



University NEWS LETTER



sbstimes

Vol XI, ISSUE 10, APRIL, 2023

Editorial

The editorial team wishes our readers a very happy and prosperous Indian New year. The Indian New year is celebrated throughout India in different forms like Baisakhi, Gudi Padwa, Bihu, Vishu and many more . On this day people all over India pray to God for happiness and prosperity. The month of April was packed with the academic activities along with the fresh fluorescence of the spring flowers in the lawns of the University. SBS University believes in spreading jubilation with the value of knowledge and as a part of the curriculum many students were engaged in seminars and workshops by eminent speakers while others were enjoying their educational trips. In this issue of SBS times we bring you information on students achievements in various runs of life and campus news will also keep you engaged.

We wish our readers,

Happy Reading!!!!!!

Editorial Team

PHOTOGRAPH OF THE MONTH



Himanshu Singh
BMLT 4th Semester

National Seminar

School of Pharmaceutical Sciences & Technology, of SBS University, Dehradun organized a National Seminar on the topic “Professional Skills for a Successful Career in Pharmaceutical Industry” on 01st April (Saturday). The function was inaugurated with the lamp lighting ceremony by Prof. Veerma Ram (Officiating Vice Chancellor), Prof. Maneesh Arora (Dean Students Welfare), Capt. Nalini Mehrishi and other dignitaries.

The seminar was delivered by five speakers who are experts from various pharmaceutical sectors shared their knowledge and insights on the latest developments in the field of Pharmaceutical Industry and Professional Skills required to build a Successful Career.

The speakers included-

Mr. Sunil Chaudhary (Senior Drug Control Officer, FDA Haryana, on Deputation with Chandigarh Administration)

Mr. Ashok Kumar Goyal (Chairman, Onkar College of Pharmacy, Punjab)

Mr. Asif Imran (Associate Director Sales, MSD Pharmaceuticals PVT LTD)

Dr Kapil Joshi (General Manager, UNICHEM LABORATORIES LTD)

Mr. Rajeev Nayar (Sr. Director, QA FRESENIUS KABI ONCOLOGY LTD),

The event was attended by a diverse group of professionals, researchers, and students who showed great enthusiasm and interest in the topic. The seminar provided a platform for the participants to exchange ideas and engage in meaningful discussions on developing and improving professional skills with respect to the field.

Present on the occasion were Prof. Veerma Ram (Officiating Vice Chancellor), Prof. Maneesh Arora (Dean Students Welfare), Lt. Col R P Jugran (Deputy Registrar, Admin), Mr. Vipin Kumar Jain (Deputy Registrar, HR & Liaison) faculty, staff and students. The seminar was coordinated by Prof. Vikas Anand (Convener), Prof. Mamta F Singh (Organizing Secretary) and team.



Students Achievement



Ms. Sadhna Pant, M.Sc. Microbiology 2nd year awarded with Young Scientist Award at National Conference held at Gurukul Kangri deemed to be University, Haridwar in collaboration with Uttarakhand Council of Biotechnology (UCB) for presenting her work on Antibiotic Resistant Bacteria.

It is our pleasure to announce that the students have been selected in HI WELLNESS PRIVATE LIMITED, New Delhi. Heartiest congratulations to all and best wishes for bright future.



A Big Congratulations to Mr. Sandeep Negi student of Physiotherapy 1st year for participating in "Sarmang Dehradun" 10 k Marathon. He secured 1st position in 10k, 2nd in 5k and won another medal in the age category.



M.Sc./B.Sc. MLT students of attended two day seminar at PGIMER, Chandigarh on 14-16 April , 2023 on the occasion of World Biomedical Laboratory Science Day on the theme "Guardians of Quality and Patient Safety: Biomedical Laboratory Scientists". Students also participated and secured 3rd position in the quiz competition .

Anxiety

Not the people but the mind
Not the moment but the thought
Not the world but me and my thought
I'm scared of.... Strong but weak
Happy but then sad
Why has life dealt me this terrible blow
I used to feel great
But now I feel low
I'm so nervous, so scared
Of life's next challenge
Too many thought racing through my mind
Each one giving a reason to be afraid.

Bhawana Sharma
M.Sc.MLT 4th Semester



Is Donating Plasma Safe ?

Donating does a lots of good. Blood plasma is required for many medical conditions. These include treatments for immunological disorders, hemorrhagic conditions, wound healing and respiratory disorders as well as blood transfusions. Plasma donation is to collect enough plasma necessary for medical treatments. Donating plasma is mostly a safe process, but side effects do exist. Plasma is a component of your blood. To donate plasma, blood is withdrawn from your body and proceed through a machine that separates and collect the plasma. The other components of the blood such as the red blood cells are infused back to the patient.

Possible Risks and Wellness Tips

1. Protein Replacement with amino acid: Dietary and supplemental amino acid help building plasma protein supply.
2. Fatigue, Dehydration and Dizziness: Replenish your water and electrolytes to minimize feeling of dizziness and dehydration.
3. Bruising and Pain: Give your body time to heal from needle punctures by taking it easy.
4. Infection: Help your Immune system prevent infection with natural immunity aids and know when to see a doctor.
5. Arterial Puncture: Be sure to alert your technician if you think something is wrong at your puncture site.
6. Citrate Reaction: During a plasma donation, the technician will infuse a substance known as an anticoagulant into the blood collected in the plasma. This anticoagulant prevent blood clot in the body. Citrate binds calcium molecules. Because this effect is small and temporary, most people experience no side effects from citrate. However, a small number of people who donate plasma experience what's called a "Citrate reaction" results from the temporary loss of calcium.

Donating plasma is mostly a safe process with little side effects which can be treated. You can give plasma twice in any 7 day period, but no more than once in 48Hr.

Manisha Thapliyal
B.Sc. MLT IV Sem

Patron: Shri S.P. Singh, Chairman, Gaurav Bharti Shiksha Sansthan, Dr. Gaurav Deep Singh, Chancellor, Mr. Zorawar Singh, (Manager)
Publisher: Prof. Veerma Ram, Vice-Chancellor (O)
Advisors: Dr. Luv Kush (Academic Advisor), Ms. Urmi Chaurasia (Controller of Examination)
Editorial Board: **Chief Editor :** Dr. C.Nithya Shanthi; **Co-Editor :** Dr. Pooja Naudiyal, Ms. Saundarya Deepak
Members : Ms. Gauree Kukreti, Dr. Deepanshu Rana, Ms. Alka Singh, Mr. Ankit Pundir
Student Editors: **Student Secretary :** Ishika Tanwar; **Members :** Sheela Bist, Supriya Negi, Khushi Baweja, Bhawana Kandpal, Bhawna Sharma, Kajal Chamoli, Layba Hussain, Manisha Thapliyal,
E-mail : sbspjpublication@gmail.com/pcws.sbsu2018@gmail.com (for Editorial Board)