

Dolphin Insight



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

An Autonomous College

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D-FIESTA DIWALI MELA 2025 ORGANIZED WITH GRAND CELEBRATION

Dolphin (PG) Institute of Biomedical & Natural Sciences, Dehradun, hosted a spectacular two-day celebration, "D-Fiesta Diwali Mela 2025," on 11th and 12th October 2025 from 2:00 PM onwards at its campus, transforming the institute into a vibrant hub of culture, festivity, and community engagement.. The event witnessed an overwhelming response with participation of more than 1000 people, including students, faculty members, local residents, industrialists, academicians, students from other institutions, and renowned local personalities.

The Diwali Mela was inaugurated by the Hon'ble MLA of Sahaspur, Shri Sahdev Singh Pundir, who graced the occasion as the Chief Guest. The programme commenced with the ceremonial lighting of the lamp, symbolizing prosperity and positivity. In his address, Shri Pundir appreciated the efforts of the institute in organizing such a vibrant cultural platform that promotes entrepreneurship, cultural heritage, and

community engagement. The event was jointly organized by the **Dolphin Students Welfare Council along with all departments** of the institute. The entire campus was beautifully decorated with **festive lights, traditional décor, and colorful arrangements,**



creating a lively carnival atmosphere. The Mela featured a wide range of attractions including **Dandiya Night, Cultural Competitions, Ramp Walk , DJ performances, delicious food stalls,**

carnival rides such Ferris wheel, Roller Coaster, Columbus, festive shopping stalls, and entertaining games. The DJ night kept the audience energized, while cultural performances showcased the artistic talents of students. A key highlight of the event was the Students' Entrepreneurship

Programme stalls, where students displayed and sold their innovative products, promoting the theme of self-reliance. Several local vendors also participated by setting up their stalls, adding variety and vibrancy to

the celebration. Keeping the event accessible to all, the entry ticket was priced at just Rs. 10/- with the slogan **"Come One, Come All."** Visitors had the exciting opportunity to win a gold coin every hour through lucky draws based on entry tickets, along with more than 100 attractive surprise gifts. The

Tambola game, with a ticket price of Rs. 50/-, attracted enthusiastic participation throughout the two days. The Mela was organized around the inspiring themes of **"Swadeshi Apnayein" and "Learn to Earn,"**

encouraging the promotion of indigenous products and youth entrepreneurship. The presence of industrialists and academicians further strengthened the networking and learning opportunities for students. **D-Fiesta Diwali Mela 2025** concluded on a

joyful note, leaving participants with memorable experiences and reinforcing the institute's commitment to holistic development by integrating academics with culture, innovation, and social responsibility.



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

Two-Day "Knowledge Spark 2025"

Two-Day "Knowledge Spark 2025" organized at Dolphin P.G. Institute
A Celebration of Learning, Creativity and Innovation under the Vision of NEP 2020

The two-day programme "Knowledge Spark 2025" was organized from 12th November 2025 to 13th November 2026 with great enthusiasm at Dolphin P.G. Institute of Biomedical and Natural Sciences, Dehradun. The event is being organized in line with the vision of the National Education Policy (NEP) 2020 and reflects the institution's commitment to academic excellence. The programme provides a dynamic platform for students to showcase their talent, critical thinking, leadership qualities, and communication skills through competitions, research paper presentations, workshops, and cultural activities.

The programme was formally inaugurated by Dr. Chandi Prasad Ghildiyal, Assistant Director, Uttarakhand Sanskrit Education, who lit the ceremonial lamp before the idol of Goddess Saraswati. In his address, he remarked that India was once recognized as a "Vishwaguru" (global teacher), and through NEP 2020, the nation is steadily moving towards reclaiming that position. He emphasized that students possess remarkable creativity and

innovative potential, which must be nurtured with proper guidance. He urged teachers to inspire students with values, service, dedication, and quality education so that they may contribute meaningfully to nation-building and serve humanity. Earlier, Dr. Varsha Parcha, member of the organizing committee, welcomed the chief guest, faculty members, and participating students. Dr. Gyanendra Awasthi, Dean Academics, elaborated on the concept and objectives of



"Knowledge Spark 2025." The vote of thanks was delivered by Dr. Shruti Sharma, IQAC Coordinator. On the first day, Quiz and Working Model Presentation competitions were conducted. A total of 187 students from 24 schools across Dehradun are participating in the event. Dr. Awasthi informed that 26 teams are competing in the Quiz competition, while 32 teams are presenting their working models. On the second day, November 13,

2025, events such as Youth Parliament, Live Sky Observation (Star Gazing and Telescope Handling) organized by the Punarvasu Astronomy Club of Dolphin Institute, motivational talks, expert interactions, and career counseling sessions will be conducted.

The programme was coordinated by Dr. Ashish Raturi, NEP Coordinator. The occasion was graced by Director Shri Vijay Kumar Nagpal, Additional Director Shri Sunil Kaul, Smt. Jyoti Jouhar, Dr. Deepika Rana,

Dr. Shalini Agrawal, Dr. Kanika Issar, Dr. G.N. Sinha, Dr. Deepak Kumar, Dr. Sachin Kumar, Dr. Sachin Devliyal, Er. Vishal Wariko, Dr. Dinesh Bhardwaj, Dr. Ajay Kumar Pundir, along with faculty members and students.

