



# SPRINT

ACTIVITY REPORTS  
2020-21

**Shoolini university  
of Biotechnology  
& Management Sciences**

Shoolini University Solan, Hp

[www.shooliniuniversity.com](http://www.shooliniuniversity.com)

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## Summary

No of SPRINT Programs Conducted: -26

Student Participation: -6612

## Guest List

Sr. No	Guest Faculty Name	Topic
1	Mr.Dinesh Dua	Guru Talk on The Global Impact of Covid 19 -
2	Mrs. Rantna Singh	Introduction to HR
3	Mr. Manisha Kansra	Introduction to Marketing
4	Mr. Vishal Anand	Introduction to Entrepreneurship
5	Mrs. Anvita Khosla	Ezra's Box-The Story of Entrepreneur
6	Mr. Amit Sharma	Case Study
7	Mr. Rishi Kappal	Self-Marketing& Branding for Placement
8	Dr. Renu Thakur	Keeping Negativity Away
9	Mr. Shariq Ashraf	Transformation - Journey of an Entrepreneur
10	Mr. Ajay Yadav (Guru Talk)	Guru Talk
11	Mr. Sominder Singh	Building a Career I Sales
12	Coursera Team	Online Coursera Course
13	Mr. Barinder Ahluwalia	Happiness- A crucial Component of Life
14	Mr. Sunil Thawani	Guru Talk
15	Mrs. Nandini Vijai	Guru Talk
16	Mrs. Payal Khanna	The Power of Resilience
17	Mr. Sanjay Chaturvedi	Case Study
18	Mrs. Radhika Shastry	Following your Passion
19	Mr. Vivek Atray	7 C's for a Better Life
20	Higher Education By USA	100/100 Higher Education in a USA
21	Mr.Rohit Talwar (Guru Talk)	Guru Talk on Brands with a Purpose
22	Mrs. Mansi Dholakia	Emotional Intelligence
23	Mrs. Renu Thakur	Staying Motivated

Date: August 17 – 20, 2020

**SPRINT on Induction for MBA 1(Quad 1) Students**

<b>MBA-Quad 1 (SPRINT - 182), Theme : Induction SPRINT , No of Students : 101</b>											
<b>Date &amp; Time</b>	<b>9:30 - 9:40</b>	<b>9:40-10:00</b>	<b>10:00 - 10:15</b>	<b>10:15- 11:00</b>	<b>11:30 -12:30</b>	<b>13:00 14:00</b>	<b>14:00 - 14.30</b>	<b>14:30 - 14:40</b>	<b>14:40 - 14:50</b>	<b>14:50 - 15:00</b>	<b>15:30- 17:00</b>
<b>17-08-2020</b>	Attendance	The Sprint Story -Ms. Poonam Nanda+ welcome address - Dr. Kuldeep Rojhe	Interaction with - Dr. Khosla	What is an MBA? - Prof. Atul Khosla	Session on Leadership - Mr. Vivek Atray and Prof. Atul Khosla (Interaction )	Lunch	Session on Reframing for a new perspective - Ms. Ashoo Khosla	Session on Overview of the program- Dr. Kuldeep Rojhe	Session on the univ- Dr. Kamal Kant	Session on Examination System - Dr. Devesh Kumar	Faculty Introductions
	<b>9:30 - 9:45</b>	<b>9.45 - 10.45</b>	<b>10.45 - 11.30</b>		<b>11:30 -12:30</b>		<b>14:00 - 15:30</b>			<b>15:30 -17:00</b>	
<b>18-08-2020</b>		Teams break for preparation	Session on Finance - Mr. Srinath and Prof. Atul Khosla	Team Presentations- Reframing for a New Perspective			Break out session -Activities			Activities continued	
<b>19-08-2020</b>	Attendance	Session on Preparing for the Corporate world-Mr. Arun Malhotra and Prof. Atul Khosla	Session on Introduction to entrepreneurship - Mr. Vishal Anand	Guru Talk on The Global Impact of Covid 19 - Mr. Dinesh Dua			Session on Placements & Introduction to clubs and activities			TBD	
<b>20-08-2020</b>		Session on Resume guidelines- Ms. Poonam Nanda	Session on Introduction to Marketing-Ms. Manisha kansra	Session on Introduction to HR- Ms. Ratnasingh		Interaction with Alumni			Closure and Takeaways		

