

Date: November 17 – 19, 2020

## SPRINT on Transformation for MBA Quad 2 Students

e-SPRINT : 187, Target Audience : MBA 1 (Quad 2), Theme : Transformation SPRINT No of Students :136								
Date & Time	9:30 -9:45	09:45 - 10:15	10:30 - 11:15	11:30 - 12:30	13:00 - 14:00	14:00 -15:00	15:00 - 16:00	16:00 - 17:30
17/11/2020	Attendance	<ul style="list-style-type: none"> <li>Team Formation,</li> <li>Objectives, Address - Dr. Kuldeep Rojhe &amp; Ms. Poonam Nanda</li> </ul>	Guidelines for Team Activity	Session on Inner Transformation - Dr. Renu Thakur	Lunch	Session - Prof. Atul Khosla	Breakout session for discussion	Presentations
18/11/2020		Session on Yoga for Stress Management - Dr. Subodh & Team	Session on Grooming - Dr. Pratip Mazumdar	Session on Transformation - Journey of an Entrepreneur - Mr. Shariq Ashraf		Session on Transforming Writing Skills - Ms. Poonam Nanda	Breakout session for discussion	
19/11/2020		Session on Yoga for Stress Management - Dr. Subodh & Team	Session on Everyday Etiquette - Col Gill	Session on Digital Transformation - Mr. Amit Sharma		Session on Digital Transformation Contd. - Mr. Amit Sharma	Cultural & Fun Evening	

A session was organized by SKILL PROGRESSION team {Skill Progression through Rapid Intensive and Innovative Training for MBA 1st Semester. Quad 2 from November 17<sup>th</sup> to 19<sup>th</sup>. 2020. It was attended by 136 students. The theme of this program is Transformation SPRINT. On 17<sup>th</sup> Nov 2020 in the morning session first the day started with was formation. A session on Inner Transformation was conducted by Dr. Renu Thakur. She laid emphasis on the importance of having control over our inner selves. In the afternoon a breakout session for discussion and Presentation was organized. On 18<sup>th</sup> Nov. 2020 in the morning session-a session on “Yoga for Stress Management” was conducted by Dr. Subodh and his team. He gave the students some simple exercises that they can do to relieve stress from their lives. A session on Grooming was conducted by Pratip Mazumdar. “Transformation Journey of an Entrepreneur” by Shariq Ashraf was the highlight of the program. Shariq shared the journey of his life and explained how failure taught him valuable lessons. In the afternoon - a session on “Transforming writing Skills” by Poonam Nanda was taken where she gave tips to improve writing skills. On 18<sup>th</sup> Nov.

2020 in the morning session there was session on “Everyday Etiquette” by Col Gill and a session on “Digital Transformation” was taken by Mr. Amit Sharma. The SPRINT ended with Cultural & Fun Evening. The Student teams participated with great energy and enthusiasm and it was enjoyed by all.

**Student Participation-:**136

**Organized -:** SPRINT Team

**Guest Speaker-:**

- Mr. Amit Sharma (Motivational Speaker& Corporate Trainer)
- Dr. Renu Thakur (Counsellor & Psychologist)
- Mr. Shariq Ashraf (CEO the Good Life Company)

**Impact-:**

- Learn some tips to stay calm and stress free
- Focus on areas that lead to better career development
- Undertake Self Reflection to understand yourself better



### **Session on Digital Information – Mr. Amit Sharma**

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

**SPRINT -187 Attendance Sheet MBA 1 (Quad 2) -  
Transformation**

<b>S. No.</b>	<b>Registration #</b>	<b>Name of the Student</b>
1	PGD/2020/1088	Abhishek Prasad
2	IN/2020/027	Ahmad Helal Rahmany
3	PGD/2020/1343	Akshay khandelwal
4	PGD/2020/1181	Ankita Kashyap
5	PGD/2020/1228	Ankush Kaushal
6	PGD/2020/049	Arpan Srivastava
7	PGD/2020/719	Florence Alfred
8	PGD/2020/1760	Heena
9	PGD/2020/1338	Jinka Venkata Aravind
10	PGD/2020/1025	Karan Choudhary
11	PGD/2020/413	Kumar Saurabh
12	PGD/2020/261	Kunikka Jhamb
13	PGD/2020/2015	Mahesh
14	PGD/2020/1129	Mahmood Ahmed
15	PGD/2020/375	Megha Gupta
16	PGD/2020/237	Namkala Chapagain
17	PGD/2020/1566	Nirman kaushik
18	PGD/2020/361	Nitesh
19	PGD/2020/464	Pawan Thakur
20	PGD/2020/508	Ravinder Thakur
21	PGD/2020/1174	Sahil pathania
22	PGD/2020/1992	Shubham Chougule
23	PGD/2020/1068	Siddhanth Rawat
24	PGD/2020/647	Sonu Yadav
25	PGD/2020/463	Yatin Dhauta
26	PGD/2020/220	Bharti Sharma
27	PGD/2020/692	Khushbu
28	PGD/2020/1632	Shubham Thakur
29	PGD/2020/1532	Vijayarajan R
30	PGD/2020/1884	Vishal Thakur
31	PGD/2020/265	Abhishek Choudhary
32	PGD/2020/1431	Aditi Dadhich
33	PGD/2020/138	Aditya Shivhare
34	PGD/2020/353	Aishwarya
35	PGD/2020/1163	Akash Sharma
36	PGD/2020/568	Amit Chahande
37	PGD/2020/242	Ankaj Singh
38	PGD/2020/438	Ankita Gautam
39	PGD/2020/032	Ankita Sharma
40	PGD/2020/1222	Ankush

