



**SANTOSH**  
Deemed to be University



# BEAT D HEAT

## NEWSLETTER

Volume 1 | Issue 3



# BEAT D HEAT

## NEWSLETTER

With the aim to encourage excellence, sportsmanship and interaction among different colleges, the 'Student Committee' hosted the annual sports fest of Santosh Deemed To Be University; **"BEAT D HEAT"** from 30<sup>th</sup> July' 22 till 5<sup>th</sup> August' 22. The fest witnessed massive participation from colleges all over Delhi, NCR and Uttar Pradesh. It was a concoction of numerous sports like badminton, volleyball, basketball, sprinting, futsal, kho- kho, chess, carom, table tennis, BGMI and kabaddi. Events were organized on various venues in and out of the: campus.



### INAUGURATION

On 30<sup>th</sup> July' 2022 the Inauguration ceremony marked a great inception of the Annual Sports Fest of Santosh Deemed To Be University; **"Beat D Heat"**.

The event was declared open by Vice Chancellor, **Dr. Tripta Bhagat ma'am** after the ceremonial ribbon cutting by Chancellor, **Dr. Manoj Goyal sir**

### FLAG MARCH



### NATIONAL ANTHEM



### ABBREVIATIONS NAMES:

- SMC**-Santosh Medical College
- SDC**-Santosh Dental College
- RMC**- Rama Medical College
- JAMIA**- Jamia Millia Islamia
- MAMC**- Maulana Azad Medical College
- VIMS**- Venkateshwara Institute Of Medical Sciences

## DAY 1 (30<sup>TH</sup> JULY' 2022)

The first day was laborious but exhilarating for everyone as two events took place. "Basketball" was held at Mahamaya Stadium. A huge audience was present to cheer for their preferred teams. Amongst girls, Maulana Azad Medical College bagged the first position nevertheless home team turned out to be the runner-up.



Girl's basketball



Boys basketball

"Volleyball" was also conducted at the former venue. The home team possessed a knack for this sport. After a real nip and tuck SMC-BMLT won the top prize followed by SMC 3rd year. Jamia bagged the first position amongst girls. Santosh Deemed To Be University was the runner-up.



Rama Medical College Basketball Teams



Boy's Volleyball

Sharda University secured the first prize in boys' category; we witnessed tie between ABVIMS & Dr. RML College for the second position.

## DAY 2 (31ST JULY,2022)

On second day, Mahamaya Stadium witnessed excellent display of reflexes and endurance as badminton and boys' sprinting took place. The day was full of ecstasy as, in "badminton" our university brought nearly all the prizes home.



SDC boys were crowned the champions of singles followed by Rama Medical College. After a cutthroat competition, VIMS proclaimed the first prize amongst girls and SMC settled for the second. In doubles, all the teams were put to test on the basis of coordination. Supporters were witnessed cheering in favor of their favorite duet. In boys' category it was a proud victory for the home team whereas Sharda University bagged the second position. The home team settled in for the second prize in girl's category. VIMS were declared the champions.



With adrenaline running through their veins, all the participating boys geared up on the start line for the "sprinting" competition. In 100 meters, SMC turned out to be the fastest followed by VIMS. The tables turned around in 200 meters as VIMS bagged the first position and SMC secured the second prize.



## DAY 3 (1 AUGUST,2022)

On day three, the most hyped about sport “Futsal” was scheduled at Mahamaya Stadium. With head on matches, the crowd spectated a variety of techniques, distinct strategies and phenomenal teamwork. With numerous goals and extra-ordinary saves, VMMC paved their way towards victory. VIMS landed in close and secured second prize.



Setting up fixtures

The enthusiasm of the former sport had not even faded and the girl athletes who demonstrated exemplary sporting skills, strength and stamina in the game of “Kho-Kho” grabbed everyone’s attention. Runners and chasers of all the teams put their best foot forward to claim the prize. Everyone went on cloud nine as our university secured all the positions.



VIMS futsal team



Futsal semifinals



Quarterfinals  
SMC vs VMMC



## DAY 4 & 5 (2 & 3 AUGUST, 2022)

This day was scheduled for all the indoor sports at IMA Bhawan, Ghaziabad. The Indian originated game "carrom" was the opening event of the day. Several coins stroked the board; Rama medical college left no coins on the plywood as they secured both first and second positions. The home team wasn't left behind as they secured the third prize. Soon after the battle of coins, came the battle of brains. Various aspiring players participated to be supreme, in the game of "chess." UCMS turned out to be the grandmasters as they showcased numerous tricks leaving everyone spellbound.



