



Dolphin Insight



Quarterly News Bulletin
Volume-19, Issue-1 (Jan - Mar, 2025)

ACCREDITED COLLEGE

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

Recognised u/s 2(f) by UGC, AICTE, IAP Approved | National Council for Teacher Education | Uttarakhand Paramedical Council recognized

In This Issue :

2

Chairman's Desk
Felicitation of Faculty, Students
Chief Guest & Guest of Honour
Best Players of the Year
Scholarships

3

Celebrating Annual Week: Srijan-2025

4

Tug of war
Painting Competition
Poster Competition
Group Song
Sketch Art

5

Resource Persons/Consultancy Services Provided
Awards/faculty Achievements
FDP/Workshops Attended
Publications / Book Chapters / Research Papers

6

Faculty Development Programme/
Field Visit / Health Camp / Awareness Camp / Outreach
Student's Corner: Application of Artificial Intelligence In The Healthcare Ecosystem

7

Faculty Corner
NSS Activities / NCC Activities
National Workshop & IAM-2025, IIRS-ISRO Dehradun

8

Guest Lectures
Webinar
Activity or Achievements
Distinguished Alumni - Dr. Deepanshu Joshi

9

Student Visit to Anthropological Survey of India on the Occasion of International Women's Day
Important Days
National Science Day
Republic Day

24th Annual Fest-2025 : Celebrated in the Institute with full gaiety

• Celebration of Annual week – "Srijan" followed with Annual Day – "Udaan" • Students won loads of prizes for their excellent performances in curricular and extra-curricular activities



Chief Guest Lightening the ceremonial Lamp



Welcome of Guest and Guest of honor



Guests enjoying the cultural programmes

24th Annual Fest was celebrated by students, faculty, staff and guests with great enthusiasm. Students were awarded trophies, cash prizes and certificates for their excellent performances in academics, cultural and sports activities during the current academic session. Certificates were also presented to 27 lady trainees on successful completion of vocational training courses conducted under the aegis of Dolfin Educational Society at Maa Balasundari Devi Training Centre. "Annual Day – Udaan" was inaugurated with the lighting the ceremonial lamp before Goddess Saraswati by the Chief Guest I.R.S. 2010 Batch

and Additional Commoner income tax Meerut Division Mr. Sachin Singh, Guest of Honor Finance Controller of HNBGU Dr. Sanjay Dhyani and Shri Arvind Gupta, Chairman of the institute along with other dignitaries. The programme commenced with Ganesh Vandana, welcome song and national anthem.

Dr. Shailja Pant, Principal Dolphin Institute presented Annual Report highlighting the achievements and progress of the institute. Dean Student Welfare Shri Vipul Garg, Director Shri V.K. Nagpal, Additional Director Shri Sunil Kaul, Sports Officer Shri N.K. Joshi, Administrative



Glimpses of cultural programmes



Officer Shri Sudhir Bharti, other faculty members and staff and their families, besides other honorable guests for the occasion.

A bonanza of cultural program followed. Some of the major

attractions of the programme were group and solo performances by students including Shiv Stuti by Meera, Ram Stuti, Garhwali song, Group song- Arambh, Solder dance by Rahul & Group, Gujrati

Dance based on Holi, Group Song- Abhi naa jao chodd kar, Free style duet dance by Surya and Sherap, Western song and finally the all-time favorite fashion show based on theme traditional dresses this year.

DEPARTMENT OF AGRICULTURE WINNER OF THE OVERALL 'CHAMPION'S TROPHY - 2025'

There is always a very keen but healthy competition between different departments to win the overall champions trophy to establish their supremacy in co- and extracurricular activities. The winner is chosen on the sum of the marks scored in different cultural activities, debates, quiz's, posters, collages etc and of course in games and athletics.

This year Agriculture department was declared overall champion on the basis of its excellent performance in the inter-departmental cultural and sports activities during the annual week.

Though the department of Physiotherapy scored maximum points in many cultural activities, it was taken over by Agriculture department due to their outstanding performance in sports and was therefore adjudged Champion on the basis of their overall performance and Department of Physiotherapy has to console with runner up trophy.



Chief Guest Lightening the ceremonial Lamp



Facilitation of Runner-up trophy

ABHISHEK PAGARIYA BEST BOY & DIYA CHAUDHARY Best Girl Of The Year



Best student Girl & Boy

Abhishek Pagariya Best Boy and Diya Chaudhary Best Girl of the Year One of the most exciting moments of the annual day celebration is always the announcement of "Best Boy" 'Best Boy', while Diya Chaudhary from Botany Department was chosen as the and best girl are achievements 'Best Girl'. They were in academics, attendance, discipline, cultural and co-curricular activities, sports and participation in social activities. This year Abhishek Pagariya of Agriculture Department was selected the announcement of "Best Boy" 'Best Boy', while Diya Chaudhary from Botany Department was chosen as the and best girl are achievements 'Best Girl'. They were in academics, attendance, discipline, cultural and co-

From Chairman's Desk...

Dear Students



In a world where success is often defined by external achievements—such as prestige, power, wealth, or recognition—it is essential to pause and reflect on what true success genuinely means. While society may celebrate material accomplishments, the deeper and more enduring form of success lies not in what the world sees, but in what you feel within.

True success is measured by inner happiness, peace, and contentment. It is not bound by society's shifting standards but is rooted in living authentically, guided by your intuition and inner wisdom. A person aligned with their true self may not always be celebrated by the world, but they remain grounded in joy and fulfillment. Unlike worldly success, which can sometimes involve navigating competitiveness and compromise, inner success is pure, constant, and unaffected by external turbulence.

History offers profound examples of this idea. Consider the lives of great spiritual figures like Jesus and Buddha. Judged by worldly standards, their journeys were marked by struggle and resistance. Jesus, for instance, was crucified at a young age, followed only by a small group of humble individuals. Yet, in the face of unimaginable suffering, he remained serene and joyful. Those who opposed him may have held influence, but they often lived in inner unrest. This contrast forces us to question—who truly succeeded?

Success, therefore, is not about how the world perceives you but about how peacefully you live within yourself. It is not ego gratification or public applause that brings lasting joy, but the quiet, unwavering satisfaction of a life lived in harmony with one's true nature.

As you move forward in life, remember this: recognition may or may not come, but if you nurture peace within, you have already achieved the highest success. Let your intuition be your compass, and seek fulfillment not in applause, but in self-awareness and serenity.

Wishing you all a journey filled with inner bliss and meaningful growth.

CA Arvind Gupta

Chief Guest & Guest of honour shared the tips for success with students



Chief Guest addressing the gathering



Guest of honor addressing the gathering

Chief Guest Mr. Sachin Singh - IRS 2010, Additional Commissioner Central GST inaugurated the program by lighting the lamp in front of the statue of Goddess Saraswati. In his address, Mr. Sachin Singh said that it is a matter of great happiness that the institute is focusing on the all-round development of the students. Giving the basic mantra of success to the students, he said that they should set a goal according to their interest and then sacrifice everything to achieve it. He said that if they give maximum time of 24 hours to

their goal, then they can definitely achieve it. While Guest of honor Dr. Sanjay Dhyani, Finance Controller of Hemvati Nandan Bahuguna Garhwal Central University congratulated all the winners and told the unsuccessful students that if they try harder, they will definitely win. He said that today India is molding itself according to global challenges. In such a situation, students are getting more opportunities to study any subject according to their interest under the National Education Policy 2000. The pleasant results of which will be seen in the future.

