

Date: April 30, 2021

## SPRINT on Communication Skills for B. Sc 4<sup>th</sup> Semester Students

e-SPRINT -202 (Agenda), B. Sc 4 <sup>th</sup> 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 4<sup>th</sup> 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

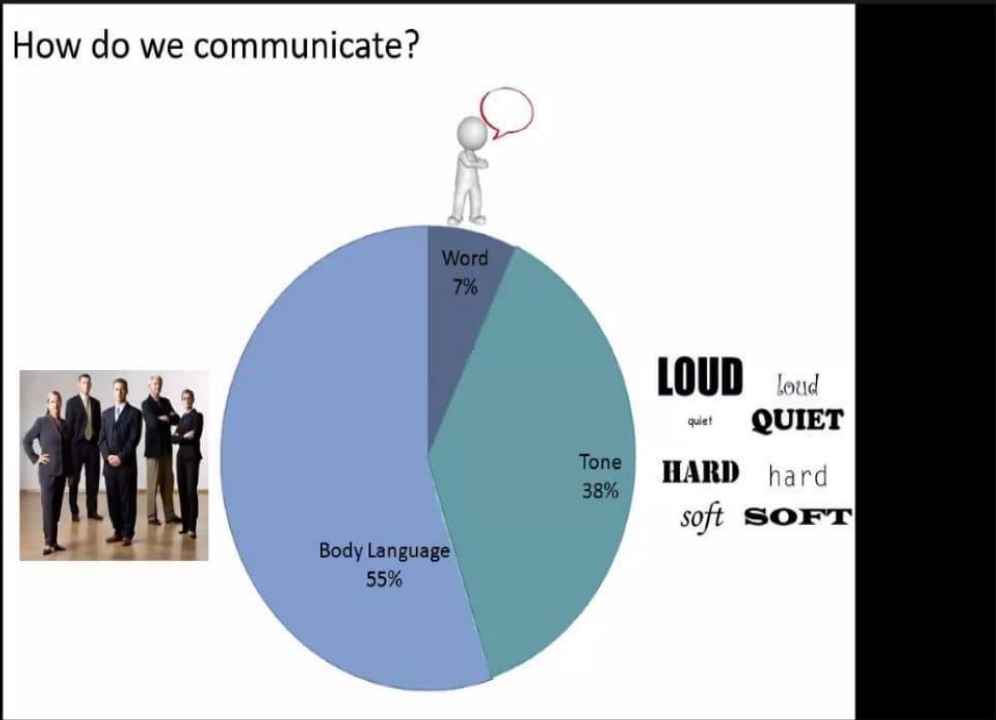
**Impact:-**

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

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

Recording...

# How do we communicate?




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

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

Windows taskbar: Type here to search, 10:39 AM, 30/04/2021

### Session on Improving Communication Skills –Mrs. Poonam Nanda

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

**e-SPRINT-202 BSc 4th Semester No of students :186**

Sr #	Student Name	Registration #	Batch
1	Shiffa Sadiq	1911301027	B Sc BT 2019-2022
2	Muskan Thakur	1911301037	B Sc BT 2019-2022
3	Aditya Dhiman	1911302023	B Sc Micro 2019-2022
4	Dhrohar Basotra	1914304002	B Sc Agriculture 2019-2022
5	Payal Vashishth	1914304009	B Sc Agriculture 2019-2022
6	Rijwal Rajta	1914304022	B Sc Agriculture 2019-2022
7	Nitin Sayal	1914304023	B Sc Agriculture 2019-2022
8	Abhey Pradhyoom	1914304042	B Sc Agriculture 2019-2022
9	Nitika	1914304083	B Sc Agriculture 2019-2022
10	Esha Katoch	1931301005	B Sc Zoology 2019-2022
11	Shruti Singh	1931302004	B Sc Botany 2019-2022
12	Anshika Bhardwaj	1934301009	B Sc Chemistry 2019-2022
13	Angel Sharma	1934301011	B Sc Chemistry 2019-2022
14	Avi Arora	1937302008	B Sc Mathematics 2019-2022
15	Devanshi Kapoor	1911301007	B Sc BT 2019-2022
16	Aryan Bharanta	1911301031	B Sc BT 2019-2022
17	Riya Garg	1911301047	B Sc BT 2019-2022
18	Shubham Dixit	1911301062	B Sc BT 2019-2022
19	Diksha Suman	1911302022	B Sc Micro 2019-2022
20	Anjali	1914301014	B Sc FT 2019-2022

