

**Date: February 3 – 4, 2020**

**SPRINT on Pre-Placement for Master Student 4th Semester**

Agenda (SPRINT - 174) Master Students - MSc BT, MSc FT, MTech BT, MTech FT, M. Pharma, MSc Chemistry, MSc Microbiology: 4th Semester --- Venue RTH						
Date/Time	09:30-10:00	10:00-11:00	11:30-13:00	13:00-14:00	14:00 15:30	15:30-17:00
3/2/2020	<ul style="list-style-type: none"> <li>Attendance</li> <li>Objectives</li> <li>Team Formation</li> </ul>	Session on SelfReflection - Ms. Poonam Nanda	Session on Interview Skills - Ms. Poonam Nanda	Lunch	Session on Career Building – Mr. Manish Mishra	Technical sessions - Respective Departments
4/2/2020	Attendance + Discussion on Video		Session on Cancer Awareness	Lunch	Session on - Resume Building	Session on Art of Living - Mr. Puneet Kapoor

A SPRINT Program (Skill Progression through Rapid Intensive and iNnovative Training) on PrePlacement for Master students (MSc BT, MSc FT, M.Tech BT ,M. Tech FT, M. Pharmacy ,MSc Chemistry, MSc Microbiology 4th Semester) was organized from February 03 to 04, 2020. The SPRINT started with the attendance and the objective of the whole program. The students were divided into teams to participate in various activities. A session on self-reflection and interview skills was taken - Mrs. Poonam Nanda in which she explained how important is to know oneself and gave tips to students on handing the pressure during the interview along with the ways of overcoming the fear of facing interviewers. She explained the different parameters that recruiters have while interviewing students. An afternoon session was taken - Mr. Manish Mishra on career building and followed - technical sessions taken - Respective Departments. The next day session was started with cancer awareness in which Mrs. Poonam Nanda shared her experience of being herself a cancer survivor. In the afternoon session on Resume Building was there for the students. The SPRINT closed with the session on Art of Living taken - Mr. Puneet Kapoor which was greatly enjoyed - everyone. The total number students in this SPRINT was 188.

**Student Participation:- 188**

**Organized -:** SPRINT Team

**Guest Speaker-:**

- Mr. Puneet Kapoor (Art of living)
- Mr. Manish Mishra (Ex ISB)

**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

### **Some Glimpses of the SPRINT Program**



**Session on Art of Living - Mr. Puneet Kapoor**

<b>MSc BT, MSc FT, MTech BT, MTech FT, M. Pharma, MSc Chemistry, MSc Microbiology: 4th Semester</b>		
<b>Sr. No</b>	<b>Name of Student</b>	<b>Course</b>
1	Gadila Kumar	M Pharma Pharmaceutical Chemistry
2	Vishal Kumar	M Pharma Pharmaceutical Chemistry
3	Anchit Sharma	M Pharma Pharmaceutical Chemistry
4	Kurban Singh	M Pharma Pharmaceutical Chemistry
5	Arun Kumar	M Pharma Pharmaceutical Chemistry
6	Dhiraj Kumar	M Pharma Pharmaceutical Chemistry
7	Megha Chandel	M Pharma Pharmaceutical Chemistry
8	Gaurav Thakur	M Pharma Pharmaceutical Chemistry
9	Kapil Kumar	M Pharma Pharmaceutical Chemistry
10	Rajat Thanoch	M Pharma Pharmaceutical Chemistry
11	Saptarshi Mandal	M Pharma Pharmaceutical Chemistry
12	Sonia Rani	M Pharma Pharmaceutical Chemistry
13	Ashwani Kumar	M Pharma Pharmaceutical Chemistry
14	Nishchay Pahuja	M Pharma Pharmaceutical Chemistry

15	Atul Sharma	M Pharma Pharmaceutical Chemistry
16	Akshit Kumar	M Pharma Pharmaceutical Chemistry
17	Sachin Thakur	M Pharma Pharmaceutical Chemistry
18	Vikiran Kumar	M Pharma Pharmaceutical Chemistry
19	Munish Kumar	M Pharma Pharmaceutical Chemistry
20	Shubham Sharma	M Pharma Pharmaceutical Chemistry
21	Shubdha Sharma	M Pharma Pharmaceutical Chemistry
22	Anupam Thakur	M Pharma Pharmaceutical Chemistry
23	Avishek Sharma	M Pharma Pharmaceutical Chemistry
24	Abhishek Sharma	M Pharma Pharmaceutical Chemistry
25	Manjula Devi	M Pharma Pharmaceutics
26	Shubham	M Pharma Pharmaceutics
27	Arunim Sharma	M Pharma Pharmaceutics
28	Arun Kumar	M Pharma Pharmaceutics
29	Trishi	M Pharma Pharmaceutics
30	Jyoti Pandir	M Pharma Pharmaceutics
31	Anchit Sharma	M Pharma Pharmaceutics

