



University NEWS LETTER



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Editorial

The editorial team of SBS Times wishes you all a very happy festive season. The month of October at SBS University was marked by a series of significant celebrations and commemorations, each holding its own special significance in our cultural and historical landscape. Gandhi Jayanti on October 2nd served as a poignant reminder of the enduring relevance of Mahatma Gandhi's principles of non-violence and truth. It was a day of reflection and tribute, emphasizing the importance of adopting these timeless values in our lives. Lal Bahadur Shastri's birth anniversary was a momentous occasion, dedicated to honoring the indelible contributions of the former Prime Minister towards the progress and prosperity of India. Through speeches, events, and heartfelt tributes, his legacy was celebrated and his vision for the nation remembered. On October 7th, SBS University observed "Garh Bhoj Diwas 2023," a unique celebration focused not only on revelry, but also on fostering a deeper connection with the traditional & Millet crops of Uttarakhand. This day was dedicated to acknowledging and expressing gratitude towards those who have passed down this invaluable heritage. The festivities continued with Navratri and Vijay Dashami, both of which hold deep cultural significance. Navratri, a vibrant celebration of the divine feminine energy, brought communities together in spirited devotion to the nine forms of Goddess Durga. The colorful garbas and dandiyas resonated with joy and unity. Vijay Dashami, marked by Ramlila enactments and effigy burnings, symbolized the age-old battle of good versus evil, demonstrating the enduring power of courage and the ultimate triumph of righteousness. As this festive season draws to a close, the editorial team of SBS Times extends warm wishes once more for a period of continued joy, prosperity, and unity. May the spirit of these celebrations remain with you throughout the year, inspiring positivity and harmony in all that you do.

Stay blessed
happy reading!!!!
Editorial team

PHOTOGRAPH OF THE MONTH

The lost path of an yogi , he wanders and wanders the Himalayas to seek truth that is present in himself only.



Arnab Ganguly
B.Pharm Final year

Guest Lecture

Department of Agriculture Sciences organised the first Industrial-Academia Lecture on the 'Current Scenarios of Mushroom Production and Industrial Prospects in Agriculture and Allied Sciences' on 3rd Oct 2023. Speaker was Dr M.H Mishra Managing Director of Anupam agro Dehradun, Former Manager of Flex Food Ltd. Dehradun.



Physiotherapy Services at- DCDCU & WAKO

Department of Physiotherapy served at the 1st DCDCU All India State Championship 2023 under the aegis of Department Cricket Development Committee of Uttarakhand from 30th September to 4th October 2023. The tournament took place at various venues like Asmeet Cricket Ground Dudhli Doiwala, Doon Baluni Cricket Ground Majra Dehradun and Aryan Cricket Academy Gajjawala Dehradun. Students provided their expert Physiotherapy services at the tournament.



Department of Physiotherapy served at the WAKO India National Kickboxing Championship 2023 which was held at Parade Ground from 2nd & 3rd October 2023, Organised by National Kickboxing Federation N.G. and hosted by Uttarakhand Kickboxing Association.



Laurel's At Dehradun Zoo

Students from Creative arts society participated in the Slogan Writing and Mehendi competition organized by Dehradun Zoo during celebration of wildlife week on 1st & 7th Oct 2023. Ms. Preeti (B.Pharm) secured III position in mehendi category & Mr. Robin (B.Pharm) secured II position in slogan writing category. The students were awarded the Prize from Mohan Singh Rawat (Forest officer) and Charan Singh Pal (Forest officer)



Garh Bhoj Diwas

Sardar Bhagwan Singh University graciously celebrated GARH BHOJ DIWAS 2023. This event, held in the University campus, brought together students, faculty, and distinguished guests for a day filled with educational and cultural activities. The highlights of the event were an essay writing competition, where students showcased their literary prowess by delving into the topic of 'GARH BHOJ DIVAS.' Guest lecture was also organized by speaker Dr. R. K. Bhatt (ARS/ Former Director, ICAR-CAZRI Rajasthan). He shared profound insights into the historical context and cultural significance of GARH BHOJ DIWAS, enriching the audience's understanding of this auspicious day.



Inter House Debate Competition

The Debating Society organized an Inter House Debate Competition on Friday 13th October, 2023 on the topic: "Cameras on Drones: Effective in Maintaining Security in Public Spaces or Violation of Security". The debate competition was judged by Prof. Reena Kumari, Prof. Arun K Mahato and Dr. Nidhi Belwal. Mr. Vaishnav Amoli (Fateh House) and Ms. Shikha Bisht (Ajit House) won the first prize and Fateh House received the Best Team trophy. The program was anchored by Ms. Shweta Thakar and Ms. Surekha Mandyal.



