

**Date: March 15 – 17, 2021**

**SPRINT on Pre-Placement for MSc 2<sup>nd</sup> & 4<sup>th</sup> Semester Students**

<b>e-SPRINT Agenda -197, MSc 2<sup>nd</sup> &amp; 4<sup>th</sup> Semester, No of Students: 224</b>						
<b>Date &amp; Time</b>	<b>10:00 – 10:15</b>	<b>10:15 - 11:15</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:30</b>	<b>16:00 - 17:00</b>
<b>15-03-2021</b>	Attendance Welcome – Ms. Poonam Nanda	TBD	Session on Resilience – Ms. Payal Khanna	Lunch	Session on Writing Email Ms. Poonam Nanda	Assignment on Email Writing
<b>16-03-2021</b>	Attendance	Session on Grooming – Dr. Pratip Mazumdar	Session – Mr. Ajay Khanna	Lunch	Workshop on Interview Skills	
<b>17-03-2021</b>	Attendance	Session on Etiquette – Ms. Poonam Nanda	Emotional Intelligence – Ms. Mansi Dholakia	Lunch	Tips & Tricks on Aptitude Dr. Neeraj Gandotra	Online Quiz

A SPRINT 197 was conducted for M. Sc 2<sup>nd</sup> and 4<sup>th</sup> semester students from March 15 to 17, 2021 to prepare them for their placement. This was a three (03) day program and was attended a total of 224 students. The training program started with a welcome session for the attendees by Mrs. Poonam Nanda. Ms. Payal Khanna had a session in which she taught about the importance of Resilience. Later Mrs. Nanda had a important session about how to write an email and the day ended with the assignment on Email writing to check their progress. Day 2 started with a session on workplace etiquette by Mrs. Nanda where she briefed students about representing themselves in their placed companies. Mr. Ajay Khanna had a workshop on interviews skills for the students. On day 3, session on importance of How to dress and present yourself-a grooming session was conducted by Mr. Pratip Mazumdar. Ms. Mansi Dholakia briefed the student about the emotional intelligence which they would be needed post-placement. The students were also made acquainted with tips and tricks on Aptitude by Dr. Neeraj

Gandotra. The day ended with an online quiz for the students based on their learning in the SPRINT training program. The students felt energized and elated after attending the program.

