

2 Faculty News Publications **3** Live Moments **4** Live Moments **5** On The Front Foot **6** Live Moments **7** National Debate **8** Alumni Corner

Editorial

As I sit to write the editorial note I realized, February has been a month full of activity, colour and creativity. There has been an array of events that took place throughout the month. Basant panchami was evident, as the gardens were in full bloom so were the students of SBSPGI in full swing preparing for the annual day celebrations. While some got busy for the annual day, others were packing bags for their educational trips.

The sequence of activity ranged from concluding meet of annual sports, the 'SAPTRANG' which encompassed rangoli competition, collage and card making, face painting, photography competition. There was a rejoicing melody of the old days in the air as the old pals relived the moment back in the Institute at Grand Alumni Reunion.

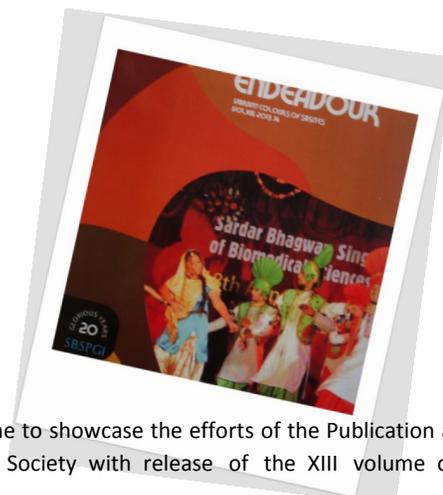
The educational trips included trip to Indore for Physiotherapy students who attended the 52nd National IAP Conference. Their participation was a huge success with lot of prizes coming our way.

Enthusiasm and ambition was what could be felt in every sphere. I feel the phrase "all work and no play makes jack a dull boy" was well proven in this month. The students were relatively relieved from their hectic academic schedules and they got a chance to nurture and portray their hidden talents.

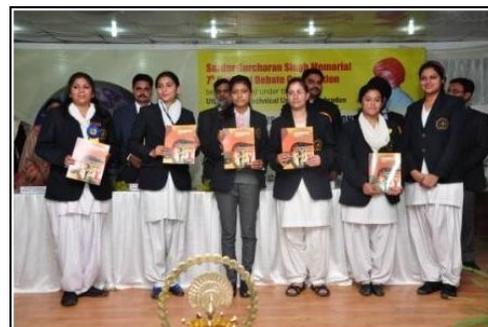
I appreciate the management of the Institute for providing this platform to the students of the Institute and students from Universities and colleges all round the nation at the National Debate Competition. It is commendable that an Institute of post graduate level gives such an opportunity to its students. This adds on to the over all development of our students. Because we aim not only to educate them but to produce a complete professional, well versed in all aspects of professional and personal growth.

So long live SBSPGI, AND FOR NOW ALL OF YOU ENJOY READING THE SPECIAL ISSUE OF NEWSLETTER.

Member, Editorial Board



The time to showcase the efforts of the Publication and Creative Writing Society with release of the XIII volume of Institute's annual magazine "Endeavour", which is the mirror of the Institute and showcases literary talents of students and their creativity with words. The magazine was officially released by Prof. V.K. Jain, Vice Chancellor, Uttarakhand Technical University & Doon University, Dehradun on 26th Feb, 2014. The cover story in the magazine was on Uttarakhand Tragedy, though the role of the Institute was covered in detail, the names of faculty, staff and students were erroneously missed. Similarly name of Treasurer of Dramatic Society was incorrectly printed. The Editorial Board tenders apologies for both these mistakes and is posting a corrigendum in the current issue.



Dr. R. Arun Mozhi, Associate Professor, Department of Physiotherapy, was conferred by the 'Significant Contribution Award-2014' for his contribution to the field of Physiotherapy in India at 52nd Annual Conference of IAP held from 14th Feb to 16th Feb, 2014.

