

Date: May 3 - 4, 2021

SPRINT on Communication Skills for UG-FMSLA 4th Semester Students

e-SPRINT -203 (Agenda), UG-FMSLA 4 th Semester, No of Students: 170							
Date & Time	9:30 – 9:50	9:50 – 10:00	10:00 - 11:15	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 17:00
5/3/2021	Attendance & Welcome - Ms. Poonam Nanda	Address - Dr. Kesari	Session on Working on Your Communication Skills - Ms. Poonam Nanda	Session on Resilience - Ms. Payal Khanna	Lunch	Breakout for Discussion	Assignment Completion & Submission
5/4/2021	Attendance & Guidelines		Session on Managing Stress in recent Time - Ms. Renu Thakur	Breakout for Assignment		14:30 - 16:00	16:00 -17:00
						Session on Finding Purpose -Mr. Ajay Khanna	Quiz

A SPRINT 203 was organized for the 4th semester undergraduate students of Faculty of Management Studies and Liberal Arts (UGFMSLA) on May 03 to 04,2021. It was attended by 170 students in total. The SPRINT started with welcome interaction by Mrs. Poonam Nanda. The students were addressed by Dr Kesari who inspired them to set high goals. An informative session on how students can work on their communication skills and improve their skills was given by Mrs. Nanda. A session on the Power of Resilience was taken by Ms. Payal Khanna. Post break there was a breakout time for discussions regarding Self Awareness. At the end of the day 1 students were given time for completion of assignment and submission. Day 2 had a session on how stress can be managed in recent time by Ms. Renu Thakur. Post lunch break a session on How to Find Purpose in life was taken by Mr. Ajay Khanna. The SPRINT ended with a quiz given to students based on the whole program. The students enjoyed all the training sessions.

Student Participation-: 170

Organized -:SPRINT Team

Guest Speaker-: Ms. Renu Thakur (Oorjaa)

Impact-:

- Develop Leadership skills
- Understand different styles of Leadership
- Value time
- Develop ability to prioritize



Session on Finding Purpose – Mr. Ajay Khanna


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

e-SPRINT-203 : UGFMSLA 4th Semester No of Students: 171

Sr #	Student Name	Registration #	Batch
1	Siya Sharma	1971305001	B Com 2019-2022
2	Akshit Bhatia	1971305003	B Com 2019-2022
3	Mamta Chauhan	1971305004	B Com 2019-2022
4	Shivam Kumar	1971305005	B Com 2019-2022
5	Karina Chauhan	1971305006	B Com 2019-2022
6	Sunali	1971305007	B Com 2019-2022
7	Preeti Kanwar	1971305009	B Com 2019-2022
8	Sourav	1971305010	B Com 2019-2022
9	Robel Dawit	1971305011	B Com 2019-2022
10	Aman Bachhal	1971305012	B Com 2019-2022
11	Muskan Verma	1971305013	B Com 2019-2022
12	Jatin Sharma	1971305016	B Com 2019-2022
13	Anchal Mehra	1971305018	B Com 2019-2022
14	Pragya Sood	1971305019	B Com 2019-2022
15	Ravi Mehra	1971305021	B Com 2019-2022
16	Shruti Chauhan	1971305023	B Com 2019-2022
17	Ambika Thakur	1971305024	B Com 2019-2022
18	Simran Jaggi	1971305025	B Com 2019-2022
19	Diksha	1971305026	B Com 2019-2022
20	Vishal Nichal	1971305027	B Com 2019-2022
21	Aashina Shaw	1971305028	B Com 2019-2022
22	Isha Thapa	1971305029	B Com 2019-2022
23	Ankur Sharma	1971305030	B Com 2019-2022
24	Jatin Kapoor	1971305031	B Com 2019-2022
25	Shivam Verma	1971305032	B Com 2019-2022
26	Simran Raghuvanshi	1971305033	B Com 2019-2022
27	Manik Sharma	1971305034	B Com 2019-2022
28	Surenika Premi	1971305035	B Com 2019-2022
29	Kartik	1971305036	B Com 2019-2022
30	Amit Singh Verma	1971305037	B Com 2019-2022
31	Abhishek Bedi	1971305038	B Com 2019-2022
32	Yashvi Thakur	1971305040	B Com 2019-2022
33	Divyanshi Anand	1971305041	B Com 2019-2022
34	Anshul Gautam	1971305043	B Com 2019-2022
35	Prajwal Sharma	1971305045	B Com 2019-2022
36	Manish Negi	1971305046	B Com 2019-2022
37	Achal	1971305048	B Com 2019-2022
38	Mohit Rana	1971305049	B Com 2019-2022
39	Jitesh Garg	1971305050	B Com 2019-2022
40	Phassang Kamchi	1971305051	B Com 2019-2022
41	Pallvi Gheshta	1971305052	B Com 2019-2022
42	Ajeet Pundir	1971305053	B Com 2019-2022
43	Prikshit Burfaik	1971305054	B Com 2019-2022

