

Editorial

While the whole world was struggling with pandemic, all the educational organizations were striving hard to cope up with the studies of students and so, the SBS University. The faculties at SBS University have given their best to the students besides having so many constraints. Year 2020 has presented us with many challenges which have made us to understand life in another way or should say, in a better way. The good life earlier was supposed to be luxurious but today, the priority is being given to good health, happiness of our loved ones, helping others for a sustainable and good life.

Hello, lovely readers!

SBStimes which is a monthly newsletter, but with existing situation of pandemic, all the extracurricular activities and academic activities could not be held. Nevertheless, with efforts and cooperation of our staff and student some activities have been made possible to happen. So, we bring you this compiled edition of SBStimes which is the amalgamation of activities held during last six months. Despite of lockdown and online mode of connecting with our students, several activities occurred with a great success.

This edition therefore will make you experience different colors.

Please enjoy reading and yes, suggestions for improvement are always inevitable. Please post your suggestions at pcws.sbsu2018@gmail.com

Best Wishes!!

Editorial Team

Vice Chancellor's Message



"Where the mind is without fear and the head is held high." With these profound lines from Mr. Rabindra nath Tagore,

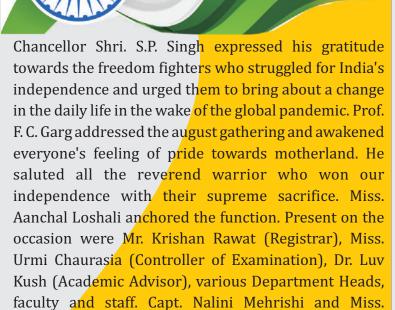
I welcome all the young minds of this generation

into our SBS University family. SBS University is not just an institution, it is a platform of immense opportunities and experiences. It is a legacy built on equality, community and success. SBSU always takes pride in giving the best of everything to its students. The focus is always on shaping our young minds by ameliorating their characters and perspectives. Our faculty goes up and beyond to impart not only goal oriented knowledge but also providing lessons on discipline and self reliance. This journey of exploration and discoveries will be the most important defining journey for all our new members. To all the young minds joining SBS University, I implore you to utilise every aspect of provisions given to you by this institution. The family of SBS University will always be guiding you every step of the way. With this promise, let us begin our work on building a bright future by lighting a kindered flame in our present.

Best Wishes!! Editorial Team

Independence Day 2020

Sardar Bhagwan Singh University, Dehradun celebrated 74th Independence Day amidst social distancing due to COVID-19 pandemic. The programme was started with flag hoisting ceremony by Honorable Chancellor of the University Shri. S.P. Singh accompanied with Dr. Gaurav Deep Singh (Secretary, Gaurav Bharti Shiksha Sansthan), Prof. F.C. Garg (Dean, Academics), Prof. Veerma Ram (Director, Pharm. Sciences), Prof. Maneesh Arora (Dean, Students Welfare), Prof. R.K. Singh (Dean, School of Life Sciences) and Mr. Zorawar Singh (Manager). This was followed by the National Anthem, sung by University Faculty Choir Group. Strictly following the guidelines issued by the Central and State Government regarding the rescue of Corona, the University students participated in the Independence Day program through online medium.







Deepika Ahuja coordinated the program.



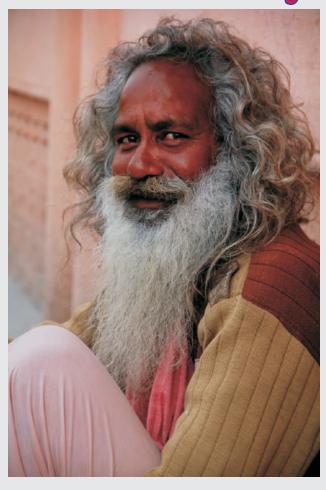


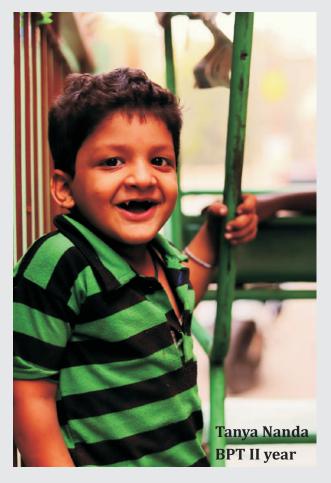
Online Essay Competition on "Swatantra Bharat"