Felicitation of faculty, students and staff during UDAAN

Dr. Deepti Warikoo, HOD- Physiotherapy was felicitated as 'Star Faculty' of the year. Shri Dinesh Koli of Microbiology Department and Mrs. Shakuntala Negi of Administrative Department were jointly declared as 'Star Staff' of the year.



Award for best faculty

The College students participated in HNBGU team events organized by the University. Bharat (Agriculture Department), Prafulla Pandey (Pathology Department) Priyanshi Bhatt (Pathology Department) and Preet Nurgi (Pathology Department) were felicitated for the university team participation for the year 2024-25.



Award for best admin staff

Appreciation Certificate for Certificate Writing (Sports) were given to Yajang Lingfa- M.Sc. Botany 4th Semester, Toko Jermn- M.Sc. Botany 4th Semester, Jigmat Tsomo- M.Sc. Botany 4th Semester, Anjali Rawat- M.Sc. Botany 4th Semester and Vikrant Pradhan- M.Sc. Botany 4th Semester



Award for best technical staff

The NCC Best Cadet certificates were given to Svo- Preeti Kaparwan, Vo- Rahul Palariya, Vo- Dhruv Sharma and Cedt- Mohini Rawat NSS Best Volunteers certificates were given to Kunwar Digvijay Singh and Jyotsana Bhatt while Youth Red Cross Best Volunteers certificates were given to Rohit Tiwari and Sakshi.

Other facilities were Maa Bala Sundari Self- Employment Women Training Certificate to 27 trainees, DSWC Cultural members to 20 Volunteers, DSWC Volunteer members to 30 Volunteers and Lenin Scholarship to Purnima Ranabhat (Agriculture).



Award for best technical staff



Facilitation to distinguish alumni

Scholarships to the toppers

Scholarships worth Rs. 95,000/- were distributed to the topper students. Total 19 scholarships of Rs. 5,000/- each were given to toppers of respective programmes, of which 8 students of UG and 11 of PG programmes were felicitated.



Facilitation to toppers



Best Players of the year

The interdepartmental sports and games in boys and girls categories including Volleyball, Cricket, Football, Kho-Kho, Athletics, track events, Chess, Table Tennis, Badminton, Tug of war, etc. Agriculture department won the sports trophy and Physiotherapy department was declared runner – up. Every department actively participated in track and field events during the Annual Week. Alok Ranjan of Agriculture Department and Mala Dora of Physiotherapy Department were adjudged as best players of the year in boys and girls categories.



Facilitation to best athlete boy

Best Athletes of the year : Diya Bartwal of Physiotherapy Department was adjudged best athlete (girls) while best athlete boys was awarded to Mujamil of Physiotherapy Department



Facilitation to best athlete girl

Celebrating Annual Week: Srijan-2025

THE ANNUAL FESTIVAL "SRIJAN" WAS ORGANIZED FROM 24 FEB. 2025 TO 01 MAR. 2025

The programme was hosted by D.S.W.C. members along with cultural programs, sports activities were also proposed. The Annual Week "SRIJAN"-2025 commenced with March-Past which was coordinated by the officials Shri N. K. Joshi, Mr. Aditya Swaroop, Dr. Keerty Mathur, Dr. Ritu, Mr. Sahaj Sangal and Mr. Yajat Panchal. The programme was inaugurated at 10.00 am by Chairman of the institute Shri Arvind Gupta, Principal Dr. Shailja Pant, Director Shri V. K. Nagpal, Additional Director Shri Sunil Kaul, Coordinator IQAC Dr. Shruti Sharma, Dean Students' Welfare Shri Vipul Garg and Dean Academics Dr. Gyanendra Awasthi with Deep Prajwalan in front of the Statue of Goddess Saraswati. Thereafter March – Past was coordinated by Sports committee via the Sports Captain (Boy) Mr. Suman Singh and Sports Captain (Girl) Ms Taniya followed by the eight other houses respectively-

1. Agriculture & Horticulture Department
2. Forestry Department
3. Physiotherapy Department
4. Biotechnology Department
5. Commerce Department
6. Microbiology Department
7. Pathology Department
8. Rainbow Department.

This was followed by oath taking ceremony for the sports spirit. After the inauguration, Ganesh Vandana and dance depicting Indian culture under the direction of Mr. Sahaj Sangal and Mr. Yajat Panchal, yoga under the direction of Dr. Juhi Rajput and martial arts under the direction of Mr. N.K. Joshi were presented by various teams.

On this occasion the balloons of "SRIJAN"- 2025 were released as a symbol of peace, unity and prosperity by Chairman of the institute Shri Arvind Gupta, Principal Dr. Shailja Pant, Director Shri V. K. Nagpal, Additional Director Shri Sunil Kaul, Coordinator IQAC Dr. Shruti Sharma, Dean Students' Welfare Shri Vipul Garg and Dean Academics Dr. Gyanendra Awasthi, HODs, teachers and students.

Following are the results of interdepartmental sports, games, curricular, cultural & extracurricular activities during 'SRIJAN 2020'.

INTERDEPARTMENTAL CULTURAL EVENTS

● **Rangoli competition :** I- Ankit and Marumai- Department of Physiotherapy,

Department of Physiotherapy
 ● **Mehndi Competition:** I-Shivangi and Yashika- Department of Commerce, II- Manyata and Ayushi- Department of Microbiology, III- Khushi and Kunika- Department of Commerce Archana & Sandali- Department of Biotechnology

Microbiology, II- Ayush Sharma- Department of Agriculture, III- Vedika- Department of Biotechnology
 ● **Sketching competition :** I- Mohit- Department of Physiotherapy, II- Rishika- Department of Biotechnology, III- Nang Sujata - Department of Agriculture Pragati -

Forestry

● **Face Painting:** I- Anjali- Department of Physiotherapy II- Meera- - Department of Forestry III- Riya Roy- Department of Biotechnology

● **Extempore speech :** I- Kavita Nayal- Department of Rainbow, II- Meera- Department of Forestry, III Subhadeep Barua - - Department of Biotechnology

● **Poetry recitation :** I- Vishad Chauhan - Department of Microbiology, II- Shivam Singh- - Department of Pathology, III- Bhumi- Department of Microbiology

● **Quiz :** I- Monika Kumari & Subhadeep - Department of Biotechnology, II- Alok Ranjan - Department of Agriculture Sourav Kumar - Department of Agriculture, III- Nishan - Department of Forestry Sanjay- Department of Forestry

● **Poster competition :** I- Liza and Meera- Department of Forestry, II- Mohit and Krishna- Department of Physiotherapy, III- Kanak & Khushi - Department of Microbiology, Diya Chaudhary - Department of Rainbow

● **Cartoon Competition :** I- Deepti-Department of Microbiology II- Tamchi - Department of Agriculture III- Piyush - Department of Commerce Anshika - Department of Microbiology

● **Street play/Nukkad Natak :** I – Chinmaya Group - Department of Agriculture, II - Niharika Group- Department of Pathology, III - Saksham Group- Department of Physiotherapy, Pankaj Group- Department of Microbiology

● **Mime Acting :** I - Mirajul - Department of Physiotherapy II - Siddhika Nigam- Department of Microbiology III- Ayushman Vats & Abhisekh Pagariya - Department of Agriculture

● **Mime Acting :** I - Abhisekh Pagariya, Abhishek Yadav, Aryavats, Geetanjali, Rhishab, Sudeb, Khushi, Sapna, Abhijeet, Adrash, Ayushman, Gautam, Virendra- Department of Agriculture, II - Sakshi, Ansh, Usha, Abhay, Neola, Ujjwal- Department of Commerce Pratham, Nikhil, Shivam, Aayasha, Ritu, Balkrishan, Rishi Raj- Department of Pathology, III-



