



University

NEWS LETTER



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Editorial

Dear all,

January started with the hope of new beginnings for all of us, with the hope that the journey of 2024 will bring us to a better place at the end. The year started with the winter break for us the Sbsites, that gave us the opportunity to prepare ourselves to take up challenges for the upcoming year.

After celebrating Makar Sankranti at home all the students and teachers came back to join 'The SBS family'. After coming back to the university the enthusiasm of the students was seen as the month of January was the month of many events wherein the students gave their best. The winner was of course one, but the zeal of the students never comes down as they are always ready for a different competition on their way. The 75th Republic day was celebrated very enthusiastically by the SBSites where the chief guest was Lt Gen (Dr.) V.K. Ahluwalia accompanying him were Dr. Gauravdeep Singh, the Honourable Chancellor and Prof (Dr.) J Kumar, the Vice Chancellor.

The inter house cultural event took place on the 27th of January where the students showcased their talents in the singing, dancing and drama. The houses were given different topics for the drama, and themes for the Songs under different categories, like solo song & group song. Solo dance. Western Group Dance, and Folk Group Dance were also performed. The glimpses of the inter house events will be showcased in the further columns of SBS times.

The topics for drama were: Lifestyle Related Health problems (Ajit House) Gender Equality (Fateh House) Pseudo paradise (Zorawar House) Mental Health Awareness (Jujhar House) in which the students well depicted the topics. The event was judged by Prof. (Dr) Arun Mozhi, Capt. Nalini Mehrishi, and Prof. (Dr) C. Nithya Shanthi. The function concluded with the prize distribution ceremony. The best house trophy was won by Ajit House and the runner-up was the Jujhar House.

The enthusiasm shown by the students in various events performed during the month is visible in next pages.

Happy reading.

PHOTOGRAPH OF THE MONTH



Shot on mobile edge: 30
Anirudh Sinwal

Anirudh Sinwal
B-Pharm 4th Sem

Physiotherapy Services

Department of Physiotherapy rendered services at the Open Men's State Hockey Championship organised by District Sports Office from 09th January to 12th January 2024 at Hockey field of Maharana Pratap Sports College, Raipur, Dehradun.



READY Programme

School of Agricultural Sciences and Forestry organised 21 Day Agro Industrial attachment the under ICAR's READY Programme with Anupam Agro, Haridwar Road kuanwala, Dehradun on 22 December 2023 to 12 January 2024. Dr. M.H Mishra, the CEO of Anupam Agro oriented the students about the mushroom production process. He also described all important steps for spawn production



75th REPUBLIC DAY CELEBRATIONS

Sardar Bhagwan Singh University, Dehradun celebrated 75th Republic Day with patriotic zeal and fervor. The tricolor was unfurled by Lt Gen (Dr). V.K. Ahluwalia, PVSM, AVSM, YSM, VSM (Retd.), the Chief Guest, accompanied by Dr. Gauravdeep Singh (Honorable President) Prof (Dr). J Kumar (Vice Chancellor), Prof. Veerma Ram (Director, Pharmaceutical Sciences & Technology) Prof. Maneesh Arora (Dean, Students Welfare), Ms. Urmi Chaurasia (Controller of Examination) and Mr. Zorawar Singh (Manager). The festivities commenced with a musical note. The entire campus was resplendent in the shades of the Tricolor. Lt Gen (Dr). V.K. Ahluwalia remembered the freedom fighters, brave martyrs who had sacrificed their lives for the freedom of the country and told everyone about the right of the constitution and the duty towards it. Prof. (Dr.) J Kumar in his speech, articulated the essence of Republic Day and emphasized everyone's responsibility towards national integrity as well as the country's growth & development. Ms. Arushi Maikhuri (B.P.T. 1st year) and Mr. Abhishek Kumar (B.P.T. 3rd year) delivered speeches on the importance, basic principles and values of Indian Constitution. The event was anchored by Dr. Maitri Chaturvedi. Everyone took a pledge to uphold the honor, integrity, dignity, and uniqueness of the Nation. The program was coordinated by Capt. Nalini Mehrishi and Dr. Maitri Chaturvedi. All the Heads/In-charges and Coordinators of the Departments, Faculty, University students Captains and Vice-Captains were present during the program.



Inter-House Cultural Competition

The University organized the Inter-House Cultural Competition on 27th January 2024. The Inter-House Cultural competition comprised of various cultural and dramatic events such as Drama on Lifestyle Related Health problems (Ajit House), Gender Equality (Fateh House), Pseudo paradise (Zorawar House), Mental Health Awareness (Jujhar House); Solo Song, Group Song, Solo Dance, Western Group Dance, and Folk Dance. Students showcased beautiful Rajasthani folk, Bhangra and Garhwali dance performances.

The event was judged by Prof. (Dr) Arunmozhi Ranganathan, Capt. Nalini Mehrishi, and Dr. C. Nithya Shanthi. The function concluded with prize distribution ceremony. Ajit House won the House Trophy, Jujhar was first runner up & Zorawar House secured the position of second runner up.



INNER- DYNAMO

In the shadows of the past, I sought a guiding light,
Some folks named it "one above all,"
a concept shining bright.

I asked the faith keepers, their wisdom held the key,
Some used stones, some texts, doors,
and bowed in mystery.

With fear, I inquired about this cosmic force,
"It's what we call 'one above all,'
their chosen source.

Religions vary in beliefs, diverse in their views,
Yet in prayer, a common thread:
they all close their eyes to muse.

It's a world of imagination when we're feeling low,
In the sea of anxiety, our inner strength does flow.

In this mental journey,
something divine they applaud,

For in imagination's depths, they
find their inner dynamo or God.

Shiv Gahlaut
(B.Pharm 4th sem)

कविता: पुस्तकालय

हर शनिवार में पुस्तकालय में जाकर,
किताब पढ़ा करता हूँ,
एक नई किताब की तपतीश में,
उसे पढ़ने की तलब रखता हूँ,

वह लकड़ियों के खांचों में किताबें,
चेहरे पर तबस्सूम लेकर नजर आया करती है,
तपतीश करता हूँ मैं जब उनकी,
तो इसी रंज में वह मुझे और उलझाया करती है,

उन्हें देखकर ऐसा लगता है मानो,
के कुछ किताबें समंदर की लहरों से जूझ रहे हैं,
तो कुछ किताबें मकड़ों के जालों से उलझ रहे हैं,

लगता है मेरे हर आहट की उन्हें खबर रहती है,
तो कभी लगता है कि
मेरे जुबान से निकलने वाले लफ्जों पर, उनकी नजर रहती है
ऐसा लगता है कि मानो किताबों के लफ्जों पर शमा का नूर है

यह कलम झुक गया आज मेरा,
लगता है कि यह कलम भी,
उन लफ्जों के सामने मजबूर है

कई किताबों को दीमको ने जख्मी कर दिया,
तो कई किताबों को,
ना पढ़ने वालों ने बेरुखा कर दिया,

यह किताबें किसी अहबाबों से कम नहीं,
इनका जिक्र पुस्तकालय से है,
किसी हिजाबों से नहीं.

अनिरुद्ध सिनवाल
(B-Pharm 4th Sem)

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