

25 teams feel adrenaline RUSH!

By UZMA AFREEN

SCMC organised the second edition of its intercollegiate sports fest, RUSH, from 16 to 18 February 2023. The event was inaugurated by Mr Nirmal Salvi, Assistant Director of Physical Education & Sports, Symbiosis International University, and Mr Sreeram Gopalkrishnan, Director, SCMC, in the college vicinity. The duo also indulged in a fun chess battle, the first event of the inter-collegiate event.

Day one of the fest saw some enthralling games in chess, badminton, volleyball, basketball, and futsal. Fifteen participants battled each other in Chess, moderated by Soham Shah and Arnav Malhotra, students from Batch 2023. Prasang Agarwal and Sanjay Unnikrishnan, students of SCMC, were among the four participants who qualified for the semi-finals. Prasang went on to bag the third position. The day's second event took place in the Infinity Arena, as a whopping twenty-four participants from various colleges challenged each other in men's singles of badminton.

With 25 colleges participating in six sports categories in a total of 18 matches, the arena was filled with people cheering for their favourite players. Matches for Basketball, Volleyball and Futsal took place on the Symbiosis Law School Campus.

Students from all three batches gathered on the SLS ground to cheer for the in-house



Paras Bhalla from SCMS smashes his way into the badminton mens singles finals!

teams. Fergusson College, National Defence Academy, Air Force School, Symbiosis Centre for Management

The matches for Mixed Doubles and Women's Singles for Badminton took place on the

second day of the fest. Saie Jadhav and Tejas Khomane emerged as the winners of Women's Singles and Men's Singles, respectively. The duo also bagged the first position for Mixed Doubles. The final results for Chess also came out on 17 February. Nidhi Meena

from DY Patil emerged as the winner.

Tennis saw some close hits and misses, and after seven 12 rounds, Prathamesh Shinde, from SKNCOE, bagged the first position. "It was a wonderful experience participating in the tournament. Hats off to the managing team for all the efforts," said Prathamesh. "We're willing to come for further events".

The final day of RUSH witnessed the most intense matches as teams indulged in cut-throat competitions to bag the trophies. The final matches of futsal and Volleyball, played between SCMS and Indira College and MIT and Airforce, respectively, gave the viewers an adrenaline rush.

A non-sports event was also conducted wherein SCMC emerged as the winner. Akshat Rathee from batch 2023 and Ripunjay Kumawat from batch 2025 won the first and runner-up positions, respectively, in Photography.

With months-long hard work of the organising committee and the unmatched zeal of the players, RUSH 2023 wrapped up with a bang.

Although none of the colleges emerged as an overall winner, Indira College managed to win Futsal in the Men's category and Basketball in the Women's category.

(See photo story on Page 3)

Vishakha, Armaan and Yeshi are Pune's Times Fresh Faces



The finalists and runners up for Pune city in the Times Fresh Competition.

By ADITI IYER

The Times Fresh Face competition began its fourteenth season to find its newest stars. The competition has been a launching pad for success, helping people enter the industry and step towards a thriving future. The season's selections took place in fifteen major cities across the country.

Pune's city finals occurred on 16 February 2023 in Phoenix Marketcity, Viman Nagar. Students from colleges across Pune took

part, showcasing their unique talents. With a wide range of compelling performances given by contestants, the win was swept by students of SCMC. The city finalists were Vishakha Rai and Armaan Misra, followed by the first runner-ups, Yeshi Shah and Prashanth Jhavar.

I got to talk to finalists Vishakha and Armaan, asking them about their experiences and how they felt about the win.

"I have been into pageantry for two years—so switching to Times Fresh Face was very

different, in the best way possible. I was in a room with a bunch of extremely passionate and talented people. I always want to be in those spaces where people are so engrossed in their performing arts. They talk so passionately about it that you get your creative juices flowing, which is very inspiring. And, of course, winning felt amazing. What felt even better was there were four of us from our college, and it was a very surreal experience," says Vishakha.

"Overall, I think it was a very wholesome experience, even though it was not very long. I'm really glad that it turned out so well. I was very confident about going into this and curious to see what this holds. And I was very grateful that I managed to win the round because it's a stepping stone for me if nothing else. I think the fact that I got to experience this and then have the honour of going forward it's definitely a privilege. So, yes, I'm looking forward to the finals," says Armaan.



(From L to R) Vishakha Rai, Yeshi Shah and Armaan Misra.

SIU organises G20 Festival of Thinkers summit



(From L to R) Dr. Vidya Yeravdekar, Lyonpo Namgay Tshering, Dr. SB Mujumdar and Talmiz Ahmed

By TANDIN WANGCHUK

The G20 Festival of Thinkers Summit, organised by Symbiosis International (Deemed University) under India's G20 Presidency, was a remarkable event that brought together distinguished speakers to discuss crucial topics related to India and the G20. As a student from Bhutan on scholarship at Symbiosis, I had the privilege to attend the summit on February 24, 2023, and it was an incredible experience.

