



Dolphin Insight



Quarterly News Bulletin
Volume-20, Issue-3 (July to September, 2025)

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, IAP Approved | National Council for Teacher Education | Uttarakhand Paramedical Council recognized

In This Issue :

2

Chairman's Desk
Guest Lecture
Students' Achievements
Webinar (Yakult)

3

Faculty's Corner
Resource Person
Workshop Organized

4

Publications /Book Chapters/Research Papers
Student's Corner
Awards/Faculty Achievements
FDP/Workshops Attended

5

Important Days

6

Important Days

7

Important Days

8

Field Visit/Health Camp/
Awareness Camp/Outreach

Strengthening NEP 2020 Vision – Participation in UGC's VIKAS 2025 Conference

Dolphin (PG) Institute made a significant academic contribution by participating in the UGC One-day Conference on VIKAS 2025, held on July 4, 2025, at Dr. Rammanohar Lohia Avadh University, Ayodhya.

The conference focused on enhancing Industry Knowledge, Apprenticeship, and Skilling in alignment with the National Education Policy (NEP) 2020.

The institute was represented by:

- Prof. Shailja Pant – Principal
- Prof. Versha Parcha – Dean Research
- Dr. Asheesh Raturi – NEP Coordinator

The team interacted with eminent UGC officials and participated in knowledge-enriching technical sessions

conducted by Prof. M. Jagadesh Kumar, Former Chairman, UGC. During the interaction,



Prof. Shailja Pant presented key innovative practices adopted at Dolphin PG Institute-such as *open book examinations* and *unique assessment methodologies*-which align with NEP 2020's ethos.

These initiatives were appreciated by Prof. Jagadesh Kumar, reinforcing the institute's

progressive academic direction. Key conference themes included:

- National Credit Framework (NCrF)
- National Skills Qualification Framework (NSQF)

- National Higher Education Qualification Framework (NHEQF)
- SWAYAM Plus

The delegation returned with strengthened confidence that Dolphin PG Institute is progressing effectively towards NEP-



aligned educational transformation. The institute expressed gratitude to the management and governing body for enabling academic autonomy and fostering innovation.

Anti-Ragging Week 2025 – Promoting Kindness, Respect & Safety

Dolphin (PG) Institute observed Anti-Ragging Week 2025 with strong commitment to promoting a safe, inclusive, and respectful campus environment.

Students participated enthusiastically in various awareness activities, pledging to uphold values of empathy, dignity, and harmonious coexistence.

A highlight of the week was the **Poster Making Competition**, organized by the Student Welfare Council (SWC). Students creatively expressed the message "Say NO to Ragging", emphasizing friendship, sensitivity, and mutual respect.

Through these initiatives, the institute reinforced its zero-tolerance policy toward ragging and encouraged the creation of a positive campus culture.



From Chairman's Desk...

"True success is not in numbers, but in living a balanced, meaningful, and joyful life."
 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 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

• Guest Lecture on "Real-world applications in the biotech industry"

A guest lecture was organized on 07 August 2025, by Mr. Viraj Singh, Associate Manager, R & D Department, India Glycols Ltd. Dehradun on Bridging the gap between academic learning and real-world applications in the biotech industry. Students participated were from BSc. Medical Microbiology – II Year.

• Guest Lecture on "Psychological Shift from Traditional Pedagogy to Technology-Integrated Pedagogy"

The Department of Education of the institute organized a highly insightful guest lecture delivered by Dr. Alka Gaur, Coordinator, Department of Education, Department of Education, Jigyasa University, Dehradun on the theme "Psychological Shift from Traditional Pedagogy to Technology Integrated Pedagogy." On 6th September 2025.

The session aimed to help student-teachers understand the paradigm shift occurring in the teaching-learning process as a result of digital transformation in education.

Dr. Gaur highlighted the need for educators to develop digital competencies, adaptability, and a learner-centric mindset. She explained how modern classrooms demand active learning, collaborative tools, and effective integration of ICT. The lecture emphasized changes in cognitive engagement patterns, student motivation, and classroom dynamics when technology is infused into pedagogy.

The event concluded with an interactive Q&A session where B.Ed students discussed challenges faced in digital classrooms, such as device dependency, digital divide, and the need for blended learning models. The session greatly benefited the learners and enriched their professional preparation.

ENRICHING WEBINAR ORGANIZED BY MANUFACTURING COMPANY OF 'YAKULT'

Yakult is one of the best fermented milk drinks in India; a probiotic drink that has multiple health benefits. An enriching webinar was organized by manufacturing company of 'Yakult' for the students of BSc Medical Microbiology (II & III year), BSc Medical Microbiology (I & III Sem), BSc. Microbiology (I & III Sem) MSc. Microbiology (I & III Sem). Dr. Neerja Hajela, Head- Science & Regulatory Affairs, Yakult Danone India Pvt. Ltd., a leading probiotic food company, explained 'Gut Health, Gut microbes and

Probiotics – the triple connection", in her talk. Dr Neerja described the role of healthy microbes in maintaining human health; these friendly microbes can be kept at balance in the body by consumption of probiotic foods. The regular consumption of probiotics helps to improve digestion and helps build immunity. A virtual tour of the Yakult manufacturing plant was also shown during the webinar. The students were extremely benefitted by the expert talk and virtual webinar. The webinar was organized

by the Department of Microbiology, Dolphin (PG) Institute of Biomedical & Natural Sciences, Dehradun, on 23 September 2025. The virtual webinar was conducted under the guidance of Dr. Shailja Pant (Principal). The faculty members of Microbiology Dept, Dr., Ashok Singh, Dr. Tripti Malik, Dr. Gauri and Mr. Vijay Tiwari motivated the students to participate in such interactive sessions so that they can face the fast-growing trends of their profession.

