

Date: 28 June, 2023

SPRINT 280 for BTech BT Research, FT Research, BI/ BSc BT Research ,FT Research, Micro Research, Nutrition 2nd Semester, on Transformation

**Agenda SPRINT - 280 -BTech BT Research, FT Research, BI/ BSc BT Research, FT Research, Micro Research, Nutrition - 2nd Semester, Reporting Time : 09:15AM
Theme: Transformation**

Date & Time	09:25-09:45	09:45 - 10:15	10:15 - 11:15	11:15 - 11:30	11:30-13:00	13:00 - 14:00	14:15-16:00	16:00 - 16.15	16:15 - 17:15
28-06-2023	Attendance	Welcome Address - Mr Munish Sharawat	Session on Professional Grooming - Mr Shard	Break	Focusing on your own Career Plan- Ms Meenakshi Ahlawat	Lunch	Session on Professional Networking- Mr Suraj Kanwar	Break	Activity-Overcoming Stage Fear & Conclusion- Mr Suraj Kanwar

SPRINT 280 was conducted for the 173 students of BTech BT Research, FT Research, BI/ BSc BT Research, FT Research, Micro Research, Nutrition 2nd Semester, on Transformation on 28th June 2023. The program aimed to inspire participants towards personal growth and foster a transformative mindset within a condensed timeframe. The program commenced with diligent attendance recording, officially marking the beginning of a day dedicated to transformative learning. Mr. Munish Sharawat, a respected faculty member, delivered a motivating Welcome Address, setting the tone for the insightful sessions that followed. Mr. Shard's session on "Professional Grooming" equipped participants with the skills to project confidence and professionalism in various professional settings. Ms. Meenakshi Ahlawat's session on "Focusing on Your Own Career Plan" guided participants towards strategic career planning, emphasizing the importance of aligning academic pursuits with future goals. Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with essential networking skills, enabling them to establish meaningful connections in their academic and professional spheres. The program also featured an engaging "Overcoming Stage Fear" activity, aimed at bolstering participants' confidence in public speaking and performance scenarios. The day concluded with a comprehensive conclusion led by Mr. Suraj Kanwar, summarizing the key takeaways from the program and allowing participants to reflect on their transformative journey.

Student Participation: 166

Organised By: SPRINT Team

Impact:

- Foster a transformative mindset that welcomes personal growth and development.
- Develop essential professional grooming skills for confident engagement.
- Strategically plan their career trajectory by aligning their academic journey with their future aspirations.
- Acquire essential networking skills to cultivate meaningful professional relationships.
- Enhance their confidence in public speaking and performance scenarios.

Some Glimpses of the SPRINT Program



Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat

Attendance Sheet of BTech BT Research, FT Research, BI/ BSc BT Research, FT Research, Micro Research, Nutrition 2nd Semester students		
S.no.	Student Name	Registration Number
1	Sanjana Verma	GF202214100
2	SOUMILI MONDAL	GF202213857
3	Nandini	GF202214084

4	Swenka Verma	GF202213971
5	Soumya	GF202214410
6	Ruchi Jena	GF202214199
7	saksham koundal	GF202213690
8	Anika Bhuta	GF202214156
9	Prekshi Sharma	GF202213925
10	Mishita kaushik	GF202214031
11	Ashimita Tanti	GF202214250
12	JIYA	GF202214211
13	Prachi Sahu	GF202214445
14	Jatin	GF202213978
15	Divya Negi	GF202213812
16	Sneha.k	GF202213933
17	Sangni Shah	GF202213657
18	Simran Jeet Kaur	GF202214133
19	Dhruv Katoch	GF202213836
20	Arjunveer Sodhi	GF202214784
21	Rajdeep	GF202215687
22	Aman kumar	GF202214934
23	Dixant Choudhary	GF202214899
24	Aditi Raj	GF202214956
25	Isha	GF202215308
26	Akhil Katoch	GF202214992
27	Ayush Kaith	GF202214072
28	Farhan Irfan	GF202214473
29	Harleen	GF202214972
30	Ayati Mishra	GF202214823
31	Nimisha Sharma	GF202215667
32	Aditi Singh	GF202215002
33	Vanshika Sharma	GF202216004
34	Aditya Gautam	GF202214964
35	Vinayak Sharma	GF202216028