"Knowledge Spark 2025" is proving to be a significant initiative in fostering knowledge, innovation, and leadership among students, preparing them to face future challenges with confidence and competence.

DISTINGUISHED ALUMNI: Dr. Richa Agrawal

Dr. Richa Agrawal is an Associate Professor in the Department of Physiotherapy at Maharishi Markandeshwar University, Sadopur. She is a dedicated academician and clinician with a strong commitment to physiotherapy education, research, and professional training. With her extensive teaching experience and clinical expertise, Dr. Agrawal has played a significant role in mentoring undergraduate and postgraduate students, guiding them in both theoretical understanding and practical skill development.

Her academic interests include evidence-based physiotherapy practice, clinical rehabilitation, and student-centered learning. In addition to her teaching responsibilities, Dr. Agrawal actively contributes to academic activities such as curriculum development, research guidance, and departmental initiatives. Her professional approach, discipline, and commitment to excellence continue to positively influence students and colleagues alike. Dr. Richa Agrawal's journey reflects dedication to the growth of the physiotherapy profession and serves as a motivating example for aspiring physiotherapists.



Faculty's Corner

Dietary Habits in Winters: Nourishing the Body for Optimal Health

Winter is a season that brings not only a change in weather but also significant changes in our body's nutritional needs. As temperatures drop, our metabolism, appetite, and immunity are affected, making it essential to adopt healthy dietary habits to maintain overall well-being. During winters, the body tends to burn more calories to keep itself warm. This naturally increases hunger, often leading to cravings for high-calorie and comfort foods. While it is tempting to indulge, a balanced and mindful diet is crucial to support immunity, energy levels, and physical performance. Importance of Warm and Seasonal Foods Including warm, freshly cooked meals helps improve digestion and maintain body temperature. Seasonal vegetables such as carrots, spinach, methi, cauliflower, and radish are rich in vitamins, minerals, and antioxidants. Fruits like oranges, guava, apples, and amla boost immunity due to their high vitamin C content.

- Focus on Immunity Winters are associated with increased susceptibility to infections. Incorporating foods rich in protein, zinc, iron, and antioxidants—such as pulses, nuts, seeds, eggs, and dairy products—helps strengthen the immune system. Traditional additions like turmeric, ginger, garlic, and cinnamon also play a vital role due to their anti-inflammatory and antimicrobial properties. Hydration Matters A



common mistake during winter is reduced water intake. Despite feeling less thirsty, adequate hydration is essential for proper digestion, circulation, and joint health. Warm water, herbal teas, and soups can help maintain fluid balance. Healthy Fats and Energy Moderate consumption of healthy fats from sources like nuts, seeds, ghee, and vegetable oils provides sustained energy and supports joint and muscle health—particularly important for physically active individuals and athletes.

- Avoid Excessive Junk and Sugary Foods While occasional indulgence is acceptable, frequent intake of fried, processed, and sugary foods can weaken immunity and lead to weight gain and lethargy. To conclude, Winter is the perfect time to nourish the body with wholesome, seasonal, and balanced foods. Adopting healthy dietary habits not only helps prevent illness but also enhances energy, focus, and physical performance. A mindful approach to nutrition during winters lays a strong foundation for long-term health and well-being. “Let food be your medicine and nutrition your shield this winter.”

by Dr. Akanksha Kulvanshi

STUDENT'S CORNER

Just 30 Minutes: The Quiet Power of a Daily Walk

In a campus life filled with deadlines, screens, coffee cups, and constant hurry, the idea of “fitness” often feels like another task on an already long to-do list. Gyms feel intimidating, time feels scarce, and motivation comes and goes. But what if one of the most powerful habits for your body and mind didn't require equipment, money, or even special planning? It's something we already do—just not mindfully enough. A simple 30-minute walk each day can quietly transform health in ways most of us underestimate. More Than Just Moving Your Legs Walking may look ordinary, but inside your body, it's anything but. A brisk 30-minute walk gets your heart pumping steadily, improving circulation and strengthening the heart muscle. Over time, this lowers the risk of heart disease, helps regulate blood pressure, and improves cholesterol balance. Unlike intense workouts that can feel exhausting or intimidating, walking works gently but consistently. It's sustainable. You don't need “perfect motivation”—just a pair of comfortable shoes and the willingness to start. A Natural Stress Reliever College life comes with pressure: exams, expectations, competition, and uncertainty about the future. Stress becomes so common that we often stop noticing it—until it shows up as fatigue, headaches, poor sleep, or irritability. Walking gives the mind space to breathe. As you walk, stress hormones like cortisol decrease, while feel-good

chemicals such as endorphins increase. Many students notice that after a walk, their thoughts feel lighter, emotions settle, and problems seem a little more manageable. It's not therapy—but it is a form of quiet self-care. Walking without headphones once in a while—listening to birds, traffic, or simply your own footsteps—can be surprisingly grounding. Better Focus, Better Learning Ever tried studying with a foggy mind? Regular walking improves blood flow to the brain, enhancing concentration, memory, and creativity. Some of the best ideas don't come while staring at books—but while moving. A short walk before studying can sharpen focus. A walk after long lectures helps prevent mental fatigue. Many students report feeling more alert and productive on days they walk compared to days spent sitting continuously. In a way, walking doesn't steal time from studies—it gives time back in the form of better efficiency. Helps With Weight, Without Obsession Not everyone walks to lose weight—and that's okay. But regular walking does help maintain a healthy body weight by boosting metabolism and improving insulin sensitivity. Unlike crash diets or extreme workouts, walking supports health without creating pressure or guilt. It encourages a balanced relationship with the body—one based on consistency rather than punishment. And yes, it still counts as exercise. Improves Sleep and Energy Levels Ironically, moving more during the day helps you rest better at night. A daily walk



