

Date: 25-26 April, 2023

SPRINT 266 for Bioengineering- 8th Sem+ BSc FT & BSc ND-6th Semester, on Campus to Corporate

SPRINT - 266 (Final Year) PDH (Bioengineering, BSc FT & Nutrition)

Date	09:25 - 09:45	09:45 - 10:30	10:30 - 11:30	11:30 - 12:30	12:35 - 14:10	14:20 - 16:00	16:00 - 16:15	16:15 - 17:15
25-Apr-23	Attendance	Welcome Address : Dr. Kesari Ice Breaking Activity	Session on Professional Grooming by Mr Pratip Mazumdar	Alumni Session:- Chirag & Tejaswini	Minors/ Lunch	Session on Interview Skills by Ms.Poonam Nanda	Break	Guidelines to GD & Practice: Mr Suraj kanwar
26-Apr-23	Attendance	Guided Meditation	Session on different approach to Interpersonal skills by Ms Navneet	Session on Powerpoint Presentations by Mr Suraj Kanwar		(14:30-15:30) Session on Creativity in Communication by Ms Ashoo Khosla	(15:30-15:45) Break	Live Presentations & Closure

SPRINT 266 was conducted for the 144 students of Bioengineering- 8th Sem+ BSc FT & BSc ND-6th Sem, on Campus to Corporate from 25-26th of April 2023. The program aimed to equip students with the essential skills and knowledge required for a smooth transition from the academic environment to the corporate world. The SPRINT program's first day commenced with attendance marking, signifying the beginning of an enriching learning experience. Mr. Munish Sahrawat delivered a warm and motivating Welcome Address, setting the stage for the informative sessions that followed. An ice-breaking activity, led by Ms. Poonam Nanda, allowed students to connect and engage with one another, fostering a positive and inclusive learning atmosphere. Ms. Sakshi conducted a session on "PowerPoint Presentations," providing valuable insights into creating compelling and impactful visual aids for effective communication. Ms. Poonam Nanda led a session on "Interview Skills," imparting essential techniques and strategies to excel in job interviews. Different approaches to "Interpersonal Skills" were explored by Ms. Navneet Sandhu, helping students understand the dynamics of effective communication in various contexts. The day concluded with a session by Ms. Ashoo Khosla on "Creativity in Communication," encouraging students to think innovatively and creatively while conveying their ideas. Day two commenced with attendance and a guided meditation session led by Ms. Suman Rawat. This session aimed to help students manage stress, enhance focus, and foster mental clarity. Mr. Suraj Kanwar provided guidelines for group discussions (GD) and facilitated practice sessions, allowing students to refine their GD skills, a common component of corporate selection processes. Mr. Pratip Mazumdar conducted a session on "Professional Grooming," emphasizing the importance of personal

presentation, attire, and professional demeanor. Participants engaged in preparation and delivered live presentations, allowing them to apply the skills and techniques learned throughout the training program. The program concluded with a summarizing session, providing participants with an opportunity to reflect on their learning journey and reinforcing the key takeaways.

Student Participation: 139

Organised By: SPRINT Team

Impact:

- Develop effective PowerPoint presentation skills
- Enhance personal grooming and professionalism.
- Apply learned skills through live presentations.
- Cultivate creativity and innovation in communication.

Some Glimpses of the SPRINT Program



Session on different approaches to Interpersonal Skills : Ms Navneet Sandhu

S.No	Student Name	Registration Number
1	Pratyaksha Gupta	1914305001
2	Aman Alam	1914303006
3	Mohammad Ahmad	1914303007
4	M Jeneeta Keishing	1911301006
5	Gauri Verma	1914302003
6	Debaghya Ghosal	1914305003
7	Raghav Rastogi	1914305004
8	Taniya Zutshi	1914303008
9	Pranchal Sharma	1914303009
10	Kamya Garg	1914303010
11	Surabhi Rani	1914303011
12	Anshul Yadav	1914303012
13	Aayushi Balyan	1914303014
14	Hemanshu Parmar	1914302004
15	Tisha Gupta	1914303015
16	Akash K	1914303016
17	Reetam Sarkar	1914303017
18	Mehek Garg	1914305005
19	Mitali Gupta	1914303020
20	Renu Chaudhary	1914303022
21	Pankush	1914303023
22	Aadish Garg	1914303024
23	Vanshika Batta	1914303025
24	Puneet Bhardwaj	1914303026
25	Jhillika Trisal	1914303027
26	Abhishek Kumar	1914303028
27	Kajal Arya	1914303031
28	Sebika Panja	1914305006
29	Chaitanya Sachdeva	1914305007