The second day of the summit witnessed a panel discussion featuring renowned speakers, including Amb. Talmiz Ahmad, Former Ambassador to Saudi Arabia, UAE & Oman, Mr. Lyonpo Namgay Tshering, Hon'ble

(Cont'd on Page 4)

TOP PICKS



BALAJI BHEL

By ADITI IYER

Located on the popular Konark Nagar, opposite the beloved establishment of Farmaish is a quaint chaat stall—Balaji Bhel. Every chaat item served is delectable, the chutneys perfectly balancing out every dish Balaji bhairya makes. Paani-Puri, SPDP and Farsaan Bhel are the top items to try the next time you visit.



YOU (SEASON 4, PART 1)

By PARIDHI MAHESHWARI

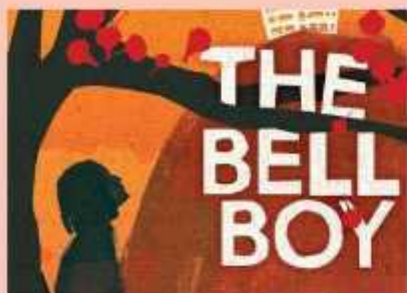
Joe is now in London and trying his best at a personal transformation. An engrossing watch? Yes. However, the plot and the setting are utterly absurd, with unbelievable characters and a predictable ending to Part 1. Penn Badgley's acting is sadly the only saving grace in this season so far.



BUTTER BREWS

By AMBIKA BAPAT

Looking for a place for comfort food and satiate your cravings? Butter Brews is the place for you. My personal favourite is Cottage Cheese Supreme, a meal of Paneer steak stuffed with arabian spices, grilled and served with veggies, herb butter rice and creamy, spicy sauce. It's the perfect hug in the form of food for days!



ANTMAN & THE WASP: QUANTAMANIA

By ARYA ZADE

Ant-Man and the Wasp: Quantumania is a fun and visually appealing film with its CGI, but the storyline could have done more justice to Kang the Conqueror, considering this was his first feature film debut.

Rating: 3.5/5

Journo batch visits TOI press

By MAANSI ANAND

Mornings in Indian households remain incomplete without a freshly printed newspaper on the tea table. While we get the news neatly printed, folded and delivered at our doorsteps, the process behind printing a newspaper is complicated. To learn about the process, students from the Journalism specialization visited the Times of India's (TOI) printing press in Pune under the guidance of their HoD, Professor Amitabh Dasgupta.

The press functions within a gigantic warehouse built specially to accommodate hundreds of machines, paper rolls, CMYK ink plates and other printing supplies used together, and capable of producing over 80,000 copies of newspaper every hour.

As the world sleeps, the press comes alive in the wee hours from midnight to 4 a.m. During the day, while the editorial team located at the FC Road office works diligently on putting the news, images and designs together, the 36-people printing team works in two shifts to get these newspapers finalized, printed and dispatched for delivery. All TOI publications, including supplements, are printed within this very press, although editions for the latter are generally printed during the day. Most machines used for this



The SCMC Journalism Batch of 2023 at the TOI press in Pune.

are completely automated, roughly consuming several tonnes of paper every day. All communication between the editorial and printing teams is done digitally, first printed upon plates within 10 minutes and then converted to paper within 25 seconds.

Most papers and machines used in the press have been imported from countries like Germany, requiring 25 degrees of ideal tempera-

ture for printing. Automated handlers move printed newspapers to one side for dispatch, random copies from which are manually checked by the press employees to ensure no printing errors.

This study tour resulted in a comprehensive insight of the printing process followed by the Times of India, which is one of the biggest news publications in India.

Prioritizing mental health at Symbiosis

By POORVI AMMANAGI

Physical well-being is often easier to understand and maintain than mental well-being because it is more tangible and visible. For example, we can measure our physical health by our weight, blood pressure, and fitness level, whereas mental well-being is less quantifiable and observable. Mental well-being refers to our emotional, psychological, and social well-being, encompassing our thoughts, feelings, behaviors, and relationships with others. Unlike physical well-being, mental well-being does not have clear-cut guidelines to follow, making it more challenging to understand and maintain. Additionally, mental health issues can be stigmatized, making it more difficult for people to seek help and talk openly about

their struggles.

University students face a range of stressors that can contribute to mental health challenges. Academic pressure, financial stress, social isolation, and uncertainty about the future are just a few of the issues that can impact a student's mental health. Additionally, university students often navigate new experiences and responsibilities that can be overwhelming and challenging. For many students, the time at their university is their first time away from home and their support networks. This can lead to feelings of loneliness and isolation, which can exacerbate mental health issues.