regulates your internal body clock, making it easier to fall asleep and wake up refreshed. Students who walk regularly often report: Less daytime fatigue Better sleep quality More stable energy throughout the day Instead of relying solely on caffeine, walking offers a more sustainable boost. A Habit That Fits Real Life The beauty of walking lies in its flexibility. You can: Walk to class instead of taking a vehicle Take an evening stroll with friends Walk while listening to music or podcasts Use walking as “me-time” It doesn't require perfection. Some days will be slower, some shorter—and that's fine. What matters is showing up. Walking as a Pause, Not a Task In a culture that constantly pushes us to do more, walking offers permission to slow down. It's a pause. A moment where productivity isn't measured in grades or achievements, but in well-being. Thirty minutes may sound small—but when practiced daily, it becomes powerful. So the next time life feels overwhelming, step outside. Walk without rushing. Let your body move and your mind settle. Sometimes, the simplest habits make the strongest difference.

by Ankit Kumar, BPT (4th year)

FDP/WORKSHOPS ATTENDED (FACULTY)

- Dr. Jagdish C. Purohit presented a research paper titled “*Demographic and Socio-Economic Drivers of Migration in Uttarkashi District, Uttarakhand*” at the Third International Multidisciplinary Conference-cum-Workshop on Aerosols, Air Quality and Climate Change (IMACAAC-2025) over the Himalayan region. The conference was aligned with the objectives of the National Education Policy (NEP) 2020 and was organized by the Department of Physics, HNB Garhwal University (A Central University), Srinagar, Garhwal, Uttarakhand, from 13–15 October 2025.
- Dr. Virendra Kumar presented a research paper titled “*Impact of Integrated Nitrogen Use and Planting Techniques on Productivity and Economic Returns of Rainfed Pearl Millet + Green Gram Intercropping in Uttarkashi District, Uttarakhand*” at the same international conference held from 13–15 October 2025.
- Dr. Maneesh Bhatt presented a research paper titled “*Effect of Mulching on Soil Physical Properties and Rabi Maize (Zea mays L.) Productivity under Sandy Loam Soil Texture of Order Mollisols*” at a National Conference organized by Jigyasa University, Dehradun, Uttarakhand, on 20–21 November 2025.

RESOURCE PERSONS /CONSULTANCY SERVICES PROVIDED

● Sarmang Marathon 2025 Served by Department of Physiotherapy

The Department of Physiotherapy, Dolphin PG Institute of Biomedical and Natural Sciences, participated in Sarmang Marathon 2025 held on 5 October 2025 at the International Cricket Stadium, Raipur, Dehradun. Led by Dr. Nidhi Rawat, Dr. Deepak Yadav, and Dr. Nitin Bhardwaj, a team of 24 students provided physiotherapy support, warm-up assistance, and recovery guidance to 65 participating athletes. The team was felicitated with certificates and mementos by the organizers in appreciation of their services. The participation highlighted the institute's commitment to community service, health promotion, and experiential learning.

● Free Physiotherapy Services at Ganga Sustainability Run 2025

The Department of Physiotherapy, Dolphin PG Institute of Biomedical and Natural Sciences, participated in the Ganga Sustainability

Run Marathon 2025 held on 9 November 2025 in Rishikesh, organized by the Vivekananda Youth Connect Foundation. Under the guidance of Prof. (Dr.) Deepte Warikoo, a team of faculty members and 45 BPT and MPT students provided free physiotherapy and recovery services to marathon participants. The team offered pre-run warm-ups, post-run stretching, taping, pain management, and rehabilitation support, assisting nearly 90 athletes during the event. The department's contribution was highly appreciated by the organizers, highlighting its commitment to community health, sports physiotherapy, and experiential learning.

● Free Medical Support at Friendly Cricket Match

The Department of Physiotherapy provided free physiotherapy and on-field medical support during a friendly cricket match held at Baluni Public School, Bhauwala, on 7 December 2025. A team of final-year BPT students-Abhishek, Nishant,

and Gaurav-managed the physiotherapy support station, offering pre-match warm-ups, injury screening, first aid, and post-match recovery guidance. The initiative ensured safe participation of players and was appreciated by the event organizers, highlighting the department's commitment to community health and sports injury prevention.

● Free Physiotherapy Services at National Tennis Tournament

The Department of Physiotherapy, Dolphin PG Institute of Biomedical and Natural Sciences, provided free physiotherapy services during the 22 Heats All India Open Senior Doubles Tennis Tournament, held from 20–21 December 2025 at Shanti Tennis Academy. Physiotherapy support focused on injury prevention, player safety, and performance enhancement. Four players were treated for sports-related musculoskeletal complaints, while all participants received guidance on pre-game warm-up and

post-game cool-down exercises. Students Muzamil and Shrey actively assisted in on-field assessment and injury management under departmental supervision. The initiative was appreciated by organizers and players, reflecting the institute's commitment to sports physiotherapy and community outreach.