STUDENTS' ACHIEVEMENTS

Ms. Nang Aunnita Mein, a student of the M.Sc. Botany programme (Batch 2021–2023) of Dolphin PG Institute, Dehradun, has qualified the CSIR-NET (JRF) and Assistant Professor Eligibility Examination held on July 2025, securing an impressive All India Rank of 130.



Faculty's Corner

● Education as a Tool for Harmonious Development

Education has always been regarded as one of the most powerful instruments of social change and individual growth. It is not limited to acquiring literacy or professional skills but extends to shaping the overall development of human beings. In the true sense, education is the process of nurturing intellectual, emotional, social, moral, and spiritual dimensions of life in a balanced manner. When education is rightly imparted and rightly received, it becomes a tool for harmonious development-fostering not only personal advancement but also collective well-being.

● The Meaning of Harmonious Development

Harmonious development refers to the balanced growth of all aspects of human personality. It emphasizes the integration of knowledge with values, intellect with emotion, and individual aspirations with social responsibilities. An educated person should not only be competent in his or her field of work but also display empathy, tolerance, cooperation, and a sense of justice. Thus, education that cultivates harmony ensures that learners develop into responsible citizens who contribute positively to society.

● Education as an Intellectual Force

At its core, education sharpens intellectual abilities. It trains individuals to think critically, analyze situations logically, and solve problems effectively. Intellectual development enables one to distinguish between truth and falsehood, facts and opinions, right and wrong. However, intellectual growth alone is insufficient; without moral guidance, it can be misused. Therefore, true education blends intellectual advancement with ethical principles to guide learners toward constructive goals.

● Education and Emotional Balance

Harmonious development also includes emotional maturity. Education must help students understand their emotions, manage stress, and build resilience. A person who is emotionally balanced can

face challenges without losing inner peace. Through exposure to literature, arts, music, and cultural activities, education enriches emotional sensitivity and cultivates compassion. It also teaches the importance of cooperation, teamwork, and empathy in personal and professional life.

● Social and Moral Development through Education

Education plays a vital role in preparing individuals to live harmoniously in society. By teaching values such as respect for diversity, social justice, and non-violence, it creates responsible and caring citizens. A society with educated individuals who appreciate equality and fairness can minimize conflicts and build peace. Furthermore, education enables individuals to understand their civic rights and duties, thereby strengthening democratic institutions.

● Education as a Means of Global Harmony

In today's interconnected world, harmonious development goes beyond national boundaries. Education is a bridge that connects different cultures, traditions, and nations. It fosters global understanding and cooperation by promoting tolerance and mutual respect. When education encourages international collaboration and cultural exchange, it reduces prejudice and conflict, laying the foundation for global peace.

● Conclusion

Education, therefore, is not merely about academic success or vocational training. It is a holistic process that shapes individuals into balanced personalities capable of contributing to a peaceful and progressive society. By nurturing intellect, emotions, morality, and social responsibility, education ensures harmonious development. A world where education emphasizes harmony will be a world with less conflict, more compassion, and greater progress for all humanity.

Dr. Himani Dangwal
Department of education

RESOURCE PERSONS/ CONSULTANCY SERVICES PROVIDED

● Dolphin PG Institute Participates in Dehradun Shaurya Run on Kargil Vijay Diwas Dehradun, July 27, 2025

The Department of Physiotherapy, Dolphin PG Institute, actively participated in the Dehradun Shaurya Run organized by Akaaya to commemorate Kargil Vijay Diwas. Ten physiotherapy students, guided by Dr. Deepak Yadav, provided on-ground physiotherapy support including warm-up,



injury prevention, and recovery care for runners across 3 km, 5 km, and 10 km categories. The initiative offered students valuable practical experience while honoring the spirit of national service.

● Dolphin PG Institute Supports Gymnastics National Championship Dehradun, August 11, 2025

The Department of Physiotherapy, Dolphin PG Institute, extended

physiotherapy support at the Gymnastics National Championship held from August 7-10, 2025, at Maharana Pratap Sports College, Dehradun. Organized by the Gymnastics Association of Uttaranchal, the event brought together top gymnasts from across India.

The Dolphin team provided on-site injury care, recovery support, and athlete management. Their contribution was formally recognized by the organizing committee, highlighting the crucial role of physiotherapy in sports performance and rehabilitation.

● Physiotherapy Students Assist at State Open Tennis Tournament Dehradun, August 31, 2025

Six students from the Department of Physiotherapy, Dolphin PG Institute, participated in the 4th M.S. Kunwar Memorial Uttarakhand State Open Tennis Tournament 2025 at the Sports Complex, Parade Ground, Dehradun. Organized by the Devbhoomi Sports Welfare



Foundation Society, the students provided physiotherapy support including warm-ups, cool-downs, and injury management.

The activity enhanced students' sports physiotherapy skills and contributed to the smooth conduct of the tournament.

● Physiotherapy Department Contributes to Intercollegiate Kabaddi Competition Dehradun, September 28-30, 2025

The Intercollegiate Kabaddi Competition (Men's & Women's) was jointly organized by HNBG Central University and Dolphin PG Institute as an extension activity. Representing the Physiotherapy Department, Dr. Chaitanya conducted sessions on sports injury management and joint taping, while Dr. Nitin Bhardwaj led the faculty team with four student participants.

