

Date: May 19-20, 2021

SPRINT on Self Awareness for B. Sc 2nd Semester Students

e-SPRINT -206 (Agenda), B. Sc 2nd Semester (No of students : 225)						
Date & Time	9:50 – 10:00	10:00 – 11:15	11:30 - 13:00	13:00 - 14:00	14:00 - 15:00	15:30 - 17:00
5/19/2021	Attendance + Entry	Welcome + Address - Prof. Atul Khosla	Session on Managing Stress- Ms. Renu Thakur	Lunch	Break out for discussion on Self Reflection	Presentations
5/20/2021	Attendance + Entry	Address - Dr. Khosla	Break out for Assignment on Five Qualities		Session on Purpose of Life - Mr. Ajay Khanna	Quiz + Closure

A SPRINT 206 was organized for BSc 2nd semester from May 19th to 20th, 2021. It was attended by 225 students in all. The Sprint started with a welcome address of Mr. Atul Khosla. This was followed by a session on how to manage stress by coach and therapist Ms. Renu Thakur. Post lunch there was a breakout session for the discussion and interaction on Self-Reflection. The day ended with the presentations made by the students. On Day 2 the students were addressed by Dr. Khosla who shared anecdotes of his life and laid emphasis on research. A breakout session was organized for the completion on assignments given on the topic- Five Qualities for a Successful Life. Post lunch session Mr. Ajay Khanna had a session on Purpose of Life. The Sprint program ended with the quiz based on the whole entire program. All the students participated with the full energy and zeal

Student Participation:- 225

Organized -: SPRINT Team

Guest Speaker-: Ms. Renu Thakur (Oorjaa)

Impact-:

- Be a better communicator
- Develop self -confidence with self -grooming
- Develop your own plan for better writing skills
- Have an Attitude of Gratitude to stay happy



Welcome Address – Mr. Atul Khosla


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

e-SPRINT 206 - BSc 2nd		
Sr #	Student Name	Registration #
1	Sakshi Sharma	GF/2020/1979
2	Rupali Chaudhary	GF/2020/3072
3	Yamini	GF/2020/2958
4	Kanishka Gupta	GF/2020/5755
5	Bhumika	GF/2020/1115
6	Ribhav Dharma	GF/2020/4733
7	Rahul	GF/2020/6488
8	Vipul Kumar	GF/2020/7126
9	Shivani Nishad	GF/2020/6275
10	Atika Chauhan	GF/2020/6032
11	harsh saini	GF/2020/3385
12	Shekher Thakur	GF/2020/4490
13	Sakshi Thakur	GF/2020/5879
14	Khushi	GF/2020/6815
15	Yash Kumar	GF/2020/5530
16	Urvashi	GF/2020/872
17	sanskar	GF/2020/035
18	Urvashi Saini	GF/2020/2470
19	Mouli Chauhan	GF/2020/5910
20	Chaman Lal	GF/2020/818
21	Gurcharan	GF/2020/4469
22	Gungun	GF/2020/6472
23	Tanvi Saini	GF/2020/7220
24	Arzoo Thapa	GF/2020/6921
25	Nidhi Sharma	GF/2020/6223
26	Ambuj Sharma	GF/2020/3001
27	Nisha Panwar	GF/2020/4184
28	Ashish Kainthla	GF/2020/5852
29	Srishti Moudgil	GF/2020/6795
30	Aarushi Sharma	GF/2020/5686
31	Kritika Sharma	GF/2020/3935
32	Pritam Chandam	GF/2020/3975
33	Sumran Dassi	GF/2020/1988
34	Anushka Vats	GF/2020/6141
35	Divya Pancholi	GF/2020/642
36	Archisha Paliwal	GF/2020/4240
37	Deepshikha	GF/2020/6190
38	Keshav	GF/2020/6965
39	Simi Sharma	GF/2020/6777
40	Chirag	GF/2020/6496
41	Khushneet Kaur	GF/2020/506
42	Aman Sharma	GF/2020/3948
43	Akanksha	GF/2020/6132
44	Sahil Dhiman	GF/2020/6762
45	Stanzin Angmo	GF/2020/6126
46	Nikita Kumari	GF/2020/4731
47	Rahul Deswal	GF/2020/4341