● Department of Physiotherapy Participates in Thrill Zone Marathon

The Department of Physiotherapy participated in the Thrill Zone Marathon held on 7 December 2025 at Maharana Pratap Cricket Stadium, Raipur, Dehradun. A free physiotherapy service camp was set up where faculty and students provided pre- and post-run assessment, injury prevention guidance, stretching, and basic rehabilitation support to participants. The activity offered students valuable hands-on clinical exposure in sports injury management and community health. The initiative was led

by Prof. Dr. Deepte Waikoo, Head of the Department of Physiotherapy, and was well appreciated by organizers and participants, reflecting the department's commitment to community service, preventive healthcare, and experiential learning.

● Free Physiotherapy Services at 12th State Level Sports Competition

The Department of Physiotherapy provided free physiotherapy services during the 12th State Level Sports Competition, held from 13–16 October 2025 at Maharana Pratap Sports College, Raipur, Dehradun. BPT 4th year students-Ananya, Pratishta, Nishant, Gaurav, and Abhishek-offered on-field support including assessment, injury prevention, stretching, pain management, and basic rehabilitation care. The initiative provided valuable hands-on clinical exposure and highlighted the department's commitment to community service, sports health, and experiential learning.

AWARDS /FACULTY ACHIEVEMENTS



● 11th International Conference of Physical Therapy at AIIMS, New Delhi

emerging physiotherapy paradigms. Her notable academic contributions were further recognized as she was awarded and felicitated with the Academic Excellence Award during the conference – a moment of pride for the institute and its physiotherapy department

Dr. Virendra Kumar was granted two patents:
1. Vermicompost Thresher Device
2. Cycle-Operated Agrochemical Sprayer

● World Disability Day 2025 Commemorated by Department of Physiotherapy The celebration also included a poster competition, where students showcased creative concepts highlighting disability awareness, inclusive practices, and the importance of rehabilitation. All participants were felicitated with prize money by the chief guest, Dr. Sandeep Khanna, along with Dr. Sunil Bhatt.



WORKSHOP ORGANIZED

Two-Day EDP on Neuro developmental Therapy



● **The Department of Physiotherapy** successfully organized a two-day Entrepreneurship Development Program on Neuro developmental Therapy on 18 and 19 November 2025. The workshop was designed to enhance both clinical competence and entrepreneurial insight among physiotherapy students. The sessions were conducted by Dr. Harpreet S. Sachdev, an eminent physiotherapist with over 21 years of experience, currently affiliated with the Department of Neurology, AIIMS, New Delhi. He is a PhD Scholar at Galgotias University and holds a Master of Physiotherapy in Adult Neurology from Manipal University. Dr. Sachdev has contributed extensively to the field through 15+ national and international publications, several book chapters, and 2 patents. He is also a proud recipient of the Shobha Alva Memorial Award and the TMA Pai Gold Medal for his contributions to academics and research. His advanced training includes postgraduate PNF certification from Vallejo, USA; Neurodynamics Solutions coursework; and Basic & Advanced NDT training from NDTA (USA) and IBITA (UK). His key areas of interest include stroke rehabilitation, motor learning, neurotechnology, multiple sclerosis, and brain injury. The program commenced with a warm welcome by Prof. (Dr.) Depte Warikoo, Head of the Department, who greeted Dr. Sachdev and presented a sapling as a gesture of respect. The workshop saw active participation from all faculty

members and created an interactive learning environment. Students of BPT 4th year benefitted greatly from the detailed demonstrations, hands-on approaches, and expert guidance provided by the resource person. The event concluded with a heartfelt vote of thanks delivered by Dr. Keerty Mathur, the event coordinator, who acknowledged the contributions of the resource person, faculty, and students in making the program a success.



● **Department of Women Empowerment Cell** A successful sensitization workshop on the "POSH Act 2013" was organized on December 4, 2025, at the Dolphin PG Institute of Biomedical and Natural Sciences, under the aegis of the institute's Women Empowerment Cell. The objective of the program was to raise awareness about the legal provisions related to the safety, dignity, gender sensitivity, and prevention of sexual harassment of women in educational institutions and workplaces. The chief guest of the program, Mrs. Urvashi Chauhan, Member-Uttarakhand State Women's Commission, was welcomed by the Principal of the institute, Dr. Shailja Pant. Also present as special guests were SI Kumari Swati Chamoli and Legal Officer Mr. Dayaram Ji from the State Women's Commission. All the guests were welcomed with bouquets and mementos. In her detailed address, Chief Guest Mrs. Urvashi Chauhan stated that the safety of women at the workplace is a constitutional and social responsibility. She elaborated on the provisions under the POSH Act 2013, the role of the

Internal Complaints Committee (ICC), the complaint procedure, timelines, evidence preservation, confidentiality, and redressal mechanisms. She conveyed the message to all participants that preventing sexual harassment is not just a matter of law, but a collective responsibility to create a sensitive environment, respectful attitude, and safe workplace.

Legal Officer Mr. Dayaram Ji provided in-depth information on the legal aspects, stating that the POSH Act not only provides security to women but also gives them the confidence to raise their voices. He explained, through real-life examples and case studies, how awareness and prompt action can make the workplace safer.

