



SHARDA
HOSPITAL



SHARDA
UNIVERSITY
Beyond Boundaries



ShardaCare
HEALTHCITY

SCHOOL OF MEDICAL SCIENCES & RESEARCH



TARANGOSTAV 2025

— A CULTURAL FEST —

12th & 13th December, 2025

FACULTY CO-ORDINATORS

DR. SWAPNIL CHOUDHARY – 9999039370

DR. PRIYANKA SHARMA – 7080738322

10.30 AM ONWARDS

EVENT CO-ORDINATORS

MS. ANANNYA VARSHNEY – 9473694068

MS. SHOHINI PATHAK – 8800807970

VENUE : ANAND SWAROOP AUDITORIUM, 4th FLOOR, BLOCK-45, SHARDA UNIVERSITY

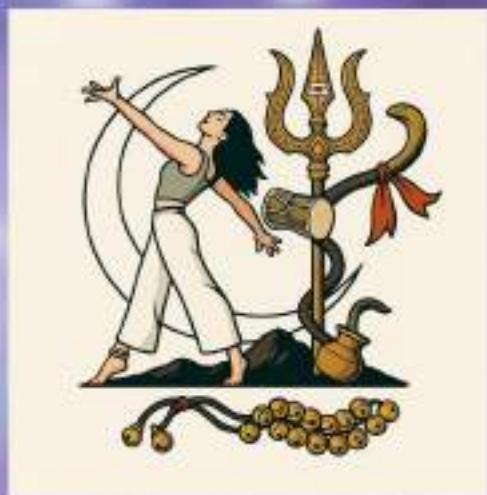
EVENTS

ANTARA

VOICES IN THE SPOTLIGHT

LAASYA

LIGHTS, CAMERA, LAASYA



COMPETITIONS

GEET GAATA CHAL
SOLO SINGING COMPETITION

BAND BAAJA BATTLE
BATTLE OF BANDS

BOL BACCHAN
OPEN MIC

COMPETITIONS

TAAL SE TAAL MILA
INDIAN SOLO DANCE

STREET DANCER
WESTERN SOLO DANCE

DANCE PE CHANCE
DUET DANCE

NACHDENE SAARE
GROUP DANCE

ADVISORS



DR. NIRUPMA GUPTA
DEAN, SMSR



DR. AMIT SINGH PAWAIYA
ASSOCIATE DEAN

FACULTY COORDINATORS



DR. SWAPNIL CHOUDHURY
ASSISTANT PROFESSOR
FORENSIC MEDICINE DEPARTMENT



DR. PRIYANKA SHARMA
ASSISTANT PROFESSOR
PHYSIOLOGY DEPARTMENT

EVENT COORDINATORS (STUDENT)



ANANNYA VARSHNEY
BATCH 2022
SMS&R
9473694068



SHOHINI PATHAK
BATCH 2023
SMS&R
8800807970

EVENT FLOW

DAY 1

12TH DECEMBER, 2025

ANTARA: GEET GAATA CHAL ROUND 1

ANTARA: BAND BAAJA BATTLE

LAASYA: TAAL SE TAAL MILA ROUND 1

LAASYA: TAAL SE TAAL MILA ROUND 2

ANTARA: GEET GAATA CHAL ROUND 2

{FACEOFF}

ANTARA: BOL BACCHAN

LAASYA: NACHDENE SAARE

LAASYA: DANCE PE CHANCE

OPEN FOR

SCHOOL OF MEDICAL SCIENCES AND RESEARCH (SMSR)

SHARDA SCHOOL OF DENTAL SCIENCES (SSDS)

OPEN FOR ALL

MEDICAL FACULTY, POST GRADUATES, RESIDENTS AND
MEDICAL STUDENTS OF SHARDA UNIVERSITY



..... **LAASYA**

LIGHTS, CAMERA..... LAASYA

GENERAL RULES AND REGULATIONS

- 1. Time limit must be strictly followed; exceeding may lead to deductions.**
- 2. Costume must be appropriate and culturally respectful.**
- 3. Props are allowed only if pre-approved and safe to use.**
- 4. Music track must be submitted beforehand in required format (mp3, USB, email).**
- 5. Vulgarity, offensive gestures, or inappropriate lyrics will lead to disqualification.**
- 6. Participant must reach the venue at least 30 minutes before performance**

STAGE AND TECH RULES

Sound check may be provided before event.

No confetti, fire, liquids, or stage-damaging items.

Lighting requests must be given in advance.

TAAL SE TAAL MILA

SOLO DANCE- INDIAN

Format

1st round: Prelims

Time duration- 1.30 mins per participant

2nd round- Face off between 4 selected participants in pairs of 2

Time duration – 4 mins per pair

Eligibility

Individual participants only; no backup dancers allowed (Indian classical/ folk / semi-classical / Bollywood Indian style)

Stage Setup

Pre-recorded track to be submitted beforehand to the coordinators.

