



# University NEWS LETTER

# sbstimes

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## Editorial

Greetings to all!

The Editorial committee of SBS welcomes you all for the March issue. The third month of this year was full of raising awareness for women's rights, breaking down gender biasness, sharing happiness and joy with colors, conserving water, paying tribute towards our innumerable martyrs and many more.

*"Mere color, unspoiled by meaning, and unallied with definite form, can speak to the soul in a thousand different ways". ~Oscar Wilde.*

The splash of colors over each other, feast of scrumptious dishes and the zeal of celebrating the festival of colors is incredible, irrespective of the place people are living in. Just like that the students of Banda Bahadur boys hostel and Mata Gujri girls hostel chose to spend the festival holidays with the same joy and enthusiasm along with their SBS hostel families because of the upcoming end semester examinations.

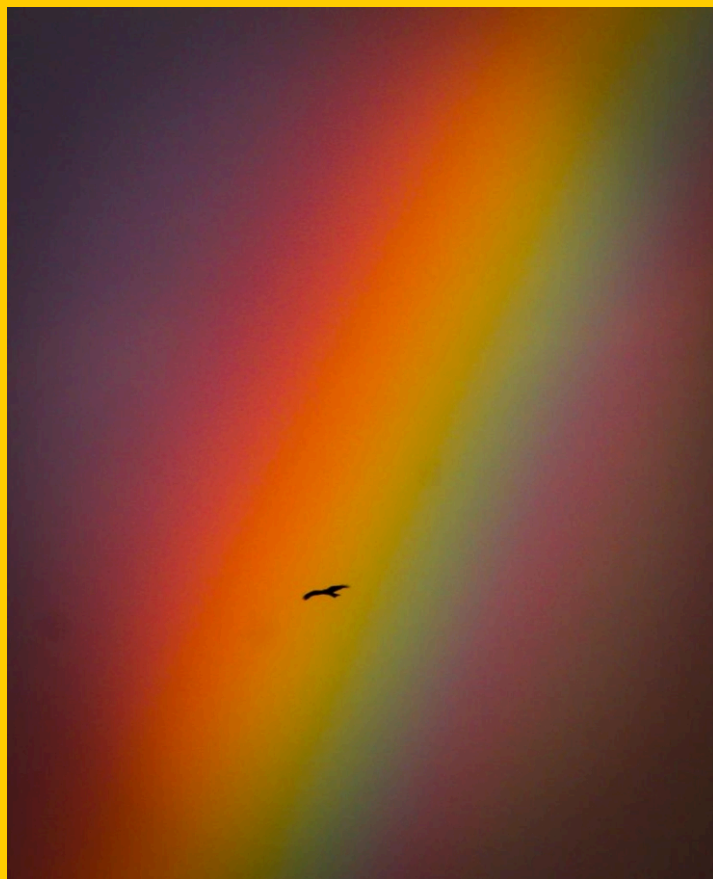
*"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." Mother Teresa*

As the world is still struggling under the dark shadow of this pandemic, let us all look for the positivity that surrounds us and spread smiles to once again rise and shine with everything that we got.

Happy Reading  
Editorial Board

## Photograph of the Month

### *The Impeccable Artist - Nature*



Kishlaya Raj  
B.Sc. Biotech  
III Year



## SBS University organized One Week Training Programme for B.Sc. Agriculture Final Year Students

Sardar Bhagwan Singh University, Dehradun organized one week training program between (2-8) March for B.Sc. Agriculture final year students at Anupam Agro, Kuanwala under Agro Industrial Attachment Program. During this programme, Mr. M. H. Mishra (Director, Anupam Agro) interacted with the students and explained the procedure and types of methods involved in production of compost. He also briefed about the production, storage and management of mushroom seed (spawn). Students got information about the use of boiling wheat, mixing of chemicals and use of polypropylene bags instead of glass bottles in the process of mushroom production. Students also came to know about the duration of long method (25-28) days and short method (15-20) days for compost preparation. Mr. Mishra explained about how short method of compost preparation was beneficial over the long method as mushroom can grown around any season using short method because of right temperature, humidity, CO<sub>2</sub>. Students also came to know about the medicinal and health benefits of mushroom. The program was coordinated by Mr. Anil Panwar (Program Coordinator) and Dr. Deepika Chauhan.