The event offered hands-on exposure to sports injury care, teamwork, and leadership-reflecting the institute's commitment to experiential learning and holistic development.

WORKSHOP ORGANIZED

Preparation of Teaching-Learning Material (TLM)

Department of Education of the institute organized a hands-on workshop on **Teaching-Learning Material (TLM) Preparation** was conducted to enhance the pedagogical skills of B. Ed trainees on 22nd November 2025. The session focused on enabling student-teachers to design **innovative, cost-effective, and child-centric TLMs** suitable for different subjects and grade levels.

During the workshop, participants learned how to prepare charts, flashcards, low-cost teaching aids, digital TLMs, and model-based learning resources. Faculty members provided demonstrations on aligning TLMs with learning objectives, cognitive levels, and curricular requirements.

The workshop successfully equipped students with practical skills essential for effective classroom teaching, facilitating better learner engagement and conceptual understanding.

PUBLICATIONS /BOOK CHAPTERS /RESEARCH PAPERS

- A.K. Pundir and Prabhakar Manori (2025). Studies on Estimation of total phosphate and Chlorophyll content in healthy and infected plant parts of *Vicia faba* L. *Journal. of Chemical, Biochemical and Physical Sciences*, Vol.15 (3) 552-556 page. Accepted 22.7.2025, (E-ISSN NO: 2249-1929).
- Abstract: K.P. Tripathi (2025). Diversity, Density, and Dominance of Invasive Alien Flora of Sal Forest Dehradun, (Uttarakhand) India, 123 Page. In 3rd International Multidisciplinary Conference cum Workshop of Aerosols, Air quality and Climate Change (IMCAAC-2025) over the Himalayan Region (Aligned with the Objectives and Themes of Bhart's National Education Policy-2020), Edited by -Dr. Alok Sagar Gautam Dr. Tushar Kandari Mr. Karan Singh
- Uniyal AK, Singh Vikaspal, Goswami Sandhya, Kumar Manish & Islam AS. 2025. Studies of Allelopathic Influence of Medicinal Plants on Important Field Crops Seeking their Sustainable Domestication in Existing Agroforestry Systems of Central Himalaya, India. *Indian Forester*, 151 (3): 216-221. DOI: 10.36808/if/2025/v15i3/169806 (NAAS 4.86)
- Manish Kumar, Sandhya Goswami and Vikaspal Singh Rawat. 2025. Forests and Climate: Synergies for sustainable development. In *Eco-Resilience Biology: An Exploration of Climate-Forest Connection* (1st ed.). Editors: Amit Kumar and Rajesh Kaushal. CRC Press, Boca Raton. 310 P. eBook ISBN 9781003588580. Chapter DOI: 10.1201/9781003588580-12
- Dr. Nidhi Rawat Pt, Shaikh Batin Wajid, Dr. Pushpendra Yaduvanshi, Comparison of Breathing Exercise Vs Walking in Chain Smokers to Improve Lung Volume in Adults, *International Journal of Latest Technology in Engineering Management & Applied Science: Vol. 14 No. 7 (2025): Volume XIV Issue VII July 2025*
- Dr. Nidhi Rawat PT, Itesh Yadav, Dr. Pushpendra Yaduvanshi, Impact of Smart Phone Use on Cognition Including Short Term Memory and Quality of Life an Observational Study, *International Journal of Latest Technology in Engineering Management & Applied Science: Vol. 14 No. 7 (2025): Volume XIV Issue VII July 2025*
- Bangrodwala T, Rawat N, Yaduvanshi P. Effectiveness of core strengthening vs diet including core muscles strengthening with primary dysmenorrhea among collegiate students – an experimental study. *Int J Res Sci Innov.* 2025;12(7):71–78. doi: 10.51244/IJRSI.2025.120700013.
- Sain A, Rawat N, Yaduvanshi P. Prevalence of mechanical low back pain among college-going students by use of bike. *Int J Res Innov Appl Sci.* 2025;10(6):1337-1340. doi:10.51584/IJRIAS.2025.100600101.
- Raj A, Rawat N, Yaduvanshi P. Prevalence of hypotension among gym-goers after using treadmill. *Int J Res Sci Innov.* 2025;12(7):1877-81. doi:10.51244/IJRSI.2025.120700184.

STUDENT'S CORNER

The Rise of Tele-Physiotherapy: Bringing Care to Your Doorstep :



Physiotherapy is evolving at an unprecedented pace, and one of the most exciting trends today is telephysiotherapy. With the world becoming more digital, physiotherapists are now connecting with patients online, offering consultations, exercise guidance, and rehabilitation programs remotely. This innovation has become particularly important in the post-pandemic era, where access to in-person care can be limited. What is Tele-Physiotherapy? Tele-physiotherapy involves the delivery of physiotherapy services through digital platforms such as video calls, mobile apps, or specialized tele-rehab software. Patients can receive assessment, treatment plans, exercise demonstrations, and progress monitoring without leaving their homes. Why is it Trending?

