

Date: October 21 - 22, 2019

Workshop on Self Discovery for B. Tech 5th Semester

SPRINT-162--- B. Tech 5th Semester (Civil/Mech/ECE/EE/CSE/IT/BT/FT/BTSRP) Venue : RTH, Reporting Time : 9:30						
Date/Time	09:30 -11:00	11:30 - 12:30	12:30 - 13:00	13:00 - 14:00	14:00 -15:15	15:30 - 17:15
21-10-2019	<input type="checkbox"/> Attendance <input type="checkbox"/> Yoga Session - Dr Vinod Kumar	Session on Disaster Management -DDMA	Team Formation	Lunch	Session on Etiquettes - Col T.P. Gill	Team activities and Role Play
22-10-2019	Workshop on Self Discovery -Ms. Rajni Julka					

A Skill Progression through Rapid Intensive and Innovative Training Program for B.Tech5th Semester (Civil/M. Tech/ECE/CSE/IT/BT/FT/BTSRP) student from October 21st to 22nd ,2019. This was 2 days

SPRINT. The SPRINT started with the attendance followed - yoga session which was taken - Dr. Vinod Kumar. The students did simple exercises that they can do to relieve stress from their lives. After that session on Disaster Management from DDMA was conducted in which they guided the students how to protect yourself and what action is to be taken during any disaster. In the Afternoon, Col Gill took the session on dining etiquettes. After that the students were involved in the team activities and they performed role plays on the stage with the situations provided to them - SPRINT Team. On the last day of the SPRINT, workshop on self-discovery - Ms. Rajni Julka was conducted in which she told briefly the meaning of self-discovery and how to express and get motivated in life. A total number of 213 students were involved in this program. The program was highly appreciated - the students.

Student Participation-: 213

Organized -: Dean Student Welfare (SPRINT Team)



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

Guest Speaker-: Ms. Rajni Julka (Motivational Speaker)

Impact-:


- Feel the positive impact of yoga
- Focus on your inner self
- Be aware of basic etiquette and manners

Some Glimpses of the SPRINT Program



Workshop on Self Discovery -Ms. Rajni Julka

Attendance Sheet of B. Tech 5 th Semester		
Sr. No	Name of Student	Registration Number
1	Nikhil Nagta	1751302013
2	Shephali Kapt	1751302020
3	Pankaj Rugta	1751302024
4	Vinay Kumar	1751302025
5	Mohit Suryan	1751302028


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 & Management Sciences
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6	Ravikant	1751302002
7	Sethrongli Thonger	1751302004
8	Shourya Sharma	1751302005
9	saurav Thakur	1751302007
10	Tsajungli	1751302008
11	Abhinay Thakur	1751302009
12	Mohd Shariq Bhat	1751302011
13	sunil sharma	1751302014
14	pankaj thakur	1751302016
15	arti sharma	1751302017
16	mohit dogra	1751302018
17	Punit Sharma	1751302019
18	Sidharth Negi	1751302021
19	Vishal	1751302022
20	Meghna sharma	1714303002
21	Ishika Verma	1714303003
22	Palak Mengi	1714303004
23	Anuja Thakur	1714303005
24	Suraj Singh	1714303006
25	Gautam saklani	1714303007
26	Pooja	1714303008
27	Sonal Thakur	1714303009
28	yumnam singh	1714303010
29	Rajneesh Kumar	1714303011
30	Ruchi	1714303016
31	Manoti Vyas	1714303017
32	ayushi	1714303018
33	Saumya Bharti	1714303019
34	Himanshu Thakur	1714303023
35	Rashika Saproo	1714303024
36	Shubham	1714303025
37	Nitin Patial	1714303026
38	Atul Kumar	1714303027
39	Ankush Kumar	1714303028
40	Niharika	1714303029
41	Armanika Sagar	1714303030
42	Nameet Rekhi	1714303031
43	Saganpal Kour	1714303032
44	Sharan Kour	1714303033
45	Hritul Mehta	1714303035
46	Neeraj Jaswal	1714303036
47	Warsha Koul	1714303037
48	Adhikarimayum Satyajit Sharma	1714303038



49	Shweta Srivastava	1714303039
50	Tanbi Parmar	1714303040
51	Konika	1714303041
52	Kiran Thakur	1714303042
53	Nibedita Barai	1714303044
54	Bibek Mandal	1714303046
55	Gaurav Sharma	1714305001
56	Nishtha Dhar	1714305002
57	Soham Mukherjee	1714305003
58	Rosemary Tomichan	1714305004
59	Akanshika Sharma	1714305005
60	Ananya Dviwedi	1714305006
61	N.Madhuri	1714305007
62	Shaikh Yasmin	1714305008
63	Praisya Aseeja	1714305009
64	Aanchal Thakur	1754303011
65	Siddharth Datta	1754303004
66	Ashish Sharma	1754303009
67	Shubhashish Padha	1754303010
68	Ojasvi Malhotra	1714302001
69	Ankur Sharma	1714302002
70	kanika	1714302003
71	Queenchilu tayang	1714302004
72	Alina Baxla	1714302008
73	Mo nausad	1714302009
74	Kanak Sharma	1714302010
75	Akshay Sharma	1714302011
76	palak	1714302012
77	Anubhav Mohan	1714302013
78	Aryan Kaushal	1714302014
79	Aditya Shrivastava	1714302015
80	shweta gupta	1714302016
81	Honey	1751304033
82	Vivek Thakur	1751304034
83	Abhishek Rathore	1751304036
84	Puneet Sharma	1651304001
85	Saurabh Kumar	1651304005
86	Mayank Mishra	1651304006
87	Jai Thakur	1651304007
88	Ankit Raj	1651304008
89	Puneet Bhardwaj	1651304009
90	Sahil Kumar	1651304010
91	Akhil Mehta	1651304011