An Induction was organized by the SPRINT team for the students of MBA 1st year on August 17 to 20, 2020. The Induction started with welcoming the students and the faculty members involved in it. A brief introduction to Sprint was given by Mrs. Poonam Nanda and Dr. Kuldeep Rojhe. The Vice Chancellor Dr. Khosla shared his journeys with the students. Professor Atul Khosla told students what to expect in an MBA. To engage the students various team building activities were also organized. Mr. Srinath and Professor Atul also took a session on Finance. Mr. Dinesh Dua talked about the global impact of Covid 19 and how we need to emerge out of it. Mrs. Poonam Nanda gave some valuable tips on resume building to the students during the session. Ms. Ratna Singh given an introduction to HR and also spoke about her journey in the corporate sector. In order to motivate the students a very interactive session with the Alumni was arranged where the alumni spoke about their individual journeys in their corporate life. The queries and concerns of the students were resolved, and their corporate struggles were shared. Total number of 101 students were involved in it and was a very successful one. It was highly appreciated by the students.

**Student Participation:-**101

**Organized -:** SPRINT Team

**Guest Speaker:-**

- Mr. Dinesh Dua (Managing director Nectar life science)
- Mrs. Rantna Singh (Ex flip kart)
- Mr. Manisha Kansra (Ex Johnson n Johnson)
- Mr. Vivek Atray (Motivational Speaker)
- Mr. Vishal Anand (Managing Director, Anand Toyota Group)

**Impact:-**

- Leading a positive vibrant life value and moving towards a life of significance.
- The need to dream big
- Ability to perform well and with coordination even in an adverse environment.
- Have an Attitude of Gratitude

# SPRINT 2020

LET'S TALK BUSINESS (SCHOOL)

## MBA Induction Series- Session 1



**Prof. Atul Khosla**

Founder & Pro Vice Chancellor  
Dean Management  
(B Tech IIT Kanpur, JBIMS)



**Prof. P.K. Khosla**

Founder & Vice-Chancellor  
Post Doc (Oxford University)



**Vivek Atray**

Ex IAS/ Author  
TEDx Speaker  
(Visiting Professor, Shoolini University)

**Date: August 24 – 26, 2020**

**SPRINT on Business Plan for MBA Quad 5 Students**

<b>SPRINT 183 - MBA/Quad 5, Theme : Business Plan, No. of Students:- 191</b>					
<b>Date &amp; Time</b>	<b>09:30 -10:30</b>	<b>10:30 - 11:30</b>	<b>11:30 - 13:00</b>	<b>14:15 -15:30</b>	<b>16:00 PM -18:00</b>
<b>24/08/2020</b>	Welcome Address - Ms. Poonam Nanda & Context setting & choosing the plan - Dr. Kuldeep Rojhe	Breakout session for discussion	Session on Financial plan- Prof. Atul Khosla	Session on Charts and Graphs-Dr. Devesh Kumar	Session on Putting the plan together - Break out groups
<b>25/08/2020</b>	Session on Marketing Plan - Dr. Kuldeep Rojhe	Session on HR Plan - Dr. Prachi Kapil	Break out time	Session on Ezra's Box- The story of Entrepreneur Anvita Khosla	Session on Risk Management, Global Banks - Mark Wallace
<b>26/08/2020</b>	Session on Guidelines for mini resume- Ms. Poonam Nanda	Breakout session for discussion	Break out time	Video recording	Session on Setting up a Business-Mr. Vishal Anand

