

Date: 04-05 January, 2023

SPRINT 262 for Post Graduate 1st Semester, on Communication Skills

Agenda - SPRINT- 262, Post Graduate 1st Semester, Venue : RTH									
Date & Time	9:30-9:45	9:45- 10:15	10:15 - 11:15	11:15- 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 15:45	15:45 - 17:00
1-4-2022	Attendance	Welcome Address and context Setting by Dean -Dr Saurabh Kulsreshtha	Ice Breaking Activity-SPRINT Team	Break	Session on Future of Nano Particle in different Application- Dr. Mahavir Singh	Lunch	Session on Resume Writing & Mock Interviews- Dr. Prachi Kapil	Break	Activity-Overcoming Stage Fear-Team Presentations
1-5-2022		Session on General Etiquette and Grooming - Mr. Pratip Mazumdar			Session on Art of Communication - Dr. Purnima Bali		Session on Art of Group Discussion & PI- Mr. Shard		Reflections & Felicitations

SPRINT 262 was conducted for the 72 students of Post Graduate 1st Semester on “Communication Skills” from 4-5th of January 2023. The program aimed to equip students with essential communication skills and knowledge to excel in both personal and professional spheres. The first day of the program commenced with a warm welcome and context-setting address by Dr. Saurabh Kulsreshtha, the Dean of Applied Sciences & Biotechnology. He emphasized the significance of effective communication skills in today's competitive world. An ice-breaking activity facilitated by the SPRINT team followed, creating a comfortable and interactive environment for participants. This activity set a positive tone for the training sessions. The subsequent session was led by Dr. Mahavir Singh, who spoke about the "Future of Nano Particles in Different Applications." This session provided insights into emerging trends in nanotechnology and how it impacts various industries. Dr. Prachi Kapil conducted a session on "Resume Writing & Mock Interviews," providing valuable guidance on crafting impressive resumes and excelling in job interviews. An activity centered on "Overcoming Stage Fear" engaged participants in team presentations, allowing them to apply techniques to conquer stage fright and communicate effectively. The second day began with an attendance check and was followed by a session on "General Etiquette and Grooming" by Mr. Pratip Mazumdar. This session highlighted the importance of professional conduct and personal presentation. Dr. Purnima Bali conducted a session on the "Art of Communication," focusing on effective verbal and non-verbal communication strategies. Participants gained insights into

conveying messages clearly and confidently. The subsequent session, facilitated by Mr. Shard, centered on the "Art of Group Discussion & Personal Interview (PI)." Students learned techniques for active participation in group discussions and honed their interview skills. The program concluded with reflections on the SPRINT sessions and students were given certificate of participation for their active participation throughout the sessions.

