



Dolphin Insight



Quarterly News Bulletin
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Dolphin (P.G.) Institute of Biomedical & Natural Sciences, Dehra Dun-248 007

An Autonomous College

Affiliated to HNB Garhwal University- A Central University, Srinagar Garhwal

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National Workshop on Cognitive, Social, and Behavioural Psychology and Intellectual Property Rights

Department of Psychology, successfully organized a Two-Day National Workshop on "Cognitive, Social, and Behavioural Psychology Practice and Protection through Intellectual Property Rights" on April 25-26, 2025.

The event attracted enthusiastic participation from researchers, academicians, and students from various disciplines.

The inaugural session began with a welcome address by Dr. Versha Parcha, Dean Research, followed by a comprehensive introduction by the Organizing Secretary, Dr. Aditi Chauhan, who outlined the workshop's structure and themes.

The keynote address was

delivered by Dr. Madhur Uniyal, Assistant Professor at AIIMS Rishikesh, who spoke on "Trauma and the Psyche", emphasizing the interdisciplinary



Thinking

importance of psychological science and IPR awareness.

The first technical session featured Dr. S.K. Dhalwal

(NIVH, Dehradun), who presented on innovations in cognitive, social, and behavioural psychology and their protection through IPR frameworks. The second

session, led by Dr. Rajesh Bhatt (Doon University), focused on CBT levels of thinking, offering insights

into therapeutic cognitive

approaches.

Dr. Himanshu Goel conducted the third session online, addressing the significance of Intellectual Property Rights in

safeguarding academic and research outputs.

The workshop concluded with a valedictory address by motivational speaker and

industrialist Dr. Gopal Krishna Sharma, who praised psychology as a transformative discipline. Chairman Mr. Arvind Gupta also emphasized the holistic



and scientific relevance of psychological studies in academia.

Dolphin Institute Receives National Recognition for Mental Health Advocacy & Faculty Excellence

As part of a Memorandum of Understanding with Mpower, an initiative of the Aditya Birla Education Trust, the institute established COPE (Counselling and Outreach for Peer Empowerment) in 2023. The Mental Health Club was launched with the objective of creating a supportive, stigma-free campus environment where mental well-being is a priority. Over the past two years, 47 students have been trained as Youth Mental Health First Aiders, playing a pivotal role in peer support and awareness campaigns.

The COPE team organized several impactful activities such as the screening of *The Bucket List*, building a *Gratitude Wall*, performing a play on *World Suicide Prevention Day*, and initiating pledges on *Mental Health Day* -all designed to foster dialogue and empathy around mental health issues.

These sustained efforts were celebrated during the COPE Annual Mental Health Awards, held on March 7, 2025, where the Aditya Birla Education Trust honored the institute with two prestigious accolades:

- **Social Media Excellence Award:** For creative and effective engagement of students through mental health-related content and campaigns.
- **COPE College of the Year:** Recognizing the institute's holistic, inclusive, and ongoing mental health initiatives.

Additionally, two students, Anjali Joshi and Ayush Bisht, received the Outstanding Peer Supporter Award for their exceptional leadership and compassion in supporting fellow students' mental health journeys.

The achievements were lauded by Dr. Shailja Pant (Principal), Sh. Arvind Gupta (Chairman), and Prof. O.P. Sati (Retd. Dean, HNB Garhwal Central University), who appreciated the team's dedication.

Dr. Shruti Sharma, IQAC Coordinator and COPE Point of Contact at the institute, expressed pride in the recognition and shared plans to expand the initiative to reach school students in the near future.

STUDENTS' ACHIEVEMENTS Psychology Student Shines in Music and Leadership at University Level

Kavita Nayal, a student from the Department of Psychology, brought laurels to the institution by securing the third position in the Classical Solo Singing Competition organized by HNB Garhwal Central University on April 24, 2025. Her graceful performance and vocal excellence were widely appreciated, earning her recognition among participants from various institutions.

In addition to her artistic accomplishment, Kavita has also been selected as the NEP Saarthi of DIBNS, a role that acknowledges her potential to promote awareness and implementation of the National Education Policy (NEP) within the student community. Her dual achievement reflects a commendable blend of creativity and leadership, making her a proud representative of both her department and the institute.

From Chairman's Desk... To the Newcomers and Outgoing Graduates of Our College

Dear Students,

As the new academic year dawns, I extend my warmest welcome to the freshers stepping into this vibrant campus and heartfelt congratulations to our graduating students who are ready to explore the wider world. To both of you—those just beginning your journey, and those who have walked its length with dedication—I write this with deep care and a sense of quiet urgency.

This message is not just about institutional pride or routine greeting. It is an invitation—to pause, to reflect, and to question the deeper purpose of the paths we so often follow unquestioningly.

You, dear students, are full of possibilities—radiant with creativity, intelligence, and the drive to build a meaningful life. And yet, in today's world, I sometimes worry. Will you be able to live a life that is not just efficient, but also joyful? Will you find time not just to meet deadlines, but to meet your inner self?

To the newcomers, your degrees—whether in BPT, M L T, B i o t e c h, Biochemistry, or any field—are valuable. But do not let them become just tickets to skyscraper cubicles, deadlines, and EMIs. To the outgoing batch, poised to enter the workforce, I ask: Will your work nourish your soul, or will it drain you silently while appearing glittering on the outside?

Remember the tragic case of a brilliant young professional Anna Sebastian Perayil, the 26 year old chartered accountant who could not bear the unbearable pressure of corporate life. Her story is not a singular one.

The culture that glorifies relentless work and glorifies “success” at the cost of health, family, and peace of mind is deeply flawed.

So I urge you all, whether stepping in or stepping out, to ask yourselves three



important questions:

- What is meaningful and life-affirming work?
- What is true productivity?
- And what is real success?