A SPRINT was conducted for MBA (Quad 5) Semester Students from August 24<sup>th</sup> to 26<sup>th</sup> 2020. It was attended by 191 students. The theme of this program was Business Plan. The session started with welcoming the students by Poonam Nanda. Dr. Kuldeep Rojhe did the context setting & helped the students in choosing the plan. After the breakout session Mr. Atul Khosla took the students through a detailed financial plan. He resolved the queries of the students related to the Business Plan. IN Afternoon session Mr. Devesh Kumar explained about charts and graphs and their utility in our presentations. The students were then given time till the end of the day for putting the plan together by breakout groups. On 25th Aug a session on HR plan was taken by Mrs. Prachi Kapil who explained the recruitment process and the nitty gritty of putting together a team. Ms. Anvita Khosla shared her story of Ezra's Box-her entrepreneur venture as a student. The last session on Risk management, global Banks was taken by Mark Wallace. Guidelines for mini resume were provided by Mrs. Poonam Nanda Mr. Vishal Anand shared his experience on setting up a Business and answered the queries of the students. It was highly appreciated by students.

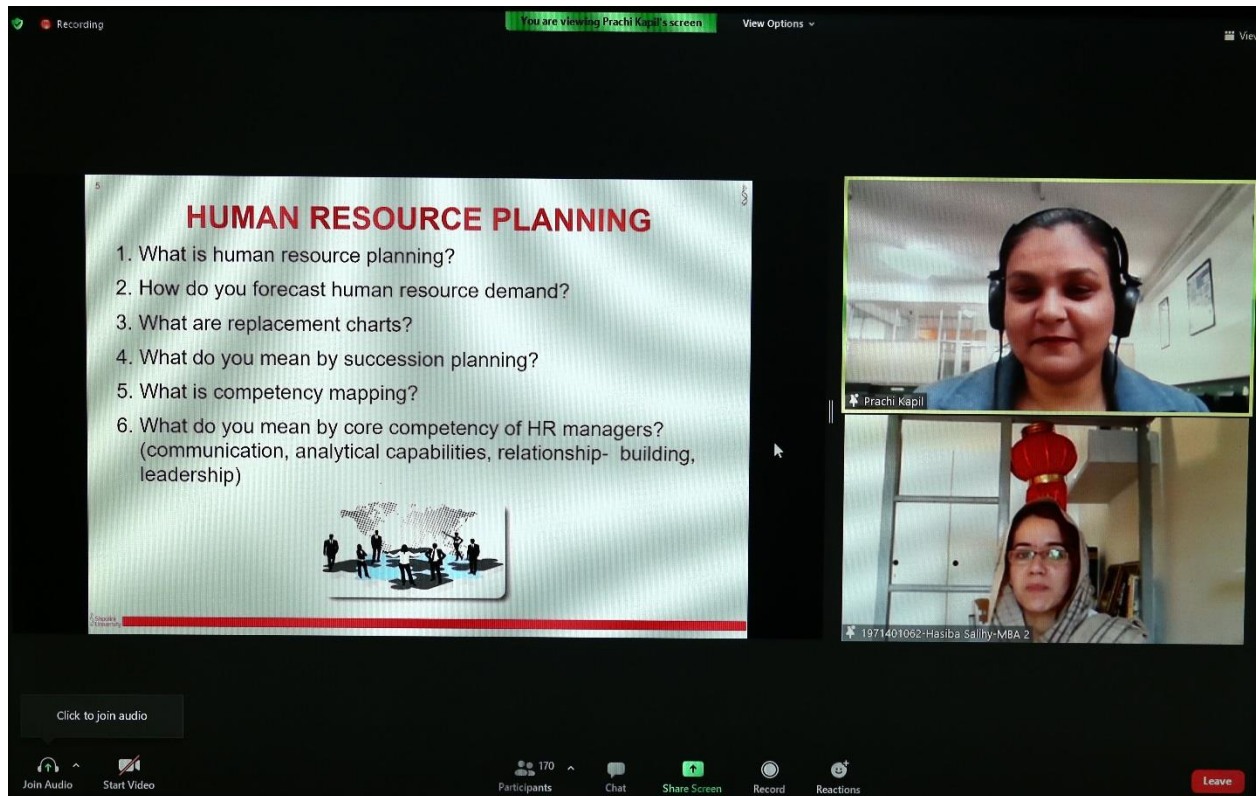
**Student Participation:-**191

**Organized -:** SPRINT Team

**Guest Speaker-:** Mrs. Anvita Khosla (Students Cornell University)

**Impact-:**

- Students will be able to understand and describe the basic purposes behind the preparation of a Financial Plan (FP)
- Participants will be able to understand core concepts in marketing & their usage in practical world.
- The session is expected to bring down anxiety and stress levels. It will also pave the way for students to deliver presentations effectively.



**Session on HR Plan – Mrs. Prachi Kapil**

**Date: September 17 – 18, 2020**



## SPRINT on Self Development for All across 3<sup>rd</sup>Semester Students

e-SPRINT: 184, All Across 3rd Semester Students, Theme : Self Development No of Students :612								
Date & Time	09:30 -9:45	09:45 - 10:15	10:30 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:30	16:30 -17:00
<b>17/09/ 2020</b>	<ul style="list-style-type: none"> <li>Welcome Address-Ms. Poonam Nanda,</li> <li>Attendance + Guidelines</li> </ul>	Session on Virtual Yoga for Physical & Mental Fitness - Dr. Subodh	Session on Creativity in Life - Ms. Ashoo Khosla	Breakout session for discussion	Lunch	7 C's for a better life - Mr. Vivek Atray	Breakout session for discussion	Uploading of Assignment
