

Date: May 24 - 25, 2021

SPRINT on Self Awareness for UG- FMSLA 2nd Semester Students

e-SPRINT -207 (Agenda), UG- FMSLA 2nd Semester Theme : Self Awareness No of Students: 254							
Date & Time	9:50 – 10:00	10:00 – 10:15	10:15 – 11:00	11:30 - 13:00	13:00 - 14:00	14:00 - 15:00	15:30 - 17:00
5/24/2021	Attendance + Entry	Welcome - Ms. Poonam Nanda & Address - Dr. Kesari	Address - Prof. Atul Khosla	Session on Finding Purpose - Mr. Ajay Khanna	Lunch	Break out for Discussion on Self Awareness	Groups Presentations
5/25/2021	Attendance + Entry	Address - Dr. Khosla		Session on Managing Stress- Ms. Renu Thakur		Assignment and team meeting for Top Five Qualities	Quiz + Closure

A SPRINT 207 was organized for the 2nd semester undergraduate students of Faculty of Management Sciences and liberal Arts (UGFMSLA). The two day session was attended by 254 students in all. The students were welcomed by Mrs. Poonam Nanda and then addressed by Dr. Kesari who is their program Director. Then all the students had a session with Vice Chancellor Mr. Atul Khosla who encouraged them to set high goals. This was followed by a session of how to find purpose in life by Mr. Ajay Khanna. Post lunch session was for the breakout discussion for the Self-Awareness for the students. The day ended with group presentations. Day 2 started with an address by Dr. Khosla who spoke about importance of research. The session on How to Manage Stress was taken by counsellor and therapist Ms. Renu Thakur. Post break, there was a session for the assignment and team meeting on discussion of Top Five Qualities. The program ended with a quiz based on the entire and all the students participated with full concentration.

Student Participation:- 254

Organized -:SPRINT Team


Guest Speaker:- Ms. Renu Thakur (Oorjaa)

Impact:-

- Updated resumes will in still a feeling of confidence in the students. With the approaching placements, they are expected to feel more in control.
- Feel better prepared to face interviews
- Ability to focus on one's inner self
- Improve listening skills



Session on Managing Stress- Ms. Renu Thakur


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

e-SPRINT 207 - UGFMSLA 2nd		
Sr #	Student Name	Registration Number
1	Priya Singh	GF/2020/917
2	Dhruv Gupta	GF/2020/3900
3	Mehak	GF/2020/4338
4	N Guia Noel Assi	IN/2020/018
5	Tushar attri	GF/2020/2114
6	Ramneet Gill	GF/2020/3245
7	Subham Lohar	GF/2020/3449
8	Nishant Saini	GF/2020/3260
9	Jatin	GF/2020/6429
10	Sachin	GF/2020/7164
11	vaidehi garg	GF/2020/1054
12	Rohit Uttam	GF/2020/5356
13	Digvijay Bhatnoo	GF/2020/4459
14	Catherine Rai	GF/2020/2569
15	Milan Tyagi	GF/2020/5084
16	megha chattanta	GF/2020/3792
17	Mohit Verma	GF/2020/5849
18	Rahul Chauhan	GF/2020/689
19	Khushbu	GF/2020/3709
20	Zitra Khatkar	GF/2020/5465
21	Shashank Gupta	GF/2020/654
22	Prashant Bhardwaj	GF/2020/1744
23	Umesh Narula	GF/2020/3974
24	Vibhav Dilta	GF/2020/4320
25	Hemant Walia	GF/2020/4959
26	Nitish Kumar	GF/2020/3017
27	Aman Gora	GF/2020/6543
28	Parupalli Gayathri	GF/2020/744
29	Tushar Sharma	GF/2020/5517
30	Ritik Thakur	GF/2020/5046
31	Namrata Kumari	GF/2020/3251
32	Yadhu Nandan Sharma	GF/2020/6505
33	Atharv Singh Negi	GF/2020/4326
34	Tashi Dolkar	GF/2020/5827
35	Ashutosh Gupta	GF/2020/2578
36	Monika Bansal	GF/2020/2700
37	Anirudh Attri	GF/2020/5402
38	Nipun Garg	GF/2020/523
39	Ritwik Kumar	GF/2020/1686
40	Lavish Chauhan	GF/2020/3522
41	Abhinav Tyagi	GF/2020/3804
42	Adhiraj Thakur	GF/2020/3280
43	Satyam Giri	GF/2020/6140
44	Surya Shandilya	GF/2020/7333
45	saket saurabh	GF/2020/554
46	Siwani Kumari	GF/2020/6331
47	Rigsang wangmu	GF/2020/4182

