even a great Tsunami requires a small ripple in the starting. Begin your journey with one small step. Great distances are covered with a small step. Don't let others stand in your way. There may be many barriers and hindrances but don't be discouraged. Overcome these with strong determination and courage to achieve your goal. Walk your own path with a strong determination and rest will follow. You will find many ways in you if have will to do.

Many of us just pass their life waiting for weekends and holidays. Why do not we seize every day? Why do not we live every day? Do you have a sense of satisfaction and joy all day? Are you living a life you want? If not, it is time to take control of your life. You are born to live life your way. Your thoughts create your life. It is the time to nourish your thoughts. It is time to overcome the beliefs that are limiting you. Do not wait anymore. Take a step ahead, do it now. Your dream life is waiting for you. Be a positive role model, definitely you will inspire others.

The editorial team is extending this edition to the readers with the hope that it will bring a change in your life.

Message- Dean Academics



Though, our experience with the year 2020 was not so good, but it has made us to learn to live a sustainable lifestyle and experience revival of the nature and hence the Mother Earth. This has shown us that we all can sustain life with limited resources avoiding boundless use of the natural assets. Now, as the life has come to new normal and we expect a lot

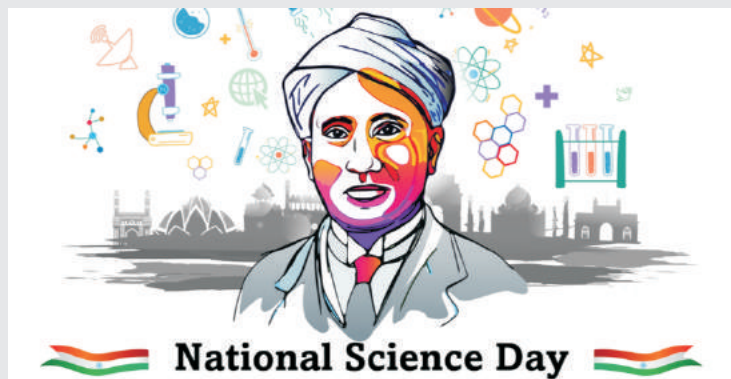
from the year 2021, it is not the year that will make the things correct, it is us, where our coordinated and cooperative efforts are needed to put the life in the right direction.

We have now entered in the month of February, where a change in weather like rise in temperature and more daylight indicates the onset of spring season. Flowers blooming all around and rejuvenation of trees brings in us all a sense of positivity and beginning of new eon. With the bloom all around in lush green campus of SBS University, new young faces can be seen in the campus. Just like a sapling grows into a tree, you the youngsters will be groomed into skilled professionals here. The future of any country depends on its youth and your future depends on your present i.e. what you learn, gulp and put into practice, you gain in upcoming years of your career. However, this further depends on healthy environment and quality education for which we here are committed to. The University has dedicated and talented faculty and the best possible infrastructure, now it is completely on you, what and how you extract the best from the available resources and opportunities.

I wish all the students a very bright future and welcome all my youngsters wholeheartedly in this beautiful campus & SBS family.

**Best wishes!!
Prof. F.C. Garg**

Student Column



The essence of science is independent thinking, hard work, and not equipment. - CV Raman

National Science Day is celebrated in India on 28 February as declared by the Government of India on 1986. Each year the National science day is celebrated to mark the discovery of the Raman effect by Indian physicist Sir C. V. Raman on 28 February 1928. For his discovery, Sir C.V. Raman was awarded the Nobel Prize in Physics in 1930. Sir CV Raman was born on November 7, 1888, at Tiruchirappalli in Tamil Nadu state in India. His father was a lecturer in Physics. He obtained his Bsc degree from the University of Madras, where he stood first and won the gold medal in Physics. On 28 February 1928 Raman led an experiment with Indian physicist

KS Krishnan, on scattering of light, it was then he discovered what now is called the Raman effect. The main focus behind celebrating National science day is to bring to people's knowledge on the light and importance of science and technology. Every year a particular theme is selected by the National Council for Science and Technology Communication (NCSTC). The theme for this year's science day was "Future of STI: Impacts on Education, Skills and Work" which is to motivate the youth to gain hands-on experience and knowledge in the field of science and technology; and make India the Skilled India.

Who organises the National science day?

Department of Science & Technology (DST) is a nodal agency to support, catalyze and coordinate the celebration of the National Science Day throughout

The country, particularly in scientific institutions & research laboratories. NCSTC has supported various programmes countrywide by supporting its State S&T Councils & Departments for organization of lectures, quiz. A well-known fact is that "The science of today is the technology of tomorrow", the lifestyle we are going to opt for tomorrow depends on how we are developing the technology today.

Happy science day.

Priyanka Tiwari

B.Sc. Medical Microbiology
5th Sem.