<b>18/09/2020</b>	Attendance		Session on Staying Safe on Social Media - Dr. Amar Rao	Session on Dealing with Tough Times - Ms. Poonam Nanda		Quiz Time	Breakout session for discussion	Uploading of Assignment

A SPRINT 184 was conducted for 3th Semester students All Across University from September 17th to 18<sup>th</sup>,2020. It was attended by 612 students. The theme of this program was Self Development. The session started with welcoming of the students and the introduction of guests by Poonam Nanda. A Virtual Yoga session For -Physical & Mental Fitness was taken by Dr. Subodh, The Session of Creativity in life by Ashoo Khosla was highly appreciated by the students. In the afternoon session 7C'sfor a better life session taken by Vivek Atray. The students were given a breakout session for Discussion and uploading of assignment. Next day a session on -Staying Safe on social Media was taken by Mr. Amar Rao. A very useful session and practical tips on dealing with tough times was taken by Poonam Nanda. The day concluded with a session on Group Discussion& submission of assignment of students.

**Student Participation-:612**

**Organized -:** SPRINT Team

**Guest Speaker-:** Mr. Vivek Atray (Motivational Speaker)

**Impact-:**

- Focus on your weaknesses and strengths
- Realize the importance of good communication skills
- Enhance your personality with better grooming



**Session on virtual Yoga for Physical & Mental Fitness – Dr. Subodh Sourabh**

Date: September 28- 29, 2020

## SPRINT on Self Development for All across 5<sup>th</sup> Semester Students

e-SPRINT: 185, Target Audience: 5th Semester Students, Theme: Self Development No of Students :525							
Date & Time	09:30 -9:45	09:45 -10:30	11:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 -17:00
28/09/2020	Welcome Address- Ms. Poonam Nanda, Attendance, Guidelines	Session on Virtual Yoga for Physical & Mental Fitness - Dr. Subodh	Breakout session for discussion	Session on Creativity in Life - Ms. Ashoo Khosla	Lunch	Session on 7 C's for a better life - Mr. Vivek Atray	Breakout session for Assignment
29/09/2020	Attendance	Session on Virtual Yoga for Physical & Mental Fitness - Dr. Subodh	Session on Keeping Negativity Away - Dr. Renu Thakur	Session on Staying Safe on Social Media - Dr. Amar Rao	Lunch	Quiz Time	Breakout session for discussion & Submission of Assignment

