



# Santosh Deemed to be University, Ghaziabad

## Sports Bulletin

October 2019

### Patron



**Dr. Manoj Goyal,**  
Chancellor

### Committee:



**Dr. V.K. Chhoker,**  
Incharge Sports (Medical)



**Dr. Deepika Agrawal (Medical)**



**Dr. Yogesh Yadav (Medical)**



**Dr. Manish Gupta (Dental)**



**Dr. A. Revanth Kumar (Medical)**



**Mr. Jagmohan Singh Dhakar**  
(Statistician)

### Students Representatives



**Harsh Talwar (Medical)**  
MBBS Batch (2016-17)



**Abhishek Jha (Medical)**  
MBBS Batch (2017-18)



**Shrey Tyagi (Medical)**  
MBBS Batch (2017-18)



**Rashid Ali (Medical)**  
MBBS Batch (2017-18)



**Aishwarya Rana (Medical)**  
MBBS Batch (2018-19)



**Hritik Singh (Medical)**  
MBBS Batch (2019-20)

### Background

“All work and no play makes Jack a dull boy”, a popular proverb since 1659, has been reminding the academicians time and again that a person becomes both bored and boring if they do not spare time off from work / learning. But in the present competitive world, it has long been forgotten that academic learning and sports complement each other in the growth and development of any learner. If sports activities are carried out along with the academic curriculum, the overall personality of the student is enhanced. The qualities of leadership, sharing, team spirit and tolerance are learnt from sports. A person who is active in sports becomes strong both physically & mentally to deal with the day to day challenges attached with the medical profession. This synergy was recognized by the MCI very well, hence it has included sports, Yoga, Meditation, Exercise, etc., to be a part of new Competency based M.B.B.S curriculum which has been successfully implemented in our institution for the 2019-20 batch.

Honorable Prime Minister Shree Narendra Modi, launched the Fit India movement in which the higher education institutions are being instructed to include Sports as a part of their curriculum; thereby recognizing the importance of sports activity for achieving academic excellence.

In the year 2018 Santosh Deemed to be University lit the spark for Sports activities for the Medical & Dental students by conducting various events in the Medical College under the able leadership of Dr. V.K Chhoker, Professor & Head Department of Forensic Medicine & Toxicology. Students from this University have also been participating in Inter college / university sports events and have secured various awards. To keep the spirits high amongst the students we are launching the Annual Sports Meet 2019 from October 2019.

### Message from the Vice Chancellor:



It gives me immense pleasure to inaugurate the annual Sports Meet 2019. Sports today is an integral part of curriculum and it helps students to learn better in a stress-free environment. It also motivates the pupil to excel in their performance, be it academics or extracurricular activities. True sportsmanship among the students will definitely boost them to build their persona & develop as a better human. I congratulate Dr. V.K. Chhoker and his team for having taken this initiative last year and also continuing it for this year. I also extend my best wishes to all the students to participate actively and at the same time take appropriate safety measures.



Dr. Tripta S Bhagat  
Vice Chancellor

Santosh Deemed to be University

### Message from the Dean:



At the onset of the annual Sports Meet 2019 in the institution, I congratulate the team organizing the activity and extend the same to the Student volunteers and participants. In the new M.B.B.S curriculum, due importance is given to extra-curricular activities along with competency based medical education. Simultaneously on 29th August 2019, our Honorable Prime Minister Shree Narendra Modi Ji also launched the 'FIT INDIA MOVEMENT' in various educational institutions to promote health and fitness among the students & staff of the respective institutes. University Grants Commission (UGC) too has asked higher educational institutions (HEIs) to motivate staff and students to adopt walking 10,000 steps each day and follow it up in their daily routine". The Sports Meet will surely serve well in sensitizing everyone towards fitness.