True success is not merely about packages and promotions. It lies in the ability to take a quiet walk with your grandmother, to watch a sunset without checking your notifications, or to hear the soul-stirring notes of Bismillah Khan's shehnai and actually feel it.

Live wisely. Live aesthetically. Live creatively.

Let your life be more than a list of achievements. Let it be a symphony of experiences, relationships, beauty, and balance. Don't be trapped by borrowed dreams sold by the marketplace.

Don't fall for spiritual shortcuts that promise healing in ten minutes while demanding you return to an unhealthy rhythm of life the very next day.

To the freshers—begin your journey with courage, curiosity, and authenticity. To the graduating class—step into the world with discernment, resilience, and a commitment to your true self.

The world does not need more “winners.” It needs whole, humane, and mindful individuals.

Wishing you all a life that is successful—not just in numbers—but in meaning, purpose, and joy.

CA Arvind Gupta

GUEST LECTURES ORGANIZED BY THE DEPARTMENT OF PHYSIOTHERAPY



Department of Physiotherapy at Dolphin (PG) Institute of Biomedical and Natural Sciences, Dehradun, recently hosted two impactful offline guest lectures aimed at enhancing students' awareness and global career readiness.

• Autism Awareness Lecture on World Health Day (April 7, 2025)

In observance of World Health Day, the department organized a special lecture focusing on Autism Awareness on April 7, 2025. The session was led by Mrs. Roopa Bishnoi, Director at Wabi Saabi, who shared expert insights on the challenges faced by individuals with autism and the importance of support, inclusion, and early intervention strategies.

• Attended by 119 students and faculty members, the session fostered empathy and understanding toward neurodiverse individuals. Dr. Deepte Warikoo, Head of the Department, facilitated the program and presented a sapling to Mrs. Bishnoi as a token of appreciation. The lecture underscored the institute's ongoing commitment to compassionate, inclusive education.

Career Opportunities in Germany for Physiotherapists (April 21, 2025)

To guide students aspiring for international opportunities, the department conducted a special session on “Job Opportunities for Physiotherapists in Germany” on April 21, 2025.

• The lecture was delivered by Mr. Abhay Kumar, CEO and Founder of Spark Overseas, who spoke to 112 students about eligibility criteria, licensing procedures, language requirements, and the cultural transition involved in working abroad.

The session concluded with an engaging Q&A, allowing students to clarify their queries regarding overseas employment.

Dr. Deepte Warikoo felicitated the speaker with a sapling. The lecture provided practical guidance and inspiration for students exploring global career pathways in physiotherapy.

These expert-led sessions continue to enrich the academic environment at Dolphin Institute by bridging theoretical knowledge with real-world insights and career guidance.

CONSULTANCY SERVICES PROVIDED

On April 27, the **Khalanga Trail Run 2025**, organized by the Vikasnagar Athletics Club at the scenic Khalanga Memorial Point, witnessed enthusiastic participation from endurance runners. A team led by **Dr. Deepak Yadav** from DIBNS provided on-site physiotherapy support. Eight students ensured timely care and recovery assistance to the athletes, significantly contributing to their well-being. Their efforts were appreciated with certificates and mementos by the organizers, who acknowledged the institute's vital role in ensuring the smooth conduct of the event.

• From June 18 to 20, the **2nd Junior National Pittu Championship** was held at

Kanchenjunga Hall, Rajat Jayanti Sports Complex, Dehradun. The event, organized by the Uttarakhand Pittu Association, brought together young talent from across the country. Three physiotherapy students from DIBNS volunteered during the championship, offering essential physiotherapy support and injury management services. Their dedication was formally recognized during the closing ceremony with certificates and tokens of appreciation.

• Continuing this streak of engagement, the DIBNS Physiotherapy Department also contributed to the **Dehradun District Badminton Championship** conducted by the Doon



Smashers Badminton Association from **June 25 to 30**. Three students were stationed at the event to assist athletes with warm-up and cool-down routines, as well as injury recovery. Their presence was instrumental in athlete care and performance enhancement, once again earning praise and acknowledgment from the organizers.

EDITORIAL COLUMN

Development and Disaster: Uttarakhand's Call for Sustainable Progress

On November 12, 2023, Uttarkashi made national headlines when a portion of the under-construction **Silkyara-Barkot tunnel** collapsed, trapping 41 workers deep inside the mountain.

After 17 days of intense rescue efforts involving multiple agencies, all workers were brought to safety. While the nation celebrated their survival, the incident exposed deeper issues-India's **relentless pursuit of development** in ecologically fragile Himalayan regions, often without adequate caution.

Less than two years later, on **5 August 2025**, the region faced another catastrophe-a **devastating cloudburst in Dharali village**, located along the Gangotri pilgrimage route. Flash floods and mud slides swept through the village, destroying homes, hotels, shops, and roads. Video footage showed horrifying scenes of people running for their lives, some tragically being swept away. At least five people lost their lives, over 50 were reported missing, and among them were 11 Indian Army personnel stationed in nearby Harsil.

These back-to-back disasters are not isolated. They are part of a **pattern-a warning from the mountains**-highlighting the conflict between development ambitions and environmental realities.

The Paradox of Progress India's growing infrastructure-characterized by tunnels, highways, and hydropower projects-promises connectivity, tourism, and economic growth.

Projects like the **Char Dham all-weather road**, including the Silkyara tunnel, aim to provide year-round access to remote pilgrimage sites and border areas.

However, this model of development comes at a steep cost.

The tunnel collapse and Dharali disaster both point to how the **Himalayas-geologically young,**

seismically active, and climatically sensitive-are being over stressed by **unchecked construction**. Deforestation, slope destabilization, and river encroachment have turned natural phenomena into full-blown disasters.

The 2013 Kedarnath floods and the Chamoli glacier burst in 2021 were earlier warnings.

Yet, development continues at breakneck speed, often bypassing environmental impact assessments or sidelining expert advice.

