


Date: 13-14 June, 2023

Presentation Skills on "Stress Management and Work-Life Balance" for B.Tech, BT, FT, SRP, FT, BSc Agriculture - 6th Semester

SPRINT - 276, B.Tech BT/FT/SRP/FT Agriculture /BSc Agriculture 6th Sem, Theme - Presentation Skills								
Date & Time	09:25 - 09:45	09:45 - 10:00	10:00-11:00	11:00-12:30	12:30 - 14:20	14:30 - 15:30	15:30 - 15:45	15:45 - 17:15
13-06-2023	Attendance	Welcome Address - Dr Y.S Negi	Ice Breaking:- Mr Suraj Kanwar	Session on Resume Building- Mr Shard	Minors/Lunch	Session on stress management and work Life balance- Mr Partho	Break	Session on Art of Presentation & Articulation - Mr Suraj Kanwar
Date & Time	09:25 - 09:45	09:45 - 10:15	10:15 -11:30	11:30 - 12:30	12:30 - 14:20	14:30 - 16:00	16:00 - 16:15	16:15 - 17:15
14-06-2023	Attendance	Guided Meditation	Session on Effective Business Communication - Ms. Meenakshi	Session on Professional Grooming - Mr Pratip Mazumdar	Minors/Lunch	Session on Self awareness - Presenting your own self- Ms. Poonam Nanda	Break	Fun Activity & Closure


 Registrar
 Shoolini University of Biotechnology
 & Management Sciences
 Solan (H.P.)

A SPRINT was conducted for B.Tech BT, FT, SRP, FT Agriculture, BSc Agriculture- 6th Semester, on Presentation Skills from 13-14th of June 2023. It was attended by 149 students. The program aimed to equip students with indispensable skills for effective communication and impactful self-presentation. Dr. Y.S. Negi, a respected faculty member, delivered a motivating Welcome Address, providing students with a comprehensive understanding of the program's objectives and significance. An engaging Ice Breaking Activity, led by Mr. Suraj Kanwar, expertly facilitated student interaction, fostering a sense of camaraderie and engagement among participants. Mr. Shard conducted a session on "Resume Building," empowering students with the skills to craft compelling and professional resumes, essential for their future endeavors. **Mr. Partho** led a session on "**Stress Management and Work-Life Balance**," imparting strategies to navigate the challenges of academic and professional life effectively. Mr. Suraj Kanwar, in his session on the "Art of Presentation & Articulation," delved into the nuances of effective presentation delivery and communication, a cornerstone skill for successful professionals.

The second day of the training program began with diligent attendance marking, continuing to offer enriching and insightful sessions designed to refine presentation skills. Guided Meditation served as a serene start to the day, facilitated by an expert, creating a centered and focused mindset among participants. Ms. Meenakshi led a session on "Effective Business Communication," equipping students with essential skills for conveying ideas clearly and persuasively in a professional context. Mr. Pratip Mazumdar conducted a session on "Professional Grooming," enabling students to navigate corporate environments with confidence and professionalism. Ms. Poonam Nanda shared insights on "Self-Awareness: Presenting Your Own Self," a pivotal skill for effective self-presentation. A Fun Activity brought an engaging closure to the training program, fostering camaraderie and relaxation among participants.

Student Participation: 149

Organised By: SPRINT Team

Guest Speaker: Mar. Partho (Educator, writer & Coach)



Registrar
Shoolini University of Biotechnology
& Management Sciences
Solan (H.P.)

Impact:


- Manage stress and maintain a healthy work-life balance.
- Enhance presentation skills and articulate ideas effectively.
- Cultivate effective business communication skills.
- Navigate professional environments with confidence and professionalism.
- Grasp the significance of self-awareness in impactful self-presentation.

Some Glimpses of the SPRINT Program



Session on “stress management and work Life balance”-Mr Partho

Attendance Sheet of B.Tech, BT, FT, SRP, FT, BSc Agriculture - 6th Semester Number of Students = 149		
S.no.	Student Name	Registration Number
1	Riya Goel	GF/2020/638
2	Suman Chakraborty	GF/2020/635
3	Subhangi Padhy	GF/2020/626
4	Lionel Delemos	GF/2020/576
5	Rana Yashpal Singh	GF/2020/474
6	Divyanshi Singh	GF/2020/323
7	Riya	GF/2020/139
8	Anhad	GF/2020/113
9	Soustam De	GF/2020/015



 Registrar
 Shoolini University of Biotechnology
 & Management Sciences
 Solan (H.P.)

10	Priyanshi Sood	GF/2020/735
11	Palak Sindhwani	GF/2020/041
12	Sakshi Guleria	GF/2020/3297
13	Priyanshi Datta	GF/2020/2719
14	Asmita Singh	GF/2020/739
15	Shikhar Vardhan Chaudhry	GF/2020/368
16	Arjama Mukhopadhyay	GF/2020/1088
17	Sakshi Mehta	GF/2020/1037
18	Abhinav Rajput	GF/2020/2639
19	Saurav Kumar	GF/2020/2077
20	Vanshika Thakur	GF/2020/1921
21	Anisha Sharma	GF/2020/121
22	Simar Punni	GF/2020/289
23	Simran Kaur	GF/2020/2759
24	Prashant Sagar	GF/2020/2739
25	Nakul Kataria	GF/2020/1397
26	Anshika Malhotra	GF/2020/1155
27	Jatin Kumar	GF/2020/3760
28	Sidharth Chandel	GF/2020/3635
29	Harsh Saini	GF/2020/3385
30	Ambuj Sharma	GF/2020/3001
31	Khushneet Kaur	GF/2020/506
32	Nandini Sharma	GF/2020/2109
33	Riwanshee	GF/2020/009
34	Jai Sharma	GF/2020/3564
35	Divya Kumari	GF/2020/598
36	Navdeep Kaur	GF/2020/4173
37	Harshita Arora	GF/2020/3992
38	Aritra Ray	GF/2020/4118
39	Sourabh	GF/2020/3377
40	Kanika	GF/2020/3950
41	Devishi Bhat	GF/2020/2771
42	Anushka Topwal	GF/2020/4156
43	Naman	GF/2020/3673
44	Sonali	GF/2020/3927
45	Mannat Chauhan	GF/2020/231
46	Esha Chauhan	GF/2020/4229
47	Arihant Kaul	GF/2020/3293

