

REMEMBER 2010



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alumnidiary

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# alumni editorial

The last year have been very eventful at the alumni office which is now well into completing yet another year of operations. In our days at SBSPGI and even now as faculty, we were taught topics like coordinated regulation of gene expression in which many genes work in the coordinated fashion and thus building an expression. It's a wonderful experience to actually apply all of them to our work as a team in the alumni association. The nuts and bolts of our association seem to be aligning and moving in a common direction now which sums up in a simple sentence - To Energize and Build leadership through a strong alumni association. Reunion 2010 is a perfect example of how alumni, students and faculty joined hands to come together from different cities from India and worldwide. The alumni office provided central support but the entire effort was completely planned and executed by the faculty and students. It will be a wonderful feeling to meet alumni who probably have not stepped into the institute since they graduated. Our mission is very simple - to meet as many of you as possible and build strong relations and friendships.

The first SBS Alumni Souvenir, under the able leadership of Dr. Gaurav Deep Singh, who has brought in a fresh breath of content and ideas both in the magazine and the website. This magazine has many firsts too. Making a 30 page magazine is a humungous effort and for the first time, for sure the editorial team would have a whopping of 48 pages - 20% more. We must sincerely thank people who have immensely contributed to this souvenir and has contributed for the visual appeal of this Magazine. We are really getting addicted to the cups of coffee with all at the alumni office. Do drop in and Energize & Build our alumni association.

As for this issue, it's a blend of inspiration, fun and edutainment. As this is the first issue we have tried to incorporate the most memorable moments that have been shared by our alumni, those who will be the part and those who were not been able to be the part of Reunion 2010. The current issue focuses on making the souvenir more student-friendly as we have an Inter-disciplinary research article building the leadership qualities, management policies and much more.

We hope that the forthcoming issues shall be a compilation of even more enriching thoughts and ideas. We invite all enthusiasts to be a part of our team. We also invite faculty to actively participate through articles and suggestions. We look forward to your feedback. It makes us feel connected to you and what's more helps us make the SBSPGI experience better. So keep sending your suggestions and feedback to [sbsosa.sbs@gmail.com](mailto:sbsosa.sbs@gmail.com).

Regards,  
Editorial Board

#### Editorial Team:

Publisher-Dr. Gauravdeep Singh, President SBSOSA.

Editor-Dr. Vikash Singh Jadon, Secretary SBSOSA.

Members-Ms. Nidhi Srivastava, Ms. Juhi Mishra.

Design: Synthesis, Dehradun.



men often live and follow  
a beaten path by initiation  
only a few dare to carve out  
a new path for themselves.

*Rig-Veda*



Late Sardar Gurucharan Singh Ji  
(17.11.1940-2005)



# by the torchbearers



It is a matter of immense pleasure that first issue of Alumni Souvenir "Rewind 2010" for Alumni Grand Reunion 'Dashak-2010' is being published. This souvenir is an excellent platform for expressing the views and reminiscences of alumni of the institute from different corners of India and worldwide. I wish alumni and students of our institute all the very best.

I take this opportunity to convey my appreciation and best wishes to editorial members for their efforts for successful publication of the first issue of Alumni Souvenir.

**S. P. Singh**  
Chairman



It's an immense pleasure for me to learn that SBS Old Student Association (SBSOSA) is organizing Grand Reunion of Alumni, on 24<sup>th</sup> Dec 2010. Since its inception, the Institute has been producing successful professionals in the various fields of Biomedical Sciences. Therefore, I appreciate the objectives of the reunion, to bring the generations of students on same platform. I hope, the recent pass out students get the benefit by interacting to their seniors. The organizing committee has introduced a session on panel discussion, where the students will have unique opportunity to interact with experts. Also, students who earned their degrees more than ten years ago from this Institute shall have an opportunity to come back to their *Alma Mater* and contribute to its progress, and strengthen their bondage.

I hope that this reunion will not only scout the accomplishments of the worthy alumni, but would also ensure their participation in the development of the Institute. I foresee this reunion as a prospect to know about the success stories of students, and invite suggestions for improvement of Institute. This will be helpful to design better futures for the upcoming students, which remains the main objective and mandate of Institute.

I extend my hearty welcome and greetings to all the SBSites and look forward for suggestions.

**Prof. A. K. Sharma**  
Director, SBSPGI



It is a matter of immense pleasure for all of us to organize the grand Old Students Reunion. The publication of a souvenir on this occasion will certainly preserve and help cherish these memories for a longer time. I am sure; it will be a great experience for all of us to have our former students on this reunion with their former batch mates and reunion with their *Alma* matter.

The sheer thought of going down the memory lane and reviving old memories, sharing the past experiences, jokes and discussing various issues revokes nostalgia.

We have made our best of efforts to make this event a grand success in providing a platform to relax from the busy occupation, sharing the ideas, experiences. The reunion will certainly help in building bondages between the Alumni, upliftment in professional field and paving a grandeur path for the SBSites in their endeavour.

My sincere thanks to all the organizing committee members and also our sponsors for supporting the event.

**Gauravdeep Singh**  
M.S & President(SBOSA)



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## The Institute

Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences and Research is the first to offer professional education in the field of biomedical sciences in the region. Since its inception in 1994 the institute has constantly worked towards raising the academic standards. In pursuit to offer the best technical infrastructure and skills to the students, the Institute has grown technically sound with the state-of-art laboratories with hi-tech equipments and the best infrastructure in the region for academics and research. "Growth in every sphere of activity" is visible through the student's performance and well placed alumni. The vision is to provide quality professional education to the students. The biggest tribute to our Institute would be to help it to realize its dream of becoming as the center of excellence in the area of Biomedical Sciences with the state-of-art facilities and it would be no exaggeration to state that the alumni community needs to play a very active role to achieve this.

### SBS Old Student's Association

The SBS Old Student's Association of SBSPGI is a continuous and a progressive link of an Institution between its past glory and present panorama. Hundreds of proud alumni from SBSPGI play a central role in almost every sphere of life in India and abroad. They all carry with them a very special a unique experience. The Association was established with the aim of strengthening the ties between the SBSPGI and its graduates. The Association office bearers maintains the track record of SBS Alumni and organizes activities such as class reunions, social events and lectures by renowned experts and Award the Certificate of Merit and a cash prize of Rs 2500/-, Rs. 1500/- and Rs. 1000/- to the meritorious and rank holders in semester and annual examinations. Alumni Association is all integral asset of the Institute to act as guiding link between the past and present students and an able counselor for effective placements / job opportunities to the chain of present students



## Alumni Reunion - 2010

The Institute has a glorious history and has always been in the forefront for in the field of Biomedical Sciences in the region since its inception. The Association has been regularly organizing get together where alumni get the opportunity to share their experiences and thoughts and in continuation to it, the Association is organizing the .... Dashak Alumni Reunion, 24<sup>th</sup> December 2010, in the Institute.

The Reunion has been proposed in the campus for the following reasons: This meet is different from the normal alumni get-togethers as this involves a day long discussion and formulating a strategy for the alumni contributions.

The number of people involved in the discussions may not be large. Our ballpark estimate of number of participants is 80-90.

A large number of our alumni have not got a chance to see the developments in the institute. A visit to the campus will give them the real picture.

The discussions with faculty, admin, PG students would provide lot of insights into the issues that are plaguing the Institute. Donating money to the institute would be the easiest thing to do but spending personal time and effort would be the toughest. The batch representatives and other participants will have a higher moral authority to appeal for contribution from their fellow batch mates.

Some of the steps that we have identified are listed below

- 1) Form a core committee for organizing the meet having representatives from each batch/chapter
- 2) Create an e-group of all batch representatives to start the discussion
- 3) Intimating all the chapters and opening of new chapters.
- 4) Work closely with the alumni cell of the Institute



# Memorandum of Association

The Name of the Society is "**SBS Old Students Association**".