On the occasion of 74th Independence Day, Rotaract Club of Sardar Bhagwan Singh University, Dehradun organised an online essay competition entitled as "Swatantra Bharat" under esteemed guidance of Dr. Gaurav Deep Singh (Secretary, Gaurav Bharti Shiksha Sansthan). A large number of students participated in the competition. Participants beautifully wrote the importance of Independence Day & National flag as well as how they celebrated Independence Day amidst COVID-19 pandemic. The event was judged by Mrs. Nidhi Nainwal, Ms. Richa Bahuguna, Ms. Sandhya Semwal. First prize was bagged by Ms. Shruti Dhiman. Second and third positions were bagged by Ms. Apoorva Singh and Mr. Atharv Sharma. e- Certificates were given to winners and participants. Rotaract Club congratulates all the position holders and participants for making the event successful. The event was coordinated by Mr. Kishan Singh (convenor) and Mr. Anmol Sharma (President) of Rotaract Club.



Photograph of the Month





Teacher's Day

To mark the great teacher and philanthropist Late Dr. S. Radhakrishnan's birthday, Teacher's day was observed and celebrated at Sardar Bhagwan Singh University, Dehradun. Prof. F.C. Garg accorded a floral welcome to the Officiating Vice-Chancellor Prof. R. K. Singh. The function was inaugurated with the lamp lighting ceremony by the Officiating Vice-Chancellor Prof. R. K. Singh accompanied by Prof. F.C. Garg, Prof. Veerma Ram (Director, Pharm. Sciences & Technology), Prof. Maneesh Arora (Dean, Students Welfare), Mr. Krishan Rawat (Registrar), and Miss. Urmi Chaurasia (Controller of Examination).

Strictly following the guidelines issued by the Central and State Government regarding the rescue of COVID-19, University students participated in the program through online medium. Prof. R. K. Singh highlighted the life of Late Dr. S. Radhakrishnan and urged the students to take inspiration from him. Students showed their love and respect towards their teachers by expressing gratitude by sending messages. On this occasion students and teachers were connected virtually. Teachers also shared a few words of encouragement for the students. Miss. Aanchal Loshali anchored the program. Dr. Luvkush (Academic Advisor), Department Heads, Mr. Sachin Jain (Account Officer), Faculty and Staff were present during the occasion. Capt. Nalini Mehrishi, Miss. Deepika Ahuja, Mrs. Nidhi Nainwal and Vishal Warikoo coordinated the program.



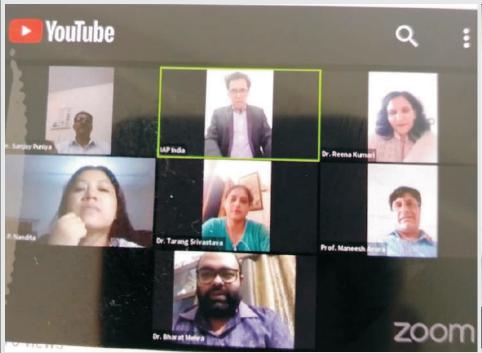


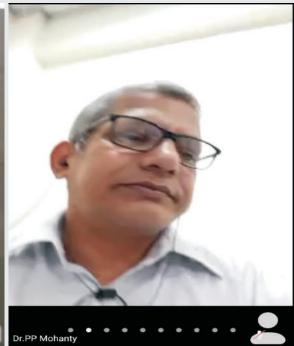






World Physiotherapy Day





Sardar Bhagwan Singh University, Dehradun in association with Indian Association of Physiotherapist (IAP) and its women cell celebrated "World Physiotherapy Day" on 8th September, 2020 with great enthusiasm. World Physiotherapy Day highlights the unity and solidarity of the global physiotherapy community. It also provided an opportunity for physiotherapist from across the world to spread awareness about the contribution of the profession that makes in keeping people well, mobile and independent. On this occasion, University organized a live session by Dr. P. P. Mohanty (Head, Physiotherapy National Institute of Rehabilitation Training and Research, Orissa) for students, faculty and alumni. Essay and Debate competition was also organized by IAP and IAPWC, Uttarakhand state team at North zonal level. The event was a great success under the guidance of patrons and Advisers Dr. Gauravdeep Singh (Secretary, Gaurav Bharti Shiksha Sansthan) and Dr. S. K. Tyagi of IAP Uttarakhand state. The event was organized under the leadership of Prof. Maneesh Arora (Dean Students Welfare, IAP Uttarakhand State President) and Dr. Reena Kumari (Head, Department of Physiotherapy and Head, IAP Women Cell Uttarakhand) and faculty members. Five hundred delegates of twenty five different colleges of North India participated in the event. Miss. Divyanshi Raghuvanshi (Shridev Suman Subharti Medical College, Dehradun) bagged the first prize.

