The month of March was packed with the academic activities along with the fresh bloom of the winter flowers in the lawns of Institute. In this issue of SBSTIMES we bring you an article on Life-style—drugs. Other information on faculty achievements, publications, student achievements in various walks of life and Institute news will also keep you engaged.

SBSPGI believes in spreading joy along with treasures of knowledge and as a part of curriculum many students were engaged in workshops by eminent International faculties while others were enjoying their educational tours.

We are thankfull to all those who appreciated the special edition of the newsletter for the month of March and we are sure that you all will experience and appreciate emerging changes in the forth coming issues. Do send in your feedback and suggestions to help us serve you better as we all at the editorial office believes in the quote that says:

“There are two kinds of people: those who do the work and those who take the credit. Try to be in the first group; there is much less competition there.”

We look forward to hearing from you. For now, happy reading!

Editorial Board

Ms Sonali Gaur bagged the First position, consecutively for the second time, in the State Level Essay Competition jointly organized by Uttarakhand State Council of Science & Technology, Govt. of Uttarakhand, ONGC, Dehradun and National Academy of Sciences, India. The competition was organized on the occasion of National Science Day.

Writing skills are an important part of communication. Good writing skills allow you to communicate your message with clarity and ease to a far larger audience than through face-to-face.

The Editorial Board congratulate Ms. Sonali Gaur, B.Sc. Biotechnology, 3rd Year, for showing her exemplary writing skills by winning the State Level Essay competition consecutively for the second time.
Pharmacoeconomics of Life-Style-Drugs

The Life-style drugs in India emerged as the turning point for the pharmacoeconomics. The pharmaceutical industry celebrated the birth of the life style drugs as an economic innovation. They are vulnerable commercial entities and their boom is heeping to individuals for solving their psychosocial maladies of modern scenario, in the simple manner through non-prescriptional medication. This influenced the human psyche and blessed the economics of pharmaceuticals. The parlace of affluent class exclusively use them, but they are reaching in the hands of other social class people. The young people charmed by them for improving their physical, mental, emotional and social performances. About 600 million people below the age of thirty years in India are tuned with consumerism of such medications. They embrace trichological (hair growth/style), cosmeceutical (appearance enhancers), aphroesdiological (pleasures and love imbibers) and behaviourial (improvers of happiness, smile, optimism, attractiveness, mood and cognition). They all gratify reputable status as the modern life style because the y treat psychosocial setbacks, related to aging, choices in life, discords and loss of pleasurable interests.

The elite ayurvedic formulations, neutraceuticals and legitimate life-style medications potentiated the positive efficacy of life style and therefore became an essential health care products in daily life. The objective of such products would be non-pharmacological intervention with positive and holistic personal changes in the life.

The use of Life-style-drugs is the personal responsibility as long as they are food supplements, vitamins and minerals for improving the quality of life.

The life style medications are contemporary pharmaceutical assets. They help for attaining certain degree of charm, beauty, handsomeness, love and behavourual modifications for making quality of life pleasurable.

Holistically well-being mirrors the healthy life style of living.

Dr Luv Kush
Advisor– Academics
To promote the awareness of Indian classical music among the students, Sardar Bhagwan Singh PG Institute of Biomedical Sciences & Research, Balawala, organized a live concert by Padam Shri Pt. Vishwa Bhatt in association with SPIC MACAY on 7th March 2014. The innovative Mohan Veena played a soulful beat with self composed raga Vishwa Ranjani. It was peaceful, yet with all its expressions. The torrent of expressions, liveful cords, spontaneously played by Padam Shri Pt. Viswa Mohan Bhatt, the winner of Grammy Award and a disciple of the legendary musician, Bharat Rattan, Pt. Ravi Shankar, left the audience mesmerized. He attracted attention by his successful Indianisation of the Western Hawaiian guitar and his perfect assimilation of sitar, sarod and veena techniques by giving it a evolutionary design and shape by adding 14 more strings to establish the instrument Mohan Veena. He was accompanied by Pt. Prithwiraj Mishra on table. He answered all the curiosities of the students with all modesty and ended his concert in the Doon Valley by playing the melodious tunes of Tri Taal.

A Toe-tapping Journey Through a Musical World
Where Melodies Bloom Like Flowers

A flower show “BASANT BAHAR” was organized at the lawns of the Institute. The show was inaugurated by Sardarni Harinder Pal Kaur ji. Variety of flowers like Petunia, Geranium, Fuschia, kalanchoe and Pansy etc. were at display. All details of flowers were presented in the show. A large number of students and teachers witnessed the show.

