

**Date: October 30 – November 2, 2019**

**SPRINT on Transformation for MBA-1 Quad 2**

Agenda - SPRINT 163 - , MBA - 1 (Transformation), Venue – RTH					
Date/ Time	09:00 - 11:00	11:30 -13:00	13:00 - 14:00	14:00 - 15:30	15:40 - 17:30
30-10-2019	<ul style="list-style-type: none"> <li>Attendance</li> <li>Objectives <input type="checkbox"/></li> </ul> Address Dr. Kuldeep Rojhe	Session with Guest Faculty - Ms. Anshu Gupta	Lunch	Session on Grooming- Prof. Pratip Mazumdar	Team Building Activities
31-10-2019	Session - Prof. Atul Khosla	Session on Inner Transformation - Mr.Vivek Atray	Lunch	Session on Inner Transformation Continue (Mr.Vivek Atray)	Session on Presentation Skills - Mr.Dipankar Sharma
1-11-2019	Session on Yoga for Stress Management	Session on Everyday Etiquettes - Col. TPS Gill	Lunch	Workshop on Excel - Dr. Devesh Kumar	
2-11-2019	Session on Better Writing Skills - Ms. Poonam Nanda	Session on Digital Transformation - Mr. Amit Sharma	Lunch	Session on Presentation Skills - Mr. Shard Gupta	Closure & Fun

The SPRINT program (Skill Progression through Rapid Intensive and Innovative Training) on Transformation was organized for MBA 1 form October 30 to November 2, 2019. This was for 4 days and total number of students who attended the program was 191. The students were welcomed - Dr. Kuldeep Rojhe and he shared the objective of the whole program. Our Guest Faculty Mr. Anshu gupta took a session where he shared his own journey and encouraged the students to dream big. Afternoon

session was taken - Mr. Pratip Mazumdar on grooming and he gave tips on Corporate Etiquette and Grooming. On October 31, 2019 Morning started with the session of Mr. Atul Khosla. A session on Inner Transformation was conducted - Mr. Vivek Atray. He laid emphasis on the importance of having control over our inner self. After that Dr. Dipankar Sharma took a session on Presentation Skills .On November 1, 2020 the morning started with yoga session on stress Management. In this students did simple exercises that they can do to relieve stress from their lives.A session on “Every day Etiquette” was taken - Col Gill. In the afternoon Dr. Devesh Kumar conduct a workshop on excel. Last day they had session on better writing skills which was taken - Mrs. Poonam Nanda where she gave tips to improve writing skills. Mr. Amit Sharma an external consultant conducted a session on digital transformation where he explained how the digital world has taken over and the changes it has brought about. He also clarified a lot of doubts of the students. The session was closed with student’s outdoor activity.

**Student Participants-: 191**

**Organized -: SPRINT Team**

**Guest Speaker-:**

- Mr. Anshu Gupta (Founder Goonj Foundation)
- Mr. Amit Sharma (Motivational Speaker & Corporate Trainer)
- Mr. Vivek Atray (Motivational Speaker)

**Impact-:**

- Learn the importance of developing an attitude of giving
- Follow yoga to beat stress
- Understand the changes being brought about by Digital Transformation  Follow good hygiene, professional grooming and etiquette

### Some Glimpses of the SPRINT Program



**Mr. Anshu Gupta shared his life experience and encouraged the students to dream big**

Attendance Sheet of MBA-1 Quad 2		
Sr. No	Name of Student	Registration Number
1	Rahul Kumar	1971401203
2	Prachi Bhardwaj	1971401204
3	Surbhi Thakur	1971401205
4	Dushyant Sharma	1971401206
5	Shubham	1971401207
6	Ankuj Guleria	1971401208
7	Nitin Chaudhary	1971401209

8	Prateek Sharma	1971401210
9	Mukul Sharma	1971401211
10	Vivek Thakur	1971401212
11	Ankit Khatana	1971401213
12	Vikas Thakur	1971401214
13	Anjali Gaur	1971401216
14	Bhavya Chaturvedi	1971401217
15	Aman Kumar	1971401218
16	Siddhant	1971401219
17	Ankit Thakur	1971401220
18	Rohit Kumar	1971401221
19	Garima Attri	1971401224
20	Parul Thakur	1971401225
21	Saurabh Mundra	1971401226
22	Unnati Sharma	1971401227
23	Shweta Verma	1971401228
24	Shashvat Sharma	1971401229
25	Saurabh Goel	1971401230
26	Ompal	1971401231
27	Himanshu Sharma	1971401051
28	Sanjay Thakur	1971401052
29	Aditi Verma	1971401053
30	Basu Sharma	1971401055
31	Rishab Sharma	1971401056
32	Sugandhi Ranote	1971401057
33	Kalpna Thakur	1971401058
34	Aman Deep	1971401059
35	Rishav Sharma	1971401094
36	Shefali Verma	1971401095
37	Ankita Thakur	1971401096
38	Mukul	1971401103
39	Divesh Mehta	1971401001
40	Mayank Sharma	1971401002
41	Avinash	1971401003
42	Nigam	1971401004
43	Arindam Sood	1971401005
44	Ambika Nautial	1971401006
45	Rajat Bhardwaj	1971401007
46	Sejal Verma	1971401008
47	Diksha Bhandari	1971401009
48	Paras Sood	1971401010