सामर्थ्य प्रकट करना Unlock the Potential

आज बारह महीनों से ज्यादा का समय हो गया है हमें कोरोना विश्व महामारी से लड़ते हुए। इन बारह महीनों में हमने क्या-क्या दृश्य नहीं देखे, पैदल चलते मजदूर देखे, रास्तों में भूख से दम तोड़ते गरीब मजदूर देखे, औरतो पर बढ़ता अत्याचार देखा और सबसे महत्वपूर्ण अवसाद से ग्रस्त युवा पीढ़ी देखी।

आज के इस आधुनिक दौर में हमारी युवा पीढ़ी किस तरफ चल पड़ी है, क्या हम भविष्य की नींव इतनी कमजोर रख रहे हैं थोड़े से अवसाद के कारण आत्महत्या जैसा कठोर निर्णय ले लेते हैं और पीछे छोड़ जाते हैं रोती माँ, बिलखता बाप और दुखी चाहनेवाले। क्या इस अवसाद नामक बीमारी का कोई तोड़ नहीं? बिल्कुल है। हमें जरूरत है तो सिर्फ खुद को व्यस्त रखने की और अपने "सामर्थ्य" को उजागर करने की। इसके लिए हमें एक समय सारणी बनानी है और उसका सख्ती से अनुकरण करना है। इससे हमारा मस्तिष्क व्यस्त रहेगा और बुरे ख्याल आने का मौका ही नहीं देगा। दूसरा हमें अपनी छुपी हुई प्रतिभा को उजागर करना है, जिसे हम सालों से करना चाहते थे पर कभी समय नहीं मिला अब समय है अपने हुनर को निखारने का और दुनिया के सामने प्रस्तुत करने का। कोरोना महावारी से बचाव के चलते जहाँ दुकानें, स्कूल और संस्थान बंद हैं

वहीं दूसरी ओर इसने हमको एक सुनहरा अवसर दिया है अपनी सामर्थ्य साबित करने के लिए। नयी नयी तकनीकों के माध्यम से अनेक रास्ते खुल गये हैं अपनी प्रतिभा दिखाने के लिए और कुछ नया सीखने के लिए। हम घर बैठे वो हर काम सीख सकते हैं, जिसकी हम कभी सीखने की कल्पना किया करते थे। इस महामारी ने हम सबको एक जरूरी सीख दी है जो जिंदगी गुजारने के लिए अहम है; जैसे कि हमेशा अपनी कमाई के कुछ हिस्से की बचत करनी चाहिए और जरूरत का समान जुटा कर रखना चाहिए। अवसाद से निजात पाने का सबसे कारगर तरीका है व्यायाम और योग। आलस से भरा शरीर बीमारी का घर है। एक मशहूर कहावत यहां बिलकुल सही बैठती है – करे योग रहे निरोग!

सबसे महत्वपूर्ण कभी भी खाली न बैठें इस अमूल्य समय को अपनी जरूरत के मुताबिक लाभकारी तरीके से इस्तेमाल करें। अंत में अपने शब्दों को स्वरचित पंक्तियों से विराम देता हूँ।

– ये बुरा वक्त भी एक दिन जायेगा सब्र रख, मुरझाया फूल, जल्द ही खिलेगा सब्र रख आज खड़ा हो इस दुख भरे पहाड़ के आगे, दहाड़ दे, डर भी तुझसे घबरायेगा सब्र रख।

Gurvinder Singh
BPT 4th yr

An academic approach

TOPICS OF CONCERN

Feb 12, 2021
COMPATIBILITY OF TECHNOLOGY AMONG TEACHERS & STUDENTS POST COVID

BUILDING SCIENTIFIC TEMPERAMENT AMONG STUDENTS- NEP 2020

BUILDING OF RESILIENCE AMONG SCHOOL CHILDREN POST COVID

TEACHERS CONTINUOUS PERFORMANCE DEVELOPMENT AND CAREER MANAGEMENT

ISSUE AND CHALLENGES BEFORE NEW ACADEMIC SESSION POST COVID-19 LOCKDOWN AND NEP-2020

Feb 13, 2021

OPERATIONAL SKILLS OF SCHOOL LEADERS POST NEP-2020

EVOLVEMENT THROUGH INVOLVEMENT

NATIONAL RESEARCH FOUNDATION: ENCOURAGING RESEARCH AND INNOVATION AMONGST STUDENTS

THE ART OF STRATEGIC THINKING THROUGH CREATIVITY AND INNOVATION

TURNING CRISIS TO OPPORTUNITY...WHAT WE LEARNED IN THE COVID SCHOOL



Lifetime Achievement, Distinguished Service and Uttarakhand Ratna Awardees

Transforming education

Raising awareness about the quality of education, The Times Group and National Executive Committee of Principals Progressive Schools' Association (PPSA), along with SBS University, recently organised a meet for principals and teachers

e-Vema.Roohani
@timesgroup.com

Teachers, principals and chairpersons of elite public schools affiliated to CBSE, CISCE and State Board, took part in the two-day International

