

Date: November 20 to 22, 2019

Session on communication Skills for UG-FMSLA 3rd Semester student

Agenda - SPRINT- 168, UGFMSLA --- 3rd Semester, Venue - RTH,					
Day & Date	09:30-10:30	10:45-12:15	12:15-14:15	14:15- 15:30	15:45- 17:15
20-11-2019	<ul style="list-style-type: none"> • Attendance □ Address - Dr. Kesari Singh • Objectives • Team Formation 	Session on Every Day Etiquettes - Col. TPS Gill	Elective / Lunch	Session on Seven C's of Communication - Dr. Poornima Bali	Session on Guidelines to GD & Mock GD - SPRINT Team
21-11-2019	Session – Dr. P.K Khosla	Activity	Elective / Lunch	Session on - Video + Role Play Presentation - SPRINT Team	Session Continue
22-11-2019	Session on Yoga for Physical & Mental well being	Session on ABC of Writing Skills - Ms. Poonam Nanda	Elective / Lunch	Session on – Mr. Manav Bansal on Happiness	Outdoor Team Building Activities - SPRINT Team

A SPRINT program (Skill Progression through Rapid Intensive and Innovative Training) on communication Skills for UGFMSLA 3rd Semester student's from November 20 to 22, 2019 was organized. The students were welcomed - Dr. Kesari and she shared the objective of the whole program. The students were divided into teams to participate in various activities. Col. TPS Gill took a session on Grooming and Etiquettes where they shared the importance of grooming oneself. Post lunch, session on 7c's of communication - Ms. Poornima Bali was taken. She gave insights on importance of communication skills and gave the students some practical tips to enhance their communication skills. After that SPRINT team gave guidelines of GD & took Mock sessions on GD.

Next Day Dr. Khosla took a session where he shared his own journey and encouraged the students to dream big. After that video on role plays were shown & role play Presentation from the students were taken - SPRINT team. Next day session started with yoga for physical & mental wellbeing. Thereafter, Mrs. Poonam Nanda took a session on ABC of writing skills. She gave her valuable tips on how to write notices, letter writing and much more. She also explained how accuracy, brevity and clarity are an integral part of the written communication. Mr. Manav Bansal took a session on Happiness. He encouraged students to find happiness in small things of life. The SPRINT closed with an outdoor team building activity which was greatly enjoyed - everyone. Total number of students were involved in it was 188.

Student Participation-: 188

Organized -: Dean Student Welfare (SPRINT Team)

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

Some Glimpses of the SPRINT Program



Dr. P.K. Khosla shared his own journey and encourage the students to dream big

Attendance of UG-FMSLA 3 rd Semester student		
Sr. No	Name of Student	Course
1	Biruk Tafesse	B Com (Hons)
2	Eyerusalem Biyadlegn	B Com (Hons)
3	Kushaj Kumar	B Com (Hons)
4	Navjot Bhatia	B Com (Hons)
5	Tanuj Sharma	B Com (Hons)
6	Sheenam Vashisth	B Com (Hons)
7	Mahima	B Com (Hons)
8	Jigyasa shandil	B Com (Hons)
9	Kiran Thakur	B Com (Hons)
10	Shruti Rana	B Com (Hons)

