

Date: 29-31 May, 2023

SPRINT 273 for – MBA Quad 4, on Internship

SPRINT Agenda - 273, MBA 1 (Quad 4) - Theme: Internship											
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:00 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 16:30	16:30 - 17:30	17:30 - 18:30
29-05-2023	Attendance	Welcome Address & Context Setting - Mr Munish Sahrawat	Ice Breaking Activity : Mr Suraj Kanwar	Break	Art of Professional Networking - Dr Amar Rao	Lunch	Alumni Interaction	Aligning Internship with Career Interest - Mr Tarun Gupta	Break	Team Activity	
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:00 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 16:00	16:00 - 16:30	16:30 - 17:30	17:30 - 18:30	
30-05-2023	Attendance	Guided Meditation- Dr. Rohit Chobe	Interpersonal Skills - Ms Meenakshi Ahlawat	Break	Introduction to the Corporate world - Mr BK Kaul	Lunch	Re-inventing education with Generative AI - Dr Amar Raj	Break	Internship in Non Profit Organisation Part 01 - Ms Bidisha Fouzdar	Maximising your internship - Mr Munish Sahrawat	
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:00 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 16:00	16:00 - 16:30	16:30 - 18:30		
31-05-2023	Attendance	Guided Meditation- Ms Suman Rawat	Internship in Non Profit Organisation Part 02- Ms Bidisha Fouzdar	Break	Mock PI- Mr Shard	Lunch	Professional Grooming & Workplace Etiquette - Mr Pratip Mazumdar	Break	Reflections and way forward		

SPRINT 273 was conducted for the 115 students of MBA Quad 4, on Internship from 29-31st of May 2023. The program was strategically designed to provide students with valuable insights, skills, and perspectives that would enrich their forthcoming internship experiences.

The program's started with the systematic recording of attendance, officially marking the commencement of an enriching and transformative learning journey. Mr. Munish Sahrawat delivered an engaging Welcome Address and Context Setting, providing students with an overview of the training's objectives and significance. An interactive Ice Breaking Activity, led by Mr. Suraj Kanwar, served to foster a sense of camaraderie among participants, setting the tone for productive collaboration throughout the program. Dr. Amar Rao conducted a session on the "Art of Professional Networking," imparting invaluable insights and skills for cultivating meaningful professional relationships. Alumni Interaction offered a unique platform for students to engage with successful graduates, gaining real-world perspectives on the potential trajectories of their careers. Mr. Tarun Gupta facilitated a session on "Aligning Internship with Career Interest," guiding students on effectively integrating their internship experiences with their long-term career goals. The day concluded with a strategically designed Team Activity aimed at enhancing teamwork, communication, and problem-solving skills among participants.

Day two commenced with diligent attendance marking and continued to deliver a series of intellectually stimulating sessions geared toward personal development and professional excellence. Guided Meditation, led by Dr. Rohit Chobe, provided participants with a centered and focused mindset, preparing them for the day's sessions. Ms. Meenakshi Ahlawat conducted a session on "Interpersonal Skills," enhancing students' communication, collaboration, and relationship-building capabilities for effective teamwork. Mr. BK Kaul introduced students to the "Introduction to the Corporate World," offering them comprehensive insights into the dynamics, expectations, and practices of the professional environment. The session on "Re-inventing Education with Generative AI" by Dr. Amar Raj explored the transformative potential of Artificial Intelligence in reshaping the education landscape. Ms. Bidisha Fouzdar initiated a two-part session on "Internship in Non-Profit Organizations," providing students with a comprehensive understanding of the distinctive challenges and opportunities within this sector. Mr. Munish Sahrawat concluded the day with a session on "Maximizing Your Internship," offering practical strategies to derive maximum value from their internship experiences.

The final day began with diligent attendance marking, setting the stage for insightful sessions that would encapsulate the training program's key takeaways. Guided Meditation, facilitated by Ms. Suman Rawat, provided participants with a serene and focused start to the day, fostering mental clarity and mindfulness. The continuation of the "Internship in Non-Profit Organizations" session by Ms. Bidisha Fouzdar deepened students' understanding of the unique dynamics within this sector. Mr. Shard led a Mock Personal Interview session, offering students a valuable opportunity to refine their interview skills and receive constructive feedback. Mr. Pratip Mazumdar conducted a session on "Professional Grooming & Workplace Etiquette," equipping students with crucial skills for navigating professional environments with confidence and professionalism. The program culminated with a reflective session that encapsulated key insights and takeaways, providing participants with a clear roadmap for their upcoming internships.