44	Monika Semwal	1971305055	B Com 2019-2022
45	Yogesh Kumar	1971305056	B Com 2019-2022
46	Yugal Kishor Panwar	1971305058	B Com 2019-2022
47	Robel Tesfaye	1971305059	B Com 2019-2022
48	Bhavya	1871301059	BBA 2019-2022
49	Aakanksha Thakur	1971301005	BBA 2019-2022
50	Shubham Shonkhlay	1971301006	BBA 2019-2022
51	Shiv Garg	1971301010	BBA 2019-2022
52	Prajwal Chauhan	1971301012	BBA 2019-2022
53	Saheel Raj	1971301013	BBA 2019-2022
54	Swati Gupta	1971301014	BBA 2019-2022
55	Amit Kumar Jaishal	1971301015	BBA 2019-2022
56	Muskan Negi	1971301019	BBA 2019-2022
57	Gaurav Kashyap	1971301020	BBA 2019-2022
58	Manish Thakur	1971301021	BBA 2019-2022
59	Abhiraj Ranjan	1971301022	BBA 2019-2022
60	Shriya Mahajan	1971305017	BBA 2019-2022
61	Aakash Goyal	1971301023	BBA 2019-2022
62	Sahil Thakur	1971301024	BBA 2019-2022
63	Hiteshi	1971301025	BBA 2019-2022
64	Rikhta Yuvraj	1971301026	BBA 2019-2022
65	Rohit Gautam	1971301028	BBA 2019-2022
66	Prashant Negi	1971301029	BBA 2019-2022
67	Rakshit Kumar	1971301030	BBA 2019-2022
68	Diksha	1971301032	BBA 2019-2022
69	Rajan Vaid	1971301033	BBA 2019-2022
70	Kartik Chauhan	1971301034	BBA 2019-2022
71	Ranjeet Mishra	1971301035	BBA 2019-2022
72	Mimoh	1971301036	BBA 2019-2022
73	Krishang Sharma	1971301037	BBA 2019-2022
74	Prince Sharma	1971301039	BBA 2019-2022
75	Ashish Yadav	1971301040	BBA 2019-2022
76	Deepak Verma	1971301041	BBA 2019-2022
77	Aditya Devpriya	1971301042	BBA 2019-2022
78	Yasser Nawabi	1971301044	BBA 2019-2022
79	Lovish	1971301046	BBA 2019-2022
80	Saif Akhtar	1971301047	BBA 2019-2022
81	Ajay Verma	1971301052	BBA 2019-2022
82	Vicky	1971301053	BBA 2019-2022
83	Vaibhav Rajput	1971301054	BBA 2019-2022
84	Nishita	1971301055	BBA 2019-2022
85	Vibhuti Mehta	1971301056	BBA 2019-2022
86	Shubham	1971301057	BBA 2019-2022
87	Pankaj	1971301058	BBA 2019-2022
88	Deepak Kumar	1971301059	BBA 2019-2022
89	Saksham Kashyap	1971301061	BBA 2019-2022
90	Anshul Sharma	1971301062	BBA 2019-2022

