

Date: 20-21 April 2023

SPRINT for Liberal Arts + BSc HHA 6th Semester, on Campus to Corporate

SPRINT - 264 (Liberal Arts + BSc HHA 6th Semester)

Date	09:25 - 09:45	09:45 - 10:45	10:45 - 11:15	11:15 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:00	16:00 - 17:20
20-Apr-23	Attendance	Welcome Address : Session on Theatre for communication by Ms Jaishree Sethi & Shamir	Ice Breaking Activity by Dr Ashoo Khosla	Break	Session on Professional Networking by Dr Amar Rao	Lunch	Mock Group Discussion - Mr. Suraj Kanwar/Mr Shard	Break	Team Building Activity
21-Apr-23	Attendance	Guided Meditation by Ms Suman Rawat	Session on Negotiation and Conflict Resolution by Mr Tarun Gupta		Session on Problem solving & decision making by Mr BK Kaul		Session on Professional Grooming by Mr Pratip		Cultural/ Conclusion

A SPRINT was conducted for Liberal Arts + BSc HHA 6th Semester, on Campus to Corporate from 20-21st of April 2023. It was attended by 90 students. The program aimed to bridge the gap between academic life and the corporate world, equipping students with essential skills and knowledge for a successful transition. The Welcome Address provided context for the program and highlighted its significance in preparing students for their professional journeys. **Ms. Jaishree Sethi and Mr. Shamir** conducted an innovative session on "**Theatre for Communication**". This interactive session aimed to enhance participants' communication skills through theatrical techniques, fostering creativity and self-expression. An ice-breaking activity, organized by Dr. Ashoo Khosla, encouraged students to connect and engage with each other in a relaxed setting, fostering a positive and collaborative learning environment. Dr. Amar

Rao conducted a session on "Professional Networking," emphasizing the importance of building and nurturing professional relationships for career growth. Mock Group Discussion sessions led by Mr. Suraj Kanwar and Mr. Shard allowed students to practice and refine their group discussion skills, an essential aspect of corporate interviews. The day ended with a team-building activity, promoting collaboration, communication, and teamwork among participants.

Day two began with attendance and a guided meditation session by Ms. Suman Rawat. This session aimed to help students manage stress, improve focus, and achieve mental clarity, essential for corporate success. Mr. Tarun Gupta conducted a session on "Negotiation and Conflict Resolution," equipping students with practical strategies to handle conflicts and negotiations in professional environments. Mr. BK Kaul presented a session on "Problem Solving & Decision Making," empowering students with critical thinking skills to solve complex challenges. The session on "Professional Grooming" by Mr. Pratip emphasized the importance of personal presentation, professional conduct, and etiquette. The program concluded with cultural activities and a summarizing session, reinforcing the key takeaways from the training program.

Student Participation: 90

Organised By: SPRINT Team

Guest Speaker: Dr Jaishree Sethi (Creative Director at Story Ghar) & Shamir (Director at Cheshta Care Foundation)

Impact:

- Enhance communication skills through theatrical techniques
- Develop effective networking skills for career growth
- Practice and improve group discussion and communication skills.
- Understood the significance of personal presentation and professionalism

Some Glimpses of the Presentation Program



Expressing Through Art: Ms. Jaishree Sethi & Shamir's Session on Theatre for Communication



Refining Your Image: Mr. Pratip Mazumdar's Insights on Professional Grooming



Unlocking Opportunities: Dr. Amar Rao Explores the Art of Professional Networking

Attendance Sheet Liberal Arts + BSc HHA 6th Semester		
No Of Students :90		
Sr. no.	Student Name	Registration Number
1	Kalash Dhanta	GF/2020/618
2	Nehul mishra	GF/2020/290
3	Hritik Sharma	GF/2020/3149
4	Dakshita	GF/2020/2737
5	Om Kumar Jha	GF/2020/1908
6	Shubh Rana	GF/2020/1733
7	Rijul Kumar Rana	GF/2020/1532
8	Soumili seal	GF/2020/1116
9	vaidehi garg	GF/2020/1054