Rotaract Club Installation Ceremony

The Rotaract Club of Sardar Bhagwan Singh University held an installation ceremony on 10th September, 2020. Chief Guest Rotarian Naghma Farooq and Dr. S. Farooq (Ex-President, Rotary Club) were welcomed and felicitated by officiating Vice Chancellor, Professor R. K. Singh. A new team of SBS University Rotaract club was installed by Chief Guest. Invitee guests Rotarian Mr. Patricia Hilton (Secretary Rotary Club Dehradun), Dr. Anuj Singh (Director Youth Services) and Mr. Samir Madan (District Rotaract Representative) attended the ceremony virtually.

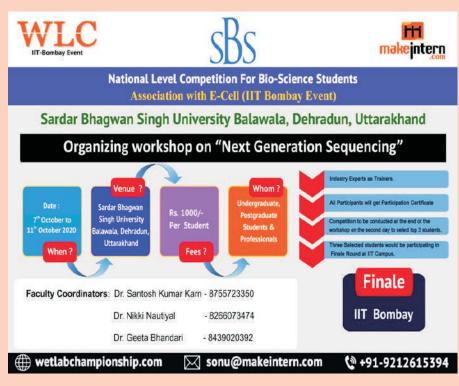
The new team members of SBS University Rotaract club are: Rotaractor Anmol Sharma (President), Rotaractor Prince (Secretary); Rotaractor Shrey (Treasurer), Rotaractor Suraj (Sergant ARM), Rotaractor Prashant Singh (Director, International services), Rotaractor Megha Joshi (Director, Professional & Vocational services), Rotaractor Shruti Dhiman (Director, Club services), Rotaractor Apoorva Singh (Director, Cultural and Community services). The program was coordinated by Mr. Kishan Singh (Convener) and his team.





National Workshop cum Training Program

Sardar Bhagwan Singh University, Dehradun organized an online National Workshop cum Training Program on Next Generation Sequencing in collaboration with Wet Lab Championship and E-Cell (IIT Bombay Event) from 07th to 10th October, 2020. The Program was organized under the esteemed guidance of Dr. Gaurav Deep Singh (Secretary, Gaurav Bharti Shiksha Sansthan) and Vice Chancellor (Officiating) Prof. R. K. Singh. More than 100 students from various discipline of the University participated in this program virtually. This program has importance in the research area of dreaded diseases in modern context. Next Generation Sequencing is very useful in the diagnosis of various diseases like HIV, hepatitis and cancer.



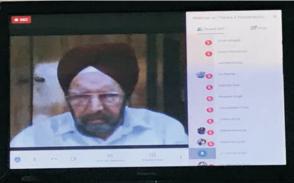
The program was coordinated by Dr. Santosh Kumar Karn, Dr. Geeta Bhandari and Dr. Nikki Nautiyal.

WEBINAR ON HERBS AND NUTRACEUTICALS AS IMMUNE BOOSTER

Sardar Bhagwan Singh University, Dehradun organized a webinar on the theme "Herbs and Nutraceuticals as Immune Booster" on 14th October, 2020. The Program was organized under the esteemed guidance of Shri. S. P. Singh (Chancellor) and Dr. Gaurav Deep Singh (Member Secretary, Board of Governors). Dr. S. Faroog (President of The Himalaya Drug Company) graced the program as Chief Guest. Guest of Honor Dr. Himmat Singh (Former Advisor R&D, BPCL) spoke on the "Use of Vitamins as Nutraceuticals" and highlighted the role of immune system. Guest of Honor Prof. Madhu Dikshit (Former Director, CSIR-CDRI Lucknow, National Chair THSTI, Faridabad) spoke on the "Role of Ashwagandha as Antiviral agent against Covid-19 and Immunity Booster". The keynote speaker Dr. Ashwani Kumar (Former Chancellor FRI Dehradun) talked about the "Importance of Herbs" and Nutraceuticals against various pathogenic conditions". While inaugurating the webinar Prof. R. K. Singh (Officiating Vice Chancellor) of the University welcomed the dignitaries, participants and presented the program theme. Prof. Singh while interacting with attendees said that Herbs and Nutraceuticals plays a pivotal role in the prevention and treatments of various diseases and the current situation of COVID-19 pandemic. More than 200 attendees participated in the webinar virtually. Prof. Veerma Ram (Director, School of Pharmaceutical Sciences and Technology) thanked all the dignitaries, participants and attendees for their overwhelming response to the webinar. Dr. Mamta. F. Singh and her team coordinated the webinar. All the attendees were given E-certificates.