30	Mehak	1914305008
31	Aditya Misra	1914305009
32	Nathan Serpes	1914305010
33	Kartikey	1914302007
34	Kunishka	1914302009
35	Varun Deep	1914302010
36	Gayathri Nair	1914302012
37	Siddhant Saroha	1914302013
38	Sheetal Jaswal	1914302014
39	Umang	1914302015
40	Mishita Rustagi	1914305012
41	Akshit Gupta	1914303034
42	Shreya Tiwari	1914303035
43	Riya Gurung	1914303036
44	Jhanvi Rajput	1914303037
45	Manjusha Pillai	1914303038
46	Alisha Thakur	1914302018
47	Shaniya	1914303040
48	Pushpgandha Tiwari	1914303041
49	Arushi Jain	1914303042
50	Wamika Thakur	1911301036
51	Suryansh Sharma	1914303043
52	Ankita Chauhan	1914303044
53	Jatin Thakur	1914302020
54	Anjali Thakur	1914302024
55	Suraj Kumar Sankhyan	1914303045
56	Aayushi	1914302025
57	Jatin Kumar Bhardwaj	1914302026
58	Tanika Kanwar	1914302027
59	Ananya Gupta	1914302029

60	Dheeraj Kumar	1914302030
61	Aditi Chaudhary	1914302031
62	Pushti Verma	1914303047
63	Gunika	1914303049
64	Damini Bansal	1911301048
65	Bhuvesh	1914303060
66	Nitika Choudhary	1914303061
67	Riya	1914303062
68	Nancy Thakur	1914303064
69	Tushima Sharma	1914303065
70	Pranshu Gupta	1914302033
71	Lalremruati Ralte	1914302035
72	Yuvraj Chaudhary	1914302036
73	Lashika	1914302037
74	Anshika Bhatti	1914302039
75	Avantika Verma	1914302040
76	Mansi	1914302042
77	Aastha Jaswal	1914302047
78	Paras	1914301018
79	Vinay Kamal	1914303066
80	Ankita	1914302048
81	Vidhi Naik	1914302049
82	Neelam Semwal	1914302050
83	Rohit Thakur	1914302051
84	Dipanshi	1914303068
85	Geetika Khatri	1914303069
86	Chandani	1911301059
87	Gajender Kumar	1914306004
88	Shreya Awasthi	1914302053
89	Anshil Verma	1914303070

90	Adeeb Ahmad Siddiqi	1914303071
91	Shubham	1914303072
92	Yashna Prasad	1914306005
93	Abhishek Choudhary	1914302056
94	Kalpana	1914302057
95	Anmol Ghale	1914303073
96	Richa Chaudhary	1914302058
97	Shubham	1914302059
98	Shubhankar Sharma	1914302060
99	Isha Thakur	1914303074
100	Deepika	1914303075
101	Ridhi Kapoor	1914302061
102	Sparsh Mehta	1914302062
103	Jitika Gupta	1914302063
104	Geetanjali Negi	1914303076
105	Lalith	1914305013
106	Falguni	1914305014
107	Aditi Saxena	1914305015
108	Shreya Khetrpal	1914307001
109	Akriti Taneja	1914307002
110	Atoshi Banerjee	1914306008
111	Vishal Dutt Sharma	1914306009
112	Avinash Irungbam	1914306010
113	Ratandeep Soni	1914306012
114	Anjali Bhandari	1914306013
115	Faizal Raza	1914302065
116	Akhil Pundir	1911301061
117	Ridhi Chaudhary	GF/2020/2805
118	Ashish	GF/2020/3685
119	Usha kumari	14BTBS12

120	Vardan Sharma	GF/2020/2456
121	Khushboo Sharma	GF/2020/4991
122	Shreya Bhushan	GF/2020/3647
123	Sakshi	GF/2020/5227
124	Pranav Singh	GF/2020/3989
125	Robin	GF/2020/6092
126	Tanisha Thakur	GF/2020/6264
127	Aditi Mishra	GF/2020/6846
128	Shivani Nishad	GF/2020/6275
129	Arzoo Thapa	GF/2020/6921
130	Simi Sharma	GF/2020/6777
131	Neha Sharma	GF/2020/7237
132	Prateek Shukla	GF/2020/5335
133	Pasang Namgey	GF/2020/7375
134	Tanya	GF/2020/2371
135	Debalina Ganguly	GF/2020/2726
136	Hitashi jain	GF/2020/1319
137	Jaishree Choudhary	GF/2020/4508
138	Rahul Sadiq	GF/2020/4888
139	Aarushi Sharma	GF/2020/5686


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