Award for best technical staff

Qawwali Performance



Chess Competition



Solo Dance Performance



Painting Competition



Face Painting Competition



Solo Singing Performance



Solo Singing Performance



Table Tennis



Basket Ball



Solo Singing Performance

II- Deepti and Vishakha- Department of Microbiology, III- Arya and Mrityunjay- Department of Agriculture

● **Painting Competition:** I- Anushka Gosain- Department of Commerce, II- Sujata- Department of Agriculture, III- Tamchi - Department of Agriculture & Mohit-

● **Debate Competition (English):** I- Amit Chetri- Department of Forestry, II- Anjani Gupta- Department of Physiotherapy, III- Kaustubh- Department of Agriculture

● **Debate Competition (Hindi):** I- Bhumi-Department of

Department of Physiotherapy
 ● **Paper Craft/Origami Competition :** I- Virendra and Neha- Department of Agriculture, II- Mayank and Amber- Department of Forestry, III- Mahi Rehman and Nancy-Department of Physiotherapy Bashan and Ronnie- Department of

Himsagar, Sakshi- Department of Microbiology, Sruti, Vedika, Charanpreet, Archana, Deepak, Agrima, Aliyya, Rishabh, Sambit- Department of Biotechnology

● **Solo song competition :** I – Bhaskar Rawat - Department of Microbiology, II – Sarmistha Kundu- Department of Microbiology, III – Mira- Department of Forestry

● **Solo dance western :** I – Rahul- Department of Commerce, II – Anjali- Department of Physiotherapy, III – Garima- Department of Rainbow

● **Group song competition :** I - Meera Group- Department of Forestry, II - Pratishtha Group- Department of Physiotherapy, III - Bhaskar Group- Department of Agriculture

● **Group dance competition :** I - Brijesh Group- Department of Agriculture, II - Pratishtha Group- Department of Physiotherapy, III - Rahul Group- Department of Commerce

● **Solo dance classical :** I – Aradhana- Department of Agriculture, II – Kusum- Department of Agriculture, III – Bidushi - Department of Physiotherapy

● **Nazm-e-Qawwali :** I - Neha Group- Department of Agriculture, II - Mohini Group- Department of Forestry, III - Pankaj Group- Department of Microbiology

● **Departmental choice group dance :** I - Department of Physiotherapy, II – Department of Pathology, & Department of Forestry, III - Department of Commerce, & Department of Biotechnology

● **V. Ball Boys :** I - Rajendra & Team- Agriculture, II- Rohit & Team- Commerce, III- Forestry

● **V. Ball Girls :** I- Shradha & Team- Rainbow, II- Riya & Team- Physiotherapy, III- Biotechnology

● **Kho-Kho Boys :** I- Alok & Team, II- Abhishek & Team- Physiotherapy, III- Commerce

● **Kho- Kho Girls :** I- Gunjan & Team- Commerce, II- Kajal & Team- Physiotherapy, III- Forestry

● **T. T. Boys Single :** I- Krishna- Physiotherapy, II- Saurav Gurung- Forestry, III- Uplaksh- Agriculture

● **T. T. Girls Single :** I- Apurva- Agriculture, II- Kanisha Kashyap- Pathology, III- Nishika Thapa- Rainbow

● **T. T. Boys Double :** I- Krishna & Mohit- Physiotherapy, II- Saurav Gurung & Mayank- Forestry, III- Uplaksh & Suman- Agriculture

● **T. T. Girls Double :** I- Vedika Negi & Charanpreet

Forestry
● **Badminton Girls Single :** I- Bhumisha Rai- Microbiology, II- Anaiya- Biotechnology, III- Nima Lamukee- Physiotherapy

● **Badminton Boys Double:** I- Jambey Thinley & Tashi- Agriculture, II- Rahul Palariya & Gaurav S Tolia- Pathology, III- Saksham Bhandari & Piyush Bahuguna- Commerce

● **Kabaddi Girls :** I- Pooja & Team- Pathology, II- Neha Thakur & Team- Agriculture, III- Physiotherapy

● **Basketball Boys :** I- Lalrinawma & Team- Agriculture, II- Ramananda Khunumayun & Team, III- Physiotherapy

● **Basketball Girls :** I- Tanuja & Team- Physiotherapy, II- Priyanshi & Team- Pathology, III-

Sherap Zangpo & Team, II- Muzamil & Team- Physiotherapy, III- Agriculture

● **Tug of War Girls :** I- Jyoti & Team- Agriculture, II- Harsjhita Suadan & Team- Rainbow, III- Physiotherapy

● **Chin- Up Boys :** I- Rajendra & Team- Agriculture, II- Kuldeep & Team- Microbiology, III- Abhishek & Team- Physiotherapy

● **Football :** I- Santosh Rokyaya & Team- Agriculture II- Ajeesh & Team- Physiotherapy, III- Forestry

● **Cricket :** I- Alok & Team- Agriculture, II- Muzamil & Team- Physiotherapy, III- Biotechnology

● **Shot Put Boys :** I- Subhanshu- Pathology, II- Ankit- Agriculture, III- Hardik- Physiotherapy

● **Shot Put Girls :** I- Nishika- Rainbow, II- Tomtome- Agriculture, III- Priyanshi- Pathology

● **Discuss Throw Boys :** I- Muzamil- Physiotherapy, II- Abhishek Negi- Commerce, III- Jule- Forestry

● **Discuss Throw Girls :** I- Tomtome- Agriculture, II- Neha Thakur- Agriculture, III- Usha- Commerce

● **Long Jump Boys :** I- Muzamil- Physiotherapy, II- Subhanshu- Pathology, III- Sherap- Forestry

● **Long Jump Girls :** I- Diya- Physiotherapy, II- Mohini- Forestry, III- Jigmath- Rainbow

● **50 Mtr. Girls :** I- Zeisha- Forestry, II- Diya- Physiotherapy, III- Anaya- Biotechnology

● **70 Mtr. Boys :** I- Aman Singh Rajpute - Physiotherapy, II- Forestry, III- Tadar Jemes- Agriculture

● **800 Mtr. Girls :** I- Surabhi- Biotechnology, II- Mohini- Forestry, III- Anaya- Biotechnology

● **1600 Mtr. Boys :** I- Uplaksh- Agriculture, II- Hariom- Commerce, III- Sherap- Forestry

● **4x50 Mtr. Relay Girls :** I- Zeisha, Mohini, Shrishti & Vanshita- Forestry, II- Anshika, Monika, Anaya & Surabhi- Biotechnology, III- Diya, Dolly, Mrunmayi & Manisha- Physiotherapy

● **4x70 Mtr. Relay Boys :** I- Atup, Eston, Lobsang & Tadar James- Agriculture, II- Muzamil, Viprang, Sahil & Aman- Physiotherapy, III- Sherap, Manmohan, Gaurav N & Anil- Forestry



Tug of war



Painting Competition



Shot Put Competition



Poster Competition



Sketch Competition



Group Song



Paper Art Competition



Origami Competition



Face Painting Competition

Kaur- Biotechnology, II- Riya Garg & Nima Lawrkee- Physiotherapy, III- Apurva & Tomtome- Agriculture

● **Badminton Boys Single :** I- Jambey Thinley- Jambey Thinley- Agriculture, II- Saksham Bhandari- Commerce, III- Sourav-

● **Badminton Girls Double :** I- Jyotsana & Rishika- Agriculture, II- Nishika & Shradha- Rainbow, III- Nima Lamukee & Riya Thapa- Physiotherapy

● **Kabaddi Boys :** I- Mohit & Team- Agriculture, II- Gaurav Tolia & Team- Pathology, III- Microbiology

Biotechnology
● **Chess Boys :** I- Himanshu Bijalwan- Rainbow, II- Kuldeep- Microbiology, III- Aman Raj- Physiotherapy

● **Chess Girls :** I- Bhumi- Microbiology, II- Nandini- Agriculture, III- Kavita Nayal- Rainbow
● **Tug of War Boys :** I-

Resource Persons/Consultancy Services Provided

In 2025, the faculty and departments of Dolphin (PG) Institute of Biomedical and Natural Sciences actively contributed as resource persons and consultants across a range of academic, scientific, and athletic platforms, reflecting the institution's commitment to interdisciplinary outreach, community service, and knowledge dissemination.