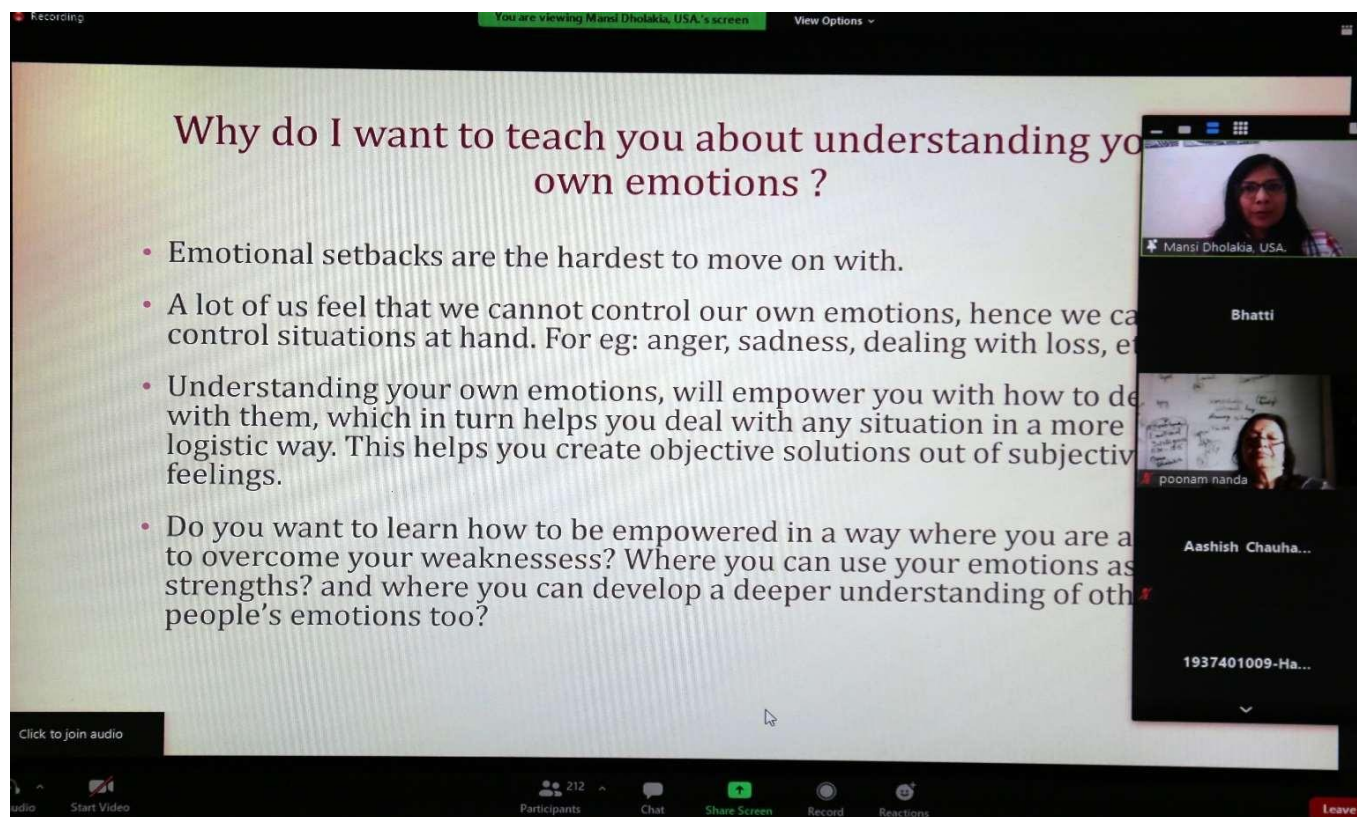
**Student Participation-:** 224

**Organized -:** SPRINT Team

**Guest Speaker-:** Mrs. Mansi Dholakia (CEO Global Mental health Organizations)

**Impact-:**

- Realize the lucrative careers available in sales
- Customer interaction- in person and on the phone
- Tips to carve a successful career



Recording You are viewing Mansi Dholakia, USA's screen View Options

### Why do I want to teach you about understanding your own emotions ?

- Emotional setbacks are the hardest to move on with.
- A lot of us feel that we cannot control our own emotions, hence we cannot control situations at hand. For eg: anger, sadness, dealing with loss, etc.
- Understanding your own emotions, will empower you with how to deal with them, which in turn helps you deal with any situation in a more logistic way. This helps you create objective solutions out of subjective feelings.
- Do you want to learn how to be empowered in a way where you are able to overcome your weaknesses? Where you can use your emotions as strengths? and where you can develop a deeper understanding of other people's emotions too?

