

Editorial

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less".

-Marie Curie

the March edition of SBS times. Welcome the challenges and strive to reach the desired height. March named after the Roman god of wars, Mars. It is the start of new beginnings. Despite the month of second phase of Pandemic, it's the month of learning too. This month is a highlight with various scientific sessions arranged by the University. Staff and students of the University gained knowledge through webinars on recent advanced scientific areas like dendrimers and analytical tools used in researches. We from SBS University, promise to fight against COVID. Also embrace the opportunities for excellent learning.

Enjoy Reading
Editorial Board

Message From Director (PS & T)



Greetings
It gives me immense
pleasure to share my
views in the University
Newsletter. SBSU has a
mission and objective

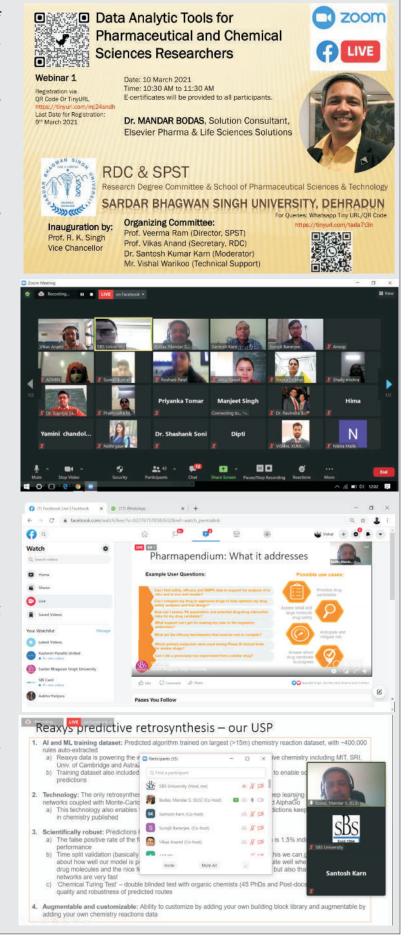
to impart high quality education that created great history and made it unique in the state. Not only in education, University also encourages the extracurricular talents of the students by providing platform through various clubs and societies. Creative writing and Publication Society of the University shapes SBStimes every month that helps to showcase the activities happening in the campus and prompts the staff and students to strive for hardwork. I congratulate and express my considerable appreciation to the entire editorial team of the society for their tireless work which requires time and effort.

Prof. Veerma Ram
Director
School of Pharmaceutical
Sciences & Technology

Campus News

WEBINAR ON DATA ANALYTIC TOOLS FOR PHARMACEUTICAL AND CHEMICAL SCIENCES RESEARCHERS

Research Degree Committee and School of Pharmaceutical Sciences and Technology, Sardar Bhagwan Singh University, Dehradun organized a webinar on the theme "Data Analytic Tools for Pharmaceutical and Chemical Sciences Researchers" on 10thMarch, 2021. The Program was organized under the esteemed guidance of Shri. S. P. Singh-Chancellor and Dr. Gaurav Deep Singh - Member Secretary, Board of Governors. On this occasion Dr. Mandar Bodas (Solution Consultant, Elsevier Pharma & Life Sciences Solutions) delivered a lecture on the theme. The webinar was inaugurated by Prof. R. K. Singh Vice Chancellor (O) of the University. Prof. R. K. Singh while interacting with attendees focused on different available analytical tools for pharmaceutical and chemical researchers. During his speech, Dr. Mandar discussed on Pharma Pendium and Reaxys: An Expert Curated Chemistry Database. More than 100 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. Santosh Kumar Karn moderated the program. Prof. Vikas Anand and his team of Mr. Vishal Warikoo, Assistant Professor. Mr. Surojit Banerjee, Assistant Professor along with Mr. Debadri Banerjee and Mr. Praveen Sisodia, Final year student of M. Pharm co-ordinated the webinar. All the attendees will be given E-certificates.



WEBINAR ON WHY VACCINATION IS NECESSARY FOR ALL OF US?

Sardar Bhagwan Singh University, Dehradun organized a webinar on the theme "Why Vaccination is necessary for all of us?" on 22nd March, 2021. 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. Farooq. President, The Himalaya Drug Company, Dehradun and Prof. (Dr.) P. K. Mathur, Advisor & HOD-MM/MLT were the keynote speakers. Prof. R. K. Singh Vice Chancellor (O) inaugurated the webinar. Dr. S. Farooq the Guest of Honor was felicitated by Prof. R K Singh Vice Chancellor (O) with Shawl and Memento. The keynote speakers focused on the theme and highlighted the necessities related to COVID-19 vaccination. More than 100 attendees participated in the webinar virtually. Ms. Saundarya Deepak thanked all the dignitaries, participants and attendees for their overwhelming response to the webinar. Present on the occasion were Prof. Veerma Ram (Director School of Pharmaceutical Sciences & Technology), Prof. Maneesh Arora, Dean Students Welfare and Ms. Urmi Chaurasia, Controller of Examination. The webinar was coordinated by the team of MM / MLT Department consisting of Dr. Anil Kumar, Dr. Pooja Naudiyal, Ms. Deepika Ahuja, Ms. Neha Rawat, Dr. Santosh Kumar Karn of Biotechnology and Mr. Vishal Warikoo. All the attendees will be given E-certificates.