SBSPGI at National Congress of Physical Therapy – 2014
The students and faculty from department of Physiotherapy, yet again, brought glory to the Institute. In the month of March, students from Master’s Physiotherapy bagged multiple prizes in scientific and research paper presentations. At the “National Congress of Physical Therapy – 2014 ” organized at C.K. Reddy Auditorium, ALITC Ghaziabad on 1st – 2nd March. Multiple awards in all categories of scientific paper presentations were swept away. Maitri Chaturvedi, Farha Mirza and Aijaz Ahmad from MPT 2nd yr. Sports, grabbed the 1st, 2nd & 3rd positions in sports category respectively. Kanika Markan from 2nd MPT Neurology, and Sarika Sahi from MPT 1st yr. won the 2nd & 3rd prize in miscellaneous category. As a matter of honor and pride for Department of Physiotherapy and the Institute, Dr. Maneesh Arora, Head Physiotherapy Dept. SBSPGI, was awarded for Academic excellence in the field of Physiotherapy.

SBS—An Interface of Potentiality

Since the beginning of the Institute, SBS has build up a hub of high potential and talents by bringing together brilliant and passionate students destined to take a giant leap in every walk of life. This legacy was continued by the students who participated at Inter Collegiate Cultural Competition at Birla Campus, Srinagar (Garhwal) from 7th March to 9th March, 2014 organized by Hemwati Nandan Bahuguna, Garhwal University. The competition embraced participation from different Colleges and Institutes from Garhwal region of Uttarakhand. Various events of the competition were music, dance, theatre, literary, fine arts and cultural rally performed by the students of participating colleges/institutes. The students from SBSPGI excelled in the competition and won many prizes under various categories. The detail of the prize winner are furnish below:

Classical Dance –
1st position – Geetanjali Bohra, BPT 4th year
Mimicry –
3rd position – Sudhanshu, BPT 1st year
Mime –
3rd position - SBSPGI
Drama –
3rd position - SBSPGI
Cultural Rally –
2nd position- SBSPGI

Hands-on-workshops by eminent International Faculties

As a part of ‘Continuing Physiotherapy Education Program’, Department of Physiotherapy organized three Hands-on demonstrations and workshops in the in the of month March on chiropractic manipulation by Dr. Jimmy Nanda from Life Chiropractic College West, California USA, Shoulder Rehabilitation by Dr. Marg Perrott & Dr. Tajinder Singh, Physiotherapists from Kilmore Physiotherapy Centre, Australia and Workshop on Bands & Balls by Dr. Shabnum Agarwal, Nopanai Institute of Physiotherapy, Kolkata. The resource persons delivered enlightening lectures and demonstrated recent skill utilized in examination and treatment of various ailments. The workshops were attended by final year students & postgraduates from Department of Physiotherapy, SBSPGI. The guest speakers highlighted the need of evaluation of shoulder dysfunction in the light of new trends and developments made in the field of Physiotherapy.
Ms Anam Naeem, M.Sc. Pharmaceutical Chemistry
Class of 2013
Ms Anam received outstanding team award for outstanding contribution and commitment to team work, while working as QC Chemist at Jubilant Life Sciences, Roorkee.

Another proud moment for SBSPGI wherein three students got selected in Avantor Performance Materials as Trainee Executives.
In the Photograph: Ankit Dwivedi (M.Sc. Biotechnology), Deepti Nautiyal (M.Sc. Biotechnology) and Swati Negi (M.Sc. Biotechnology)

GPAT Qualifiers 2014

Ms. Anjali Pant
B. Pharm IV Year
All India Rank: 243

Mr. Rajat Pant
B. Pharm IV Year
All India Rank: 2248

Ms. Jyoti Dhandriyal
B. Pharm IV Year
All India Rank: 3813

Ms Anam Naem, M.Sc. Pharmaceutical Chemistry
Class of 2013
Ms Anam received outstanding team award for outstanding contribution and commitment to team work, while working as QC Chemist at Jubilant Life Sciences, Roorkee.

Mr Anurag Panwar
B.Pharm
Class of 2013
Mr Anurag joined Ranbaxy Ponta Sahib in production unit with the efforts of Placement Cell.

We congratulate both the young aspirants for best of their future and hope they carry the name of the Institute forward.

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