Human and Ecological Toll

The human cost of these disasters is immense. The 41 trapped workers in Silkyara tunnel were largely migrant laborers, toiling in high-risk conditions for survival. In Dharali, local families lost their homes, land, and livelihoods overnight. Infrastructure was flattened, roads cut off, and entire sections of the village were buried under debris.

These disasters also destroy ecosystems-glacial water sources, biodiversity hotspots, and sacred rivers-endangering both local life and national ecological assets.

What's most alarming is that **many such tragedies are preventable**, had there been stronger enforcement of safety standards and ecological safeguards.

Disaster Response and Gaps

The **rescue operations in both Uttarkashi and Dharali** involved commendable efforts by the **Indian Army, NDRF, SDRF, and ITBP**, supported by heavy machinery, sniffer dogs, and helicopters.

Over 190 people were evacuated in Dharali, with hospitals and trauma care units placed on high alert.

But the very need for such large-scale rescue reflects **gaps in disaster preparedness and developmental planning**.

The reliance on foreign equipment during the Silkyara rescue and the chaos in Dharali due to late warnings indicate a lack of localized, pre-emptive systems.

The India Meteorological Department (IMD) had issued a red alert for heavy rain until 10 August-yet timely action was limited. Early warning systems, real-time monitoring, and community drills remain grossly inadequate across Uttarakhand.

Rethinking Development in the Himalayas

The solution is **not to halt development**, but to **rethink and redefine** it. Sustainable development in Uttarakhand must be:

- **Ecologically Sensitive:** Respect the carrying capacity of the region. Avoid excessive tunneling, hill cutting, and river diversion.
- **Scientifically Informed:** Make **geo-seismic, climatic, and hydrological assessments compulsory** before approving any project.
- **People-Centric:** Involve **local communities** as stakeholders in planning. Provide workers with safety, insurance, and legal rights.
- **Prepared and Proactive:** Invest in **disaster forecasting, rescue technology, and training of local task forces**.

Most importantly, development must align with **long-term ecological resilience**, not just short-term gains.

Conclusion: Listen Before It's Too Late

The **Silkyara tunnel tragedy, the cloudburst in Dharali**, and many similar disasters are not mere accidents-they are the result of ignoring repeated warnings.

As we push forward with grand projects, we must ask: **What is the true cost of progress?** Are we building a future that is inclusive, safe, and sustainable-or one that is brittle and disaster-prone?

The Himalayas are speaking-through crumbling hills, rising rivers, and silenced villages.

Let us not respond with temporary rescue missions alone, but with lasting change rooted in wisdom, caution, and responsibility. It's time we listen-and act-before the next warning becomes a tragedy.

FIELD VISITS AND OUTREACH ACTIVITIES

Participation in Startup Mahakumbh-Bharat Innovates at New Delhi (April 4, 2025)

A delegation of 35 students from the Department of Microbiology participated in the prestigious **Startup Mahakumbh-Bharat Innovates**, held at Bharat Mandapam, New Delhi. Supervised by Mr. Arvind Gupta, Chairman of Dolphin Institute, the event allowed students to engage with innovators, industry experts, and startup founders. With a focus on sustainable solutions in healthcare, environment, and food safety, the program exposed students to the entrepreneurial ecosystem and inspired them to translate scientific ideas into viable biotech ventures.

Exploring Geobiological Interfaces at Wadia Institute of Himalayan Geology (April 9, 2025)

On April 9, 2025, 35 students from the Department of Microbiology visited the Wadia Institute of Himalayan Geology, Dehradun, under the mentorship of Prof. Versha Parcha, Dean of Research. The educational visit aimed to explore the intersection of microbiology and geology, introducing students to the field of geobiology. They learned about the role of microbes in geological processes like soil formation, mineralization, and bioremediation-reinforcing the relevance of cross-disciplinary research for sustainable environmental practices.

Zoology & Biotechnology Students Visit Nainital and Bhimtal for Educational Exposure

The Department of Zoology organized an educational tour for M.Sc. Zoology and B.Sc. Biotechnology students to Pt. Govind Ballabh Pant High Altitude Zoo in Nainital and the Coldwater Fisheries Research and Training Institute in Bhimtal. Guided by Dr. Beena Joshi Bhatt and Dr. Shalini Singh, the tour provided students with valuable insights into wildlife conservation, ecological diversity, and aquaculture research. The visit enriched their understanding of zoological sciences and environmental management in high-altitude ecosystems.



Faculty's Corner



Counterfeit Realities: The Rise of Deepfakes

Unravelling the Dangers and Possibilities of Synthetic Media

In today's digitally-driven world, the boundary between truth and illusion is increasingly blurred by the rise of **deepfake technology**-a sophisticated form of synthetic media powered by **artificial intelligence**. Once a novelty for entertainment, deepfakes now present complex ethical, legal, and societal challenges. At the heart of deepfake generation lie **Generative Adversarial Networks (GANs)**, machine learning systems capable of producing hyper-realistic videos, audio clips, and images. By mimicking subtle human expressions and voice modulations, deepfakes can now convincingly simulate real people saying or doing things they never did.

Initially celebrated for creative applications-such as face-swapping in films-deepfakes have since evolved into potential tools of **misinformation, defamation, identity theft, and even geopolitical manipulation**. A fabricated video of a world leader declaring war or spreading false policy changes could destabilize economies, incite panic, or damage diplomatic ties.

At an individual level, the misuse of this technology can

result in **devastating personal consequences**, from malicious impersonations to non-consensual content creation. Victims often find themselves with little recourse as **technology outpaces regulation**.

Yet, deepfakes are not inherently malevolent. In controlled environments, they offer **immense potential**. In **medical education**, for instance, deepfakes can power realistic simulations for surgical training. In **accessibility innovation**, they can enable lifelike avatars for individuals with speech or motor disabilities, enhancing communication in virtual spaces. The **entertainment industry**, too, continues to explore deepfakes for storytelling and visual effects. Recognizing both the promise and peril of deepfake **technology**, a **multidisciplinary response** is essential. This includes:

- Development of **advanced detection tools and verification systems**
- Updating **legal frameworks** to address privacy, consent, and digital rights.
- Promoting **digital and media literacy** to help the public critically assess content.