## Sardarni Harinder Pal Kaur and Mrs. Jyoti Singh inaugurates Girls Mess of Mata Gujri Girls Hostel

Sardarni Harinder Pal Kaur (wife of Late Founder Director Sardar Gurcharan Singh) and Mrs. Jyoti Singh (wife of the Chairman Gaurav Bharti Shiksha Sansthan Shri. S. P. Singh) inaugurated the newly designed Girls Mess of Mata Gujri Girls hostel of Sardar Bhagwan Singh University, Dehradun on 24<sup>th</sup> March, 2022.

Latest state of art facilities has been developed with wifi connectivity in the girl's mess ensuring comfortable dining and to spend time relaxing doing things as an opportunity to reduce stress or restore energy.

Present on the occasion were Capt. Nalini Mehrishi (Retd)- Hostel Warden, Ms. Urmi Chaurasia (Controller of Examination), Prof. Mamta F. Singh, Dr. Anupama Singh, Dr. Pooja Naudiyal, Dr. Niki Nautiyal, Dr. Neetu Pandey, Ms. Deepika Ahuja, and other female faculty and hostellers of the University.





## Workshop on HIV/AIDS Control



Students of PG MLT with Associate Professor Dr. Anil Kumar attended a Sensitization Workshop organised by Uttarakhand State HIV / AIDS Control Society of Department of Medical Health and Family Welfare , Government of Uttarakhand on 5/3/22

### STAFF COLUMN

## World Water Day

Water is a vital resource that mother nature has bestowed on earth. Water is important for all life forms as also for all vegetation. An adult body is made up of about 55 to 60 percent of water and every living cell needs it to keep functioning. In normal conditions, the human body can only survive three or four days without water. Water is life! If there is no water, there is no life. We need water to stay alive, yet there are billions of people all over the world who are facing scarcity of safe drinking water.

### World Water Day

The first World Water Day was celebrated in 1993. It was first proposed at the United Nations (UN) conference on environment and development in Rio de Janeiro in 1992 and has been celebrated annually on 22 March since then. Every year the UN releases its World Water Development Report on or around this date. Each year has a different theme, looking at things like the role of clean water in the world of work, ways to stop wasting water, finding ways to supply water to underprivileged groups and so on.

### “Safe water is a human right”

Clean drinking water is fundamental but it is also vital

for sanitation and hygiene. It is estimated that more than 700 children under the age of seven die every day from illnesses linked to unsafe water and poor sanitation. The right to water and sanitation was recognized as a human right by the UN General Assembly in 2010. However, there are still at least 2.1 billion people around the world who live without safe water in their homes. These include rural communities, people who have been displaced due to war and local conflicts and areas where climate change is making water more and more scarce.

### The problems that communities facing without water

Apart from the obvious health issues, a lack of accessible clean water means that people often women and children spend hours every day walking to and from distant water supplies. This means they don't have time to dedicate to work, studies and other domestic duties. The search for water becomes their main occupation and people who are not able to walk to get their own water are particularly vulnerable. For many people, access to water has become increasingly difficult due to increased demand for a finite resource. According to figures released by the UN, around 4 billion people nearly two-thirds of the world's population experience severe water scarcity during at least one month of the year. It is believed that by 2030 as many as 700 million people worldwide could be displaced by intense water scarcity.