INVESTITURE CEREMONY AND SAPTRANG EVENT VIRTUALLY



Sardar Bhagwan Singh University, Dehradun organized Investiture ceremony and Saptrang event on 14th October 2020 under the theme "Traditional and social responsibilities" via online mode. "SAPTRANG" event comprised with Poster making: Fit India, Rangoli making: Corona Warriors and Card making: Happy New Year SBS University. Prof. Veerma Ram (Director, Pharm. Sciences & Technology) accorded a floral welcome to the Officiating Vice-Chancellor Prof. R. K. Singh. The programme was inaugurated with the lighting of the lamp by Prof. R. K. Singh (Officiating Vice Chancellor) accompanied by Prof. F. C. Garg, Prof. Veerma Ram, Prof. Maneesh Arora (Dean, Students Welfare) and Miss. Urmi Chaurasia (Controller of Examination).On the occasion students and teachers were connected virtually. Later on University Captain and Vice-Captain (Boys and Girls) for the academic year 2020-21 were appointed on Investiture ceremony.









University Captains

(i) Boys - Mr. Praveen Sisodya (M Pharm 3rdSem)

(ii) Girls - Ms.Nimi Patel (MPT 3rdSem)

University Vice Captains

(i) Boys - Mr.Yash Gupta (B Pharm 7thSem)(ii) Girls - Ms.DikshaDwivedi (BPT 7thSem)

Student Secretaries

9. Publication and Creative

Writing Society

10. Debating Society

1. Rotaract Club Mr Anmol Sharma President BMLT 3rd yr 2. Cultural and Music Club Ms Prachi Sah, M Pharm 2nd yr Mr Anmol Sharma, BMLT 3rd Yr 3. Dramatic Society Mr Bhupesh Singh, M Pharm 1st Year 4. Creative Art Society Ms Shreya Bisht, M Pharm 1st Year 5. Nature Club Ms Aditi Battu, B Pharm 4th Year 6. Photographic Club Mr Abhishek Shandliya B.Sc Biotech 3rd Year 7. Philately Club Mr Gulshan Kumar. B Pharm 4th Year 8. Sports and Athletics Club Ms Vinita Thakur, B.Sc. Forestry, 3rd Year Mr Anuvrat Kukreti. B Pharm 4th Yr

Mr Sarthak Malik, B Pharm 4th Year

Ms Pragya Uniyal, BPT 3rd Year

The first prize winners of creative arts competitions in various categories are as follows:

Rangoli: Miss. Pallavi,
Poster Making: Miss Nitika Tanta,
Card making: Miss. Anjali Mishra

The program was judged by Miss. UrmiChaurasia, Dr. C. NithyaShanthi and Dr.Neetu Pandey. Miss. Aanchal Loshali anchored the program. Events have been coordinated by Dr. YogitaDobhal (Convener, Creative Arts Society), Capt. NaliniMehrishi and Miss Deepika Ahuja. E-certificates has been distributed to all the winners.



26th ANNUAL DAY AMIDST SOCIAL DISTANCING

Shri Sukhmani Sahib Paath



Sardar Bhagwan Singh University, Dehradun, celebrated its 26th Founder's Day to commemorate the vision of the Founder Director Late Sardar Gurcharan Singh Jion 17 November, 2020. On this occasion "Shri Sukhmani Sahib Paath" held at University premises to pay obeisance to Guru Granth Sahib. Chancellor of the University Shri. S. P. Singh, Mrs. Jyoti Singh (Wife of Shri. S. P. Singh, Chancellor SBS University), Dr. Gauravdeep Singh (Member Secretary, Board of Governors), Mr. Zorawar Singh (Manager) offered their obeisance and thanked The Guru for showering his kind blessings. The entire family of SBS paid their rich tributes to Late Founder Director Late

Sardar Gurcharan Singh Ji on birth anniversary. Kadha Prasad and sweets were distributed after the "Paath". This spiritual journey fresh everyone's soul and mind. All the faculty and staff members present on this occasion.



