

**Date: September 11 -12, 2019**

**Workshop on Self Discovery for BTech & BSc FT 3<sup>rd</sup> Semester**

SPRINT-156--- B.Tech (Civil/Mech/ECE/EE/CSE/IT/BT/FT/BTSRP) & BSc FT 3rd Semester					
Venue : RTH, Reporting Time : 9:30 AM					
Date/Time	09:30 -11:00	11:30 - 12:15	12:15 - 14:15	14:15 -15:30	15:45 -17:15
11-09-2019	<ul style="list-style-type: none"> <li>Attendance</li> <li>Team Formation</li> </ul>	Workshop on Self Discovery - Ms. Rajni Julka	Elective/Lunch	Workshop on Self Discovery - Ms. Rajni Julka	
12-09-2019	Session on Icebreaker followed - Question & Answer session		Elective/Lunch	Outdoor Activity	

Skill Progression through Rapid Intensive and Innovative Training on Self Discovery for B. Tech and BSc 3rd Semester, students was held on September 11 to 12, 2019. It was a 2-day program, and 231 students attended the SPRINT. On Day 1 attendance was taken and teams were formed. After this very well experienced guest faculty Ms. Rajni Julka took a session on Self-discovery. She briefly told the meaning of Self-discovery, how to explore things and get motivated in life. She also told that life of a child is full of learning, from the beginning of the day to the end. Most of this learning is through exploration and experience. It was a full day session which also included fun events related to the topic. Students really enjoyed and gave positive feedback about the session. Day 2 started with the Ice Breaking activities and Question and Answer session. In the 2nd half session, students were taken to basketball court for the Outdoor activities. Students were very happy and actively participated in all the events conducted.

**Student Participation-: 231**

**Organized -: SPRINT Team**

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

**Impact-:**

- Developed a feeling of being a part of a team
- Develop better self confidence □ They have a better idea of their inner self
- Understand the changes that are needed to carve out a successful career.

**Some Glimpses of the SPRINT Program**



**Session on Self Discovery - Ms. Rajni Julka**



**Student involved during team activity on basketball ground**

<b>Attendance Sheet of BTech &amp; BSc FT 3<sup>rd</sup> Semester</b>		
<b>Sr. No</b>	<b>Name of Student</b>	<b>Registration Number</b>
1	Amisha	1814303002
2	Navneet Kaur	1814303003
3	Monika Sharma	1814303004
4	Aditi Sharma	1814303005
5	Kamni Sharma	1814303006
6	Sivank Jaidka	1814303009
7	Aayushi Sharma	1814303010
8	karan panwar	1814303011
9	kritika Sharma	1814303012
10	mayank	1814303013
11	Dharini Sharma	1814303014
12	Neelanshi	1814303015
13	Ankan	1814303016

14	Divya Thakur	1814303018
15	anish khan	1814303019
16	Jasmine Thakur	1814303020
17	Khushi Gahoi	1814303021
18	Laraib Rahman	1814303023
19	Ngangbam Bhuvan	1814303024
20	Wairopkam Senid	1814303025
21	Jugesh Mayengbam	1814303027
22	Ritika Rastogi	1814302002
23	Gourav	1814302003
24	Rajat Sharma	1814302004
25	Tikshan Mahajan	1814302005
26	Jayanti	1814302006
27	Aman Thakur	1814302007
28	Angat Singh	1814303007
29	Prabal Dutta	1814302008
30	Moirangthem devi	1814302009
31	Anmol Thakur	1814302010
32	Divyanshi Abrol	1814302011
33	Vinod Thakur	1814302012
34	prachi sharma	1814302013
35	sahil	1814302014
36	Vaishnvi	1814302015
37	Khayati Gulati	1814302016
38	mohit	1814302017
39	Rashi	1814302018
40	Anuj Sharma	1814302019
41	Rishav Vasudeva	1814303017
42	Sahil	1814303022
43	Mansi Sharma	1811302022
44	Jitesh Laishram	1814301006
45	Gursheen kasruja	1814302020
46	Shubham sharma	1814302021
47	Akhilesh Paterwal	1814301007
48	Konika	1814302030
49	Pardeep Kumar	1814301008
50	Ishita Sharma	1814302031
51	Kriti	1814301009
52	Shivani	1814303052
53	Jatin	1814302032

54	shivani sharma	1814302034
55	Rahul Thakur	1814302035
56	Harsh Limbani	1814302036
57	Abhishek kr. Singh	1814301013
58	Niharika	1814301003
59	Amisha Gurung	1814301004
60	Rojalin Jena	1814301005
61	Aditi	1814301010
62	Pankaj Rana	1851302002
63	Rishubh Suppehiya	1851302004
64	Avinash Thakur	1851302005
65	Abhishek Negi	1851302006
66	Chirag Bhardwaj	1851302007
67	Puspalal Chapagai	1851302008
68	Nikhil Thakur	1851302009
69	Pasang Dorji	1851302018
70	Bikram Chhetri	1851302027
71	Leena Kumari	1851302029
72	Jayant Sharma	1851302030
73	Ruchika verma	1851302032
74	Chetan Chauhan	1851302036
75	Dinesh Kashyap	1851302037
76	Raj Kumar	1851302038
77	Manjeet	1851302043
78	Anish Chauhan	1851302058
79	Ashish Zinta	1851302059
80	Akshit Tanwar	1851302060
81	Vikash	1851302061
82	Kinzang	1851302062
83	Makides	1851302064
84	Gulshan Gautam	1851302003
85	Nikhil Sharma	1851302010
86	Mohammad Khurshid	1851302011
87	Manav	1851302012
88	Naman Sharma	1851302039
89	Aniket Bragta	1851302040
90	Ritish Rana	1851302041
91	Niran Gurung	1851302042
92	Pungjun Mara	1851302055
93	Aditya Sharma	1854302003