- **ACCESSIBILITY:** Patients from remote areas or with mobility issues can receive expert care without traveling long distances.
- **CONVENIENCE:** Sessions can be scheduled flexibly, fitting into busy lifestyles.
- **CONTINUITY OF CARE:** Tele-physiotherapy ensures regular follow-ups and adherence to exercise programs, which is crucial for recovery.
- **TECHNOLOGY INTEGRATION:** Wearable devices, apps, and online trackers allow physiotherapists to monitor progress in real-time, making therapy more personalized and data-driven. Challenges to Overcome While promising, tele-physiotherapy also has its challenges. Some patients may lack digital literacy, stable internet access, or the hands-on support needed for complex conditions. Privacy and data security are also important concerns. The Future is Bright As technology continues to improve, tele-physiotherapy is expected to become a standard part of healthcare. Hybrid models, combining in-person and online sessions, may offer the best of both worlds—personalized care with flexibility and accessibility. Conclusion For us as physiotherapy students, tele-physiotherapy is not just a trend but a glimpse into the future of our profession. Learning to adapt to digital platforms and leveraging technology can help us deliver better patient care and stay ahead in a rapidly evolving field.

By Kumar Harsh, BPT 3rd semester

AWARDS /FACULTY ACHIEVEMENTS

3rd National Conference of The IAP Women Cell and Physio Manthan, Held on the 13th And 14th Of September 2025 New Delhi, September 14, 2025. The Department of Physiotherapy proudly participated in the 3rd National Conference of the IAP Women Cell and Physio Manthan, held on the 13th and 14th of September 2025



at the prestigious Constitutional Club of India, New Delhi. A moment of pride for the department came when Dr. Keerty was honored with the “Woman of Passion” award, in recognition of her dedication and contributions to the field. The award was presented by none other than Dr. Kiran Bedi, India's first female IPS officer, adding great prestige to the occasion.

FDP/WORKSHOPS ATTENDED (FACULTY)



Dolphin PG Institute Shines at 3rd National Conference of IAP Women Cell and Physio Manthan New Delhi, September 14, 2025

The Department of Physiotherapy, Dolphin PG Institute, proudly participated in the 3rd National Conference of the IAP Women Cell and Physio Manthan, held on September 13–14, 2025, at the Constitutional Club of India, New Delhi. A delegation of 101 students and four faculty members - Prof. Dr. Deptee Warikoo (HOD), Dr. Keerty, Dr. Rupali, and Dr. Deepak Yadav-represented the department with great enthusiasm. The faculty members played active roles in scientific coordination and discussion sessions, with Dr. Keerty and Dr. Warikoo contributing to the Brainstorm Bay session. A proud moment came when Dr. Keerty received the “Woman of Passion” Award from Dr. Kiran Bedi, India's first female IPS officer, recognizing her dedication to physiotherapy.

Adding to the department's achievements, Mr. Digvijay (BPT 4th year) secured First Prize in the Open Mic and Yuva Ki Baat competitions. The event concluded on an inspiring note, celebrating innovation, leadership, and the outstanding participation of physiotherapists and students from across India - with Dolphin PG Institute making a remarkable impression on the national stage.

IMPORTANT DAYS

● Celebrating the 79th Independence Day



Dolphin (PG) Institute proudly celebrated the **79th Independence Day** with heartfelt patriotism and unity. Students, faculty, and staff assembled to honor India's rich legacy of freedom, courage, and nation-building. The event highlighted the institute's ongoing

commitment to fostering responsible citizens and inspiring young minds to contribute meaningfully to the nation's future. Vibrant cultural performances, flag hoisting, and patriotic speeches made the celebration memorable.

● NSS Foundation Day Celebration at Dolphin PG Institute of Biomedical and Natural Sciences, Dehradun

The Dolphin PG Institute of Biomedical and Natural Sciences, Dehradun, proudly celebrated NSS Foundation Day on September 24, 2025, by organizing a dynamic one-day NSS camp aimed at nurturing the spirit of selfless service, leadership, and community engagement among students. The celebration served as a reflection of the institute's ongoing commitment to empowering youth through



meaningful social initiative. The programmes began with an insightful introduction on the purpose, vision, and legacy of NSS, emphasizing

its powerful motto-“Not Me, But You.” The message resonated strongly with participants as they were reminded of the values of empathy, teamwork, and nation-building that form the backbone of NSS. The celebration featured a vibrant blend of cultural performances, motivational addresses, and interactive sessions, each designed to deeply engage students and strengthen their understanding of social responsibility. Students and faculty members came together to share experiences, exchange ideas, and reaffirm their commitment to working for the welfare of society. The occasion was honored by the presence of respected members of the institute's leadership and faculty, including:

- **Dr. Shailja Pant, Principal**
- **Mr. V. K. Nagpal, Director**
- **Mr. Sunil Kaul, Assistant Director**
- **Dr. Shruti Sharma, IQAC Coordinator**
- **Mr. Vipul Garg, Dean, DSWC**
- **Dr. Manoj Kumar Bainsla, NSS Programme Officer**
- **Dr. Renu Pandey, NSS Programme Officer**
- **NSS Volunteers and Student Participants**

Their collective presence added immense value to the celebration, inspiring the volunteers to carry forward the mission of NSS with greater dedication. The one-day camp witnessed enthusiastic participation from students and faculty alike. Activities focused on teamwork, discipline, awareness generation, and social contribution-ensuring that volunteers experienced the true essence of NSS. The event proved to be a resounding success, reinforcing the core principles of the National Service Scheme and motivating the youth to become agents of change in their communities. It served as a powerful reminder that service to society not only builds character but also



strengthens the foundation of the nation.