48	Divyanshi Bhardwaj	GF/2020/1858
49	Aastha Gupta	GF/2020/6721
50	Ananya Priyadarshi	GF/2020/132
51	Vashnavi Walia	GF/2020/4315
52	Aditi Magotra	GF/2020/6521
53	Mahi Shukla	GF/2020/7163
54	Aman	GF/2020/6858
55	Yatish Sharma	GF/2020/5395
56	Nandini Sharma	GF/2020/2109
57	Nitish Verma	GF/2020/4873
58	Sarthak Pawar	GF/2020/4843
59	Ankush Sharma	GF/2020/6758
60	Busi Mara	GF/2020/6195
61	Arshia Dogra	GF/2020/5860
62	Samarth Sharma	GF/2020/4471
63	Keshav jha	GF/2020/1472
64	Monideepa Kashyap	GF/2020/6976
65	Palak Choudhary	GF/2020/3286
66	Sharmistha Dey	GF/2020/3503
67	Rohit	GF/2020/6696
68	Pritika Kumari	GF/2020/7384
69	Neha Sharma	GF/2020/7237
70	Arpit Sharma	GF/2020/7182
71	Jai Sharma	GF/2020/3564
72	Simran Sharma	GF/2020/4939
73	Shantam Soni	GF/2020/5562
74	Aruna Ete	GF/2020/7027
75	Aparajitaa Sinha	GF/2020/6771
76	Aishumaan Bandral	GF/2020/7047
77	Sakshi Sharma	GF/2020/5206
78	Sakshi Gilda	GF/2020/1171
79	Shelja	GF/2020/6998
80	Anjali	GF/2020/2634
81	Aaryan Saklani	GF/2020/5629
82	Tanishq Bhardwaj	GF/2020/6586
83	Aniket Garg	GF/2020/7414
84	Prateek Shukla	GF/2020/5335
85	Yakshit Raj Sharma	GF/2020/6378
86	Navdeep Kaur	GF/2020/4173
87	Anshika	GF/2020/4964
88	Dhruv	GF/2020/6042
89	Prerna	GF/2020/6827
90	Mumne Miyu	GF/2020/6956
91	Vipul Thakur	GF/2020/3258
92	Priyanka Devi	GF/2020/5192
93	Aadithya Singh	GF/2020/452
94	Shreya	GF/2020/7143
95	Sayantan Roy	GF/2020/3253
96	Ananya Manishi	GF/2020/2255
97	Shikha Jha	GF/2020/6667

98	Satveer	GF/2020/149
99	Mustafa Ahmed	GF/2020/7332
100	Navdeep Sharma	GF/2020/7252
101	Abhishek	GF/2020/4038
102	ANUREET KAUR	GF/2020/4491
103	Reena Devi	GF/2020/6363
104	Nitish	GF/2020/7171
105	Kashvi Mahajan	GF/2020/6653
106	Muskan Sharma	GF/2020/5512
107	Ringzin Lamo	GF/2020/4896
108	Sakshi Paul	GF/2020/3594
109	Anjali Sharma	GF/2020/7222
110	Saurav Thakur	GF/2020/4093
111	Aayush	GF/2020/5584
112	K Gayatri	GF/2020/6779
113	Vardan Sharma	GF/2020/2456
114	Pasang Namgey	GF/2020/7375
115	Vaishnavi Mishra	GF/2020/7157
116	Kanika	GF/2020/3950
117	Abhishek Rana	GF/2020/5277
118	Janvi	GF/2020/2043
119	Kipa Takam	GF/2020/7181
120	Vaishavi Khadke	GF/2020/7335
121	Yash Sharma	GF/2020/2361
122	Neha Sharma	GF/2020/5439
123	Ansh Shukla	GF/2020/3529
124	Ayushi Singh	GF/2020/7238
125	Rishabh Sharma	GF/2020/4348
126	Diya Bhardwaj	GF/2020/5366
127	Anvit Thakur	GF/2020/6897
128	Khushboo Sharma	GF/2020/4991
129	Sakshi Thakur	GF/2020/1536
130	Kartik Singh Kanwar	GF/2020/7305
131	Naman	GF/2020/3673
132	Sahil Guleria	GF/2020/2750
133	Tanish Bansal	GF/2020/6492
134	Dakshita	GF/2020/7273
135	Anchal	GF/2020/5118
136	Mansi Thakur	GF/2020/7036
137	Tanzin Norgay	GF/2020/6066
138	Tanu Sharma	GF/2020/4019
139	Aishwarya Sharma	GF/2020/7348
140	Jayant Thakur	GF/2020/3852
141	Banshika Thakur	GF/2020/4485
142	Kritika Sharma	GF/2020/6994
143	Shreya Bhushan	GF/2020/3647
144	Yashasavi	GF/2020/2451
145	Simran Kaur	GF/2020/2759
146	Sonali	GF/2020/3927
147	Raghav	GF/2020/5393