The office of the Society shall be situated in the premises of Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences & Research, Balawala, Dehradun.

## **1. Aims and Objectives**

- (i) To do all acts in the interest and for the benefits of Sardar Bhagwan Singh Post Graduate Institute, Balawala, and the fraternity of Old SBS. Without restricting in any way the generality of the above objective, the aims and Objectives of the society shall inter alia include the following:
- (ii) Take over the assets and liabilities of the existing unregistered "SBS Old Students association".
- (iii) To promote and maintain closer bonds of goodwill and friendship amongst all members of the fraternity and render assistance to them and their dependents in all aspects.
- (iv) To hold up the traditions and values of the Institute and ensure that they continue to foster and grow.
- (v) To do that all is necessary to protect and enhance the reputation of the Institute to generate public and government awareness and support for the Institute and assist the institute as may be necessary in its day-to-day activities, in particular to achieve excellence in academics and other spheres of educational and Institute activities.
- (vi) To assist in furthering the objectives of "SBS Old Students Association" by various acts including nomination, if required members of the society to the board of Governors of the Institute or any other committees that may be set up from time to time.
- (vii) To open chapters in various cities all over the country and abroad and frame rules for such chapters.

## **2. Rules & Regulations**

- (i) The name of the Society is "SBS OLD STUDENTS ASSOCIATION".
- (ii) The objectives of the Society are set out in its Memorandum of Association and be altered, extended or abridge as required by Executive Committee.

## **3. Membership**

### **3.1 Life Members**

- (i) All former students of Sardar Bhagwan Singh Post Graduate Institute, Balawala are eligible to become life members of the SBS Old Students Association, provided they were in SBS Institute for a complete Course.
- (ii) Members who rejoin the Institute to pursue PG courses or any other higher degree shall be temporarily disallowed membership for the duration of the course and may rejoin after the said period. No fee shall however be charged in such cases. Research Scholars however, shall be the member of Alumni Association.

### **3.2 Associate Members**

- (i) The Director, Manager, HOD's and teaching staff of SBS, Balawala, Dehradun. shall be the Associate members of the association.
- (ii) The Associate members shall pay no subscription fee.
- (iii) The Associate members shall have no voting rights.
- (iv) The Associate Members shall continue to be so, till they enjoy the confidence of the Executive Committee.

### **3.1 Termination/Suspension of Life Members**

- (i) Membership of the Society may be suspended by the Nominating Committee, on being satisfied, prima facie, of the unbecoming conduct of a member.
- (ii) Membership of the Society may be suspended by the executive Committee, in case a member is convicted of a criminal offence involving moral turpitude.
- (iii) Such suspension must be placed before the ensuing General Meeting, which shall determine whether the same is revoked continued or the membership terminated.



#### 4. **Membership Fee**

- (i) Life Membership subscription shall be decided from time to time by the Executive Committee.
- (ii) The present life membership fee is Rupee 1500/-

#### 5. **Management**

The affairs of the Society Shall decided from time to time by Executive Committee.

#### 6. **Nominating Committee**

The Board of Governors, Director, Manager, Head of the departments, and teaching staff of SBS the immediate past & present President of the old Students' Association executive Committee, shall be the members of the Nominating Committee. The Chairman Board of Governors shall be the Chairman of the Nominating Committee. Its duties and functions will be as under:-

- (i) To guide and assist the Executive Committee in furthering the aims and objectives of the society.
- (ii) To determine all questions regarding the general policy of the society.
- (iii) To nominate/appoint members any committees or societies as the need arises.
- (iv) To nominate the 8 (eight) members of the Executive Committee from the panel of nominations received.

#### 7. **Executive Committee**

##### 7.1 **Members**

The Executive Committee shall comprise the following;

- (i) President - 1
- (ii) Immediate Past President
- (iii) President-elect (Shall assume the post of President in the next E.C.)- 1
- (iv) Vice President - 1
- (v) General Secretary -1
- (vi) Members - 8
- (vii) Treasurer
- (viii) Any vacancy in a committee shall be filled in the next general meeting.
- (ix) No member shall continue to be member if he or she resigns.
- (x) The members so nominated to the executive committee shall have tenure of two years or till the date of next election is held and new E.C. is Duly constituted.

##### 7.2 **Elections & Nominations**

- (i) Elections shall be held every two years for the post of **President Elect, and General Secretary**. Elections may also be held for the Post of **President** incase of resignation of President Elect of the Previous E.C. A member may contest election to any of the posts only if he/she has been a member of the E.C.
- (ii) The Nominating Committee shall appoint a election officer for the same.
- (iii) Nominations shall be called two months in advance.
- (iv) Voting shall be held on the general body meeting on completion of two years of the E.C.
- (v) The mode of election shall be with the count of Hands. Ballot papers may however be used if the Election Officer Wishes to.
- (vi) Nominations shall be invited for the post of Eight **E.C. members** for approval/recommendation of the Nominating Committee, and members nominated so shall be declared by the Election officer on the Annual General Meeting.
- (vii) The election Officer may call for nomination from the floor of the AGM incase no nominations are received for any post.
- (viii) The **Vice President** shall be Nominated by The President of The E.C.
- (ix) The **Treasurer** shall be chosen from amongst the E.C. members will Consent of the President.

##### 7.3 **Duties and Functions of The Executive Committee**

The executive committee shall take all such steps as may be necessary for the proper management and administration of the property and funds of the society, which will include:

- (i) Making rules and regulations for the conduct of meetings and affairs of the society and adopting and varying the same from time to time.
- (ii) Receiving grants, subscription, donations, holding functions and promoting activities etc. for raising funds to achieve the objectives of the society.
- (iii) Managing and regulating the finance, accounts, investments, property of the society and for that purpose appointing such agents as it may think fit.
- (iv) Appointing coordinator of the Society.
- (v) Appointing activities incidental to the running of the society.
- (vi) Grant of scholarship to deserving students for such period and amounts as the Executive



Committee may decide.

The President shall hold the office for a period of one term only and shall not be eligible for re-election for six years after completion of his/her term.

## **8. Accounts**

- (i) The books of accounts shall be kept in the office of the society or at such other places as the Executive Committee thinks fit.
- (ii) The Bank account of the society shall be operated by a person as appointed by the Nominating Committee at the Annual General Meeting.
- (iii) Copies of audited accounts shall be available for inspection by members at the Annual General Meeting.

## **9. Meetings**

### **9.1 General body Meeting**

- (i) General Body Meeting is to be held ONCE in a year.
- (ii) The General Secretary shall call for General Body meeting with consent of the president, with a Advance notice of minimum one month.

### **9.2 Executive Committee meeting**

- (i) The E.C. Meeting is to be held minimum FOUR times in the year.
- (ii) Quorum: The presence of 50% members including the president and General Secretary shall form a quorum.
- (iii) Pre intimation of minimum 14 days shall be mandatory for Executive Committee meetings., however emergency meetings maybe called at shorter notice.
- (iv) All E.C. members must confirm their presence/unavailability minimum 7 days in advance to the General Secretary
- (v) Presence of President and General Secretary will be mandatory for EC and GB meetings. The Vice President may However preside over meetings as and when required.
- (vi) EC membership could be terminated if any member fails to attend three consecutive meetings. The final decision however to be made by Executive Committee.

## **10. Official Year**

The official year of the Old SBS Association will be from November to November every year.

## **11. Appointments**

If felt necessary, the Executive Committee may appoint a paid Executive Committee may appoint a paid Executive Secretary/other officials who shall not be members of the Executive Committee. They shall assist the President and Secretary in the administrative work.