Chess

Girl's whiff whaff singles was attained by DJ Dental College, Rama Medical College turned out to be no less as they secured both silver and bronze medals. Extreme concentration and coordination took MAMC to the victory in boys' doubles category. After a neck-toneck competition, Sharda University secured the gold medal amongst girls in doubles category followed by DJ dental college.

This day was saved for the most publicized sport "cricket." KDP ground experienced powerful tremors from the enormous crowd trying to raise the spirits of their preferred teams. The pitch caught the sight of jaw dropping strikes, clean swift bowling from MAMC, leading them to the top of the table closely followed by UCMS. The home team left no stone unturned but it wasn't our day.



Table Tennis

VIMS and SMC were no less as they bagged second and third positions respectively. Last event of the day was "table tennis." With exceptional shots and tricks MAMC became the champions in boys' singles followed by BSAMC, nevertheless our university claimed the third prize



Carrom



Cricket

## DAY 6 & 7 (4&5 AUGUST,2022)

The day kick started at the Mahamaya stadium with an Indian originated contact team sport "kabaddi." All the teams were scrutinized on the basis of extra ordinary breath control, sharp reflexes and pressure building tactics. After gracefully filling all the checkboxes, the home team conquered both first and second positions.



The day concluded with the female athletes exhibiting their agility, mobility and speed in sprinting. The girls of our college turned out to be the fastest in 100 meters sprint followed by RMC. Everyone sensed déjà vu as 200 meters was also secured by the home team!



A valedictory ceremony was organized not only to laud the efforts of achievers in various sports competitions but also to appreciate the pillars of this event, without whom the success of this fest wouldn't be achieved. The ceremony was set in motion with a welcome speech by the Vice President of Student Committee, followed by the enlightening words of wisdom by our esteemed Chancellor, Dr. Manoj Goyal sir.



Our eminent patrons felicitated all the deserving winners. Dean Academics, Dr. Shalabh Gupta sir addressed the gathering with token of appreciation and gratitude. We were highly honored to felicitate the backbone of our institution, the prestigious patrons of Santosh Deemed To Be University. For their tough grind, the members of core committee were highly acknowledged. In the rear, all the four organizing committees were appreciated and commended.

## ABOUT OUR HOSPITALITY



**\*You have to expect things for yourself before you can do them\***

Organized by the student committee. It served as a platform for all students to display their talent and compete with students from other colleges. We began our work in April 2022 and finished at the end of July. Over 50 people from several committees organised the Sport Fest in its entirety. The event gave us infinite memories to cherish. It was challenging to know the standards I've to live up to. Having ambitions to lead and organize such Sport fests myself, as Vice President I felt it necessary to be determined. Meeting the expectations of students and setting up the standards of our University wasn't easy. I faced many challenges but finally did it and made it a successful event. The fire that this event sparked among the students was palpable.

**Dr Shruti Chaudhari**

Vice President

(Student Council, 2021-22)

Experience was fantastic All the facilities provided by your college was way good Arrangements done for particular sports was Excellent Hopeful for next year too Thanks for hosting us

**- Venkateshwara  
Institute Of Medical  
Sciences**

Worth attending event, and a very much-needed gathering after a long time glad to be a part of it. Clear decisions were made because of very helpful senior authorities waiting for next year. See you soon Santoshians!

**- Maulana Azad Medical  
College**

A very enthusiastic sports event. Helped to get things off my mind under the academic stress. Provided a spark which was necessary to rejuvenate and freshen up our skills. Helpful seniors , participants and excellent guidance under the judges. Was worth attending!

**- Rama Medical College**

Beat D Heat 22 was a great experience. I loved the hospitality of each and every person I met, they all were awesome at their work. The code of conduct was also great. In short attending beat d heat22 was a great success. Sharda Basketball team will surely come next year.

**- Sharda University**



Beat D Heat was a great event compiling sports of different categories, building inter-college relationships. For the very first time, so many sports were conducted. The team spirit of the teams coming from various colleges was truly astonishing.