Chawla, M., **Chaurasia, U.** Hormone Replacement Therapy : A survey on prescription pattern by gynaecologists and its compliance by urban women ". Poster presented in International Conference at on Pharmaceutical Sciences at SGRRITS, Dehradun on 14-15th Feb 2014.

Dr. Manjeet Kaur Arora, Assistant Professor, Department of Applied Chemistry presented poster entitled "Phytochemical Studies and evolution of Anti-inflammatory potential of *Moringa olifera* seeds at International conference on Pharmaceutical Sciences (ICPS-2014) held at SGRRITS on 14-15th Feb. 2014.

Dr. Alok Maithani presented poster entitled, "Phytochemical screening and antimicrobial potential of potential fulgens against oral microflora" in International Conference on Pharmaceutical Sciences held in SGRRITS on 14-15th Feb 2014.

Apoorva Agarwal and Priyanka Bhat. New insights into diseases & recent therapeutic approaches. Poster presented at 2nd IAPST International Conference, Jadavpur University, Kolkata on 17-19 Jan 2014.

Tarun Thakur, Akshay Negi and **Luv Kush** (2013). Ayurvedicophoric designing of facial cosmeceutical models. International Journal of Innovative Research & Development. 2 (8): 105-110.

Luv Kush, Digvijay Gahtory and Tarun Thakur (2013). Innovative ingredients of facial cosmeceuticals. International Journal of Innovative Research & Development. 2 (8): 101-104.

Kumar, V. Manoj, **Kumari, Reena** and Khurana, S. (2013). Corelation between forward reaching abilities and early activation amplitude of gastrocnemius in healthy individuals. *Indian Journal of Physiotherapy and Occupational Therapy*. 7(4): 127-130. (corrigendum)

Sharma, P., **Gupta, S.** and Arora, S., (2014). Effect of silver nanoparticles on antioxidant status of *Brassica juncea* callus. Indian J. Research. 8(1): 21-28.

Kandari, V., Bajpai, I., Kumar, D. and **Gupta, S.** (2013). Cellulase and beta-glucosidase production by *Trichoderma viride* and *Aspergillus wentii* in submerged fermentation utilizing pretreated lignocellulosic biomass. Journal of Microbiology Biotechnology Research. 3(5): 63-78.

Sharma, P., **Gupta, S.**, and Arora, S. (2013). Gold nanoparticles uptake improved the antioxidant status of *Brassica juncea* callus. Indian J. Research. 7(4): 31-37.

Apoorva Agarwal, Priyanka Bhat, Vandana J Negi and Ankush Sundriyal. (2014). Microsponges: An upcoming and promising drug delivery system. *American Journal of PharmTech Research*. 4(1): 298-319.



HELPING HANDS FOR UTTARAKHAND CATASTROPHY

simply the proximate cause. Uttarakhand has witnessed man-made disasters and natural calamities in four of the past seven years. It's an active seismic zone, prone to earthquakes. It's prone to landslides, given its river line geography, avalanches and hailstorms. The state is nestled in India's ecologically fragile zone and is the hub of temple tourism. Neither the geography nor the cultural context can be changed. But the risks can be better managed. Yet, every 'Don't' in the book was 'Done'. Flash floods resulting from extremely intense rainfall swept away mountainsides, villages and towns, thousands of people, animals, agricultural fields, irrigation canals, domestic water sources, dams, roads, bridges, and buildings — anything that stood in the way. The beginning of these

The tragedy at Uttarakhand is about the fury of nature. It's the causative; the consequences though are aggravated by sloth, complicity and criminal negligence. The cloudburst and subsequent impact was

flash floods became what was the end of everything.

Hampered by the intermittent rains, the rescue operations in the calamity hit areas were continued by the Indian Army, though there were still thousands of villages that were left disconnected. The furious emotions were encountered by the Institute's team of physiotherapists those were the victims of the natural calamity that occurred in Uttarakhand on 16th June 2013. The team was led by **Dr. Siddharth Sen** accompanied by **Mr Bhupender, Mr Tiwari** and students: **Varuna Gupta, Anjali Sharma, Navpreet Kaur, Chaavi Arora, Vatsal Bhansali, Alok Bhatt, Asif Malik, Isshaan Malik and Irshad Ahmed**. The Team was stationed at Govind Ghat to provide free 'Seva' to the pilgrims of Hemkund Saheb and rescued by the ITBP Jawans. They witnessed the magnitude of the calamity and described the pain and sufferings that were left behind for the local people, left with no food, no shelter.