## **12. Local Chapters**

- (i) Local Chapters of the Association maybe formed in Foreign countries, States, UT s, Cities where members are working/residing. Consent of minimum 20 members will be required for opening of new local Chapters, which comprises of One Convener and Three Executive Committee members In the Governing body.
- (ii) The proposal for new chapters shall be sent to E.C. for the approval .
- (iii) The aims & objectives shall be the same as that of parent body and promoting them at local level.
- (iv) The convener of the local chapter should give pre information regarding any activities being organized.
- (v) Funds to active chapters may also be allocated by the SBSOSA E.C. for organizing activities in the Welfare of the Institute or SBSOSA. Such proposals must be sent in advance for consideration in the E.C. meetings. The President may however at discretion may allocate up to Rs. 15000/- for such activities .
- (vi) No additional membership fee can be charged from the alumni members for local chapters , however voluntary donations maybe accepted..
- (vii) The annual report and the audited statement of accounts shall be given to the General Secretary of the Association.
- (viii) The Local Chapters must contribute 30% of their earnings to the parent body.



# What's up @ sbsoa

## Alumni Reunion-2009



The SBS Alumni reunion was held on 16<sup>th</sup> November 2009 that turned up into ever lasting experience with the get together of the old friends. The efforts and arrangements made by the Association Office and students were as usual excellent and made all feel really special. The day started with the welcome address by Prof. A.K. Sharma, Director of the Institute, Dr Gauravdeep Singh, President, and Dr. Gaurav Jindal, Secretary of Alumni Association. Addressing the alumni, President apprised about the achievements and functioning of the Association and exhorted them to emotionally contribute to the Association and the Institute. Show match was played between the Alumni and final year students that truly showed the zeal of Alumni to remain attached to its alma mater. The victory of the Alumni in the show match was cherished in the grand lunch arranged by the Association office for the Alumni and the faculty members.

### Whats On The Menu.....

That great ambience of garden, soft music, great food, warmth of drinks kept lots of us reminiscing about the old days in the grand Dinner hosted by the Management of the Institute an evening before the Grand Alumni Reunion



# General Body Meeting-2009

A meeting of SBS Alumni Association was held on 16<sup>th</sup> Nov 09 at 3:30 PM in the Seminar Hall of SBSPGI, Balawala. The meeting was presided over by Prof. A. K. Sharma, Director, SBSPGI. The interaction between the Executive Committee and Alumni took place and the past achievements and future prospects for the better functioning of the Association were discussed. The meeting was followed by the Elections for the New Executive Committee for which the nominations were invited by the election officer Dr. Ram Lal Thakur for various posts.

## OFFICE BEARERS

### PRESIDENT:

DR. GAURAV DEEP SINGH

### VICE PRESIDENT:

DR. PIYUSH PANDEY

### PRESIDENT (ELECT):

DR. GAURAV JINDAL

### GENERAL SECRETARY:

DR. VIKASH SINGH JADON

### Treasurer:

DR. REENA KUMARI

### EXECUTIVE COMMITTEE

#### Members:

DR. MANISH ARORA

MR. ASHOK KUMAR

DR. R. RAGHUVeer

DR. VIVEK CHAUHAN

DR. NITI RAJPAL CHAUHAN

MR. SHASHI RANJAN

MR. VIKAS SHARMA

MR. UTKARSH TYAGI

## Pre Induction Programme

Pre induction programme for the final year students of all discipline was conducted in which the young inductees were apprised about the functioning of association. On this note we congratulated and wished our young budding alumni the best for their future endeavours.





# mentors



**Ms Urmi Chaurasia**

Head, Division of Pharmaceutical Sciences, SBSPGI

*“At any point of your life, have you ever felt the urge to be part of something bigger than yourself? Have you ever wanted to make a difference, even if in a small way, to how things were shaping up in the world around you? Have you ever wanted to help someone out, even if just a single person, selflessly and with whatever means you had? If you have, then you would find greater inspiration in the stories of these esteemed alumni of the Sardar Bhagwan Singh (PG) Institute of Biomedical Sciences & Research, who took the path less travelled and paved their way towards making this world a better place to live in.”*

As I sit back to pen down my thoughts on this occasion of Alumni Dashak Reunion-2010, the nostalgic and sweet memories of my initial days in this institute flash before my eyes. At that time, the first batch of eight students was on the verge of completing their first year of B. Pharm. The very next month witnessed an increase in the number of students with fresh admission into second year of B. Pharm. Thereafter the wheels started rolling and we never had to turn and look back ever again. It was during this period a special co-valency bondage started developing between the three i.e. the institute, faculty and students.

Our first batch completed the course in 1998, well armed with technical knowledge, ready to face this competitive world. They carved a niche for themselves wherever they served. The institute strives hard not only in developing students for their career but also as a valuable contributors to the society. The old students of any institution are its greatest strength. I congratulate our alumni for keeping the SBS flag flying high, working together to strengthen this bond and helping SBS soar those untamed heights.



# mentors



*"Leadership has its lows and highs. It is only commitment that will see you through your leadership in the good challenging and tough times."*

## **Prof Sanjay Gupta**

Head, Deptt. Of Biotechnology, SBSPGI

### *In The Foot Prints of Tradition.....*

*Education should not be a struggle, a plea or a privilege, it is the birth right of every individual.*

*If we want this nation to truly prosper, every mind has to be set on fire.*

*Growth can occur only when education acts as a bridge between knowledge and ignorance. Our endeavor "Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences & Research" established in 1994 is the result of our belief that the best of east and west have to merge if we have to go forward in life.*

*Inheriting a legacy is not difficult as living up to its traditions have to be preserved, expectations have to be met, dreams have to be fulfilled and one has to continuously evolve to meet the demands of today's turbulent times. In the past years focus on education was important, education came next and now the watchword is "competition".*

*This the millennium of the "achievers" with the child being the centrifugal force that derives and thrives in all parts of personal excellence.*

*And SBSPGI helps us to achieve all goals, education & competitions of our life.*



## Award Of Appreciation -2010



### Mr. Sunil Chaudhary

Mr. Sunil Chaudhary did his B.Pharm (1995-98) from Sardar Bhagwan Singh (PG) Institute of Biomedical Sciences & Research, Dehradun and is having more than 10 years of experience in the pharma sector. He started his career from Health department, Chandigarh since September 2007 and reached to the present position as the Drug Control Officer, Chandigarh, India.

In recognition of his outstanding contributions to the society and helping the students for getting placed in the reputed pharma sectors, Mr. Sunil Chaudhary is conferred with the Award of Appreciation of the SBS Old Students Association.



### Mr. Himanshu Tyagi

Mr Tyagi completed his Masters in Pharmaceutical Chemistry in year 2000. After completion of the Degree he joined SPIC (Southern Petrochemicals Industries Corporation) (SPIC is the only USFDA approved company for manufacturing of Penicillin G in India) as Sales Executive based at New Delhi in June 2001. He also worked with M/s Lancer Pharmaceuticals as Executive in Analytical Department and joined Ind Swift Limited as a Section Head in Analytical Department. After Serving the Pharmaceutical Industry for 5 years, the dream called Vinca Life Sciences to serve Human Being was executed as a Pharmaceutical Formulation facility in the foot hills of Shivalik Range of Himalaya's. Now Vinca Life Sciences is a GMP certified facility at Baddi H.P. having various dosage forms like Oral Solid, Oral Liquid & External Preparations. Vinca Life Sciences is a progressively growing pharmaceutical company expanding in all horizons with a aim to be one of the most appreciated and accepted and good will company in pharma sector Vinca Life Science is engaged in manufacturing and marketing of a wide range of pharmaceutical formulations with an assurance of quality and reliability by making available a wide range of Life-Saving, Life-sustaining and Life-Enhancing Health Care Products. The firm is also having technical collaborations with many Multinationals companies. In recognition of his outstanding contributions to the society and helping the students for getting placed in the reputed pharma sectors, Mr. Himanshu Tyagi is conferred with the Award of Appreciation of the SBS Old Students Association.