**Anant Kumar**

Vice President

(Student Council, 2022-23)

No other college gives better opportunities than mine. Therefore they gave us an opportunity to organize an inter college sports competition. The faith & freedom provided to us made all the sports event a huge success. I hope we can maintain the benchmark set by our seniors!

**Dr.Kshitej Malhotra**

General Secretary

(Student Council, 2022-23)





## CREATIVE RUSH

“

O the soul of life!  
You have emerged in many ways  
Who says women are weak,  
Look at the mother earth,  
Giving life to bleak,  
She is the birth giver,  
oh yes, god can't be everywhere.  
So he gave us the mother,  
O' Magnificent Mary Kom,  
A protective mother,  
A determined player,  
Whose ambition nothing could wither.  
Let's recall a shero,  
Who lost her life, while saving three,  
Neerja was her name, as we see,  
Kalpana Chawla, a shooting star,  
From earth she went far,  
exploring life beyond clouds,  
Breaking all stereotypes and doubts!  
Kargil girl dare to scream,  
She went against the stream,  
Gunjan, you inspired every girl,  
to follow her dreams,  
No matter, what the profession or gender is,  
never lose self esteem.  
These are only a few,  
Every women is a shero,  
Fearless as they go,  
achieving heights from zero.  
Women are a blessing  
For, they have given us.  
Homemakers,  
Architects,  
Bankers,  
Engineers,  
And above all MOTHERS.  
She has emerged against all odds,  
Today, she is,

The Daring Durga,  
The Knowledgeable Saraswati  
The Courageous Kaali  
And the Furious Chandil  
O the soul of life!  
It is impossible to stop you,  
Now that,



~ **Ambika Pandey**  
**MBBS 2020**

“

Dancing above the sky  
are the stars that twinkle and glow  
winds that pass by  
and off with them the clouds blow.  
there lie the memories which sing  
songs of untold times  
up there the roots cling  
of brave and brightened minds.  
there hides the future  
waiting for it's role to commence  
sneaking and peeping through the great visions  
eager to cross the constraining fence.  
here sits love,adorning her glistening hair  
she sighs and rises above  
to remove darkness and despair.  
around her flows life  
embracing her skin  
which makes the world around her thrive  
from flowers to rivers all akin.  
dancing above the sky  
functions the greatest of all  
her fraternity and unity lie  
preventing the world from catastrophic fall.



~ **Sia Saxena**  
**BDS 2020**

## CREATIVE RUSH

Groaning women and wandering spirits  
Slaughtered babies and begging hands.  
Huge destruction and throbbing hearts  
Asking you all a hand that can support them  
Support them

To breathe, feel an emotion or have a grin  
But alas!

We still live in a male dominated society where  
whole strength, vigor and power are always  
showcased on a girl, a wife, a sister, a mother.

Her journey begins with her birth  
Where a mother is stressed to be blessed with a  
baby.

Her nine months pass terribly  
She Crosses her fingers and begs for a healthy  
child.

The doctor announces that a LAXMI is born!  
Father's expectations are all torn,  
Mother fears and the father tears, curses, abuses  
and walks away

Mother's greatness, patience and love encourage  
her to gather all her strength and nurture the  
child.

The infant has now grown up.  
She's turned into a beautiful schoolgirl.

But Alas!

"School's not meant for her"  
She's been told.

Still she learns it all! But again faces a sudden  
fall!

She gets married against her desire, to an aged  
person nearly of her father's age.

She smiles and leaves her mother to unveil the  
new phase of her life.

She is tortured and raped, all her charm and aura  
fades

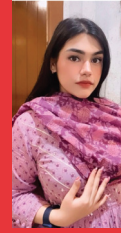
She is a mother now and worried to be blessed  
with her own image!

She perceives and raises and  
Becomes MAA DURGA! MAA KAALI!  
And challenges you all.

Dare not touch her as now she has learnt to fight  
for her rights.

Its time for you to wake up and salute her for all  
her courage,

And above all your motherland that teaches you  
to grab your right and only spread light.



**Surbhi Grover**  
**BDS 2019**

Till we meet again.

