

DATE – 30-1 December, 2022

**SPRINT 255 for Basic Science + BTech FT + BSc Agriculture 3rd Semester
on Communication Skills**

Agenda - SPRINT - 255_Science_ 3rd Semester, No. of Students: 139, Venue: PDH									
Date & Time	9:30 - 9:45	9:45-10:30	10:30 -11:30	11:30-11:45	11:45 - 12:45	12:45 - 01:45	01:45 - 14:30	14:30 - 15:30	15:45 - 17:15
30/11/2022	Attendance	Welcome Address - Dean & Overview of Communication - Mr. Shard	Session on Smart Communication - Dr. Purnima Bali	Break	Activity Prep (Team Name, Slogan & Introduction) - SPRINT Team	Lunch	Session on Mental Health - Dr. Dinesh Dutt Sharma	Team Assignment (Team Name, Slogan & Introduction) - SPRINT Team	Tech Session with Department
12/01/2022		Session on Grooming - Mr. Pratip Kr. Mazumdar	Session on AIDS & HIV - Dr. Poornima YouWeCan		Non-Verbal Communication - Dr. Prachi Kapil		Play (2pm - 3pm)	Fun Activity + Take Away's (3:30pm - 5pm)	

Sprint 255 was conducted for Basic Sciences 3rd Semester on *Communication Skills* from 30th -1st of December 2022. In the Presence of 123 Students, the day Inchoated with a warm Welcome, addressed by Mr Shard and session on “*Overview of Communication*” followed by *Team Building Activity* by SPRINT team. The evening session started with guest session by Dr. Dinesh Dutt Sharma on “*Mental Health*” and the day closed with the technical session by Departments. The second day started with session on “Grooming” by Mr Pratip Mazumdar followed by guest session on “*AIDS & HIV*” by Dr. Purnima Bist - Manager (Women Cancer) (You We Can) and session on “Non-Verbal Communication” by Ms. Prachi Kapil. The evening started with Nukkad Natak “*Bezubaan Koi Nahi*” conducted by Mr. Ankur Saxena Bashar in

the basketball ground. The SPRINT program was ended with *reflection & felicitation* by SPRINT Team.

Student Participation: 123

Organised by: Sprint Team

Guest Speakers: -

- Dr. Dinesh Dutt Sharma
- Dr. Poornima

Impact:

- To imbue Importance of Non-Verbal Communication.
- Learning of Teamwork and Team building through an Activity.
- Understand the basic concept of mental health and well-being; strengthen their coping abilities to counter stress.
- Helping connect with others, express what you really mean, and build better relationships.

Some Glimpses of the SPRINT Program:



Session on AIDS & HIV - Dr. Poornima YouWeCan

Basic Science + BTech FT + BSc Agriculture - 3rd Semester		
SNo.	Student Name	Registration Number
1	Abhishek	GF/2020/4038
2	Monali Rambhad	GF20217358
3	Payal Gupta	GF20217666
4	Yashi Bhadauria	GF20217719
5	Rishita Das	GF20218565
6	Yash Verma	GF20217507
7	Menka Dhanuk	GF20217647
8	Varsha Kumari	GF20217657
9	Ishita Thakur	GF20217730
10	Divya Choudhary	GF20217690
11	Avipsha Sengupta	GF20217682
12	Sameer Kashyap	GF20217860
13	Nitin	GF20217982
14	Ananay Ambastha	GF20218042
15	Vandana Sharma	GF20218272
16	Ambika Mahajan	GF20217959
17	Arshita Rana	GF20218335
18	Avi Sharma	GF2021001
19	Anchal Sharma	GF20217478
20	Pratiti Patel	GF20217529
21	Sophie Eirene Blah	GF20218703
22	Aastha chauhan	GF20219019
23	Kritika Sharma	GF20218870
24	Aditya	GF20219114
25	Muskaan Thakur	GF20219020
26	Ankit Datyal	GF20219098
27	Versha	GF20219028