e-SPRINT 185 was conducted for 5th Semester students all across the University from September 28<sup>th</sup> to 29<sup>th</sup>,2020. It was attended by 525 students. The theme of this program was Self Development. It started with a welcome address by Poonam Nanda. Virtual Yoga for Physical & Mental Fitness by Dr. Subodh was greatly appreciated. A session of Creativity in life by Ashoo Khosla laid emphasis on the importance of creativity in our lives. In the afternoon a session on- 7C's for a Better Life was taken by Vivek Atray. This was followed by a breakout session for assignment. On 29th September 2020 the session about Keeping Negativity Away in Our Lives was taken by Dr. Renu Thakur. An extremely useful session on- Staying Safe on social media was taken by Mr. Amar Rao. The SPRINT finished with breakout session for Discussion & Submission of Assignment by Students.

**Student Participation-:525**

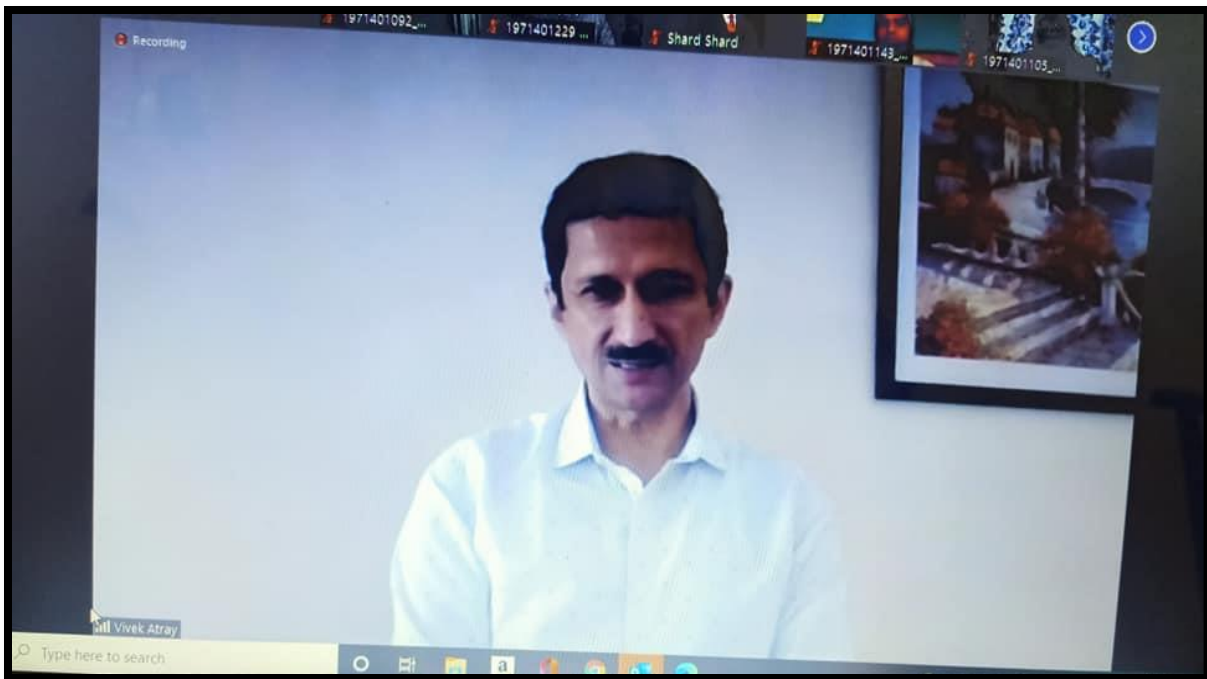
**Organized -: SPRINT Team**

**Guest Speaker-:**

- Mr. Vivek Atray (Motivational Speaker)
- Dr. Renu Thakur (Counsellor & Psychologist)