48	Rakhya Ranjan Nanda	GF/2020/3464
49	Komal Yadav	GF/2020/2855
50	Lalit Thakur	GF/2020/3986
51	Gaurav Mehta	GF/2020/3907
52	Muskaan Prashant	GF/2020/3483
53	Rithika	GF/2020/2271
54	Siddhant	GF/2020/1266
55	Ansh Bedi	GF/2020/3011
56	Ayan Kaith	GF/2020/760
57	Praveen	GF/2020/3378
58	Sejal Rastogi	GF/2020/3565
59	Risav Kumar	GF/2020/499
60	Prathama Das	GF/2020/2790
61	Nisha Panwar	GF/2020/4184
62	SNEHA MAJUMDAR	GF/2020/4164
63	Aman Sharma	GF/2020/3948
64	Nancy Arya	GF/2020/930
65	Rakshita Sankhla	GF/2020/4779
66	Nitish Verma	GF/2020/4873
67	Harsh Panwar	GF/2020/3178
68	Chirag Pandey	GF/2020/1863
69	Simran Sharma	GF/2020/4939
70	Anshika	GF/2020/4964
71	Anureet Thind	GF/2020/4491
72	Anuradha Sharma	GF/2020/4751
73	Abhishek Rana	GF/2020/5277
74	Sahil Guleria	GF/2020/2750
75	Rakhi Dadwal	GF/2020/4327
76	Raghav	GF/2020/5393
77	Arti Sharma	GF/2020/2840
78	Tanu Shree	GF/2020/4606
79	Kanishak Pathak	GF/2020/4798
80	Shruti	GF/2020/5734
81	Akshita Sharma	GF/2020/5858
82	Vipul Thakur	GF/2020/5672
83	Aniqa Simon	GF/2020/5423
84	Sibiraj M	GF/2020/4815
85	Soumyadeep Maity	GF/2020/5740

86	Simran	GF/2020/5967
87	Abhishek Singh	GF/2020/5996
88	Sakshi Thakur	GF/2020/5879
89	Ashish Kainthla	GF/2020/5852
90	Akanksha	GF/2020/6132
91	Sarthak Pawar	GF/2020/4843
92	Agrima Sood	GF/2020/3291
93	Sajal Sanjan	GF/2020/6274
94	Dhruv Khurana	GF/2020/6042
95	Ojasvi Rajput	GF/2020/4558
96	Tarun Sharma	GF/2020/6289
97	Urvi Chauhan	GF/2020/4243
98	Shikha Khajuria	GF/2020/6373
99	Reena Devi	GF/2020/6363
100	Janvi	GF/2020/2043
101	Sanjeeta Sharma	GF/2020/6254
102	Akanksha Verma	GF/2020/6322
103	Aliva Dhara	GF/2020/4191
104	Tanish Bansal	GF/2020/6492
105	Ankit Sharma	GF/2020/6426
106	Shubhangi Singh	GF/2020/6463
107	Himanshu Pundir	GF/2020/6526
108	Muskan Thakur	GF/2020/6490
109	Suraj	GF/2020/6483
110	Navjot Kaur	GF/2020/6529
111	Nishant Kumar	GF/2020/6047
112	Vivek Pundir	GF/2020/6593
113	Aaqib Alam	GF/2020/5931
114	Akshat	GF/2020/6510
115	Divik Meena	GF/2020/6612
116	Avanthika V	GF/2020/6604
117	Sahil Singh	GF/2020/6597
118	Kamna	GF/2020/6537
119	Neha Kaushik	GF/2020/6663
120	Sakshi Janu	GF/2020/6661
121	Aayushi Sharma	GF/2020/3495
122	Khushi	GF/2020/6815
123	Shivani	GF/2020/6871

124	Arya Sachivansh Thakur	GF/2020/6712
125	Gurvinder Kour	GF/2020/6240
126	Divya Joshi	GF/2020/4446
127	Hanisha Sharma	GF/2020/6899
128	Vaibhav Singh	GF/2020/6800
129	Arushi Sangra	GF/2020/6624
130	Manish Sharma	GF/2020/6910
131	Sahil Dhiman	GF/2020/6762
132	Gaurang Agrawal	GF/2020/7032
133	Madhavi	GF/2020/7026
134	Aruna Ete	GF/2020/7027
135	Shreya Aggarwal	GF/2020/7122
136	Avantika	GF/2020/7116
137	Prerna	GF/2020/6827
138	Nishant	GF/2020/6158
139	Nitish Chauhan	GF/2020/7171
140	Kipa Takam	GF/2020/7181
141	Priyanshu Mishra	GF/2020/6589
142	P. Naveen	GF/2020/6849
143	Dakshita	GF/2020/7273
144	Sudhindra Tilak	GF/2020/7317
145	Anand Surya	GF/2020/7343
146	Mustafa Ahmed	GF/2020/7332
147	Shubham Sharma	GF/2020/7365
148	Aradhana	GF/2020/7378
149	Ravi Shankar Kulkarni	GF/2020/1289


 Registrar
 Shoolini University of Biotechnology
 & Management Sciences
 Solan (H.P.)