DEPARTMENT OF PHYSICS

Dr. Aasheesh Raturi, Head of the Department of Physics, made significant academic contributions throughout the year. He returned to his alma mater, Hemvati Nandan Bahuguna Garhwal University, to deliver an insightful talk on astronomical telescopes during a two-day telescope-making workshop. The event, attended by 65 students and faculty members, combined theoretical knowledge with hands-on experience, culminating in a celestial skywatching session. Dr. Raturi also spoke at the Sanskrit Academy in Haridwar, discussing "*Ancient Algorithms: The Key to 21st Century Skills*" in a workshop on Vedic Mathematics, emphasizing the relevance of traditional Indian knowledge in modern education. Additionally, he chaired a session on "*Deep Science and Spirituality*" during an international conference at Graphic Era

University, where he explored intersections between scientific inquiry and spiritual awareness for sustainable development.

At Government PG College, Haldubadi, he delivered a talk titled "IKS: Unlocking the Past for Future Learning," advocating the integration of Indian Knowledge Systems (IKS) into contemporary curricula.

DEPARTMENT OF PHYSIOTHERAPY

rendered exemplary services across multiple national and international sporting events. At the National Badminton Tournament held at Parade Ground, Dehradun (1st–24th January), the department, under the leadership of Dr. Depte Warikoo, delivered injury prevention and rehabilitation services, ensuring peak athlete performance.

A similar role was undertaken at Pro Negi Badminton Academy on 30th January, led by Dr. Chaitanya K Tamang and Dr. Deepak Yadav. The department also provided essential physiotherapy support at the 38th National Games in Dehradun from 28th January to 14th February, where a 40-member team of MPT and BPT students gained hands-on exposure under faculty mentorship.

From 14th to 27th February, the department extended its support to the skiing competition in Munsyari. MPT student

Abhishek Negi provided crucial on-site physiotherapy care, gaining specialized sports rehabilitation experience. On 9th March, during the Ultra Run Marathon organized by Thrill Zone, a team of 28 volunteers, including faculty and students, offered extensive physiotherapy support at eight stations along the route. Over 250 runners benefitted from these services, which were recognized with certificates and mementos.

Further cementing their role in sports science, Dr. Depte Warikoo led a team during the Indian Tree Open International Tennis Federation J-60 Tournament (15th–22nd March) at Shanti Tennis Academy, Dehradun. Participants received training in therapeutic taping for musculoskeletal injuries. Similarly, Dr. Warikoo and Dr. Richa Agrawal served as resource persons during the J.K.G. Nissan Open MT 100 Tournament (22nd–24th March), offering students hands-on sessions to refine injury management techniques.

In another scientific endeavor, Dr. Beena Joshi Bhatt contributed to the International Seminar on Current Environmental Issues in Haridwar (28th–29th January) by presenting her research on the efficacy of essential oils against *Aedes aegypti* larvae, underscoring the institute's involvement in addressing public health and environmental sustainability challenges.

AWARDS/FACULTY ACHIEVEMENTS

On Occasion of International Women's Day, Indian Association of Physiotherapy women Cell presented appreciation certificates to Dr Depte Warikoo and Dr Richa Agrawal for their contribution towards association and profession on 8 March 2025 at Amritsar Punjab.

DR. BEENA JOSHI BHATT :- was awarded Senior Scientist Gold Medal at International Seminar on Current Environmental Issues for Sustainable Circular Economic Strategies and Fisheries Development for a Greener Tomorrow organised by Indian Academy of Environmental Sciences, Haridwar in collaboration with Department of Zoology & Environmental Sciences, GKSUV, Haridwar during 28-29th, January, 2025.



Himalayan Naari Shakti Samman to Prof Versha Parcha

PROF. VERSHA PARCHA :- has awarded Himalayan Naari Shakti Samman-2025 by U S E R C , U t t a r a k h a n d Government and Divya Himgiri Foundation on 7th March 2025 on the occasion of International Women's Day.

FDP/WORKSHOPS ATTENDED

DR. DEEPALI RANA:- completed the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission (UGC) from 20/01/2025-29/01/2025.

DR. DEEPAK KUMAR :- has successfully completed one week faculty development programme on Enhancing Quality Research through Patent Writing and IPR organized by Nirmala Memorial Foundation College of Commerce and Science, Maharashtra & Loyala Academy, Telangana on 11-02-2025 to 15-02-2025.

Mr. Kalpesh Tandel student of M.Sc. Physics second Semester attended the Two-Day Astronomical Telescope Making Workshop at HNB Garhwal University March 19–20, 2025.

WORKSHOPS ATTENDED (STUDENTS)

A total of **172 STUDENTS** from various national and international universities participated in the online quiz for World Sparrow Day 2025, with many achieving remarkable results. Six students from Dolphin PG Institute - Bhushan, Biswaraj Das, Ajay Kumar Panchkatti, Nikita, Ngapanshing Muirang, and Suman Rawal - achieved the perfect score.

Publications / Book Chapters / Research Papers

Faculty members and researchers at Dolphin (PG) Institute of Biomedical and Natural Sciences have made significant scholarly contributions during the academic session, enriching their respective fields through research papers, book chapters, and conference proceedings.

Dr. Aasheesh Raturi made notable contributions in the realm of physics education and material science. His paper titled "*Stars Over the Hills: Enhancing Rural Students' Interest in Physics Through Astronomy Outreach*" was featured in the proceedings of the International Conference to Review Research in Science, Technology, and Mathematics Education held from January 3–6, 2025.

This work underscores the role of astronomy-based outreach programs in stimulating

scientific interest among rural students. Further, in collaboration with S. Kumar, Dr. Raturi co-authored a research paper titled "*A Rapid and Non-Invasive Classification of Hydrothermally Modified Wood Material Using Integrated Approach of NIR Spectroscopy and SIMCA*", published in the *Journal of the Indian Academy of Wood Science*.

This paper presents a novel approach to material classification using spectral analysis techniques.

In the field of physiotherapy and allied health sciences, several high-impact publications were produced.

A comparative study by Tarnunu, Dr. Deepak Yadav, Dr. Rupali Gurung, Dr. Depte Warikoo, and Dr. Keerty Mathur, titled "*A Comparative Study to Analyse the Effect of Mirror Therapy*

versus Dual Task Training in Post Stroke Patients", was published in the *Indian Journal of Research* (January 2025, Volume 14, Issue 1). Dr. Yadav also co-authored a paper with Dr. Angja Khera Bose and Dr. Ashish Jain titled "*A Customised Protocol for Shoulder – A New Era in Shoulder Rehabilitation*", featured in the *International Journal of Science and Research* (February 2025, Volume 14, Issue 2). Another scholarly piece by Dr. Yadav and Dr. Asma Parveen, "*Coronary Artery Bypass Grafting (CABG): An Overview*", was included as a book chapter in *Foundations to Frontiers: Advanced Techniques in Allied Sciences*, published by Bhumi Publishing.

