

Date: October 10 -11, 2019

Workshop on Self Discovery for BSc 5th Semester

SPRINT-161--- B. Sc 5 th Semester Venue : RTH,						
Date/Time	09:30 -11:00	11:30 - 12:30	12:30 - 13:00	13:00 - 14:00	14:00 - 15:15	15:30 - 17:15
10-10-2019	<ul style="list-style-type: none"> Attendance Yoga Session – Dr. Vinod Kumar 	Session on Disaster Management-DDMA	Team Formation	Lunch	Session on Grooming & Etiquettes - Col T.P.Gill	Team activities and Role Play
11-10-2019	Workshop on Self Discovery – Ms. Rajni Julka					

A Skill Progression through Rapid Intensive and Innovative Training Program for BSc 5th Semester student from October 10th to 11th, 2019. This was 2 days SPRINT. The SPRINT started with the attendance followed - yoga session which was taken - Dr. Vinod. The students did simple exercises that they can do to relieve stress from their lives. After that session on Disaster Management from DDMA was conducted in which they guided the students how to protect yourself and what action is to be taken during any disaster. In the Afternoon. Col Gill took the session on dining etiquettes. After that the students were involved in the team activities and they performed role plays on the stage with the situations provided to them - SPRINT Team. On the last day of the SPRINT, workshop on self-discovery - Ms. Rajni Julka was conducted in which she told briefly the meaning of self-discovery and how to express and get motivated in life. A total number of 113 students were involved in this program. The program was highly appreciated - the students.


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Student Participation-: 113

Organized-: SPRINT Team

Guest Speaker-: Ms. Rajni Julka (Motivational Speaker)

Impact:-

- Understand the fine nuances of dining etiquette and how they need to look and behave in the corporate environment.
- Focus on the inner self

Attendance Sheet		
S.No.	Student Name	Registration Number
1	Avishek Mandal	GF/2020/591
2	Kavya Kapoor	GF/2020/219
3	Anurag yadav	GF/2020/043
4	Bhumika Sharma	GF/2020/1115
5	Chaman Lal	GF/2020/818
6	Divya Pancholi	GF/2020/642
7	Ananya Priyadarshi	GF/2020/132
8	Sakshi Sharma	GF/2020/1979
9	Sakshi Thakur	GF/2020/1536
10	Yamini Chandel	GF/2020/2958
11	Urvashi Saini	GF/2020/2470
12	Sumran Dassi	GF/2020/1988
13	Divyanshi Bhardwaj	GF/2020/1858
14	Keshav jha	GF/2020/1472
15	Sakshi Gilda	GF/2020/1171
16	Vaibhav Rana	GF/2020/2796
17	Nirmit Gupta	GF/2020/1881
18	Ishita Rathore	GF/2020/288
19	Yashasavi	GF/2020/2451
20	Bishal Borah	GF/2020/1899
21	Rupali Chaudhary	GF/2020/3072
22	sanskar Verma	GF/2020/035
23	Palak Choudhary	GF/2020/3286

24	Anjali	GF/2020/2634
25	Sayantana Roy	GF/2020/3253
26	Aadithya Singh	GF/2020/452
27	Sakshi Pal	GF/2020/3594
28	Tanu Sharma	GF/2020/4019
29	Urvashi	GF/2020/872
30	Sourav Thakur	GF/2020/4093
31	Purnima	GF/2020/4396
32	Jayant Thakur	GF/2020/3852
33	Pritam Chandam	GF/2020/3975
34	Karan Saini	GF/2020/3919
35	Neharika Mann	GF/2020/4222
36	Vipul Thakur	GF/2020/3258
37	Dev Thakur	GF/2020/4536
38	Rahul Deswal	GF/2020/4341
39	Palkin Sharma	GF/2020/4177
40	Samarth Sharma	GF/2020/4471
41	Aniket Hiremath	GF/2020/1486
42	Mudita Chauhan	GF/2020/454
43	Nandini Rao	GF/2020/4311
44	Ribhav Dharma	GF/2020/4733
45	Gurcharan Sharma	GF/2020/4469
46	Hrishikesh Thakur	GF/2020/4739
47	Rashmi Raj	GF/2020/4921
48	Sushant Pal	GF/2020/3212
49	Nitin Kotwal	GF/2020/2108
50	Vashnavi Walia	GF/2020/4315
51	Anchal	GF/2020/5118
52	Sakshi Sharma	GF/2020/5206
53	Priyanka Devi	GF/2020/5192
54	Sharmistha Dey	GF/2020/3503
55	Muskan Sharma	GF/2020/5512
56	Somanka Pal	GF/2020/5203
57	Aaryan Saklani	GF/2020/5629
58	Ringzin Lamo	GF/2020/4896
59	Ananya Manishi	GF/2020/2255



60	Aayush	GF/2020/5584
61	Neha Sharma	GF/2020/5439
62	Diya Bhardwaj	GF/2020/5366
63	Machinme Shaiza	GF/2020/5756
64	Kritika Sharma	GF/2020/3935
65	Kanishka Gupta	GF/2020/5755
66	Sachin	GF/2020/5677
67	Nikita Kumari	GF/2020/4731
68	Banshika Thakur	GF/2020/4485
69	Mouli Chauhan	GF/2020/5910
70	Shobhna	GF/2020/4006
71	Prerna Deep Kaur Mehta	GF/2020/5936
72	Tanzin Norgay	GF/2020/6066
73	Pallavi	GF/2020/5896
74	Atika Chauhan	GF/2020/6032
75	Arshia Dogra	GF/2020/5860
76	Mohd Junaid Nawab	GF/2020/5070
77	Nidhi Sharma	GF/2020/6223
78	Mrinalini Singh	GF/2020/6340
79	Anurag Dhiman	GF/2020/6284
80	Priyanka Negi	GF/2020/4862
81	Anushka Vats	GF/2020/6141
82	Rahul	GF/2020/6488
83	Gungun	GF/2020/6472
84	Deepshikha	GF/2020/6190
85	Aditi Magotra	GF/2020/6521
86	Chirag	GF/2020/6496
87	Rohit	GF/2020/6696
88	Nevedita Choudhary	GF/2020/6750
89	Tanishq Bhardwaj	GF/2020/6586
90	Atish Patel	GF/2020/6711
91	Shikha Jha	GF/2020/6667
92	Aastha Gupta	GF/2020/6721
93	K Gayatri	GF/2020/6779
94	Anvit Thakur	GF/2020/6897
95	Kritika Sharma	GF/2020/6994



96	Monideepa Kashyap	GF/2020/6976
97	Palak Thakur	GF/2020/6948
98	Shelja	GF/2020/6998
99	Mansi Thakur	GF/2020/7036
100	Sandhya	GF/2020/6179
101	Vibhuti Gurung	GF/2020/7015
102	Sezal Bhabhoria	GF/2020/7110
103	Shreya	GF/2020/7143
104	Tarni Thakur	GF/2020/6760
105	Yatish Sharma	GF/2020/5395
106	Arpit Sharma	GF/2020/7182
107	Vipul Kumar	GF/2020/7126
108	Tanvi Saini	GF/2020/7220
109	Anjali Sharma	GF/2020/7222
110	Ayushi Singh	GF/2020/7238
111	Keshav	GF/2020/6965
112	Yakshit Raj Sharma	GF/2020/6378
113	Navdeep Sharma	GF/2020/7252


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