Sardar Bhagwan Singh University Dehradun celebrated its 26th Annual Day on 17-18 November, 2020 amidst social distancing due to COVID-19 pandemic. The celebration was graced by the presence of Mr.Shyamal Chatterjee (India Head of Operations and Member of Board of Directors Tupperware India Pvt. Ltd.) as a Chief Guest.Prof. R. K. Singh (Officiating Vice-Chancellor) accorded a floral welcome to the Chief Guest. The program was inaugurated by Chief Guest with lightening of the lamp. The program started with the SaraswatiVandana.On this occasion SardarniHarinder Pal Kaur Ji (Wife of Late Founder Director, Sardar Gurcharan Singh Ji), Shri S. P. Singh (Chancellor, S.B.S.U.), Dr. Gaurav Deep Singh (Member Secretary, Board of Governors) and Mr.Zorawar Singh (Manager) were present. The function started with the speech of Vice-Chancellor (Officiating) in which he extended a warm welcome and presented the Annual Report of the University.

Strictly following the guidelines issued by the Central and State Government regarding the rescue of Corona, University students participated in the Annual Day celebration through online medium.

The chief guest addressed the gathering and congratulated the students for their academic achievements. Later academic awards were distributed to the meritorious students of the passed out batches of all the courses by the Chief Guest. Eighteen Gold and Nineteen Silver medals were given for academic excellence in different disciplines.



The first prize winners in various categories of online competitions of different clubs and societies were as follows:-

Creative Writing Competition: Essay- English: Mr.Sarthak Malik (B. Pharm. VII Sem.); Essay- Hindi: Ms. Kanupriya (B. Pharm. I Sem.); Story Writing-English: Ms. AaniyaVashistha (B.P.T. I Sem.); Poem English- Ms. Yogita Negi (B. Com.V Sem.); Caricature: Ms. Pallavi Kharwar (B.P.T. V Sem.).

Nature Club Competition: Floral Rangoli: Ms. Nisha Nahar (B.P.T. V Sem.); Floral Decoration: Ms. Apoorva Singh (B.M.M. V Sem.); Garland Making: Mr. Gulshan Kumar (B.Pharm. VII Sem.); Bouquet Making: Mr. Kartik Pant (B. Pharm. VII Sem.).

Photography Competition: Nature: Mr. Abhishek Jaiswal (B.P.T. V Sem.); Wildlife: Mr. Punit Dave (M.P.T. I Sem.); Random: Mr. Udipan Sharma (D. Pharm. I Sem.); Alumni: Dr. Avnish Bhatt (B.P.T. Session 2004-2008).

Later on this occasion Kavi Sammelan was also organised in which different Kavi's Mr.Pankaj Prasun Mr. Mukul Mahaan, Mr. Raas Vihari Gaur, Mr. Amar Akshar and Dr. Kirti Kaaley were present. Present on the occasion Mr. Krishan Rawat (Registrar), Prof. F.C. Garg (Dean), Prof. Maneesh Arora (Dean, Students Welfare), Prof Veerma Ram (Director, School of Pharmaceutical Science & Technology), Ms. Urmi Chaurasia (Controller of Examination), Mr. Sachin Jain (Account Officer) and Heads of the Departments. Events have been co-ordinated by Capt. Nalini Mehrishi, Miss. Deepika Ahuja (Convener, Cultural and Music Club), Dr. Nidhi Belwal (Convener, Publication and Creative Writing Society), Dr. Vishal Rajput (Convener, Photography) and Mr. Ankush Sundriyal (Convener, Nature Club). Annual Day celebration was attended by faculty, staff, and awardees, guest and media person. The event was anchored by Dr. Vikas ladon. The event came to an end with formal vote of thanks delivered by Miss. Deepika Ahuja. The function ended with National Anthem.











STUDENT COLUMN



His insecurities!