In conclusion, deepfakes represent a **double-edged sword**-capable of deception and disruption, yet also rich with potential for innovation. By fostering awareness, encouraging ethical use, and implementing robust safeguards, society can navigate the deepfake era responsibly and creatively.

Understanding Cardiac Health

By Dr. Deepak Yadav, Heart-Lung Transplant

Physiotherapist, Assistant Professor

The heart, often called the engine of the body, is central to life-responsible for circulating blood, oxygen, and nutrients throughout the body while removing waste. However, this vital organ is under increasing threat from cardiovascular diseases (CVDs), which remain the **leading cause of death globally**.

- In 2019, CVDs claimed an estimated 17.9 million lives, accounting for 32% of all global deaths. A significant majority of these occurred in **low- and middle-income countries**, including India, where cardiovascular conditions are responsible for nearly a **quarter of all deaths**. Alarming, India's age-standardized CVD death rate surpasses the global average. Meanwhile, the Asia-Pacific region has seen a steep rise in conditions like **atrial fibrillation**, with prevalence estimated at 80 million cases in 2023.

Key Risk Factors and Preventive Strategies

- One of the primary indicators of heart health is **blood pressure**. Persistent high blood pressure, or **hypertension**, forces the heart to overwork, straining blood vessels and leading to complications like heart disease, kidney damage, or **vision issues**. Often symptomless, hypertension requires regular monitoring. Lifestyle changes, including reducing salt intake, eating potassium-rich foods, and engaging in physical activity, can significantly help manage blood pressure levels.

- Another major factor is **cholesterol**. While cholesterol

is vital for cell function, an excess of **low-density lipoprotein (LDL)**-commonly known as 'bad cholesterol'-can block arteries and trigger heart attacks or strokes. Conversely, **high-density lipoprotein (HDL)** or 'good cholesterol' helps clear LDL from the system. A diet rich in healthy fats (like those found in nuts, olive oil, and fish) and low in trans or saturated fats supports balanced cholesterol levels.

- **Smoking and alcohol** also pose serious risks. The toxic chemicals in tobacco damage arteries and contribute to hardening, significantly raising the risk of cardiovascular events. Meanwhile, excessive alcohol consumption can cause high blood pressure, arrhythmias, and obesity. The good news: quitting smoking or moderating alcohol intake-even later in life-can reverse some cardiovascular damage.

The Invisible Impact of Stress

Modern lifestyles often come with chronic stress, which silently undermines cardiac health. Stress elevates hormones like cortisol, increasing heart rate and blood pressure. Long-term exposure can weaken the heart. Integrative strategies such as yoga, mindfulness, and regular exercise are proven tools for managing stress and protecting heart function.

Exercise, Diet, and Sleep: The Heart's Best Allies

Physical activity remains one of the most effective defenses against CVD. Aerobic exercises-such as brisk walking, cycling, or swimming-not only strengthen the heart muscle but also help

regulate cholesterol, blood pressure, and weight.

Equally vital is a **heart-friendly diet**. Nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and omega-3-rich fatty fish (e.g., salmon, sardines) can dramatically reduce risk. The **Mediterranean diet**, known for its emphasis on plant-based ingredients and healthy fats, is widely recognized for its cardiovascular benefits.

Sleep, often overlooked, is also essential. Adults need 7-9 hours of quality sleep to allow the heart to rest and recover. Poor sleep has been linked to hypertension, obesity, and diabetes-all contributing to heart disease.

Early Detection Saves Lives

Regular screenings are crucial for early detection and prevention. Monitoring blood pressure, cholesterol, blood sugar, and BMI can help identify risks before they escalate. Individuals with a family history of heart disease or existing lifestyle risk factors should be especially vigilant.

Conclusion

The good news is that heart disease is largely preventable. Through conscious choices-balanced nutrition, physical activity, stress reduction, and regular health checks-we can protect our most vital organ. A resilient heart is built not just by medication but by mindful living.

As cardiovascular risks rise in younger populations, awareness and education remain our strongest shields. The time to act is now-because a healthy heart is the key to a healthy life.

RESEARCH PUBLICATIONS & SCHOLARLY CONTRIBUTIONS BY FACULTY MEMBERS

Faculty members at Dolphin (PG) Institute of Biomedical and Natural Sciences, Dehradun, have continued to contribute significantly to academic research and scientific literature across various disciplines. The following notable publications were released during the first half of 2025:

- **Jagdish C. Purohit** : authored a research paper titled "*An Analysis of Queuing Management Process for Effective Congestion Control: A Case Study of Base Hospital Srinagar, Pauri Garhwal*",

published in a journal with a NAAS rating of 5.19. The study explores efficient queuing systems to manage hospital congestion and improve patient service delivery.

- **Arun Prakash**: made multiple contributions to the *Society for Advancement in Agriculture, Horticulture and Allied Sectors (SAAHAS)* magazine, focusing on innovative and sustainable agricultural practices:

- फल-सब्जियों की परिरक्षण की सामान्य विधियां

- फल-सब्जियों के बेकार जाने वाले भागों का उपयोग

- *Health Benefits of Black Soybean*

- *Jams of Different Fruits*

Additionally, his research paper titled "*Genotypic and Phenotypic Correlation Analysis for Important Quantitative Characteristics in Okra Cultivars*" was published in the *Journal of Krishi Vigyan* (April-June 2025, Vol. 13 Issue 2), offering valuable insights for crop

improvement strategies. (*ISSN: 2319-6432 Print; 2349-6433 Online*)

- **Dr. Aditi Chauhan**: contributed a book chapter titled "*The Role of Storytelling in the Knowledge System: Analyzing the Use of Epics, Folklore & Oral Traditions in Passing Down Knowledge*".