● Teachers' Day Celebration – Honoring the Architects of the Future

On the occasion of **Teachers' Day**, Dolphin (PG) Institute paid tribute to its dedicated educators who continuously inspire, guide, and empower

students with vision and compassion.

The celebration included heartfelt messages, cultural activities, and expressions of gratitude from students. The institute acknowledged the invaluable contribution of teachers in shaping minds and nurturing future leaders.



Recognition at Jagran Edusolv Awards 2025

It was a moment of immense pride as Dolphin (PG) Institute received prestigious recognition at the **Jagran Edusolv Awards 2025**, presented by *Dainik Jagran*. The ceremony was graced by **Hon'ble Dr. Dhan Singh Rawat**, Minister of Health, Education, Medical Education & Cooperative, Government of Uttarakhand.

Two distinguished faculty members brought accolades to the institute:

- **Dr. Shruti Sharma – Certificate of Excellence**
- **Dr. Gyanendra Awasthi – Teacher of the Year Award**

The achievements reflect the institute's continuous dedication to academic excellence and quality teaching.

IMPORTANT DAYS

● World Heart Day: Promoting Youth Heart Health Dehradun, September 29, 2025



The Department of Physiotherapy celebrated World Heart Day with the theme “Too Young to Have a Heart Attack?” The event focused on raising awareness about heart health in young populations and promoting preventive care and lifestyle management. The celebration concluded with an aerobic exercise session, attended by 112 students, encouraging physical activity as a key to a healthy heart and inspiring students to advocate heart-healthy habits in their communities.

● World Physiotherapy Day 2025: Celebrating Healthy Ageing Dehradun, September 8, 2025

Dolphin PG Institute marked World Physiotherapy Day with the global theme “Healthy Ageing”. The event featured a ceremonial lamp lighting, a soulful Saraswati Vandana, and addresses by Prof. Dr. Depte Warikoo (HOD) and chief guests Dr. Vasudha and Dr. V.C. Reddy, emphasizing physiotherapy's role in elderly wellness. Student-led activities included a Physio-Inspired Art body anatomical painting



competition, with winners: Suraj (1st Semester), Mrunmayi (3rd Year), and Riya Gurung (4th Year). The event successfully combined education, creativity, and community engagement.



● LOKPARV HARELA CELEBRATION

Department of Forestry and EcoClub, Dolphin (PG) institute of Biomedical and Natural Sciences, Dehradun celebrated Uttarakhand's



LokParv Harela on 16th July 2025. We were honored by the presence of our esteemed guests Dr. Ashutosh Mishra, Senior Scientific Officer, UCOST Dehradun and Dr C.S. Dhanai, Assistant Professor, U U H F Ranichauri, at the occasion. Harela is a festival celebrated in the Uttarakhand and in some regions of Himachal Pradesh. This festival marks the onset of the Rainy-Season. It is celebrated on the first day of Shravan Month as per the Hindu Luni-Solar calendar. Harela means "Day of Green", and

Agriculture based communities in the region consider it highly auspicious, as it marks the beginning of the sowing cycle in their fields and farmers pray for a good harvest and prosperity. It has become a common practice to attribute a slogan of “Save the Environment” to Harela. On the day of Harela festival, plants are planted with a vow to protect nature and there is a tradition of planting saplings/plants on this day, either by an individual, a family, or by the community. Harela promotes environmental awareness highlighting the importance of trees and plants in maintaining ecological balance. It is also associated with the Hindu deities Lord Shiva and Goddess Parvati, with prayers offered for their blessings. This vibrant festival combines agricultural practices, environmental consciousness and cultural celebrations, reflecting the close relationship between the people of Uttarakhand and their natural surroundings. We, at Dolphin PG Institute, to mark this day planted saplings of Cassia fistula (Amaltas), Delonix regia (Lal-Gulmohar), Emblica officinalis (Amla), Aegle marmelos (Bel). Each selected tree species holds cultural and religious importance. Amaltas and Gulmohar offer shade and attract pollinators whereas Amla and Bel produce fruits used by both humans and animals. These trees have deep roots in Hindu traditions and Ayurveda. Amaltas considered sacred and flowers used in rituals. Lal-Gulmohar's vibrant blooms symbolizing prosperity and joy. Amla is associated with Lord Vishnu and revered during Amla Ekadashi in Hinduism. Bel leaves are sacred to Lord Shiva and offered to him during puja. All the four species also have strong healing properties. Amla is Rich in Vitamin C, boosts immunity, Bel aids digestion, treats dysentery and diabetes, Amaltas is used for skin diseases and

constipation & Gulmohar's bark and flowers have anti-inflammatory properties. There plantation symbolizes renewal and health. It spread awareness about environmental responsibility and joy of living in harmony. Planting these trees during Harela reflects a synthesis of environmental activism, cultural reverence, and traditional wisdom. It is not just a ritual—it's a sustainable act of devotion to both nature and heritage. The program begins with the welcome of guests, Institute's Authorities, Faculty members and all participants by Dr Sandhya Goswami, Associate Professor DoF and Dr A. K. Uniyal, Chairperson EcoClub, DIBNS Dehradun. It was followed by word of wisdom on Harela's significance by Prof Shailja Pant, Principal DIBNS and plantation of saplings by guests, Principal madam, and other faculty members. The saplings were grown in Nursery of Department of Forestry by B Sc Forestry 3rd Year students. Mr. Dheeraj and Mr Firoz handed over the plants. The program was graced by the presence of Dr Shruti Sharma (IQAC Coordinator), Mr V K Nagpal, Mr Sunil Kaul (Dean-Admin), Dr Varsha Parcha (Dean Resaerch), Dr A Raturi (Coordinator-NEP), EcoClub members Dr Deepali Rana & Dr AK Pundir, Faculty members Dr. Sas Biswas, Dr. Anil Kumar Uniyal, Dr. Vikaspal Singh Rawat, Mr. Manish Kumar, Mr Aditya Swaroop, Dr Kanika Issar, Dr Rashmi Chauhan. We are thankful to college administration for providing all the necessary facilities. The help of Mr Umesh (Gardner) in making suitable ditches for plantation is highly acknowledged & appreciated.