**Impact-:**

- Have a better impact with professional grooming
- Inculcate the habit of meditation
- Understand how teams work



**Session on 7 C's for a better life – Mr. Vivek Atray**

Date: November 09 -11, 2020

**SPRINT for MBA Quad 6 Students on Leadership Skills**

Agenda for Leadership e-SPRINT - 186 MBA 2 (Quad 6)							
Date & Time	9:30 -9:45	9:45 - 10:15	10:30- 11:30	12:00 - 13:00	13:00 - 14:00	14:00 - 16:00	16:15 -17:15
09/11/2020	Attendance + Address - Dr. Kuldeep Rojhe	Session on Yoga - Dr. Subodh & Team	Session on Finding the Leader in you - Prof. Atul Khosla	Case Study - Mr. Amit Sharma	Lunch	Case Study Continued	Discussion on Current Affairs
10/11/2020	Attendance		Session on Interview Skills - Ms. Poonam Nanda	Session on Leadership - Mr. Vivek Atray	Lunch	Session on Resume Building - SPRINT Team	Discussion on Current Affairs
11/11/2020	Attendance		Session on Self Marketing & Branding for Placement - Mr. Rishi Kappal	Discussion on Current Affairs	Lunch	Final Presentation - Amit Sharma	Cultural & Fun

e- SPRINT 186 was conducted for students of MBA 2<sup>nd</sup> (Quad 6) Year from November 9<sup>th</sup> to 11<sup>th</sup>, 2020. It was attended by 189 students. The theme of this program was Leadership. In morning the students were addressed by Dr. Kuldeep Rojhe. This was followed by a session on- finding the leader in you by Professor Atul Khosla and a Case study by Amit Sharma. In the afternoon session a discussion on currents Affairs was held. In morning Session on 10<sup>th</sup> Nov, a session on interview skills was taken by Mrs. Poonam Nanda. She spoke on the importance of verbal vocal and visual aspects. This was followed by a session on Leadership by Vivek Atray. The Last day had a session on Self Marketing & Branding for Placement by Rishi Kabul. Mr. Kabul also gave some valuable tips on branding oneself on social media like LinkedIn etc. The last session on Final Presentations was taken by Mr. Amit Sharma. The

SPRINT ended with a virtual cultural program. The student teams participated with great energy and enthusiasm, and it was enjoyed by all.

