

- 2** Stress Management **2** Faculty Achievements **3** Live Moments **4** New Joinings **4** Placements
Alumni Speaks

Editorial

It is matter of honour to bring out this issue of newsletter, with lots of passion and glee, for this month in the 20th year of this glorious Institution. The month of November witnessed the birth anniversary of our Founder Director, a man who lived ahead his time and built one the best institutions of biomedical sciences. Benjamin Franklin once said, *"If you want not to be forgotten, either write things worth reading or do things worth writing"*. It would not be an overstatement to say that our Founder Director led a life worth writing and remembering. On behalf of the editorial board, I would like to congratulate the family of SBS for stepping into the 20th year of its splendid odyssey.

The issue dedicates a few words of remembrance for our Founder Director and highlights the past month's events like *faculty achievements, student activities* and the verdict of our alumni in *alumni speak*. Further, I would like to thank all those who have contributed to the SBSTIMES so far and encourage students to maintain their fervour of contribution to the newsletter. Together we will strive for the best and settle for nothing less!

Regards, Editorial Board

A TRIBUTE TO OUR BELOVED FOUNDER DIRECTOR



S. Gurcharan Singh
Founder Director and Chairman
(1940-2005)

"If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people"

Satguru Nanak Pargatya, Miti Dhund Jag Chanan Hoya

The 545th birth anniversary of Shri Guru Nanak Dev ji was celebrated with devotional spirit on 17th November, 2013. This auspicious day was also celebrated as the 74th birth anniversary of our beloved founder director Late Sardar Gurucharan Singh Ji.

The event began with the samapti of Shree Akhand Path followed by shabad kirtan by Ragi Karan Singh ji and the Institute students. The hymns of the holy shabads sung in melodious voices raised the spirits of the audience to a blissful state. The programme ended with distribution of Prasad followed by "Guru Ka Langar".

Dr. Manjeet Kaur
Asst. Prof., Dept. of Chemistry

Prof. GRS Bisht delivered a guest lecture on “**Rapid Microbiological Methods in Pharmaceutical Industries**” on 6th October, 2013 in a Workshop on “**Advanced Microbiological Techniques in Pharmaceutical Industries**” organized by Gurukul Kangri Viswavidhyalaya, Haridwar.

Prof. GRS Bisht invited by **National JALMA Institute for Leprosy and other Mycobacterial Diseases, AGRA (Indian Council of Medical Research)**, to be associated in a R&D Project as Co-investigator for his contribution in plant taxonomy and antimicrobials.

Ms. Priyanka Bhat, Ms. Apoorva Agarwal & Ms. Gauree Kukreti, Assistant Professor, Deptt of Pharmaceutical Sciences, participated as delegate in one day seminar on “**Concepts & Career pathways in Pharmacovigilance**” held on Nov. 18th 2013 at GRD (PG) Institute of Management & Technology, Dehradun.

publications

Singh, S., Gupta, A.K., Gupta, S., **Gupta, S.** and Kumar, A. (2013). Surface Plasmon Resonance (SPR) and cyclic voltametry based immunosensor for determination of teliosporic antigen and diagnosis of Karnal Bunt of wheat using anti-teliosporic antibody. *Sensors and Actuators B*. doi.org/10.1016/j.snb.2013.10.049 (Elsevier) Impact Factor 3.668.

Mohan, M., Singh, P., Gupta, V.K., Lohani, H. and **Gupta, S.** (2013). Chemical composition of *Selinum tenuifolium* Wall ex C.B. Clarke: A new source of alpha-bisabolol from north western Himalayas. *Journal of Essential Oil Bearing Plants*, 16:4,439-442. (Taylor & Francis) Impact Factor 0.32.

Singh, S., **Gupta, S.**, Gupta, A. K., Singh, M. and Kumar, A. (2013). Surface plasmon resonance sensogram based characterization of antibodies raised against intact Teliospores and purified diagnostic antigen for development of nano-immunosensor for fungal spore antigen of Karnal Bunt (*Tilletia indica*) of wheat. *Proceedings of National Academy of Sciences, India, Sect. B Biol. Sci.* DOI 10.1007/s40011-013-0176-8 Springer.

Sundriyal, A., Reddy, V. B., Kalia, A.N. (2013). Antiepileptic potential of *Anisomeles indica* (Linn.) Kuntze aerial parts in pentylenetetrazole- induced experimental convulsions in wistar rats. *Indian Journal of Experimental Biology*. 51: 715-720.

