



University

NEWS LETTER



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Editorial

Today's life is full of fear, insecurity, worry and anxiety. When adverse circumstances begin to dominate our lives, it disturbs us physically and mentally, resulting in high stress levels when there are unabating changes in life. Extreme stress is undoubtedly detrimental to human health but in moderation, stress is normal and in many cases useful too. Apparently the words 'positive' and 'stress' do not go together but psychologists believe that some stress situation can actually enhance our inner potential and can be creatively helpful. There are many examples of athletes rising to the challenge of stress, a painter, a music composer or a writer giving their best while they are under stress and the most beautiful creations come into being. Infact, experts say that stress, in moderate doses is necessary in our lives, stress responses are one of our body's best defence system against outer and inner dangers. In stressed conditions, our body releases stress hormones that make us more alert and our senses become more focused. The body also gets increased strength and speed. Stress can actually increase our performance. Instead of being negative under stress, one can use it as an driving force to achieve success. Due to the stress, brain becomes emotionally and biochemically stimulated to sharpen its performance. Stress in positive terms can actually help us to evolve as a person and motivate us to look for true happiness.

So dear readers, the entire editorial team of SBS times is presenting this issue with message that " never look down upon stress as negative force that pull you down, but an appropriate measure actually helps us to bring out the best in us

Happy reading

Message From Convener



Many pandemics were witnessed before also, where maximum of the population were affected. Many deaths were reported, all these deaths were not because of acquiring infection or disease but many of the casualties were because of fear, depression, hopelessness, over thinking about WHAT IF & WHAT IF NOT? I know the time is tough and actually we didn't need this

pandemic, but we have been poured into such situation.

So, Dear Students

Stop spending countless hours worrying about WHAT IF? & focus on what you can do to make things better. We have so many things on our plate, don't rush to be a perfectionist, forgive yourself for just doing the best you can.

I am just doing the best I can.

I hope you can do the same.

Dr. Nidhi S. Belwal

Convener- Publication & Creative Writing Society, SBSU

Programme Coordinator & Assistant Professor

Department of Microbiology, SBSU

PHOTOGRAPH OF THE MONTH



Abhishek Shandilya
B.Sc. Biotechnology 3rd year

Harela Festival

On the occasion of Harela festival, a tree plantation drive was organized at the premises of Sardar Bhagwan Singh University, Dehradun under the esteemed guidance of Shri. S. P. Singh (Chancellor) and Dr. Gaurav Deep Singh (Secretary, Board of Governors) on 16th July 2021. Prof. R. K. Singh (Officiating Vice Chancellor) accompanied with Prof. Veerma Ram (Director, School of Pharmaceutical Sciences), Prof. Maneesh Arora (Dean Students Welfare) and Mr. S. K. Thapliyal (Estate Superintendent) planted tree saplings of Mahua, Eucalyptus and different varieties of Mangoes in the campus of the University. Harela festival symbolizes the arrival of new harvest. As per the yester years, continuing with a mission of "Go Green", more than 100 saplings were planted. Present on the occasion were Heads/In-charges/Coordinators of the Departments, Faculty and staff members.



Six-Day Workshop on “Approaches and Strategies in Writing Systematic Review and Meta Analysis” begins at Sardar Bhagwan Singh University, Dehradun in association with AIIMS Rishikesh, ICMR Advance Centre for Evidence based Child (Phase-II) and PGIMER Chandigarh

