



# University NEWS LETTER



# sbstimes

Vol XIV, ISSUE 05, December, 2025

## Editorial

As the year draws to a close, December arrives as a vibrant kaleidoscope of emotions and experiences. It embodies a unique duality: enveloping us in the warmth of celebration while the seasons transition—whether into the crisp chill of winter or the radiant glow of summer sunshine. This month serves as both a graceful finale to the past and a hopeful prelude to the future.

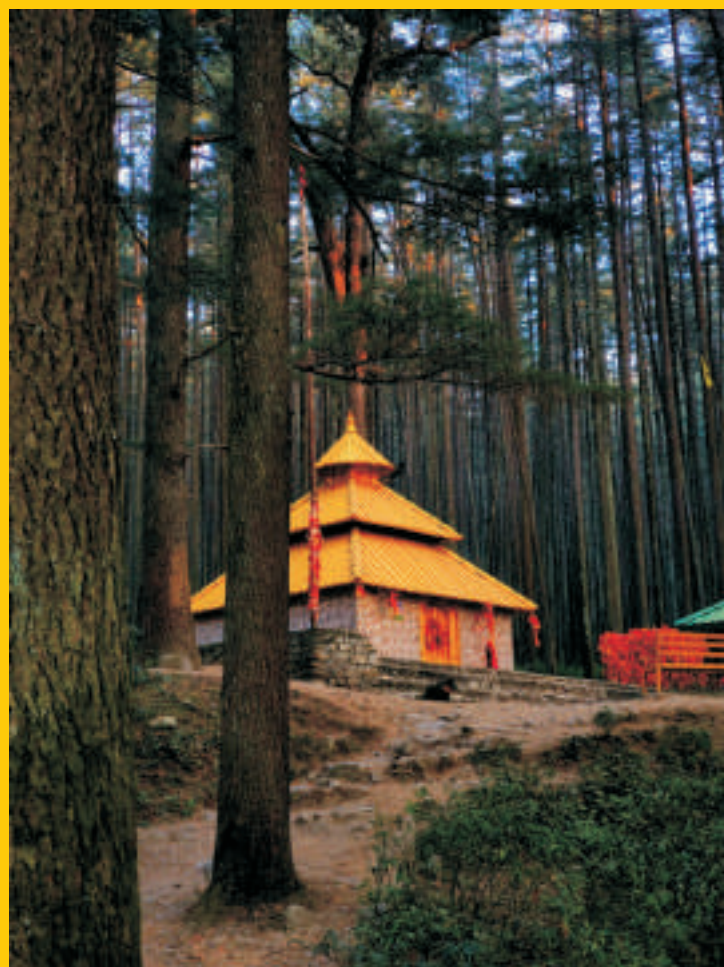
For our academic community at Sardar Bhagwan Singh University, December signifies far more than the turning of a calendar page; it marks the culmination of a term filled with unwavering dedication. It is a precious moment for students, faculty, and staff to pause, reflect, and celebrate the collective effort that has carried us through the year's challenges. By acknowledging our achievements and the valuable lessons forged through perseverance, we gain the clarity and inspiration to propel us forward.

As we close this chapter, let us wholeheartedly embrace December's invitation: to look back with pride, forward with anticipation, honor our shared journey, celebrate our growth, and recharge our spirits. May this month inspire each of you to reflect on your progress and recommit to your aspirations with renewed vigor for the year ahead.

Wishing you a fulfilling December and a prosperous New Year!

**Happy Reading!**  
**Editorial Team**

## PHOTOGRAPH OF THE MONTH



By:-  
Aman kumar  
M.Pharm 2nd year



## Alumni Spotlight

Powering Athletes, Making Us Proud Our alumni continue to shine, carrying forward the legacy of 32 years of holistic education at Sardar Bhagwan Singh University—from the classroom to serving the nation.

### Congratulations

Selected as  
**SPORTS PHYSIOTHERAPIST**  
KISCE,  
Sports Authority of India  
Maharana Pratap Sports  
College Dehradun

**Dr. Gurvinder Singh (PT)**

Batch SPT 2018 - 2020, MPT (Sports)  
2022-2024



Dr. Gurvinder Singh (PT) has been selected as Sports Physiotherapist at KISCE, Sports Authority of India, Maharana Pratap Sports College, Dehradun.

### Congratulations

Selected as  
**PHYSIOTHERAPIST**  
in  
INDIAN RAILWAYS

**Dr. Himanshu Kumar (PT)**

Batch SPT 2018-2019



Dr. Himanshu Kumar (PT) has been appointed as a physiotherapist in the Indian Railways.