Kumar, V., **Bisht, G. S.**, Gusain, O. P. (2013). Terrestrial actinomycetes from diverse locations of Uttarakhand, India: Isolation and screening for their antibacterial activity, *Iranian Journal of Microbiology*. 5 (3):299-308.

Awasthi, A. K. , Kishore, K. , **Bisht, G. S.**, Awasthi, S. (2013). *In vitro* Antibacterial and Antifungal Activity of *Carissa opaca* Stapf ex Haines. *International Journal of Current Pharmacy Research*. 5 (3): 15-18.

stressmanagement

Stress is the body's automatic response to any physical or mental demand placed on it. Anything that poses a challenge or a threat to our well-being is a stress. Ultimately how a person reacts will decide how **Stress** will affect him? This means that whether we get “**stressed out or not**” depends mainly on us. Stress can also be defined as the reaction people have to excessive pressures or other types of demands placed upon them and they worry that they can't fulfil these demands. Thus it occurs when the pressure is greater than the resource. Stress can be expressed as -

$$S = P > R$$

Where S – Stress; P – Pressure and R- Resource

We generally use the word "stress" when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Thus people feel stressed -

- When a situation/condition is not acceptable to us
- When we want to do/get something but are unable
- When our ego is hurt (feedback, comments, criticism...)
- When we lose something which we feel important

Stress is mostly due to worry about past and fear of future. It generally is not about present moment. It is always due to the sensitivity of mind since different people 'feel' different stress levels for the same situations.

The terms "**stress**" and "**a stressor**" are different. While a stressor is an agent or stimulus that causes stress, stress is the feeling we have when under pressure. Some examples of stressors are noises, unpleasant people, a speeding car, excessive workload etc. Situations, activities, and relationships that cause 'trauma' to our physical, emotional, or psychological self also contribute to stress. The more stressors we experience, the more stressed we feel. Stressor can either be external or internal.

TYPES OF STRESS

Some stresses get us going and they are good. Without any stress at all, people many say our lives would be boring and would probably feel worthless. However, when the stresses undermine both our mental and physical health they are bad. Moderate levels of stress may actually improve performance and efficiency. While too little stress may result in dullness, too much stress may cause an unproductive anxiety level. Stress can be negative or positive. Thus stress is not bad always.

STRESS MANAGEMENT – Follow ABC Strategy

A = AWARENESS - What causes you stress? How do you react?

B = BALANCE - There is a fine line between positive / negative stress. How much can you cope with before it becomes negative?

C = CONTROL - What can you do to help yourself combat the negative effects of stress?

STRESS MANAGEMENT TECHNIQUES

- Change your thinking - Re-framing, Positive thinking
- Change your behaviour - Forget powerlessness, dejection, despair, failure. Stress leaves us vulnerable to negative suggestion..so focus on POSITIVES - Focus on your strengths, Learn from the stress you are under, Look for opportunities, Seek out the positive – and make a change.
- Change your lifestyle
- Follow meditation

Prof. F. C. Garg
Head, Dept. of Microbiology

PHARMACY WEEK CELEBRATIONS



National Pharmacy Week (17th -24th November 2013) was celebrated with immense enthusiasm and zeal among the students and faculty of Department of Pharmaceutical Sciences. Events Organized were:

Poster Competition: 21st November 2013

- 1st Prize:** Sanjit Singh, B. Pharm, 5th Semester
- 2nd Prize:** Kushali Duneja, B. Pharm, 5th Semester
Priyanka Sirswa B. Pharm, 5th Semester

Quiz Competition: 21st November 2013

- Winning Team:**
Rajan Saini, Ankit Dabral, Anoop Negi,
Manisha Pokhriyal and Virendra Bargali



The gala event ended with a street play at Institute lawn titled "**Hum Honge Kamyab**" to express the role of Pharmacist in health care.

MAIN BAWAVRI CHANN KI

It was a visual treat for all SBSITES when Shailnat Theatre group, Karnataka, performed a dance drama titled "*Main Bawavri Chann Ki*" on 14th Nov, 2013 in the Institute. The dance drama was directed by Shrish Dobhal, a post graduate from National School of Drama and Founder and Director of Shailnat Group and coordinated by the Cultural and Dance Club, SBSPGI.