10	Parupalli Gayathri	GF/2020/744
11	saket saurabh	GF/2020/554
12	Durtiman Sonowal	GF/2020/317
13	Shruti Sharma	GF/2020/2723
14	Shivand Thakur	GF/2020/2638
15	Riutika Srivastava	GF/2020/1605
16	Shashi Thakur	GF/2020/3154
17	Nayan	GF/2020/2831
18	Badal Rana	GF/2020/3063
19	Catherine Rai	GF/2020/2569
20	Simran Chauhan	GF/2020/3507
21	Shreya Joshi	GF/2020/3047
22	Virendra Thapa	GF/2020/3058
23	Namrata Kumari	GF/2020/3251
24	Taruna Sharma	GF/2020/3308
25	Nidhi	GF/2020/3303
26	Priyanshu Rodhia	GF/2020/3692
27	Tarushi Arora	GF/2020/3435
28	Aditee Kukreti	GF/2020/613
29	Arpit Chaudhary	GF/2020/1576
30	Priyanka Devi	GF/2020/1501
31	Mansi Tyagi	GF/2020/923
32	Nandini	GF/2020/4088
33	Babita Sharma	GF/2020/4119
34	Kushagar Jamwal	GF/2020/3980
35	Harsh	GF/2020/3962
36	Banshita Sharma	GF/2020/4424
37	Shriya Dhar	GF/2020/4030
38	Dushant	GF/2020/3987

39	Kanupriya Sharma	GF/2020/3399
40	megha chattanta	GF/2020/3792
41	Atharv SIngh Negi	GF/2020/4326
42	Shagun Thapa	GF/2020/4186
43	Nikhil Panwar	GF/2020/4553
44	Pulak Rajbanshi	GF/2020/4915
45	Chukila	GF/2020/4829
46	Aman Thakur	GF/2020/2708
47	Kashish Verma	GF/2020/2987
48	Shreya Das	GF/2020/3273
49	Pranav Sharma	GF/2020/3574
50	Youvan kapila	GF/2020/3689
51	Aarush Chauhan	GF/2020/4293
52	Palbi Kohal	GF/2020/4783
53	Madhav Bhagnal	GF/2020/4560
54	Digvijay Bhatnoo	GF/2020/4459
55	Ritik Thakur	GF/2020/5046
56	Jinal Mokariya	GF/2020/4613
57	Ankita Prasher	GF/2020/5313
58	Dolly Thakur	GF/2020/5398
59	Tanvi	GF/2020/5390
60	Tana Zermy	GF/2020/5249
61	Dechen Angmo	GF/2020/5347
62	Rigsang wangmu	GF/2020/4182
63	Manan Monga	GF/2020/4992
64	Anish Rana	GF/2020/5557
65	Rohit Uttam	GF/2020/5356
66	Navjot Sarna	GF/2020/5727
67	Abhijeet Singh	GF/2020/5728

68	Aman Sharma	GF/2020/4545
69	Mohit Verma	GF/2020/5849
70	Tashi Dolkar	GF/2020/5827
71	Milan Tyagi	GF/2020/5084
72	Tanvi Arora	GF/2020/6121
73	Aman Sharma	GF/2020/6235
74	Prince Kanwar	GF/2020/6234
75	Srishti Thakur	GF/2020/6268
76	Siwani Kumari	GF/2020/6331
77	Vidhi	GF/2020/6511
78	Yadhu Nandan Sharma	GF/2020/6505
79	Inder dev singh Thakur	GF/2020/6651
80	Moksh Chauhan	GF/2020/6131
81	Pacha Nampe	GF/2020/6621
82	Yashika	GF/2020/6499
83	Kunal Thakur	GF/2020/6775
84	Deepak Kumar	GF/2020/6541
85	Shivani Kumari	GF/2020/7100
86	Pridhi Miglani	GF/2020/6927
87	Karan	GF/2020/4577
88	Khushi Goswami	GF/2020/7289
89	Sudhanshu	GF/2020/7268
90	Abhishek Balsam	GF/2020/7422