SI Kumari Swati Chamoli of the State Women's Commission, in her address, provided detailed information about the initiatives undertaken by the commission, the helpline service, the complaint redressal process, and the support mechanisms available for women.

The program emphasized the following topics:

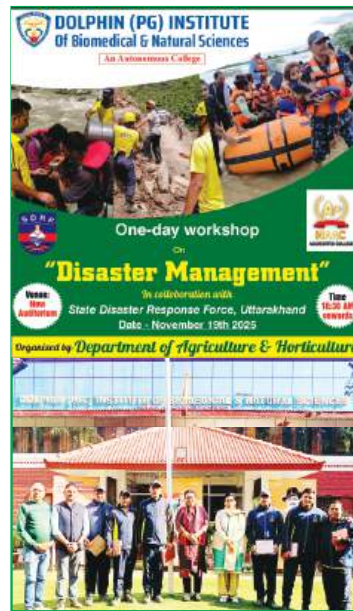
- **Definition and various categories of sexual harassment at the workplace**
- **Structure and responsibilities of the Internal Complaints Committee (ICC)**
- **Rights and procedures for filing a complaint**
- **The aggrieved woman Privacy and Security**
- **Responsibilities of the Institution/Employer**
- **Mandatory Awareness Programs**

Students and faculty members enthusiastically participated in the workshop. Participants asked several important questions which were satisfactorily answered by the experts. The program helped everyone understand that a safe and respectful environment is the true identity of any institution. Finally, the Principal of the institution, Dr. Shailja Pant, thanked all the guests and said that such awareness workshops on the POSH Act will be organized periodically

to ensure that an environment of safety, equality, and sensitivity is continuously and strongly maintained on campus.

The program was successfully conducted and coordinated by Dr. Beena Joshi Bhatt-President, Institute's Women Empowerment Cell and her team. Dean Academics Dr. Gyanendra Awasthi, various Heads of Departments (HODs), faculty members, and a large number of students were present on this occasion.

● **The Department of Agriculture & Horticulture** organized a one-day workshop on 19 November 2025 focusing on *Disaster Management*, in collaboration with the State Disaster



Response Force (SDRF), Dakpatthar, Dehradun.

The SDRF team, led by Head Constable Mr. Balbeer Singh (In-charge) and Instructor Mr. Sandeep, along with four team members, provided comprehensive insights into the organizational structure, establishment, and functioning of SDRF during natural as well as man-made disasters. The team conducted live demonstrations of various rescue operations and first-aid techniques, including CPR administration and improvised stretcher preparation. They also showcased essential rescue equipment and explained its practical applications during emergency situations.

The workshop proved highly beneficial for students from various departments, offering hands-on learning experiences and enhancing their awareness and preparedness for disaster response.

Essay Writing & Slogan Writing Competition

The Department of Education (B.Ed.) of Dolphin PG Institute of Biomedical & Natural Sciences, Dehradun, successfully organized an **Essay Writing and Slogan Writing Competition** on **11 November 2025** on the occasion of **National Education Day**, celebrated in the department with great enthusiasm. The event aimed to emphasize the importance of education in nation-building and to encourage prospective teachers to engage with contemporary educational issues.

The topic for the essay writing competition was **"NEP 2020 – How Relevant in the Present Scenario"**, which provided students with an opportunity to critically analyze the National Education Policy 2020 in the context of current educational needs and reforms. Participants expressed their views on learner-centric education, multidisciplinary approaches, skill development, and the transformation of the Indian education system. The slogan writing competition further allowed students to creatively convey powerful messages highlighting the value and impact of education.

The competition witnessed active participation from B.Ed. students, who demonstrated originality, clarity of thought, and effective written expression. The entries were evaluated by a panel of judges based on relevance to the theme, creativity, coherence, and overall presentation.

Based on the judges' assessment, **Perna Tiwari** was awarded the **First Prize**, **Shivani Gautam** secured the **Second Prize**, and the **Third Prize** was won by **John Chakma**. The winners were applauded for their insightful ideas and commendable writing skills.

The event proved to be academically enriching and motivating, fostering awareness about the relevance of NEP 2020 and promoting critical and creative thinking among student teachers. The Department of Education successfully celebrated National Education Day through this meaningful and engaging activity.

FIELD VISIT/ HEALTH CAMP/ AWARENESS CAMP / OUTREACH

Department of Physiotherapy



The Department of Physiotherapy, Dolphin (PG) Institute of Biomedical and Natural Sciences, successfully organized a Free Physiotherapy Camp at Dunga, Kanswali, Kothri on October 14, 2025. The camp aimed to provide accessible physiotherapy services to the local community, focusing on pain relief, mobility improvement, and health awareness. A total of 17 patients received treatment and health consultation during the camp. The event was conducted under the guidance of Dr. Shaili Rawat, Dr. Nidhi Rawat, and Dr. Deepak Yadav, who supervised the camp activities and ensured quality care. Four students from the Department of Physiotherapy actively participated, contributing to patient assessment and therapeutic interventions. The initiative reflects the institute's commitment to community health outreach and practical clinical exposure for students. The department plans to continue organizing such camps in rural and underserved areas to promote physiotherapy awareness and community well-being.