The Shailnat Group was on a national tour "*Shiva Desh Sanchar*", which has been started to pay homage to the departed souls of the Uttarakhand tragedy that struck Uttarakhand in June, earlier this year. It was also an effort to pay homage to Sri Shiva Kumara Shiva-charya Swamiji (1914-1992), the writer of the play. The tour started on 8th Oct, 2013 from Sanchali, Karnataka with an aim to perform 62 shows at 34 cities across 17 states covering a distance of 10,058 km across India.



INTER-HOUSE DEBATING COMPETITION

Will the Food Security Bill Resolve the Problems Faced by the Poor Realistically

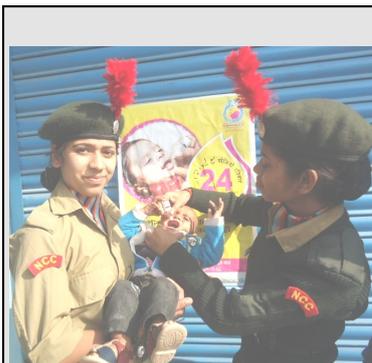
In the competition, the participants of the four houses of the Institute showed their debating talent and enlightened the audience by their thought provoking views in favour and against the notion. Favoursing the food security bill, the participants stated that in present scenario, basic commodities like wheat, rice, flour etc would be in the reach of every single individual while opposing the bill, opponents reviled the flip- sides of the bill by stating that it is just a gimmick presented by the ruling government to tempt the vote bank. Both the sides supported their views with latest facts and figures.



- 1st Prize**
Sukanya Dixit
Jujhar House
- 2nd Prize**
Naveen Mehra
Zorawar House
- Best Team**
Jujhar House
Sukanya Dixit
Sachin Dimri

OVERALL WINNER: JUJHAR HOUSE

polio camp



Keeping sync with the aim of National Cadet Corps of selfless service to the nation, Cadets of Sardar Bhagwan Singh Post Graduate Institute of Bio-medical Sciences and Research Balawala, Dehradun attended a polio camp being held on 24th of November 2013 under the guidance of ANO Capt. Nalini Mehrishi. The camp took place at 17 sites in Balawala Panchayat region including Miyawala, Sanik Colony, Jogiwala, Lakshmansiddha mandir, etc.

new joinings



Ms. Aprajita Bhardwaj
Assistant Lecturer,
Department of MM/MLT

M.Sc. Biochemistry (HNB Garhwal Central University, Srinagar, Uttarakhand)



Mr. Ravi Vashistha
Assistant Lecturer,
Department of MM/MLT

M.Sc. Medical Microbiology (MGM, Medical College, Navi Mumbai)

placements



Ms. Sabrin Sultana

M.Sc. Biotechnology
Class of 2013

Selected for R&D Section, **Panacea Biotech. Ltd.** New Delhi, through BCIL. India's progressive research based health management company.

alumni speaks

While I was doing my bachelors in Physiotherapy from SBSPGI, I used to crib a little about its strictness, so much discipline and regular classes unlike many other colleges in which the students used to roam about freely without any classes. But as I started doing my internship, I realized the value of that discipline, those classes and that invaluable knowledge, I could answer better, assess and treat the patients better. But this was only the academic part of it, my parents and I also could feel a change in my personality for the better. I am more confident in my approach towards life in general, more groomed than before, and more positive in my attitude. I have developed a balanced and a mature approach towards everything I think and do. Meeting so many new people from all strata of the society and from all walks of life, administrat-

ing and organizing events and addressing a wide range and amount of audience all the confidence that was inculcated in me during my 4 years of life at SBSPGI has and is helping me grow both individually and professionally.



Dr. Guneet Kaur PT
B.P.T., Class of 2008
Assistant Professor, (Cardio),
IP University, New Delhi

Patron: Shri S.P. Singh, Chairman, Gaurav Bharti Shiksha Sansthan
Publisher: Dr. Gaurav Deep Singh, Managing Secretary, Gaurav Bharti Shiksha Sansthan
Advisors: Brig. (Retd) P.P.S. Pahwa (Additional Director), Capt. J.S. Gill (Retd), (Advisor Administration), Dr. Luv Kush (Academics Advisor).
Editorial Board: Dr. Vikash Singh Jadon, Dr. Rina Rani Singh, Dr. Vishal Rajput, Dr. Umar Arfath, Dr. Chitra Kapoor, Dr. Richa Gaur.
Student Editors: Sonali Gaur (Secretary), Deepika Khanna, Sheetanshu Saproo, Pooja Tiwari, Mansi Gaur, Kajal Kalra.

sBs
DEHRADUN
www.sbspqi.edu.in
(NAAC Accredited)