

SANTOSH

Deemed to be University



5.3.3 Average Number of sports and cultural activities / events/ competitions organized in the Institution per year

SANTOSH DEEMED TO BE UNIVERSITY
SANTOSH DENTAL COLLEGE AND HOSPITAL
DEPARTMENT OF ANATOMY

Debate Competition on **15/03/2019**

The faculty of the department of Anatomy has always encouraged their students to think beyond the books. The department organized a debate competition titled (CADEVIRTUAL) on the burning topic "CAN VIRTUAL DISSECTIONS REPLACE THE CADAVERIC DISSECTIONS?" on 15/03/2019. All the students of batch 2018-19 (MBBS) helped the department to organize a successful event with great enthusiasm. The participants against cadaveric dissection highlighted some drawbacks of cadaveric dissections like the use of chemicals, not easy to demonstrate, nonavailability of bodies but all the points were countered by the opposite team by putting their points in favor of cadaver dissection and mentioning the drawbacks of virtual dissections. This whole debate was conducted in the presence of Dean SMC, Dean SDC, Dean paramedics of Santosh, Principal Santosh nursing college and three honourable judges. At the end, to find the conclusion there was a rebuttal round which was so entertaining that even the crowd in the audience could not stop themselves to participate in the rebuttal. The conclusion was drawn that both the methods of dissection are important to learn effective anatomy because in the absence of bodies one can't stand helplessly, without having the basic & crucial knowledge of anatomy which a medical student can learn only by dissecting the dead body. Prizes and certificates were given to the best speakers. With the respectful thoughts of faculty members and enthusiastic participation of students, this successful event was completed and it imparted the message very clearly that such activities help students not to mug up but to understand things in an enjoyable manner.



SANTOSH UNIVERSITY

YOGA FOR WELLBEING – 21 JUNE 2018



Yoga and Meditation can help improve a person's mental wellbeing. Regular yoga creates mental clarity and calmness, increases body awareness, reduces stress, relaxes mind and body and sharpens concentration. The students during the workshop were made aware of the importance of yoga and meditation.

Number of Students Participated: 287

Name of Faculty Involved: Mr. Saroj Sirohi & Lalit Kumar









SANTOSH UNIVERSITY

YOGA WELLNESS CAMP- 21ST JUNE 2017

Yoga and Meditation can help improve a person's mental wellbeing. Regular yoga creates mental clarity and calmness, increases body awareness, reduces stress, relaxes mind and body and sharpens concentration. The students during the workshop were made aware of the importance of yoga and meditation.

Number of Students Participated: 84

Name of Agency Involved: Bharti Yoga Sansthan





SANTOSH

Deemed to be University