

Date: April 30, 2021

SPRINT on Communication Skills for B. Sc 4th Semester Students

e-SPRINT -202 (Agenda), B. Sc 4th Semester, No of Students: 186						
Date & Time	10:00 – 10:15	10:15 – 11:15	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	16:00 - 17:00
4/30/2021	Attendance & Welcome - Ms. Poonam Nanda	Session on Improving Communication Skills -Ms. Poonam Nanda	Session on Resilience - Ms. Payal Khanna	Lunch	Breakout Groups and Discussions	Finalization of Assignment & Uploading

A SPRINT 202 was organized for BSc 4th semester on April 30,2021. It was a single day training program attended by 186 students. The program started with a welcome session by Mrs. Poonam Nanda. This was followed by a session in which students were told how to improve their communication skills. The session on resilience was taken by Mrs. Payal Khanna where she reiterated the importance of bouncing back after a crisis. Post Lunch, the students had a breakout in groups and held detailed discussions. The final session was uploading of assignments by the respective groups. All the students actively participated in the whole SPRINT program.

Student Participation-: 186

Organized -: SPRINT Team

Impact-:

- Understand the importance of being accurate.
- Brief and clear in their communication.
- Develop better self confidence
- Focus on the Inner Self

Recording...

How do we communicate?

Component	Percentage
Body Language	55%
Tone	38%
Word	7%

LOUD *loud*
quiet **QUIET**
HARD *hard*
soft **SOFT**

Type here to search

10:39 AM
30/04/2021

Session on Improving Communication Skills – Mrs. Poonam Nanda

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

e-SPRINT-202 BSc 4th Semester No of stu

Sr #	Student Name	Registration #
1	Shiffa Sadiq	1911301027
2	Muskan Thakur	1911301037
3	Aditya Dhiman	1911302023
4	Dhrohar Basotra	1914304002
5	Payal Vashishth	1914304009
6	Rijwal Rajta	1914304022
7	Nitin Sayal	1914304023
8	Abhey Pradhyoom	1914304042
9	Nitika	1914304083
10	Esha Katoch	1931301005
11	Shruti Singh	1931302004
12	Anshika Bhardwaj	1934301009
13	Angel Sharma	1934301011
14	Avi Arora	1937302008
15	Devanshi Kapoor	1911301007
16	Aryan Bharanta	1911301031
17	Riya Garg	1911301047
18	Shubham Dixit	1911301062
19	Diksha Suman	1911302022
20	Anjali	1914301014
21	Bishveshwar Singh	1914304064
22	Supriya	1914304088
23	Sakshi Sharda	1931302003
24	Kartic Uppal	1931302006
25	Nikhil Chandla	1937301005
26	Ritik Gautam	1937301014
27	Anushka Shom	1937302016
28	Aryan	1937302017
29	Ritu Chauhan	1911301021
30	Prachi Sharma	1911301028
31	Tapasya Devi	1911301038
32	Shreya Sharma	1911301046
33	Harsimran kaur	1911301054
34	Sumit Chauhan	1914304003
35	Kanika Pathania	1914304004
36	Shilpika Shree	1914304010
37	Anik Biswas	1914304018
38	Rohit Anand	1914304049
39	Simran Malik	1914304053
40	Sakshi Negi	1914304078
41	Bhanu Pratap Solanki	1931301001
42	Ankit Pawar	1937301012

43	Muskan	1911301018
44	Amit Kumar	1911301032
45	Mehak Aggarwal	1911301060
46	Isha Thakur	1911302012
47	Shorya Pasricba	1914304007
48	Abhishek Koundal	1914304039
49	Priya Yadav	1914304045
50	Eshu Sharma	1914304056
51	Payal Nawadiya	1931301011
52	Eeshani Joshi	1931301017
53	Deepika Pandey	1931301020
54	Yashpreet Jhagta	1931301021
55	Lovnish Batra	1937301001
56	Aman Bhatia	1937302015
57	Abhishek Dhiman	1911301034
58	Pooja Kumari	1911301053
59	Kumar Utkarsh	1911302028
60	Anirudh Rana	1914304020
61	Divanshu Sharma	1914304054
62	Sakshi	1914304062
63	Rashmi Thakur	1931301012
64	Nisha Kumari	1931302001
65	Akhil Bhaworia	1934301001
66	Kritika Awasthi	1934301010
67	Charul Joshi	1937301002
68	Abha Soodan	1937301009
69	Kanal S	1937301015
70	Sidhanth Thakur	1937302003
71	Arpit Kumar	1911301011
72	Prabhat	1911301033
73	Rishabh	1911301041
74	Aniket Thakur	1911301042
75	Deepika Thakur	1911302013
76	Deeksha	1914301003
77	Arushi Srivastava	1914304027
78	Khavaiya	1914304030
79	Gaurav Sankhyan	1914304033
80	Nishant Rathour	1914304047
81	Nandini Tomar	1914304089
82	Aril Attri	1934301003
83	Suvansh Sahu	1937302014
84	Yuvee Sharma	GF/2020/6452
85	Bhawana Singh	1911301022
86	Unnati Awasthy	1911302001
87	Karan Thakur	1911302002
88	Akanksha Sharma	1911302004
89	Shreya Chandel	1911302016