● INTERNATIONAL TIGER DAY (29 July 2025) CELEBRATION

The Department of Forestry, Dolphin PG Institute of Biomedical and Natural Sciences (DIBNS), Dehradun, organized a series of activities on International

Tiger Day–2025, celebrated globally on 29 July each year. The theme for this year's celebration was “Securing the Future of Tigers with Indigenous Peoples and Local Communities at the Heart.” The programme aimed to enhance awareness on tiger conservation, foster dialogue on human–tiger coexistence, and engage students and faculty in interactive learning activities. Two activities were undertaken as a part of celebration: 1. Brainstorming Session on “Harmonious Coexistence between Humans and Tigers” and 2. Google super quiz An inter-departmental Brainstorming Session was conducted to explore practical approaches for enabling humans and tigers to share landscapes safely and harmoniously. Participants discussed challenges and solutions relating to habitat sharing, conflict mitigation, ecological balance, and community involvement. The session successfully encouraged collaborative thinking and generated valuable perspectives on sustainable coexistence strategies. Note of appreciation for most useful outcome of brainstormed interaction was shared by Dr. Deepali Rana, Assistant Professor, Department of Zoology, DIBNS, Dehradun and Ms Divya Danielle Pant, Dehradun. To strengthen learning and create an engaging awareness platform, a Google Super Quiz was conducted at 8:00 PM on 29 July 2025. A total of 106 participants took part in the online quiz. WINNERS of Super Quiz (Google)- First: Sayan Maity (Nimpith Ramakrishna Vidyabhaban, West Bengal); Second: Venkatrao Desai (Karnataka) & Biswaraj Das (Assam); Commendable: Dr. Vijay Vardhan Pandey (Jawaharlal Nehru Custom House Laboratory, Nhava Sheva, Maharashtra), Sachin Mishra (Nepal), Sanjay Singh Kirtuniya (Uttar Pradesh). The winners were declared based on accuracy and response time. The

IMPORTANT DAYS

organizing team includes Dr./Sas Biswas, Sandhya Goswami, Anil Uniyal, Vikaspal Singh Rawat, Manish Kumar, Anil Kumar Kewat, Prabhakar Manori with support from Firoj Khan and Dheeraj Singh. Their coordinated efforts ensured the smooth execution of the programme activities and widespread participation. International Tiger Day-2025 at DIBNS successfully fulfilled its objective of raising awareness about tiger conservation and promoting community-driven coexistence approaches.

● PARTICIPATION IN HIMALAYAN DAY CELEBRATION IN UCOST, JHAJHRA

25 Students & 01 Faculty Dr Prabhakar Manori of the Department of Forestry, Dolphin PG Institute of Biomedical & Natural



Sciences, Dehradun, actively participated in the Himalaya Day Celebration held on 02 September 2025. The event was organized by the Uttarakhand State Council for Science and Technology (UCOST) at Vigyan Dham, Dehradun, and brought together students, scientists, academicians, and environmental experts to reflect on the theme, "Himalaya and Disasters." The participation of Forestry students played a crucial role in promoting environmental awareness and understanding the ecological challenges faced by the Himalayan region. As future foresters, their involvement in such scientific forums strengthens their knowledge of mountain ecosystems, climate impacts, and mitigation strategies. Their presence also demonstrated the department's commitment to environmental stewardship

and sustainable mountain development. The event was presided over by Prof. Durgesh Pant, Director General, UCOST, who addressed the participants and highlighted that this year's theme, "Himalaya and Disasters," focuses on the urgent need to protect the fragile Himalayan landscape. Renowned environmentalist and founder of HESCO, Padma Bhushan Dr. Anil Prakash Joshi, delivered an inspiring keynote address. Highlighting the Himalayas as the "third pole of the world," he stressed that the mountains are vital to India's culture, identity, livelihood, and long-term survival. Several scientific experts Dr. D.P. Uniyal, Joint Director, UCOST, Dr. S.K. Bhartia, Wadia Institute of Himalayan Geology and Dr. Vikas Tomar, Hydrogeologist, Central Ground Water Board addressed the gathering, providing in-depth knowledge on Himalayan Ecosystem and its fragile nature. Students gained exposure to rainfall-driven modeling, slope instability challenges, and natural disaster risk assessment, Himalayan water cycle, groundwater dynamics, and the significance of the potentiometric surface. Forestry students found this particularly useful for understanding watershed management and hydrological processes. Dr. Reema Pant, Educationist and Environmentalist encouraged students to play an active role in environmental protection, urging them to strengthen conservation activities within their educational institutions and communities. Students & Faculty Dr Prabhakar Manori of the Department of Forestry, Dolphin PG Institute attentively engaged with the discussion on Himalayan conservation and the role of Bugyals, gaining valuable insights for their academic and field pursuits. The celebration provided meaningful exposure to disaster-related challenges affecting the Himalayan

region, climate change implications on mountain landscapes, hydrogeological processes and forest-water interactions, conservation strategies, traditional ecological knowledge, and policy considerations. The students' participation enriched their academic perspective, strengthened their environmental responsibility, and encouraged them to contribute actively to future research and conservation initiatives.