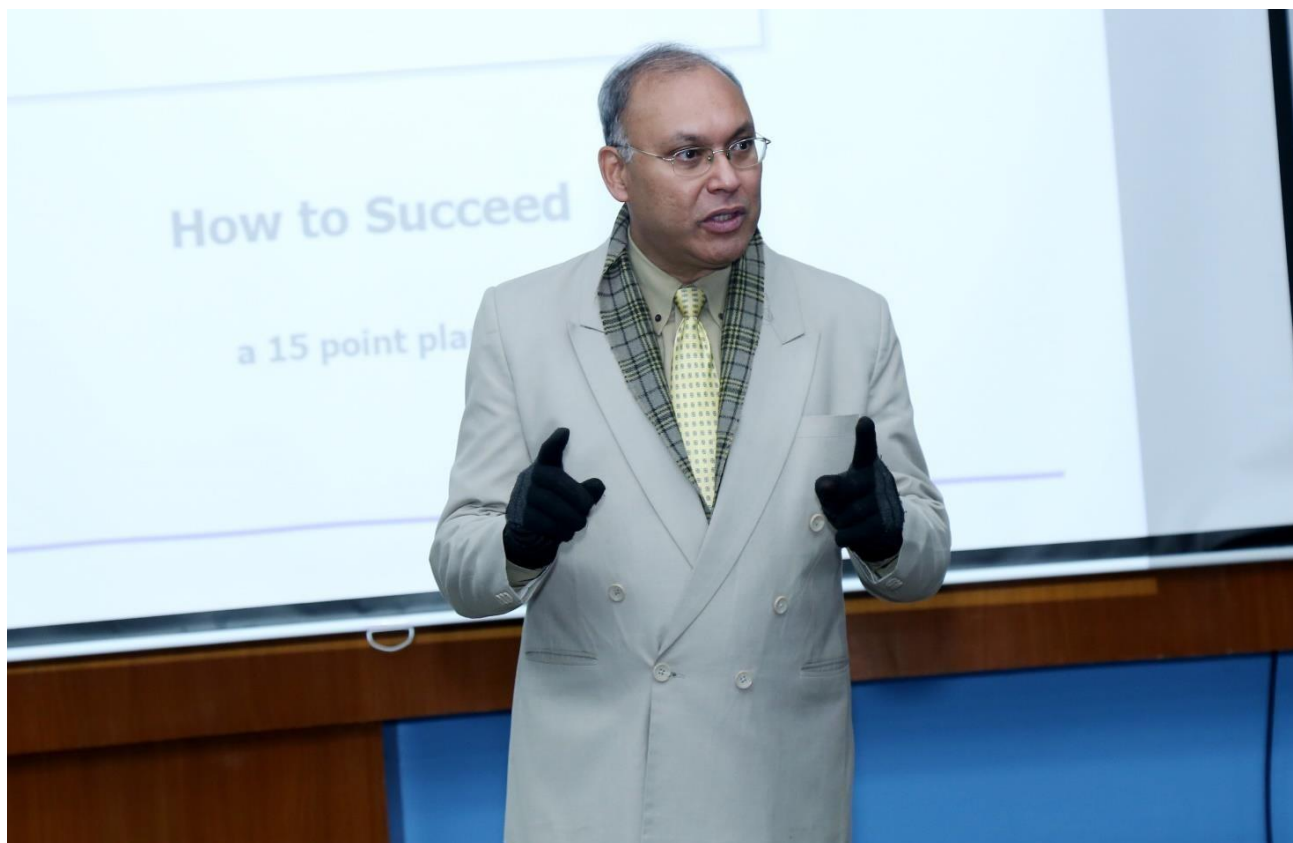
Student Participation: 68

Organised By: SPRINT Team

Impact:

- Students developed effective communication skills for various contexts.
- Students gained insights into emerging trends in nanotechnology.
- Craft impressive resumes and excel in mock interviews
- Master techniques for group discussions and personal interviews.
- Understood the significance of professional etiquette and grooming.

Some Glimpses of the SPRINT Program



Session on General Etiquette and Grooming - Mr. Pratip Mazumdar

Sno.	Student Name	Registration Number	Batch
1	AARSHI RAI	PGD20225548	MA Journalism 2022-2024
2	Pankaj Dhundhara	PGD20225950	PG Diploma in Direct Selling 2022-2023
3	Aman Bhardwaj	PGD20225892	M Sc Zoology Research 2022-20224
4	Charumathi	PGD20225517	MA Journalism 2022-2024
5	Sanvi Sood	PGD20225906	MA/MSC Mathematics 2022-2024
6	Kavita	PGD20226109	MA/MSC Mathematics 2022-2024
7	Mitali thakur	PGD20226095	MA Journalism 2022-2024
8	PriyaDarshni	PGD20226339	MSc Chemistry (Research) 2022-2024
9	Anchal Panwar	PGD20226544	MSc Chemistry (Research) 2022-2024
10	Sumeexa Dhiman	PGD20226431	MSc Chemistry (Research) 2022-2024
11	Prapti Mehta	PGD20226440	M Sc Yoga 2022-2024
12	Aliza Verma	PGD20226439	M Sc Yoga 2022-2024
13	Rachna kumari	PGD20226433	M Sc Yoga 2022-2024
14	Radhika Kumari	PGD20226437	M Sc Yoga 2022-2024
15	Swati	PGD20226452	M Sc Yoga 2022-2024
16	Sharath Kumar P N	PGD20226567	PG Diploma in Direct Selling 2022-2023
17	Deepak Shandil	PGD20226846	MSc Chemistry (Research) 2022-2024
18	Vaishali	PGD20227000	M Sc Botany Research 2022-2024
19	Payal Rana	PGD20225941	MA/MSC Mathematics 2022-2024
20	Mahima Verma	PGD20226227	MSc Chemistry (Research) 2022-2024
21	Shivam Sharma	PGD20226899	MSc Chemistry (Research) 2022-2024
22	Ajay kumar	PGD20226814	MSc Chemistry (Research) 2022-2024
23	Anjela Pandey	PGD20226720	MA Journalism 2022-2024
24	Amit Kaundal	PGD20227065	MA/MSC Mathematics 2022-2024
25	Kusum	PGD20227102	MA/MSC Mathematics 2022-2024
26	Jagadis Prasad Nayak	PGD20227282	MSc Physics (Research) 2022-2024
27	Swarupamayee nayak	PGD20227289	MSc Physics (Research) 2022-2024
28	Suman	PGD20226341	M Sc Yoga 2022-2024
29	Takshika raj	PGD20226519	M Sc Zoology Research 2022-20224
30	Priya Verma	PGD20227407	M Sc Zoology Research 2022-20224
31	Soumitra Roy	PGD20225500	PG Diploma in Direct Selling 2022-2023
32	Sahil Dhokale	PGD20227418	PG Diploma in Direct Selling 2022-2023
33	Ruokuongunuo sanchu	PGD20227547	MA Journalism 2022-2024
34	Shivam	PGD20226450	MSc Chemistry (Research) 2022-2024
35	Rajat thakur	PGD20227480	MSc Physics (Research) 2022-2024
36	Yogeshwar Dutt Sharma	PGD20227425	MSc Physics (Research) 2022-2024
37	Sahil Thakur	PGD20227417	MSc Physics (Research) 2022-2024
38	Nishan Shandil	PGD20227573	M Sc Yoga 2022-2024
39	Shivanjli Rana	PGD20227628	M Sc Zoology Research 2022-20224