### What are the solutions?

There are many charities working on creating sustainable supplies of clean water at a grass-roots level for different communities around the world, and this important work needs to continue and to expand but the fundamental problem of increasing demand for a limited resource can only be addressed by more efficient use of water, especially in industry and agriculture. Waste-water recycling, capturing rainwater, more efficient irrigation techniques and reforestation are all examples of how water can be used more efficiently.

Dr. Pooja Naudiyal  
Assistant Professor,  
Deptt. Of MLT & MM

Every year, March 8<sup>th</sup> is celebrated as International Women's Day around the globe. While Women's Day traces its history to feminist movements in Europe and America in the early 1900s, the day became mainstream after it was adopted by the United Nations in 1977.

In 1996, the UN announced "Celebrating the past, planning for the future" as the theme for Women's Day. Since then every year a theme is given to mark the celebrations and gender rights advocacy work. For 2022, the UN given theme is "Gender equality today for a sustainable tomorrow", which aims to recognize women who are working to build a more sustainable future.

This years International Women's Day theme was: "Break The Bias". This theme emphasizes on the value of, "A world free of bias, stereotypes, and discrimination. A world that is diverse, equitable, and inclusive. A world where difference is valued and celebrated." Empowering women is a great responsibility. It is necessary for gender equality. A society is better when women are not taken for granted and are given equal respect. In the olden days, women were confined to the home and were not allowed to step out of the house for work. Household chores were their only area of work. But today's society has seen a lot of changes. This generation values women and trusts with amazing responsibility. Women are given equal potential at work and are allows to stand among and sometimes ahead of men in many fields. Now women have started realizing their strengths and abilities are ready to step out of their home, contributing to the success of their home and the entire society. They are indeed making the world turn heads towards them. Before it was not possible and now it is possible and they are doing it today. We can see women reaching greater heights and even traveling to space, entering into all fields and are making success everywhere they go.

Today a woman is no longer dependent. She is self-reliant and Independent in every aspect and are capable of doing everything equal to men. We have to respect women not because of the gender, but for their own identity. We have to accept that both men and women contribute equally to the betterment of the home and society. It is the woman who brings life. Every women is special, no matter where she works at home or in office.

She is making a difference to the world around her, and most importantly, plays a major role in upbringing children and building a home. It is our responsibility to appreciate and honor the woman who are making success in their life and bringing success into the life of other women and those around her.

*"There is no limit to what we, as women, can accomplish."*

**Michelle Obama**

Layba Hussain Ansari  
M.Sc. MLT I year



## MENTAL HEALTH

Facing harassment throughout life

Mine heart feels like it's been stabbed by a knife

Scared of the cruel world

The mental pain lingers...

Or is it a deeper longing

That comes up time and again..

Pain burns a hole

Straight to my chest

I can't help but think

It would be for the best

But the wound I take

Much more to heart



For a scar will always leave a mark..

BHAWANA SHARMA  
M.Sc. MLT I year




# ACHIEVEMENT

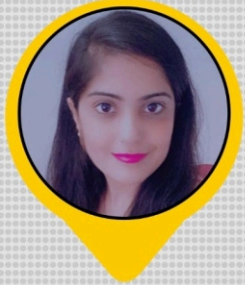
Ms. Anne Bhambri, Project Fellow and Alumni of the University in the School of Life Sciences, Department of Biochemistry and Biotechnology received the YOUNG WOMEN SCIENTIST EXCELLENCE AWARD-2022 for her contribution in Science & Technology Development from Uttarakhand Science Education & Research Centre (USERC), Govt. of Uttarakhand and a prize money of 11000/-.



DEPARTMENT OF  
**BIOCHEMISTRY & BIOTECHNOLOGY**

*Congratulations*  
**MS. ANNE BHAMBRI**  
for receiving  
**YOUNG WOMEN SCIENTIST  
EXCELLENCE AWARD-2022**

from  
  
**UTTARAKHAND SCIENCE EDUCATION &  
RESEARCH CENTRE (USERC)**



**ANNE BHAMBRI**  
(Project Fellow)

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