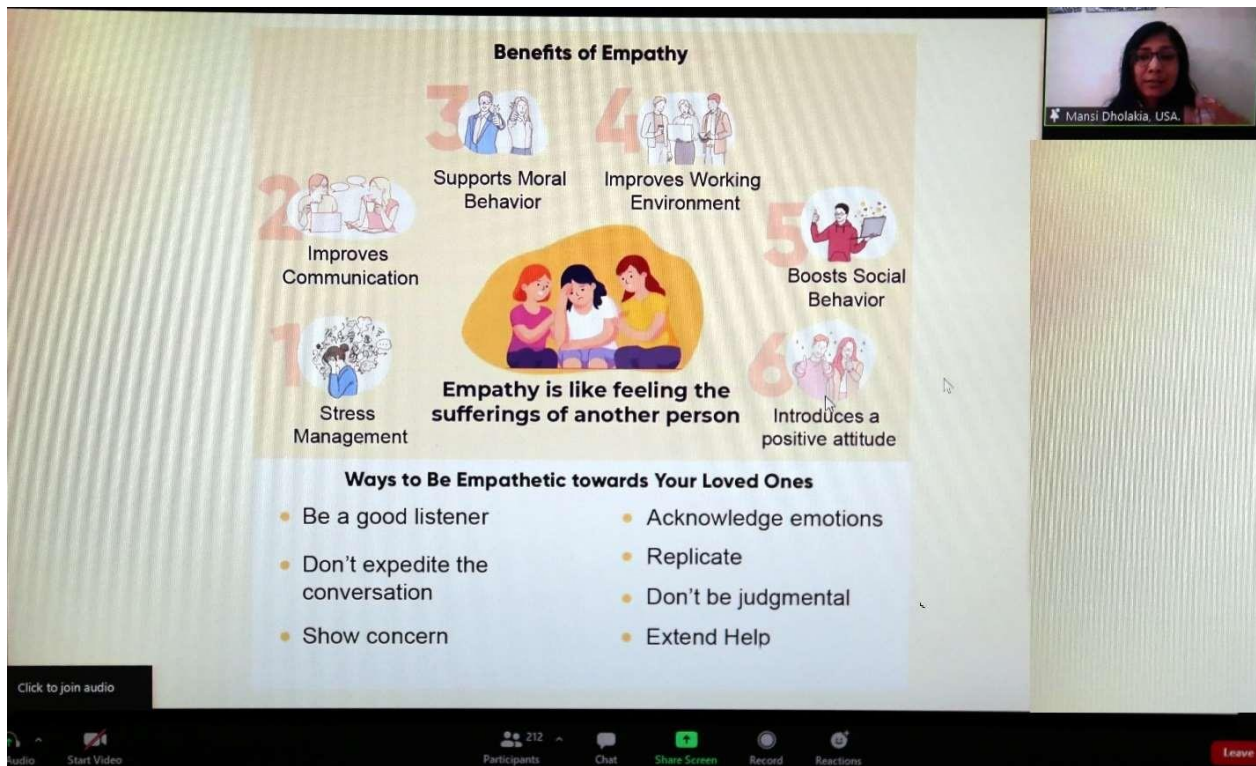
Click to join audio

Participants 212 Chat Share Screen Record Reactions Leave

Mansi Dholakia, USA  
Bhatti  
poonam nanda  
Aashish Chauha...  
1937401009-Ha...

**Session on Emotional Intelligence – Ms. Mansi Dholakia**

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



**Benefits of Empathy**

- 1 Stress Management
- 2 Improves Communication
- 3 Supports Moral Behavior
- 4 Improves Working Environment
- 5 Boosts Social Behavior
- 6 Introduces a positive attitude

**Empathy is like feeling the sufferings of another person**

**Ways to Be Empathetic towards Your Loved Ones**

- Be a good listener
- Don't expedite the conversation
- Show concern
- Acknowledge emotions
- Replicate
- Don't be judgmental
- Extend Help

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Participants: 212 | Chat | Share Screen | Record | Reactions | Leave

**Benefits of Empathy – Ms. Mansi Dholakia**

**e-SPRINT - 197 : MSc 4th Semester No of Students: 133**

Sr.No	Student Name	Registration Number	Batch
1	Rashmi Singh	1914401012	M Sc FT 2019-2021
2	Priyanka	1914401027	M Sc FT 2019-2021
3	Shilpa	1914401036	M Sc FT 2019-2021
4	Rajni Shaktan	1931402011	M Sc Botany 2019-2021
5	Abhishek	1931402012	M Sc Botany 2019-2021
6	Shagun Attri	1931403006	M Sc Environmental Sciences 2019-2021
7	Akshita Sharma	1931403007	M Sc Environmental Sciences 2019-2021
8	yangam Ruji	1931401039	M Sc Zoology 2019-2021
9	Virender	1931401006	M Sc Zoology 2019-2021
10	Shubhangi Parmar	1931401002	M Sc Zoology 2019-2021
11	Gulshan Kumar	1931401015	M Sc Zoology 2019-2021
12	Bhavpriya Nehru	1931401027	M Sc Zoology 2019-2021
13	Bhanupriya	1931401001	M Sc Zoology 2019-2021
14	Pradipta Pran Nath	1914401008	M Sc FT 2019-2021
15	Divya	1914401037	M Sc FT 2019-2021
16	Pallavi Thakur	1914401038	M Sc FT 2019-2021
17	Sakshi Kashyap	1931402008	M Sc Botany 2019-2021
18	Aman Deep Chandel	1931402009	M Sc Botany 2019-2021
19	Ankita Rana	1937402001	M Sc Physics 2019-2021
20	Aanchal Mogta	1937402004	M Sc Physics 2019-2021
21	Rahul Thakur	1931403013	M Sc Environmental Sciences 2019-2021
22	Samta	1931403014	M Sc Environmental Sciences 2019-2021
23	Harendar Kumar	1937401009	M Sc Mathematics 2019-2021
24	Man Mohan	1937401016	M Sc Mathematics 2019-2021
25	Shubham Dogra	1931401035	M Sc Zoology 2019-2021
26	Apoorav Sharma	1931401026	M Sc Zoology 2019-2021
27	Dipanjali Das	1914401001	M Sc FT 2019-2021
28	Shivani Puri	1914401013	M Sc FT 2019-2021
29	Norbu Sonam	1931402018	M Sc Botany 2019-2021
30	Reetika Shukla	1931402022	M Sc Botany 2019-2021
31	Abhilasha Sharma	1937402006	M Sc Physics 2019-2021
32	Sakshi Kumari	1937402007	M Sc Physics 2019-2021
33	Nishit Rastogi	1914402002	M Tech FT 2019-2021
34	Nitin Srivastava	1914402004	M Tech FT 2019-2021
35	Parth Rawat	1937401001	M Sc Mathematics 2019-2021
36	Anil Chandra	1937401003	M Sc Mathematics 2019-2021
37	Sheetal	1931401031	M Sc Zoology 2019-2021
38	Sharunika Rathour	1931401012	M Sc Zoology 2019-2021
39	Ankita Kumari	1931401020	M Sc Zoology 2019-2021
40	Durga Madhab Swain	1914401011	M Sc FT 2019-2021