28	Saatvik Kumar	GF20218498
29	Rhea	GF20219200
30	Sangha Anu	GF20218586
31	Khushi Hada	GF20219511
32	Isha Sharma	GF20219312
33	Mahika Sood	GF20218649
34	Kanika Raj	GF20218982
35	Rohan Chambiyal	GF20218144
36	Nandini Rana	GF20218959
37	Ankita Kumari	GF20219342
38	Anurag Negi	GF20219521
39	Ananya	GF20219174
40	Kavyashree	GF20219683
41	Ayan Sharma	GF20219242
42	Kanika Thakur	GF20219191
43	Divya Jyot	GF20219735
44	Abhinav Sharma	GF20219544
45	Preeti Kiran	GF20219778
46	Muskan Rana	GF202110002
47	Nagineni Hansika Sree	GF202110020
48	Kashish Dhiman	GF20218945
49	Preeti Kashyap	GF202110024
50	Utkarsh Kumar	GF20219960
51	Rhea nahar	GF20219952
52	Tulsi Thapa	GF20219652
53	Sahil Gautam	GF20219733
54	Nikhilesh Mahendru	GF202110193
55	Sreshta	GF202110023
56	Jayesh Sharma	GF20219982
57	Nikhil Sharma	GF20219977

58	Konika	GF202110068
59	Anoushka Tyagi	GF20219618
60	Kakshi	GF202110366
61	Yogeshwar	GF20219038
62	Asiv Mohd	GF202110347
63	Dikshit Kanain	GF202110539
64	Amarjeet Kumar	GF202110358
65	Jahnvi Reddy	GF202110264
66	Shivam Tiwari	GF20219765
67	Ashwani Uttam	GF202111030
68	Purvi	GF202111006
69	Fatema Lokhandwala	GF202111212
70	Sidhika Tiwari	GF202111038
71	Aatish Gaurav	GF202110930
72	Nitish Fafta	GF202111300
73	Asavari Kapoor	GF202111078
74	Anurag Hanmanth Toke	GF202110992
75	Mansi Thakur	GF202111432
76	Sunidhi Parmar	GF202110426
77	Yashartha	GF202111126
78	Aravindh Kumar ST	GF202111184
79	Giogi Tom	GF202111544
80	Lakshit Sharma	GF202111293
81	Aman Choudhary	GF202111146
82	Meghna	GF20218562
83	Omkar Singh	GF202111599
84	Sneha	GF202110567
85	Niyati Chandel	GF202111771
86	Shriya Gurung	GF202110299
87	Rani Sharma	GF202110144

88	Ashish singh	GF202111624
89	Aastha Rani	GF202111580
90	Isha	GF202111260
91	Yashi Gakhar	GF202110305
92	Prapti Goel	GF20218592
93	Harsh Chaudhary	GF20219302
94	Shivam Chandel	GF202112066
95	Arnav Sharma	GF202112097
96	Jarnail Singh	GF202112212
97	Kashish	GF202112192
98	Subhi Rao	GF202112253
99	Gurveer	GF202112437
100	Ayush Sanoria	GF202112493
101	Anushka Thapa	GF202111900
102	Jatindeep Samra	GF202112521
103	Amandeep Sharma	GF202112477
104	Anshita	GF202112617
105	Sonali Mahajan	GF202112606
106	Aakarshi Kumari	GF202112500
107	Nikhil Jaswal	GF202112701
108	Geyi Ado	GF202112888
109	Akhilesh Kaushik	GF202112112
110	Dhruv Yadav	GF202112821
111	Ishit Bhatt	GF202111050
112	Shakshi Chandel	GF202112959
113	Arpan Solanki	GF202112992
114	Taniya Saini	GF202113034
115	Prerna Pundir	GF202112869
116	Samhita Moharir	GF202113023
117	Takhe OPO	GF202112796

118	Shivani	GF202112434
119	Someshwar Slathia	GF20218400
120	Bhavna Thakur	GF202113206
121	Shristi	GF202112984
122	Tamanna Kanwar	GF202113185
123	Anubhav	GF202113313


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