A Free Physiotherapy Awareness Camp was successfully organised on 14 November 2025 at Nayagaon Government School, Dehradun, by the Physiotherapy Department of Dolphin (PG) Institute of Biomedical & Natural Sciences (DIBNS). The camp was conducted under the guidance of Dr. Shaili Rawat, serving as the resource person, with active coordination from the department faculty and student volunteers. A total of 131 students, along with

faculty members and staff, participated enthusiastically in the awareness program. The primary objective of the camp was to enhance understanding among students and staff about the importance of physiotherapy, physical fitness, and regular exercise in maintaining a healthy lifestyle. The camp focused on: Creating health awareness among school staff and students. Demonstrating key concepts of clinical assessment and rehabilitation. Promoting the role of physiotherapy in injury prevention and overall well-being. During the sessions, students were taught basic assessment techniques and simple exercises that can be incorporated into their daily routine. Practical demonstrations and interactive discussions ensured active participation from everyone present. The event concluded with appreciation for the efforts of the Physiotherapy Department, acknowledging their commitment to community health outreach and student engagement. The camp was coordinated by Dr. Shaili Rawat, with overall supervision by the Head of Department, Dr. Deptee Warikoo.

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Department of Microbiology INTERNATIONAL MICROORGANISM DAY 2025 CELEBRATED AS 'MICROBES HUNTING IN NATURE'

The groundbreaking



discovery of microbes by Antonie van Leeuwenhoek is annually celebrated as 'International Microorganism Day'. Microorganisms are ubiquitous, present everywhere around us in the usual as well as extreme conditions. As a part of 'International Microorganism Day 2025, an experiential learning exercise 'Microbes hunting in nature' was organized from 06th to 10th October 2025. The students of BSc Microbiology, BSc Medical Microbiology and MSc Microbiology were divided into groups named after eminent microbiologists, Leeuwenhoek, Fleming, Pasteur, Winogradsky, Koch and Lister. The students were accompanied by the faculty members of Microbiology Dept., Dr Ashok Kumar, Dr Gauri, Mr. Vijay Tiwari and Dr Tripti Malik. On the first day the budding microbiologists prepared and packed the essential items, equipment, containers and boarded the buses to reach Koti Dhalani village. The students enjoyed the scenic beauty of nature while trekking around the plains and hills of the village. It was a work-cum-enjoyable activity for the students as they hunted the microorganisms and collected the samples of from nature. The different water samples were collected from tap water of a house, handpump on roadside and a running stream ahead the village. The students digged soil using shovels and collected different soil

samples from agricultural fields, river-bank and forest area. A group of students collected samples from the domestic animals cow, mule, goat and dog. Leaves and bark of 'Sal' tree were also collected by a group. All the samples were collected according to the protocols, transported to lab in an ice-box and processed for the isolation of microorganisms. On the 2nd and 3rd day observations and further identification of microbes was performed. The representative students from their groups presented their observations and results in the form of a presentation. The judgement was done by Dr Shailja Pant, Principal & Professor, Dept. of Microbiology. The team 'Pasteur' was winner and runner-up was Koch.

DEPT. OF MICROBIOLOGY 'HEALTH, HYGIENE & SANITIZATION AWARENESS CAMPAIGN' DURING SWACHTA PAKHWADA 2025

One of the responsibilities of microbiologists in India is to raise awareness in the rural population about good health and hygiene. A 'health, hygiene and sanitization' awareness campaign for the villagers was organized by the students of BSc Medical Microbiology- II and III-year, Dolphin PG Institute of Biomedical & Natural Sciences, on 07.10. 2025. The students walked from door to door at the Koti Dhalani



village, Dehradun and enquired the villagers about their hygiene and sanitation habits. The questionnaire, consisting of 10 questions, was designed by the students in Hindi

language. The students reached about the housewives, farmers, school going children and shopkeepers of the villages, read out the questions for them, noted down their answers and rectified their habits for the improvement of hygiene and sanitation. A hygiene kit consisting of handwash and sanitizer was also distributed to the villagers. The students were accompanied by the faculty members Dr Ashok Singh, Dr Gauri Singh, Dr Tripti Malik and Mr Vijay Tiwari. Our 'Health, hygiene & sanitization awareness campaign' was an active step toward 'Ek Kadam Swacchtha Ki Aur' mission.

INDUSTRIAL TOUR TO IPCA LABORATORIES LTD. DEHRADUN FOR STUDENTS OF MICROBIOLOGY DEPT. DIBNS-Industry Interface



Cell and Department of Microbiology, Dolphin PG Institute of Biomedical & Natural Sciences organized an industrial tour for the students to 'IPCA Laboratories Ltd.' Selaqui, Dehradun, on 19.11.2025.

A total of 35 students of UG & PG Microbiology were accompanied with Dr. Ashok Kumar Singh (Associate Professor). The students got acquainted with production, quality control and quality assurances of the pharmaceutical industry. Dolphin Institute regularly organizes industrial tours as a part of academic curriculum for the students of the Graduate and Post-graduate courses. These industry-academic interactions help the students to network with the professionals and explore potential job opportunities.

GUEST LECTURES ORGANISED



World Radiology Day -On the occasion of World Radiology Day, the Department of Radiology organized two guest lectures on 8 November 2025 for B.Sc. in Medical Radio & Imaging Techniques (1st and 3rd Sem students) and BOTT (1st and 2nd Sem) students.