Reach him at HIMANSHU TYAGI, Managing Director

Vinca Life Sciences, SCO 65, First Floor, Sector 12A, Panchkula, Haryana.



### Mr. Yogendra Singh

Mr. Singh did his M.Sc. in Pharmaceutical Chemistry, 1998-2000, from Sardar Bhagwan Singh (PG) Institute of Biomedical Sciences & Research, Dehradun and is having more than 10 years of experience in quality control of API's and Formulation with expertise in Stability studies and GLP. He has earlier worked in reputed Pharmaceutical Companies such as Ranbaxy Laboratories Ltd, Toansa (Punjab), Alkem Laboratories Ltd, Baddi, Ranbaxy Laboratories Ltd, Paonta Sahib (HP), Ind -Swift Ltd Baddi and Glenmark Pharmaceutical Ltd Baddi (HP). Presently, he is working as Head, Quality Control with Alembic Ltd, Baddi (HP).

He is also serving the society and nation under the umbrella of Health-QUEST foundation (Founder member, [www.healthquestfoundation.com](http://www.healthquestfoundation.com)) by organizing academia-industry interaction development programme for the students from rural/small towns. Till date more than 5000 students has been trained / counseled and certified by the senior executives of Pharmaceutical Industries. Being a HQF founder member, he is involved in social up-liftment programme such as:

1. Distribution of scholarship to deserving financial weaker students of Pharmacy and Life Sciences.
2. Provide opportunity to deserving financial weaker students to participate in Seminars/Workshops organized by HQF on various identified topics which helped them to select the vision of their life.
3. Organized Blood Donation camp every year by Pharma Sector employee in association with PGI, Chandigarh, Plantation drive for safe and healthy environment and woolen distribution programme for needy families.

In recognition of his outstanding contributions to the society and helping the students for getting placed in the reputed pharma sectors, Mr. Yogendra Tomar is conferred with the Award of Appreciation of the SBS Old Students Association.



## Award Of Appreciation -2010



### Dr. Ravinder Sharma

Dr Sharma did his Bachelor of Physiotherapy (1998-2002) and Masters of Physiotherapy (2003-2005), from Sardar Bhagwan Singh (PG) Institute of Biomedical Sciences & Research, Dehradun. Mentioning his contribution to the Research and teaching, Dr Ravinder Sharma has been previously associated to many colleges as All Saints Institute of Medical Sciences and Research, Ludhiana, he Headed the Department of Physiotherapy at Gour Brahman Ayurvedic and Physiotherapy College, Rohtak and is currently working as Assistant Professor in Physiotherapy, TDTR DAV Institute of Physiotherapy and Rehabilitation, Yamunanagar.

In recognition of his outstanding contributions to the society and helping the students for getting placements in the field of Physiotherapy Dr. Ravinder Sharma is conferred with the Award of Appreciation of the SBS Old Students Association.







## Young Achievers

*expanding their wings to fly high*



**SANDEEP KUMAR**, did his M.Sc. (Bio-Technology) from Sardar Bhagwan Singh Post Graduate Institute of Bio-Medical Sciences and Research, Balawala Dehradun Uttarakhand (2007-09) and qualified CSIR/UGC(NET)-JRF-2009. We congratulate Mr. Sandeep Kumar for being selected for the Ph.D. programme in National Institute Of Pharmaceutical Education And Research (NIPER), Mohali (Punjab).

**ASHISH KUMAR**, did his M.Sc. (Bio-Technology) from Sardar Bhagwan Singh Post Graduate Institute of Bio-Medical Sciences and Research, Balawala Dehradun Uttarakhand (2007-09). He is presently working as JRF in Institute Of Nuclear Medicine and Allied Science (INMAS, DRDO, Delhi). His area of working includes research on micro RNA a small regulatory RNAs which helps in RNAi pathways. Their role in apoptosis following gamma radiation is very vital. To observe their role he is checking their expression level by PCR, real time PCR and microarray after gamma radiation. He is also observing the micro RNA associated protein by native PAGE electrophoresis, Co-immuno-precipitation and Western Blotting and its cellular effect by fluorescence microscopy, D.I.C. microscope, Confocal microscope and Flow Cytometry. We congratulate Mr. Ashish Kumar for being selected for the Ph.D. programme in INMAS, DRDO, Delhi.

**Dr Parmeet Singh** did his MPT (Sports) from Sardar Bhagwan Singh Post Graduate Institute of Bio-Medical Sciences and Research, Balawala Dehradun Uttarakhand (2005). Dr. Singh served Under 19 Cricket team and Ranji Teams of Delhi and Rajasthan as Physiotherapists and is currently the physiotherapist at National Cricket Academy, Mohali. We wish all the great success to Dr. Singh in his future endeavors.



**Ms. MANDEEP KAUR** did her M.Sc. Biochemistry from Sardar Bhagwan Singh Post Graduate Institute of Bio-Medical Sciences and Research, Balawala Dehradun Uttarakhand (2004). Showing a dynamic performance in her career Ms. Mandeep had worked with many organizations in an enviable positions. To name a few she worked with Intercraft Trading Pvt Ltd. as a Brand Trainer for Elizabeth Arden-India Team, Lakme Training Academy (LTA) as a Sr. Trainer. Represented India team at L'Oreal Training Conference held in Hong-Kong in Nov'2010, Represented India at the Elizabeth Arden Training conference held in Singapore in Jan'2008, Jan'2009 and in Indonesia in Jan'2010 and much more. Presently she is working with L'Oreal India Pvt Ltd. as a Head Training Manager.

Here is what Ms Mandeep wants to share with all of us:

"Time spent in SBSPGI as a student was simply the best. Since I belong to a small town in Punjab, those 2 years in SBSPGI not only helped me to pursue my Masters degree in Biochemistry and find few long-term friends but also I found the best mentors, our lecturers who helped me in my own personal development. I thank everybody and share my career success with everyone related with this institute."



# Entries Invited

## **Nominations invited for the Distinguished Alumni Awards, 2010-2011**

*The Distinguished Alumnus Award (DAA) is the highest award given by SBSOSA to its alumni. This award is given in recognition of achievements of exceptional merit.*

*Nominations can be made under the following categories (i) Entrepreneurship (ii) Management (iii) Professional Excellence (iv) Academic Achievements (v) Excellence in Other Walks of Life. Self-nominations are discouraged.*

*For more details please see alumni page on [www.sbs.edu.in](http://www.sbs.edu.in)*

## **Nominations invited for the Award of Excellence, 2010-2011**

*Alumni of all SBSOSA are eligible for this award. The award is given for displaying the highest professional integrity and for upholding human values. Self-nominations are discouraged. For more details please see alumni page on [www.sbs.edu.in](http://www.sbs.edu.in)*

*The last date for receiving nominations for both the awards is **30<sup>th</sup> August, 2011** and may be sent at the following address:*

**Secretary, Alumni Association,  
Sardar Bhagwan Singh (P.G.) Institute of Biomedical Sciences &  
Research, Balawala, Dehradun  
or mail to: [sbsosa.sbs@gmail.com](mailto:sbsosa.sbs@gmail.com)**



# Alumni Speaks: Feature Story



"Whatever role we play or is assigned to us, it should be our Endeavour to perform the task well. Our entry may not be remarkable but our exit should blaze a trail of glory."

## Shashi Ranjan

M.Sc. Biotechnology- 2004-06

Head, International Business, Natural Herbs & Formulation

### Are You an In or an Out Leader?

I have just spent an intensive week coaching executives in a global organisation, asking my clients the simple question: are you an "In" or an "Out" leader?