Dr. Gajendra Kumar Gupta  
Dean  
Santosh Medical College



Honorable Prime Minister Shree Narendra Modi Ji launched the 'FIT INDIA MOVEMENT' on 29.08.2019

## Sports Meet 2019

### Events conducted in the month of October 2019:

The Sports Meet 2019 was formally inaugurated by Dr. Tripta S Bhagat, Vice Chancellor, Santosh Deemed to be University and Dr. Gajendra Kumar Gupta, Dean, Santosh Medical College on 12th October 2019 in the College campus by flagging the 1st event i.e., Race Competition. Events like 100 mts & 200 mts was conducted and a total of 35 students from different courses participated in various events. Whole event took place under the supervision of Dr. Virender Kumar Chhoker, H.O.D, Forensic Medicine & Toxicology Department, who is also the Sports in-charge of the college.





Race Competition being inaugurated by Dr. Tripta S Bhagat, VC, Santosh Deemed to be University and Dr. Gajendra Km Gupta, Dean

Kabaddi Tournament was the 2nd event organized during this Sports Meet, which was held on 19th October 2019 near the basket Ball court in College Premises. It was inaugurated by Dr. Tripta S Bhagat, Vice Chancellor & Dr Gajendra Gupta, Dean, Medical College and under the Guidance of the Sports in-charge. Nine teams had registered to play kabaddi, a game that originated in our India. Not only medical students, but even Dental and Paramedical students enthusiastically took part in this tournament. The whole tournament was full of energy with knockout performances from all the teams. Altogether 8 matches were held including the semi-finals and finals & refreshment was served to the students to rejuvenate them, before calling it a day. All the matches were conducted by two hired referees to maintain transparency & follow game rules accurately.

### **Race Competition – 12<sup>th</sup> October 2019.**

Race Competition marked the beginning of the sports meet with participation of 35 students in various events. A huge gathering of spectators encouraged the athletes. Faculty from the Medical College, Dr. Deepika Agrawal, Dr. Pradeep Kumar Sharma, Dr. Yogesh Yadav, Dr. A. Revanth Kumar and Mr. Rajesh Kumar (MSW), were also present at the event who contributed in running the race events smoothly.

## The Race events were as follows:

### 100 Meters for Girls

#### Participants & Winners:

1. Ms. Kanika Mittal, Medical (18-19)
2. Ms. Priyanka Singh, Medical (18-19)
3. Ms. Pragati Chauhan, Dental (17-18)
4. Ms. Simran, Paramedical (19-20)
5. Ms. Deeksha, Paramedical (19-20)
6. Ms. Ashvani, Paramedical (19-20)

As only 6 female students from all the courses had registered for 100 mts race, a mixed race was conducted and best 3 were selected in the 1st race.

In the final round **1st place** secured by Ms. Pragati Chauhan, BDS 2017-18 batch student and Ms. Kanika Mittal, MBBS 2018-19 batch student was **runner-up**.



