Editorial

It is a matter of honour to bring out this issue of newsletter, with lots of passion and glee, for this month in the 20th year of this glorious Institution. The month of November witnessed the birth anniversary of our Founder Director, a man who lived ahead his time and built one of the best institutions of biomedical sciences. Benjamin Franklin once said, “If you want not to be forgotten, either write things worth reading or do things worth writing”. It would not be an overstatement to say that our Founder Director led a life worth writing and remembering. On behalf of the editorial board, I would like to congratulate the family of SBS for stepping into the 20th year of its splendid odyssey.

The issue dedicates a few words of remembrance for our Founder Director and highlights the past month’s events like faculty achievements, student activities and the verdict of our alumni in alumni speak. Further, I would like to thank all those who have contributed to the SBSTIMES so far and encourage students to maintain their fervour of contribution to the newsletter. Together we will strive for the best and settle for nothing less!

Regards, Editorial Board

A TRIBUTE TO OUR BELOVED FOUNDER DIRECTOR

“If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people”

S. Gurcharan Singh
Founder Director and Chairman
(1940-2005)

Satguru Nanak Pargatya, Miti Dhund Jag Chanan Hoya

The 545th birth anniversary of Shri Guru Nanak Dev ji was celebrated with devotional spirit on 17th November, 2013. This auspicious day was also celebrated as the 74th birth anniversary of our beloved founder director Late Sardar Gurucharan Singh Ji.

The event began with the samapti of Shree Akhand Path followed by shabad kirtan by Ragi Karan Singh ji and the Institute students. The hymns of the holy shabads sung in melodious voices raised the spirits of the audience to a blissful state. The programme ended with distribution of Prasad followed by “Guru Ka Langar”.

Dr. Manjeet Kaur
Asst. Prof., Dept. of Chemistry
faculty news

faculty achievements

Prof. GRS Bisht delivered a guest lecture on “Rapid Microbiological Methods in Pharmaceutical Industries” on 6th October, 2013 in a Workshop on “Advanced Microbiological Techniques in Pharmaceutical Industries” organized by Gurukul Kangri Visswavidhyalaya, Haridwar.

Prof. GRS Bisht invited by National JALMA Institute for Leprosy and other Mycobacterial Diseases, AGRA (Indian Council of Medical Research), to be associated in a R&D Project as Co-investigator for his contribution in plant taxonomy and antimicrobials.

Ms. Priyanka Bhat, Ms. Apoorva Agarwal & Ms. Gauree Kukreти, Assistant Professor, Deptt of Pharmaceutical Sciences, participated as delegate in one day seminar on “Concepts & Career pathways in Pharmacovigilance” held on Nov. 18th 2013 at GRD (PG) Institute of Management & Technology, Dehradun.

publications


stress management

Stress is the body’s automatic response to any physical or mental demand placed on it. Anything that poses a challenge or a threat to our well-being is a stress. Ultimately how a person reacts will decide how Stress will affect him? This means that whether we get “stressed out or not” depends mainly on us. Stress can also be defined as the reaction people have to excessive pressures or other types of demands placed upon them and they worry that they can’t fulfil these demands. Thus it occurs when the pressure is greater than the resource. Stress can be expressed as:

\[ S = P > R \]

Where S – Stress; P – Pressure and R – Resource

We generally use the word ”stress” when we feel that everything seems to have become too much - we are overloaded and wonder whether we really can cope with the pressures placed upon us. Thus people feel stressed -

- When a situation/condition is not acceptable to us
- When we want to do/get something but are unable
- When our ego is hurt (feedback, comments, criticism…)
- When we lose something which we feel important

Stress is mostly due to worry about past and fear of future. It generally is not about present moment. It is always due to the sensitivity of mind since different people ‘feel’ different stress levels for the same situation.

The terms “stress” and “a stressor” are different. While a stressor is an agent or stimulus that causes stress, stress is the feeling we have when under pressure. Some examples of stressors are noises, unpleasant people, a speeding car, excessive workload etc. Situations, activities, and relationships that cause ‘trauma’ to our physical, emotional, or psychological self also contribute to stress. The more stressors we experience, the more stressed we feel. Stressor can either be external or internal.