Additional collaborative research includes a study on post-stroke rehabilitation titled "*To Compare the Effectiveness of*

Task Oriented Training versus MAT Exercises to Improve Muscle Strength and Balance in Post Stroke Patients" by Dr. Rupali Gurung, Dr. Deepak Yadav, and Dr. Depte Warikoo, published in the *Indian Journal of Applied Research* (February 2025, Volume 15, Issue 2). Another important study authored by Dr. Deepanshu Joshi, Dr. Yadav, and Dr. Keerty Mathur focused on "*A Comparative Study Between Calisthenics Exercises and Yoga in Young Adults to Build Upper Limb Muscle Strength*", also featured in the *Indian Journal of Applied Research*.

Furthermore, a significant contribution in the field of fitness and physical therapy is the book "*Pilates Exercises*", authored by Bharat Malhotra, Depte Warikoo, and Diksha Bhatt, and published by Lambert

The Department of Education authored multiple chapters and papers including:

- **The role of Storytelling in the Indian Knowledge system:** Analyzing the use of epics, folklore and oral traditions in passing down knowledge- **Dr. G. N. Sinha & Dr. Aditi Chauhan**
- "*Traditional Family System in IKS—Lessons in Coexistence & Collective Responsibility*", reflecting on social learning rooted in family structures; **Dr. Himani Dangwal & Dr. Rashmi Negi**

Publications (ISBN-10: 6207640322).

This publication explores the principles and application of Pilates in modern therapeutic and fitness contexts.

FIELD VISIT / HEALTH CAMP / AWARENESS CAMP / OUTREACH

Department of Zoology

On 4th February 2025, the Department of Zoology marked World Wetland Day with a field visit and awareness program at the



Glimpses of field visit at Asan Conservation Reserve

Asan Conservation Reserve. Students participated in a cleanliness drive aimed at emphasizing the conservation and protection of wetlands, fostering environmental responsibility.

Department of Microbiology

Conducted an industrial visit on 6th March 2025 for B.Sc. Microbiology II Semester students to the Centre for Aromatic Plants (CAP), Dehradun, under the guidance of Dr. Versha Percha. This educational trip offered insights into essential oil production and neutralization techniques.

Department of Agriculture & Horticulture

Arranged a visit to CAP, Dehradun, on 19th February 2025. Students were introduced to the cultivation techniques of various aromatic plants such as Lemongrass, Palmarosa, Damask rose, and Geranium, along with distillation and oil extraction methods. Marketing strategies for these products were also discussed, enhancing students' commercial understanding.



Moreover, on 8th March 2025, students attended the 'Vasantotsav' spring festival at Raj Bhavan, Dehradun, where they explored the world of floriculture, aromatic plants, and the economic potential of the honey and floral industries.

Department of Pharmaceutical Chemistry and Chemistry

Department of Pharmaceutical Chemistry and Chemistry in collaboration with RAC, DIBNS organized a visit to Centre for Aromatic plants Selaqui, Dehradun (CAP) on 6th March 2025. Students from Department of Pharmaceutical Chemistry &



Glimpses of field visit at CAP

Chemistry, Biotechnology, Microbiology and Zoology visited centre of excellence for aromatic crops, seed germination Plant, Essential Oil extraction plant and R and D Lab.

Student were aware about facilities and support services like survey,

training, research, production of quality planting material, extension, distillation, and marketing etc. The use of fragrant plants and associated procedures excited and attracted the interest of the students. A batch of 51 students along with two faculty members (Dr. Shalini Singh and Dr. Raju Chandra) visited the CAP.

Department of Forestry

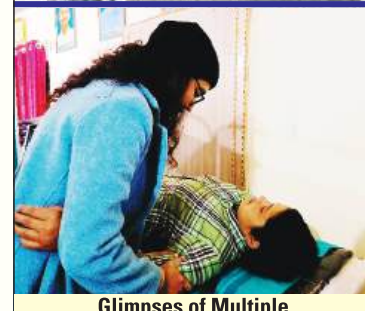
Further emphasizing the importance of aromatic plants, the Forestry Department took students to CAP, Selaqui, on 10th March 2025. They observed a rich collection of indigenous and exotic aromatic plants, learned about essential oil extraction techniques, and appreciated innovative efforts like experimenting with the aromatic potential of the hill weed *Eupatorium adenophorum*. The visit highlighted CAP's role in farmer extension, research, and community engagement.

On 21st March 2025, to celebrate International Day of Forests, the Department of Forestry collaborated with the Himalayan Environmental Studies and Conservation Organization (HESCO). Students engaged with scientists on topics of forest conservation and food security, explored rural livelihood initiatives like fruit juice processing, and experienced grassroots innovations such as the traditional water mill (Gharat) and eco-friendly infrastructure models. Enhancing ecological literacy, a comprehensive field visit was organized on 18th March 2025. Students engaged directly with diverse ecosystems-rivers, forests, grasslands, hills, and

mountains-to observe biodiversity, ecosystem services, and environmental challenges such as soil erosion and pollution. This hands-on exposure fostered a deeper understanding of conservation strategies and sustainable land-use practices.

Department of Physiotherapy

Organized multiple awareness camps. On 18th January 2025, a free physiotherapy awareness camp was conducted at Panchayat Bhawan Bhauwala, providing rehabilitation and injury management services to rural



Glimpses of Multiple

residents, benefitting 24 patients. Another camp was organized at the Dolphin campus itself on 15th February 2025, offering services to 21 patients. A collaborative camp with the NSS department was held on 30th March 2025 at Sangam Public School, Premnagar, serving 22 patients. These camps enabled students to engage directly with the community and contribute to health promotion.

Department of Physics

extended its outreach with an inspiring workshop titled "Young

Minds, Cosmic Dreams" on 27th March 2025 at Atal Utkrisht Government College, Champawat, sponsored by UCOST Dehradun. Faculty members ignited scientific curiosity among rural youth through hands-on blood group testing activities and lectures on astronomy's interdisciplinary prospects, including career opportunities in astro-tourism.

Department of Pathology

On 24th March 2025, aligning with World TB Day, the Department of Pathology organized an extensive awareness program under the Government of India's 100-day TB campaign. The day included a poster competition based on the theme "Yes! We Can End TB: Commit, Invest, Deliver," an awareness rally in Manduwala village, and an insightful lecture by Dr. V.C. Reddy on "Road Map to a TB-Free India." This initiative actively engaged students, teachers, and administrative staff in disease prevention efforts.

Department of Commerce

Arranged an educational visit to Jaipur, broadening students' understanding of commerce, trade practices, and cultural integration, complementing their classroom learnings with practical exposure. These diverse initiatives reflect the institute's commitment to integrating academic knowledge with practical experience, community service, environmental stewardship, and health awareness, thereby nurturing socially responsible, environmentally conscious, and professionally skilled graduates.

STUDENT'S CORNER :

APPLICATION OF ARTIFICIAL INTELLIGENCE IN THE HEALTHCARE ECOSYSTEM

The healthcare ecosystem is increasingly embracing artificial intelligence (AI) as a transformative force, recognizing its potential to address critical challenges. Across the globe, healthcare systems are confronted with issues such as limited access, rising costs, inefficiencies, and the complexities of an aging population. Crises like the COVID-19 pandemic have further stressed the system-highlighting shortages of protective equipment, diagnostic inaccuracies, physician burnout, and gaps in information sharing. Within this context, AI emerges as a powerful tool capable of enhancing healthcare delivery and operations at multiple levels.

AI in Clinical Trials : Traditionally clinical trials require immense time and financial investment, often yielding low

success rates. AI now plays a key role in improving efficiency and accuracy in this domain. By analyzing large volume of data, AI algorithms can help design more targeted trials, identify suitable candidates, and predict outcomes more effectively thereby increasing success rates and reducing trial durations.