Ms. Ayushi (B.Sc. (Hons.) Agriculture) has joined Godrej Agrovet, Mumbai.

Congratulations to these distinguished alumni—we are immensely proud of your achievements!

## Innovation Rooted in Excellence



A proud moment for the School of Agricultural Sciences! B.Sc. Agriculture students Ojas Ghildiyal, Alok Rawat, and Sidhant Semwal have indigenously designed and developed a cost-effective hydroponic unit in the university laboratory. This innovative setup successfully cultivates soilless lettuce and flowering strawberries, showcasing creativity, sustainability, and hands-on excellence.

## Faculty Development Programme



delivering high-quality physiotherapy education.

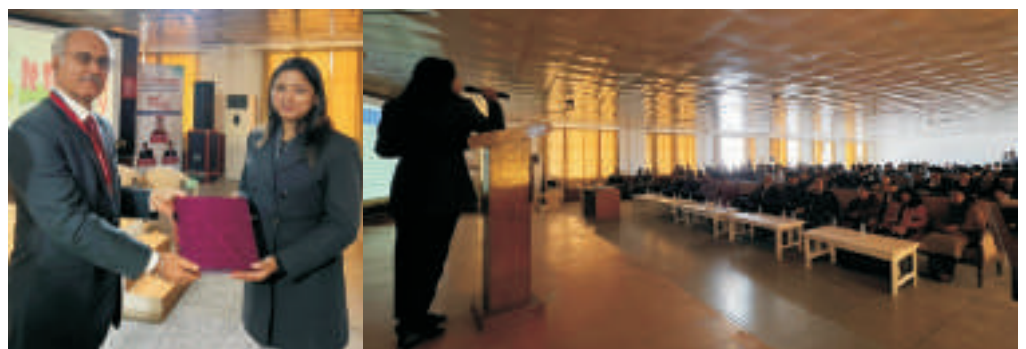
What an enriching week of learning and collaboration at Sardar Bhagwan Singh University! We successfully concluded our Five-Day Faculty Development Programme (FDP) on the theme "Empowering Educators for Quality Physiotherapy Education" from December 2 to 6. Over 100 enthusiastic participants engaged deeply to enhance their expertise in

## Expert Sessions

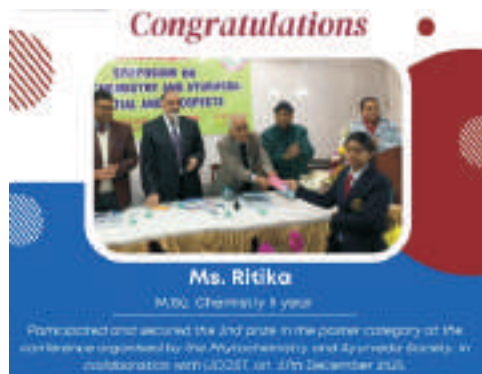
The **IPR Cell** of SBS University hosted an insightful session titled "**From Idea to Identity: Why IPR?**" on December 6. We are grateful to our esteemed guests—**Dr. Kapil Goel**, **Dr. Rajneesh Negi**, and **Mr. Dhruvad Shrivastava**—for their valuable insights and inspiration!



SBS University welcomed renowned psychiatrist **Dr. Kanchan Pant Dobhal** for an expert talk on "**Drug Abuse: Understanding the Crisis and Promoting Solutions**". Let us unite to foster a responsible, aware, and resilient student community.



## Student Awards



Heartiest congratulations to Ms. Ritika (M.Sc. Chemistry, II Year) for securing 2nd Prize in the Poster Presentation at the conference organized by the Phytochemistry and Ayurveda Society in collaboration with UCOST. Your hard work, knowledge, and dedication truly shine!

Additionally, 16 students from the BPT Final Year participated in the International Conference of Physical Therapy at AIIMS, New Delhi. Our team proudly secured third position in the Quiz Competition.

## Faculty Recognition

Celebrating Excellence! Huge congratulations to **Dr. Neetu Pandey** for receiving the prestigious **Devbhoomi Karmyogi Puraskar**! Thank you for your outstanding contributions to education and science at SBS University. This well-deserved honor was presented by Hon'ble Minister Shri Subodh Uniyal.

**Dr. Reena Kumari** was invited as **Chairperson** at the **International Conference of Physical Therapy** at **AIIMS, New Delhi**.