21	Bishveshwar Singh	1914304064	B Sc Agriculture 2019-2022
22	Supriya	1914304088	B Sc Agriculture 2019-2022
23	Sakshi Sharda	1931302003	B Sc Botany 2019-2022
24	Kartic Uppal	1931302006	B Sc Botany 2019-2022
25	Nikhil Chandla	1937301005	B Sc Physics 2019-2022
26	Ritik Gautam	1937301014	B Sc Physics 2019-2022
27	Anushka Shom	1937302016	B Sc Mathematics 2019-2022
28	Aryan	1937302017	B Sc Mathematics 2019-2022
29	Ritu Chauhan	1911301021	B Sc BT 2019-2022
30	Prachi Sharma	1911301028	B Sc BT 2019-2022
31	Tapasya Devi	1911301038	B Sc BT 2019-2022
32	Shreya Sharma	1911301046	B Sc BT 2019-2022
33	Harsimran kaur	1911301054	B Sc BT 2019-2022
34	Sumit Chauhan	1914304003	B Sc Agriculture 2019-2022
35	Kanika Pathania	1914304004	B Sc Agriculture 2019-2022
36	Shilpika Shree	1914304010	B Sc Agriculture 2019-2022
37	Anik Biswas	1914304018	B Sc Agriculture 2019-2022
38	Rohit Anand	1914304049	B Sc Agriculture 2019-2022
39	Simran Malik	1914304053	B Sc Agriculture 2019-2022
40	Sakshi Negi	1914304078	B Sc Agriculture 2019-2022
41	Bhanu Pratap Solanki	1931301001	B Sc Zoology 2019-2022
42	Ankit Pawar	1937301012	B Sc Physics 2019-2022

43	Muskan	1911301018	B Sc BT 2019-2022
44	Amit Kumar	1911301032	B Sc BT 2019-2022
45	Mehak Aggarwal	1911301060	B Sc BT 2019-2022
46	Isha Thakur	1911302012	B Sc Micro 2019-2022
47	Shorya Pasricba	1914304007	B Sc Agriculture 2019-2022
48	Abhishek Koundal	1914304039	B Sc Agriculture 2019-2022
49	Priya Yadav	1914304045	B Sc Agriculture 2019-2022
50	Eshu Sharma	1914304056	B Sc Agriculture 2019-2022
51	Payal Nawadiya	1931301011	B Sc Zoology 2019-2022
52	Eeshani Joshi	1931301017	B Sc Zoology 2019-2022
53	Deepika Pandey	1931301020	B Sc Zoology 2019-2022
54	Yashpreet Jhagta	1931301021	B Sc Zoology 2019-2022
55	Lovnish Batra	1937301001	B Sc Physics 2019-2022
56	Aman Bhatia	1937302015	B Sc Mathematics 2019-2022
57	Abhishek Dhiman	1911301034	B Sc BT 2019-2022
58	Pooja Kumari	1911301053	B Sc BT 2019-2022
59	Kumar Utkarsh	1911302028	B Sc Micro 2019-2022
60	Anirudh Rana	1914304020	B Sc Agriculture 2019-2022
61	Divanshu Sharma	1914304054	B Sc Agriculture 2019-2022
62	Sakshi	1914304062	B Sc Agriculture 2019-2022
63	Rashmi Thakur	1931301012	B Sc Zoology 2019-2022
64	Nisha Kumari	1931302001	B Sc Botany 2019-2022