36	Kanchan Verma	GF202216019
37	Ivaan Ipsa Kundu	GF202216775
38	KARREN MEHROTRA	GF202216552
39	Yatharth Malhotra	GF202215510
40	Debajyoti Bhowmik	GF202216426
41	Rohit Kumar	GF202216994
42	Aditi Shokeen	GF202215165
43	Asif Reza	GF202216783
44	Sagnik Halder	GF202216288
45	Poojan Sharma	GF202216517
46	Amit Raj	GF202215757
47	Vibhuti Sharma	GF202214592
48	Sataditya Jana	GF202216977
49	Raman	GF202215223
50	Ishita Singh	GF202215249
51	Adrija Choudhury	GF202216488
52	Vinamr Gandhi	GF202216436
53	Kartikey sharma	GF202217947
54	Rajarshi Khasnobish	GF202216944
55	Ayeshi Mazumder	GF202215651
56	VAANI RANJAN	GF202217663
57	Debyan Pal	GF202217567
58	Anushka chandel	GF202217427
59	Sapurn Tiwari	GF202216523
60	Gayatri Anil	GF202217900
61	Avani Jha	GF202217901
62	AAKANSHA KHOSLA	GF202217926
63	Mohd Ashran	GF202217755
64	Arnima tripathi	GF202217612
65	Hardik Pundir	GF202218481
66	Chitvan	GF202216512
67	Shrigull chandel	GF202217521

68	Muskaan Thakur	GF202214842
69	ANKANA SHARMA	GF202217623
70	Sneha Chauhan	GF202216279
71	Keerti Naruka	GF202216886
72	Piyush Sharma	GF202218104
73	Aditi Bhatia	GF202215835
74	Unnati Sharma	GF202215678
75	Aditya Khatri	GF202218280
76	Soniya Poudel	IN/2022/775
77	Swapnil singh	GF202217915
78	Vanshika	GF202218086
79	Prachi	GF202217674
80	Pranjal Sinha	GF202217668
81	Sonmitra Datta	GF202218444
82	Kopal Anand	GF202218112
83	AASHRIYA PANDEY	GF202214577
84	Palak Thakur	GF202218206
85	Tenzin woedhen	GF202218131
86	Ankana Chaudhuri	GF202217866
87	Simran Sahoo	GF202217890
88	Devaanshi Jain	GF202214099
89	KUMARI PALLVI	GF202218442
90	Rohit	GF202218911
91	Durlabh Rabha	GF202218029
92	Simmee Singh	IN/2022/1045
93	suryanshi	GF202218840
94	Jai Arora	GF202218113
95	Kashish Nagender Kumar	GF202217297
96	Yamini Dehloo	GF202218881
97	Nikita Chauhan	GF202218198
98	Maiyatree Chakraborty	GF202219063
99	Kartik Pundir	GF202218853

100	Sheilina Choudhary	GF202219090
101	KARNATI GNANACHANDAR REDDY	GF202219173
102	Himanshi Dogra	GF202215851
103	Sheetal	GF202215975
104	Samavita Saakshi Mani Tripathi	GF202217759
105	Nandini Goel	GF202219302
106	Jhanvi Vasava	GF202219340
107	Amit Dey	GF202219355
108	Harshita	GF202219394
109	Akhil Srivastava	GF202219327
110	Arya	GF202214585
111	Asim Khan	GF202217764
112	Vanshika	GF202218838
113	Riddhi Kumari	GF202217613
114	Aastha Kumari	GF202219146
115	Samiksha Gocher	GF202219706
116	KASHISH SHARMA	GF202219732
117	Anchal Bharmota	GF202219641
118	Manya	GF202219149
119	Kushal	GF202219746
120	Abhinav Rana	GF202219536
121	ABHINAY	GF202219811
122	Yash Choudhary	GF202219566
123	Ishita	GF202219581
124	Osheen Khan	GF202219265
125	SHEEN TALASHI	GF202219382
126	Kiran	GF202219891
127	Garima Kumari	GF202219807
128	Prachi	GF202215623
129	Priya Roushan	GF202219616
130	Shibani Bose	GF202219927

131	Harmeet Singh	GF202219788
132	Basant Singh	GF202219914
133	Preeti Rana	GF202219823
134	Kuldeep Kumhar	GF202219810
135	Shivansh	GF202217398
136	Talika Dhir	GF202219991
137	Versha Sharma	GF202220005
138	Yashika Shiwal	GF202220090
139	Rasneet Kour	GF202219892
140	Shareshth Bhardwaj	GF202219874
141	ADITYA KHURANA	GF202220035
142	Arjun	GF202220147
143	Anubhuti jain	GF202220093
144	Kamya Sharma	GF202220018
145	Retika Chib	GF202219945
146	Vidiksha	GF202220190
147	Vani Sharma	GF202220263
148	Nandini Minhas	GF202220253
149	Aayisha	GF202219962
150	Aparna Sharmabscbtr	GF202220108
151	Suhani Khandelwal	GF202220291
152	Aayush	GF202220180
153	Krittika Chowdhury	GF202220389
154	Sashwat Sharma	GF202220203
155	Suhasini Jha	GF202220556
156	Vinayak Sharma	GF202220553
157	Piyush Samant	GF202220685
158	Rupali Kalra	GF202220623
159	Kabilan Mani	GF202220215
160	Anuskha Kulshrestha	GF202220676
161	Aditi Kulshreshtha	GF202220684
162	Kshitiz Singh	GF202220843

163	Shanvi Rana	GF202220875
164	Avinash Singh	GF202220863
165	Darlington Rozvai	IN20221200
166	Rakshita jaya	GF202220899


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