When I tell him about how messed up most of my male friends are, Dad says, Don't talk to those boys. Don't get too close, they're not right. But dad, we live in a world Where no one's right in the head. We live in a world smudged with imperfection Like the kohl under our eyes. Beautifully ambiguous, fearsome!Dad, the 'good males' that you approve of Are really all broken, body and soul, They just know how to fill their cracks With borrowed stardust and smile. Dad, we would trade our innocence, That was robbed of us, all too soon, For all the vanity in life; And trust me, dad, it hurt us more To part with it, than it hurts you now To see us like this. Dad, we don't shine in the day Because our radium hearts Can only glow in the dark! If they were damsels in distress Rather than being their own superheroDad, they still look for solace Huddled inside their childhood blankets, Inhaling deep, trying to find The long lost fragrance of naivety, And sigh their failures away. For once, dad, render the ones Who damaged them, at fault; It's not a crime to spread our wings, dad The cape that billows behind them Is inked heavily with transgressions They've learned to embrace, With pride, dad, like battle scars. Don't hate on them, dad, Just because they can't wash The sins off them, as effortlessly as You once washed the dirt off my broken dolls. Shivani Pokhriyal

D pharm 2nd yr

What happens when What happens when everybody feels you're the strongest among others around you? They just protect others except you. And then your vulnerability which only you are aware of pushes you towards acquiring the strength you never had. That's how a child learns to be a warrior. What happens when the world just treat you like a heartless warrior after that? Especially not knowing the sensitive heart is somewhere pleading to live the playful way? You start understanding your reflection on your own, you start believing the kind, soft-hearted child in you. That's how a warrior learns to stay a kid at heart.



Meenal Jangid BPT 3rd Semester

Face Masks And Hand Sanitizer Distribution

The Rotaract Club of Sardar Bhagwan Singh University organized a face masks and hand wash sanitizer distribution program to children of areas in and around Balawala region on 21st December, 2020 under the esteemed guidance of Dr. Gauravdeep Singh (Secretary, Board of Governors). More than 100 face masks and hand wash sanitizers distributed. Rotarians also spread awareness about the importance of facemasks, sanitizers and social distancing to combat the COVID-19 pandemic. The program was organized by Mr. Kishan Singh (Convener, Rotaract Club), Ms. Richa Bahuguna and



New Joining



Miss Saundarya Deepak, Assistant ProfessorMaster's in Medical Microbiology
3 years of teaching experience



Miss. Neha Rawat, Assistant Professor Master's in Biochemistry 1 year of clinical lab experience. 3.9 years of teaching experience.



Dr. Deepika Chauhan, Assistant Professor M.Sc., Ph.D. (Agriculture Entomology) 3 years teaching and research experience



Miss. Hemlata Bhatt, Assistant Professor Msc. Agriculture (Agroforestry, ICAR, NET) 4 years teaching experience



Dr. Manish Kumar Jha, Assistant Professor MPT(Neurology) 2 years of clinical and teaching experience



Dr. Mohit Bhatt, Assistant Professor
MPT(Neurology)
1 year teaching experience & 5 year Clinical
experience

Farewell

treally gets better with one's consistent effort to grow and make it possible for others as well. With a mind like that our founder Sardar Gurcharan Singh ji also planted a seed of hope in the form of an educational institution which emerged as a pioneer in the northern part of our nation, it was like a dream come true definitely for his descendants when the institute was given the status of a deemed/autonomous institute in the year 2018.

It is not a myth that time flies without us even noticing it which came to be true for the university as well when the first batch from various courses is about to say a good bye and start a new phase or write a chapter to the book of their life. The journey it had been with a deep dip of a pandemic the students did not loose hopes and kept working hard along with their mentors to reach the day of the final toodle-pip when they are all ready to be out there in the world of practicality which is a mix of both angels and devils. They have been preparing themselves well in order to survive under conditions varying from that of tremendous pressure to ease of doing work.

The courses like MScs and Diplomas comprising of students from various states making the departments a healthy place to learn now stand together to bid them farewell wishing them a healthy and a beautiful future ahead in the world out there. Whatever may happen but one should never forget their identity and what makes them feel alive because that's what the way of life is, to not loose hope.

Patron: Shri S.P. Singh, Chairman, Dr. Gaurav Deep Singh, Secretary, Mr. Zorawar Singh, Manager Gaurav Bharti Shiksha Sansthan

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