CRITERIA	MARKS	DESCRIPTION
TECHNIQUE AND FOOTWORK	20	Clear moves, control, isolations, body lines, footwork
EXPRESSION	20	Attitude, performance energy, emotional delivery
CHOREOGRAPHY AND CREATIVITY	20	Concept, originality, classical elements fusion
RHYTHM AND TIMING	20	Beat hitting, rhythm sense, transition
STAGE PRESENCE AND COSTUME	20	Confidence, command on stage, costume aesthetics, overall presentation

**REGISTRATION FEES : INR 100
PER PARTICIPANT**

Optional Deductions

Time limit violation: -2 to -5

Unsafe props: -5

Off-theme performance: up to -10



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STREET DANCER

SOLO DANCE- WESTERN

Format

1st round: Prelims

Time duration- 1.30 mins per participant

2nd round- Face off between 4 selected participants in pairs of 2

Time duration – 4 mins per pair

Eligibility

Individual participants only; no backup dancers allowed(hip hop/jazz/ freestyle)

Stage Setup

Pre-recorded track to be submitted beforehand to the coordinators.

CRITERIA	MARKS	DESCRIPTION
TECHNIQUE AND FOOTWORK	20	Clear moves, control, isolations, body lines, footwork
EXPRESSION	20	Attitude, performance energy, emotional delivery
CHOREOGRAPHY AND CREATIVITY	20	Concept, originality, classical elements fusion
RHYTHM AND TIMING	20	Beat hitting, rhythm sense, transition
STAGE PRESENCE AND COSTUME	20	Confidence, command on stage, costume aesthetics, overall presentation

**REGISTRATION FEES: INR 100
PER PARTICIPANT**

Optional Deductions

Time limit violation: -2 to -5

Unsafe props: -5

Off-theme performance: up to -10



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STUDENT COORDINATORS

AASTHA PANWAR (8279957166)

MBBS Batch 2022

DANCE PE

DUET DANCE COMPETITION

CHANCE

Format

ONLY one round

Time limit : 3:00 mins per pair

Eligibility

**Two participants only; no backup dancers allowed
(Any dance form allowed)**

Stage Setup

Pre-recorded track to be submitted beforehand to the coordinators.

CRITERIA	MARKS	DESCRIPTION
SYNCHRONISATION AND COORDINATION	20	Unity as a pair, timing, clean partner moves
CHEMISTRY AND INTERACTION	20	Pair chemistry, expression, communication through movement
CHOREOGRAPHY AND CREATIVITY	20	Formation changes, lifts, storytelling, originality
TECHNIQUE AND EXECUTION	20	Beat hitting, control precision, posture
STAGE PRESENCE AND COSTUME	20	Confidence, command on stage, costume aesthetics, overall presentation as a duo

**REGISTRATION FEES: INR 150
PER PAIR**

Optional Deductions

Time limit violation: -2 to -5

Unsafe props: -5

Off-theme performance: up to -10



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STUDENT COORDINATORS

RIYA SHARMA (8826449079)

MBBS Batch 2022

PRACHI KHURANA (9896031252)

MBBS Batch 2023

NACHDENE SAARE

Group Dance Competition

Format

ONLY one round

Time limit : 6:00 mins per group

Eligibility

**5 to 15 participants per group; no extra dancers allowed
(Any dance form allowed)**

Stage Setup

Pre-recorded track to be submitted beforehand to the coordinators.

Criteria	marks	description
synchronization and coordination	20	uniformity and timing of group, clean lines
formation and spacing	20	creative spaces and transitions, Stage coverage
choreography and creativity.	20	concept, originality, classical elements fusion
Energy and expression	20	group energy, attitude and crowd engagement
Stage Presence and costume, prop use	20	visual appeal, coherent theme, prop Handling, confidence

**REGISTRATION FEES: INR 250
PER GROUP**

Optional Deductions

Time limit violation: -2 to -5

Unsafe props: -5

Off-theme performance: up to -10



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STUDENT COORDINATORS

SHIVANI CHAUDHARY(6397300787)

MBBS Batch 2023

SHISHIR BHARDWAJ (7668386929)

MBBS Batch 2022



.....ANTARA.....

VOICES IN THE SPOTLIGHT

GENERAL RULES AND REGULATIONS

Originality:

Plagiarism, lip-syncing, or pre-recorded vocals are strictly prohibited.

Microphone & Stage Handling:

Proper mic technique is expected; mishandling may lead to mark deductions.

Props & Movement:

Movements are allowed but should not obstruct the mic or interfere with the audio setup.

Language & Content:

Lyrics must be clean, non-offensive, and appropriate for a college cultural event.

Reporting Time:

Participants must report 30 minutes before their performance for sound check and sequence finalization.