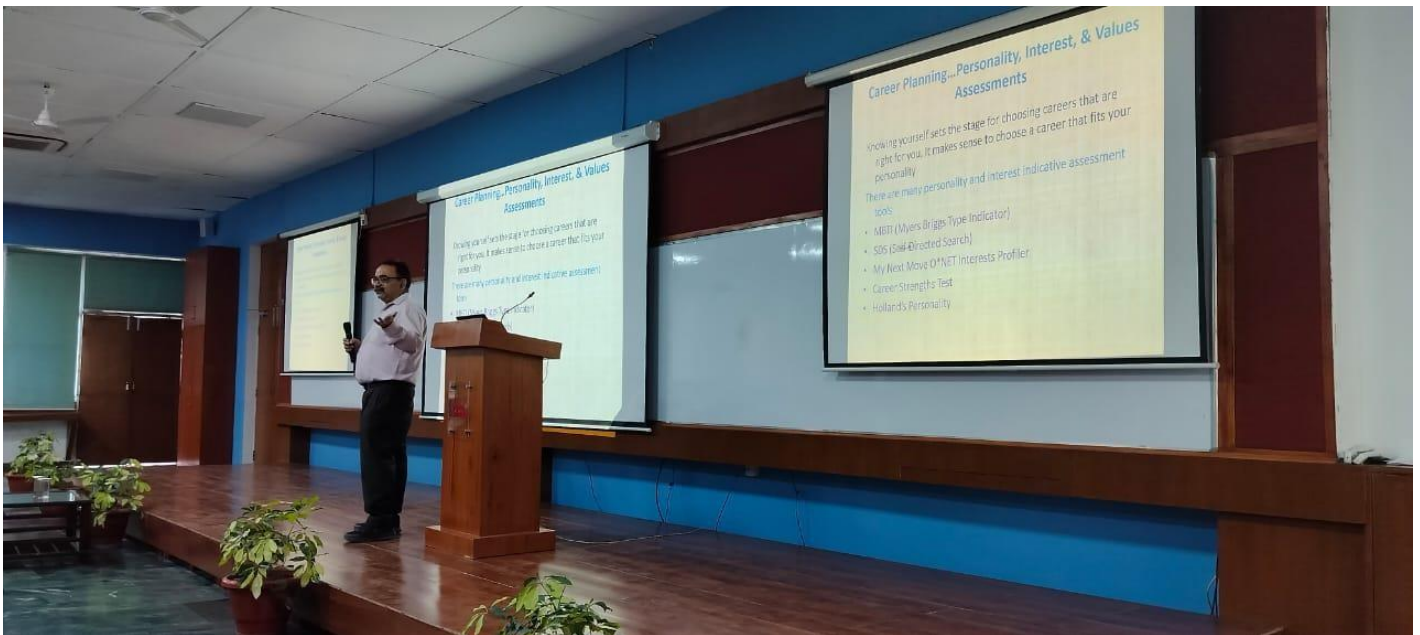
Student Participation: 112

Organised By: SPRINT Team

Impact:

- Cultivate effective interpersonal and communication skills for professional collaboration.
- Gain insights into the nuances of the corporate world and align their internships with long-term career objectives.
- Grasp the transformative potential of Artificial Intelligence in education.
- Develop a comprehensive understanding of working in non-profit organizations.
- Enhance interview skills and receive constructive feedback.
- Acquire professional grooming and workplace etiquette skills.

Some Glimpses of the SPRINT Program



Aligning Internship with Career Interest: Mr Tarun Gupta

Attendance sheet of MBA Quad 4		
S.no.	Student Name	Registration Number
1	Shubhani Attri	PGD20225668
2	Tsion Tesfaye	IN/2022/719


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 & Management Sciences
 Solan (H.P.)