32	Harpreet kaur	M Pharma Pharmaceutics
33	tania Dhiman	M Pharma Pharmaceutics
34	Rahul Sharma	M Pharma Pharmaceutics
35	Kalpna	M Pharma Pharmaceutics
36	Kartik Thakur	M Pharma Pharmaceutics
37	Dheeraj Thakur	M Pharma Pharmaceutics
38	Keshav Sharma	M Pharma Pharmaceutics
39	Manish Kumar	M Pharma Pharmaceutics
40	Himanshi Sharma	M Pharma Pharmaceutics
41	virender Sharma	M Pharma Pharmaceutics
42	Rakesh Khuntia	M Pharma Pharmaceutics
43	Aditya Negi	M Pharma Pharmaceutics
44	Pallavi	M Pharma Pharmaceutics
45	Rajat Kumar	M Pharma Pharmaceutics
46	Biplajit Das	M Pharma Pharmaceutics
47	Puneet Kashyap	M Pharma Pharmaceutics
48	Yogesh Mehan	M Pharma Pharmaceutics
49	Ankusha Sharma	M Pharma Pharmacology
50	Ajay Sharma	M Pharma Pharmacology
51	Ashmit Arora	M Pharma Pharmacology
52	Diksha Chauhan	M Pharma Pharmacology
53	Lakshay Thakur	M Pharma Pharmacology
54	Divya Sharma	M Pharma Pharmacology

55	Daiwakshi Shandil	M Pharma Pharmacology
56	Rahul Kumar	M Pharma Pharmacology
57	Harshita Sharma	M Pharma Pharmacology
58	Lalita Devi	M Pharma Pharmacology
59	Akshita Attri	M Pharma Pharmacology
60	Atul Rana	M Pharma Pharmacology
61	Pardeep Kumar	M Pharma Pharmacology
62	Shikha Thakur	M Pharma Pharmacology
63	Manish Kumar	M Pharma Pharmacology
64	ShouvikKr Nandy	M Pharma Pharmacology
65	Dimpal	M Pharma Pharmacology
66	Nancy Sharma	M Pharma Pharmacology
67	Rakesh	M Pharma Pharmacology
68	Priyanka Sagar Negi	M Pharma Pharmacology
69	Yogeshwar Sharma	M Pharma Pharmacology
70	Kaveri Thakur	M Sc Biotechnology
71	Bapin Panda	M Sc Biotechnology
72	Vanshika Sharma	M Sc Biotechnology
73	Ankurita kashyap	M Sc Biotechnology
74	Aishwarya nair	M Sc Biotechnology
75	Manisha Kumari	M Sc Biotechnology
76	Zubin thakur	M Sc Biotechnology
77	Anamika Verma	M Sc Biotechnology
78	Deeksha Kumari	M Sc Biotechnology
79	Gaurav bhatt	M Sc Biotechnology
80	Moksha Sharma	M Sc Biotechnology
81	Neha sheoran	M Sc Biotechnology
82	Nidhi Dhiman	M Sc Biotechnology
83	Rakesh mishra	M Sc Biotechnology
84	Nitika Sahrma	M Sc Biotechnology