The first guest lecture was delivered by Mr. Akash Panwar, Assistant Professor, Dev Bhoomi University, Dehradun, on the topic Artificial Intelligence in Radiology. While the second guest lecture was delivered by Ms. Ankita Semwal, Assistant Professor, School of Paramedical and Allied Health Science, Maya Devi University, Dehradun, on the topic Radiation Protection in Radiology.

Mr. Pushpendra, Programme Coordinator, Department of Radiology, welcomed the guests and presented a sapling as a symbol of growth and inclusiveness. A poster competition and model competition were also organized. Participants were felicitated with prize money by Mr. Akash Panwar and Ms. Ankita Semwal. The programme concluded with a vote of thanks by Ms. Pushpendri, Event Coordinator

● **World Anesthesia Day** On the occasion of World Anesthesia Day, the Department of Operation Theater Technology organized a special guest lecture on 16 October 2025 for the students of B.Sc.

Medical Radio & Imaging Techniques (1st and 3rd Semester) and Bachelor of Operation Theater Technology (1st and 2nd Semester).

The keynote lecture was delivered by Dr. Rakesh Paraliya, Assistant Professor, Subharti Medical College, Dehradun, on the topic "Anesthesia in Health Emergencies." Dr. Paraliya provided valuable insights into the critical role of anesthesia in emergency care, trauma management, and life-saving surgical interventions. He emphasized the importance of timely decision-making, patient monitoring, and multidisciplinary coordination during emergency procedures.

The session was highly interactive and enriched students' understanding of practical challenges and professional responsibilities in emergency anesthesia care.

The programme commenced with a warm welcome by Mr. Suraj Jaguri, Programme Coordinator, Department of Operation Theater Technology, who honored the guest with a sapling as a symbol of growth, sustainability, and shared knowledge. The event concluded with a formal vote of thanks delivered by Mr. Rahul, Event Coordinator, expressing gratitude to the guest speaker and participants for making the session informative and successful.

REPORT 2025 VIRASAT

As part of the B.Ed. 1st Semester curriculum, an educational visit was organized to **VIRASAT 2025**, held at **ONGC-Ambedkar Ground**. The visit was conducted under the curriculum component titled "**Local Art and Cultural Heritage**", with the objective of providing students with firsthand exposure to regional art, culture, and traditional livelihoods. During the visit, students explored a wide range of stalls exhibiting the rich cultural heritage of Uttarakhand. These included stalls of **handicrafts, woollen garments, bamboo work, cane work, terracotta and pottery items, and silver and tribal jewellery**. Each stall reflected the skill, creativity, and traditional knowledge of local artisans. Students interacted with craftsmen and sellers, gaining insights into the materials used, methods of production, and the cultural significance of various art forms. In addition, students visited stalls offering **local eatable products of Uttarakhand**, which helped them understand the region's food culture and traditional culinary practices. The visit enhanced students' appreciation of indigenous art forms and emphasized the importance of preserving cultural heritage. Overall, the visit to VIRASAT 2025 was highly educational and enriching. It successfully linked theoretical learning with practical exposure and fulfilled the objectives of the B.Ed. curriculum in an engaging manner.

- **Dr. Beena Joshi Bhatt** – Hemlata, Das, A., Narwal, A., Bhatt, B. J., & Yadav, P. (Year). A comprehensive review on regional variations in mosquito populations and diversity in India. Department of Zoology, Dolphin (PG) Institute of Biomedical & Natural Sciences, Dehradun, Uttarakhand, India.
- **Yadav Deepak, Kaur Manmeet, Parween Asma.** A Pilot Quasi-Experimental Study to Evaluate the Effectiveness of the ELTGOL Technique with Conventional Chest Physiotherapy on Respiratory Function and Postoperative Pulmonary Complications in CABG Patients. *ACPRC Journal*. 2025;57(2):53-60. doi: 10.56792/BHHH1758
- **Author name: Dr. K.P. Tripathi** Abstract Title: Diversity, Density, and Dominance of Invasive Alien Flora of Sal Forest Dehradun, (Uttarakhand) India Published 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) Page 123. Organized on October 13-15, 2025 Edited by -Dr. Alok Sagar Gautam Dr. Tushar Kandari Mr. Karan Singh
- **Dr. Maneesh Bhatt** published a research article titled "*Nitrogen, Phosphorus and Potassium Uptake in Wheat as Influenced by Integrated Nutrient Management Practices*" in the *Journal of Advances in Biology & Biotechnology*, Volume 28, Issue 10, Pages 116-121, 2025 (Article No. JABB.144456, ISSN: 2394-1081).
- **Dr. Anamika Sajwan** published a research article titled "*An Emerging Ornamental Crop for Arid and Semi-Arid Ecosystems*" in the *Journal of Biotica Research Today*, Pages 289-291, November 2025 (ISSN: 2585-6654).
- **Dr. Naimish Kumar** published an article titled "*Late Blight of Potato in Uttarakhand: Challenges and Solutions for Sustainable Agriculture*" in the e-magazine *Ecofarming* (Received: July 2025; Accepted: August 2025; Published: October 2025).
- Department of Radiology, Dolphin (P.G.) Institute of Biomedical & Natural Sciences, Dehradun, Uttarakhand, India
- Book Chapter: Ms. Pushpendri, Mr. Pushpendra, Prateeksha, and Mamta Verma
- Book Chapter: Ms. Pushpendri, Mr. Pushpendra, Prateeksha, and Mamta Verma
- **Book Chapter Title:** "Whole Body MRI in 30 Minutes: Advanced Imaging" Edited Book Title: "Advanced Trends in Medical Sciences (Volume-9)"
- **Dr. Jagdish C. Purohit** presented a research paper titled "Demographic and Socio-Economic Drivers of Migration in Uttarkashi District, Uttarakhand" at the Third International Multidisciplinary Conference-cum-Workshop on Aerosols, Air Quality and Climate Change (IMACAAC-2025) over the Himalayan region. The conference was aligned with the objectives of the National Education Policy (NEP) 2020 and was organized by the Department of Physics, HNB Garhwal University (A Central University), Srinagar, Garhwal, Uttarakhand, from 13-15 October 2025.
- **Dr. Virendra Kumar** presented a research paper titled "Impact of Integrated Nitrogen Use and Planting Techniques on Productivity and Economic Returns of Rainfed Pearl Millet + Green Gram Intercropping in Uttarkashi District, Uttarakhand" at the same international conference held from 13-15 October 2025.
- **Dr. Maneesh Bhatt** presented a research paper titled "Effect of Mulching on Soil Physical Properties and Rabi Maize (*Zea mays* L.) Productivity under Sandy Loam Soil Texture of Order Mollisols" at a National Conference organized by Jigyasa University, Dehradun, Uttarakhand, on 20-21 November 2025.