3	Pranjal Thakur	PGD20226043
4	urvashi	PGD20225063
5	Arnav Sharma	PGD20226169
6	Kirti sarna	PGD20225571
7	Dimple Verma	PGD20225732
8	Kunal sharma	PGD20225501
9	Garima Tripathi	PGD20225563
10	Aastha Tiwari	PGD20225666
11	Sunil Kumar Dahiya	PGD20225994
12	Maan Singh	PGD20225614
13	Taru Shri	PGD20225888
14	Ishani Ghosh	PGD20223755
15	Deepti	PGD20225589
16	Manik Sharma	PGD20225616
17	Parth Verma	PGD20226563
18	Samarth Choudhary	PGD20225929
19	Abhinav Garg	PGD20226123
20	Shubham Shonkhlay	PGD20225955
21	Geetansh Sharma	PGD20226083
22	Vishal Jaswal	PGD20226016
23	Vineet Pal Singh	PGD20225928
24	Samridhi Sharma	PGD20226167
25	Sumit Gupta	PGD20226040
26	Amit	PGD20226434
27	Divesh Singh	PGD20226134
28	Deepak Kumar	PGD20225919
29	Aftab Bagwan	PGD20225877
30	Saransh	PGD20226121
31	Bijoy Das	PGD20226335
32	Ankita chaudhary	PGD20226601

33	Rahul	PGD20226401
34	Vishal Chaudhary	PGD20226200
35	Rakshit Thakur	PGD20225924
36	Sachin Thakur	PGD20226516
37	Akash Thakur	PGD20226466
38	Sunali	PGD20225714
39	Abhishek Kumar	PGD20226790
40	Shivam Thakur	PGD20226561
41	Ankita Thakur	PGD20226667
42	Girish sharma	PGD20226997
43	Vivek Singh	PGD20225836
44	Abhay Raina	PGD20226939
45	Parth Sarthi	PGD20226127
46	Simran Thakur	PGD20226246
47	Achyut Kaul	PGD20227060
48	Ishit Chauhan	PGD20225608
49	Shivam Verma	PGD20226780
50	Robel Habtom	IN/2022/731
51	DISHANT KUMAR	PGD20226979
52	DHIREN SHARMA	PGD20227256
53	Varun sharma	PGD20226604
54	Prashant Kumar	PGD20225930
55	Deepak Rana	PGD20224630
56	Abha Sharma	PGD20227080
57	Anmol Dhiman	PGD20227044
58	Samridhi Mehta	PGD20227180
59	Sahil thakur	PGD20226318
60	Robel	IN/2022/730
61	Himanshu	PGD20227291
62	Anshul Kaushal	PGD20227168

63	Vishawjeet Singh	PGD20227153
64	Dhruv thakur	PGD20226967
65	Devanshu	PGD20226287
66	Ayush Raj	PGD20226579
67	Hiteshi	PGD20227262
68	Mohit thakur	PGD20227210
69	Deepak Thakur	PGD20227265
70	Davender singh thakur	PGD20227264
71	AYUSH SHARMA	PGD20226747
72	Kanishk bhandari	PGD20227454
73	Manish nadda	PGD20227333
74	Jayant	PGD20227525
75	Simran	PGD20227467
76	HITESH SHARMA	PGD20227498
77	Hitesh Kumar	PGD20227508
78	Nitesh Singh	PGD20227606
79	Munish Thakur	PGD20227512
80	Suraj Pandit	PGD20227544
81	Anil Kumar	PGD20227376
82	MAULIK SHARMA	PGD20227578
83	Saurav	PGD20227545
84	Ajay verma	PGD20227551
85	PUNEET SHARMA	PGD20227575
86	Srishti Verma	PGD20226489
87	Sparsh Puri	PGD20227658
88	Easha Katoch	PGD20227219
89	Nitish Kumar	PGD20227650
90	shubham dogra	PGD20227683
91	Anish Chauhan	PGD20227690
92	Nilanjan	PGD20227707

93	Aditi Paul	PGD20227574
94	Jatin sharma	PGD20227734
95	Payal Mehta	PGD20227788
96	Revanth	PGD20227639
97	DIKSHA SHARMA	PGD20227787
98	Akanksha Sood	PGD20227239
99	Harsh Prajapati	PGD20227905
100	Ayan Ahmed	PGD20227915
101	BRIJESH	PGD20227957
102	Akshay Khurana	PGD20227261
103	HIMANSHI NEGI	PGD20227807
104	Akhil Thakur	PGD20227880
105	ABHISHEK CHANDEL	PGD20227931
106	Akshay	PGD20227999
107	Abhishek Sharma	PGD20228016
108	Savi	PGD20227995
109	Gaurav Thakur	PGD20228049
110	Sakshi Thakur	PGD20228078
111	Lokesh Verma	PGD20226173
112	Divyansh Singh	PGD20228157


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