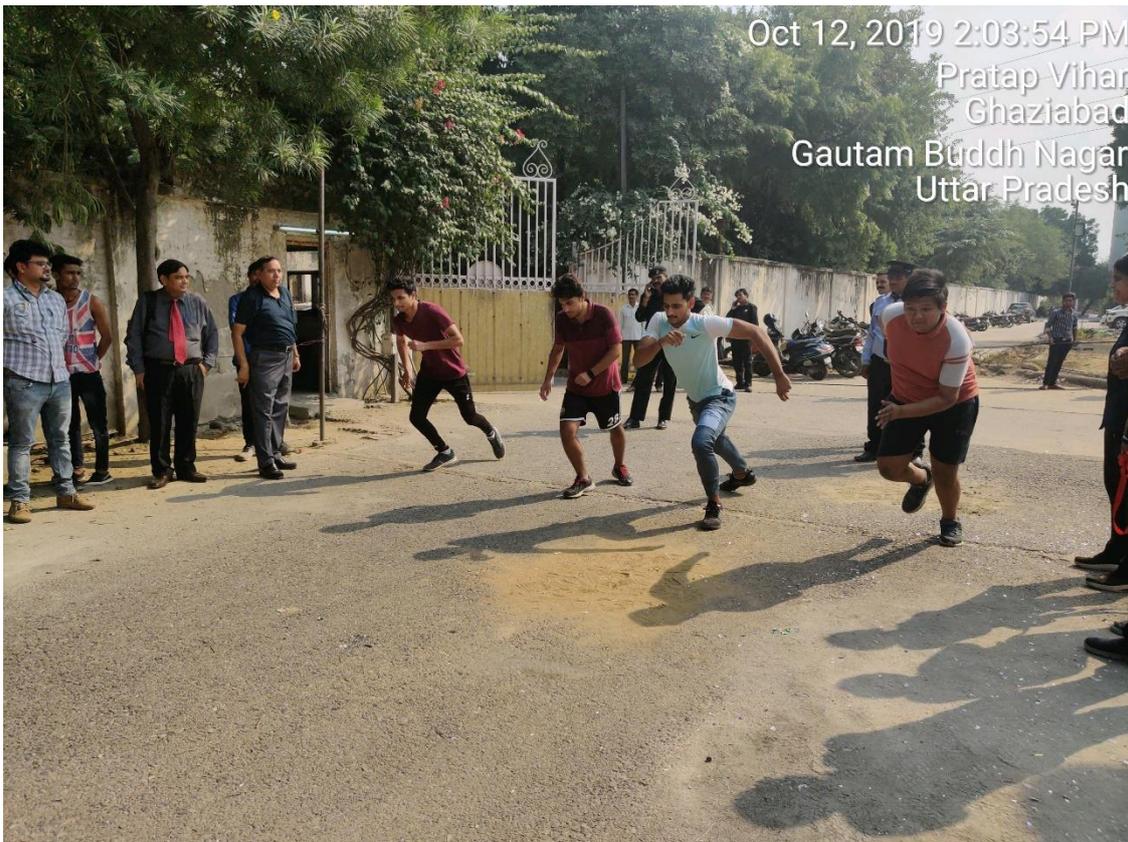
### 100 Meters for Boys

#### Participants & Winners:

Slot 1 MBBS	Slot 2 MBBS/BDS mix	Slot 3 MBBS/BDS mix
1. Shubham Solanki (17-18)	7. Akshay Raj, Med (19-20)	13. <b>Karan Gupta, BDS (17-18)</b> ✓
2. <b>Farzad Ali (19-20)</b> ✓	8. <b>Hritik Singh, Med (19-20)</b> ✓	14. Prashant, Med (17-18)
3. Shashank Singh (19-20)	9. Muneer Ahmad, Med (17-18)	15. <b>Mohit Gogna, Med (17-18)</b> ✓
4. Ekagra Powar (19-20)	10. Satish Kr. Singh, BDS (17-18)	16. Abhishek Jha, Med (17-18)
5. <b>Samir Ansari (18-19)</b> ✓	11. <b>Tushar Gupta, BDS (17-18)</b> ✓	
6. Shresath Srivastav (18-19)	12. Harshit Lohani, BDS (17-18)	

Slot 4 Paramedical	Slot 5 Paramedical
1. <b>Sultan (17-18)</b> ✓	7. Shubham (19-20)
2. Pankaj (19-20)	8. <b>Rajnish (19-20)</b> ✓
3. Anit Jain (19-20)	9. Deepak Kumar (19-20)
4. Javed Khan (19-20)	10. Ankit Bansal (19-20)
5. Tarun Dixit (19-20)	11. <b>Asif Khan (19-20)</b> ✓
6. <b>Rituraj Singh (19-20)</b> ✓	

For MBBS & BDS Boys, elimination rounds were conducted in 3 slots for the boys. In the 1<sup>st</sup> slot only MBBS Students participated, whereas in 2<sup>nd</sup> & 3<sup>rd</sup> slots both MBBS & BDS Boys raced. From these elimination rounds, 2 students (✓) were selected in each slot who came 1<sup>st</sup> & 2<sup>nd</sup>. Among the selected 6 students a final race was conducted to select the winners. Mr. Hritik Singh, MBBS 2019-20 batch won the 1<sup>st</sup> Place followed by Mr. Farzad Ali, MBBS 2019-20 batch got 2<sup>nd</sup> place & 3<sup>rd</sup> place was won by Mr. Mohit Gogna, MBBS 2017-18 Batch.