**Student Participation-:**189

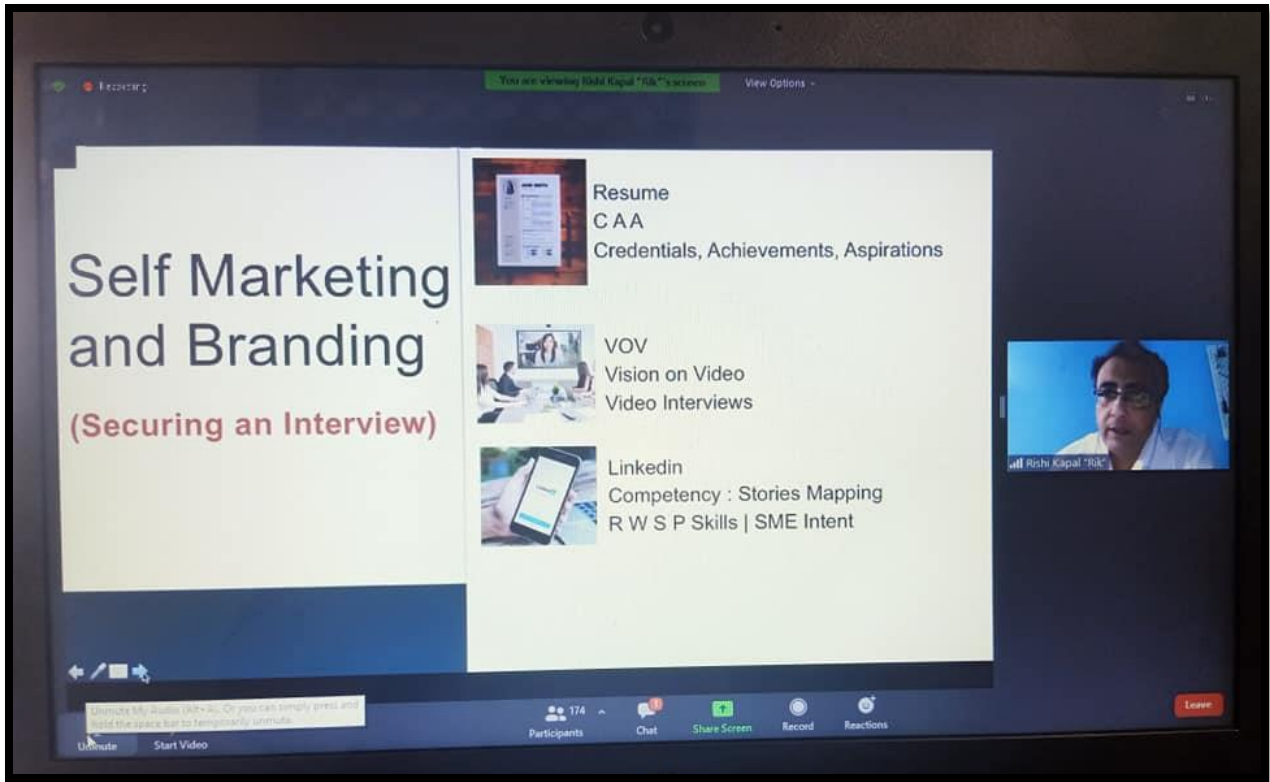
**Organized -:** SPRINT Team

**Guest Speaker-:**

- Mr. Vivek Atray (Motivational Speaker)
- Mr. Amit Sharma (Motivational Speaker& Corporate Trainer)
- Mr. Rishi Kappal (Motivational Speaker)

**Impact-:**

- Awareness of current affairs
- Better preparation for facing interviews
- Staying calm in stressful situations
- Develop Leadership skills
- Understand different styles of Leadership



**Session on Self Marketing and Branding for Placement – Mr. Rishi Kappal**

Date: November 17 – 19, 2020

**SPRINT on Transformation for MBA Quad 2 Students**

<b>e-SPRINT : 187, Target Audience : MBA 1 (Quad 2), Theme : Transformation SPRINT No of Students :136</b>								
<b>Date &amp; Time</b>	<b>9:30 -9:45</b>	<b>09:45 - 10:15</b>	<b>10:30 - 11:15</b>	<b>11:30 - 12:30</b>	<b>13:00 - 14:00</b>	<b>14:00 -15:00</b>	<b>15:00 - 16:00</b>	<b>16:00 - 17:30</b>
<b>17/11/2020</b>	Attendance	<ul style="list-style-type: none"> <li>Team Formation,</li> <li>Objectives, Address - Dr. Kuldeep Rojhe &amp; Ms. Poonam Nanda</li> </ul>	Guidelines for Team Activity	Session on Inner Transformation - Dr. Renu Thakur	Lunch	Session - Prof. Atul Khosla	Breakout session for discussion	Presentations
<b>18/11/2020</b>		Session on Yoga for Stress Management - Dr. Subodh & Team	Session on Grooming - Dr. Pratip Mazumdar	Session on Transformation - Journey of an Entrepreneur - Mr. Shariq Ashraf		Session on Transforming Writing Skills - Ms. Poonam Nanda	Breakout session for discussion	
<b>19/11/2020</b>		Session on Yoga for Stress Management - Dr. Subodh & Team	Session on Everyday Etiquette - Col Gill	Session on Digital Transformation - Mr. Amit Sharma		Session on Digital Transformation Contd. - Mr. Amit Sharma	Cultural & Fun Evening	

