



# sbstimes

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MONTHLY NEWSLETTER

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## Editorial

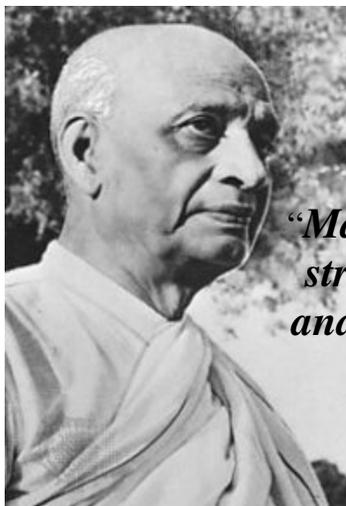
**T**he lights shall dim.....The “Crackers” shall silence itself.....The celebration of the month gradually fade away.....

We shall be in waiting for the next and the next and the next.....Yes after the joyful month of October now we can hear the sweet melodies in air as we prepare ourselves for SBS UTSAV 2014.

The current issue of SBS Times focus on the commitment of SBS students and staff for spreading message of unity, to the induction of the fresh Cadets for National Cadet Corps “NCC” held at SBS where students got a glimpse of upcoming military training that would inculcate the feeling of courage, honesty and patriotism in Cadets. Students also took part in card making competition with full enthusiasm.

We believe everyone must be aware about the noble initiative taken by our Honorable Prime Minister, named as “Swachh Bharat Abhiyan”. So as a token of our contribution we request all the students and the members of SBS family to put their best foot forward to contribute their bit of effort for making this world a better place to live.

HAPPY READING



*“Manpower without Unity is not a strength unless it is harmonised and....united properly, then it becomes a spiritual power.”*

**Sardar Vallabhbhai Patel**  
31 Oct.1875-15 Dec.1950

**Run for Unity** was conducted in Balawala by the students and staff of **SBSPGI** on 31<sup>st</sup> October 2014, to commemorate 139<sup>th</sup> Birth Anniversary of Sardar Vallabhbhai Patel. The day was celebrated as “**Rashtriya Ekta Diwas**” throughout the Nation. The event started with student, NCC Cadets and staff taking a pledge for unity, integrity and security of the Nation. Thereafter “**Run for Unity**” was flagged off by Additional Director of the Institute, Brig. (Retd.) P.P.S. Pahwa. 1100 students and staff members participated in the run which was conducted on Mianwala, Gularghati Road.



Jyoti Rana, S.C. Tiwari, **Vikas S. Jadon** and **Sanjay Gupta** (2014). Bacterial isolates for the Bio-control of *Fusarium* wilt of Pigeon Pea. *Journal of Dynamics in Agriculture Research*. 1(3); 14-22.

Parashar P., **Arunmozhi R.** and **Kapoor C.** (2014). Prevalence of Low Back Pain due to Abdominal Weakness in Collegiate Young Females. *Indian Journal of Physical Therapy*. 2 (1).

## WALKATHON

Around 50 students from the Department of MM/MLT of SBSPGI accompanied by Ms Chaitali Singhal and Mr Ravi Vashisth participated in the WALKATHON on the occasion of World Arthritis Day on 12th October at 8.30 AM from Astley Hall, Dehradun. The rally was organized in collaboration with the Max Hospital, Dehradun with a motto of raising awareness that exercise is responsible for a long healthy life.



## MAN AND HIS FOUR WIVES

Contributed by-  
**Brig. (Retd.) P.P.S.Pahwa**  
Additional Director

There was a man with four wives. He loved his fourth wife the most and took a great care of her and gave her the best.

He also loved his third wife and always wanted to show her off to his friends. However, he was always had a fear that she might run away with some other man.

He loved his second wife too. Whenever he faced some problems, he always turned to his second wife and she would always help him out.

He did not love his first wife though she loved him deeply, was very loyal to him and took great care of him.

One day the man fell very ill and knew that he is going to die soon. He told himself, "I have four wives with me. I will take one of them along with me when I die to keep company in my death."

Thus, he asked the fourth wife to die along with him and keep company."No way!" she replied and walked away without another word.

He asked his third wife. She said" Life is so good over here. I'm going to remarry when you die".

He then asked his second wife. She said" I'm sorry. I can't help you this time around. At the most I can only accompany you till you grave."

By now his heart sank and turned cold.

Then a voice called out:" I'll leave with you. I'll follow you no matter where you go." The man looked up and there was his first wife. She was so skinny, almost like she suffered from malnutrition. Greatly grieved, the man said," I should have taken much better care of you while I could have!"

Actually, we all have four wives in our lives.

The fourth wife is our body. No matter how much time and effort we lavish in making it look good it'll leave us when we die.

The third wife is our possessions, status and wealth. When we die, they go to others.

The second wife is our family and friends. No matter how close they had been there for us when we're alive, the furthest they can stay by us is up to the grave.

The first wife is our GOOD DEEDS, neglected in our pursuit of materials wealth and pleasure. It is actually the only thing that follows us wherever we go.