TYPES OF STRESS

Some stresses get us going and they are good. Without any stress at all, people many say our lives would be boring and would probably feel worthless. However, when the stresses undermine both our mental and physical health they are bad. Moderate levels of stress may actually improve performance and efficiency. While too little stress may result in dullness, too much stress may cause an unproductive anxiety level. Stress can be negative or positive. Thus stress is not bad always.

STRESS MANAGEMENT – Follow ABC Strategy

A = AWARENESS - What causes you stress? How do you react?
B = BALANCE - There is a fine line between positive / negative stress. How much can you cope with before it becomes negative?
C = CONTROL - What can you do to help yourself combat the negative effects of stress?

STRESS MANAGEMENT TECHNIQUES

- Change your thinking - Re-framing, Positive thinking
- Change your behaviour - Forget powerlessness, dejection, despair, failure. Stress leaves us vulnerable to negative suggestion, so focus on POSITIVES - Focus on your strengths, Learn from the stress you are under, Look for opportunities, Seek out the positive – and make a change.
- Change your lifestyle
- Follow meditation

Prof. F. C. Garg
Head, Dept. of Microbiology

sbstimes
In the competition, the participants of the four houses of the Institute showed their debating talent and enlightened the audience by their thought provoking views in favour and against the notion. Favouring the food security bill, the participants stated that in present scenario, basic commodities like wheat, rice, flour etc would be in the reach of every single individual while opposing the bill, opponents reviled the flip-sides of the bill by stating that it is just a gimmick presented by the ruling government to tempt the vote bank. Both the sides supported their views with latest facts and figures.

**Poster Competition: 21st November 2013**

**1st Prize:** Sanjit Singh, B. Pharm, 5th Semester

**2nd Prize:** Kushali Duneja, B. Pharm, 5th Semester

**Priyanka Sirswa** B. Pharm, 5th Semester

**Quiz Competition: 21st November 2013**

**Winning Team:**

Rajan Saini, Ankit Dabra, Anoop Negi, Manisha Pokhriyal and Virendra Bar-gali

The gala event ended with a street play at Institute lawn tilted “Hum Honge Kamyab” to express the role of Pharmacist in health care.

**INTER-HOUSE DEBATING COMPETITION**

**Will the Food Security Bill Resolve the Problems Faced by the Poor Realistically**

In the competition, the participants of the four houses of the Institute showed their debating talent and enlightened the audience by their thought provoking views in favour and against the notion. Favouring the food security bill, the participants stated that in present scenario, basic commodities like wheat, rice, flour etc would be in the reach of every single individual while opposing the bill, opponents reviled the flip-sides of the bill by stating that it is just a gimmick presented by the ruling government to tempt the vote bank. Both the sides supported their views with latest facts and figures.

**1st Prize**

Sukanya Dixit

Jujhar House

**2nd Prize**

Naveen Mehra

Zorawar House

**Best Team**

Jujhar House

Sukanya Dixit

Sachin Dimri

**OVERALL WINNER: JUJHAR HOUSE**
While I was doing my bachelors in Physiotherapy from SBSPGI, I used to crib a little about its strictness, so much discipline and regular classes unlike many other colleges in which the students used to roam about freely without any classes. But as I started doing my internship, I realized the value of that discipline, those classes and that invaluable knowledge, I could answer better, assess and treat the patients better. But this was only the academic part of it, my parents and I also could feel a change in my personality for the better. I am more confident in my approach towards life in general, more groomed than before, and more positive in my attitude. I have developed a balanced and a mature approach towards everything I think and do. Meeting so many new people from all strata of the society and from all walks of life, administrating and organizing events and addressing a wide range and amount of audience all the confidence that was inculcated in me during my 4 years of life at SBSPGI has and is helping me grow both individually and professionally.

Dr. Guneet Kaur PT
B.P.T., Class of 2008
Assistant Professor, (Cardio), IP University, New Delhi