The opening ceremony of six-day workshop on “Approaches and Strategies in Writing Systematic Review and Meta Analysis” begins at Sardar Bhagwan Singh University, Dehradun in association with AIIMS Rishikesh, ICMR Advance Centre for Evidence based Child (Phase-II) and PGIMER Chandigarh on 30th July, 2021. The event was inaugurated with virtual lamp lighting ceremony. Thereafter, Dr. Jitendra Gairola (Founder, IAMBSS), Dr. Ujjwal (President and Co-Founder, IAMBSS) and Mr. Pramod Kumar Nagar (Founder Member & Treasurer, IAMBSS) welcomed all the dignitaries and participants. Dr. Ujjwal welcomed the special guests of the introductory session: Mr. Subodh Uniyal (Ministry of Agriculture, Uttarakhand), Mr. Vinod Raturi (President, Bhartiya Janata Party, Tehri Garhwal, Uttarakhand), Mr. Hari Krishna Paliwal (Advisor, Govt. of Arunachal Pradesh) and Mr. Yudhveer Singh (Prant Pacharak, Rashtriya Swayamsevak Sangh, Uttarakhand). Dr. Jitendra Gairola addressed the gathering and highlighted the objective of the workshop. Then a panel discussion session was organized on the topic “Strengthening the Integration in Science: A Step Towards Nation Building” headed by Padma Shri Prof. Ravikant (Director, AIIMS, Rishikesh), Prof. R. K. Singh (Vice Chancellor (O), SBS University, Dehradun), Prof. Adarsh Pal Vig (Chairman Pollution Control Board and HOD, Botanical and Environmental Sciences Guru Nanak Dev University, Punjab), Dr. Rakesh Pundit (Retired Deputy Director, Ministry of Ayush, Govt. of Himachal Pradesh & National Secretary AROGYA BHARTI), Dr. Brijendra Singh (AIIMS Rishikesh), Prof. Balramji Omar (AIIMS Rishikesh), Dr. Vishal Mago (AIIMS Rishikesh) and Dr. Yogesh Bahurupi (AIIMS Rishikesh).

This session was moderated by Prof. Pratima Gupta, Head, Microbiology Department, AIIMS, Rishikesh (UK). Then, Prof. Meenu Singh (Chief Paediatric Pulmonologist, PGIMER, Chandigarh) discussed on “Introduction to Systemic Review and Meta Analysis”. More than 100 participants were joined the workshop from different reputed Institutions via online mode. The Organizing Secretary Ms. Priyanka Uniyal (Assistant Professor Sardar Bhagwan Singh University) and Co-Organizing Secretary Dr. Akshat Uniyal (HNB Garhwal University) jointly organized the introductory session of the workshop. 33 participants from SBS University interacted with the faculties in the relevant areas. They were highly benefitted with the experiences of experts.

"APPROACHES AND STRATEGIES IN WRITING SYSTEMATIC REVIEW AND META-ANALYSIS"
 ORGANIZED BY INTEGRATED ASSOCIATION OF MEDICAL, BASIC AND SOCIAL SCIENTISTS (IAMBSS)
 IN COLLABORATION WITH ALL INDIA INSTITUTE OF MEDICAL SCIENCES (AIIMS), RISHIKESH, ICMR ADVANCED CENTRE FOR EVIDENCE BASED CHILD HEALTH (PHASE-II), PGIMER, CHANDIGARH & SARDAR BHAGWAN SINGH UNIVERSITY, DEHRADUN
 Dated 30th July 2021 to 4th August 2021

PANELIST & SPEAKERS

- Prof. Ravikant Director, AIIMS Rishikesh
- Prof. (Dr.) R. K. Singh Non/lie Vice Chancellor (O), SBS University, Dehradun
- Prof. Meenu Singh Chief, Pediatric Pulmonology PI: ICMR, CAR-EBCH, Incharge, SAARC Telemedicine Network Head, Dept. of Telemedicine PGIMER, Chandigarh
- Dr. Ashish Dhillon Professor & Head Department of Medicine BSAIIMS, SAS Nagar (Mohali), Punjab
- Prof. (Dr.) Rajiv Pandey Senior Scientist, Division of Indian Council of Forestry Research and Education (ICFRE), Dehradun
- Dr. Vishal Mago, Addl Prof & HOD Dept. of Plastic Surgery, AIIMS Rishikesh
- Prof. Pratima Gupta, Head Dept. of Microbiology, Former Dean Research AIIMS Rishikesh
- Dr. Manisha Mathrani Additional Professor & Vice Dean Academics, AIIMS, Rishikesh
- Dr. Amit Agrawal Assistant Professor, Department of Telemedicine, PGIMER, Chandigarh
- Dr. Yogesh Bahurupi, Associate Professor, Dept. of Community & Family Medicine, AIIMS, Rishikesh
- Prof. Balram Ji Omar Dept. of Microbiology AIIMS, RISHIKESH
- Dr. Bipin Verma Assistant Professor Hepatology, PGIMER, Chandigarh
- Dr. Brijendra Singh Professor & Head, Dept. of Anatomy, AIIMS, Rishikesh
- Priyanka Uniyal (Organizing Secretary) Assistant Professor, Dept. of Pharmaceutical Sciences and Technology, SBS University