## Physiotherapist Postings

SBSPGI sports physiotherapists' team served their duties in various national and state level sports tournaments from 8<sup>th</sup>-19<sup>th</sup> October 2014. Dr. Arunmozhi and his team Physiotherapist from MPT 2<sup>nd</sup> year (Rahul Verma, Pushendra, Heema Rehan, Divya Chandravanshi and Akashdeep Badal) and final year BPT (Upmanyu Tyagi and Abhishek Dwivedi) provided their services on the ground.

The sports list is as follows



8-11<sup>th</sup> October, 2014  
– State Hockey Tournament at Maharana Pratap Singh Sports College, Raipur, Dehradun.

9-12<sup>th</sup> October, 2014 - State Basketball Tournament, Parade ground, Dehradun.

13-19<sup>th</sup> October, 2014 – 3<sup>rd</sup> Narendra Singh Kharola memorial All India Football Tournament at Pavilion ground, Dehradun.

## Interhouse Card Making Competition

Creative Arts Society organized Card Making Competition on theme “Deepawali”. The display of the cards was at 2.00 PM on 30.9.14 in the ground floor of Biotechnology Block. Cards were evaluated by Prof. Veerma Ram, Dr. Reena and Dr. Barkha Kamal.

Somit (B. Pharm-IV Year) and Laveish Saxena (B. Pharm -II Year) from Ajit House stood first and second respectively whereas Subham Sharma (B.Sc. MM/MLT-I Year) Fateh House and Loshita Roy (BMM-II Year)- Jujhar House stood third in the competition.



## UTTARAKHAND VOLLEYBALL TOURNAMENT HELD AT SBSPGI

Continuing the efforts of serving the society and promoting the sportsmanship, 14<sup>th</sup> Junior Volleyball Tournament was hoisted by SBSPGI for which District Junior Volleyball teams of boys and girls of Uttarakhand participated on 13<sup>th</sup> and 14<sup>th</sup> October. The tournament was inaugurated by Brig. (Retd.) P.P.S. Pahwa, Additional Director of the Institute. He welcomed all the participants and officials of State Volleyball Association. 150 participants from 13 districts of Uttarakhand participated in the tournament. Brig. (Retd.) P.P.S. Pahwa encouraged all the participants and stressed upon the spirit of participation. Final match was played between teams of Maharana Pratap Sports College, Raipur, Dehradun and Haridwar district. Team of Sports College Dehradun won the tournament after a tough fight. The Chief Guest for the closing ceremony was Shri. Kishore Upadhyaya, President, Uttarakhand Congress Party. The Chief Guest was facilitated by Brig. (Retd.) P.P.S. Pahwa, Additional Director, SBSPGI. The winners and other contributing staff were awarded medals and prizes by the Chief Guest. Vice-President of Uttarakhand Volleyball Association and Former international volleyball player and coach Bharat Veer Singh, Coordinator of 14<sup>th</sup> Junior Volleyball Tournament, Styendra Singh Panwar, State Secretary, Kamlesh Kala, Treasurer Lalit Gaud, Sewa Singh Matharu Media and Public relation Officer of Uttarakhand Volleyball Association were present during the inaugural function.



## Photograph of the Month



Photograph of the Month-August 2014

Photograph By: Naman Pant B.Pharm-3<sup>rd</sup> Year

Camera: Nikon Coolpix, Aperture: f/4.9, Shutter speed:1/8, ISO:400



Photograph of the Month-September 2014

Photograph By: Abha Matoo B.P.T. 1<sup>st</sup> Year

Camera: Nikon DSLR 5200, Aperture: f/3.5, Shutter speed:1/30, ISO:1100

## On the front foot

Interhouse Table Tennis competition (Girls) was held on 29<sup>th</sup> September 2014. House standings of four houses are:  
Ajit House-1<sup>st</sup> Position  
Jujhar House-2<sup>nd</sup> Position  
Fateh House - 3<sup>rd</sup> Position  
Best player is **Ms. Shivani**, B.Sc. Biotechnology 3<sup>rd</sup> Year.



Interhouse Table Tennis competition (Boys) was held on 30<sup>th</sup> September 2014. House standings of four houses are:  
Zorawar House- 1<sup>st</sup> Position  
Jujhar House- 2<sup>nd</sup> Position  
Fateh House- 3<sup>rd</sup> Position  
Best player is **Mr. Anup Negi**, M. Pharm 1<sup>st</sup> Year.

### NCC 7/29 Boys BN

NCC boys enrolment was been done for the session 2014-15 on 30<sup>th</sup> September 2014. A total of 17 cadets with reserve of 4 cadets were selected. The selection meeting was presided over by the officers from 29 UK Directorate. The students shortlisted were selected after performing rigorous physical and mental tasks.



**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 (Academic Advisor).  
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**Student Editors:** Pooja Tiwari (Secretary), Mansi Gaur, Aakanksha Sharma, Kajal Kalra, Jyoti Patwal, Ajay Uniyal



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