The chapter is featured in the edited volume *Indian Knowledge System-A Pathway*, highlighting the significance of traditional narratives in educational and cultural transmission.

Dr. Diksha Bhatt & Dr. Deptee Warikoo

Their joint research paper, "*Impact of Chronic Non-Specific Low Back Pain on Psychosocial Effects of Different Age Groups*", was published in the *Physiotherapy and Occupational Therapy Journal* (2025; Vol. 18, Issue 2, pp. 121-124). The study examines the psychological and social dimensions of chronic pain across age demographics, contributing to holistic approaches in physiotherapy care.

FDP/WORKSHOPS ATTENDED (FACULTY)

Faculty Development and Academic Engagements at Dolphin Institute

Faculty members from various departments of Dolphin (PG) Institute of Biomedical and Natural Sciences, Dehradun, actively participated in a series of prestigious faculty development programs, academic workshops, and conferences during May and June 2025, reflecting the institute's commitment to continuous professional growth and interdisciplinary learning.

● IQAC Department Participation in FDP on OBE Frameworks

From May 7 to 15, 2025, the Internal Quality Assurance

Cell (IQAC) of the institute engaged in a Faculty Development Programme on **Outcome-Based Education (OBE) and Frameworks**. The FDP was organized by the **MMTC of Shri Lal Bahadur Shastri National Sanskrit University (Central University)**, aiming to strengthen institutional practices around curriculum design, assessment, and student-centered teaching strategies.

Zoology Faculty Contribute to National Hackathon and Environmental Panel Discussion

Faculty members from the **Department of Zoology**, including **Dr. Beena Joshi Bhatt, Dr. D. K. Bhardwaj,**

and Dr. Deepali Rana, Dehradun. participated in the **110-hour Hackathon on Biodiversity Conservation and Climate Change**, held on **May 22, 2025**. The event, organized by the **Northern Regional Centre of the Zoological Survey of India**, commemorated 110 years of the ZSI and focused on Himalayan biodiversity.

Further extending her environmental advocacy, **Dr. Deepali Rana** also contributed as a panelist during a **panel discussion on the status of environmental education in the Indian Himalayan Region** on **June 5, 2025**, as part of the **World Environment Day** celebrations at **UCOST,**

The session was organized by the **Himalayan Academy of Science and Technology**, and discussed future pathways for enhancing environmental awareness and education across the region.

● Physiotherapy Department at Himclave 2 Conference, Bahra University

The **Department of Physiotherapy** made a significant academic contribution at **Himclave 2**, a state-level conference hosted by the **Indian Association of Physiotherapists (Himachal Pradesh Chapter)** at **Bahra University, Solan**, on **May 18, 2025**.

The delegation was led by **Dr.**

Deptee Warikoo (Head of Department) and included **Dr. Keerty Mathur, Dr. Rupali Gurung, Dr. Deepak Yadav**, along with **10 postgraduate (MPT)** and **2 undergraduate (BPT)** students.

A highlight of the conference was **Dr. Deepak Yadav's** research paper presentation, which earned him a **certificate of recognition**.

The event served as a platform for scholarly exchange and exposure to emerging trends in physiotherapy practice and research, reinforcing the department's commitment to academic excellence and clinical innovation.

WORKSHOPS ATTENDED (STUDENTS)

Skill Development Initiative "GAURAV" Empowers Students with Financial Sector Training

A total of **300 students** from the Departments of **Physiotherapy, Medical Lab Technology, and Agriculture** participated in Level 1 of the **Skill Development Initiative – GAURAV (Giving of Additional Upskilling Resources and Value for Youth)**, launched by the **Government of Uttarakhand** in collaboration with **NSE Limited, SEBI, AMFI, and ANMI**, and implemented by **Talent Skillsvarsity**.

The training was conducted in **three batches** across four days each — beginning on **May 19, May 26, and June 9, 2025**, respectively. The first two batches were led by **Dr. Kabir Sharma**, while the third was conducted by **Dr. Mukesh Verma**, both experienced BFSI-certified trainers.

Under the guidance of **Dr. Shruti Sharma**, Nodal Officer for the program, students were trained in key areas of the **Banking, Financial Services, and Insurance (BFSI)** sector. The program aimed to bridge the gap between academic learning and industry demands by equipping students with essential financial literacy and employability skills. Over **80% of the students successfully completed the training** and were awarded **certificates by NSE Academy**, highlighting the institute's commitment to career readiness and practical education.

● Zoology Students Participate in Hackathon on Biodiversity and Climate Change

Students from the **Department of Zoology** took part in the **110-hour Hackathon on Biodiversity Conservation and Climate Change**, held on **May 22, 2025**, to commemorate **110 years of the Zoological Survey of India (ZSI)**. The event, organized by the **Northern Regional Centre of ZSI, Dehradun**, focused on **Himalayan Biodiversity**, encouraging innovative approaches to environmental conservation. Participation in this hackathon provided students with exposure to interdisciplinary learning and real-world environmental challenges.

● Physiotherapy Students Attend National Conference on Ethics in Healthcare

On **April 26, 2025**, eight students from the **Department of Physiotherapy** attended a **One-Day National Conference on "Ethics in Healthcare: Challenges and Responsibility in Physiotherapy, Nursing, and Paramedical Sciences"** at **Uttaranchal PG College of Biomedical and Hospital Sciences (UCBMSH), Dehradun**.

The event featured **seven expert speakers**, including **Dr. P. Nandita**, who addressed pressing ethical issues and professional responsibilities in healthcare practice. The conference emphasized the importance of **compassion, accountability, and moral conduct** in patient care, leaving a lasting impact on the aspiring healthcare professionals.