Enhancing Patient Care : Artificial intelligence significantly influences patient outcomes by enabling personalized, data-driven care. AI systems analyze vast amounts of medical data to generate clinical insights, helping practitioners make informed decisions and offering patients tailored recommendations that enhance quality of life.

Healthcare Robotics and Smart Devices : Robotic technologies

such as exoskeletons, are assisting paralyzed individuals in regaining mobility and independence. Smart prosthetics, powered by AI sensors, mimic natural limb functionality with enhanced responsiveness. Meanwhile, AI-enabled stethoscopes allow for accurate readings even in noisy environments and support remote diagnostics through telemetric transmission of results.

Genetics and Data-Driven Medicine : The integration of AI with genetic mapping and medical data digitization is paving the way for personalized medicine. With access to genetic information and data from wearable devices and activity trackers, AI can help create tailored health profiles, making treatment strategies more precise and effective.

Hospital Administration and

Operational Efficiency : AI in hospital settings supports-not replaces-medical professionals. It enhances work flows by streamlining clinical documentation, improving patient outreach, and aiding in medical image analysis, device automation, and monitoring. Virtual assistants and decision-support tools assist clinicians with timely, accurate diagnostics and prognostics.

Advanced Algorithms and Predictive Analytics : Machine learning models, trained on massive datasets including genetic, demographic, and electronic medical records, are now capable of forecasting disease progression and identifying optimal treatment pathways. This approach enhances preventive care and improves treatment accuracy.

Digital Health Applications :

Mobile health apps powered by AI monitor and interpret user-generated data such as diet, emotions, physical activity, and vitals.

These apps often incorporate machine learning to detect patterns and offer personalized treatment advice, contributing to the growing field of precision medicine.

AI in Drug Discovery and Development : Developing new drugs is typically a prolonged, expensive, and failure-prone process.

AI accelerates early-stage drug discovery by enabling the de novo design of chemical compounds, peptides, and formulations. This capability significantly reduces the time and cost associated with bringing new drugs to market.

By: Ayush Bhisht

FACULTY CORNER

UNDERSTANDING CARDIAC HEALTH

Cardiac health is at the core of overall well-being, as the heart is responsible for circulating blood, delivering oxygen and nutrients, and removing waste from the body. Often described as the body's engine, the heart must be maintained in optimal condition to prevent cardiovascular diseases (CVDs) such as heart disease, stroke, and heart failure—conditions that remain the leading cause of death worldwide.

In 2019, CVDs accounted for approximately 17.9 million deaths globally, representing 32% of all deaths. The burden is especially heavy in low- and middle-income countries, where over three-quarters of these deaths occur. In India, CVD is responsible for a quarter of all fatalities, with death rates exceeding the global average. Even regions like Europe, despite experiencing a decline in age-standardized death rates since the 1980s, continue to face significant challenges. In the Asia-Pacific region, atrial fibrillation (AF) affected an estimated 80 million people in 2023—a number far higher than in other parts of the world.

Role of Blood Pressure in Heart Health

One of the most critical indicators of cardiac health is blood pressure. When elevated consistently—a condition known as hypertension—it places excessive strain on the heart and arteries. If left unmanaged, this can lead to heart disease, kidney issues, and vision complications. Monitoring blood pressure regularly is crucial, as symptoms are not always obvious. Dietary adjustments, such as reducing sodium intake and consuming potassium-rich foods like leafy greens and bananas, alongside

regular physical activity, can help maintain healthy blood pressure levels.

Good and Bad Cholesterol

Cholesterol, while necessary for cellular and hormonal functions, must be balanced. Low-density lipoprotein (LDL), or "bad" cholesterol, can accumulate in arterial walls, forming plaques that restrict blood flow and elevate heart attack or stroke risk. High-density lipoprotein (HDL), the "good" cholesterol, helps clear LDL from the bloodstream. Reducing intake of saturated and trans fats—commonly found in processed foods—and increasing healthy fats from sources like olive oil, nuts, and fatty fish can support favorable cholesterol levels.

Lifestyle Factors: Smoking, Alcohol & Stress

Tobacco use is a major cause of arterial damage, leading to narrowing of the vessels and increase risk of cardiac arrest. The benefits of quitting smoking are profound. While moderate alcohol use may have some cardiovascular benefits, excessive consumption is responsible for high blood pressure, irregular heart rhythms and weight gain and contribute to heart diseases.

Stress is silent threat for heart failure. It triggers hormones like **cortisol**, which elevate heart rate and blood pressure. Persistent stress can damage the heart over time. Practices such as meditation, yoga, nature walks, and regular physical activity can significantly reduce stress-related impacts on the cardiovascular system.

Exercise and Diet: Pillars of Cardiac Wellness

Physical activity is essential for a strong heart. Aerobic exercises like brisk walking, swimming, or cycling improve cardiovascular efficiency, reduce blood pressure,

and boost HDL cholesterol. Additionally, exercise supports weight management, which lowers the risk of CVD.

A balanced, heart-healthy diet is equally important. Whole foods—fruits, vegetables, lean proteins, whole grains, and healthy fats—nourish the body and protect the heart. Omega-3 fatty acids, particularly from fatty fish, are known to reduce inflammation and triglyceride levels. The Mediterranean diet is often recommended for its proven benefits in promoting cardiovascular health.

The Value of Sleep and Regular Check-ups

Restful sleep, often overlooked, plays a vital role in maintaining cardiac health. Adults should aim for 7–9 hours of sleep, as it helps regulate blood pressure and reduces systemic inflammation. **Chronic sleep deprivation**, conversely, is associated with hypertension, obesity, and diabetes—all risk factors for heart disease. Preventive care is just as crucial.

Regular screenings for blood pressure, cholesterol, blood sugar, and body weight help identify potential risks early.

Individuals with a family history of heart disease or those with risk factors should prioritize routine health evaluations to enable early intervention.

In conclusion, protecting your heart involves a multifaceted approach—nutritious diet, active living, stress management, avoiding harmful habits, and getting adequate rest.

With conscious, consistent efforts, one can significantly lower the risk of cardiovascular disease and enjoy a longer, healthier life.

The heart is resilient, but like any engine, it thrives best with regular care and thoughtful attention.

NSS Activities



Glimpses of ISRO visit

SPECIAL CAMP INAUGURATION

The NSS SPECIAL CAMP at Sangam Public School, Dehradun, was inaugurated on March 24, 2025, in a spirit of unity and service. Organized by the Dolphin PG Institute NSS Unit, the seven-day camp aims to promote community service and holistic development among student volunteers.

The inaugural ceremony began with a Ganesh Vandana by volunteer Surabhi Upadhyay, followed by the ceremonial lamp lighting led by Chief Guest Mr. Amit Nautiyal (Councillor) and other dignitaries including Mr. D.S. Butola (Principal, Sangam Public School), Dr. Shailja Pant (Principal, Dolphin PG Institute),

Dr. Shruti Sharma, Mr. Sudhir Bharti, and NSS Programme Officers Dr. Richa Agrawal and Dr. Manoj Kumar Bansala.

Cultural performances by students and volunteers showcased vibrant folk dances from Garhwal and Nepal, reflecting the diversity NSS celebrates.

Volunteer Shashwat Singh presented the week's activity plan, followed by the NSS theme song.

Speeches by the dignitaries emphasized the camp's role in nurturing responsible citizens.

Dr. Bansala concluded the event with a vote of thanks, and the ceremony ended with the national anthem, marking the beginning of a purposeful week ahead.

