



**University**

**NEWS  
LETTER**



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## Editorial

Greetings to all!

The month of April is filled with summer and sunshine. This month marks significant days like Easter, World Health Day, Earth Day, Good Friday. Festivities like Ugaadi, Bihu, Baishakhi, Gudi Padwa are celebrated throughout India. The theme for World Health day this year is "Building a fairer, healthier world", same way this year's earth day theme is "Restore our Earth". Revolutionary leader Dr. B.R Ambedkar was also born in this month. While experiencing these International days, April 2021 witnessed a sudden upsurge in Covid-19 cases, with new lethal variants emerging. Spike in Covid cases were observed which caused serious concern to health and human lives, owing to which strict lockdown was imposed and life became still. Though the vaccine drive started but Covid bounced back with full might. Our University continued the uninterrupted classes on an online mode and ensured that students don't suffer in these challenging times. This month's issue of SBS Times includes articles by students, photographs of the month.

With a hope everything will return to normal soon. Team Editorial wishes you all a happy reading of this edition of SBS times.

## Message From Controller of Examination



Our habits define us. Our good habits can lead us to progress while bad ones can cause us to fail. Habits are powerful. There are no shortcuts to master your good habits as it requires hardwork and consistency.

If it is exam time, consistency in efforts can fetch us knowledge and good grades as well. Due to this Covid-19 pandemic our lives are severely affected; everything has come to stand still. But this dark hour will pass and we all will bounce back with our utmost determination to achieve our goals. I wish all the students a very good luck for their upcoming exams, hope you all will come out with flying colours.

Stay safe.

**Miss Urmi Chaurasia,  
Associate Professor and  
Controller of Examination**

# World Health Day

On the occasion of World Health Day, Sardar Bhagwan Singh University, Dehradun organized a seminar/lecture on the theme “Building a fairer, healthier world” on 07<sup>th</sup> April, 2021. The Program was organized under the esteemed guidance of Shri. S. P. Singh, Chancellor and Dr. Gaurav Deep Singh, Member Secretary Board of Governors. The seminar was inaugurated by Prof. R. K. Singh Vice Chancellor (O). On this occasion Prof. (Dr.) P. K. Mathur, Advisor & HOD-MM/MLT delivered a talk on “Do we know about Non Communicable Diseases?”. During the program, guidelines issued by the Central and State Government regarding the rescue of COVID pandemic were strictly followed. Present on the occasion were Prof. Veerma Ram, Director School of Pharmaceutical Sciences & Technology, Prof. Maneesh Arora, Dean Students Welfare, Ms. Urmi Chaurasia, Controller of Examination, faculty, staff and students. The seminar was coordinated by Dr. Anil Kumar and his team



### The Psychological and Social Impact of COVID-19 Pandemic

The recent Covid-19 pandemic has had significant psychological and social effects on the population. Research has highlighted the impact on psychological well-being of the most exposed groups, including children, college students, women and health workers, who are more likely to develop post-traumatic stress disorder, anxiety, depression, and other symptoms of distress. The social distance and the security measures have affected the relationship among people and their perception of empathy toward others. There are some elements related to the pandemic that affect more the population, such as separation from loved ones, loss of freedom, uncertainty about the advancement of the disease, and the feeling of helplessness. These aspects might lead to dramatic consequences, such as the rise of suicides.

As reported in a recent survey administered during the Covid-19 pandemic, children and young adults are particularly at risk of developing anxious symptoms. Furthermore, the economic problems and the slowdown in academic activities are related with anxious symptoms. Billions of students globally had been affected by the closure of schools and higher education institutions in response to the Covid-19 pandemic.

According to the UNESCO Monitoring Report, 192 countries had implemented nationwide closures, affecting about 99% of the world's student population.

The students from the less privileged backgrounds have experienced larger negative impacts due to the Covid-19 outbreak. Reduction in family income, limited access to digital resources, and the high cost of internet connectivity have disrupted the academic life of the students. Moreover, majority of the students belonging to the underprivileged class across the world are now deprived of basic education, leading to a serious psychological impact on their health. Moreover, changes in daily routine including lack of outdoor activity, disturbed sleeping patterns, social distancing

have affected the mental well-being of the students. However, the impact of this pandemic on women has been even worse. The steady rise of domestic violence during the pandemic has surely come up as an additionally and equally potent challenge at the global level. The National Crime Bureau, reported that "cruelty by husband or his relatives" in the domestic space is the highest reported "cruelty against women". The lack of employment, alcohol use, economic crisis, etc are some major reasons contributing to the crime. The data suggests that "domestic abuse is acting like an opportunistic infection, flourishing in the pandemic conditions".

The Health-care workers (HCWs) are another segment of population particularly affected by stress. HCWs are at risk to develop symptoms common in catastrophic situations, such as post-traumatic stress disorder, burnout syndrome, physical and emotional exhaustion, etc. caused by the fear of contagion of their family members and the prolonged social

In order to reduce anxiety and depression symptoms widespread among the population, the World Health Organization and the Centers for Disease Control and Prevention proposed specific guidelines on the correct use of health protection with the aim to minimize the distress associated with health-care professions.

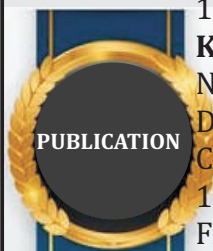
At the same time, as a consequence of the emerging issues, psychotherapists provided psychological support online, addressing the technological challenge. In line with the technological progress, professional organizations promoted specific guidelines and policies related to customer protection, privacy, screening, evaluation, and development of self-help products. Telepsychology assumes a key role in the improvement of health care. Online psychological services avoid geographical barriers and are suitable to become a useful integrated tool in addition to traditional psychotherapy. Online services help people in a short period of time, reducing the risk of contagion and the strong feeling of anxiety

in both psychotherapists and patients, who feel uncomfortable in doing traditional psychotherapy due to the pandemic.

Thus, the Covid-19 pandemic has affected the way people live interpersonal relationships. A serious and threatening impact on students, the front line warriors, women and men, the underprivileged was observed during the pandemic, often referred to as "The Shadow Pandemic". This period was also seen as an evolution in the concept of empathy, producing new perspectives in the study of the phenomenon according to a sociological and neurological points of view still the rate of negativity around the world and psychological breakdown is a much more concerned issue these days.

*Akshita Shree Bhatt  
B.Pharm 4<sup>th</sup> sem*

## PUBLICATION



1. Kumar Sachin and **Santosh Kumar Karn\*** (2021) Microbial Fabricated Nanosystems: Applications in Drug Delivery and Targeting. Frontier in Chemistry Vol 20;9,617353 doi: 10.3389/fchem.2021.617353. IF 3.9 Frontier Press, Switzerland.

2. **Santosh Kumar Karn\*** (2021) Discard plastic burning: A serious risk factor in Dehradun, India. International Journal of Health and Life Sciences doi: 10.5812/ijhls.106015. (IF-0.9, Kowsar Medical Institute, Tehran)

## Photographs of the Month



**Akshit**  
B.Pharm I year



**Harshit**  
B.Pharm I year

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