148	Himanshu Pundir	GF/2020/6526
149	Aryan Goyal	GF/2020/4917
150	Sachin	GF/2020/5677
151	Anurag yadav	GF/2020/043
152	Priyanka	GF/2020/4862
153	Purnima	GF/2020/4396
154	Gungun Gupta	GF/2020/6644
155	Karan Saini	GF/2020/3919
156	Shobhna	GF/2020/4006
157	Palak Thakur	GF/2020/6948
158	Sakshi	GF/2020/5227
159	Dev Thakur	GF/2020/4536
160	Prashant	GF/2020/2739
161	Esha Chauhan	GF/2020/4229
162	Tanushree	GF/2020/4606
163	Muskan Thakur	GF/2020/6490
164	Tanya	GF/2020/2371
165	Avantika Dhiman	GF/2020/7373
166	Vaibhav Rana	GF/2020/2796
167	Atish Patel	GF/2020/6711
168	Hrishikesh Thakur	GF/2020/4739
169	Surbhi	GF/2020/7411
170	Neharika Mann	GF/2020/4222
171	Prerna Deep Kaur	GF/2020/5936
172	Anurag Rawat	GF/2020/7043
173	Pranav Singh	GF/2020/3989
174	Palkin Sharma	GF/2020/4177
175	Nakul Kataria	GF/2020/1397
176	Lalit Thakur	GF/2020/3986
177	Kanishak Pathak	GF/2020/4798
178	Navjot Kaur	GF/2020/6529
179	Debalina Ganguly	GF/2020/2726
180	Aniket Hiremath	GF/2020/1486
181	Nirmit Gupta	GF/2020/1881
182	Sandhya	GF/2020/6179
183	Rashmi Raj	GF/2020/4921
184	Avishek Mandal	GF/2020/591
185	Kanchan Badhan	GF/2020/4411
186	Junaid Nawab	GF/2020/5070
187	Vibhuti	GF/2020/7015
188	Robin	GF/2020/6092
189	Nandini Rao	GF/2020/4311
190	Anshika Malhotra	GF/2020/1155
191	Gaurav Mehta	GF/2020/3907
192	Shruti	GF/2020/5734
193	Nishant	GF/2020/6047
194	Hitashi jain	GF/2020/1319
195	Nitin Kotwal	GF/2020/2108
196	Ishita Rathore	GF/2020/288
197	Riddhi	GF/2020/6917

198	Sushant Pal	GF/2020/3212
199	Kavya Kapoor	GF/2020/219
200	Priyanka	GF/2020/4288
201	Mrinalini Singh	GF/2020/6340
202	Sezal Bhabhoria	GF/2020/7110
203	Tanisha Thakur	GF/2020/6264
204	Manpreet Thakur	GF/2020/5786
205	Jatin Kumar	GF/2020/3760
206	Siddhant	GF/2020/1266
207	Vipul Thakur	GF/2020/5672
208	Vivek Pundir	GF/2020/6593
209	Jaishree Choudhary	GF/2020/4508
210	Somanka Pal	GF/2020/5203
211	Bishal borah	GF/2020/1899
212	Akanksha Thakur	GF/2020/7487
213	Machinme Shaiza	GF/2020/5756
214		GF/2020/2576
215	Mudita Chauhan	GF/2020/454
216	Anurag Dhiman	GF/2020/6284
217	Tarni Thakur	GF/2020/6760
218	Aditi Mishra	GF/2020/6846
219	Pallavi	GF/2020/5896
220	Sidharth Chandel	GF/2020/3635
221	Ayan	GF/2020/760
222	Jai Arora	GF/2020/2990
223	Shanilo Tep	GF/2020/6400
224	Rahul Sadiq	GF/2020/4888
225	Nevedita	GF/2020/6750


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