## Faculty Publications

- **Wadhwa, M., & Ranganathan, A.** (2025). Exercise alone versus combined with transcranial or trans-spinal direct current stimulation for cervicogenic headache: a randomized controlled trial protocol. *Brain Imaging and Stimulation*, 4, e6402-e6402.
- **Pankaj Kumar Chaurasia, P.K., Bharati, S.L., Joshi, P., Singh, S., Kumari, R., Singh, A., Kamble, R.D., Shelke, D.B., & Patel, V.K.** (2025). Onion (*Allium cepa* L.): Chemistry and Pharmacology. In *Exploration of the Medicinal Potential of Kitchen Ingredients* (Edited by Pankaj Kumar Chaurasia, Shashi Lata Bharati, Sunita Singh, Ashutosh Mani). Taylor & Francis (CRC Press).
- **Singh, A., Verma, S., Dobhal, K., & Chauhan, C.S.** (2025). Thyme: Chemistry and Pharmacology. In *Exploration of the Medicinal Potential of Kitchen Ingredients* (Edited by Pankaj Kumar Chaurasia, Shashi Lata Bharati, Sunita Singh, Ashutosh Mani). Taylor & Francis (CRC Press).

## Training & Placement Cell Update

The **Training & Placement (T&P) Cell** visited **Simpex Pharma, Kotdwar**, on December 10. The visit included productive discussions on campus placements and guest lectures for final-year students, strengthening industry-academia ties.



## The Pharmacist's Evolution: From Labs to Life Lessons



Beyond the Classroom College isn't just some place where you sit through boring lectures and freak out over exams. Nah, it's that wild turning point where real life sneaks up on you. The second you walk through those gates, you're on this crazy ride—from being totally dependent on your parents to figuring shit out on your own, from being lost to kinda knowing what you want, and from just being a "student" to actually owning your voice. At first, everything's overwhelming. Those massive corridors? Endless. New classmates? Strangers everywhere. Subjects? Way harder than school made them look. That freedom you dreamed about? It hits like a truck—suddenly you're responsible for your own. But give it a few weeks, and it starts feeling like home. You realize college isn't only about dragging yourself to class or grinding assignments. It's where you figure out who you really are. In class, yeah, we cram theories and formulas. But outside? That's where life school kicks in. Group projects? Pure teamwork chaos. Presentations? Builds your guts to talk in front of people.

Deadlines? Slam you with discipline real quick. Even juggling labs, library time, and trying to have a life teaches you time management—no book can prep you for that madness. As a B.Pharm kid, it's got its own vibe. That chemical smell in the lab that sticks to your clothes? Iconic. Weighing powders like your life's on the line, stressing if one tiny measurement screws the whole experiment—it's just like real life, where one dumb decision flips everything. Practicals grind patience into you, pharma classes hit you with "yo, this is serious responsibility," and hospital training? Reminds you prescriptions aren't just paper—they're someone's life on the line. Nights spent dreaming about cracking GPAT, jumping to masters, or landing that pharmacist gig? They keep me up, pushing me to hustle harder. We all roll into college with big dreams. Killer job? Higher studies? Just making mom and dad smile? College lets you chase 'em all. You try random stuff—competitions, clubs, whatever—and uncover talents you didn't know existed. That quiet kid in the corner? Ends up owning the stage. The "okay" student? Falls in love with a subject and crushes it. But real talk, the soul of college is the people. Friends turn into your ride-or-die family—midnight note-sharing, pre-viva panic revisions, turning hellish days into memes. Seniors drop wisdom like big bros, teachers mold not just your brain but your whole vibe. These bonds? Stronger than any syllabus, and they'll stick forever. College slaps you with failure too, the real kind. Bad grades? Efforts flop? It stings. But damn, it builds resilience. Falling? Fine. Staying down? Nah, that's not us. Every L just fuels you to grind more and trust yourself harder. And don't get me started on the memories—canteen gossip sessions, fest prep drama, those quiet library grinds, all-nighters for submissions, and those shaky smiles waiting for results. Basic stuff now, but they'll be epic stories later. They teach you to cherish friends, vibe with different people, and live in the moment. Someday we'll bounce from this campus with a degree, but we'll carry way more—confidence, grown-up energy, endless throwbacks. These lessons? They'll stick when the syllabus is ancient history. So yeah, soak it up. Ask dumb questions, jump in, screw up big, laugh like idiots, dream wild. College only happens once, but it shapes you forever. It doesn't just set you up for a job—it preps you for actual life.

**Manya Dhiman**  
**B.Pharm, 6th Sem**

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