One-Day FDP on "Managing Personal Finance" (Sponsored by CDSL under IAP)

To promote financial literacy among academic professionals, the Internal Quality Assurance Cell (IQAC) of Dolphin Institute conducted a **One-Day Faculty and Staff Development Program on "Managing Personal Finance"** on **July 4, 2025**.

Sponsored by **Central Depository Services Ltd. (CDSL)** under the **Government of India's Investment Awareness Program**, the FDP was tailored to equip educators with essential financial planning skills.

Dr. Narendra Singh Bohra, a certified CDSL trainer with two decades of

experience, led the session covering key topics such as budgeting, saving, investment avenues, insurance, **DEMAT** accounts, and financial discipline. **Dr. Shruti Sharma**, Coordinator, IQAC, highlighted the initiative's broader impact in enabling faculty to guide students in financial literacy.

The session saw active participation from **58 faculty and staff members**, who appreciated the program's practical value and relevance to personal and professional financial management.

OTHER ACTIVITY OR ACHIEVEMENTS

Cadaver Dissection Classes Enhance Physiotherapy Training

From **May 28–29, 2025**, forty-nine physiotherapy students from Dolphin Institute undertook a valuable clinical training experience through cadaver dissection classes conducted at **Shri Guru Ram Rai Medical University, Dehradun**.

Supervised by **Dr. Abhinav A. Singh**, the hands-on sessions significantly enriched students' anatomical knowledge, a critical foundation for clinical practice in physiotherapy. The Department extended its gratitude to **Indiresh Medical Institute** for facilitating this enriching interdisciplinary learning



WORKSHOPS AND DEVELOPMENT PROGRAMS ORGANIZED

Department of Physiotherapy: Skill Enhancement Workshops and Certificate Courses

● Two-Day Workshop on Myofascial Release Techniques (April 15–16, 2025)

Conducted under the Entrepreneurship



Development Programme, this hands-on workshop was led by Dr. R. Arun Mozhi (SBSU), benefiting 41 students with practical exposure to advanced physiotherapy techniques. Dr. Deepte Warikoo felicitated the resource person, and Dr. Diksha Bhatt delivered the vote of thanks.

● Six-Day Add-On Course on First Aid and Basic Life Support (May 1–6, 2025)

Aimed at improving emergency response skills, this course trained 94



students, including 74 from physiotherapy and 20 from other departments. Led by Dr. Deepte Warikoo and supported by experts like Dr. Dharam P. Pandey (Manipal Hospital), the course included CPR training, trauma care, and airway management. Certificates were distributed to all successful

participants during the closing ceremony.

● Five-Day Certificate Course on Taping Techniques (May 26–30, 2025)

Led by Dr. Piyush Jain, Certified International Instructor from Nasara International Academy (Korea), the course focused on therapeutic taping for injury prevention and rehabilitation. Forty-five students benefited from the interactive training sessions.

Prof. (Dr.) Deepte Warikoo felicitated the guest

instructor, and Dr. Keerty Mathur concluded the event with a vote of thanks.



TRAINING & PLACEMENT ACTIVITIES

The Training & Placement Cell of Dolphin (P.G.) Institute continues to create new benchmarks by securing successful student placements and providing valuable industry exposure through interviews, training programmes, and industrial visits. Recent months have witnessed remarkable achievements across pharmaceutical, agriculture, healthcare, and insurance sectors.

Off-Campus Selections

Students from various programmes earned prestigious roles in leading companies during May–June 2025:

● M e p r o m a x Lifesciences Pvt. Ltd., Dehradun (2nd June):

Trainee Microbiologist – Mr. Divanshu Yadav (M.Sc. Biotechnology).

● Tropical Agrosystem (India) Pvt. Ltd., Chennai (2nd June):

Development Trainee (Grade L1), Paskura (W.B.) – Mr. Ramkrishna Mondal (B.Sc. Agriculture Hons.).

● Katyayani Organics, Bhopal (2nd June):

Sales Trainee – Mr. Brojesh Mandal (B.Sc. Agriculture Hons.).

● Mahamaya Agro Chemicals, Patna (2nd June):

Zonal Manager, Ranchi (Jharkhand) – Mr.

Manishankar Singh (B.Sc. Agriculture Hons.).

● AMG Technologies LLP, Bangalore (16th June):

Sales Trainee – Ms. Aditi Kumari (B.Sc. Agriculture Hons.).

● Pathkind Lab, Dehradun (13th June):

Lab Technicians – Rohit Tiwari (M.Sc. Microbiology, B.Sc. MLT) and Burhan Zahoor Mir (B.Sc. MLT).

● Prakrutee Mitra Organic Pvt. Ltd., Ahmedabad (5th June):

Supervisor – Mr. Amit Kumar (B.Sc. Agriculture Hons.).

● Shailin Farming Solutions Pvt. Ltd., Dehradun (5th & 24th June):

Supervisors – Mr. Amit Kumar, Mr. Himanshu Kumar, and Mr. Raghunandan Kumar (Varanasi); Tushar Krishana (Patiala).

● Vedarth Pvt. Ltd., New Delhi (14th June):

Sales Executive – Ms. Nikita (B.Sc. Agriculture Hons.).

● Dr. Renu Goyal Path Lab, Dehradun (13th June):

Sales Executives, New Delhi – Anjali Joshi and Shubham Joshi (B.Sc. MLT).

On-campus drives also resulted in significant placements:

● Vibcare Healthcare Pvt. Ltd., Panchkula (30th May):

Selected – Sunidhi Goswami (M.Sc. Biotechnology), Bharti Bahuguna (M.Sc. Microbiology), and Kirat Kaur Mathura (M.Sc. Microbiology).

● Pritam International Pvt. Ltd., Roorkee (14th June):

Selected – Sunidhi Goswami, Manisha Bisht, and Khushi Rani (M.Sc. Biotechnology), Jhilik Banerjee (M.Sc. Microbiology) from Dolphin Institute, along with students from Uttaranchal University, Shri Ram College Muzaffarnagar, and DAV College Muzaffarnagar.

