

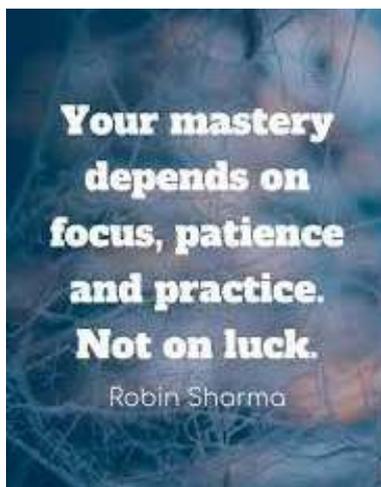


## EDITOR'S CORNER

-Suriya Narayanan

This Nourishing November has been eventful in Celebration front – for it brought the festival of lights, as well in the Academic front – for the first-year students testified their skills in examination. The month blasted off with 'Diwali Dhamaka' which stimulated the euphoric aura among the SCITians, breaking the virtual wall and making subjects to dance, sing and whatnot. We also had an amazing session on November 1st about LGBTQIA+ by Sandipan Kushary and Akkaldev Anamika Yadav who shared their stories and inspired students to 'Come out'.

On 19th November, we had an informative session regarding Vitamin D Deficiency and Effects by Dr. Renu Mahtani. We were being made aware of how this deficiency is even considered as a pandemic all around the world and it's imperative that we should take measures to combat this. You are also in for a bonus section to reminisce the path that we have walked and get lost in nostalgia.



## WHAT'S INSIDE

Guest Lectures

College Events

Star Alumni

Team Web and Media

## JOURNEY TILL NOW

-Himani Deshmukh

As 1st semester comes to an end and 2nd semester is in sight, it's the ideal opportunity to reflect on the journey of the most important decisions of our life thus far: pursue an MBA.

Well, first and foremost, congratulations for making it so far; we knew it wasn't an easy road to walk on. Once you get to your MBA destination, paths diverge. It is a personal journey in which students tailor their experience to their professional aspirations and, as a result, manage and experience things differently. It feels like just yesterday when we attended the commencement program, director ma'am and faculty-guided and wished us. A common thought I believed would have been in each, and everyone's mind was that starting 1st semester online would be equivalent to the offline mode. With the combination of anxiousness and excitement of connecting with new people for various group projects, staying up late at night in front of the laptop to meet the deadlines, having fun conversations to exchange knowledge, we formed a bond. Professors have given their best effort to connect with us through virtual mode, making sure we don't miss any quality education, imparting their words of wisdom, guiding us on managing when too much is on our plate, and enjoying the journey. Having tough times, balancing committee work, studies, meeting deadlines is something I am sure made us more sustainable. We are enjoying various events online to reduce the load of studies and live in the moment.

Nobody is too different - your classmates will come from as diverse a background as yours, and you will not be the only one doing a business course for the first time. You may become agitated, have as much fun as you want, develop your sense of humor, forget and learn things, and interact with others personally and professionally at this venue. Without a doubt, these facts demonstrate that an MBA will prepare you for a lifetime of adventures.

# COMING OUT DAY

-Himani Deshmukh

On 1st November, the ISR committee organized a webinar on the LGBTQIA+ Community Coming Out Day with Sandipan Kushary, a Queer Activist and Mobbera Foundation president, and Akkaldev Anamika Yadav, a Research Student. Anamika ma'am shared how difficult it was for her to come to a religious Indian family who viewed her as the family's black sheep. When finally, she got the courage to tell her mother about sex-change surgery, she laughed and said it was just a phase. Being inspired by trans people being proudly representative and comfortable in their skin on Satyameva Jayate gave her the confidence to express who she was. Ma'am later advises that while coming out, make sure you are independent, come out to yourself first, ignore the haters. Something while coming out, you need to consider the future how you will retain yourself. Society needs to make sure that they are gentle and provide equal opportunities to LGBTQ+ people.

Sandipan Kushary took the platform to share his story about how belonging to Jharkhand people never really understood the complete umbrella of the LGBTQIA+ community. He elaborates how in his 2nd year of engineering; he attended a session on LGBTQIA+ and started to learn about the community. He mentioned how he made his best effort to unite the entire queer community by making what's app group, playing games, and arranging knowledge sessions. He then proceeded how an interview made everyone aware that he was a part of the queer community, his family group started sharing his interview clips. After the incident he had a round table conference with his parents and friends where he finally came out. Remembering how he lost a few of his friends when he came out, he said, if people around you are not comfortable, it is okay to let those people go. During the Q/A session, when the speakers were asked how important it is, they said, first come out to yourself. Own your true self, then come out to people. The webinar came to an end with Anamika ma'am signing a beautiful song.