The SBS community believes that it has a moral responsibility to ensure the well-being of the distressed and displaced survivors in a national tragedy of Uttarakhand. An appeal to all the members of the community, including teaching and non teaching staff to contribute a day's salary was responded positively. A five member team of **Sardar Bhagwan Singh P.G. Institute of Biomedical Sciences and Research** led by **Dr Siddharth Sen** and **Dr Kumar Sachin** along with **Mr Naveen Dhyani, Mr. Sujeet Chettri and Mr. Kulanand Thapliyal**, went to the remote areas of the Kedarnath valley with the relief material including food and daily need material. The main purpose was to provide the relief material including food, cloths etc to the people residing in the remote areas Kedar valley. The team was flagged off on 23rd July following the non-conventional route through Tehri-Ghansali-Mayali-Jakholi-Guptkashi.

The team with their grit and determination overcome the hurdles and hardships of the devastated hilly terrain and finally reached on 26th July 2013 to the base camp at Narayankoti in Guptkashi Tehsil. The team interacted with the Gram Pradhans of Jaltalla, Kalimath, Trijuguninarayan, Jalmalla and other nearby affected villages. The people of this region were cut off from the mainland and were at the dearth of starvation because of the shortage of food and basic necessities. The relief material including basic commodities like, packed food items, packaged water bottles, blankets, buckets and medicines were distributed on 28th July to the villagers of Jalmalla, Kabilta and Jaltalla.

The students of the Institute appreciated the efforts made by the staff members and thereby made an appeal to all the other students to come forward and make a contribution of small amount from their pocket money to help the calamity hit people. The Institute Captains **Mr. Naval Kishore, M.Pharm 2nd year, Ms. Maitri Chaturvedi, MPT 2nd year, Vice Captains Ms. Sanjam Chandana B.Sc. Biotechnology 3rd year and Mr. Abhishek Diwevedi BPT 4th year, Student Secretary, sports club, Ms. Deepika Khanna M.Sc. Biotech. 2nd year, along with entire M.Sc. Microbiology students** made contributions for the second phase of relief campaign. For the second phase of contribution the entire SBS community is putting the best foot forward to work for this noble cause. These selfless efforts to serve the mankind and responsibility towards the society are an integral part of the SBS family that would further be continued with the same zeal and efforts as done earlier and always.

Inter House Essay Writing Competition

An Inter-House Essay Writing Competition was held on 10th Feb 2014, to carve out the literary skills of the young talents. The topic of the Essay was **'Role of Youth in Political Reforms'**. A total of 24 students participated in the competition.



There are many road blocks to achieve complete reforms in politics but if youth will work and understand the need of reform in good spirit, then definitely they will taste success soon.

Ist Place Winner

Ms Neelam, B. Pharm IV Year



'Why not travel those roads which are less travelled: those largely makes a difference'

Youth is just like a seedling in the political career to lead the country towards a better change. The more the ideas, enthusiasm of youth is nurtured, the more they would grow.

IInd Place Winner

Ms Anjali Pant, B. Pharm IV Year



“युवा शक्ति का ना कोई तोड़ है
युवा शक्ति का ना कोई जोड़ है
युवा को कम मत समझो
युवा की बुलंद आवाज का शोर बेजोड़ है”

पुराने समय से लेकर आज तक युवाओं ने राजनैतिक कार्यों में बहुत अच्छे परिवर्तन किये हैं। जिसकी मदद से हमारी जीवन शैली में बहुत सुधार आया है और आता

III Place Winner

Ms Swati Sharma, B.Sc. Biotechnology I Year

SBSites brings laurels at 52nd Annual IAP Conference, Indore

The Department of Physiotherapy epitomed to yet another academic glory at the recently concluded 52nd National Conference of Indian Association of Physiotherapists held at Indore from 14th to 16th February 2014. The department excelled in various categories, making Institute the proud winner of ten awards out of eighteen in the scientific paper presentations.