● Bajaj Allianz General Insurance, Dehradun (11th June):

B. Com and M. Com students secured internships with stipends ranging from ₹10,000 to ₹15,000 per month. Two batches will undergo training and internships (June–October 2025), providing valuable industry exposure and employability skills.

● India Glycols Limited, Dehradun (2nd June – 31st July):

Selected – Vivek Pal (M.Sc. Biotechnology), Ayush Singh Bisht (B.Sc. Biotechnology), Vishakha Kumari and Kanak Gupta (M.Sc. Microbiology).

● Lotus Surgicals Pvt. Ltd., Dehradun (20th June–20th July):

Selected – Priyanshi Shreyansh and Sandali Verma (M.Sc. Biotechnology).

Interactive Session on cGMP

On 15th April 2025, the T&P Cell organized an interactive training programme on “cGMP (Schedule-M): Indian GMP Regulations – Indian Regulations and Guidelines.” The session was delivered by Dr. Vikas Chaudhary, Director – Quality, Cheminova Tech, Zirakpur (Punjab).

Dr. Chaudhary emphasized the importance of Good Manufacturing Practices (GMP) in ensuring pharmaceutical quality and compliance. He elaborated on the Indian regulatory framework and shared practical insights into quality control and assurance.

The event was attended by students from B.Sc. and M.Sc. life science streams,

faculty members, and dignitaries, including Institute Director Mr. V.K. Nagpal.

The session proved highly beneficial for students aspiring to build careers in pharmaceutical and quality sectors.

Industrial Visit to ITC Ltd.

An educational industrial visit was arranged for 31 Microbiology students to ITC Ltd., Haridwar, on 30th April 2025. Guided by faculty mentors Mr. Vijay Kumar Tiwari, Mr. Vijay Ratna Panwar (TPO), and Mr. Vicky Lal, the visit provided valuable exposure to food manufacturing processes, hygiene protocols, and quality assurance practices.

Facilitated by Mr. Ashwani Kumar Saini, Technical Manager (Quality & Food Safety, ITC Ltd.), the visit enabled students to bridge theoretical learning with real-world applications, significantly enriching their career-oriented knowledge.

This series of placements, training programmes, and industrial visits reflects Dolphin Institute's strong commitment to enhancing industry linkages, student employability, and career readiness.

Apprenticeship & Industrial Training

CAMPUS SELECTIONS

STUDENT'S CORNER

The Growing Role of Artificial Intelligence in the Healthcare Ecosystem

As the global healthcare system grapples with increasing challenges-rising costs, aging populations, and sudden crises like the COVID-19 pandemic-the need for transformative solutions has never been greater. Among the most promising innovations reshaping healthcare is

- **Artificial Intelligence (AI)**, which is revolutionizing everything from diagnosis and treatment to patient care and administration.

AI-powered tools are increasingly being recognized as game-changers across the healthcare landscape. During the pandemic, AI proved instrumental in addressing critical issues like diagnostic backlogs, data shortages, and overburdened healthcare staff. Today, its applications are expanding across every facet of the system.

- **Reimagining Clinical Trials** : Traditionally, clinical trials have been time-consuming and expensive with low success rates. AI, however, is changing this narrative. By managing vast volumes of data, AI can identify suitable candidates, simulate trial outcomes, and provide more accurate and efficient results-cutting both time and cost dramatically.

- **Enhancing Patient Care** : From real-time health monitoring to predictive diagnosis, AI improves patient care by offering personalized treatment and early detection of diseases. Clinical intelligence systems analyze medical histories and vital signs to provide insights that help enhance the overall quality of life.

- **Maternal and Neonatal Health**: One breakthrough application of AI lies in

maternal care. By analyzing electronic health records, AI tools can identify high-risk pregnancies and anticipate complications during childbirth-helping reduce maternal mortality and improve outcomes for both mother and child.

- **Robotics and Smart Devices in Therapy** :

Healthcare robotics is another area witnessing rapid advancements. Exoskeletons now help paralyzed patients walk again, while AI-enhanced prosthetics respond with precision, often outperforming natural limbs. Smart stethoscopes equipped with AI can deliver accurate heart and lung readings even in noisy settings, and the data can be shared remotely with physicians.

- **Genomics and Personalized Medicine** : AI is also fueling a revolution in genomics, where it assists in mapping human DNA and making sense of complex genetic data. This enables **precision medicine**, where treatments are customized to an individual's genetic makeup, lifestyle, and health history-paving the way for highly targeted therapies.

- **Streamlining Hospital Administration** : AI doesn't just assist with patient care-it optimizes hospital operations too. From scheduling to medical imaging analysis, AI tools are automating, streamlining workflows, and even supporting robotic surgeries.

Rather than replacing healthcare workers, AI is enhancing their efficiency and decision-making capabilities.

- **Complex Algorithms and Machine Learning** : By processing large datasets-ranging from

electronic health records to demographic and genetic data-machine learning algorithms can predict disease progression and recommend optimal treatment strategies.

These predictive models support early interventions and better prognosis outcomes.

- **Digital Health and Wearables** : Mobile apps and wearable devices are becoming powerful tools for both patients and physicians. These platforms track everything from emotional states and diet to heart rates and sleep patterns.

AI interprets this data to offer personalized health insights and lifestyle recommendations.

- **Revolutionizing Drug Discovery** : The development of new drugs often spans over a decade, with high failure rates and costs. AI is helping identify molecular targets faster and aiding in the design of new compounds and drug formulations. This not only accelerates research but also minimizes costly trial-and-error stages in pharmaceutical development.

- **Conclusion** : Artificial Intelligence is no longer a futuristic concept in healthcare-it is the present and the future.

From diagnosis to treatment, prevention to recovery, AI is touching every corner of the healthcare ecosystem.