Similarly, for Paramedical Boys elimination round was conducted in 2 Slots & best 2 were selected in each slot. Final race was conducted for the 4 finalists & Mr. Sultan came 1<sup>st</sup>, Mr. Rajnish was 2<sup>nd</sup> & 3<sup>rd</sup> place secured by Mr. Asif Khan.



### **200 Meters for Boys**

#### **Winners:**

Race of 200 meters for MBBS & BDS boys was conducted in 2 slots (Mixed) & fastest 2 runners in the 2 slots were declared as winners as follows:

#### **Slot 1:**

- 1<sup>st</sup> Prize : Mr. Ekagra Pawar, MBBS 2019-20 batch.  
2<sup>nd</sup> Prize : Mr. Satish Km. Singh, BDS 2017-18 batch.

#### **Slot 2:**

- 1<sup>st</sup> Prize : Mr. Hritik Singh, MBBS 2019-20 batch.  
2<sup>nd</sup> Prize : Shubham Solanki, MBBS 2017-18 batch

Race of 200 meters for Paramedical boys was conducted in 3 slots & fastest runners in all the 3 slots were declared as winners as follows:

#### **Slot 1:**

- 1<sup>st</sup> Prize : Mr. Anit Jain (2019-2020)  
2<sup>nd</sup> Prize : Mr. Rituraj & Mr. Ankit Bansal (Tie) (2019-2020)



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**Slot 2:**

1<sup>st</sup> Prize : Mr. Sultan (2017-18)

**Slot 3:**

1<sup>st</sup> Prize : Javed Khan (2019-2020)



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After successful completion of the race competition, results were announced and following which snacks & refreshments was served to all students and the day was concluded.

## Kabaddi tournament – 19<sup>th</sup> October 2019

Out of total 9 teams registered, 2 were Paramedical Student's teams, 2 Teams from Dental and five teams were from medical students. Students from various courses were present in the Kabaddi ground to cheer their respective teams. Faculty from the Medical College, Dr. Deepika Agrawal, Dr. Subir Kumar Mitra, Dr Kaushal Kishore, Dr. A. Revanth Kumar, Mr. Jagmohan Singh Dhakar and Mr. Rajesh Kumar (MSW), were also present at the event to encourage the participants.



**The matches were as follows:**

**1<sup>st</sup> Match:** Nursing v/s GNM

<b>BSc Nursing</b>	<b>GNM</b>
1. Danveer (Captain)	1. Sachin (Captain)
2. Javed	2. Shubham
3. Rituraj	3. Deepanshu
4. Anit	4. Piyush
5. Pankaj	5. Himanshu
6. Rahul	6. Rajnish
7. Ratan	7. Pradeep
<b>WON by 18 points</b>	<b>Eliminated</b>

**2<sup>nd</sup> Match:** MBBS 14-15 v/s BDS 14-15

<b>MBBS 14-15</b>	<b>GNM</b>
<ol style="list-style-type: none"> <li>1. Sumit Chahar (Captain)</li> <li>2. Priyank Sharma</li> <li>3. Shivam Yadav</li> <li>4. Himanshu Sharma</li> <li>5. Akash Bidhuri</li> <li>6. Kushagra Srivastava</li> <li>7. Satyam Yadav</li> <li>8. Avnish Katheriya</li> </ol>	<ol style="list-style-type: none"> <li>1. Praveen (Captain)</li> <li>2. Anurag</li> <li>3. Nishant</li> <li>4. Tushar Gupta</li> <li>5. Harshit Lohani</li> <li>6. Karan Gupta</li> <li>7. Subayu Mondal</li> </ol>
<b>WON by 38 points</b>	<b>Eliminated</b>