27 students of MPT 1st and 2nd year had presented scientific papers in different categories. In the category of Manual Therapy, the first three positions were bagged by Ms. Jhalak (MPT 2nd year), Ms. Maitri (MPT 2nd year) and Mr. Najeeb (MPT 2nd year). In the Musculoskeletal Physiotherapy category Ms. Rimple Dhawan (MPT 1st year) got the first prize and Ms. Manni Wadhwa (MPT 2nd year) got the second prize. In the Neurosciences category, the third prize was shared by Ms. Kanika Markan of MPT 2nd year and Ms. Kanchan of MPT second year while in the miscellaneous category, the second prize was won by Ms. Pooja Anand and third prize by Ms. Snehal Joshi of MPT first year. In the poster presentations Ms. Vani Trivedi of MPT 1st year got the third prize. In the cultural programme, the Institute team bagged the third prize in fashion show.



SBSites Shines at Spring Festival– 2014, Rajbhawan

It was another proud moment when SBSites brought laurels at the Spring Festival-2014 at Rajbhawan, Dehradun. The Raj Bhawan was ablaze with the colors of Basant where students participated in the events like Fresh Flower arrangement, Floral Rangoli, On spot Photography etc. The students bagged first two positions in the Fresh Flower Arrangement and Floral Rangoli.



Mr. Rahul Verma

M.Sc. Microbiology, 4th Sem
I Place,
Fresh Flower Arrangement

Ms. Anupriya Singh

M.Sc. Microbiology, 4th Sem
II Place,
Fresh Flower Arrangement

Ms. Surmil Bathla

M.Sc. Microbiology, 4th Sem
I Place,
Floral Rangoli

Mr. Aayan Yuvraj

B.P.T. IV Year
II Place, Floral Rangoli

placements



Mr. Ajay Kumar



Mr. Mukesh Rawat



Mr. Deepak Pal



Mr. Rishab Tyagi

The following students got placed at Macleod Pharmaceuticals, Baddi for the post of QC Trainee.

We congratulate them for their future endeavours.

“Dedicated to channel students’ creative potential & enabling them to bring their ideas to life”

SBS premises witnessed various conflicts of ideas from young and innovative SBSites on the morning of 14th February 2014. Keeping the motto up, Institute’s Creative Arts Society organized an Inter House competition “SAPTRANG” and set the stage open for the young innovative hands to fight for novelty and artistic vision. The students participated in various events with great enthusiasm and fought with great competitive spirit to make their house fetch the golden scores. The events included Rangoli, Mehandi, Collage making, Card making, Salad making, Face Painting and Best out of waste. The events was inaugurated by Sardarni Harenderpal Kaur and was judged by Mrs. Jyoti Singh, Dr. Sheetal Singh and Prof. Versha Parcha.



“Creativity comes from a conflict of ideas”

Rangoli	I Place	Surmil Bathla	Jujhar House
		Pooja Gupta	Jujhar House
	II Place	Monika Khatri	Zorawar House
		Priyanka Sharoha	Zorawar House
	III Place	Chitvan	Zorawar House
		Yamini	Zorawar House
Mehandi	I Place	Kanchan Negi	Ajit House
	II Place	Pooj Singh	Fateh House
	III Place	Shaifali Bhardwaj	Fateh House
Face Painting	I Place	Sudipta	Ajit House
	II Place	Simranjeet Kaur	Ajit House
	III Place	Sunshine	Fateh House
Collage	I Place	Apurva Jadhav	Zorawar House
	II Place	Parul Jakhwal	Fateh House
	III Place	Ishita Bhattacharya	Zorawar House
Card making	I Place	Nikhil Tomar	Ajit House
	II Place	Monika Singh	Ajit House
	III Place	Manisha Malhotra	Jujhar House
Salad making	I Place	Nidhi Prabhakar	Zorawar House
	II Place	Anupriya Singh	Fateh House
	III Place	Sunshine	Fateh House
Best out of waste	I Place	Shefali Bhardwaj	Fateh House
	II Place	Rahul Dhar Dubey	Fateh House
	III Place	Anupriya singh	Fateh House



