

Editorial

June is a pivotal month in the academic calendar, a time that demonstrates the flexibility and determination of students. With exams at the forefront, it marks the culmination of a year's hard work. This period is often characterized by intense study and long nights, serving as a critical time to assess both academic progress and personal growth.

While challenging, exams offer an opportunity to reflect on the knowledge and skills gained throughout the year. However, the pressure can sometimes overshadow the importance of maintaining balance. It's vital to remember that exams are just one measure of your capabilities. Prioritising self-care alongside studying is crucial for navigating this stressful period.

As June concludes and exams end, students find relief and the excitement of summer vacation. With a renewed sense of hope and a desire to succeed, they head home for a well-deserved break.

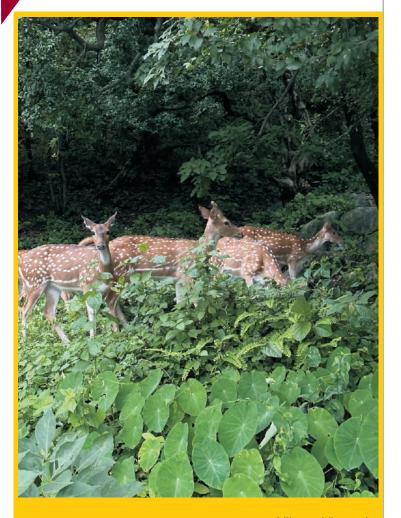
July brings the peak of the rainy season, providing a welcome respite to the environment. This month invites us to appreciate both the beauty and the power of rain, which can sometimes lead to landscapes and destruction. We embrace the warmth of summer, enjoy the refreshing downpours, and celebrate the simple joys that make this month memorable.

The end of summer break signals a fresh start: a new academic session with new admissions, a new wave of returning students, and a renewed sense of hope and determination to succeed at SBSU.

Happy Reading! Editorial Team

PHOTOGRAPH OF THE MONTH

Vol XIII, ISSUE 11-12, June-July, 2025



Vihaan Virmani B.Physiotherapy 5th Sem

Expert Talk

Empowering Minds Through Science & Technology

The School of Applied Chemistry & Basic Sciences successfully organized an insightful guest lecture by Dr. Manmohan Rawat, Head of R&D , UCOST Dehradun, on 03 June 2025, on the topic "Applications of Remote Sensing (RS) and Geographic Information Systems (GIS) in Integrated Water Resource Management (IWRM)".

The session shed light on the importance of advanced tools like RS and GIS in sustainable water management. Heartfelt thanks to Dr. Bowet for his agriculture.





International Yoga Day 2025

SBS University, in collaboration with NCC, successfully celebrated International Yoga Day with a special yoga session held on the lush green University Campus Lawn The session, which began at 6:45 AM, witnessed enthusiastic participation from students, faculty, and staff who embraced the morning with mindfulness and positive energy.



World Environment Day 2025

On this special occasion, Sardar Bhagwan Singh University, reaffirmed its commitment to a greener and more sustainable future.

Key Highlights:

- Encouraging alternatives to plastics
- Promoting the use of bicycles
- Organizing more plantation drives
- Advocating the use of bioenzymes

The celebrations also emphasized the segregation of biodegrables and non-biodegrables waste. A plantation drive was organized, and an initiative was launched to store food and water for birds fostering harmony with nature.



Chabeel

In every drop, a prayer...

While the scorching sun blazed above, the hearts of the SBS University family stayed cool with compassion.

Braving the extreme heat, our team came together to serve refreshing drinks to travellers, children, bikers, and pedestrians — spreading care, one glass at a time.

Because true education is not just in books, but in serving

humanity.



GPAT QUALIFIERS



Chauhan



Ankita Sarkar

Mohammad **Imamuddin**



Santosh Negi

Congratulations

on qualifying

GPAT (Graduate Pharmacy Aptitude Test) examination

Congratulations



Congratulations

Dr. Deepanshu Rana

Assistant Professor Department of Microbiology for being selected as **Vice-President**

(2025-26),Uttarakhand for **Microbiologist Society** of India (MBSI)





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Physiotherapy Servives

STATE BOXING CHAMPIONSHIP

Multipurpose Hall, Parade Ground, Dehradun Gloves on. Heart racing. Physio team is ready.

From June 7–10, the SBS University Physio Team proudly served ringside at the Uttarakhand State Boxing Championship 2025.

Our MPT Sports students were on the frontlines—taping, treating, and keeping fighters prepared for every round. In the corner where strength meets science, we stood for recovery, resilience, and real-time care.



Proud Moment for SBS University!

Six NCC cadets from SBSU (11 UK Battalion) have qualified for the IGC exam at CATC Camp, Ranibagh (July 24 – Aug 2, 2025)! **Outstanding Performances:**

Renu Adhikari – Obstacle Training Riya Gusain, Tamanna Rawat, Pradeep Negi – Firing Sandeep Negi, Aakash Chauhan – Health & Hygiene Congrats to our cadets for their dedication and success! Keep making SBSU proud!





PLACEMENTS





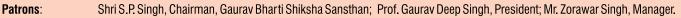
FACULTY ACHIEVEMENTS

Publications

- Sharma, K., Kumar, A., Sharma, A., &Sanduja, M. (2023, November). Favipiravir: A Promising Nucleotide Analog for Treatment of COVID-19. In (Ed.Nihal Anwar Siddiqui, Mohammad Moizuddin, Anil Kumar Gupta, Akbar Ziauddin, Prasenjit Mondal) Advances in Disaster Management Springer Nature, (pp. 31-45), Singapore.
- Bhandari, K., Nautiyal, N., Bhandari, G., Dhasmana, A., Gupta, S., Gangola, S., Kumar, S., Khan, A.A., Fatima, S. and Kumar, P. (2025). A comparative investigation of ultrasonication and magnetic stirring methods for green synthesis of zinc oxide nanoparticles using *Punica granatum* peels. Scientific Reports, 15(1), 24869.
- Arora, V., Kumari, R., and Kamboj, P. (2025). Effectiveness of Pilates-Based Core Strengthening in Improving Flexibility and Quality of Life in Young Adults with Patellofemoral Pain Syndrome— A Randomized Control Trial. International Journal of Preventive, Curative & Community Medicine, 11(3&4), 1-5.
- Kesharwani, V., Kumari, R., Manghnani, K., Sharma, A., Yadav, M., and Pandey, A. (2025). Electromyography
 Activity of Biceps and Triceps Muscles in Concentration Curl and Kickback Exercise among Young Healthy
 Individuals.International Journal of Medical and All Body Health Research, 6(3), 26-31.
- Negi, P., Sen, A., Rawat, P. And Panwar, A. (2025). Agroterrorism: A Novel Bioweapon of the 21st Century. Times of Agriculture, 5(6), 1-20.
- Alghamdi, S., Qusty, N.F., Maulana, A., Ajmal, M., Khan, M., Mahato, A.K., Verma, S. and Asif, M. (2025). Recent Developments in Structurally Diverse Anti-Tubercular Drug Molecules and Their Molecular Targets against Mycobacterium tuberculosis. Russian Journal of Bioorganic Chemistry, 51(4), 1385-1431.
- Dr. Reena Rani (PT), Dr. Vishal Verma (PT) and Dr. Mohit Bhatt (PT) Published a Book, "Functional Neuro Rehabilitation" in Kavya Publication.



Research, Awards & Publications



Publisher: Prof. (Dr.), J. Kumar, Vice-Chancellor

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