90	Shruti Gandhi	1911302021
91	Manish Kumar	1914301009
92	Amit	1914304058
93	Sakshi	1914304061
94	Tushar Chaudhary	1914304077
95	Nikhil	1934301004
96	Mamta Thakur	1937302004
97	Yatish Thakur	1937302005
98	Shivam Thakur	1937302006
99	Shivani Kumari	1911301056
100	Yogesh Dhannaurv	1914301015
101	Pradeep	1914304012
102	Diksha Bhatia	1914304013
103	Astha Chandel	1914304015
104	Rohit Bhatia	1914304035
105	Abhay Bharti	1914304050
106	Nikita	1914304059
107	Riyush	1914304070
108	Rahul Katoach	1914304081
109	Bhawna Kumari	1914304086
110	Raveena	1931301019
111	Kritika Gautam	1931301022
112	Anukalpa Bhaumik	1937301003
113	Vinay Garliyal	1911301039
114	Ritik Dogra	1911302006
115	Sourav Kumar	1911302011
116	Radha Rani	1914301012
117	Kashika	1914304025
118	Nikhil Thakur	1914304032
119	Bharat	1914304043
120	Priyanshu	1914304079
121	Taruna Devi	1914304084
122	Divya Thakur	1914304085
123	Sheetal Sharma	1931302005
124	Nikhil	1937301006
125	Harsh Jassal	1937301010
126	Sakshi	1937302012
127	Ayush Dhar	1711301046
128	Kartik Dhawan	1911301009
129	Kritika	1911301035
130	Priya Rani	1911301050
131	Deepak kumar	1911302010
132	Kajal	1911302015
133	Shweta Rana	1914301002
134	Aradhana	1914301006
135	Ashwani Sharma	1914301016
136	Himani Sharma	1914301021



137	Vikas Parmar	1914301022
138	Shubham Pathania	1914304065
139	Astha Saini	1931301018
140	Shruti Sharma	1934301008
141	Simran Sharma	1937301011
142	Rishabh Singh	1911301004
143	Astha Sarmah	1911301016
144	Aditi	1911301020
145	Suhani Sharma	1911301026
146	Gaurav Singh	1911301030
147	Sheetul Vadhan	1911301049
148	Harshita Ranjan	1914301001
149	Sagolshem Roshan Singh	1914301011
150	Ankita Kumari	1914304008
151	Brij Sharma	1914304011
152	Vikrant Singh	1914304016
153	Ritik Sharma	1914304026
154	Yogesh Kumar	1914304046
155	Aryan Ahalavat	1914304082
156	Mitanshu	1937302009
157	Arushi Kalsotra	1911301025
158	Palak Vashist	1911301040
159	Tina Bhardwaj	1911301045
160	Tamanna Chauhan	1911301051
161	Ayushi Singh	1911301057
162	Shreyanshi Dogra	1911301058
163	Mehul Verma	1911302009
164	Ayshwarya Sharma	1911302029
165	Gitainder Kumar	1914301017
166	Karan Nagra	1914304031
167	Saurabh Sharma	1914304038
168	Anshika	1914304057
169	Niharika	1914304063
170	Lakshay Sharma	1914304072
171	Shani	1937302002
172	Sanskriti dey	1911301013
173	Deepanshu Kaushik	1911302003
174	Surya Sharma	1911302007
175	Nikhil Parmar	1911302019
176	Lekh Raj	1914301007
177	Atul Sharma	1914304017
178	Riya Kaul	1914304052
179	Kanika Katoch	1914304071
180	Kritika Sharma	1931301002
181	Divyaman Hada	1931301003
182	Abhinav	1931301006
183	Rose Chandel	1931302007

184	Amit Thakur	1937301004
185	Tanuj Sharma	1937301007
186	Payal Rana	1937302001


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