NCC ACTIVITIES—2025

A proud moment was Cadet Mohini Rawat's participation in the Prime Minister's NCC Rally and Special National Integration Camp at New Delhi's Cariappa Parade Ground on Republic Day. Her cultural performance, aligned with the theme "*Yuva Shakti, Viksit Bharat*", earned great appreciation.

Cadets also excelled in academic and skill development. Twelve cadets took the B Certificate Exam at Graphic Era University (8–9 February), and 23 appeared for the C Certificate Exam at Doon University (15–16 February), demonstrating strong proficiency in drills, field craft, and theoretical knowledge under Lt. Maithani's mentorship.

- Community service remained a priority. On 16 February, cadets led a social awareness campaign in Bhauwala on environment, substance abuse, and road safety, highlighted by a powerful skit in the presence of dignitaries like Dr. Anil Prakash Joshi.

Patriotism was honored on 25 March during the 94th Martyrdom Day of Bhagat Singh, Sukhdev, and



Glimpses of NCC activities

Rajguru, with cadets performing the Garhwal Rifles' regimental song.

The event was graced by veterans including Col. Vijay Kothiyal and Wing Commander S.K. Gangoliya. Furthering public health education, 19 cadets conducted a tuberculosis awareness drive on 29 March at a local Anganwadi, focusing on early detection and treatment, especially among women and children.



Glimpses of NCC activities

Students Shine at National Workshop & IAM-2025, IIRS-ISRO Dehradun



Glimpses of 7 day's NSS special camp

Students of Dolphin (PG) Institute of Biomedical & Natural Sciences, Dehradun, actively participated in the National Workshop and IAM-2025, organized by the Indian Institute of Remote Sensing (IIRS), ISRO, Dehradun on March 20, 2025. The prestigious event brought together institutions from across India to celebrate and engage with the nation's achievements in space science and remote sensing technologies. Under the guidance and leadership of Dean Student Welfare, Mr. Vipul Garg, the Dolphin Institute team made a remarkable impression during the open Quiz Competition held on the theme "India's Achievements in Space Science." The students not only showcased their deep understanding of space science but also secured a winning position in the competition, bringing laurels to the institute. The participation was facilitated through the institute's association with the IIRS Distance Learning Programme (DLP) and ISRO START initiative, with Mr. Vipul Garg also serving as the coordinator of the e-

learning programme. The organizers at IIRS-ISRO appreciated Dolphin Institute's enthusiastic participation and congratulated the students for their outstanding performance. The event served as a valuable platform for students to interact with space scientists, gain insights into current missions, and explore future opportunities in the field of space and geospatial technologies. The management and faculty of Dolphin Institute congratulated the winning team and extended their gratitude to IIRS-ISRO for this enriching opportunity.

Guest Lectures

WEBINAR

DIBNS was marked by a series of enriching guest lectures across various departments, aimed at broadening students' knowledge and exposure to current trends and developments in their respective fields.

Department of Zoology

Commenced the series with a lecture on the occasion of World Wetland Day on February 4, 2025. Dr. Gaurav Sharma, Scientist-F and



Coordinator IQAC welcoming the guest speaker

World Pulses Day. The speaker, Dr. Raman Jeet Singh, Senior Scientist (Agronomy) at IISWC, Dehradun, delivered the keynote address on the topic **"Pulses: Bringing Diversity to Agrifood Systems."** His presentation underlined the economic and medicinal importance of pulses, illustrating their vital role in global food security through practical examples, much to the benefit of the attending UG and PG students.

Later, on March 29, 2025, the department hosted another guest lecture by Dr. A.K. Sharma, Senior Scientist and Head, KVK-GBPUA&T,



Glimpses of guest lecture

Officer-in-Charge at the Zoological Survey of India, Dehradun, delivered an insightful session highlighting the ecological significance of wetlands, their conservation, and their role in maintaining biodiversity.

The lecture successfully sensitized students about the urgent need to protect wetland ecosystems.

Department of Agriculture

Organized a session on February 10, 2025, celebrating



Glimpses of guest lecture by Dr. A. K. Sharma

Pantnagar, Dhakrani. Dr. Sharma spoke on **"The Role of Organic Farming in**

Sustainable Development," elucidating the certification processes for organic products and discussing the ecological and economic advantages of organic farming, supported by real-life examples from Uttarakhand's organic farmers.

Department of Microbiology

Also made notable contributions by organizing a guest lecture on February 14, 2025, focused on **"Production of Bio-pesticides and Bio-insecticides and Their Advantages Over Semi-Synthetic Pesticides."** Dr. Harish Chandra, Associate Professor at the Department of Microbiology, Gurukul Kangri University, Haridwar, was the guest speaker. He threw light on the sustainable alternatives to conventional pesticides, highlighting their environmental and health benefits.

Department of Physiotherapy

In the field of physiotherapy, two significant lectures were organized by the Department of Physiotherapy.

On February 22, 2025, Dr. Abhishek Kumar Sandaliya, Assistant Professor at HIMs & CPT, Varanasi, delivered an inspiring lecture titled **"Unlocking Success in Physiotherapy: Intellectual Property & Entrepreneur Mindset."** Dr. Sandaliya

emphasized the value of protecting intellectual property and fostering an entrepreneurial approach among physiotherapy professionals, guiding students on how to navigate and succeed in the evolving healthcare landscape.

His session was highly interactive, with students actively engaging and resolving their queries.

Continuing the momentum, on March 26, 2025, the department hosted another pivotal session titled "Beyond Basics: Innovations and Modern Techniques - Enhancing Curriculum for Future Therapists Emphasizing Engagement and Modern Technology."

Dr. Mervyn Barnabas SG and Tarique Aziz from BTL India Pvt Ltd. led this session,



Glimpses of guest lecture by Dr. Abhishek Kumar Sandaliya

focusing on the integration of modern technologies such as Therapeutic Lasers and Shockwave Therapy into physiotherapy practice.

A live demonstration of advanced medical equipment added practical exposure, preparing students for the rapidly advancing

WORLD SPARROW DAY 2025

On March 20, 2025, the Department of Forestry at DIBNS, Dehradun, observed World Sparrow Day with the theme **"I Love Sparrows"**, raising awareness about sparrow conservation amid rising threats like habitat loss and pollution.

A highlight was an online quiz that saw enthusiastic participation from 172 students across India and abroad, promoting environmental awareness in an engaging way. Additionally, students took part in a field activity to observe sparrow nesting, discovering one natural nest and several wooden birdhouses, indicating growing public involvement in conservation.

The event also promoted practical steps like planting native trees, minimizing pesticide use, and providing nesting spaces to support sparrow populations. By combining education and action, the initiative fostered environmental responsibility and highlighted the importance of protecting biodiversity through collective efforts.

ACTIVITY OR ACHIEVEMENTS

A series of impactful initiatives and events at DIBNS, reflecting the institution's ongoing commitment to excellence in education, scientific advancement, and social responsibility. A notable event was the **poster presentation on "Elimination of Tuberculosis"** held on March 29, 2025, organized jointly by the Departments of Microbiology and Pathology under the guidance of Dr. V.C. Reddy, Mr. Aditya, Dr. Rashmi Chauhan, and Mr. Ankit. This event was conducted as part of the "Road Map to a TB-Free India" campaign, and students from the Department of Microbiology secured the top three positions, highlighting their research capabilities and dedication to public health awareness.

Equally commendable was the **Micro Teaching Workshop** conducted from March 20 to April 2, 2025, as part of the pre-internship program for B. Ed students. This workshop provided an immersive platform for teachers to **develop in making key pedagogical skills** including classroom management,

set induction, reinforcement techniques, and chalkboard writing. Guided by experienced educators, the sessions combined theoretical instructions with hands-on teaching practice, fostering professional growth and confidence among the participants.