94	Minakshi Sharma	1854302004
95	Deepika	1854302061
96	Dikshant Chauhan	1854302005
97	Adarsh	1854302006
98	Harsh Sharma	1854302007
99	Varun premi	1854302008
100	ashish sharma	1854302009
101	abhishek sharma	1854302010
102	prashant Sharma	1854302011
103	ashish	1854302012
104	vivek	1854302013
105	Lokesh	1854302014
106	suhel khan	1854302015
107	abhishek Verma	1854302016
108	arif	1854302017
109	saugato	1854302018
110	Lakshay Chandel	1854302019
111	Shivani	1854302020
112	Rijul	1854302021
113	Jayant Thakur	1854302022
114	Ritika Kashyap	1854302023
115	Ritik Bragta	1854302024
116	Vikas	1854302025
117	Santosh	1854302026
118	Akshit Dhadwal	1854302028
119	Jitender Kumar	1854302029
120	Shubham Sharma	1854302030
121	Kartik	1854302032
122	Aman Sharma	1854302033
123	Sahil	1854302034
124	Ritika	1854302035
125	Prashant Kumar	1951302002
126	Ashok Pundir	1951302004
127	Pankaj Kumar	1951302005
128	Himanshu Verma	1951302007
129	Vivek Joshi	1951302012
130	Dixant Vardhan	1951302013
131	Phurba Wangdi	1951302015
132	Namgay	1951302016
133	Lavish Khimta	1951302017

134	Shubham Kashyap	1951302023
135	Snehanjali Panicker	1951302001
136	Ritesh Kumar	1951302014
137	Mayank	1951302008
138	Rohan	1951302009
139	Tanuj Thakur	1951302010
140	Sheetal Panwar	1951302011
141	Sourabh Sharma	1951302018
142	V.Lalrinfela	1951302019
143	Aryan Tomar	1951302020
144	Shrikant Thakur	1951302021
145	Shivam	1951302022
146	Neeraj Kashyap	1954302079
147	Kirtika Vaidya	1954302089
148	Lakhan Paul	1954302109
149	Shardul Shandil	1954302112
150	Parth Dutta	1954302003
151	Abhishek Shandil	1954302004
152	Samrat Gupta	1954302005
153	Ritik Thakur	1954302006
154	Kushagra Mittal	1954302007
155	Vishal Thakur	1954302008
156	Saransh Goswami	1954302009
157	Vipul Sharma	1954302010
158	Saurav Thakur	1954302011
159	Kashish Thakur	1954302012
160	Ishika Thakur	1954302014
161	Vishal Thakur	1954302015
162	Asmita	1954302016
163	Aryan Sharma	1954302017
164	Shivam Mandyal	1954302018
165	Omansh Kothari	1954302020
166	Aman	1954302021
167	Pankaj	1954302022
168	Akhil Thakur	1954302023
169	Akshat Thakur	1954302024
170	Jitender Kumar	1954302026
171	Ankit Mehta	1954302028
172	Bhanu Thakur	1954302030
173	Yogita	1954302033

174	Aditya Negi	1954302034
175	Sahil	1954302035
176	Anmol Raj	1954302036
177	Harsh Kumar	1954302037
178	Anshul Sharma	1954302038
179	Abhishek Birla	1954302039
180	Kajal Kumari	1954302041
181	Ajay Sharma	1954302042
182	Amit Saraswat	1954302043
183	Rahul Guleria	1954302044
184	Shivansh Thakur	1954302045
185	Abhishek Thakur	1954302046
186	Priyanka Kalsi	1954302047
187	Abhijeet Negi	1954302048
188	Arsh Sharma	1954302049
189	Eka Singhal	1954302050
190	Riya	1954302051
191	Nitish Kumar	1954302052
192	Kunal	1954302053
193	Naman Sharma	1954302056
194	Suraj Adhikari	1954302058
195	Sandeep Singh	1954302059
196	Sanjana Arora	1954302061
197	Akshit Mehra	1954302062
198	Varsha Thakur	1954302063
199	Prachi Aggarwal	1954302064
200	Hanshul Chandel	1954302066
201	Raju Sahani	1954302067
202	Ishant Chandna	1954302068
203	Dhruv Thakur	1954302069
204	Harsh Sharma	1954302070
205	Rajat Sharma	1954302071
206	Gaurav Jamwal	1954302072
207	Vaibhav Gandhi	1954302073
208	Tarun Dhauta	1954302074
209	Kanika Rana	1954302075
210	Shivam Saini	1954302076
211	Dikshant Chaudhary	1954302077
212	Abhishek Bansal	1954302078
213	Chirag Rana	1954302080



214	Noor Bansal	1954302081
215	Muskan Verma	1954302082
216	Sukhvinder Singh	1954302083
217	Aranya Chaudhary	1954302085
218	Ankit	1954302087
219	Aayush Gupta	1954302088
220	Diyansh Rao	1954302090
221	Kartik	1954302092
222	Simran Kaur	1954302093
223	Mohit Thakur	1954302094
224	Deepanshu Gupta	1954302095
225	Kiran	1954302097
226	Abhishek Attri	1954302098
227	Vinay Mattu	1954302100
228	Saurav	1954302101
229	Shaswat	1954302102
230	Riya	1954302104
231	Daniel Rizvi	1954302105

  
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