



University NEWS LETTER



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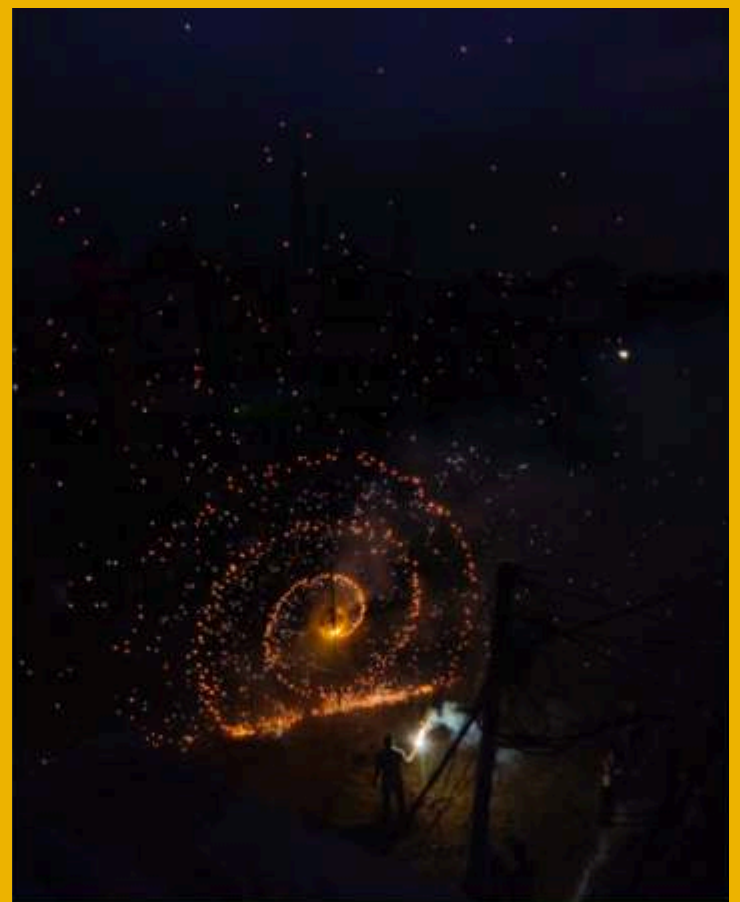
Editorial

The month of October is mostly observed as the month of festivals. First of all, let the editorial team greet you all on the occasion of festivals like Navratri, Dusshera and Deepawali which symbolize the victory of good over evil. May our readers life be filled with strength and you all continue to walk on the path of goodness and keep strengthening the nation.

Mother means woman and the woman is most beautiful creation of God on the earth hence the health of a woman should be our ultimate aim because if we want good society then the woman of every household should be healthy. Menstrual hygiene is the foremost necessity of a healthy woman. Though the use of sanitary pads during menstruation has been considered good for the health of a woman but now its negative effects are also coming to the fore. Keeping this in mind the SBS University has organized an awareness program on the use of plastic free sanitary pads, so our girls-the future of our society become aware about the undesirable consequences of sanitary pads using plastics and the benefits of the use of plastic free sanitary pads. So once again we wish you all a very happy and joyful festivals. May your life always be full of splendor, knowledge and positive ideas.

Stay blessed and Happy reading!!!!
Editorial Team

PHOTOGRAPH OF THE MONTH



Ms.Shagun Goyal
B.Pharm 7th Semester

TWO DAYS WORKSHOP ON PLYOMETRICS AND FUNCTIONAL TRAINING

Sardar Bhagwan Singh University, Dehradun organized two days workshop on Plyometrics and Functional Training for MPT first-year students from 30th September to 01st October. On this occasion alumni of the University Dr. Rohit Bahuguna, Director of Fitness and Allied Health Center, Noida was present as a resource person.

Prof. Maneesh Arora (Dean Students Welfare) and Prof. Reena Kumari (Head of the Department, School of Physiotherapy and Allied Health) welcomed Dr. Rohit Bahuguna with a memento as a token of gratitude.

The workshop mainly focused on the importance of plyometric exercise for the better improvement of coordination, fitness, and athletic performance. Dr. Rohit Bahuguna discussed the minute details of the technique through Hands-on Training. The program was coordinated by Prof. Reena Kumari and Dr. Niranjana Shah. The workshop came to an end with a formal vote of thanks given by Prof. Reena Kumari. All the faculty members and students were present during the workshop.



"AWARENESS PROGRAM ON USAGE OF PLASTIC FREE SANITARY PADS"

The School of Allied Health Sciences - Department of Medical Laboratory Technology and Medical Microbiology of Sardar Bhagwan Singh University, Dehradun organized "Awareness Program on Usage of Plastic Free Sanitary Pads" on Tuesday 18th October in collaboration with Care and Cure foundation, Dehradun.