NSS ACTIVITIES

Swachhta Hi Seva Campaign 2025 Observed with Enthusiasm

Under the national theme “Swachhotsav,” the NSS unit organized the “Swachhta Hi Seva” Campaign 2025 in alignment with the Government of India's vision of a clean, healthy, and sustainable nation.

- The program commenced with a Swachhta Pledge administered under the guidance of Dr. Manoj Kumar Bainsla and Dr. Renu Pandey, where volunteers resolved to adopt cleanliness as a way of life. An awareness rally themed “Clean Campus, Green Campus” was flagged off by Principal Dr. Shailja Pant and Director Mr. V. K. Nagpal.
- Students carried placards, raised slogans, and spread messages promoting environmental responsibility. A one-hour collective cleanliness drive was conducted, during which NSS volunteers, faculty, and staff actively participated in cleaning the campus and surrounding areas. The initiative emphasized waste management, sustainability, and public participation in maintaining hygiene. Through this campaign, the institute meaningfully contributed to strengthening the national mission of Swachh Bharat and environmental awareness.



NSS Foundation Day: One-Day Camp Organized



To commemorate **NSS Foundation Day** on September 24, 2025, a one-day camp was successfully organized on the institute campus. The program was graced by the esteemed presence of Dr. Shailja Pant (Principal), Mr. V. K. Nagpal (Director), Mr. Sunil Kol (Additional Director), Dr. Shruti Sharma (IQAC Coordinator), Mr. Vipul Garg (DSW), along with Dr. Manoj Kumar Bainsla (NSS Program Officer) and Dr. Renu Pandey (Co-Program Officer), faculty members, NSS volunteers, and students.

- The camp aimed to instill among students a strong spirit of community service, social responsibility, discipline, cooperation, and leadership - the core principles of the National Service Scheme. Various cultural performances, motivational speeches, awareness sessions, and group presentations were organized, actively engaging students and strengthening their sense of dedication toward society.

World AIDS Day Awareness Rally Organized

On December 1, 2025, World AIDS Day was observed with an awareness rally from the institute campus to Manduwala. The rally witnessed enthusiastic participation from NSS volunteers and was attended by the institute's dignitaries including Dr. Shailja Pant, Mr. V. K. Nagpal, Mr. Sunil Kol, Dr. Shruti Sharma, Mr. Vipul Garg, Dr. Manoj Kumar Bainsla, and Dr. Renu Pandey.

- The rally aimed to spread awareness about HIV/AIDS, promote safe and responsible behavior, and eliminate myths and social stigma associated with the disease. Students conveyed powerful messages through posters, slogans, and placards while educating the public about causes, prevention, symptoms, and treatment options.
- The initiative reflected the institute's dedication to public health education and community engagement, while fostering sensitivity and awareness among students.



Constitution Day Celebrated with Academic & Civic Engagement



Constitution Day was observed with great dignity on November 26, 2025. The program began with a collective pledge reaffirming loyalty to the Constitution of India and commitment to uphold its values.

- A Constitution-based quiz competition was organized, encouraging students to deepen their knowledge about the origin, features, fundamental rights and duties, and democratic framework of the nation. This was followed by a seminar where students delivered insightful presentations on constitution-making, federalism, and the pillars of Indian democracy.
- The celebration reinforced civic awareness and inspired students to become responsible and informed citizens.

Blood Donation Camp Collects 125 Units

On November 27, 2025, a **Blood Donation Camp** was successfully organized in collaboration with the Indian Medical Association (IMA) and Subharti Medical College, Dehradun. The objective was to promote voluntary blood donation and support patients in need.

The blood collection was carried out under strict medical supervision by expert doctors and technicians, ensuring complete safety and hygiene. NSS volunteers, faculty members, and students participated enthusiastically, demonstrating a strong spirit of humanitarian service.

- A remarkable total of 125 units of blood were collected during the camp, which will prove life-saving for many patients. The collaborating medical teams appreciated the institute's initiative and expressed willingness for continued association in future social welfare programs.