GEET GAATA CHAL

SOLO SINGING COMPETITION

FORMAT TWO ROUNDS

Time Limit

Round 1: 1.5 min per participant (including instrumental intro)

Round 2 : 3 min per participant (including instrumental intro)

Exceeding the time limit will lead to negative marking or disqualification.

PERFORMANCE TYPE

SOLO PARTICIPANTS. Participants may choose any language or genre (classical, Bollywood, Western, semi-classical, folk, indie, etc.).

ACCOMPANIMENTS:

Karaoke tracks or instrumental backing may be used. Tanpura track shall be provided.

If using a track, it must be submitted in advance and checked for compatibility.

Live instruments are allowed only if brought and managed by the participant. No accompanists are allowed.

CRITERIA	MARKS	DESCRIPTION
VOCAL QUALITY AND TECHNIQUE	20	Pitch accuracy, tone quality, breath control, clarity, vocal strength
EXPRESSION AND EMOTION	20	Emotional delivery, connection with the song, impact on audience, expressiveness
SONG SELECTION AND CREATIVITY	20	Suitability to vocal range, originality, interpretation, difficulty level
RHYTHM AND TIMING	20	Tempo consistency, musical timing, control during transitions
STAGE PRESENCE AND CONFIDENCE	20	Confidence, posture, engagement, mic handling, overall impression

**REGISTRATION FEES: INR 100
PER PARTICIPANT**

Time limit violation: -10

Inappropriate song/off-theme selection: -10

Mic misuse / technical mishandling -5

STUDENT COORDINATORS
KUNJAL MOHAPATRA (8826710718)
MBBS Batch 2024
JANHVI SRIVASTAVA (9315256767)
MBBS Batch 2022



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BAND BAAJA BATTLE

BATTLE OF BANDS

FORMAT

ONLY ONE ROUND

Time Limit

15 min per GROUP (including instrumental intro, SOUNDCHECK, SETUP TIME, EXIT)

Exceeding the time limit will lead to negative marking or disqualification.

PERFORMANCE TYPE

GROUPS OF 3-10 PARTICIPANTS Participants may choose any language or genre (classical, Bollywood, Western, semi-classical, folk, indie, etc.).

ACCOMPANIMENTS:

Karaoke tracks or instrumental backing may be used. Live instruments are allowed only if brought and managed by the participant. Any special requisition requests are supposed to be submitted beforehand to the event coordinator. The team will try its best but provision is not promised to be fulfilled.

Tracks to be submitted beforehand to event coordinators

CRITERIA	MARKS	DESCRIPTION
Synchronization & Cohesion	20	Uniformity, tightness of group sound, balance between voices/instruments, smooth coordination
Harmony & Musicality	20	Quality of harmonies, blend of voices, melodic richness, dynamic control
Creativity & Arrangement	20	Originality, transitions, improvisation, layering, overall composition quality
Energy, Expression & Engagement	20	Stage energy, emotional expression, interaction between members, audience engagement
Stage Presence & Professionalism	20	Confidence, coordination on stage, mic handling, transitions, teamwork and overall presentation

REGISTRATION FEES: INR 250

PER GROUP

Time limit violation: -10
Inappropriate song/off-theme selection: -10
Mic misuse/technical mishandling: -5



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STUDENT COORDINATORS

KUNAL SHARMA(9667414267)

MBBS Batch 2021

SOM SHUBHRA DAS(7998078247)

MBBS Batch 2022

BOL BACCHAN

OPEN MIC

FORMAT

Time Limit: 3 min per participant. Only one entry per participant allowed.

PERFORMANCE TYPE:

SOLO PARTICIPANTS Participants may choose any language or genre (ALLOWED FORMATS: Rap, Beatboxing, shayari, poetry)

ACCOMPANIMENTS:

Live instruments are allowed only if brought and managed by participant. Any special requisition requests are supposed to be submitted beforehand to the event coordinator. The team will try its best but provision is not promised to be fulfilled.

Tracks to be submitted beforehand to event coordinators

CRITERIA	MARKS	DESCRIPTION
Content & Originality	20	Creativity, uniqueness of piece, depth of message, originality of lyrics/poetry
Delivery & Expression	20	Emotional impact, articulation, flow, confidence, audience connection
Rhythm, Flow & Timing	20	Rhythm control (rap/beatbox), pacing, smooth transitions, timing accuracy
Clarity & Voice Quality	20	Pronunciation, volume, projection, clarity of words and beats
Stage Presence & Engagement	20	Stage command, crowd interaction, personality, overall performance impact

**REGISTRATION
FEES : INR 100
PER
PARTICIPANT**

STUDENT COORDINATORS

ABHISHEK KUMAR(7808305616)

MBBS Batch 2022

TANISHKA VARSHNEY(9639287860)

MBBS Batch 2024



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