48	Taruna Sharma	GF/2020/3308
49	Inder dev singh Thakur	GF/2020/6651
50	Kashish Verma	GF/2020/2987
51	Pratham	GF/2020/5655
52	Sakshi Thakur	GF/2020/2338
53	Vaishali Jakhmola	GF/2020/4199
54	Aditya Singh	GF/2020/4122
55	Melagne Ange Aymard Tanguy	IN/2020/043
56	Aarush Verma	GF/2020/1675
57	Mihsalan Truh	GF/2020/3223
58	Megha kashyap	GF/2020/3540
59	Abhishek Chauhan	GF/2020/5194
60	Ishita	GF/2020/6745
61	Rithvik Meenia	GF/2020/7278
62	Durtiman Sonowal	GF/2020/317
63	Khushi Goswami	GF/2020/7289
64	Sonu Nigam	GF/2020/5527
65	Nidhi	GF/2020/3303
66	Moksh Chauhan	GF/2020/6131
67	Pranav Sharma	GF/2020/3574
68	Aman Sharma	GF/2020/6235
69	Harshita Arora	GF/2020/1219
70	Mahika Panwar	GF/2020/4188
71	Pallavi Thakur	GF/2020/5678
72	Anshupriya Mishra	GF/2020/291
73	Amit Thakur	GF/2020/1542
74	Barat Sharma	GF/2020/4193
75	Ayush Gupta	GF/2020/2618
76	Suryaansh	GF/2020/4863
77	Pooja Soni	GF/2020/6716
78	Manjeet Singh	GF/2020/7380
79	Simran Chauhan	GF/2020/3507
80	Sudhanshu	GF/2020/7268
81	Abhijeet Singh	GF/2020/5728
82	Priyanshu Rodhia	GF/2020/3692
83	Yashika	GF/2020/6499
84	Youvan kapila	GF/2020/3689
85	Prince Kanwar	GF/2020/6234
86	Palak Dhingra	GF/2020/1165
87	Nitish Kumar	GF/2020/3061
88	Anika	GF/2020/5617
89	Vanshika Patel	GF/2020/072
90	Ashish	GF/2020/1537
91	Vibhore Attri	GF/2020/2432
92	Shreya Tomar	GF/2020/4457
93	Chinmay Kaushal	GF/2020/3417
94	Tushar Kokiloo	GF/2020/6638
95	Sahil	GF/2020/7312
96	Shreya Joshi	GF/2020/3047
97	Shashi Thakur	GF/2020/3154

98	Tanvi Arora	GF/2020/6121
99	Arpit Chaudhary	GF/2020/1576
100	Shivani Kumari	GF/2020/7100
101	Palbi Kohal	GF/2020/4783
102	Srishti Thakur	GF/2020/6268
103	Shivam Saklani	GF/2020/3048
104	Amaan khan	GF/2020/4521
105	Skarma Angmo	GF/2020/5831
106	M Segninanon Marius Lavry	IN/2020/019
107	Ashwani Sharma	GF/2020/1481
108	Ashika	GF/2020/3493
109	Mudit Singh Panwar	GF/2020/4304
110	Vishnu	GF/2020/5539
111	Dikshant	GF/2020/6796
112	Pankaj Pal	GF/2020/7048
113	Tarushi Arora	GF/2020/3435
114	Nayan	GF/2020/2831
115	Vansh	GF/2020/6602
116	Priyanka Devi	GF/2020/1501
117	Shivani	GF/2020/7184
118	Madhav Bhagnal	GF/2020/4560
119	Vidhi	GF/2020/6511
120	Trisha	GF/2020/3067
121	Akhil Awasthi	GF/2020/3455
122	Neha Mittal	GF/2020/5951
123	Aryan Chauhan	GF/2020/1834
124	Sagnik Paul	GF/2020/1466
125	Kusum Thakur	GF/2020/3897
126	Kasif Mumtaz	GF/2020/3787
127	Mannat Shyam	GF/2020/3542
128	Abhay Gupta	GF/2020/6851
129	Ritik Bhawariya	GF/2020/7486
130	Aditee Kukreti	GF/2020/613
131	Loveleen	GF/2020/1978
132	Kunal	GF/2020/6775
133	Mansi Tyagi	GF/2020/923
134	Pridhi Miglani	GF/2020/6927
135	Ankita	GF/2020/5313
136	Pacha Nampe	GF/2020/6621
137	Nimish Kumar	GF/2020/3295
138	Manoj Maurya	GF/2020/4627
139	Garima Gupta	GF/2020/880
140	Vasu Udgeet Pradhan	GF/2020/2862
141	Siddhant Mishra	GF/2020/1335
142	Rahul	GF/2020/3698
143	Tai Sankio	GF/2020/4675
144	Saiman Khalasta	GF/2020/5611
145	Shyam Singh	GF/2020/6517
146	Pragya Singh	GF/2020/607
147	Nandini	GF/2020/4088