Mrs. Poonam Sharma, Director of Care and Cure Foundation, Mr. Ashish Ranjan Chairman, Mrs. Sapna Hatwal, Coordinator and Mrs. Sangeeta, Incharge of the organization raised awareness on the carbon footprint which caused detrimental effects on the environment. This program increase awareness on usage of plastic free sanitary pads.

The guests were felicitated with memento by Ms. Urmi Chaurasia (Controller of the Examination), Dr. Pooja Naudiyal, Dr. Nidhi Belwal and Ms. Deepika Ahuja.

The program was coordinated by Ms. Saundarya Deepak.

The Care and Cure Foundation distributed plastic free sanitary pads to the female faculties, staff and students.



Investiture Ceremony and Inter-House Cultural Competition

Sardar Bhagwan Singh University, Dehradun organized Investiture Ceremony and Inter-House Cultural Competition on Saturday 15th October. The function was inaugurated with the lamp lighting ceremony by the Prof. Veerma Ram (Officiating Vice Chancellor), Prof. Maneesh Arora (Dean Students Welfare), and Ms. Urmi Chaurasia (Controller of Examination).

The program was started with the Investiture Ceremony of Captains, Vice Captains, House Captains and Secretaries (Clubs & Societies) of the University.

Mr. Prashaant Punjabi and Ms. Priya Singh were pinned badges of University Captains Boys and Girls, respectively. Mr. Bhupendra Singh and Ms. Meenal Jangid were emblamed with the badge of University Vice-Captains Boys and Girls, respectively.

The Inter-House Cultural competition comprised of various cultural and dramatic events such as Drama on Bhookh (Ajit House), 3D- Drugs, Dowry and Domestic Violence (Fateh House), Ek Aaina (Zorawar House), Demons of the Society (Jujhar House); Solo Song, Group Song, Solo Dance, Western Group Dance, and Folk Dance. Students showcased beautiful Rajasthani folk, Bihu, Bhangra and Bengali dance performances.

The event was judged by Prof. Reena Kumari, Prof. Vikas Singh Jadon, and Dr. C. Nithya Shanthi.

The first prize winners of various competitions were as follows:

Drama: Fateh House, Solo Song: Zorawar House, Group Song: Fateh House, Solo Dance: Ajit House, Western Group Dance: Zorawar House, Folk Group Dance: Zorawar House, Best House: Fateh House.

The program was coordinated by Capt. Nalini Mehrishi, Dr. Pooja Yadav (Convener- Cultural and Music Club), Dr. Maitri Chaturvedi, Mr. Naveen Singh, House Incharges, and the entire team of Cultural & Music club.

The function concluded with prize distribution ceremony to the winners.



STUDENT COLUMN

Festival away from home
A flood of memories rise in my head
As I sit back Every bit of them feels so fresh
As if they were archived in my heart.
Glancing out of my window
I see a family enjoying having so much fun
Memories of my family come rushing in
But then I realize..
May be my time is not right
To make my mood festive..
Away from home..
Away from loved ones
How I miss the love and joy we shared...

Bhawana Sharma
M.Sc. MLT III SEM

राजनिती का ईमानदारी वाला फरेब

राजनिती है जनाब, कोई ईमानदारी का खेल नहीं।
गीदड़ बनो क्योंकि शेर में फरेब नहीं।
ताकत जुबान में है, बाजुओं में नहीं।
दारु बाटा जाता है, क्योंकि रोटी में वोट नहीं।
राजनिती है जनाब ईमानदारी का खेल नहीं।
पैसे में जान है क्योंकि काम में विश्वास नहीं।
ढोंग करो क्योंकि वास्तविकता में विश्वास नहीं।
अनपढ़ भी देश चलाएंगे, क्योंकि डीग्री में जान नहीं।
आर्थिक स्थिति सुधारेंगे खुद की,
क्योंकि जनता को देने में लाभ नहीं।
पैसे विदेशी बैंको में है, क्योंकि भारतीय बैंकों में दम नहीं
वोट एक बार दे दो
फिर अगले तीन पीढ़ी के लिए पैसो की कमी नहीं।
राजनिती है जनाब ईमान का खेल नहीं।
सब नहीं खेल सकते,
सब नहीं खेल सकते।
क्योंकि सब में ईमान बेचने का दम नहीं।

Robin Jhinkwan
B.Pharm II yr



Dr. Atul Razdan S/O late Prof. B.K. Razdan, Ex. Director SBSPGI donated books of Pharmacy to the central library of SBS University. There were certain books which was authored by late Prof. Razdan himself.

Dr. M.K. Chakraborty earlier Ex. Department head MLT/MM and now visiting faculty also donated certain rare books related to medical and paramedical fields to the central library of SBS University. These donations of rare and original editions of books made our central library richer.

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