● WORLD BAMBOO DAY CELEBRATION

The Department of Forestry, DIBNS, Dehradun, celebrated World Bamboo Day-2025 with great enthusiasm and academic spirit on 18th September 2025. Each year, World Bamboo Day is observed globally to promote the importance of bamboo as a sustainable resource. The theme for 2025, "Next Generation Bamboo: Solution, Innovation, and Design," reflects the need to explore creative, eco-friendly, and future-oriented applications of bamboo in addressing contemporary environmental and socio-economic challenges. The celebration aimed to raise awareness among students, researchers, and the general public about the immense potential of bamboo in modern industries, sustainable development, green design, and climate-resilient technologies. To make the event more interactive, informative, and engaging, the Department organized a Google-based Online Quiz dedicated to the theme of World Bamboo Day. The quiz served as the central highlight of the celebration and played a significant role in promoting awareness about bamboo diversity, uses, ecological benefits, and innovations. The quiz competition was designed By Dr Sas Biswas & Dr Vikaspal Singh. The online quiz witnessed enthusiastic participation, demonstrating strong interest in bamboo-related knowledge among students and scholars. Total 99 candidates from various

institutions across India participated and scores were evaluated based on Fastest Finger First—combining accuracy with submission speed using Google Forms Quiz Platform. This wide participation reflected the growing curiosity and recognition of bamboo as a versatile and sustainable natural resource. The results were compiled and announced immediately after the evaluation. The top positions were secured by the following candidates: Tomo Riba Dolphin PG Institute, Dehradun (1st Place), Jopi Siram NERIST, Itanagar (2nd Place), Commendable Positions: Three participants received special recognition for their commendable performance: Lasara (NEHU, Shillong), Ayem Debbarma (DIBNS, Dehradun), Bashan (DIBNS, Dehradun). The participation of students from diverse institutions created a vibrant academic atmosphere and encouraged cross-learning among young forestry and environmental science enthusiasts. The celebration of World Bamboo Day-2025 by the Department of Forestry, DIBNS, was a successful and impactful event. The online quiz served as an effective tool to disseminate knowledge, foster student engagement, and highlight the extraordinary potential of bamboo in shaping a sustainable future. By aligning with the theme "Next Generation Bamboo: Solution, Innovation, and Design," the event empowered young learners to envision bamboo not only as a traditional resource but as a modern solution for ecological and industrial innovation.

● Celebration of National Education Day

The Department of education of the institute celebrated **National Education Day** on 11th November 2025, commemorating the birth anniversary of Maulana Abul Kalam Azad, India's first Education Minister. Various academic and creative activities were conducted to highlight the

importance of education in national development and the role of NEP 2020 in shaping the future of India's education system.

Activities Conducted:

a) Essay Writing Competition

Students participated enthusiastically in an essay writing competition on the topic: "NEP 2020 and its Relevance in the Present Scenario." Participants analyzed the transformative features of NEP 2020, such as competency-based curriculum, multidisciplinary approach, vocational integration, and technological inclusion.

b) Slogan Writing Competition

A slogan-writing competition was also organized on the theme: "EFA – Education For All." Students created impactful, socially meaningful slogans reflecting inclusivity, equal educational opportunities, and the importance of universal literacy.

The event successfully created awareness about policy reforms and promoted a spirit of creativity and critical thinking among student-teachers.

EDP on Integrated Manual Therapy

The Department of Physiotherapy, DIBNS organized a two-day Entrepreneurship Development Program on Integrated Manual Therapy on September 19-20, 2025. The workshop was conducted by Dr. Deepak Samantaray, an internationally acclaimed manual therapy expert, who provided hands-on training and clinical insights to 3rd-year BPT students.

The session began with a warm welcome by Prof. Dr. Deptee Warikoo, Head of the Department, who presented a sapling and memento to Dr. Samantaray as a token of appreciation.

The event received excellent participation and greatly enhanced students' practical knowledge and clinical competence.

FIELD VISIT/HEALTH CAMP/AWARENESS CAMP/OUTREACH

● VISIT TO KRISHIVAN RESEARCH CENTRE, JHAJHRA (30 August 2025)

A field visit was organized by the Department of



Forestry for the B.Sc. Forestry 1st Semester students on 30th August 2025. The purpose of the visit was to expose students to practical skill-development and entrepreneurial opportunities in the forestry and allied sectors. The visit was conducted at the Krishivan Research Center, Jhajhra, Dehradun, a dedicated NGO working in sustainable livelihood promotion, ecological research, and rural technology dissemination. Assistant Professor Mr. Manish Kumar accompanied and supervised the students throughout the visit. The primary objectives of the field visit were to provide hands-on exposure to livelihood-based forestry enterprises, understand the operational models of small and medium-scale nature-based businesses, develop entrepreneurial interest among students in sustainable and eco-friendly sectors, learn practical aspects of rural technology, organic production systems, and biodiversity-based livelihoods, and observe functioning field units managed by an NGO and their community outreach programmes. During the visit, students explored various skill development and entrepreneurial modules demonstrated by the Krishivan Research Center. The major components were Mushroom Farming, Bamboo Carpentry, Apiculture (Beekeeping), Nursery Business Setup,

