

Date: 04-05 January, 2023

Session for Postgraduates 1st Semester on Communication Skills

Agenda - SPRINT- 262, Postgraduate 1st Semester									
Date & Time	9:30- 9:45	9:45- 10:15	10:15 - 11:15	11:15 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 15:45	15:45 - 17:00
1-4-2022	Attendance	Welcome Address and context Setting by Dean -Dr Saurabh Kulsreshtha	Ice Breaking Activity - SPRINT Team	Break	Session on Future of Nano Particle in different Application- Dr. Mahavir Singh	Lunch	Session on Resume Writing & Mock Interviews- Dr. Prachi Kapil	Break	Activity-Overcoming Stage Fear-Team Presentations
1-5-2022		Session on General Etiquette and Grooming - Mr. Pratip Mazumdar	Session on Art of Communication- Dr. Purnima Bali		Session on Art of Group Discussion & PI- Mr. Shard		Reflections & Felicitations		

SPRINT 262 was conducted for the 68 students of PG 1st Semester on “Communication Skills” from 04-5th of January 2023 with the aim of providing the participants with the latest knowledge and skills in various aspects of personal development. The first day of the training session started with a welcome address by the Dean, Dr. Saurabh Kulsreshtha. He emphasized the importance of personal development and the role it plays in success and happiness. An ice-breaking activity was conducted by the SPRINT Team to help the participants get to know each other and create a positive and energetic atmosphere. The next session was conducted by Dr. Mahavir Singh on the Future of Nano Particles in Different Applications. He provided an overview of the latest developments in the field of nano technology and its potential applications in various industries. Dr. Prachi Kapil conducted a session on Resume Writing & Mock Interviews, where she provided practical tips and techniques for creating an effective resume and preparing for job interviews. The participants had the opportunity to participate in mock interviews and receive feedback from the trainer. An activity on Overcoming Stage Fear was organized, where the participants presented their ideas and skills in front of the group. This helped them overcome their fears and improve their public speaking skills. The second day of

the training session started with a session on General Etiquette and Grooming conducted by Mr. Pratip Mazumdar. He emphasized the importance of good manners and personal grooming and provided practical tips for maintaining a professional image. Dr. Purnima Bali conducted a session on the Art of Communication, where she discussed the importance of effective communication and provided tips and techniques for improving one's communication skills. The next session was conducted by Mr. Shard on the Art of Group Discussion & PI, where he emphasized the importance of teamwork and cooperation and provided practical tips for effective participation in group discussions and personal interviews. The SPRINT session ended with Reflections & Felicitations, where the participants shared their experiences and feedback on the training session. The SPRINT team & speakers were highly praised for their engaging and informative sessions, and the students expressed their appreciation for the opportunity to learn and grow.

Overall, the SPRINT was a great success and provided the participants with a comprehensive understanding of various aspects of personal development. The practical activities and interactive sessions were particularly useful and provided a hands-on experience to the participants. The speakers were knowledgeable and engaging, and the students left the session with a wealth of knowledge and practical skills that they can use in their personal and professional lives.

Student Participation: 68

Organised By: SPRINT Team

Impact:

- Increased understanding of recent technological developments.
- Future applications were better understood.
- Provided students with the knowledge and skills to pursue careers in related fields.
- Students achieved greater proficiency in writing resumes.
- Developed interviewing skills with more confidence.
- Increased chances of success in job searching and landing a job.
- Developed a better understanding of public speaking.
- Enhanced teamwork and leadership skills.
- Improved confidence when speaking in front of an audience.

Some Glimpses of the SPRINT Program



Crafting Careers: Dr. Prachi Kapil's Session on Resume Writing & Mock Interviews

Attendance sheet of Postgraduates 1 st Semester		
Sr. No.	Student Name	Registration Number
1	AARSHI RAI	PGD20225548
2	Pankaj Dhundhara	PGD20225950
3	Aman Bhardwaj	PGD20225892
4	Charumathi	PGD20225517
5	Sanvi Sood	PGD20225906
6	Kavita	PGD20226109
7	Mitali thakur	PGD20226095
8	PriyaDarshni	PGD20226339
9	Anchal Panwar	PGD20226544
10	Sumeexa Dhiman	PGD20226431
11	Prapti Mehta	PGD20226440
12	Aliza Verma	PGD20226439
13	Rachna kumari	PGD20226433
14	Radhika Kumari	PGD20226437
15	Swati	PGD20226452
16	Sharath Kumar P N	PGD20226567
17	Deepak Shandil	PGD20226846
18	Vaishali	PGD20227000

19	Payal Rana	PGD20225941
20	Mahima Verma	PGD20226227
21	Shivam Sharma	PGD20226899
22	Ajay kumar	PGD20226814
23	Anjela Pandey	PGD20226720
24	Amit Kaundal	PGD20227065
25	Kusum	PGD20227102
26	Jagadis Prasad Nayak	PGD20227282
27	Swarupamayee nayak	PGD20227289
28	Suman	PGD20226341
29	Takshika raj	PGD20226519
30	Priya Verma	PGD20227407
31	Soumitra Roy	PGD20225500
32	Sahil Dhokale	PGD20227418
33	Ruokuongunuo sanchu	PGD20227547
34	Shivam	PGD20226450
35	Rajat thakur	PGD20227480
36	Yogeshwar Dutt Sharma	PGD20227425
37	Sahil Thakur	PGD20227417
38	Nishan Shandil	PGD20227573
39	Shivanjli Rana	PGD20227628
40	Anshika Bhardwaj	PGD20227388
41	Raktima Goswami	PGD20227622
42	Tanishaq Thakur	PGD20227676
43	DIMPLE KUMARI	PGD20227618
44	Shivani thakur	PGD20227600
45	Aaryan Panwar	PGD20227724
46	Tanisha Sharma	PGD20227693
47	Bindu Sharma	PGD20227786
48	Ankit Kumar	PGD20227742
49	Ashish Kumar	PGD20227857
51	Vikram Thakur	PGD20227543
52	Mannat Tanwar	PGD20227608
53	karan Kalsi	PGD20227895
54	Abhay Sharma	PGD20227983
56	Charul Joshi	PGD20225992
59	Ruchi	PGD20228097
60	Pankaj	PGD20228080
61	Sanyam Choudhary	PGD20228088
62	Neha Fageria	PGD20228108
63	Sahil Sharma	PGD20228155
64	Sidhant Thakur	PGD20228188
66	Taniya Acherjee	PGD20228229
67	Pragati Upadhyay	PGD20225695
68	Anchal Sharma	PGD20228205