41	Manvi Taxali	1914401024	M Sc FT 2019-2021
42	Sakshi Gandhi	1914401025	M Sc FT 2019-2021
43	Kriti Gautam	1914401028	M Sc FT 2019-2021
44	Ritakshi Kanwar	1937402005	M Sc Physics 2019-2021
45	Saksham Gupta	1937402013	M Sc Physics 2019-2021
46	Nandini Sharma	1931403001	M Sc Environmental Sciences 2019-2021
47	Kalpna Chettri	1931403002	M Sc Environmental Sciences 2019-2021
48	Nitish Kumar	1937401014	M Sc Mathematics 2019-2021
49	Aashish Chauhan	1937401015	M Sc Mathematics 2019-2021
50	Rohit Sharma	1931401022	M Sc Zoology 2019-2021
51	Rohini Sood	1931401019	M Sc Zoology 2019-2021
52	Anita	1931401009	M Sc Zoology 2019-2021
53	Savi Sharma	1914401019	M Sc FT 2019-2021
54	Vaishali Sharma	1914401022	M Sc FT 2019-2021
55	Priyal Sharma	1914401023	M Sc FT 2019-2021
56	Ashanpreet Singh	1914401029	M Sc FT 2019-2021
57	Dolma	1931402028	M Sc Botany 2019-2021
58	Anchal Salgotra	1931402029	M Sc Botany 2019-2021
59	Nishek Thakur	1937402014	M Sc Physics 2019-2021
60	Neha Mehta	1937402015	M Sc Physics 2019-2021
61	Shard	1937401012	M Sc Mathematics 2019-2021
62	Uma Devi	1937401013	M Sc Mathematics 2019-2021
63	Ritwika Sharma	1931401029	M Sc Zoology 2019-2021
64	Rituza gautam	1931401043	M Sc Zoology 2019-2021
65	Akanksha	1931401005	M Sc Zoology 2019-2021
66	Megha Kathait	1914401032	M Sc FT 2019-2021
67	Shivani Bisht	1914401034	M Sc FT 2019-2021
68	Aayushi	1914401035	M Sc FT 2019-2021
69	Shivani Thakur	1931402002	M Sc Botany 2019-2021
70	Ganga Devi	1931402003	M Sc Botany 2019-2021
71	Ambika	1931402021	M Sc Botany 2019-2021
72	Shivangi Singh	1914402005	M Tech FT 2019-2021
73	Kalyani Gawhale	1914402008	M Tech FT 2019-2021
74	Jawala Prashad	1937401007	M Sc Mathematics 2019-2021
75	Jyoti Thakur	1937401017	M Sc Mathematics 2019-2021
76	Ritika Jaswal	1931401042	M Sc Zoology 2019-2021
77	Richa Sood	1931401003	M Sc Zoology 2019-2021
78	Ajay Singh	1931401041	M Sc Zoology 2019-2021
79	Chirantana Kalita	1914401010	M Sc FT 2019-2021
80	Ashish Jaryal	1914401026	M Sc FT 2019-2021
81	Pooja Sharma	1914401030	M Sc FT 2019-2021
82	Sonali Khati	1914401031	M Sc FT 2019-2021
83	Monika Thakur	1931402004	M Sc Botany 2019-2021
84	Pallavi Thakur	1931402005	M Sc Botany 2019-2021