41	PGD/2020/349	Ankush
42	PGD/2020/1273	Anushka Sankhwar
43	PGD/2020/410	Arun Thakur
44	PGD/2020/777	Aryan
45	PGD/2020/398	Arzoo Bansal
46	PGD/2020/1371	Arzoo Kamboj
47	PGD/2020/073	Bipul Kumar
48	PGD/2020/092	Chaudhary Jayant Rajeev Kumar
49	PGD/2020/1952	Deepak sandal
50	PGD/2020/1161	Deepanshu Gupta
51	PGD/2020/1197	Deepika
52	PGD/2020/1770	Dhairya Thakur
53	PGD/2020/646	Dheeraj
54	PGD/2020/1510	Dhruv Sehgal
55	PGD/2020/829	Dishant Rana
56	PGD/2020/1194	gaurav
57	PGD/2020/1480	GOVIND SINGH
58	PGD/2020/113	Gurpartap Singh Dhillon
59	PGD/2020/1522	Karan Srivastava
60	PGD/2020/1170	Kartika
61	PGD/2020/659	Ketan Sharma
62	PGD/2020/2084	Kumar Manglam Bharti
63	PGD/2020/490	Kumari Diksha
64	PGD/2020/369	Mainak Samanta
65	PGD/2020/1484	Manmohan Singh
66	PGD/2020/585	Mohit Chauhan
67	PGD/2020/1261	Mohit Kumar
68	PGD/2020/1158	Nikhil Pujyar
69	PGD/2020/1059	Nitin Dhadwal
70	PGD/2020/684	Prince Kumar
71	PGD/2020/289	Radhika Sitholey
72	PGD/2020/1721	Rajat Sharma
73	PGD/2020/1258	Rashi Lanjewar
74	PGD/2020/1395	Renu Kashyap
75	PGD/2020/1234	Rhea Rana
76	PGD/2020/960	Riti Priya
77	PGD/2020/1113	Rushikesh Nawale
78	PGD/2020/079	Satyam Kumar
79	PGD/2020/1369	Seema
80	PGD/2020/987	Shashank Negi
81	PGD/2020/944	Shivam Bhardwaj
82	PGD/2020/827	Shubham
83	PGD/2020/050	Shubham Sharma
84	PGD/2020/1247	Shubhangi Singla
85	PGD/2020/492	Siddharth Khanna
86	PGD/2020/416	Sonaldeep Kour
87	PGD/2020/1189	soni mishra

88	PGD/2020/1709	Sony Kumari
89	PGD/2020/814	Srishti Mehta
90	PGD/2020/072	Sushank Raj
91	PGD/2020/923	Tamanna Sharma
92	PGD/2020/110	Tanya
93	PGD/2020/1490	Tarun Barwal
94	PGD/2020/1239	Varun Grover
95	PGD/2020/1734	Vibha Singh
96	PGD/2020/512	Vishakha
97	PGD/2020/822	Vishal Sharma
98	PGD/2020/1339	Yash
99	PGD/2020/2087	Hemang Mahajan
100	PGD/2020/2088	Archana Anand
101	PGD/2020/1653	Karishma biswas
102	PGD/2020/1594	Sidharth Pathania
103	PGD/2020/1685	Gopal Chhonker
104	PGD/2020/1583	Aastha Chauhan
105	PGD/2020/2203	Aditya Singh
106	PGD/2020/1853	Ashish Kumar
107	PGD/2020/1934	Ashutosh sharma
108	PGD/2020/2377	Bhanu Sambyal
109	PGD/2020/181	Deepak Srivastav
110	PGD/2020/2337	Dimple Kumari
111	PGD/2020/1990	Klyne Dsouza
112	PGD/2020/2344	Komal
113	PGD/2020/2323	Kritika
114	PGD/2020/1996	Mahima Chauhan
115	PGD/2020/1425	Manavi Sood
116	PGD/2020/1187	Md Kamal
117	PGD/2020/2291	Pawan kumar
118	PGD/2020/2164	Piyush Negi
119	PGD/2020/2309	Rajnish Thakur
120	PGD/2020/2227	Saiyam Sobti
121	PGD/2020/2396	SAQUIB KHAN
122	PGD/2020/384	Shivam kanwar
123	PGD/2020/2198	Shivam Sharma
124	PGD/2020/2346	Shivam Singh
125	PGD/2020/2126	Sonit kumar
126	PGD/2020/2340	Vikas Thakur
127	PGD/2020/485	Yugal Harish
128	PGD/2020/2392	Aakanksha
129	PGD/2020/2469	Anmol Chauhan
130	PGD/2020/2440	Abhishek sharma
131	PGD/2020/2426	Raghav
132	PGD/2020/038	Hasan Masood
133	PGD/2020/2511	Divya
134	PGD/2020/1896	Amit



135	PGD/2020/2495	Mukul Sharma
136	PGD/2020/2504	Nikita Thakur
137	PGD/2020/2503	Sheetal
138	PGD/2020/2597	Mirdul Thakur
139	PGD/2020/2572	Amisha
140	PGD/2020/2654	Jai Surya Singh Thakur
141	PGD/2020/2678	Brett Ellis
142	PGD/2020/2685	Sarthak sharma
143	PGD/2020/2718	Ayush Kapil
144	PGD/2020/2715	Ridhima Rawat
145	PGD/2020/2734	Akanksha
146	PGD/2020/167	Dhruv Bhasker
147	PGD/2020/2777	Srishti Chandok

  
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