

Date: 28 June, 2023

**SPRINT 281 for Liberal Arts, Basic Sciences + BSc Agriculture- 2nd Semester, on Transformation**

<b>Agenda SPRINT - 281 - Liberal Arts + UG Sciences + BSc Agriculture - 2nd Semester, Reporting Time : 09:15AM Theme: Transformation</b>									
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 - Dr Pardeep Singh	Session on Rights Vs Responsibilities- Dr Renu Pal Sood	Break	Session on Professional Networking- Mr Suraj Kanwar	Lunch	Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat	Break	Activity-Overcoming Stage Fear & Conclusion- Mr. Vikas Minj

SPRINT 281 was conducted for the 117 students of Liberal Arts, Basic Sciences + BSc Agriculture- 2nd Semester, on Transformation on 28th June 2023. The program aimed to inspire personal growth and cultivate a transformative mindset within a single day.

The program commenced with meticulous attendance recording, marking the commencement of a transformative learning experience. Dr. Pardeep Singh, a respected faculty member, delivered an invigorating Welcome Address, setting the tone for the impactful sessions ahead. Dr. Renu Pal Sood's session on "Rights vs. Responsibilities" prompted participants to reflect on the balance between individual rights and societal duties, fostering a holistic perspective on personal and community responsibilities. Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with essential networking skills, enabling them to establish meaningful connections that are crucial for their academic and professional journey. Guided by Ms. Meenakshi Ahlawat, participants engaged in the session "Focusing on Your Own Career Plan," emphasizing the significance of strategic planning for personal and professional success. The program also featured an engaging "Overcoming Stage Fear" activity, led by Mr. Vikas Minj, aimed at enhancing participants' confidence and ability to effectively communicate in front of an audience. The day concluded with a comprehensive Conclusion, led by Mr. Vikas Minj, where key takeaways were summarized, and participants were encouraged to reflect on their transformative experience.

  
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**Student Participation:** 105

**Organised By:** SPRINT Team

**Impact:**

- Develop a transformative mindset that fosters personal growth and development.
- Understand the balance between individual rights and societal responsibilities.
- Cultivate essential networking skills for future academic and professional success.
- Strategically plan their career trajectory for a successful academic journey.
- Enhance public speaking skills and overcome stage fear.

### Some Glimpses of the SPRINT Program



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

<b>Attendance Sheet of Liberal Arts + Basic Sciences + BSc Agriculture 2nd Semester student</b>		
<b>S.no.</b>	<b>Student Name</b>	<b>Registration Number</b>
1	Harsimran	GF/2020/7202
2	Antriksh Bohra	GF202214439

3	Aryan Thakur	GF202214471
4	Mitali Bains	GF202213824
5	Mahak Thakur	GF202211171
6	Uday	GF202214005
7	Palak Sharma	GF202213692
8	Muskan bhardwaj	GF202215350
9	Utkarsh Mishra	GF202215051
10	Naisha Bhatia	GF202214732
11	Varushka Mehta	GF202215351
12	Vanshika Thakur	GF202215034
13	Diksha Sharma	GF202215158
14	Mansi Sharma	GF202214193
15	Piyush Kumar	GF202215061
16	Katyayani	GF202214764
17	Diven Bhardwaj	GF202215307
18	Anshika Sirkeck	GF202215544
19	Vaishnavi	GF202215622
20	Keshav kumar	GF202215793
21	Vanika	GF202215992
22	Dishant verma	GF202215915
23	Ashi Sharma	GF202215302
24	Joe P Bijo	GF202215521
25	Aayush Sharma	GF202215423
26	Riya	GF202215509
27	Rohit	GF202215043
28	Priyanshu Ranjan Chauhan	GF202215304
29	Pankaj	GF202215853
30	Akshansh Thakur	GF202216845

31	hage mamung	GF202216563
32	Palak Raghuwanshi	GF202215846
33	Diya Dutta	GF202216637
34	ARYAN DIKSHIT	GF202217169
35	Samarth	GF202215959
36	Aman	GF202216611
37	Diya kumari	GF202217221
38	Priyanshi Sharma	GF202218032
39	Diva Mengi	GF202217692
40	Nikunj Arora	GF202217588
41	Raamyia singh rana	GF202216411
42	Manya chawla	GF202216867
43	Antrisha Cchauhan	GF202214725
44	Kunal	GF202217687
45	Nitika	GF202217441
46	Harshit sharma	GF202216883
47	Nikhil Garg	GF202216718
48	Jatin kumar mishra	GF202217545
49	Alina Sheen Patrao	GF202218025
50	Akriti Chauhan	GF202217750
51	Ishita	GF202217448
52	Earnest Masih	GF202217942
53	Adarsh Ghasta	GF202218535
54	Sakshi kumari	GF202217678
55	Niraj sharma	GF202218306
56	Nikhil	GF202217916
57	rohan	GF202218692
58	Bhumika	GF202218189

59	sristi guleria	GF202218952
60	Gauri tiwari	GF202218876
61	Tanya Bedi	GF202218834
62	Dhrubak Rhythm Kashyap	GF202218640
63	Archan Sharma	GF202215140
64	Shagun Thakur	GF202219024
65	Kashish chandel	GF202218869
66	Rishav banyal	GF202218773
67	Parth Panwar	GF202218498
68	Riya jaswal	GF202219258
69	Divya Pathania	GF202218665
70	Tushar Negi	GF202219223
71	Apurva Misal	GF202218514
72	Abhay Sharma	GF202218493
73	SARTHAK SHARMA	GF202218886
74	Khushi Bamotra	GF202218684
75	Talom Bui	GF202219293
76	Kavya Choudhary	GF202217753
77	Aryan Thalaik	GF202219548
78	Shivam Ludhianich	GF202219528
79	Shilpa thakur	GF202214850
80	Tushar Daspa	GF202219767
81	Abhilasha Kanwar	GF202219751
82	Asmit Bangotra	GF202219636
83	Tanish	GF202219868
84	Mehak Chadha	GF202219731
85	Rijhayal Dulta	GF202219758
86	Ishika	GF202219657

87	Anshul	GF202219750
88	Mohammad Muzahir	GF202219971
89	Uvika	GF202219925
90	Tashing Kodak	GF202220015
91	Aryan Negi	GF202219869
92	Tanishta Verma	GF202219961
93	Kashish Sharma	GF202220003
94	Harsh Mehta	GF202220272
95	SRIJAN THAKUR	GF202220260
96	Rudra	GF202219624
97	Ayush	GF202219279
98	Armaan Bisht	GF202220397
99	A Pawan Kalyan	GF202220310
100	Pallvi Thakur	GF202220375
101	Kritika	GF202219762
102	GUR MEHAK	GF202220535
103	Vedika	GF202220302
104	Palak	GF202220525
105	Rohan Thakur	GF202220581

  
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