85	Sarika Guleria	1937402018	M Sc Physics 2019-2021
86	Vivek Sharma	1937402019	M Sc Physics 2019-2021
87	Shweta	1937401002	M Sc Mathematics 2019-2021
88	Manisha Thakur	1937401008	M Sc Mathematics 2019-2021
89	Anjna Kumari	1937401010	M Sc Mathematics 2019-2021
90	Raveena	1931401018	M Sc Zoology 2019-2021
91	Priyanka	1931401014	M Sc Zoology 2019-2021
92	Ajay Kumar	1931401028	M Sc Zoology 2019-2021
93	Neha Goyal	1914401015	M Sc FT 2019-2021
94	Himanshi Rana	1914401016	M Sc FT 2019-2021
95	Shashank Bhota	1931402026	M Sc Botany 2019-2021
96	Akshi Sharma	1931402027	M Sc Botany 2019-2021
97	Dixit Kaundal	1937402020	M Sc Physics 2019-2021
98	Prashant Sharma	1937402021	M Sc Physics 2019-2021
99	Shaina	1931403011	M Sc Environmental Sciences 2019-2021
100	Maneesha Kumari	1931403012	M Sc Environmental Sciences 2019-2021
101	Tamanna	1937401006	M Sc Mathematics 2019-2021
102	Gitesh Suri	1937401011	M Sc Mathematics 2019-2021
103	Priyambada Routray	1931401025	M Sc Zoology 2019-2021
104	Pratibha Garg	1931401011	M Sc Zoology 2019-2021
105	Aditi Fishta	1931401038	M Sc Zoology 2019-2021
106	Kritika Kattaoo	1914401005	M Sc FT 2019-2021
107	Dhanoj Sahoo	1914401007	M Sc FT 2019-2021
108	Himani Devi	1931402006	M Sc Botany 2019-2021
109	Mukesh Kumar	1931402007	M Sc Botany 2019-2021
110	Simran Thakur	1937402022	M Sc Physics 2019-2021
111	Hemlata Kashwal	1937402023	M Sc Physics 2019-2021
112	Shyam Lal Thakur	1931403008	M Sc Environmental Sciences 2019-2021
113	Parveen Golmei	1931403009	M Sc Environmental Sciences 2019-2021
114	Abhimanyu Anand	1937401004	M Sc Mathematics 2019-2021
115	Shyam Chand	1937401005	M Sc Mathematics 2019-2021
116	Prakriti Sharma	1931401034	M Sc Zoology 2019-2021
117	Nitesh Thakur	1931401007	M Sc Zoology 2019-2021
118	Manish Kumar	1931401021	M Sc Zoology 2019-2021
119	Deepanshu	1914401003	M Sc FT 2019-2021
120	Mansi Sharma	1914401009	M Sc FT 2019-2021
121	Neha Jassal	1914401014	M Sc FT 2019-2021
122	Neha Katoch	1931402014	M Sc Botany 2019-2021
123	Raman Rana	1931402019	M Sc Botany 2019-2021
124	Monika	1931402020	M Sc Botany 2019-2021
125	Pratiksha	1937402016	M Sc Physics 2019-2021
126	Arushi	1937402017	M Sc Physics 2019-2021
127	Nikita	1931401016	M Sc Zoology 2019-2021
128	Naresh Thakur	1931401004	M Sc Zoology 2019-2021

129	Mukesh Kumar	1931401040	M Sc Zoology 2019-2021
130	Heena Verma	1931401023	M Sc Zoology 2019-2021
131	Harshlata	1931401008	M Sc Zoology 2019-2021
132	Samriti	1931401010	
133	Shagun	1931401013	