In recognition of its research potential, the institution's **Intellectual Property Rights (IPR) Cell**, supported by the **Research Advisory Council (RAC)**, received funding of ₹50,000 from UCOST, Dehradun. This grant is aimed at strengthening the IPR ecosystem and promoting innovation among faculty and students.

Additionally, the **Department of Zoology**, in collaboration with RAC, successfully organized a dedicated **Women's Day in Science** program.

Spearheaded by Dr. Beena Joshi, Head of the Department, this event focused on empowering women in scientific fields and promoting inclusivity in research and education.

DISTINGUISHED ALUMNI - DR. DEEPANSHU JOSHI

Dr. Deepanshu Joshi stands as a notable example of academic excellence and professional dedication, making the Dolphin (PG) Institute of Biomedical and Natural Sciences proud through his achievements in the field of physiotherapy.

A graduate of the 2014–2018 batch from the Department of Physiotherapy, Dr. Joshi has since emerged as an eminent healthcare professional specializing in musculoskeletal (MSK) rehabilitation.

Upon completing his BPT from Dolphin PG Institute, he pursued his MPT in Musculoskeletal Disorders from Hemvati Nandan Bahuguna Garhwal University, Srinagar (Uttarakhand), further refining his clinical expertise.

Currently, he serves as the Head of the Department of Physiotherapy at Ujala Cygnus Hospital, Udham Singh Nagar, where he leads the physiotherapy unit with a focus on delivering high-quality, compassionate care.

Dr. Joshi plays a vital role in providing outpatient and community-based rehabilitation services, managing an independent caseload in a specialized area without direct supervision.

His practice reflects both clinical acumen and a commitment to patient-centered care.

With five years of professional experience, he has contributed significantly to clinical physiotherapy, public health education, and community outreach.

His work bridges institutional service and community welfare, underscoring his role as a healthcare leader and a distinguished representative of the Dolphin PG Institute alumni community.



Distinguished Alumni Dr. Deepanshu Joshi

Student Visit to Anthropological Survey of India on the Occasion of International Women's Day



Students and Faculty at Anthropological Survey of India

On the occasion of International Women's Day, the Research Advisory Committee (RAC) of Dolphin (PG) Institute of Biomedical and Natural Sciences organized an educational visit for students to the Anthropological Survey of India on 10th April 2025. This visit was conducted in collaboration with the Uttarakhand Science Education and Research Centre (USERC). The objective of the visit was to provide students with a broader understanding of the rich cultural and anthropological diversity of India, and to celebrate the contributions of women in preserving and promoting indigenous heritage and knowledge systems. The program aimed at sensitizing the youth towards gender equality and the role of women in science and society. During the visit, students were introduced to various exhibits that showcased the lifestyle, traditions, and cultural heritage of tribal communities across India. Special emphasis was placed on the role of women in tribal societies, including their contribution to art, health practices, and social structures. The visit also included an interactive session with experts from the Anthropological Survey of



Director USERC Prof. Anita Rawat along with Principal Dr. Shailja Pant & Dean Research Dr. Versha Percha at the Dice

India, who enlightened the students about the ongoing research and fieldwork related to anthropology and gender studies, during the technical session of the program. As one of the panel experts, Prof. Versha Parcha, Dean Research, Dolphin Institute, Dehradun, discussed the role of women in science, technology, and research. She stressed the importance of selecting research topics with societal impact and encouraged women to develop a sense of dedication towards research. The initiative received enthusiastic participation from students and faculty, and proved to be both educational and inspiring. The RAC extends gratitude to USERC for their collaborative support and to the Anthropological Survey of India for their warm hospitality.

IMPORTANT DAYS



Faculty & Gests on the stage for Word water Day Celebration

Research and Academic Council (RAC), with the collective efforts of its members, successfully organized an enlightening event on the occasion of World Water Day, celebrated on March 22, 2025. Centered around the theme of Glacier Preservation, the event brought together students, faculty, and environmental enthusiasts for an engaging and insightful experience. The event commenced with a captivating lecture by Dr. Rakesh Bhambari, a distinguished scientist from the Wadia Institute of Himalayan Geology (WIHG). His talk, titled "Impact of Climate Warming on Himalayan Glaciers and Associated Hazards," provided an in-depth analysis of the alarming effects of climate change on Himalayan glaciers. The session concluded with an interactive Q & A segment, where attendees actively engaged, further enriching their understanding of the subject. Following the lecture, Dr. Versha Parcha, Dean (Research), addressed the audience, sharing her valuable perspectives on the significance of glacier preservation. She encouraged students to actively participate in research and conservation efforts, reinforcing the role of scientific inquiry in tackling environmental challenges. The E-Poster Competition was a highlight of the event, showcasing the creativity and research expertise of over 20

THE WINNERS OF THE COMPETITION WERE:

First Prize: Vishad Chauhan - Dept of Microbiology

Second Prize: Aryan Giri -Dept. of Biotechnology

Third Prize: Sanjay Tamta- Dept. of Pharmaceutical Chemistry & Chemistry

Consolation Prizes: Shruti and Praveena Dept. of Biotechnology

student participants. Their posters covered various aspects of glacier preservation, climate change impacts, and sustainable solutions. The visually compelling and research-driven presentations were evaluated by a distinguished panel comprising Dr. Rakesh Bhambari, Dr. Gyanendra Awasthi Dean Academics, and esteemed faculty members. All winners and participants received certificates in recognition of their contributions. The event concluded with a heartfelt Vote of Thanks delivered by Dr. Aashesh Raturi, acknowledging the efforts of Dr. Rakesh Bhambari, the participants, faculty, and the organizing team Dr Deepthi Warikoo, Dr Deepak Kumar, Dr Shalini Singh Dr. Tripti malik, Dr. sandhya Gosawami Dr. Virender & student members. The celebration of World Water Day 2025 left attendees with a deeper awareness of glacier preservation and a renewed commitment to safeguarding our planet's vital water resources.

Republic Day Celebration



Dolphin PG Institute celebrated the 76th Republic Day on its premises with great zeal and enthusiasm. The event was organized in association with the Dolphin Students Welfare Committee (DSWC), Cultural Club, NCC, NSS, Bharat Scouts & Guides, and YRC units of the institute.



The Principal of the institute hoisted the national flag followed by a salute to the flag by the NCC cadets. Students from various departments showcased patriotic songs and dances performances during the program.

In his speech, Principal Prof (Dr.) Shailja Pant paid tribute to the freedom fighters and urged the students to value and protect the freedom of the nation. Other faculty members, staff, and students also shared their thoughts and reflections on the significance of Republic Day. Refreshments were distributed amongst the participants adding to the spirit of celebration.



Glimpses of Republic Day celebration

National Science Day:



DIBNS celebrated National Science Day under the aegis of the Research Advisory Council (RAC). The event aimed to foster scientific temperament and highlight recent advancements in the field of science and technology. **Prof. Versha Parcha**, Convener of the event, inaugurated the session and delivered an insightful talk on the significance of National Science

Day and its relevance in contemporary times. **Prof. Gyander Awasthi** shared various innovative scientific developments and their impact on society. **Dr. Deepak Kumar, Dr. Deepthi Warikoo, & Dr. Aashesh Raturi** addressed the emerging challenges faced by the scientific community and emphasized the importance of interdisciplinary research. **Dr. Beena Joshi** underlined the need for strengthening the research ecosystem through collaboration and policy support. **Dr. Ankur Adhikari** highlighted the remarkable achievements of science in the modern era and its role in shaping a better future.