GARBA NIGHT

The Cultural and Music Club of Sardar Bhagwan Singh University organised Garba night on 21st October 2023, on the occasion of Navratri and Vijay Dashami. Mrs. Jyoti Singh (Wife of Hon'ble Chairman), Mrs. Sheetal Singh (Wife of Hon'ble Chancellor) were present among the University staff, faculty members and students. Each and everyone enjoyed this program a lot.



SPIC MACAY

The Cultural and Music Club illuminated the stage with a mesmerizing performance of the traditional Purulia Chhau dance on the evening of October 20th, 2023. The event was organized by the dedicated team of SPIC MACAY enthusiasts, was a vibrant celebration of this martial arts-derived art form. Purulia Chhau dance, renowned for its vivacity and rich colours, was presented by the talented Shri Tarapad Rajak and his group of 15 exceptional performers. The ensemble included accomplished dancers who transported the audience into a world of rhythmic delight and artistic excellence. This event not only celebrated the rich heritage of the Purulia Chhau dance but also highlighted the university's commitment to promoting and preserving India's diverse cultural traditions.



Anti-Drug Awareness Campaign

Anti Drug Cell in collaboration with Sahyog Society recently hosted a powerful Anti-Drug Awareness (Interactive) Campaign, dedicated to shedding light on the dangers of drug addiction. The event's highlight was an enchanting musical performance by the talented PraKriti Band, which set the perfect tone for the day. Dr. Saloni Gupta (Licensed Rehabilitation Psychologist, Max Speciality Hospital) led an engaging and informative interactive session, sharing her valuable insights on combatting drug addiction. Dr. A.S. Uniyal (Chief Guest), in his address, emphasized the significance of leading a drug-free life and encouraged the students to make responsible choices.



Educational Tour

On 21 October 2023 students visit 5th Largest Asia Indo Himalayan Expo. To expose practical real life situations in Agro Industrial Start-ups and FPOs. During this, students gathered information by visiting the stalls of about 40 government agencies like CSIR, ICMR or ICAR and 40 new start-ups/FBOs like DRDO, IISWC, IIT Rurkee, APPEDA, etc.



On 25th October students from the Department of Microbiology and Agriculture visited Lil Farms, Dhoolkot. During the visit, students explored and learned about mushroom cultivation, poultry management and organic farming system.



4th International Science and Technology Festival

Students from the B.Sc. Biotechnology and M.Sc. Biotechnology/Biochemistry programs actively participated in the 4th International Science and Technology Festival-2023, which took place from October 27th to 29th. This event was organized in collaboration with USERC, UCOST, ONGC, and the SEED Division, under the auspices of DIT University, and featured two major activities: the "Science Poster Competition" and the "Space Science Quiz."

The themes for the poster competition included Health, Environment, Food Habits, Saving Earth, Water Conservation, Energy Conservation, and Climate Change. Moreover, our students engaged in an interactive session titled "Green Energy Conclave" with Mrs. Ranjana Raj, an IAS Officer and the Director of the Uttarakhand Renewable Energy and Development Agency, along with Y.V.R. Vijay, the COO of Suzlon Global Services. This session delved into discussions on topics like Green Hydrogen and Renewable Energy.

We take great pride in the achievements of our students, as one SBSite secured a prominent position and received a cash prize in the "Science Poster" category, while two others excelled in the "Space Science Quiz." It's noteworthy that a substantial number of students, with a total of 1022 and 4000 participants in each competition, represented Uttarakhand in these competitions. Our students impressively secured places among the top 30 participants in each competition, and all of them were awarded Certificates of Participation for their outstanding contributions.



Alumni Talk

Training & Placement Cell organized an Alumni Talk with the theme "Dream to Reality: The Startup Expedition". The event featured three prominent speakers (Alumni SBS) who shared their insights and experiences in the world of startups and entrepreneurship. Dr. Subodh Mor (Director, SMOR's Health Care and President of The Sports Rehabilitation Association of India) started the proceedings with an inspiring speech. The second speaker, Mr. Jatin Wadhwa (Business Manager, AICE Health Care Pvt. Ltd) continued the discussion, offering his expertise in the field of healthcare startups. Mr. Udit Chauhan, Director (Micronz Incorporation) wrapped up the event with the final session, sharing his entrepreneurial journey with the eager audience. In addition to the enlightening talks, there was a briefing by university alumni, providing students with a firsthand account of their experiences in bringing their startup dreams to reality.