By that, I mean, how much time and energy are you spending in (or with) your team and how much time out in the wider organisation? It might seem like a simple question, but executives rarely take the time to think about it. It's important to do though, because this single question could answer many other questions that you — or your boss — have about your style and effectiveness.

Executives usually have a preference for one arena, which can be reinforced by their role, their personality, or even the corporate culture. A quality control manager, for example, would naturally be more inwardly focused while a communications director would roam across the business. Both roles would attract different personalities. Similarly, some organizations are structured as, or have developed into, silos due to the nature of their business or markets. Examples might include law firms, where separate practices evolve to serve clients in specific areas.

My suggestion is that executives need to balance the time they spend in both the In and Out arenas if they are to be effective. They also need to find a third place — between the two arenas — where they can reflect on this. Let me outline some of the activities and tasks associated with each arena so you can assess for yourself where you are spending your time:

**In Leaders:** Are present and available, Surface and deal with conflict

**Out Leaders:** Get involved in cross-organisational initiatives

Build networks, Delegate extensively, Manage their profiles and visibility, Engage with peers inside and outside their companies, Look after their careers, Engage in organisational politics, Join committees, Attend or speak at industry conferences

So why is balance so important? I have worked with many executives who exist only in the In space. They argue that they are doing "real" work: finishing projects, delivering results and building strong teams. They often distrust (or even despise) peers who focus on the Out space, branding them as attention seekers, political operators, or "committee people." Not surprisingly, the outwardly focused leaders describe their inward-facing peers as uncooperative, naive, or poor corporate citizens.

Of course, I am describing extremes of behaviour here, but I hope you see my point. The best approach is to know your default setting and then to make sure that it is not turning into your comfort zone. All of the positive aspects of each point above can turn into negatives if they are overplayed. So focusing too much on results can mean you neglect strategy and vision, and always being on hand with an answer for your team can mean they become lazy or de-motivated. Equally, too many cross-organisational initiatives can distract from your real job, while looking after yourself and your career alone can mean you lose supporters.

As always, I am eager to hear your thoughts and comments. Do you prefer one arena or the other? Have you been pushed outside your comfort zone or area of responsibility? Have you noticed any preferences among colleagues or bosses to be In or Out? What do you think is a good balance of activity





## *“The landscape of learning”*

### **Dr. Piyush Pandey**

(Vice President, SBSOSA)

Associate Professor, Department of Biotechnology,

Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences and Research, Balawala, Dehradun

M.Sc. Microbiology- 1998-2000

*I planned for my flight, I flew to sky... I desired to fly with my grounds and take it along where ever I go....! Fortunately, my Alma mater stretched its arm, and holds me to support my flights! I am one of those fortunate SBSites, who got the opportunity to serve the Institute in various ways, and ever going process of learning in the campus never stopped for me. I cherished millions, or probably even more things to remember in one or other way, and some how, one third duration of my existence on this planet is in association with this Institute. While being trained as microbiologist, I perceived this Institute as a student, and later as a teacher.*

*I do agree things change with time and so does our Institute. Today, I see a huge and beautiful Biotechnology building in place of two average class rooms, now a history – where I learnt my basic concepts of Microbiology. Similarly, to add in the list are the renovated canteen, administrative block, new Physiotherapy block, molecular biology labs, extended MGGH, basket ball court, upcoming library – a complete progressive metamorphosis in overall outlook of our dear Institute in last ten years. Still few things never changed, nor it will, like my affectionate teachers around, fragrance and colors in the lush green lawns, and of course – bright faces of energetic students. Still, deep inside, absence of my batch mates was realized, though it was dominated by professional responsibilities. My batch mates, my friends, an asset of my life, a flock of people who cherished the experience of being SBSite – with me!*

*Then, one bright day, idea of this Grand Reunion was introduced. I heartily congratulate the President and General Secretary of SBS Old Student Association for conceptualizing this excellent initiative. A series of planning, meetings followed to shape this Reunion in reality. But believe me, this will not be an overstatement that happening of this 'reunion' is quite exciting in itself, even more than the events it will showcase. In other words, the Grand Reunion is already a success, way before it takes place in real world.*

*I hope to see the batch mates, seniors, and many of my students coming back to the galleries of SBS once walked together. I wish all success for Grand Reunion. May this Reunion meets its objectives and add to our ever-accumulating memories as pleasant landmark. May Almighty bless us with knowledge and peace. Long live SBS....!!*





*"Encouraging all to be more independent and the freedom to think and act for achieving success"*

**Dr. Vikash Singh Jadon**

(General Secretary, SBSOSA)

Assistant Professor, Dept. of Biotechnology

Sardar Bhagwan Singh Post Graduate Institute of Biomedical Sciences and Research, Balawala, Dehradun

M.Sc. Microbiology- 1998-2000

**Are You the Victim of an Invisible Promotion?**

We've all seen examples of people who were promoted from a job that they did very well to an assignment for which they had less skill or ability. But what most people don't realize is that these situations are triggered not only by formal promotions but also — and more often — by changes in scope, rapid growth, reorganizations, and merger integrations. I call this phenomenon the "invisible promotion," where the job title and description stay the same but the responsibilities significantly expand.

Here's a quick example: As a result of a series of acquisitions and a reorganization, the divisional finance director of a consumer products company essentially went from being a controller to a chief finance officer in a few months. Suddenly he was responsible not just for end-of-period financial reporting but also for a new financial planning and analysis unit, an expanded roster of product finance managers, a newly installed financial system, and occasional meetings with stock analysts. Sure his title had not changed (nor his salary), but the scope of his job was much greater than before. As a result this finance director struggled to meet his internal clients' expectations, and his boss's demands, and was eventually replaced.

The interesting thing about this case — and most invisible promotions — is that if the company had actually recruited for this expanded finance role, the person probably would not have been seriously considered. After all, he had never run some of the functions, had never managed so many people, had no experience with external analyst relations, and had not demonstrated significant change management skills. This is not to say that the finance director was not a capable finance professional with great future potential; but at this point in his career he was too inexperienced for this role. But since the job had evolved invisibly, the company did not treat it like a "new" position.

Given the frequency of invisible promotions — and their potential negative consequences — it might make sense for you to periodically look at your own job to assess unrecognized scope changes. Ask yourself these questions:

To what extent has my role expanded over the past six months with new responsibilities, broader scope, shifts in focus, or other major changes? How different is my current role from the official (or informal) job description that existed when I first started? What skills do I need to have or develop in order to succeed in my job today that perhaps were not as necessary previously? If I was coming in to this job from the outside, what would I do differently?

If these questions reveal significant changes in your role, don't wait for your boss or someone else to recognize that you've been invisibly promoted. Revise your job description or create some bullet points about what the job now entails. Have an honest discussion with your immediate supervisor about what it will take to achieve these expanded responsibilities, how you will develop the skills needed, what you may need to do differently, and what he or she can do to help. In other words, make your invisible promotion visible both to you and to your boss. It will give you the recognition you deserve and the support you need to make sure that you don't unintentionally become a victim of the INVISIBLE PROMOTION.