On the front foot annual athletic meet 2014

True Sportsmanship is Excellence in Motion



We Are winners! Hearing the chants from the cheering team and seeing those fabulous grandstands of each house, we knew it was the time of Annual Athletics that brings the four houses closely together. In addition to getting the medals, the friendship formed between students and the sense of belonging they feel towards their houses and SBS, are the rewards that we get from the sports day. The results are shown in the table for various track & field events.

The Best Athlete (Male): Mr. Naval Kishore, Zorawar House

The Best Athlete (Female): Ms. Deepika Khanna, Fateh House

Overall Winner House: Zorawar House



Long Jump (Boys)		
I Place	Rahul Singh	Jujhar House
II Place	Arun Sati	Ajit House
III Place	Naved Ali	Ajit House
800 MT Race (Boys)		
I Place	Rahul	Zorawar House
II Place	Naval kishore	Zorawar House
III Place	Amit Shah	Zorawar House
Long Jump (Girls)		
I Place	Nainika	Zorawar House
II Place	Seema Bisht	Ajit House
III Place	Roshini	Zorawar House
Javelin Throw (Boys)		
I Place	Rahul Singh	Jujhar House
II Place	Amit Shah	Zorawar House
III Place	Ankush Chauhan	Ajit House
Discus Throw (Girls)		
I Place	Deepika Khanna	Fateh House
II Place	Kanika Markan	Ajit House
III Place	Manisha Malohtra	Jujhar House
Discus Throw (Boys)		
I Place	Amit Bisht	Fateh House
II Place	Aayan Yuvraj	Ajit House
III Place	Tejpal	Fateh House
200 MT (Boys)		
I Place	Naval Kishore	Zorawar House
II Place	Rahul Singh	Jujhar House
III Place	Mohit Bisht	Jujhar House
200 MT (Girls)		
I Place	Mamta	Fateh House
II Place	Krishna	Fateh House
III Place	Manjula	Jujhar House
1500 MT Race (Boys)		
I Place	Rahul	Zorawar House
II Place	Amjad Ali	Ajit House
III Place	Kamlesh Sawant	Ajit House
400 MT Race (Boys)		
I Place	Naval Kishore	Zorawar House
II Place	Rahul Singh	Jujhar House
III Place	Amjad Ali	Ajit House
400 MT Race (Girls)		
I Place	Krishna	Fateh House
II Place	Seema Bisht	Ajit House
III Place	Mamta	Fateh House
Short Put (Boys)		
I Place	Amit Bisht	Fateh House
II Place	Aayan	Ajit House
III Place	Neeraj Kapri	Ajit House
Short Put (Girls)		
I Place	Deepika Khanna	Fateh House
II Place	Esha	Zorawar House
III Place	Kanika Marakn	Ajit House
High Jump (Boys)		
I Place	Chandra Sekhar	Ajit House
II Place	Deepak Kumar	Jujhar House
III Place	Ankush Chauhan	Ajit House
4 X 100 Relay Race (Boys)		
I Place	Kapil , Prakash, Mohit, Shailesh	Jujhar House
II Place	Sunil, Ravindra, Dheerendra, Rahul	Zorawar House
III Place	Ajay, Amjad, Arun, Chandra	Ajit House
Triple Jump (Boys)		
I Place	Naval Kishore	Zorawar House
II Place	Dheerendra Rautela	Zorawar House
III Place	Rahul Singh	Jujhar House
4 X 100 MT Relay Race (Girls)		
I Place	Krishna, Shunshine, Hema, Mamta	Fateh House
II Place	Roshani, Geetanjali, Nainika, Anjana	Zorawar House
III Place	Tarunbeer, Manisha, Manjula, Neha	Jujhar House
100 MT Final (Girls)		
I Place	Mamta	Fateh House
II Place	Krishna	Fateh House
III Place	Seema Bisht	Ajit House
Javeline Throw (Girls)		
I Place	Deepika Khanna	Zorawar House
II Place	Isha	Zorawar House
III Place	Vani	Fateh House