Conference of Principals and Teachers of Schools. The topic of concern focused on the theme 'Education Scenario Post COVID-19 & What Lies Ahead after NEP-2020'. For principals and teachers. The event was held at The Pestle Wood School. Several

academicians interacted and shared their knowledge on the education scenario in today's time

Various awards were also given to the teachers and principals. Lifetime achievement awards, two distinguished service awards, four



Dignitaries at the function



Lamp lighting ceremony



Shiksha Ratna Awardees with the dignitaries at the valedictory function

Uttarakhand Ratna Awards and 36 Shiksha Ratna Awards were conferred on eminent educationists, principals and teachers by the chief guest of the valedictory ceremony, Ashok Ganguly, former chairman, CBSE.



Padmini Sambhavam being welcomed by Ruchi P. Dutta

LIFETIME ACHIEVEMENT AWARDS

- Prof HN Nagaraja, Pro VC, Graphic Era Deemed to be University, SC Biala, principal, Cambrian Hill School
- Col Jaswinder Singh, principal, Summer Valley School
- Maya Norula, principal, Hope Town Girls School

DISTINGUISHED SERVICE AWARDS

- Aditi Rani Puri, chief education officer, Dehradun
- Bhagwati P Uniyal, director, Doon Bhawan International School

UTTARAKHAND RATNA AWARDS

- Ruchi P. Dutta, principal, The Asian School
- Sangeeta Kain, principal, Welham Boys' School
- Group Capt Amit K Paul, principal, Sarak School, Haripur
- Col Ajay Kumar, commandant, RMC

CONSUMER CONNECT INITIATIVE

AND THEY SAID...

We must teach 'humanity' to the new generation and enlighten them with knowledge to build up a new society. Schools should check bullying, grouping and targeting by students in school and create a peaceful atmosphere.

-Ranbir Singh,
Regional Officer CBSE
(Guest of Honour)

I acknowledge the words of national president, PPSA, for such a progressive movement towards the holistic development of principals and teachers. The emphasis should be on the significant role played by a teacher in the life of a child.

-PVK Prasad (IPS)
ADG, CBDO, Uttarakhand

New possibilities have been created by NEP-2020 and I urge the teachers and principals to acquaint themselves with the clearly defined learning goals and learning outcomes and integrate technology to achieve the same.

Anurag Tripathi,
Secretary, CBSE

Teachers and principals have shown how to convert adversity into opportunity with extraordinary resilience. The role of family in nurturing out talented during COVID also brought families closer, thus increasing compatibility.

-Pratima Gupta,
director of an institution

Integration taking into consideration students' needs, the school programme, lesson planning and media designing issues. But at the same time technology can never replace human connect. A universal and inclusive approach must be taught in the classrooms. The spirit of education is 'whatever you may learn, how you put it to use must depend on the welfare of all'.

-Padmini Sambhavam,
principal
Welham Girls' School

The task and teams in schools working to protect themselves from the pandemic must be properly documented, deployed, and continuously scrutinised for whether they are following the protocol in letter and spirit.

-Dr Geeta Khanna,
paediatrician

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-Pratima Gupta,
director of an institution

These conferences add to the life-skills of teachers and principals. The utmost requirement in education sector is implementation of innovative techniques, technological integration to enhance education in this pandemic period and PPSA aims at Educating the Educators through these seminars. Teachers and principals have to keep themselves updated, they have to learn, unlearn and re-learn as teaching is a continuous lifelong process.

-Prem Kashyap,
national president, PPSA

Teachers make great history. Integrity, ethics and values cannot be taught, they can only be 'caught'. The teachers need to strategise their action, prioritise their goals, monitor themselves, review and correct themselves at every step of teaching. Leaders should build more trusting relationship with followers to make them more productive.

-Harish Chaudhary,
professor, Dept of Management,
IIT Delhi

The importance of development of skills and research acumen in school children is an important aspect of NEP under NEP-2020. The academic think tank is working for the development of required technical skills among students and this is done through the infrastructure and expertise available. This also works for further guiding in the career counselling of school students.

-Vikash Singh Jadon,
asst prof, Sardar Bhagwan Singh University,
Dehradun

Self-learning and self-discipline have already been learnt by the students from this pandemic. It is important that teachers develop skills. More stress needs to be laid upon the cross-curriculum component and constant content identification in a child-centric environment. Development of a thinking school with teachers having investigative, inventive and innovative teaching attributes should also happen.