### e-SPRINT - 197 : MSc 2nd Semeste

Sr.No.	Student Name	Registration Number
1	Priya Bhandari	PGD/2020/934
2	Anshul Thakur	PGD/2020/2085
3	Pallavi Thakur	PGD/2020/2038
4	Pooja	PGD/2020/2331
5	Divya Pokala	PGD/2020/872
6	Neha Kumari	PGD/2020/1950
7	Shailja Sharma	PGD/2020/1951
8	Vedant Sharma	PGD/2020/2279
9	Gritish Thakur	PGD/2020/2635
10	Sujata Chandel	PGD/2020/2695
11	Monika Thakur	PGD/2020/2728
12	Rupali Kashyap	PGD/2020/2753
13	Tanuja Shukla	PGD/2020/2752
14	Manisha	PGD/2020/141
15	Shabnam Sharma	PGD/2020/886
16	Jatin	PGD/2020/615
17	Payal Minhas	PGD/2020/1905
18	Kanika Kumari	PGD/2020/2367
19	Kamlesh	PGD/2020/2655
20	Yogita Sharma	PGD/2020/2321
21	Abhishek Kumar	PGD/2020/429
22	Aneesh Sharma	PGD/2020/1190
23	Sachin Rana	PGD/2020/613
24	Aman Thakur	PGD/2020/1665
25	Shivani	PGD/2020/1192
26	Anamika	PGD/2020/1940
27	Devesh	PGD/2020/2161
28	Akshit Sharma	PGD/2020/2158
29	Kiran Sharma	PGD/2020/2305
30	Karan Singh Rana	PGD/2020/2468
31	Suryansh Awasthi	PGD/2020/2600
32	Parul Bharadwaj	PGD/2020/2618
33	Shahil Verma	PGD/2020/2615
34	Akshay Sharma	PGD/2020/2629

35	Shivani Thakur	PGD/2020/2671
36	Akshay Verma	PGD/2020/2672
37	Mayank Sharma	PGD/2020/2743
38	Yashaswini sharma	PGD/2020/2745
39	Anshul Thakur	PGD/2020/2771
40	Sohan Lal	PGD/2020/005
41	Kirti	PGD/2020/1360
42	Himanshi	PGD/2020/1350
43	Rajat Kaushal	PGD/2020/1548
44	Shubham Sharma	PGD/2020/1550
45	Karan Mehta	PGD/2020/1454
46	Pankaj Kamta	PGD/2020/2007
47	Rohit Ochharwan	PGD/2020/2037
48	Jayati Sharma	PGD/2020/1643
49	Manish Sharma	PGD/2020/2334
50	Dhriti Gupta	PGD/2020/2554
51	Arun kanu	PGD/2020/2541
52	Rinka Pal	PGD/2020/2722
53	Karambir Singh	PGD/2020/2712
54	Bindu	PGD/2020/2543
55	Abhinash	PGD/2020/2549
56	Aditi Thakur	PGD/2020/2540
57	Shilpa Bhogal	PGD/2020/2624
58	Yatindra Kumar	PGD/2020/468
59	Muskan Kapoor	PGD/2020/614
60	Nupur Yadav	PGD/2020/919
61	Pragati	PGD/2020/2101
62	Shalini Kumari	PGD/2020/1768
63	Adarsh Sheel	PGD/2020/2492
64	Neha Shalta	PGD/2020/2601
65	Avantika Sharma	PGD/2020/2659
66	Nainul Mishra	PGD/2020/1067
67	Shubham Patial	PGD/2020/2137
68	Jyoti Prakash	PGD/2020/2642
69	Dipanshi Goyal	PGD/2020/2813
70	Jatin	PGD/2020/714
71	Deeksha Dogra	PGD/2020/472
72	Pramod Prakash	PGD/2020/1644
73	Vardhan Sharma	PGD/2020/2375
74	Prashant Sehrawat	PGD/2020/2607
75	Ishika	PGD/2020/2774
76	Suraj Prakash	PGD/2020/1464
77	NEERAJ KUMARI	PGD/2020/2556
78	Dhiraj Kumar	PGD/2020/2598
79	Sapna Thakur	PGD/2020/2566



80	Naveen	PGD/2020/2717
81	Harish Kumar Goswami	PGD/2020/1348
82	Heena Garg	PGD/2020/2027
83	Vandna Rani	PGD/2020/232
84	Sarika Sharma	PGD/2020/2256
85	Amit Sharma	PGD/2020/2528
86	Akanksha Chauhan	PGD/2020/2552
87	Rahul Verma	PGD/2020/2253
88	Ajay	PGD/2020/2708
89	Harshit Kailash	PGD/2020/889
90	Monika Bhakuni	PGD/2020/2157
91	Sagar	PGD/2020/2591
92	Rashmeet	PGD/2020/2762
93	Jaskirat Marwah	PGD/2020/2772

  
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