148	Virendra Thapa	GF/2020/3058
149	Deepak Kumar	GF/2020/6541
150	Banshita Sharma	GF/2020/4424
151	Kunal Singh	GF/2020/7489
152	Dolly Thakur	GF/2020/5398
153	Vaibhav Thakur	GF/2020/6718
154	Abhay	GF/2020/3107
155	Babita	GF/2020/4782
156	Anmol Rana	GF/2020/6334
157	Prashant Rana	GF/2020/2829
158	Manas	GF/2020/1313
159	Prerna Bahuguna	GF/2020/3552
160	Sakshi Chauhan	GF/2020/4585
161	Abhishek Sharma	GF/2020/3312
162	Janvi Taneja	GF/2020/6979
163	Hritik Sharma	GF/2020/3149
164	Harsh	GF/2020/3962
165	Kushagar Jamwal	GF/2020/3980
166	Siddhant Singhal	GF/2020/7144
167	Meghan Howley	IN/2020/305
168	Abhishek Ghaghat	GF/2020/7485
169	Tanvi	GF/2020/5390
170	Shayna	GF/2020/7037
171	sahil malik	GF/2020/2158
172	Shayna	GF/2020/5122
173	Khushboo Sood	GF/2020/3185
174	Anjali verma	GF/2020/2491
175	Abhishek Dawan	GF/2020/909
176	Vanshika Parmar	GF/2020/3348
177	Bhaskar Sharma	GF/2020/4534
178	Badal Bhardwaj	GF/2020/6054
179	Saurav mishra	GF/2020/1904
180	Dakshita	GF/2020/2737
181	Shriya Dhar	GF/2020/4030
182	Dushant	GF/2020/3987
183	Surya	GF/2020/7263
184	Nikhil Panwar	GF/2020/4553
185	Kalash Dhanta	GF/2020/618
186	Tana Zermy	GF/2020/5249
187	Karan	GF/2020/4577
188	Shraddha	GF/2020/3465
189	Neeketa Joshi	GF/2020/4978
190	Smarty Chandan	GF/2020/7076
191	Pravesh Lepcha	GF/2020/2366
192	Anubhav Roda	GF/2020/585
193	Braham Sahni	GF/2020/3550
194	Arpit	GF/2020/2770
195	Hrishav Manta	GF/2020/2892
196	Dron Sharma	GF/2020/7107
197	Om Kumar Jha	GF/2020/1908

198	Kanupriya Sharma	GF/2020/3399
199	Chukila	GF/2020/4829
200	HARSHIT BANSAL	GF/2020/7392
201	Pulak Rajbanshi	GF/2020/4915
202	Shruti Sharma	GF/2020/2723
203	Dechen Angmo	GF/2020/5347
204	Bhavpreet Singh	GF/2020/7023
205	Brijesh Madhwal	GF/2020/3055
206	Amisha Rana	GF/2020/4528
207	Prajwal Budhlan	GF/2020/4710
208	Aakarshit Dhillon	GF/2020/2257
209	Aakansha Thakur	GF/2020/4076
210	Ritesh thakur	GF/2020/3546
211	Keshav Bansal	GF/2020/4206
212	Hardik Gautam	GF/2020/6316
213	Dheeraj Negi	GF/2020/4461
214	Shubh rana	GF/2020/1733
215	Shagun	GF/2020/4186
216	Aman Thakur	GF/2020/2708
217	Amit Kumar Jaishal	GF/2020/7493
218	Jinal Mokariya	GF/2020/4613
219	Shivand Thakur	GF/2020/2638
220	Anish Rana	GF/2020/5557
221	Abhishek Balsam	GF/2020/7422
222	Rakshita	GF/2020/3942
223	Arzoo	GF/2020/5282
224	Vishal Gupta	GF/2020/7350
225	Pratibha Kanwar	GF/2020/2226
226	Vanshika Mittal	GF/2020/3952
227	Pranshu	GF/2020/3354
228	Rahul Bajaj	GF/2020/3762
229	Mansha Suri	GF/2020/6386
230	Divesh Dutt Sharma	GF/2020/7191
231	Rijul Kumar Rana	GF/2020/1532
232	Kunal Harsh	GF/2020/4336
233	Shreya Das	GF/2020/3273
234	Nehul mishra	GF/2020/290
235	Pranav Sharma	GF/2020/4825
236	Riutika Srivastava	GF/2020/1605
237	Navjot Sarna	GF/2020/5727
238	Rajat	GF/2020/7447
239	Ankit Malhotra	GF/2020/3481
240	Aapi	GF/2020/5271
241	Vansh	GF/2020/379
242	nikesh kumar	GF/2020/2131
243	Ankit Sharma	GF/2020/3331
244	Tenzin Kunsal	IN/2020/300
245	Raghav Verma	GF/2020/3663
246	Kunal Raj	GF/2020/3020
247	Yuvraj Singh	GF/2020/1324



248	Soumili seal	GF/2020/1116
249	Manan Monga	GF/2020/4992
250	Aarush Chauhan	GF/2020/4293
251	Badal Rana	GF/2020/3063
252	Diksha	GF/2020/5541
253	Babita Sharma	GF/2020/4119
254	Aman Sharma	GF/2020/4545


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