livemoments

The Nature Club, SBSPGI organized Inter-House Competition for Floral Rangoli and Fresh Flower Arrangement which was an annual spectacle of creative floristry. The competition featured an impressive variety of arrangements and marked a triumphant rejuvenation of the perfect blend and floristry, art and creativity. The events was inaugurated by Sardarni Harenderpal Kaur and was judged by Mrs. Jyoti Singh, Dr. Sheetal Singh and Prof. Versha Parcha.

Floral Rangoli

I Place	Mr. Yagyadeep Sharma Mr. Jeetendra	Fateh House
II Place	Ms. Sheetanshu Saproo Ms. Aporva Jadhav	Zorawar House
III Place	Ms. Garima Ms. Rupa	Ajit House

Fresh Flower Decoration

I Place	Ms. Surmil Batla Ms. Kshipra Sharma	Jujhar House
II Place	Ms. Ishita Bhattacharya Ms. Minal	Zorawar House
III Place	Mr. Ayan Yuvraj Mr. Alok	Ajit House



Erythrina have bright red flowers; legume-type fruit, sometimes called pods, containing one of more seeds. Particularly in horticulture, the name **coral tree** is used as a collective term for these plants. Many birds visit the nectar-rich *Erythrina* flowers. The growth of the branches can resemble the shape of sea coral. Some coral trees are used widely in the tropics and subtropics as street and park trees, especially in drier areas.



The display boards were exhibiting the perfect moments captured by young and budding photographers of SBSPGI on 14th Feb, 2014. Institute's Photographic Club "LENSAMO" organized an Inter-house Photography Competition, showcasing beautiful moments, scenic beauty captured, which was a treat for eyes. It was a great visual treat to appreciate the creative endeavor from the students of all the houses. The competition was held in three categories viz. nature, wildlife/pet and portrait/festival. Around 40 participants exhibited their photographs on a wide variety of subjects. The renowned photographer Mr Abhay Goyal presided the judgment along with Prof. G.R.S. Bisht and Dr. Vishal Rajput. The showcase of the Clubs activities, the SBS Photo Gallery, was inaugurated in the Pharmacy Block by Prof V.K. Jain, Vice Chancellor, Uttarakhand Technical University & Doon University on 26th Feb, 2014.

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Ambrosia
Photo Fiesta 2014
(14 Feb 2014)
Presented by
SBS Photography Club
(LENSAMO)

Interhouse
Photography
Competition
Photography
Exhibition
General Display
(Activities
Covered by
Club)

shobzavabhishtsbs@gmail.com



RESULTS

Category	Position	Name	House
Nature	I Place	Farah	Ajit House
	II Place	Vivek Vaidya	Ajit House
	III Place	Mansi Gaur	Jujhar House
Wild Life	I Place	Ankita Verma	Fateh House
	II Place	Vivek Vaidya	Ajit House
	III Place	Shivani Malasi	Ajit House
Portrait	I Place	Sudipta Mazumder	Ajit House
	II Place	Ankit Dogra	Zorawar House
	III Place	Geetanjali Bohra	Zorawar House



7th Sardar Gurcharan Singh Memorial National Debate competition

Don't Raise Your Voice, Improve Your Argument



Sardar Gurcharan Singh Memorial National Debate competition under the aegis of Uttarakhand Technical University was held on 25th and 26th February 2014. 38 teams representing various renowned Universities like Delhi University, Punjab University, H.N.B.Garhwal University, Uttarakhand Technical University, Jammu University, Lovely Professional University (Punjab), GLA University (Mathura), Babu Banarsi Das University, Lucknow, DIT University, Dehradun, Uttaranchal University and prestigious institutions of neighbouring states participated enthusiastically in the debate on the burning topic “Human Actions and Neglect Convert Natural Phenomena into a Massive Disaster”.