85	Ishita Chanana	M Sc Biotechnology
86	Layak ram	M Sc Biotechnology
87	Shivani	M Sc Biotechnology
88	Ritu chauhan	M Sc Biotechnology
89	Vijay Laxmi	M Sc Biotechnology
90	Alisha chauhan	M Sc Biotechnology
91	Arshit Dhir	M Sc Biotechnology
92	Yama Kishor	M Sc Biotechnology
93	Chandresh	M Sc Biotechnology
94	Shubham Mishra	M Sc Biotechnology
95	Abhilasha	M Sc Biotechnology
96	Deepshika	M Sc Biotechnology
97	Gurpreet Kaur	M Sc Biotechnology
98	Rachna Devi	M Sc Biotechnology
99	Abhay Baluni	M Sc Biotechnology
100	Amit Sharma	M Sc Biotechnology
101	Kritika	M Sc Biotechnology
102	Saurav Biswas	M Sc Biotechnology
103	Kunal Tamang	M Sc Biotechnology
104	Kinshu Kumar	M Sc Biotechnology
105	Kartic	M Sc Biotechnology
106	Gurveen Kaur	M Sc Biotechnology
107	Deepika Sood	M Sc Biotechnology
108	Rohit Khot	M Sc Biotechnology
109	Priyanka Sharma	M Sc Biotechnology
110	Ranjana Panwar	M Sc Biotechnology
111	Priti Sohal	M Sc Biotechnology
112	Parneet	M Sc Biotechnology
113	Neha Raje Parmar	M Sc Biotechnology
114	Anchal Chandel	M Sc Biotechnology
115	Kalpesh Bishoyi	M Sc Biotechnology
116	Pallavi Sharma	M Sc Biotechnology
117	Quazi Mahima Sultana	M Sc Biotechnology
118	Anirban Ghosal	M Sc Biotechnology
119	Sneha Satpute	M Sc Biotechnology
120	Harshita Chauhan	M Sc Biotechnology
121	Chandani Kapoor	M Sc Biotechnology
122	Arundhati Mosan	M Sc Biotechnology
123	Mukesh Choudhary	M Sc Biotechnology
124	Dipti Sharma	M Sc Biotechnology
125	Sarika	M Sc Biotechnology
126	Pratibha	M Sc Biotechnology
127	Pooja Mundra	M Sc Biotechnology



128	Ajay Vishwakarma	M Sc Biotechnology
129	Prakrati Sharda	M Sc Biotechnology
130	Rashmi	M Sc Biotechnology
131	Preeti Kumari	M Sc Biotechnology
132	Divyanshi Mishra	M Sc Biotechnology
133	Ayushi Singh	M Sc Biotechnology
134	Geetanshu Gupta	M Sc Biotechnology
135	Bharti	M Sc Biotechnology
136	Sushabhan Kirtania	M Sc Biotechnology
137	Deepti	M Sc Biotechnology
138	Aditi Rana	M Sc Biotechnology
139	Pankaj Kumar	M Sc Biotechnology
140	Shivangi Sharma	M Sc Biotechnology
141	Mukul Garg	M Sc Biotechnology
142	Priyanka Smeliya	M Sc Biotechnology
143	Shivika Sharma	M Sc Biotechnology
144	Priya Chauhan	M Sc Biotechnology
145	Avinash Kumar	M Sc Biotechnology
146	Manash Talukdar	M Sc Biotechnology
147	Apurva Jaswal	M Sc Biotechnology
148	Ankush Dhiman	M Sc Chemistry
149	Pragati Thakur	M Sc Chemistry
150	Ayush Gupta	M Sc Chemistry
151	Pankaj Kumar	M Sc Chemistry
152	Kamal Kant	M Sc Chemistry
153	Shweta Thakur	M Sc Chemistry
154	Kushal Sharma	M Sc Chemistry
155	Maninder Singh	M Sc Chemistry
156	Sanjana Chauhan	M Sc Chemistry
157	Sagrika Sharma	M Sc Chemistry
158	Abhinav Sharma	M Sc Chemistry
159	Abhinav Bhardwaj	M Sc Chemistry
160	Pooja	M Sc Chemistry
161	Akshay Chawla	M Sc Chemistry
162	Anchal Rana	M Sc Chemistry
163	Dheeraj Thakur	M Sc Chemistry
164	Pallavi Kalia	M Sc Chemistry
165	Kusum Sharma	M Sc Chemistry
166	Swati Rana	M Sc Chemistry
167	Tamna	M Sc Chemistry
168	Ankita Sharma	M Sc Chemistry
169	Kamini	M Sc Chemistry
170	Simran Thakur	M Sc Chemistry





171	Mrinal Dhiman	M Sc Food Technology
172	Ankita	M Sc Food Technology
173	Sakshi Rathee	M Sc Food Technology
174	Saima Hasib	M Sc Food Technology
175	Vipin kumar	M Sc Food Technology
176	Manika Jaryal	M Sc Food Technology
177	Deepankar Dhami	M Sc Food Technology
178	Manisha Pandey	M Sc Food Technology
179	Manita Kumari	M Sc Food Technology
180	Kirti Kaler	M Sc Food Technology
181	Vaishali Singh	M Sc Food Technology
182	Dipanjali Das	M Sc Food Technology
183	Deepanshu	M Sc Food Technology
184	Kritika Kattaoo	M Sc Food Technology
185	Dhanoj Sahoo	M Sc Food Technology
186	Pradipta Pran Nath	M Sc Food Technology
187	Mansi Sharma	M Sc Food Technology
188	Chirantana Kalita	M Sc Food Technology