11	Aayush thakur	B Com (Hons)
12	Vikas Kaushal	B Com (Hons)
13	Sushmita chobhiyal	B Com (Hons)
14	Paras Tudhial	B Com (Hons)
15	Ashish singla	B Com (Hons)
16	Dikshita Malpani	B Com (Hons)
17	Ankit sharma	B Com (Hons)
18	Palak	B Com (Hons)
19	Abhinav thakur	B Com (Hons)
20	Bhavika sharma	B Com (Hons)
21	Deepali	B Com (Hons)
22	Sakshi Goyal	B Com (Hons)
23	Anjali Rawat	B Com (Hons)
24	Paras thakur	B Com (Hons)
25	Shagun	B Com (Hons)
26	Chetan thakur	B Com (Hons)
27	Haridya Nand	B Com (Hons)
28	Kashish Rana	B Com (Hons)
29	Aaina Rekta	B Com (Hons)
30	Saurabh Sharma	B Com (Hons)
31	Sakshi	B Com (Hons)
32	Yashwant Kainth	B Com (Hons)
33	Abhishek Mehta	B Com (Hons)
34	Simran	B Com (Hons)
35	Disha gupta	B Com (Hons)
36	Pooja Kumari	B Com (Hons)
37	Preeti Thakur	B Com (Hons)
38	Aditya Thakur	B Com (Hons)
39	Firdos	B Com (Hons)
40	Nitika Sharma	B Com (Hons)
41	Khushboo Asrani	B Com (Hons)
42	Devender Singh	B Com (Hons)
43	Rohini	B Com (Hons)
44	Tejveer Gill	B Com (Hons)
45	Mudassir Nawabi	B Com (Hons)
46	Abhishek Thakur	B Sc Hospitality and Hotel Adminstration
47	Rahul Kohli	B Sc Hospitality and Hotel Adminstration
48	Ujjwal Thakur	B Sc Hospitality and Hotel Adminstration

49	Muskan Chhajta	B Sc Hospitality and Hotel Administration
50	Neha Thakur	B Sc Hospitality and Hotel Administration
51	Ujal Chhetri	B Sc Hospitality and Hotel Administration
52	Anuj Kumar	B Sc Hospitality and Hotel Administration
53	Sonam Darjee	B Sc Hospitality and Hotel Administration
54	Kartik Shyam	B Sc Hospitality and Hotel Administration
55	Umesh Kumar	B Sc Hospitality and Hotel Administration
56	Siddhant Pati	B Sc Hospitality and Hotel Administration
57	Baladitya Saklani	B Sc Hospitality and Hotel Administration
58	Utkarsh Thakur	B Sc Hospitality and Hotel Administration
59	Pash Thakur	B Sc Hospitality and Hotel Administration
60	Dixit	B Sc Yoga
61	Swati Rajwar	B Sc Yoga
62	Riddhi Parihar	B Sc Yoga
63	Shivashish Rawat	B Sc Yoga
64	Samriti Bhalla	B Sc Yoga
65	Rahul Sharma	B Sc Yoga
66	Minkush Pal	B Sc Yoga
67	Suruchi Mishra	B Sc Yoga
68	Abhimanyu Ghosh	B Sc Yoga
69	Anshu Parbhakar	B Sc Yoga
70	Mani sharma	B Sc Yoga
71	Yash Rastogi	B Sc Yoga
72	Shakti Sharma	B Sc Yoga
73	Bhawana Baliyan	B Sc Yoga
74	Diksha Choudhary	B Sc Yoga
75	Pema Norbu	BA (Hons) Economics
76	Disha Sharma	BA (Hons) Economics
77	Najamussaquib Mohammad	BA (Hons) English

78	vipul chauhan	BA (Hons) English
79	Lakshay Zinder	BA (Hons) English
80	Ritika Tomar	BA (Hons) English
81	Tashi Lanzes	BA (Hons) English
82	Preeti bisht	BA (Hons) English
83	Jagriti Sharma	BA (Hons) English
84	Neeru	BA (Hons) English
85	Umesh Dharnia	BA (Hons) English
86	Chetali	BA (Hons) English
87	Arya Gupta	BA (Hons) English
88	Muskan Thapa	BA (Hons) English
89	Vandana Chauhan	BA (Hons) English
90	Bhuvnesh Thakur	BA Journalism and Mass Communication
91	Ajay Singh	BA Journalism and Mass Communication
92	Mansi Gupta	BA Journalism and Mass Communication
93	Lakshay Parashar	BA Journalism and Mass Communication
94	Vikram Kumar	BA Journalism and Mass Communication
95	Yashoda	BA Journalism and Mass Communication
96	Prithvi raj Singh	BA Journalism and Mass Communication
97	Aman Kumar	BA Journalism and Mass Communication
98	Amit Kumar	BA Journalism and Mass Communication
99	Neha Sharma	BA Journalism and Mass Communication
100	Ronika Angelina	BA Journalism and Mass Communication
101	Vishakha Thakur	BA Journalism and Mass Communication
102	Siddhant Singla	BBA
103	Divya	BBA
104	Manmohan	BBA
105	Akshit jankhyan	BBA
106	Kajal	BBA
107	Nitin Sharma	BBA
108	Satyam Rathore	BBA

