

Date: 21-22 December, 2022

SPRINT 261 for Bio Engineering 1st Semester on Communication Skills

Agenda - SPRINT- 261, Bio Engineering, No. of Students: 88, Venue: PDH									
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
12-21-2022	Attendance	Welcome Address and context Setting by Dean -Dr Saurabh	Session on Interpersonal communication and belief systems- Mr. Charanjit Singh	Break	Session on Five Waters Lessons of Communication from the Advertising World- Mr. Tushar	Lunch	Communication Activity	Break	Outdoor activity
12-22-2022		Session on Body Language - Dr Prachi Kapil + Dr Subodh Saurabh			Session on Communication Tools of the future- Dr. Amar Raj		Session on Smart Communication- Dr. Purnima Bali		Presentations

SPRINT 261 was conducted for the 88 students of Bio Engineering 1st Semester on “*Communication Skills*” from 21-22nd of December 2022. The session was aimed at enhancing the communication skills of the participants and providing them with the latest tools and techniques for effective communication. The first day of the training session began with a welcome address by the Dean of Applied Sciences and Biotechnology, Dr. Saurabh. He emphasized the importance of communication skills in today's fast-paced world and how they play a crucial role in personal and professional life. The next session was conducted by Mr. Charanjit Singh, who spoke about Interpersonal Communication and Belief Systems. He discussed the impact of one's beliefs and values on communication and how it affects the way we perceive and respond to situations. Mr. Tushar, an expert in the field of advertising, conducted the next session on the Five Waters Lessons of Communication from the Advertising World. He highlighted the importance of storytelling, simplicity, and authenticity in effective communication and provided practical examples from the advertising industry. A communication activity was organized to put the theories into practice, and the participants had the opportunity to work in groups and apply their learning. The day ended with an outdoor activity aimed at building team spirit and fostering relationships among the participants. The second day of the training session started with a session on Body Language conducted by Dr. Prachi Kapil and Dr. Subodh Saurabh. They emphasized the importance of non-verbal communication and how body language can be used to enhance the impact of verbal communication. The next session was conducted by Dr. Amar Raj on Communication Tools of the future. He provided insights on the latest technologies and tools that are transforming the way we communicate and shared his vision on the future of communication. Dr. Purnima Bali conducted the next session on Smart Communication, where she discussed the importance of being strategic and mindful while communicating and provided tips and techniques for effective communication. The training session

ended with presentations by the participants, where they showcased their learning and demonstrated their skills in effective communication.

Overall, the SPRINT session was highly informative and provided the participants with a comprehensive understanding of the various aspects of communication. The practical activities and sessions on the latest tools and techniques were particularly useful and provided a hands-on experience to the participants. The speakers were highly knowledgeable and engaged the students with their interactive and insightful sessions.

Student Participation: 82

Organised By: SPRINT Team

Impact:

- Increased confidence in expressing oneself.
- Enhanced ability to work effectively in teams.
- Assisted students in resolving disputes in a positive way.
- Students got a better understanding of cultural diversity.
- Improved the ability to express own beliefs more effectively and respectfully.
- Provided a change of pace from traditional classroom-based learning.
- Connected students with nature.
- Build teamwork and leadership skills.
- Developed skills in a fun and interactive way.



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



Session on Interpersonal communication and belief systems- Mr. Charanjit Singh

**Attendance Sheet of FIRST SEM_ BioEngg UG
SPRINT_B.Tech_21ST & 22ND DEC'22 (No.of Students =
100)_PDH**

Sr. No.	Student Name	Registration Number
1	SOUMILI MONDAL	GF202213857
2	Harsh Chauhan	GF202215550
3	Rohit Kumar	GF202216994
4	Anushka chandel	GF202217427
5	Chitvan	GF202216512
6	Himanshi Dogra	GF202215851
7	Aastha Kumari	GF202219146

8	Shareshth Bhardwaj	GF202219874
9	Rupali Kalra	GF202220623
10	Ashish Shukla	GF202220909
11	Soniya Poudel	IN/2022/775
12	saksham koundal	GF202213690
13	Harleen	GF202214972
14	Aditi Shokeen	GF202215165
15	Sapurn Tiwari	GF202216523
16	Sonmitra Datta	GF202218444
17	Samanvita Saakshi Mani Tripathi	GF202217759
18	KASHISH SHARMA	GF202219732
19	ADITYA KHURANA	GF202220035
20	Anuskha Kulshrestha	GF202220676
21	Leandre Tuyiragize	IN/2022/1212
22	AASHRIYA PANDEY	GF202214577
23	Anika Bhuta	GF202214156
24	Ayati Mishra	GF202214823
25	Asif Reza	GF202216783
26	Gayatri Anil	GF202217900
27	Kopal Anand	GF202218112
28	Thangjam Poojalakshmi	GF202219199
29	Kushal	GF202219746
30	Anubhuti jain	GF202220093
31	Aditi Kulshreshtha	GF202220684
32	Nandini	GF202214084
33	Preeti Rana	GF202219823
34	Prekshi Sharma	GF202213925
35	Nimisha Sharma	GF202215667
36	Sataditya Jana	GF202216977
37	Avani Jha	GF202217901
38	Devaanshi Jain	GF202214099
39	Amit Dey	GF202219355
40	Utsav Pathania	GF202219741
41	Vidiksha	GF202220190
42	Kshitiz Singh	GF202220843
43	Swenka Verma	GF202213971
44	Kamya Sharma	GF202220018
45	Mishita kaushik	GF202214031
46	Aditi Singh	GF202215002
47	Rajarshi Khasnobish	GF202216944
48	AAKANSHA KHOSLA	GF202217926

49	Simmee Singh	IN/2022/1045
50	Akhil Srivastava	GF202219327
51	Kiran	GF202219891
52	Vani Sharma	GF202220263
53	Shanvi Rana	GF202220875
54	Soumya	GF202214410
55	Anshika Jain	GF202214862
56	Ashimita Tanti	GF202214250
57	KARREN MEHROTRA	GF202216552
58	Ayeshi Mazumder	GF202215651
59	Mohd Ashran	GF202217755
60	Kashish Nagender Kumar	GF202217297
61	Arya	GF202214585
62	Kuldeep Kumhar	GF202219810
63	Nandini Minhas	GF202220253
64	Avinash Singh	GF202220863
65	Ruchi Jena	GF202214199
66	Nilesh ghosh	GF202218133
67	JIYA	GF202214211
68	Yatharth Malhotra	GF202215510
69	VAANI RANJAN	GF202217663
70	Arnima tripathi	GF202217612
71	Nikita Chauhan	GF202218198
72	Vanshika	GF202218838
73	Versha Sharma	GF202220005
74	Sashwat Sharma	GF202220203
75	Rakshita jaya	GF202220899
76	Shrigull chandel	GF202217521
77	LOKRAJ	GF202217457
78	Prachi Sahu	GF202214445
79	Debajyoti Bhowmik	GF202216426
80	Debayan Pal	GF202217567
81	Hardik Pundir	GF202218481
82	KARNATI GNANACHANDAR REDDY	GF202219173