-Ashok Ganguly,
former chairman, CBSE

It is very important to build a scientific temperament among the students to tap their talent. The environmental and ecological challenges that we are confronting now and the importance of developing scientific temper in our daily life, will definitely guide us in the constructive use of knowledge, ability, and experience.

-Rajendra Dobhal,
director general,
Uttarakhand State
Council of Science and Technology

Rotaract Club Organized Clothes Distribution Program

The Rotaract Club of Sardar Bhagwan Singh University, Dehradun organized clothes distribution program for slum dwellers of Gularghati area on 5th of February, 2021. The collection drive, Project "LIBAS", took place in campus between 21st to 31st of January, 2021. The project was completed under the esteemed guidance of Dr. Gauravdeep Singh (Secretary, Board of Governors) and Prof. R.K. Singh (Officiating Vice Chancellor). More than 400 clothes, few quilts and blankets were distributed. First year students participated in their first project with great enthusiasm. The program was organized by Mr. Kishan Singh (Convener, Rotaract Club), Ms. Richa Bahuguna (Co-Convener) and Mr. Shubham Shaily (Member) and student representatives Mr. Anmol Sharma (President) and Ms. Princee Shrestha (Secretary).



Pre-Ph.D. Coursework

Pre-Ph.D. coursework for first batch of Ph.D. students (2020-2021) was inaugurated by Hon'ble Vice Chancellor Prof.(Dr.). R. K. Singh on 9th Feb. 2021 in an online interactive session with Ph.D. scholars. He assured that SBS University is committed for good quality research with this Credit based Semester pattern of Ph.D. programme. He had a firm believe that this programme will set benchmark of new standards in research. Extracurricular credits have been introduced for publications, presentations, books, patents, technology transfer, etc. Later, Prof.(Dr.) Vikas Anand, Chief Programme Coordinator discussed syllabus and examination scheme of Ph.D. programme. An interactive question answer session was also organized at last.



NEW ENTRANT PROF. MATHUR JOINS SBS UNIVERSITY



Prof. Pankaj Kumar Mathur, MBBS, M.D. in Pathology and Microbiology has joined the University on 18th February, 2021, as Advisor and Head of Department of Medical Microbiology and Medical Lab Technology.

Prof Mathur did his MBBS in 1983 and M.D. (Pathology and Microbiology) in 1987 from Gajra Raja Medical College, Gwalior and was associated with Gajra Raja Medical College in different capacities. Prior to joining us, he served as the Chief of Medical Services in Maharatna Company which is a Public Sector Undertaking. Prof. Mathur has to his credit as Chief of Medical Services getting the first hospital in the State of Uttarakhand and ISO-14001 accreditation & PCB Certificate of Bio-Safety norm.

During his tenure, extended his skills and added value by providing the academic support through his guidance and nurturing the students, conducting research activities and evaluating the use of new diagnostic tools to enhance public health monitoring. He has attended many National & International conferences in line with his subject. He has extensive experience in teaching Graduate and Post Graduate and guiding the students for their research work. He has special interest in quality assurance in clinical practice.

We welcome his joining the SBS family.

Publications

1. Jyoti Choudhary, Shrivardhan Dheeman, Vipin Sharma, Prashant Katiyar, Santosh Kumar Karn, Manoj Kumar Sarangi, Ankit Kumar Chauhan, Gaurav Verma, Nitin Baliyan (2021). Insights of Severe Acute Respiratory Syndrome Corona Virus (SARS-CoV-2 pandemic: A current review. *Biological Procedure Online* 23: 5, 1-22. <https://doi.org/10.1186/s12575-020-00141-5>. IF 2.7.
2. Aanchal Loshali and Ankush Sundriyal (2021). Antiepileptic effects of antioxidant potent extract from *Urtica dioica* linn. root on Pentylentetrazole and maximal electroshock induced seizure models. *Heliyon Elsevier Heliyon* 7 e06195.
3. Riyakshi Negi, Santosh Kumar Karn, R. K. Singh (2020). An outlook of Pandemic disease: COVID 19. *International J of Scientific and Innovative Research*, 8:(1), 15-23.
4. Anil Kumar, Santosh Kumar Karn and R. K. Singh (2020). Comparative analysis of glycosylated haemoglobin of type 2 Diabetes Mellitus patients by using Ion Exchange chromatography and affinity nycocard reader. *International Journals of Scientific and innovative Research*. 8:(1), 8-15.
5. Anil Kumar, Santosh Kumar Karn and R. K. Singh (2020). Role of Anaemia in Hypothyroidism Patients *International Journals of Scientific and innovative Research*. 8 (1): 1-7.

Photograph of the Month



Abhishek Jaiswal
BPT 5th semester

Bringing Science to Society
SBS University wishes all



Happy National
Science
DAY
28th February



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