# DIWALI DHAMAKA

-Khyati

An amazing event was hosted on the occasion of Diwali on 1st November 2021 from 9:00 pm to 11:00 pm. The event “Diwali Dhamaka” was really a dhamaka event as the event was full of exciting and interesting activities.

The event was hosted on the occasion of Diwali and students from all the divisions participated in the event enthusiastically. The event started with a dance performance by Symbeats. Then the individual performances by the students took place that included dance, music, instrument and poem. After that there were two games which were organized for the students. The first game was ‘Jeopardy’ and the second game was ‘Funtakshari’. The first game was a team game where the teams were given points based on the game that they played. The second game had two parts in which the first part of the game was about guessing a song which was converted in a different language and the second part of the game was about singing as many songs as one from the one word that was given to them. Overall, the games were really interesting and students really enjoyed playing it.

After the dance performances and the exciting games, Team Eklavya gave an amazing performance. They performed a skit that was really appreciated by the participants. The event concluded with a DJ party. Overall, the event “Diwali Dhamaka” was enjoyed a lot. The students really enjoyed the event and participated actively.

Diwali is a time when we celebrate the triumph of light over darkness, knowledge over ignorance, and good over evil. It is a festival to celebrate life with happiness and light. Events like “Diwali Dhamaka” added a lot of happiness and all the participants really enjoyed and became stress free. The event was very successful and events like these are awaited by the students.



# GUEST LECTURE

## KNOW IT TO BEAT IT – Vitamin D Deficiency and Effects

- Sahana S



On 19th November 2021, Symbiosis University Hospital and Research Centre conducted “Know it to Beat it” a public interest lecture series on Vitamin D Deficiency and Effects. The resource person of this series was Dr. Renu Mahtani, MD, FNMN (USA). The moderator, Dr. Sarang Barbind, began the session with a brief introduction to Vitamin D deficiency. He talked about how everyone assumed that this deficiency is constricted to cold places with no sunlight. Still, scientific research has shown that around 70% - 90% of people suffer from Vitamin D deficiency even in a hot country like India.

Dr. Mahtani stated that vitamin D deficiency had been recognized as a pandemic throughout the world, but it is still being taken for granted. She talked about the causes of this deficiency, the major one being the lack of healthy sun exposure for people due to the corporate culture. Research has shown that this deficiency also leads to allergies, asthma, autism, cancer, eczema, and many more health issues apart from rickets. Dr. Mahtani stated that Vitamin D could reduce the risk of flu, cancer, muscle aches, and even depression. She said that Vitamin D is a non-negotiable cellular necessity for the human body. Along with the lecture, she also showed many research papers published regarding the benefits of Vitamin D. Dr. Mahtani also showed a study that stated that Vitamin D reduces the risk of COVID-19 infections and increases the effect of vaccines by increasing the immunity power. She demonstrated the healthy amount of Vitamin D levels everyone should have and suggested that everyone get their levels checked and take measures to combat Vitamin D deficiency. The entire session was very informative, and Dr. Mahtani made it interesting by presenting scientific proofs along the way.



# STAR ALUMNI

## ANIRUDH SAREEN

-Sourav Kumar



SCIT is proud to announce Mr Anirudh Sareen as the star alumni of the month, who is currently holding the position of senior product manager at VMware. Mr Sareen pursued his B.Tech from Amity University in Computer science, Rajasthan. He later joined SCIT to complete his MBA in ITBM in the 2014-2016 batch. During his days in SCIT, he was an active member of various committees including the placement advisory committee, internship committee and also an enthusiastic member of the theater group of SCIT- EKlavya. Prior to his MBA, Mr Sareen worked at Wipro Technologies as a software engineer.

After successfully completing his MBA from SCIT, he joined Accenture as a Senior business analyst where he was a part of the team handling over 55 customized applications for a telecom client. Mr Anirudh Sareen became the Senior Product Manager at LTI- Larsen & Toubro Infotech. As a part of product management, he was responsible for building future-ready apps. The dynamic environment at the LTI helped Mr Sareen to understand the business challenges and provide innovative & robust solutions. As a part of the leading brand, Mr Sareen also worked on two core IPs namely Botzer.io (Bot Management platform) & CloudEnsure.io (Cloud Governance Platform). Moving higher on the corporate ladder, he is currently working as a Senior product manager at VMware. When it comes to counting personal achievements, Mr Anirudh Sareen is an active member of the Six Sigma community as a white belt holder. He is also certificated in Microsoft Azure Fundamental, AWS Business Professional, Business Analysis from the Chartered Institute Of IT.

Star Alumni  
Anirudh Sareen



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Supria Deka



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S Sahana