40	Anshika Bhardwaj	PGD20227388	MSc Chemistry (Research) 2022-2024
41	Raktima Goswami	PGD20227622	M Sc Botany Research 2022-2024
42	Tanishaq Thakur	PGD20227676	MA/MSC Mathematics 2022-2024
43	DIMPLE KUMARI	PGD20227618	MA/MSC Mathematics 2022-2024
44	Shivani thakur	PGD20227600	MA/MSC Mathematics 2022-2024
45	Aaryan Panwar	PGD20227724	MA/MSC Mathematics 2022-2024
46	Tanisha Sharma	PGD20227693	M Sc Yoga 2022-2024
47	Bindu Sharma	PGD20227786	MSc Chemistry (Research) 2022-2024
48	Ankit Kumar	PGD20227742	M Sc Botany Research 2022-2024
49	Ashish Kumar	PGD20227857	MA/MSC Mathematics 2022-2024
51	Vikram Thakur	PGD20227543	MSc Physics (Research) 2022-2024
52	Mannat Tanwar	PGD20227608	MA/MSC Mathematics 2022-2024
53	karan Kalsi	PGD20227895	MA/MSC Mathematics 2022-2024
54	Abhay Sharma	PGD20227983	MSc Chemistry (Research) 2022-2024
56	Charul Joshi	PGD20225992	MSc Physics (Research) 2022-2024
59	Ruchi	PGD20228097	M Sc Botany Research 2022-2024
60	Pankaj	PGD20228080	MSc Chemistry (Research) 2022-2024
61	Sanyam Choudhary	PGD20228088	PG Diploma in Direct Selling 2022-2023
62	Neha Fageria	PGD20228108	PG Diploma in Direct Selling 2022-2023
63	Sahil Sharma	PGD20228155	MA/MSC Mathematics 2022-2024
64	Sidhant Thakur	PGD20228188	MA/MSC Mathematics 2022-2024
66	Taniya Acherjee	PGD20228229	MA Journalism 2022-2024
67	Pragati Upadhyay	PGD20225695	MA Journalism 2022-2024
68	Anchal Sharma	PGD20228205	M Sc Botany Research 2022-2024
69	Tarun Kumar Rathour	PGD20228191	PG Diploma in Direct Selling 2022-2023
70	Ojasvini Thakur	PGD20228248	M Sc Zoology Research 2022-2024
71	Shakti	PGD20228259	M Sc Yoga 2022-2024
72	Dorina Bhattacharjee	PGD20228258	MA Journalism 2022-2024
73	Manish Kumar	PGD20228276	PG Diploma in Direct Selling 2022-2023
72	Yasmine	IN/2022/1221	M Sc Yoga 2022-2024