**3<sup>rd</sup> Match:** MBBS 18-19 v/s MBBS 19-20

<b>MBBS 18-19</b>	<b>MBBS 19-20</b>
<ol style="list-style-type: none"> <li>1. Arin (Captain)</li> <li>2. Kushagra</li> <li>3. Kishluv</li> <li>4. Samir</li> <li>5. Keshav</li> <li>6. Saransh</li> <li>7. Rahul</li> </ol>	<ol style="list-style-type: none"> <li>1. Hritik Singh (Captain)</li> <li>2. Saif</li> <li>3. Sachin</li> <li>4. Ekagra</li> <li>5. Vidhur</li> <li>6. Surya</li> <li>7. Shaurya</li> </ol>
<b>Eliminated</b>	<b>WON by 19 points</b>

**4<sup>th</sup> Match:** MBBS 17-18 (B) V/s BDS 17-18

<b>MBBS 2017-18 (B)</b>	<b>BDS 2017-18</b>
<ol style="list-style-type: none"> <li>1. Anshu Yadav (Captain)</li> <li>2. Shubham Virmani</li> <li>3. Ashutosh Biswas</li> <li>4. Afrid Rasul</li> <li>5. Shubham Solanki</li> <li>6. Jay krishan Aggrawal</li> <li>7. Avnish Katheriya</li> </ol>	<ol style="list-style-type: none"> <li>1. Sachin Sharma (Captain)</li> <li>2. Aditya</li> <li>3. Satish Kumar</li> <li>4. Alankrit</li> <li>5. Kshitish</li> <li>6. Moonish</li> <li>7. Buddhadev</li> </ol>
<b>Eliminated</b>	<b>WON by 1 point</b>



### Quarter finals

The winning teams of the qualifying matches reached the quarter finals.

**1<sup>st</sup> quarter final** : MBBS 17-18 (A) v/s BDS 17-18

<b>BDS 17-18</b>	<b>MBBS 2017-18 (A)</b>
1. Sachin Sharma (Captain)	1. Abhishek Jha (Captain)
2. Aditya	2. Shrey Tyagi
3. Satish Kumar	3. Samar Singh Yadav
4. Alankrit	4. Mohit Gogan
5. Kshitish	5. Ujjwal Prakash
6. Moonish	6. Samyak Jain
7. Buddhadev	7. Rashid Ali
<b>Lost</b>	<b>WON by 24 points</b>

**2<sup>nd</sup> quarter final** : MBBS 14-15 v/s Nursing.

<b>MBBS 14-15</b>	<b>Nursing</b>
1. Sumit Chahar (Captain) 2. Priyank Sharma 3. Shivam Yadav 4. Himanshu Sharma 5. Akash Bidhuri 6. Kushagra Srivastava 7. Satyam Yadav 8. Avnish Katheriya	1. Danveer (Captain) 2. Javed 3. Rituraj 4. Anit 5. Pankaj 6. Rahul 7. Ratan
<b>WON by 13 points</b>	<b>Lost</b>

### Semi finals

The winning teams in the Quarter finals reached semi-finals.

Semi-final match was played between MBBS 17-18 (A) v/s MBBS 19-20 & this match was won by MBBS 17-18 (A) by 3 points.

### Final Match

The final match was played between MBBS 14-15 v/s MBBS 17-18 (A) & Final match was won by MBBS 14-15 by 6 points.

### Winners

<b>Winner</b>	<b>Runner up</b>
<b>MBBS 14-15 (Interns)</b> Sumit Chahar (Captain) Priyank Sharma Shivam Yadav Himanshu Sharma Akash Bidhuri Kushagra Srivastava Satyam Yadav Avnish Katheriya	<b>MBBS 2017-18 (A)</b> Abhishek Jha (Captain) Shrey Tyagi Samar Singh Yadav Mohit Gogan Ujjwal Prakash Samyak Jain Rashid Ali
<b>WON by 5 points</b>	<b>Runner up</b>



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← **WINNERS**



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Uttar Pradesh

**RUNNER UP** →

Upcoming events to be conducted in the month of November 2019:



..... Carroms, ..... Chess, ..... Badminton.