109	Manisha Sharma	BBA
110	Pavarshi	BBA
111	Abhay saini	BBA
112	Naman Rana	BBA
113	Sarthak Bhardwaj	BBA
114	Yukti Sharma	BBA
115	Mahesh	BBA
116	Ritul Kumar	BBA
117	Anshul Thakur	BBA
118	Chanchal Kainth	BBA
119	Bhuvnesh Sandal	BBA
120	Sagar verma	BBA
121	Rakshit jaswal	BBA
122	Upanshoo Verma	BBA
123	Mukul Kapoor	BBA
124	Palash Tripathi	BBA
125	Shubham Dogra	BBA
126	sakshi sharma	BBA
127	Akshay	BBA
128	Sejal Lalchandani	BBA
129	Ishika	BBA
130	Tanu Mehta	BBA
131	jatin thakur	BBA
132	Ayush aggarwal	BBA
133	Shubham Kumar	BBA
134	Manoj kashyap	BBA
135	nikhil chopra	BBA
136	Vidushi Bahri	BBA
137	Raghav Singh	BBA
138	Gulshan chandel	BBA
139	shourya Gautam	BBA
140	Vishakha Sharma	BBA
141	Shikha	BBA
142	abhishek aggarwal	BBA
143	Radhika Tyagi	BBA
144	Sidharth	BBA
145	Ankit Baria	BBA
146	Dhruv saini	BBA
147	Harman Singh	BBA
148	Anuj Kumar	BBA
149	Rishi Chauhan	BBA

150	Hrithik Thakur	BBA
151	Manish Sharma	BBA
152	Mandavi Mishra	BBA
153	Bhavya	BBA
154	Sargam Sharma	B Com (Hons)
155	Arun Thakur	B Com (Hons)
156	Ashwani	B Com (Hons)
157	Deepanshu Gupta	B Com (Hons)
158	Virender Singh	B Com (Hons)
159	Divesh Sharma	B Com (Hons)
160	Rahul Thakur	B Com (Hons)
161	Nikhil Thakur	B Com (Hons)
162	Vibhu Shukla	B Com (Hons)
163	Saiyam Sobti	B Com (Hons)
164	Ambika Chauhan	B Com (Hons)
165	Pratham Sharma	B Com (Hons)
166	Pawan Thakur	B Com (Hons)
167	Sahil Tanwar	B Com (Hons)
168	Anvi Chanta	B Com (Hons)
169	Ayushi Kotoch	B Com (Hons)
170	Kunal Sharma	B Com (Hons)
171	Manpreet Thakur	B Com (Hons)
172	Mohd Shavej	B Com (Hons)
173	Tushar Goyal	B Com (Hons)
174	Sahil Thakur	B Com (Hons)
175	Mohit Kumar	B Com (Hons)
176	Yash Vimal	B Com (Hons)
177	Mukesh rajta	B Com (Hons)
178	Shankar	B Com (Hons)
179	Anil Kumar	B Com (Hons)
180	Yash Krate	B Com (Hons)
181	Rizul thakur	B Com (Hons)
182	Kiran	B Com (Hons)
183	Shubham	B Com (Hons)
184	Vishuanath Suri	B Com (Hons)
185	Heena	B Com (Hons)
186	Aanchal Bhatia	B Com (Hons)
187	Umang Netan	B Com (Hons)
188	Kanav Sharma	B Com (Hons)