Busy streets, markets crowded  
Out in the cars, with clothes shrouded  
Unhealthy snacks, finger-licking good  
Starbucks coffee . to lighten the mood  
Jumpy politics, flavoured entertainment  
Traffic jams and flowers of the scent.

Oh how naive we have been

How we want it back

The limit is seen

The sense we lack.

Birds chirping, breathlessness gone

Clear skies, can we be wrong?

Water flourishing, wildlife restoring

Break from mankind, nature renewing

Tis not that bad

A beautiful home to go to

All the adventures we had

A family to go to.

Hold on to the hope

Find a skill to gain

Desperate time needs to cope

Till we meet again..



**Aishwarya Rana**  
**MBBS 18**

## SMOKING KILLS

Two simple yet strong words that we come across everyday in our lives, have seemed to lose impact when our generation picks up a pack of cigarettes and casually ignores these words, as if they mean nothing. In today's world of gadgets and gizmos, tobacco consumption amongst the gen-z has been on rise at an alarming rate. Being in a medical college, even medicos don't pay heed to the warning label that comes with it, despite being well aware of the ill effects of smoking on one's health. Research has found that smoking leads to an increased risk of cancer, chronic



respiratory diseases, heart problems, stroke, diabetes, weak immune system, and the list goes on. A number of factors influence the use of tobacco by children and teenagers. Some of these are the family history of tobacco use by elders, peer influence, experimentation, underlying emotional and psychological problems, accompanied risk-taking behaviors, and most importantly, the aggressive marketing strategies of the tobacco industry. Sadly, while marketing, people forget those very simple yet important two words- 'smoking kills'. I believe, a country's cinema is the reflection of its youth's mind and definitely has a deep impact on the lifestyle of our generation. It's time when acts such as smoking and drinking are stopped being glorified on the big screen as 'cool habits'. Moreover, i believe, as a responsible human, one must not encourage their friends and peers to indulge into these habits out of fun as you never know when it turns into an addiction and there you go, dealing with a whole different spiral of problems. Again, i would like to emphasize, smoking is so not cool. Cigarettes are like cancer sticks. Just ponder once, if it's such a right thing to do, why do most people lie and hide about it from their family and elders?! In today's times, when we live a peer-influenced lifestyle and social life, sensitisation and awareness is the key to move forward. Ofcourse, the old school print media posters and moral policing aren't too fruitful, but short films and digital content that speaks the heart and soul of today's youth, is the way to bring about a change in perception. After all, education is the most powerful weapon to change the world.



**Suhaani Aggarwal**  
MBBS 2021

## QUIT TOBACCO

Use of tobacco is one of the habits that one can be badly addicted to. It doesn't really matter, what your age is! It's difficult to quit once you are addicted. The key to achieve it is "determination". You have to be determined to give yourself the most precious gift of life i.e. good health and self-esteem by quitting tobacco. Many teens underestimate the consequences of consuming tobacco and create an addiction, which they later regret. Most of them think that they will quit once they start a family but it's not as easy as it sounds! When a person smokes a tobacco product, they intake nicotine as well as over 500 chemicals and other dangerous substances like is carbon monoxide, which can cause several heart problems. On an average a male smoker loses about 13 years of life and female loses about 14 years. Smoking not only puts the active smokers in the danger zone of diseases but also envelops the passive into its folds. It has been scientifically proven that smoking causes cancer and host other diseases like lung disease and many more.

