

Date: 19-20 December, 2022

SPRINT 259 for Sciences 1st Semester on Communication Skills

Agenda - SPRINT- 259, Sciences, No. of Students: 107, 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 - 14:45	14:45 - 15:30	15:30 - 15:45	15:45 - 17:00
19th Dec, 2022	Attendance	Welco me Address and context Setting by Dean - Dr Y.S Negi	Session on the future of Communicat ion-Prof. Ashish Khosla	Break	Session on Overview of Communicati on with focus on Verbal- Mr. Shard	Lunch	Session on Communication through Storyboards - Mr. Joshua Kanwar, CEO Bridge Adcomm		Break	Team Present ations
20th Dec, 2022		Activity on Communication - Mr. Kapil Sharma			Session on MBTI and communicati on styles - Dr. Ashoo Khosla		Session on Body Langua ge - Dr. Subodh Saurabh	Session on Body Langua ge (NVC) - Dr. Prachi Kapil		Crossin g the Border Activity - Mr. Kapil Sharma

SPRINT 259 was conducted for the 107 students of Sciences 1st Semester on “*Communication Skills*” from 19-20th of December 2022. The day started off with a warm welcome, addressed by Dr Y.S. Negi followed by the session on “*Future of Communication*” by Dr. Ashish Khosla and a session on “*Overview of Communication*” by Mr. Shard. Afternoon session on “*Communication through storyboards*” was taken by Mr. Joshua Kanwar followed by Team presentation. The next day started with “*Communication Activity*” by Mr. Kapil Sharma & SPRINT Team wherein students were divided into groups and asked to draw a picture without looking at the picture, focusing on active listening and effective speaking followed by “*Session on MBTI and Communication styles*” by Dr. Ashoo Khosla. The 2nd half of the session started with a session on “*Body Language*” by Dr. Subodh Saurabh followed by the session on “*Non-Verbal Communications*” by Dr. Prachi Kapil. In the evening, students participated in “*Team Building Activity- crossing the border*” conducted by Mr. Kapil Sharma where all team members had to do something unique to come out of their comfort zones and the day ended with some students sharing their overcoming stage fear experiences. after which *Reflections and Felicitations* closed the session.

Student Participation: 98

Organised By: Sprint Team

Impact:

- Learning how to work with each other and get along well in team.
- Understanding the Importance of Body Language.
- Improved Problem-Solving Skills
- Increased Confidence
- Improved Communication Skills
- Better Team Collaboration
- Enhanced Presentation Skill
- Improved Interpersonal Communication

Some Glimpses of the SPRINT Program



Session on MBTI and communication styles - Dr. Ashoo Khosla

Basic Sciences + BSc Agriculture 1st Semester _19TH & 20TH DEC'22		
Sr. No.	Student Name	Registration Number
1	Harsimran	GF/2020/7202
2	Ayush Thakur	GF202215063

3	Nitika	GF202217441
4	Rishav banyal	GF202218773
5	Harsh Mehta	GF202220272
6	Eva Pathania	GF202215742
7	Durlabh Rabha	GF202218029
8	Riya	GF202215509
9	Anshika Sirkeck	GF202215544
10	Rohit	GF202218911
11	Bhumika	GF202218189
12	Deepshikha	GF202220703
13	Mitali Bains	GF202213824
14	Vaishnavi	GF202215622
15	Harshit sharma	GF202216883
16	Riya jaswal	GF202219258
17	Ayush	GF202219279
18	Kanishak Sharma	GF202220874
19	Maiyatree Chakraborty	GF202219063
20	Akriti Chauhan	GF202217750
21	Diya Dutta	GF202216637
22	Jai Arora	GF202218113
23	sristi guleria	GF202218952
24	Shreya Pant	GF202220953
25	Mahak Thakur	GF202211171
26	Keshav kumar	GF202215793
27	Nikhil Garg	GF202216718
28	Divya Pathania	GF202218665
29	Armaan Bisht	GF202220397
30	Dibansee	GF202215294
31	Osheen Khan	GF202219265
32	SRIJAN THAKUR	GF202220260
33	ARYAN DIKSHIT	GF202217169
34	ABHINAY	GF202219811
35	Gauri tiwari	GF202218876
36	Swapnil singh	GF202217915
37	Uday	GF202214005
38	Vanika	GF202215992
39	Jatin kumar mishra	GF202217545

40	Shilpa thakur	GF202214850
41	Pallvi Thakur	GF202220375
42	Jatin	GF202213978
43	Retika Chib	GF202219945
44	Rudra	GF202219624
45	Nikunj Arora	GF202217588
46	Arjun	GF202220147
47	Talom Bui	GF202219293
48	Rohit	GF202218911
49	Palak Sharma	GF202213692
50	Dishant verma	GF202215915
51	Alina Sheen Patrao	GF202218025
52	Tushar Daspa	GF202219767
53	Kritika	GF202219762
54	Kanchan Verma	GF202216019
55	Joe P Bijo	GF202215521
56	Pallikonda Sai	GF202220830
57	Shagun Thakur	GF202219024
58	Vinayak Sharma	GF202220553
59	Mehak Chadha	GF202219731
60	Jai Arora	GF202218113
61	Diksha Sharma	GF202215158
62	Priyanshu Ranjan Chauhan	GF202215304
63	Nikhil	GF202217916
64	Abhilasha Kanwar	GF202219751
65	Vedika	GF202220302
66	Deep	GF202216060
67	Aayush Sharma	GF202215423
68	Antriksh Bohra	GF202214439
69	Khushi Bamotra	GF202218684
70	Rohit	GF202215043
71	Ishika	GF202219657
72	ABHINAY	GF202219811
73	Mansi Sharma	GF202214193
74	Pankaj	GF202215853
75	rohan	GF202218692
76	Rijhayal Dulta	GF202219758

77	Rohan Thakur	GF202220581
78	Raman	GF202215223
79	Abhay Sharma	GF202218493
80	Utkarsh Mishra	GF202215051
81	Tinovonga Nheredzabonde	IN/2022/1224
82	Raamya singh rana	GF202216411
83	Uvika	GF202219925
84	Arjun	GF202220147
85	Piyush Kumar	GF202215061
86	Akshansh Thakur	GF202216845
87	Tanya Bedi	GF202218834
88	Aryan Negi	GF202219869
89	Angel Thakur	GF202220592
90	Vinamr Gandhi	GF202216436
91	SARTHAK SHARMA	GF202218886
92	Naisha Bhatia	GF202214732
93	Ngurang Melo	GF202220602
94	Ishita	GF202217448
95	Tashing Kodak	GF202220015
96	Vinayak Sharma	GF202220553
97	Katyayani	GF202214764
98	Hage mamung	GF202216563



Registrar
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