Universities must prioritize providing support and resources to help students thrive

while also working to destigmatize mental health issues. Symbiosis International University is excellent at recognizing the importance of mental health support. SIU offers access to mental health resources at no additional cost to students, including Campus Counselors, who are trained professionals available to help students manage their mental health challenges. By investing in mental health resources and counseling services, SIU is helping to break down the barriers to accessing support and promoting a culture of open conversations around mental health. As a student, I feel better knowing there is a system in place to help me with my needs and to be part of a university where mental health is prioritized and supported.

SCMC holds 'live' debate on Assembly elections in NE

By PRANITH YASA

Participation is a cornerstone of democracy, and elections perfectly demonstrate this fact. The students of SCMC attempted to recreate this process in their own way by organizing a television-style debate on the 9th of January. This debate focused on the state-level elections conducted in the northeastern states of Tripura, Manipur and Meghalaya, with SCMC's students taking up the roles of news anchors, correspondents, party representatives and producers. A live broadcast of the debate was also made available for viewing.

The debate was led by Uzma Afreen and Soham Shah of the Journalism Batch of 23, who moderated the discussion in their capacity as anchors of the broadcast. The debate, divided into three segments, began with the coverage of trends in the three states and key information about the parties and their candidates. The 'spokespersons' of the contesting parties also spoke about their respective agendas. The team provided a statistical breakdown of electoral data throughout the



Students and faculty are all smiles after successfully concluding the debate.

segment, updated at regular intervals.

The party representatives took centre stage for the following segment as the anchors moderated panel discussions between them. This segment saw the panellists engage in lively debates with one another as they actively promoted their respective candidates while criticizing their opponents. The final segment involved a panel discussion between the party representatives and Prof.

Amitabh Dasgupta, HOD Journalism, who led an intensive round of questioning directed towards the other panellists.

The debate was an exercise in professional media coverage and debating, with every participant contributing their best efforts.

The live debate was conceptualised by Dr. Sagar Gokhale and Prof. Kabir Upmanyu of the Journalism department.

Second edition of RUSH hits the home run

By PARIDHI MAHESHWARI

For a period of three full days, SCMC felt the RUSH as students from various colleges all around India competed against each other in various sports. Basketball, Volleyball, Futsal, Tennis, Badminton and Chess! Another RUSH event which truly captured the essence of RUSH was Sports Photography! Capturing of that dynamic energy on field along with movement frozen in time.

- 1 Dr. Sreeram Gopalkrishnan, Director, SCMC, and Nirmal Salvi, Asst. Director of Physical Education & Sports at Symbiosis all set to inaugurate RUSH 2023.
- 2 Sanjay Unnikrishnan from SCMC and Nidhi Meena from DY Patil battle it out in the chess semifinals

- 3 A participant at the women's singles badminton match tenses in anticipation.
- 4 SCMC vs SB Road players in action during the basketball knockouts
- 5 A player from SCAC caught turning their match against SSLA during the futsal knockouts!
- 6 Ansh Kapadia from SCMS during the tennis finals
- 7 Sartaj Singh Sekhon, the Athletics captain of '24, takes charge during the basketball knockouts
- 8 SCMC vs Airforce Players take their stance before their clash in the volleyball round robin!



Photo Courtesy: Akshat Rathee and SCMC Photography Cell

Vh1 Supersonic back after 3 years



By PUSHPANGI RAINA

After a three-year hiatus, Pune welcomed back the immensely famous music festival that took place from 24th - 26th February. The 2023 edition of the Vh1 Supersonic Music Festival, led by Nikhil Chinapa, opened with performances by well-known artists, drawing thousands of music fans to Pune's Mahalaxmi Lawns.

With five stages spread across the ground, Moez x PlanB opened on day one, followed by many musicians, including Sunflower Tape Machine and Easy Wanderlings. OAFF x Savera surprised their fans while performing their superhit songs "Doobey" and "Gehraiyaan." Prateek Kuhad, the headliner, sang many of his top hits, including "Tune Kaha," "Dil Beparwah," and "Cold/Mess."

Aside from the music, Supersonic is also known for its fashion. The festival had become a fashion mecca, with attendees dressing up in their most stylish outfits. From flower crowns to crochet tops and fringe jackets, anything goes here. Covered with graffiti walls, Supersonic also had many flea stalls - clothes, food, pottery, face makeup, and drinks sponsored by Budweiser.