There are approximately 120 million smokers in India. According to WHO, India is the home of 12% of the overall world smokers. More than 10 million die each year due to tobacco intake in India. In India tobacco causes 1 death every eight seconds, and 5000 children begin consuming tobacco every day. There are some alternatives which are not 100% safe but better than smoking tobacco like "The Electronic Nicotine Delivery System" {ENDS} are tools that contain liquid nicotine and other chemicals. They are more renowned as the e-cigarettes, e-cigs, vape pens, vapes. E-cigarettes have been proven to almost double your chances of successfully quitting smoking but they are not an ultimate solution. Tobacco use is also associated with reduced fertility, higher risks of miscarriage, early delivery [premature birth] and stillbirth. Nicotine gum and nicotine patches, lozenges and inhalers are the types of medicines involved in Nicotine Replacement Therapy {NRT} and are designed to help smokers quit. Some people are also scared of the process involved. They seemed to have tried multiple times but have aced no success. Well, not anymore! There is nothing in the world without a solution unless you have an attitude to fix it. Our mind is such a system that if it's kept busy you might never indulge in the things which are not healthy for you and it would be a good option if this includes physical activities. They don't take a lot of efforts or time, but they are enough to replace the habit of grabbing a cigarette like chew a gum, eat popsicles or wash and freeze grapes on a cookie sheet for a healthy frozen snack, eat a hot fudge sundae, call a friend, divert your mind by doing something, read books get positive thoughts, be active, etc. There are many physical and mental benefits of quitting tobacco as it reduces the risk of diseases. IT TAKES 21 DAYS TO GET INTO A NEW HABIT OR TO QUIT A BAD HABIT ... Quitting smoking has immediate as well as long term benefit for you. Within 12 hours after you have your last cigarette, your body will begin to heal itself. The level of carbon monoxide and nicotine in your system will decline rapidly and your heart and your lungs will begin to repair the damage caused by cigarette smoke.

*HENCE PLEDGE TO COMMIT TO BREATHE FREE,  
QUIT SMOKING AND ALLOW YOUR LOVED ONES TO BREATHE FREE TOO ...*



**Riya Sharma**  
**BDS 2020**



## PHONE ADDICTION

Are we addicted to our cell phones? This is a common question that has arisen in the past several years as our phone technology and capabilities continue to increase. We Indians use our phones to talk, text, check our E-mail, surf the Internet, and interact in social networking. Post Covid-19 era gadgets have been brought into great use for each person surviving on this planet, be it students for online classes or working people they all shifted to phones for their respective tasks and also their phones have become so resourceful to them in everyday lives, many say that cell phones have become addicting and that's absolutely true. Once you pick your phone and there is no doubt that you won't leave it unless somebody points you out. Cell phones can be addicted in many ways, for instance; people use their phones to play an assortment of games. "Experts say cell phone usage will only increase as the phones become more sophisticated and powerful, likely replacing laptops in the future." When the cell phone was invented in the 1970s, nobody could have imagined how far they have come. What was once a luxury item is now an item that is rare to not have. With the widespread usage of cell phones comes the problem of addiction. The world has slowly become more of an online world. Shopping, socializing and work are all made easier by the Internet and cell phones.

Pathological phone use has given rise to a raft of new terminology, such as:-Nomophobia: the fear of going without your phone, Textaphrenia: the fear that you can't send or receive texts, Phantom Vibrations: the feeling that your phone is alerting you when it really isn't. Specifically, adolescents are a high risk group for smartphone addiction. Adolescents are strongly attached to their smartphone, and they regard a smartphone as their second self. Mobile phones give us the liberty to connect with anyone around the world spontaneously. They empower us to find any information we require and are a great source of entertainment. While this device was designed to empower us, sadly, it's turning out to subjugate us. Almost every mobile user is suffering from the addiction of mobile these days. Mobile addiction repercussions are dangerous and causes several problems such as weakened vision, headache, sleep disorders, depression, stress, aggressive behaviour, social isolation, financial situations, ruined relationships and no or low professional growth. We must limit the use of mobile to take control of our lives. The mobile phone is one of the most significant discoveries of the 20th century. According to recent statistics, over 50 crore Indians are using smartphones. Mobile phone addiction is one of the instances where technology has affected people's lives adversely. With the recent burst of iPhones, Androids, and other similar smart gadgets like the tablets, the cell phone addiction issue has risen to an alarming rate.



**Arooba Nafis Siddqui**  
**BDS 2020**

## DID YOU KNOW

Our university is organising various departmental alumni meets, for the students to get a proper exposure to what's happening in their gripping fields. All departments are actively stepping up in conducting the meets, and none of them are left behind.



Alumni associations offer great networking opportunities which can connect recent graduates with established professionals and help them pursue career changes, if and when required.



Networking can take many forms. Alumni associations promised to offer online career fairs or host virtual networking events with tips for job interviews.



Such progressive engagements lead to lifelong alumni relationships, helping students choose the right career, stream or college, internships, placements and donations, or can even fund scholarships.



# A GLIMPSE OF ALUMNI MEETS



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# BEAT D HEAT

— AN INTERCOLLEGIATE SPORTS FEST —

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