92	Ketan Sharma	1651304012
93	Nikhil Sharma	1651304013
94	Munish Chouhan	1651304014
95	Sourabh Dhiman	1651304015
96	Mukesh Kumar	1651304016
97	Dinesh Kumar	1651304017
98	Aniket Gautam	1651304018
99	Vipin Chauhan	1651304019
100	Akshit	1651304020
101	Rashmi mishra	1651304022
102	Shubham Kumar	1651304023
103	Amardeep	1651304025
104	Rizwan	1651301001
105	Sahil	1651304034
106	Rajan Mishra	1654302058
107	Nitish Kumar	1651304041
108	Manish Kumar	1654302001
109	Vishav Vijay	1654302002
110	Vikas Thakur	1654302003
111	Shweta	1654302004
112	Akshay Kumar	1654302005
113	Ankush	1654302006
114	Nitish Chaudhary	1654302007
115	Sonal Kour	1654302008
116	Nishant Kalanta	1654302009
117	Arun Sharma	1654302010
118	Vishal Kumar	1654302012
119	Akash Ujjwal	1654302013
120	Ayush Sharma	1654302014
121	shwetamber Pathak	1654302015
122	Sourav Singh	1654302016
123	Bharat Thakur	1654302017
124	Abhinav Thakur	1654302018
125	Jitender Thakur	1654302019
126	Khushbu Pathania	1654302021
127	Siddharth Verma	1654302022
128	Shubham Sharma	1654302023
129	Anmol Soni	1654302024
130	Atul Kumar	1654302026
131	Nitin	1654302027
132	Himanshu Sharma	1654302028
133	Sidharth Sharma	1654302029
134	Priyanka Mehta	1654302030

135	Rahul Thakur	1654302031
136	Ankisha Sharma	1654302032
137	Rajneesh Thakur	1654302033
138	Aditya Verma	1654302034
139	Rohit Sharma	1654302035
140	Mayank Pant	1654302036
141	Anmol Vardhan	1654302037
142	Harshita	1654302038
143	Akash Sharma	1654302039
144	Ankita Sharma	1654302041
145	Yugal Joshi	1654302042
146	Munish choudhary	1654302043
147	Rohit Bansal	1654302045
148	Rudra Singh	1654302046
149	Devanshu Sharma	1651304024
150	Akhil Thakur	1654302047
151	Kapil Thakur	1654302051
152	Robinson	1654302052
153	Muskan Baranwal	1654303012
154	Hrithik Sharma	1654302053
155	Sahil	1654302054
156	Abhishek Kashyap	1654302055
157	Manoj Thakur	1654302057
158	Sujit Thakur	1654302059
159	Gaurav Raghav	1654302060
160	Arvind chauhan	1654302044
161	Shashi pal	1651302002
162	Ritik Gill	1651302003
163	Susheel	1651302004
164	Pranav Sharma	1651302006
165	Parveen Goi	1651302007
166	Dig Vijay Thakur	1651302008
167	Rahul Sharma	1651302009
168	Pranshul Rathore	1651302010
169	sambhawna Goswami	1714302017
170	ashita parmar	1714302018
171	Akul parmar	1714302019
172	Manjot Singh	1714303022
173	Farkhandah Masood	1714302020
174	Ishan Chandra	1714302022
175	Kaniksha Chadha	1714302023
176	Sahil Jasyal	1714302024
177	Saurabh	1714305010

178	Shaurya Bahuguna	1754305001
179	Nimish Kappal	1754305002
180	Manik Sharma	1754305003
181	Sadhana Minj	1751304001
182	Himani Bhatti	1751304002
183	Shivani Sharma	1751304003
184	Ganapathi M	1751304004
185	Sudhir Banduni	1751304005
186	Deepak Chaudhary	1751304006
187	Sajid Ali	1751304007
188	Anuj Chauhan	1751304008
189	Safaqat Iqbal	1751304009
190	Pradipta Baral	1751304010
191	A.Deva Santhana Divyan	1751304011
192	Navendu Nanda	1751304012
193	G. naveen kumar	1751304013
194	Sangram Pattnaik	1751304014
195	Mittana Vinay	1751304015
196	Hitesh	1751304030
197	Shashi	1751304035
198	Nikhil Sharma	1751304037
199	Saurabh Sharma	1751304038
200	Amitosh Kumar	1751304016
201	Sumit	1751304017
202	Saurav Chauhan	1751304018
203	Yadhuveer Singh Thakur	1751304019
204	Saikat Ghosh	1751304020
205	Arshdeep Singh	1751304021
206	Raj Kumar Sharma	1751304022
207	Prashant Katuwal	1751304023
208	Akash	1751304024
209	Chandra Shekhar Aazad	1751304025
210	Jatin Shandilya	1751304026
211	Nakul Negi	1751304027
212	Praveen Kumar	1754303001
213	Robin Singh	1751304028