As students and future professionals in the field, understanding and embracing this technological shift is crucial. AI's integration into healthcare is not about replacing humans; it's about empowering them to provide smarter, faster, and more compassionate care.

*Kumar Harsh,
BPT – 3rd Semester*

AWARDS / FACULTY ACHIEVEMENTS

Dolphin Institute Receives National Recognition for Mental Health Advocacy and Faculty Excellence

Faculty Achievement: Dr. Deepak Yadav Shares Expertise at National Platform

In another proud moment, **Dr. Deepak Yadav**, Assistant Professor and Heart-Lung Transplant Physical Therapist at Dolphin Institute, was invited as a **resource person** at **Chitkara University, Punjab**, on **May 6, 2025**, for their online pre-internship session titled *“Physio Launchpad: Strengthening Clinical Competence through Creative Thinking and Interdisciplinary Integration.”*

Dr. Yadav delivered an engaging and informative session on the **“Role of Physiotherapists in the ICU,”** focusing on their evolving role in critical care settings. The lecture was highly appreciated by students and faculty for its practical relevance and depth. He was presented with a **certificate of appreciation** by Chitkara University.

RESOURCE PERSON

1. Mr. Vijay Ratna Panwar- Assistant Professor (Biomathematics & Biostatistics), Department of Agriculture & Horticulture was invited as a resource person and to deliver a session on *“Importance of Research & Data Analysis”* on April 24, 2025 at Doon (PG) College of Agriculture Science and Technology, Dehradun in a Faculty Development Programme scheduled from April 21 to April 27, 2025. The theme *“Emerging Trends in Research, Innovation & Entrepreneurship”*. The topic of the session was timely and highly relevant to interact with the enthusiastic participants and be part of such a knowledge-enriching experience.

2. Mr. Vijay Ratna Panwar- Assistant Professor (Biomathematics & Biostatistics), Department of Agriculture & Horticulture was invited a resource person to conduct Practical Examinations/Project at Uttaranchal University, Dehradun, Uttarakhand on 5th June 2025.

DISTINGUISHED ALUMNI

Alumnus Spotlight: Dr. Deepanshu Joshi Leads with Excellence in Physiotherapy

- **Dr. Deepanshu Joshi**, a proud alumnus of the institute (Batch 2014–2018), has carved a notable path in the field of physiotherapy. After completing his **BPT and MPT in Musculoskeletal Disorders** from **H.N.B. Garhwal University, Srinagar**, Dr. Joshi has steadily risen to hold the position of **Head of the Physiotherapy Department at Ujala Cygnus Hospital, Udham Singh Nagar**.

- With over **five years of clinical experience**, he has built a strong reputation for excellence in **musculoskeletal rehabilitation**, managing an independent caseload with precision and care. Beyond his clinical responsibilities, Dr. Joshi is also actively involved in delivering **community-based physiotherapy services**, promoting accessibility and awareness in underserved areas.

Renowned for his **compassionate approach** and **high-quality patient care**, he continues to contribute meaningfully to public health through **social work and educational outreach**, embodying the values of service and dedication instilled during his time at Dolphin Institute.

Dr. Joshi's journey stands as an inspiration for current students, reflecting the institute's legacy of producing competent and socially responsible healthcare professionals.

IMPORTANT DAYS

International Yoga day

Institute observed session from the front. The **International Yoga Day 2025** with great zeal and active participation from students, faculty, and staff. The event was organized on the institute premises on June 21, 2025 in the serene morning hours, beginning at **7:30 AM**. The yoga session commenced under the guidance of **Ms. Anshika Sharma**, the yoga instructor, who demonstrated a series of yogasanas. She was joined by **Mr. N.K. Joshi**, Sports Secretary of the institute, in leading the

participants, including a large number of students and teaching/non-teaching staff, enthusiastically followed the instructors, performing various postures and breathing exercises. The event was organized by **Mr. Vipul Garg**, Dean Student Welfare (DSW), who ensured smooth coordination and active involvement of all departments. The celebration highlighted the importance of yoga in maintaining physical and mental well-



being and resonated with this year's International

Yoga Day theme promoting global health and harmony. The event concluded with a collective meditation session and a message encouraging regular practice of yoga for a balanced lifestyle.

World Health Day Celebration



The Department of Microbiology celebrated World Health Day on April 7, 2025 with an engaging and educational event themed **"Play for Health Through Indian Traditional Games."** Held on the institute premises, the program aimed to highlight the mental, physical, and social benefits of age-old Indian games and inspire students to incorporate them into daily life for improved well-being. The event saw enthusiastic participation from students in both mental/indoor and physical/outdoor games. Indoor events included **Carrom, Ludo, and Chess**, while outdoor games featured **Stapoo, Lemon Spoon Race, 3-Legged Race, Bandhi Chain, Ice & Water, Pithoo, and Uch-Nich**. Students competed in four lively teams-**Team Heartbeats, Team Nerve Endings, Team Hepatic Heroes, and Team Breath Blitz** - making the atmosphere vibrant and spirited. The competition not only promoted physical fitness and mental agility but also fostered teamwork and camaraderie. Winners, runners-up, and consolation prize recipients were felicitated by **Prof. Shailja Pant**, who lauded the students' enthusiasm and highlighted the value of traditional games in maintaining holistic health.

National Autism Day Celebration

To observe **National Autism Day (April 2, 2025)**, the Department of Physiotherapy organized an interdepartmental essay competition that brought students from diverse academic backgrounds together to share perspectives on autism. The initiative fostered awareness, empathy, and inclusivity across the campus. Top three entries were submitted by **Shreya (BPT 3rd Year)**, **Kavita Nayal (Psychology 2nd Semester)**, and **Shruti Gupta (BPT 2nd Semester)**. These students were honored for their insightful contributions by **Dr. Deptee Warikoo** and **Dr. Shruti Sharma** during the award ceremony.