49	Sachin Thakur	1971401011
50	Reedhima Vasisth	1971401012
51	Chetan Sharma	1971401013
52	Sarang Sharma	1971401014
53	Chhavi Grover	1971401015
54	Paras Bhardwaj	1971401016
55	Nitesh Kant	1971401018
56	Sourav Banerjee	1971401019
57	Rajat	1971401020
58	Vandana Sharma	1971401021
59	Himani Sharma	1971401022
60	Harish Kaushal	1971401023
61	Mukul Verma	1971401024
62	Pankaj Dogra	1971401025
63	Rishi Tyagi	1971401026
64	Nupur Sharma	1971401028
65	Harish Saini	1971401029
66	Baljeet Negi	1971401030
67	Ankit Lagwal	1971401032
68	Vaibhav Awasthi	1971401033
69	Vikas Dubey	1971401034
70	Meghna Soni	1971401036
71	Abinash Kumar Dash	1971501001
72	Rohan Sharma	1971401039
73	Harsh Gandhi	1971401041
74	Malkeet	1971401042
75	Adnan Rehman	1971401043
76	Aman Choudhary	1971401044
77	Sangeeta Rai	1971401049
78	Kamlesh Tomar	1971401050
79	Devanshi Sharma	1971401060
80	Hasiba Salihiy	1971401062
81	Priyanka Chandel	1971401063
82	Rajesh Kumar	1971401064
83	Bullet	1971401065
84	Apurav Pandit	1971401066
85	Veenakshi Attri	1971401067
86	Arpana Thakur	1971401068
87	Rajani	1971401070
88	Kritika Khurana	1971401071

89	Anshul Bhardwaj	1971401072
90	Shelja Dhanta	1971401073
91	Nikhil Hauta	1971401074
92	Himanshu Choubey	1971401075
93	Sahil Mehmi	1971401078
94	Himani Bhatoye	1971401079
95	Rais Alam	1971401083
96	Abhay Tripathi	1971401084
97	Anshul Raghuvanshi	1971401085
98	Ayushi Gaur	1971401086
99	Rohit Sharma	1971401088
100	Aniket Thakur	1971401089
101	Shubham Sapra	1971401090
102	Labham Dubey	1971401091
103	Pavan Kumar	1971401092
104	Saurbh Kalia	1971401104
105	Shristi Gutgutia	1971401105
106	Jagriti Naughiya	1971401107
107	Shivam Chauhan	1971401108
108	Bhawna Samkaria	1971401109
109	Akhil Sharma	1971401110
110	Arsha Zutshi	1971401111
111	Trishna Devi	1971401112
112	Yashika Sharma	1971401113
113	Raghav Mehta	1971401114
114	Alankrit	1971401115
115	Nikita Lakhta	1971401117
116	Akshay Kumar Sen	1971401118
117	Shailja Thakur	1971401119
118	Chaitnaya Kumar	1971401121
119	Bhavika Ahluwalia	1971401122
120	Nitish Grover	1971401123
121	Rahul Thakur	1971401124
122	Akash Kalta	1971401125
123	Sakshi Singh	1971401126
124	Shivangi Singh	1971401127
125	Deepak Balokhra	1971401128
126	Aakriti Sharma	1971401129
127	Shubham Anil Barase	1971401130
128	Shiphali	1971401131

129	Himanshu Tatarwal	1971401132
130	Gurpreet Singh	1971401133
131	Saurav Bhogal	1971401135
132	Manoj Singh	1971401136
133	Chirag Sharma	1971401137
134	Sapna Sharma	1971401138
135	Paras Verma	1971401139
136	Vanshika	1971401140
137	Chander Prakash	1971401141
138	Sushma	1971401142
139	Atin Sood	1971401143
140	Vishal Thakur	1971401144
141	Mrinal Thakur	1971401145
142	Himanshu Thakur	1971401146
143	Vishal Kanwar	1971401148
144	Ankusha Sharma	1971401149
145	Abhishek Garg	1971401150
146	Akshay Kumar	1971401151
147	Vishal Chauhan	1971401152
148	Desh Raj	1971401153
149	Shubham	1971401154
150	Mohd Asif Mir	1971401156
151	Harshit Bhatnagar	1971401157
152	Shubham Sood	1971401158
153	Manoj Pathania	1971401159
154	Nitin Chopra	1971401160
155	Gaurav Sharma	1971401161
156	Sonali Gupta	1971401162
157	Kartik Kapoor	1971401163
158	Ankush Bhardwaj	1971401166
159	Shashank Thakur	1971401167
160	Minakshi Thakur	1971401168
161	Garima Sharma	1971401170
162	Ashish Rana	1971401171
163	Prateek Bhandari	1971401172
164	Soumili Bose	1971401173
165	Mukesh Kumar	1971401174
166	Ritesh Kumar	1971401175
167	Alok Panwar	1971401176
168	Narges Qadery	1971401177

169	Kanika Bhola	1971401178
170	Monika Singh	1971401179
171	Naveen Kumar	1971401180
172	Bhawna Thakur	1971401181
173	Saurabh Dhiman	1971401183
174	Ayush Thakur	1971401185
175	Ashutosh Singh	1971401186
176	Amit Sharma	1971401187
177	Paritosh Tripathi	1971401188
178	Shubham Rana	1971401189
179	Sanjay Nanda	1971401190
180	Varshit Kashav	1971401191
181	Archana	1971401192
182	Shivani Rathour	1971401193
183	Vikas Prashar	1971401196
184	Rishi	1971401197
185	Hamed Ahmadi	1971401198
186	Nishant Thakur	1971401199
187	Shubham Negi	1971401200
188	Nikhil Sharma	1971401201
189	Shruti Thakur	1971401202
190	Samuel David	1971403001
191	Satish Kumar	1971403002

  
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