*"We feel that we need forms of education that address this in a much more deliberate way"*

**Hapeesh Rajpal**

Veteran affair medical centre  
Mather, California – 95655  
PT (2003-05)

*The task of an excellent teacher is to stimulate "apparently ordinary" people to unusual effort. The tough problem is not in identifying winners; it is in making winners out of ordinary people.*

These inspiring words are no doubt pertinent to a teacher but also to a Gold standard institute like SBS PGI for providing the resources, plans, inspiration, motivation and a beautiful place to execute. I, Hapeesh Rajpal, Alumni (MPT – sports, 2003-2005) feel a great pleasure and an honor in putting my feelings and experience not only being a student, but also as an instructor into lexis. The reason I do this today is because feeling gratitude and not expressing it, is like wrapping a present and not giving it. I do not see a better occasion than today to express when the alumni meets and recaps the SBS years spend in learning, cherishing life and collecting the best moments. There are so many memories that come back to me when I recall my postgraduate years here at SBS that it will be impossible to make justice to all of them through my brief remarks, so I ask your forgiveness in advance for all that is left unsaid and I hope you will be happy with the shortness of these remarks!

Well, being a part of this college was not a planned decision but a stroke of luck which turned out to be wise and fortunate step. I look back 7 years from now and I see a person standing with limited knowledge and no confidence in putting it into application. Experiences on both sides of the table have given me the intellect to apply, tons of knowledge, belief in self and social recognition. How could I not say few words about the library which had lot to offer to satisfy my hunger for knowledge? I cannot think of any other institutional library having such a wide collection of books, journals and references. Not to mention the examination department who spend restless hours to plan and execute exams, evaluate the results and mail it to the parents (though I did not like this part!). The college not just made me a therapist and practitioner; it also molded me into responsible human being. Here, our interests were given both the due respect and priority. Let it be academics, sports, art, music or any other thing, the point is to do what we like and to give our best to it. Much of what is accomplished is based on strong collaboration efforts from our teachers. Such collaborations are effective when they build bridges between what is meaningful and what is practical, between rigorous research and effective practice, between individual accomplishments and community awareness. I would like to call these years I spent in SBSPGI – a celebration in pursuit of perfection.

I heartily congratulate the institution and appreciate the organizing committee for turning the dream of alumni reunion into reality. I am always indebted to thank the institution, teachers and every single person for tuning me from an ordinary person to a knowledgeable, responsible and a confident person.





*"Action always speaks louder than words and a pleasant smile proclaims"*

**Nidhi Srivastava**

Research Scholar, Dept. of Biotechnology  
Sardar Bhagwan Singh Post Graduate Institute of Biomedical  
Sciences and Research, Balawala, Dehradun  
M.Sc. Biotechnology-2005-2007

**Life a Beautiful Mystery**

*"Everyday is special if u think so, every moment is memorable if u feel so, everyone is unique if you see so, life is wonderful if you live so,"*

*LIFE, according to the definition mentioned in the dictionary is something that is related with the bodily consciousness or the span between birth and death,*

*But we are human beings the sole masters of feelings and for us life is far more than a matter of span between birth and death.*

*Nobody has ever been able to understand it completely and never will be. That's why I always say "life is all mystery!"*

*It may also be very well addressed as a teacher who teaches us lessons at every stage of our life.*

*It only depends on us, how we take it. We may either consider it as something beneficial or just neglect it by calling it as a silly task.*

*Remember friends, life is all a split play and you are the potter. It completely depends on you ..... that how much you are able to receive the best formal and make it worthy. These are numerous truths related with the life, we only need to pay special eye over them.*

*Just try to make your life happy and a beautiful one by doing all the tasks that may add value and beauty to your life. Always remember that your actions can prove either to be a jewel or a block to your life.*

*Just try to catch the truth of all that life wants to teach you because John Keats once said "Art is long and time is fleeting and our hearts though stout and brave ..... still like muffled drums are beating, funeral marches to the grave."*



## Alumni Stories: down the memory lane



### Mrs. Abha

Masters in Microbiology (1996-1998).  
Presently in Canada, doing Advance studies.

I would like to remember my Director, The Late Sardar ji, his name be put with the present web sites also and all the related Group, If we ask the pass outs of our time, most of the students will have a very positive attitude to the late Sardar ji. He was the person that converted the unknown Balawala on the websites today and so many successful students. A backward Balawala of once is a growing economy of today. Even at that time about 11 years back he made us work in the well equipped lab. We independently handled the instruments. We had our best teachers Mr. Punia and Prof. Ram Lal Thakur.

Talking about the Late Director, His out look was very tough but a very human person. His understanding to problems and then solving them was great. He had great love for nature, his garden, his pets and his students. Even if the student will go with the problem or advice, he would listen to it, even if it is as long as 5 minutes, he will not interfere. Once the student is over with words, he will tell, it is like this and it will be done like this. Once my friends had a problem with me in the room, they went to the Director, to change my room as I used to do exercise and lot of fitness programs. Finally the girls went in other room I was in the same room with new room mates and my these room mates are happy with me even today.

SP would always stand close to his father like a good son and Gaurav never showed that he was the director son when we were together in the college. Gaurav stands with us talk, even share jokes but there was always respect in him for his seniors. He was very good to his classmates and friends. His attitude makes me approach his cause. Most of Gaurav classmates are abroad, he can do the same but I congratulate him for being with his brother for SBSPGI of Biomedical Science and Research.



### Ojasvee Arora

B.Sc. Biotechnology (2006-09)  
Beauty Expert, L' Oreal India P. Ltd., N. Delhi

"never were the oceans so deep, never were the skies so high, u just have to reach them."

Hi, To all my fellow SBSites...Let me first introduce myself..... Ojasvee Arora B.Sc. Biotechnology (2006-09). Currently, I am working with L'Oreal India P. Ltd. as a beauty expert for their luxury skin care brand Lancôme. Yes my profile is a bit different from what is expected out of students from SBS.... but I tried to put my knowledge of science in a more creative way.... rather than going the scientific way....lolzzz

It gives me immense pleasure to be a part of the Alumni society. Thanks to all the members of the alumni society for this initiative.

I still remember the day I entered SBS gate...and my first thought (honestly), I am gonna run away asap.... its more protective then my school damn.. Restrictions, white suits, no cell phones (as if I had one), and above all attention paying teachers...it made me crazy... But today, When I sit and think, all I can say is no wonder I landed in best hands... my self exploration for my dreams

and career began here itself.

Today if I have to introduce myself, my recognition comes from the fact that I am a pass out of SBS.....and walk ahead for my dreams.... College is not always about studies and classes.....but much more that comes in terms of values, which always stay with you.

My special thanks go to all my teachers from the Department of Biotechnology and the other faculty as well...who have let me grow in bosoms.

Faculty at SBS has been really supportive....I don't exaggerate but its true....

**All I wish is we had better Restro..... outside the college.** Being a part of the academic society was even more enthusiastic and the other co-curricular activities, which were majorly important.....was the best. All the best to everybody who is and would become a part of the SBS family.



## Alumni Stories: down the memory lane



### Dr. Ajay Arora

Assistant Professor, Department of Physiotherapy, SBSPGI  
M. Physiotherapy (1994-96)

Hello, My Dear Friends!!!!

From this juncture of my life, when I look back seven years down the lane, I see a lad wearing some jazzy clothes, entering for the very first time through the Institute gate. Bizarre thoughts about his admission were traversing in his mind but destiny has a different music to play. I was unaware of the fact that from now onwards, this institute will be my address, my identity. I feel proud & privileged since not only I got a chance to study here but later I was also absorbed as a Faculty member. Using this Souvenir as the right platform, I surrender my sincere gratitude to my teachers and the institute for having the faith and giving me sooo... much and mainly to me what I am today.

Dear friends, I heartily welcome you all on board and hope this ALUMNI MEET carves a special place in your memorabilia.

### Vikas Sharma

Research Scholar, Deptt of Biotechnology  
Sardar Bhagwan Singh Post Graduate Institute of Biomedical  
Sciences and Research, Balawala, Dehradun  
M.Sc. Biotechnology-2005-07



Superior Relations : No one is independent in life.

We depend on others right from our birth till our death. Every person, no matter how big or small, he is a stepping stone to our success. Remember, "A single flower does not make a garland."