65	Akhil Bhaworia	1934301001	B Sc Chemistry 2019-2022
66	Kritika Awasthi	1934301010	B Sc Chemistry 2019-2022
67	Charul Joshi	1937301002	B Sc Physics 2019-2022
68	Abha Soodan	1937301009	B Sc Physics 2019-2022
69	Kanal S	1937301015	B Sc Physics 2019-2022
70	Sidhanth Thakur	1937302003	B Sc Mathematics 2019-2022
71	Arpit Kumar	1911301011	B Sc BT 2019-2022
72	Prabhat	1911301033	B Sc BT 2019-2022
73	Rishabh	1911301041	B Sc BT 2019-2022
74	Aniket Thakur	1911301042	B Sc BT 2019-2022
75	Deepika Thakur	1911302013	B Sc Micro 2019-2022
76	Deeksha	1914301003	B Sc FT 2019-2022
77	Arushi Srivastava	1914304027	B Sc Agriculture 2019-2022
78	Khavaiya	1914304030	B Sc Agriculture 2019-2022
79	Gaurav Sankhyan	1914304033	B Sc Agriculture 2019-2022
80	Nishant Rathour	1914304047	B Sc Agriculture 2019-2022
81	Nandini Tomar	1914304089	B Sc Agriculture 2019-2022
82	Aril Attri	1934301003	B Sc Chemistry 2019-2022
83	Suvansh Sahu	1937302014	B Sc Mathematics 2019-2022
84	Yuvee Sharma	GF/2020/6452	B Sc Chemistry 2019-2022
85	Bhawana Singh	1911301022	B Sc BT 2019-2022
86	Unnati Awasthy	1911302001	B Sc Micro 2019-2022

87	Karan Thakur	1911302002	B Sc Micro 2019-2022
88	Akanksha Sharma	1911302004	B Sc Micro 2019-2022
89	Shreya Chandel	1911302016	B Sc Micro 2019-2022
90	Shruti Gandhi	1911302021	B Sc Micro 2019-2022
91	Manish Kumar	1914301009	B Sc FT 2019-2022
92	Amit	1914304058	B Sc Agriculture 2019-2022
93	Sakshi	1914304061	B Sc Agriculture 2019-2022
94	Tushar Chaudhary	1914304077	B Sc Agriculture 2019-2022
95	Nikhil	1934301004	B Sc Chemistry 2019-2022
96	Mamta Thakur	1937302004	B Sc Mathematics 2019-2022
97	Yatish Thakur	1937302005	B Sc Mathematics 2019-2022
98	Shivam Thakur	1937302006	B Sc Mathematics 2019-2022
99	Shivani Kumari	1911301056	B Sc BT 2019-2022
100	Yogesh Dhannaurv	1914301015	B Sc FT 2019-2022
101	Pradeep	1914304012	B Sc Agriculture 2019-2022
102	Diksha Bhatia	1914304013	B Sc Agriculture 2019-2022
103	Astha Chandel	1914304015	B Sc Agriculture 2019-2022
104	Rohit Bhatia	1914304035	B Sc Agriculture 2019-2022
105	Abhay Bharti	1914304050	B Sc Agriculture 2019-2022
106	Nikita	1914304059	B Sc Agriculture 2019-2022
107	Riyush	1914304070	B Sc Agriculture 2019-2022
108	Rahul Katoach	1914304081	B Sc Agriculture 2019-2022

109	Bhawna Kumari	1914304086	B Sc Agriculture 2019-2022
110	Raveena	1931301019	B Sc Zoology 2019-2022
111	Kritika Gautam	1931301022	B Sc Zoology 2019-2022
112	Anukalpa Bhaumik	1937301003	B Sc Physics 2019-2022
113	Vinay Garliyall	1911301039	B Sc BT 2019-2022
114	Ritik Dogra	1911302006	B Sc Micro 2019-2022
115	Sourav Kumar	1911302011	B Sc Micro 2019-2022
116	Radha Rani	1914301012	B Sc FT 2019-2022
117	Kashika	1914304025	B Sc Agriculture 2019-2022
118	Nikhil Thakur	1914304032	B Sc Agriculture 2019-2022
119	Bharat	1914304043	B Sc Agriculture 2019-2022
120	Priyanshu	1914304079	B Sc Agriculture 2019-2022
121	Taruna Devi	1914304084	B Sc Agriculture 2019-2022
122	Divya Thakur	1914304085	B Sc Agriculture 2019-2022
123	Sheetal Sharma	1931302005	B Sc Botany 2019-2022
124	Nikhil	1937301006	B Sc Physics 2019-2022
125	Harsh Jassal	1937301010	B Sc Physics 2019-2022
126	Sakshi	1937302012	B Sc Mathematics 2019-2022
127	Ayush Dhar	1711301046	B Sc BT 2019-2022
128	Kartik Dhawan	1911301009	B Sc BT 2019-2022
129	Kritika	1911301035	B Sc BT 2019-2022
130	Priya Rani	1911301050	B Sc BT 2019-2022