91	Abhishek Chauhan	1971306028	BBA 2019-2022
92	Ishit Chauhan	1971301063	BBA 2019-2022
93	Yash	1971301065	BBA 2019-2022
94	Shubham	1971301068	BBA 2019-2022
95	Pankaj Paul	1971301069	BBA 2019-2022
96	Anchal	1971301070	BBA 2019-2022
97	Vivek Kanwar	1971301071	BBA 2019-2022
98	Budhi Sambyo	1971301072	BBA 2019-2022
99	Mohit Sharma	1971301073	BBA 2019-2022
100	Abhishek	1971301074	BBA 2019-2022
101	Vince Paul	1971301076	BBA 2019-2022
102	Kashish	1971301077	BBA 2019-2022
103	Raghav Singh	1971301080	BBA 2019-2022
104	Divesh Sharma	1971301081	BBA 2019-2022
105	Srishti Maggon	GF/2020/4464	BBA 2019-2022
106	Suraj Nautiyal	1854302055	BA English 2019-2022
107	Anshu Verma	1971302003	BA English 2019-2022
108	Sakshi Wadhwa	1971302004	BA English 2019-2022
109	Mehak Chauhan	1971302005	BA English 2019-2022
110	Aakriti Sharma	1971302007	BA English 2019-2022
111	Snehanjali Panicker	1951302001	BA English 2019-2022
112	Akansha Srivastava	1971302008	BA English 2019-2022
113	Rsvika Tripathi	1971302010	BA English 2019-2022
114	Bindiya Pathania	1937301008	BA English 2019-2022
115	Vaishali Thakur	1971302011	BA English 2019-2022
116	Garima Faujdar	1971302013	BA English 2019-2022
117	Arti Gachhan	1971302014	BA English 2019-2022
118	Vishal Kumar	1971302015	BA English 2019-2022
119	Kulwinder	1971302017	BA English 2019-2022
120	Abhay Sood	1971304001	BA Journalism and Mass Communication 2019-2022
121	Sparsh Patial	1971304002	BA Journalism and Mass Communication 2019-2022
122	Arzoo Sharma	1971304003	BA Journalism and Mass Communication 2019-2022
123	Rahul Malhotra	1971304004	BA Journalism and Mass Communication 2019-2022
124	Ritul Kaundal	1971301011	BA Journalism and Mass Communication 2019-2022
125	Nikita	1971304005	BA Journalism and Mass Communication 2019-2022
126	Dipesh Chauhan	1971301018	BA Journalism and Mass Communication 2019-2022
127	Aayushi Sharma	1971304007	BA Journalism and Mass Communication 2019-2022
128	Anoushka Jain	1971304008	BA Journalism and Mass Communication 2019-2022
129	Gaurav Duharia	1971304009	BA Journalism and Mass Communication 2019-2022
130	Mansi Bhatia	1971304010	BA Journalism and Mass Communication 2019-2022
131	Ankita	1971304011	BA Journalism and Mass Communication 2019-2022
132	Maninder Singh	1971304012	BA Journalism and Mass Communication 2019-2022
133	Aarushi Mishra	1971304013	BA Journalism and Mass Communication 2019-2022
134	Yash Chandra	1971304014	BA Journalism and Mass Communication 2019-2022
135	Rishabh Negi	1971304015	BA Journalism and Mass Communication 2019-2022
136	Alisha Garg	1971304016	BA Journalism and Mass Communication 2019-2022
137	Aastha Parmar	1971304017	BA Journalism and Mass Communication 2019-2022

138	Vanshika Nagar	1971304018	BA Journalism and Mass Communication 2019-2022
139	Aditi Anne Khalkho	1971304019	BA Journalism and Mass Communication 2019-2022
140	Dhiraj Kumar	1971304020	BA Journalism and Mass Communication 2019-2022
141	Pankaj	1971304021	BA Journalism and Mass Communication 2019-2022
142	Manish Raj Malik	1971304022	BA Journalism and Mass Communication 2019-2022
143	Ashutosh	1971304023	BA Journalism and Mass Communication 2019-2022
144	Tanuj Kumar	1971304024	BA Journalism and Mass Communication 2019-2022
145	Bhavna	1971304025	BA Journalism and Mass Communication 2019-2022
146	Ranjeet Yadav	1971304026	BA Journalism and Mass Communication 2019-2022
147	Priyasi Parmar	1971304027	BA Journalism and Mass Communication 2019-2022
148	Pragyanidhi	1971307001	B Sc Yoga 2019-2022
149	Muskaan Maurya	1971307002	B Sc Yoga 2019-2022
150	Vatsalya Vishwakarma	1971307003	B Sc Yoga 2019-2022
151	Dhriti Mehta	1971307007	B Sc Yoga 2019-2022
152	Nitika	1971307008	B Sc Yoga 2019-2022
153	Radhika Kumari	1971307009	B Sc Yoga 2019-2022
154	Kritika Gusain	1971307011	B Sc Yoga 2019-2022
155	Rachna Kumari	1971307012	B Sc Yoga 2019-2022
156	Shivam Sharma	1971307013	B Sc Yoga 2019-2022
157	Swati Sharma	1971307014	B Sc Yoga 2019-2022
158	Aliza Verma	1971307015	B Sc Yoga 2019-2022
159	Amisha Rawat	1971307016	B Sc Yoga 2019-2022
160	Deepika	1971307017	B Sc Yoga 2019-2022
161	Rajat Sharma	1971307018	B Sc Yoga 2019-2022
162	Akanksha Kumari	1971307019	B Sc Yoga 2019-2022
163	Deepak Sharma	1971307020	B Sc Yoga 2019-2022
164	Pulkit Sharma	1971307021	B Sc Yoga 2019-2022
165	Akash	1971307022	B Sc Yoga 2019-2022
166	Manmeet Khaiwal	1971307024	B Sc Yoga 2019-2022
167	Shaurya Joshi	1971307025	B Sc Yoga 2019-2022
168	Prapti Mehta	1971307026	B Sc Yoga 2019-2022
169	Manthan Pundir	1971307027	B Sc Yoga 2019-2022
170	Vishal Chouhan	1971307028	B Sc Yoga 2019-2022
171	Shagun	1871305026	B Com 2019-2022 Lateral enter