WEBINAR ON DENDRIMER BASED PHARMACEUTICAL FORMULATION DEVELOPMENT



Research Degree Committee and School of Pharmaceutical Sciences and Technology, Sardar Bhagwan Singh University, Dehradun organized a webinar on the theme "Dendrimer Based Pharmaceutical Formulation Development" on 24thMarch, 2021. The Program was organized under the esteemed guidance of Shri. S. P. Singh-Chancellor and Dr. Gaurav Deep Singh-Member Secretary, Board of Governors. On

this occasion Dr. Hitesh Kulhari (School of Nano Sciences, Central University of Gujrat, Gandhinagar) delivered a lecture on the theme. The webinar was inaugurated by Prof. Veerma Ram, Director, School of Pharmaceutical Sciences and Technology. During his speech, Dr. Kulhari discussed on importance of dendrimers on cancer research. More than 100 attendees participated in the webinar virtually. Prof. Veerma Ram thanked all the dignitaries, participants and attendees for their overwhelming response to the webinar. The program was moderated by Dr. Santosh Kumar Karn and Ms. Priyanka Uniyal. The webinar was coordinated by Prof. Vikas Anand, Mr. Vishal Warikoo and Mr. Surojit Banerjee. All the attendees will be given E-certificates.

STUDENT COLUMN



Fight or Run

We can experience many things from our life. It depends on us how we learn, how we see, how we think and how we can use those experiences. Life has its own ups and downs. It gives us opportunity to decide whether we want to fight or to run . Everyday is a new beginning. If you're having bad days, then you'll surely have good days too. It has a habit of coming back.

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"A letter to the moon"

Dear moon, I'm writing you this letter to Let you know, that I don't feel right on earth.

Hope is fighting the beasts.

People here won't understand the

Truth is stranger in my dreams,

Reason behind the letter-So I am writing it to you.

There is nothing left here,

People long for fight and war.

Dear moon, Embrace my soul,

And let's meet up somewhere

Where the thousand stars meet.

I so wish to embrace the dark, Even though the gravity doesn't-

Seem to hold my breath.

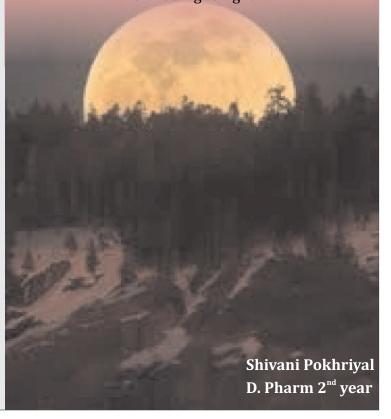
Oh dear moon, Take me away before

The earth shatters my stardust away.

I'm writing you this letter From the depth of my heart,

To let you know,

I am fading tonight.



STUDENT COLUMN

LET'S FALL IN LOVE WITH OURSELVES!

Everything turns out to be dark. The space and time lost its continuity and I was stucked there with no idea where to go. The stormy clouds loomed overhead like a thick blanket, blocking out even the little illumination the moon has provided. Years pass by, and petrified by fear I find a sudden urge to wander forward. Through the mist, I reached out there, finding myself a weak and a lost wanderer, with the whistling wind freezing my soul solid. No peoples, no love, no care-what's there should I live for? what's the need of these sufferings? I needed words, I needed inspiration, to solve the mystery. Suddenly, A soul came out forward, a little translucent but it could be recognised to be mine. And that part of me started talking. Dear girl, Listen, the best and most beautiful things in the world cannot be seen or even touched. They can be felt. The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance, but live right in it, under its roof. I know you don't belong to shout out emotions, you believe in forever's and happy endings. And maybe you are too close to my heart, but I still miss you. You have falled in love and out of love too, and I really appreciate you for that. I was a white sheet, engaging colours of-the evolving you. You strived for continuous improvement instead of faking perfection and girl that's enlightenment. You learnt to love people into freedom not cages. But why haven't you tried to love yourself or live for you till now? They say love is blind but darling infatuations are blind, love is seeing and sensing everything, the flaws and blemishes and accepting them. Love is all about recognising all the fears and insecurities and working on it. Infatuation is fragile and Love is strong and it strengthens you because its real. You realized when everything feels empty, you need more of you, more of your needs, more of your goals, more of your importance and not people's. You started finding "you"

and this process continues till you completely fall out of love with the silly things and started falling in love with "you".Let's do this-Let's fall in love. Yes you are the one who deserve your love. Unconditionally. Sometimes you act like insane, and when you wonder about me, don't worry I wonder about you too to guide you the right path. Falling in love is easy and beautiful. I don't expect you to tell me You love me too, I just had to let you know-"I love you".loads of love, the part of you, who wanna make you fall in love with yourself. And the soul disappeared within me. Maybe beyond the darkness there will be a world of sunshine. Maybe beyond all the suffering there will be a world of magic and maybe this new love for my life will find out the world of miracles. I gathered all my hopes, and started wandering once again with the shuddering steps now turning out to be struggling for becoming the steady ones. I gathered all my love and shouted out loudly- Let's fall in love deeply and madly, let's fall in love smoothly and happily but this time with myself.

> Shivani Pokhriyal D. Pharm 2nd year



ACHIEVEMENTS

- 1. Dr. C. Nithya Shanthi, Associate Professor, School of Pharmaceutical Sciences and Technology, as a resource person delivered lecture on "Phases of Nanocrystals in Targeted Drug Delivery"in AICTE sponsored FDP programme organised by Roland Institute of Pharmaceutical Sciences, Odisha on 23rd March, 2021.
- 2. Dr. Arun K. Mahato, Asst. Professor, School of Pharmaceutical Sciences and Technology, as a resource person delivered online lecture in the topic "Role of Nanomaterials and their applications as catalysts" in AICTE sponsored FDP programme organised by Roland Institute of Pharmaceutical Sciences, Odisha on 24th March, 2021.
- 3. A research article "Assessment of Serum Lipid Profile in Hypertensive Patients of Balawala Area, District Dehradun, Uttarakhand" authored by Dr. Anil Kumar, Ms.Saundarya Deepak and Prof. R.K.Singh was published in International Journal of Medical Science and Current Research. 2021:4 (1): 792-799.



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