Untiring Efforts : It is a universal law that we can't get something for nothing. Efforts are the price one has to pay to succeed in life. Remember "Success is 1 % inspiration and 99 % perspiration."

Creative Thinking : All of us are gifted with a lot of creative potential. But it lies deep:

"Just as the sculptor has to chip away some stone with his chisel to release the statue hidden in a block of stone, we have to chip away some of our conventional thinking to release our creative potential."

Confident Attitude : A talented man without confidence is like

a powerful car without spark plugs. Confidence is a psychological steroid that boosts our power.

Remember, "The man who wins is the man who thinks he can."

Effective Communication : Public speaking is the springboard to effective speech. It makes our speech lively, interesting and convincing.

Remember : "Poets are born ; Orators are made."

Self Motivation : A 12 year old boy lifted a fallen log from the legs of his father. Four men could barely move it later on. Once the mind is seeded with a goal, it soars to its magnificent heights to accomplish the goal.

Remember, "It is a small seed that grows into a huge tree."

Sharp Memory : Memory is a yardstick to measure the capacity utilization of our brain. The secret of sharp memory lies in systematic storage that facilitates instant retrieval.

Remember : "If you don't use it, you will soon lose it."



## Alumni Stories: down the memory lane



### **Dr. Divya**

Clinical Therapist, Department of Physiotherapy  
Sardar Bhagwan Singh Post Graduate Institute of Biomedical  
Sciences and Research, Balawala, Dehradun  
M. Physiotherapy (2007-09)

*My dear frendz!!!*

Recollecting the memories of my years in SBS, This institute has been a place where we all learned not only the Value of Learning and Knowledge, but also the Value of Integrity, the Value of Responsibility, and the Value of Perseverance.

A special thanx to all those people who not only taught us to approach life with self worth but also inspired us in ways that changed our lives..."



SBS life is one of the most cherished moments of my life. Those were the 2 beautiful years I can't forget for rest of my life. The ambience all around the campus is so beautiful and the flowers are just amazing. The teaching faculty in SBS is one of the best I have seen. I would like to thank Dr R. L. Thakur, Dr GRS Bisht, Dr Naveen Arora, Dr Piyush Pandey and Dr Sivesh Sharma, for their wonderful and innovative guidance which has strengthen my skills and abilities to work in pharmaceutical industry. SBSPGI is the best college in Dehradun for paramedical sciences without any doubt. My heartiest regards and congratulations to SBS family and SBSOSA for their GRAND REUNION. All the best.

**Ankur Dua, M.Sc Microbiology (2003-05)**



I am short of words to explain my experience in this institution. Three years spent here seem like a flash of moments. It was not just a stay or a Bachelors course; it was a more like growing up. The memories I took back from here are all cherished, and there was never a moment when I felt lonely here. The faculty is outstanding in terms of their qualification, their supportive nature and their guidance. The facilities provided, exposures are framed the right way, just appropriate. Staying away from home there was never a moment that I felt parted. This place provided entirely a new vision, a new insight and a healthier attitude towards life. In addition to the academic development the atmosphere S.B.S.P.G.I, Balawala is the best place in my opinion for an individual's all round development.

**Shreya Garg, B.Sc. Biotechnology (2005-08)**

**M.Sc Climate Science and Policy, TERI University, New Delhi**



## Alumni Stories: down the memory lane



The only rational way to education is acquiring knowledge, developing the powers of reasoning and generally preparing oneself intellectually towards more better life and all this completely depends upon the environment and I am fortunate to grow in such a healthy environment and so I convey my regards and thanks to SBSPGI for its innovative ethos and teachers who were always there for me.. and giving me the unforgettable diary of memories of best moments during my two years of college life which I will always carry in my mind throughout the life.

**Pragya Kaushik, M.Sc. Biotechnology (2006-08)**



Its a nostalgic feeling when you look back at the good old days... it makes us think why the hell we had to grow up... we are fortunate that we grew in such a healthy environment for development... thanks to SBSPGI and the teachers there... it was kind a way of thanking my college and teachers who were always there for us.... the memories there are like a motion picture frequently playing in our minds... I just tried to make a hard-copy of those.

**Lokendra Kumar, M.Sc. Biochemistry (2005-07)**

Asst Lecturer, Dolphin P.G. Institute of Biomedical & Natural Sciences



Today I feel quite exuberant to write this snippet about SBSPGI, where from I completed my masters biotechnology (2005-2007). This note is to entice especially the present students so as to flourish in future "Inshallah". It is b'coz of the steadfast encouragement, solemn efforts and resolute guidance of its worthy faculty members especially during the project work, on account of which today I formed the pinnacle of my career

**Farhana Riyaz**

**Lecturer, Faculty of Applied & Medical Sciences (Jizan)**

**Ministry of Higher Education**

**Kingdom of Saudi Arabia**



Words fail for me to crystallize my gratitude, affection, love and voluminous thanks to my dear almamater. I consider this my pride privilege to be a part of this esteemed institute. Counting from excellent infrastructure, worthy and responsible authority, kind and generous staff, prudent and judicious faculty, superb well equipped laboratories, discreet and contemporary course- line, cut-throat competitive spirit, stupendous library, veracious events, awesome canteen, extraordinary hostel facilities, are some of the snap-shots of SBS which makes it one of the pioneering institutes in north zone. Time spent in SBS is really unforgettable and is like a beautiful chapter in my memoir.

**Himanshu Aggarwal, M.Sc. Biotechnology (2008-10)**



## Alumni Stories: down the memory lane



SBS, a place which gave me endless memories that I will cherish all my life. The most integral part of my college life, The SBS Utsav, where being a part of the cultural we always started planning for the main day a month ago. Those endless plannings, budgeting for the costumes, shouting over the students to come for the practice, giving a count of for nearly 100 times to get a step right, running after the administration for getting applications signed, promising ourselves to be the audience next time and then a sigh of relief after hearing the applause for the programme where the most eventful days and memorable days for me. I've made lifetime friends, learnt from the erudite and totally dedicated teachers and most of all explored myself in the lush green campus of SBS. I owe myself to SBS for all what I've learnt and for all those memories which make me feel nostalgic even today.

**Kriti Saraf, B.Sc. Biotechnology (2007-10)**

**M.Sc Climate Science and Policy, TERI University, New Delhi**



The college days were the golden days of my life. I remember so many things but would love to pen down those ones which were frequent and our daily routine after college. Sushil ka parantha; deepak ki chowmein; bhatt uncle ki chai. Balawala became home for me. Those days at hostel were awesome. Late night combo meals in a group, hiding in bathing rooms to frighten each other. Spreading rumour's about "HAITHER" a so called scary story. Small trips to city for small reasons was always on cards, hiding ourselves in city from college authorities as use come on borrowed vehicle of seniors. Common room was the place for discussion of hidden relationships of fellow mates ....and lots more. Life on the whole was INCREDIBLE at S.B.S.P.G.I & CAN'T BE MATCHED ANY WHERE.

**MOHIT SODI, Bachelors of Physiotherapy (2004-07), PT, AIIMS Delhi**





### JUST FOR YOU

Along life's pathway I was trying to walk,  
Their was no one around to talk,  
No one nearby to listen to me,  
So hateful the world then seem to be.  
I saw a shadow in the distance,  
But thought it to be a hallucination,  
Engrossed in myself I was about to fall,  
Had you not been there,  
I could not have written this all.  
You held my hand and we walk together,  
All those memories today I have to gather,  
All the time I was full of anger -  
In your presence it could not last so longer.  
There was time when I shed tears,  
But your support banished all my fears,  
From life's darkness you drew me out,  
And often asked me what I am worried about.  
Today, when I think of past,  
My emotions are unleashed at last.  
Its today that I want to tell you how precious you are,  
Just like the sun to star.  
You made my life bloom with flower,  
Remember the discussion we had for hours  
Life without you is hard to imagine,  
To believe it I'll have to touch the horizon.  
Its today I want to thank you for what you have done,  
Besides these, I have in mind thought none.  
Thanks for making me what I am,  
For making me believe that I CAN.  
Its today I see the future ahead,  
Where we have to go without being led.  
Words could not convey to you to what I wanted to send,  
Finally I say, "You are an excellent friend".