The orators kept the audience spell bound with their views on “For” and “Against” the topic. The judges for the event were Dr. K.K. Das, Ex. Scientist IIRS, ISRO, Brig (Retd.) Sudhir Uppal, VSM and Prof. Hridhaynath Tripathi, Ex Hindi laureate of DBS College, Dehradun. The valedictory function was presided over by Prof. V.K.Jain, Honorable Vice Chancellor, Uttarakhand Technical University and Doon University, Dehradun. The prizes won by various participants are as follows.



First Prize

- Prabhanshu Ojha, Hansraj College, Delhi University (Hindi)
- Rimple Dhawan, SBSPGI, Balawala, Dehradun (English)

Second Prize

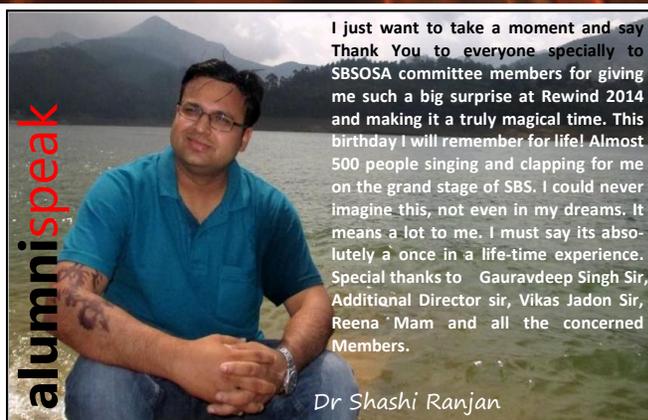
- Neeraj Verma, Lovely Professional University, Jalandhar (Hindi)
- Preeti Pandey, Babu Banarshi Dass University, Lucknow (English)

Consolation Prize

- Sukanya Dixit, SBSPGI, Balawala, Dehradun (Hindi)
- Rowina Hans, Punjab University
- Sanjam Chandana, SBSPGI, Balawala, Dehradun (English)

12th Grand Alumni Reunion Held at SBSPGI

A grand Alumni Reunion of SBS Old Students Association was held at the premises of Sardar Bhagwan Singh P.G. Institute of Biomedical Sciences and Research Bala-wala. Around 90 old students from all across the country assembled to reconnect to their *alma matter*. The function started with the lamp lighting by the Addition Director of the Institute, Brig (Retd) P.P.S. Pahwa, VSM, followed by the cultural program by the students of SBSPGI. Welcoming the alumni members, Ms Purva Aggar-wal, student of M.Sc. Biotechnology final year, appraised all the present about the new development of the Institute. In her address Ms. Urmi Chaurasia, Associate Professor, Dept. of Pharmaceutical Sciences, motivated the current students to interact with the alumni. Dr Vikas Jadon, General Secretary, SBSOSA, briefed all the alumni members about the past two year achievements and contributions of the Association including the donations of Basket Ball Court and Ambulance to the Insti-tute. The highlight of the Institute was the moment when the current students in-teracted with the prestigious alumni, where memories and experiences were shared. The show ended with the address of Additional Director, Brig (Retd) P.P.S. Pahwa, stating the current developments of the Institute followed by Annual Gen-eral Body meeting of the Association.



I just want to take a moment and say Thank You to everyone specially to SBSOSA committee members for giving me such a big surprise at Rewind 2014 and making it a truly magical time. This birthday I will remember for life! Almost 500 people singing and clapping for me on the grand stage of SBS. I could never imagine this, not even in my dreams. It means a lot to me. I must say its abso-lutely a once in a life-time experience. Special thanks to Gauravdeep Singh Sir, Additional Director sir, Vikas Jadon Sir, Reena Mam and all the concerned Members.

Dr Shashi Ranjan



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