PHYSIOTHERAPY WORKSHOP

School of Physiotherapy and Allied Health had organized a workshop on 28th October 2023, Topic “Neuro Developmental therapy and Pediatric Neurology” Dr. Harihara Prakash, an eminent and experienced guest faculty acted as resource person. Prof. (Dr.) Harihara Prakash is currently principal at the KM PATEL INSTITUTE of physiotherapy, Bhaikaka University, Karamsad Anand, Gujrat. The interactive session comprised of, assessment methods discussion, demonstration of various facilitation techniques of NDT in children of Cerebral Palsy.



Department of Physiotherapy served at the State Level Athletics Championship organised by Department of Education, Dehradun Uttarakhand from 28th to 30th October 2023 at Maharana Pratap Sports College, Raipur, Dehradun. Also distributed about 500 dozens of bananas for athlete, participant and official present over there.



Faculty Achievement

Heartiest Congratulations to Dr. Mamta F. Singh (Professor & HOD) for being awarded “Dr. Sarojini Naidu International Award for Working Women 2023” on 26th Oct, 2023 by “ICMEI, Asian Academy of Arts and International Women's Film Forum in 9th Global Literary Festival held at Film City Noida”.



Volley Ball Tournament

Inter house volleyball tournament boys and girls held on 19th and 20th of October inaugurated by Vice Chancellor

Inter house volley ball boys Result

1st position - Jujhar House

2nd position- Fateh House

Best Player- Harsh Choudhary (BPharm 7th sem)

Inter house volleyball girls

1st Position - Zorawar house

2nd position- Ajit House

Best player- Khushi Baweja (B.pharm 5th sem)



Banda Singh Bahadur Ji Jayanti celebration

Banda Singh Bahadur Ji Jayanti celebration at Boys hostel on 27 October 23.

Program start by the welcoming of Chief Guest Followed by the speech on history of Banda Bahadur Singh Ji Drama perform by the student of hostel showing the life of Banda Bahadur Singh Ji.



Me and my Esperanza

Me and my Esperanza

In shadows deep, where silence reigns,
A soul in turmoil, consumed by pains.
Within the maze of thoughts confined,
A fragile mind seeks peace to find.
In whispers lost, unheard distress,
A heart weighed down by heaviness.
The storm inside, a tempest's wail,
Fights unseen battles, beyond the pale.
O, how the echoes softly weep,
In lonely nights where sorrows seep.
The fragile threads that bind the soul,
Struggling to find a path, a goal.
Yet hope resides in gentle hues,
In understanding, in empathic views.
With kindness's touch and love's embrace,
Healing begins, a sacred space.
Let empathy be the guiding light,
To navigate the darkest night.
Together, hand in hand, we stand,
Embracing minds, restoring land.
Let patience bloom, let stigma fade,
Let every voice be gently swayed.
For in the symphony of humanity's health,
Lies the power to restore, to cherish wealth.
So let compassion paint the skies,
Where mental health finds its sunrise

नहीं रुका है अभी कुछ

नहीं रुका है अभी कुछ, तुम क्यों मुरझाये हो
मुरझाये जो हो तुम, क्या इतना सताये हो ।
थोड़ा गलत कर दिया रुको अब, फिर सुधर जाएगी
नई शुरुआत है बाकी, थोड़ा रुको अभी ।
आगे बढ़ेंगे साथ मे थोड़ा रुक जाओ अभी
खतम कर दोगे ये जीवन जो है बहुत कीमती,
माँ बाप है समाज है उनके लिए ही जी लो अभी
थोड़ा रुको अभी, फिर सुधर जाओगे तभी
तुम तो जाओगे पर अपनों को रुलाओगे
थोड़ा सा ही आशु बहे है, अब उन्हें हसाना है बाकी
अब जीना है ये जीवन, छोड़ कर ये ऐब पुराने ।
नया ये रस्ता जो खुला है, यही है मंजिल के ठिकाने
थोड़ा रुको अभी ये जो गई, ठोकर लग गई ।
पैर में लगी, रुला के गई,
छर्द दे गयी पर जाते-जाते जीवन,
जीना सिखा गई
थोड़ा सुधर जाओ अभी, जी लो अभी ।
मुझाओ मत मेरे दोस्त,
छरवाजे पे नयी शुरुआत आ गयी ।

Rahul Kathait
M.Sc MLT 3rd semester

Robin Singh Jhinkwan
B Pharm 3rd year

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