**Kamakshi Joshi**  
**M.Sc.Biotechnology (2005-2007)**

### Dastaan Ek Researcher Ki

Apne Project ke bojh tale dabaa ja raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Zindagi se hara hua hai, Par schedule se haar nahi manta,  
Apne culture ki ek ek strain isne analyse ki hai,  
par aaj kaun se rang ke 'socks' pehne hain, ye nahi jaanta,  
Din par din DNA isolate karta ja raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Agarose Gel mein contaminated Bands dhoond leta hai par,  
Majboor dost ki aankhon ki nami dikhayi nahi deti,  
PC pe hazaar windows khuli hain, Par dil ki khidki pe koi dastak sunayi nahi deti,  
Sunday nahata nahi, week days ko naha raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Kitabon me gulab rakhne wala , PI ki email mein red flag lagaa raha hai,  
Dil ki zameen se armaano ki vidayi ho gayi, Din bhar mails ke jawaab diye ja raha hai,  
Weekends pe chai peke jo jashn mana raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Maze lena ho iske to poochh lo, "Thesis submission" ki party kab de rahe ho,  
Hansi udana ho to poochh lo,

"Publication" kab chaap rahe ho?  
Wo dekho Foreign se laute project-mate ki chocolates kha raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Kharche bad rahe hain, Baal kam ho rahe hain,  
Fellowship ki date ati nahi,  
Analysis ke sitam ho rahe hain,  
Lo phir se bus chhoot gayi, Auto se jaa raha hai,  
Wo dekho ek researcher chala ja raha hai...  
Pizza gale se nahi utarta,  
To "Coke" ke sahare nigal liya jata hai,  
Canteen ki "Thaali" dekh muh banata hai,  
Maa ke haath ka khana use roz yaad aata hai,  
"Coffee" bani hai phir bhi, cuttin "Chai" pee raha hai  
Wo dekho ek researcher chala ja raha hai...  
Aapne ab tak li hongii bahut si chutkiyan,  
ek researcher ke jivan ka sach batati, ye aakhri kuch panktiyan,  
Hazon ki tankhwaah wala, Company ki karodon ki jeb bharta hai,  
ek researcher wahi ban sakta hai, Jo lohe ka jigar rakhta hai,  
Hum log jee jee ke marte hain , Zindagi hai kuch aisi,  
Ek fauji ki naukri, doosri ek researcher ki ,Dono ek jaisi,  
Is kavita ka har shabd mere dil ki gehrayi se aa raha hai,  
Wo dekho ek researcher chala ja raha hai...  
**Richa Chelani,**  
**M.Sc Biotechnology (2008-10)**

### I Wonder How The Friends Are Lost!!!!!!!

I wonder how the friends are lost,  
The one you care, the one you favor,  
The one, whom you love the most,  
I wonder how the friends are lost.  
Memories are written in your heart,  
You struggle to forget, but they are still your part,  
Like in dusk, shadows stretched into ghost!  
I wonder how the friends are lost.  
The time may flee, the season may

pass,  
Like bushes turned into tree so fast,  
And small streams, into ocean at coast,  
I wonder how the friends are lost.  
The time is gone and you fell apart,  
Like sawed trunk from its root on depart,  
You feel sad that time was short,  
I wonder how the 'FRIENDS' are lost!!!!!!!!!!!!!!!!!!!!  
**Vivek Gaur**  
**BPT (2006-2010)**



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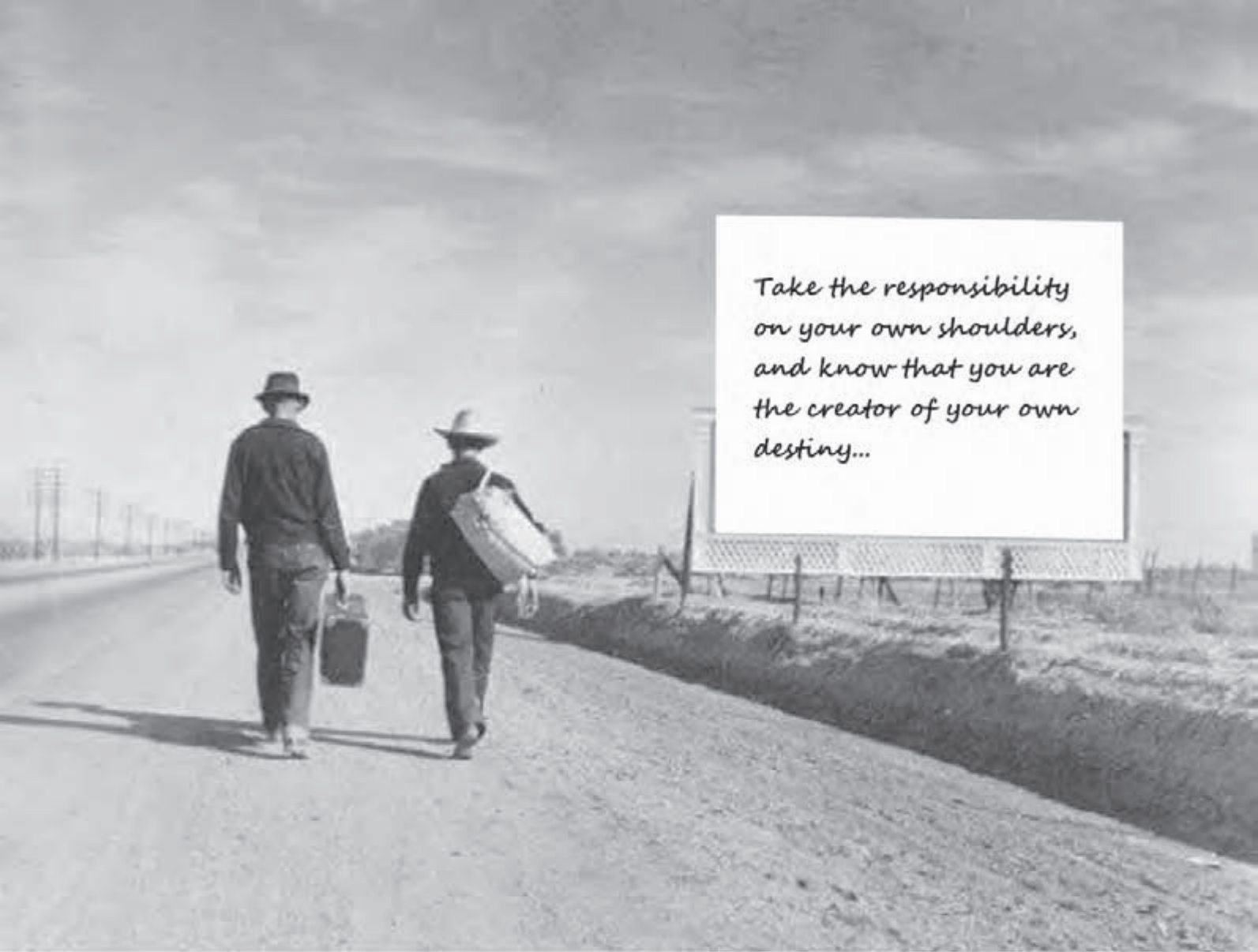
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