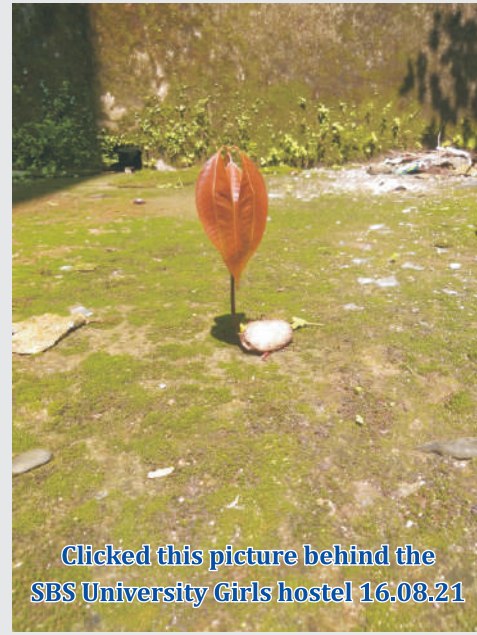
लघु कथा : जैसा कर्म वैसा फल

SUCCESS IN LIFE: STRUGGLE MAKES YOU BETTER

एक बार एक पिता पुत्र की जोड़ी पहाड़ पर सैर करने निकल गई। अचानक पुत्र का पैर पत्थर से टकराया और उसके मुँह से निकला, 'आह'! उसे 'आह' की प्रतिध्वनि सुनाई दी चीखते हुये उसने कहा "कौन हो तुम"? आवाज फिर गूँजी "कौन हो तुम" जवाब न मिलने पर उसने और जोर से चिल्लाते हुये कहा "कायर" उसे जवाब मिला "कायर"।

तब पिता की तरफ देखते हुये उसने पूछा कि यह क्या हो रहा है। पिता ने हँसते हुये कहा बेटा अब मैं जो कह रहा हूँ, उस पर ध्यान देना। फिर उन्होने तेज आवाज में कहा, "तुम चैम्पियन हो" आवाज कई बार गूँजी "तुम चैम्पियन हो"। पुत्र को आश्चर्य हुआ लेकिन वो समझ नहीं पा रहा था कि यह क्या हो रहा है। तब पिता ने समझाते हुये कहा, बेटा इसे प्रतिध्वनि (Echo) कहते है। लेकिन वास्तव में जिंदगी यही है, जैसा व्यवहार आप दूसरों के साथ करेंगे, वैसा व्यवहार लोग आपके साथ करेंगे। हम जीवन में वही पाते है, जैसा दूसरो के साथ करते है। यदि आप चाहते है कि लोग आपसे अच्छा व्यवहार करें तो आप यह उम्मीद तब करें जब आप उनके साथ अच्छा व्यवहार करें।

Dr. Pooja Naudiyal
Assistant Professor,
Department of MLT & MM



Clicked this picture behind the SBS University Girls hostel 16.08.21

Some are born with excellent facilities for survival and progress where as the others have to struggle even for the basic requirements for life. Generally it is seen that the latter ones become more successful. Saw this Mango sapling on my way to University mess this

morning.. The seed got no soil..no nutrients and no care at all. But look at the end this plant grew excellently and beautifully into a sapling.. Let us learn a lesson from this plant that if we are deprived of many basic facilities, the struggle will make us better than the others. But this will happen only if we have a strong determination to succeed under adverse condition.

Dr. Niki Nautiyal
Assistant Professor,
Department of Biotechnology & Biochemistry



Publications

1. Pankaj Bhatt, Geeta Bhandari, Damini Maithani, Kalpana Bhatt, Shandhya Bhatt, Rakesh Bhatt, Saurabh Gangola, Shaoua Chen (2021) Plasmid-mediated catabolism for the removal of xenobiotics from the environment. Journal of Hazardous Material. Vol 420, 126618 (available online).

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