131	Deepak kumar	1911302010	B Sc Micro 2019-2022
132	Kajal	1911302015	B Sc Micro 2019-2022
133	Shweta Rana	1914301002	B Sc FT 2019-2022
134	Aradhana	1914301006	B Sc FT 2019-2022
135	Ashwani Sharma	1914301016	B Sc FT 2019-2022
136	Himani Sharma	1914301021	B Sc FT 2019-2022
137	Vikas Parmar	1914301022	B Sc FT 2019-2022
138	Shubham Pathania	1914304065	B Sc Agriculture 2019-2022
139	Astha Saini	1931301018	B Sc Zoology 2019-2022
140	Shruti Sharma	1934301008	B Sc Chemistry 2019-2022
141	Simran Sharma	1937301011	B Sc Physics 2019-2022
142	Rishabh Singh	1911301004	B Sc BT 2019-2022
143	Astha Sarmah	1911301016	B Sc BT 2019-2022
144	Aditi	1911301020	B Sc BT 2019-2022
145	Suhani Sharma	1911301026	B Sc BT 2019-2022
146	Gaurav Singh	1911301030	B Sc BT 2019-2022
147	Sheetul Vadhan	1911301049	B Sc BT 2019-2022
148	Harshita Ranjan	1914301001	B Sc FT 2019-2022
149	Sagolshem Roshan Singh	1914301011	B Sc FT 2019-2022
150	Ankita Kumari	1914304008	B Sc Agriculture 2019-2022
151	Brij Sharma	1914304011	B Sc Agriculture 2019-2022
152	Vikrant Singh	1914304016	B Sc Agriculture 2019-2022

153	Ritik Sharma	1914304026	B Sc Agriculture 2019-2022
154	Yogesh Kumar	1914304046	B Sc Agriculture 2019-2022
155	Aryan Ahalavat	1914304082	B Sc Agriculture 2019-2022
156	Mitanshu	1937302009	B Sc Mathematics 2019-2022
157	Arushi Kalsotra	1911301025	B Sc BT 2019-2022
158	Palak Vashist	1911301040	B Sc BT 2019-2022
159	Tina Bhardwaj	1911301045	B Sc BT 2019-2022
160	Tamanna Chauhan	1911301051	B Sc BT 2019-2022
161	Ayushi Singh	1911301057	B Sc BT 2019-2022
162	Shreyanshi Dogra	1911301058	B Sc BT 2019-2022
163	Mehul Verma	1911302009	B Sc Micro 2019-2022
164	Ayshwarya Sharma	1911302029	B Sc Micro 2019-2022
165	Gitainder Kumar	1914301017	B Sc FT 2019-2022
166	Karan Nagra	1914304031	B Sc Agriculture 2019-2022
167	Saurabh Sharma	1914304038	B Sc Agriculture 2019-2022
168	Anshika	1914304057	B Sc Agriculture 2019-2022
169	Niharika	1914304063	B Sc Agriculture 2019-2022
170	Lakshay Sharma	1914304072	B Sc Agriculture 2019-2022
171	Shani	1937302002	B Sc Mathematics 2019-2022
172	Sanskriti dey	1911301013	B Sc BT 2019-2022
173	Deepanshu Kaushik	1911302003	B Sc Micro 2019-2022
174	Surya Sharma	1911302007	B Sc Micro 2019-2022



175	Nikhil Parmar	1911302019	B Sc Micro 2019-2022
176	Lekh Raj	1914301007	B Sc FT 2019-2022
177	Atul Sharma	1914304017	B Sc Agriculture 2019-2022
178	Riya Kaul	1914304052	B Sc Agriculture 2019-2022
179	Kanika Katoch	1914304071	B Sc Agriculture 2019-2022
180	Kritika Sharma	1931301002	B Sc Zoology 2019-2022
181	Divyaman Hada	1931301003	B Sc Zoology 2019-2022
182	Abhinav	1931301006	B Sc Zoology 2019-2022
183	Rose Chandel	1931302007	B Sc Botany 2019-2022
184	Amit Thakur	1937301004	B Sc Physics 2019-2022
185	Tanuj Sharma	1937301007	B Sc Physics 2019-2022
186	Payal Rana	1937302001	B Sc Mathematics 2019-2022

  
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