Organic Farming and Product Certification, Aquaculture and Vermicomposting. Students actively interacted with the trainers and experts of the Krishivan Research Center. They asked questions related to technical methods, cost of setting up enterprises, required training duration, and marketing strategies. Practical demonstrations allowed students to observe real-time operations and understand challenges associated with each enterprise. The field visit successfully enhanced student understanding of practical skills in forestry-based entrepreneurship, sustainable rural livelihood models, NGO-led community development and skill transfer mechanisms and real-world application of theoretical concepts learned in class. Students expressed keen interest in pursuing short-term training in mushroom cultivation, apiculture, and nursery management. The visit to Krishivan Research Center, Jhajhra, on 30 August 2025, proved to be highly informative and fruitful for the B.Sc. Forestry 1st Semester students. It aligned with the Department's goal of integrating practical exposure with academic learning. The Department of Forestry acknowledges the efforts of Assistant Professor Mr. Manish Kumar for guiding and mentoring the students during the field visit.

● VISIT TO PINE FOREST, KOTI, DEHRADUN on 6th September 2025

As a continuation of the department's field-based



learning activities, the students of the Department of Forestry, Dolphin PG Institute, undertook an excursion to the Pine Forests of Koti, Dehradun. The field visit was aimed at providing students with hands-on exposure to coniferous forest ecosystems, forest mensuration techniques, and the ecological and economic significance of pine forests. The excursion was conducted under the guidance of the faculty team assisted students throughout the trekking route, demonstrated mensuration methods, and explained ecological and economic aspects of the pine forest. Their continuous supervision ensured both safety and academic enrichment. The field visit began with a 2.5 km trek through natural terrain leading to the pine-dominated forest of Koti. The trek exposed students to elevational changes, slope dynamics, and natural ecological gradients typical of Himalayan Forest landscapes. Students performed forest mensuration exercises i.e. Plot sampling, measurement of DBH, height and assessment of basal area and stand density under Mr Manish Kumar supervision. These exercises enhanced their technical skills in forest measurement and data collection. Dr Sandhya Goswami explained the various economic uses of Chir Pine, including Resin extraction for turpentine and rosin production and Importance in local livelihoods. A major aspect covered during the visit was the environmental challenges linked with pine needle accumulation, such as high flammability leading to frequent forest fires, slow decomposition affecting soil nutrient cycling, interference with natural regeneration of understorey plants. Students recorded observations on the vegetation structure of the pine forest under the bale

guidance of Dr Vikaspal Singh & Dr Prabhakar Manori. The field visit to Pine Forest, Koti, Dehradun proved to be an enriching extension of classroom learning. The combination of trekking, practical exercises, and ecological discussions provided students with valuable exposure to Himalayan Forest ecosystems. The Department of Forestry acknowledges the support and dedication of all accompanying faculty members for making the excursion successful and educational.

● Educational Visit to Virasat under EPC (Enhanced Professional Capacity)

As part of the practical course EPC (Enhanced Professional Capacity), the Department of Education of the institute organized an educational visit to **Virasat – The Annual Cultural and Heritage Festival of Uttarakhand**. Faculty members from the B. Ed department accompanied the 1st semester students during this enriching field activity on 15th October 2025.

During the visit, students explored various stalls set up by different states showcasing **traditional handicrafts, handlooms, local art forms, and ethnic cuisine**. This experiential learning activity helped student-teachers understand India's cultural diversity, indigenous knowledge systems, and the significance of preserving traditional art and craft.

Students interacted with artisans, observed live demonstrations, and gained insights into the socio-economic aspects of local craftsmanship. As part of their academic requirement, students prepared **individual reports**, documenting their observations, learning outcomes, and reflections, which will be evaluated in the practical examination under EPC.

HEALTH CAMP

● Free Physiotherapy Awareness Camp Held at DIBNS

The Department of Physiotherapy, DIBNS, organized a Free Physiotherapy Awareness Camp on August 14, 2025, at the department's OPD. Led by Dr. Shaili Rawat, the camp aimed to promote health awareness among staff and provide students with clinical exposure. A total of 59 participants-including staff, students, and faculty-benefited from physiotherapy assessments and personalized advice on posture, ergonomics, and preventive care. The initiative received positive feedback and encouraged future community health programs.

● National Doctors' Day Celebrated by Physiotherapy Department on July 1, 2025,

The Department of Physiotherapy, DIBNS, celebrated *National Doctors' Day with compassion and creativity. 31 students and four faculty members-Dr. Rupali Gurung, Dr. Deepak Yadav, Dr. Nidhi Rawat, and Dr. Abhinav Sing-visited Cheshire Homes, Dehradun, engaging with patients with Cerebral Palsy, Intellectual Disabilities, and neurological conditions. The visit enhanced students' understanding of empathetic care and real-world rehabilitation, reinforcing the human touch in physiotherapy practice.

● World Physiotherapy Day 2025 Celebrated with 'Healthy Ageing' Theme

The Department of Physiotherapy, Dolphin PG Institute, celebrated World Physiotherapy Day on September 8, 2025, highlighting the theme "Healthy Ageing." The event included educational sessions, creative displays, and a Geriatric Rehabilitation Camp at Bhauwala village, where students and faculty promoted awareness about elderly care and healthy lifestyle practices. The celebration emphasized the vital role of physiotherapy in promoting active and independent ageing.