The next day, with Lifafa performing "Nikamma" and Divine performing his superhit "Baazigar," it was headlined by American rapper Tyga, who is famous for "Chosen" and "Ayy Macarena." The music didn't stop there. Artists like Luke Slater, Arjun Vagale, and Tara Lily performed on the last day. But, fans were most excited for Farhan, who performed "Rock On" and Anuv Jain's "Baarishein." For the first time in India, CKay and Anne-Marie both stole the show. With fans screaming to "Love Nwantiti" and grooving to "Rock-abye," the festival ended with a bang!

RUSH dust settles with 18 matches, 6 sports

By MIMANSHA WALIA

The jolts of the major success of RUSH 2023 can still be felt as the inter-college sports event comes to a joyous end with about twenty-five colleges participating in over six sports categories. Organized by SCMC for the second time after the pandemic, the event witnessed the best of Pune colleges in action and their adrenaline-high, competitive spirit taking charge of the majority of the event.

The six sports categories, three individual and three team sports, boasted their winners with resplendent trophies and medals. While the home teams fell short of bagging the winner's prize in any of the aforementioned categories, they managed to put up a remarkable fight against the incomers and represented the spirit of SCMC



in the best light. Indira College teams, Men's Futsal Team and Women's Basketball Team superseded other colleges by winning the ultimate trophy in their categories and became the super-performer college of Rush 2023. Whereas, the Men's Volleyball Team of MIT WPU and the Women's Volleyball Team of SID bagged their winning prize after a close match with three rounds against SIS and SSLA respectively.

The event roped in multiple sponsors and a vast audience comprising all colleges cheering for their favorite teams. Individual sports were lauded for their own cutthroat, competitive performances with the social media hype sky-high. RUSH 2023 triumphed in getting the best on the field, padlocking their zeal and charisma in the arena, and serving as a true spectacle of an event to remember.

SPORT	WINNER (MEN)	WINNER (WOMEN)
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Futsal	Indira College	SSLA A
Volleyball	MIT WPU	Symbiosis Institute of Design
Basketball	AFS	Indira College

SPORT	WINNER	RUNNER UP
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Chess	Nidhi Meena	Saral Jain
Tennis	Prathamesh Shinde	Ansh Kapadia

BADMINTON

POSITION	MEN'S	WOMEN'S	DOUBLES
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Winners	Tejas Khomane	Saie Jadhav	Saie Jadhav & Tejas Khomane
Runners Up	Paras Bhalla	Himanshi Srivastava	Himanshi Srivastava & Tejas Rajguru

How to beat the summer heat



By ROSHNI KUMAR

The Indian subcontinent experiences extreme summers that cause severe discomfort to people. As summer approaches, it is essential to take extra precautions to prevent the most common heat-related condition, such as dehydration, extreme fatigue, nosebleeds, and strokes.

Dr Priyanka Ladi from Symbiosis Centre of Health Care (SCHC) added her insights on the matter. She quotes "Our campus and other Symbiosis campuses have always fallen victim to the intense heat of summer months."

Below are some tips for taking care of yourself this summer season -

Stay hydrated: Ensure to drink plenty of water and drinks packed with electrolyte like buttermilk, and lemonade throughout the day, especially if you are spending time outside or being active.

Dress appropriately: Wear lightweight, breathable clothing in light colours to help keep you cool in the heat.

Take frequent breaks: Take frequent breaks if you're working outside, and mostly avoid strenuous activities during the hottest parts of the day. This is especially important if you have underlying medical conditions that the heat can exacerbate.

Eat light: Choose food items that are light and refreshing and are not heavily spiced, greasy foods that can make you feel sluggish in the heat.

Protect your skin: Wear a hat and sunglasses to protect your face and eyes, and seek shade during the hottest parts of the day.

SIU organises G20 Festival of Thinkers summit

(Cont'd from Page 1)

Minister of Finance, Royal Government of Bhutan, and Prof. (Dr.) S. B. Mujumdar, the founder of Symbiosis. The discussion centred around issues such as geopolitical challenges, climate, and the economy, with a particular emphasis on Bhutan and its involvement in the G20 Summit.

A personal session with Bhutanese students was given by Mr. Lyonpo Namgay Tshering before the panel discussion. During this session, he provided us with insights on the current situation in Bhutan and urged us to strive for greatness and contribute to the prosperity of the nation.

Following the presentation of a little ges-



caption

ture of appreciation to the speakers by Dr. Mujumdar at the beginning of the session, the speakers then gave their thoughts on the critical challenges that are impacting Bhutan as well as other nations. The event came to a close with a thought-provoking question-and-answer period during which audience members were given the chance to engage in conversation with the presenters.

The summit was an enriching experience that broadened my knowledge of global issues and their impact on Bhutan and other nations worldwide. I am grateful for this opportunity and believe that it has provided me with valuable insights that will shape my perspective and contribute to my academic and professional growth.