A session was organized by SKILL PROGRESSION team {Skill Progression through Rapid Intensive and iNnovative Training for MBA 1st Semester, Quad 2 from November 17<sup>th</sup> to 19<sup>th</sup>, 2020. It was attended by 136 students. The theme of this program is Transformation SPRINT. On 17<sup>th</sup> Nov 2020 in the morning session first the day started with formation. A session on Inner Transformation was conducted by Dr. Renu Thakur. She laid emphasis on the importance of having control over our inner selves. In the afternoon a breakout session for discussion and Presentation was organized. On 18<sup>th</sup> Nov. 2020 in the morning session-a session on “Yoga for Stress Management” was conducted by Dr. Subodh and his team. He gave the students some simple exercises that they can do to relieve stress from their lives. A session on Grooming was conducted by Pratip Mazumdar. “Transformation Journey of an Entrepreneur” by Shariq Ashraf was the highlight of the program. Shariq shared the journey of his life and explained how failure taught him valuable lessons. In the afternoon - a session on “Transforming writing Skills” by Poonam Nanda was taken where she gave tips to improve writing skills. On 18<sup>th</sup> Nov.



2020 in the morning session there was session on “Everyday Etiquette” by Col Gill and a session on “Digital Transformation” was taken by Mr. Amit Sharma. The SPRINT ended with Cultural & Fun Evening. The student teams participated with great energy and enthusiasm, and it was enjoyed by all.

**Student Participation-:136**

**Organized -: SPRINT Team**

**Guest Speaker-:**

- Mr. Amit Sharma (Motivational Speaker& Corporate Trainer)
- Dr. Renu Thakur (Counsellor & Psychologist)
- Mr. Shariq Ashraf (CEO the Good Life Company)

**Impact-:**

- Learn some tips to stay calm and stress free
- Focus on areas that lead to better career development
- Undertake Self Reflection to understand yourself better



**Session on Digital Information – Mr. Amit Sharma**

Date: November 24 -25,2020

**SPRINT on Confidence Building & Pre-Placement for M. Sc 1<sup>st</sup> & 3<sup>rd</sup> Semester Students**

e-SPRINT: 188, M. Sc, No of Students :213									
Date & Time	09:30 - 9:45	09:45- 09:50	09:45- 10:05	10:10- 11:00	11:00- 11:45	12:00-13:00	13:00- 14:00	14:00 - 14:30	14:30- 17:00
24/11/2020	Attendance	Welcome - Ms. Poonam Nanda	Address - Dr. Rajesh	Session on Resume – Ms. Poonam Nanda	Time to Furnish Resume	Session on Leadership - Mr. Vivek Atray	Lunch	Launch of Student Support	Career Guidance
25/11/2020		09:45- 10:00	10:00 - 11:00	11:00 - 12:00		Session on Digital Transformation - Mr. Amit Sharma		14:00 - 16:00	16:30- 17:30
		Address - Dr. Khosla	Session on Interview Skills	Breakout session for Assignment			Session Contd.	Cultural & Fun Evening	

A Session was organized by SPRINT team {Skill Progression through Rapid Intensive and iNnovative Training on Confidence Building & Pre-Placement (MSc 1<sup>st</sup>& 3<sup>rd</sup>Semester.) from November 24<sup>th</sup> to 25<sup>th</sup>, 2020. The SPRINT started with welcoming the students by Poonam Nanda and address by Dr. Rajesh. Mr. Vivek Atray took a session on Leadership. He emphasized on the fact that we all have leadership qualities hidden inside us. In the afternoon session on career Guidance was taken up for all streams. On the last day the morning session address was done by Dr. Khosla who encouraged students to set high goals for themselves. A session on Interview skills was conducted and the students were taken through the entire process of facing interviews. This was followed by a Breakout session for assignment. A session on “Digital Transformation” was taken by Mr. Amit Sharma. He laid emphasis on the changing world today and clarified a lot of doubts of the students. Total number of 213 students were involved in it and was a very successful one the session was ended with students’ cultural program which was thoroughly enjoyed by all.

**Student Participation:-213**

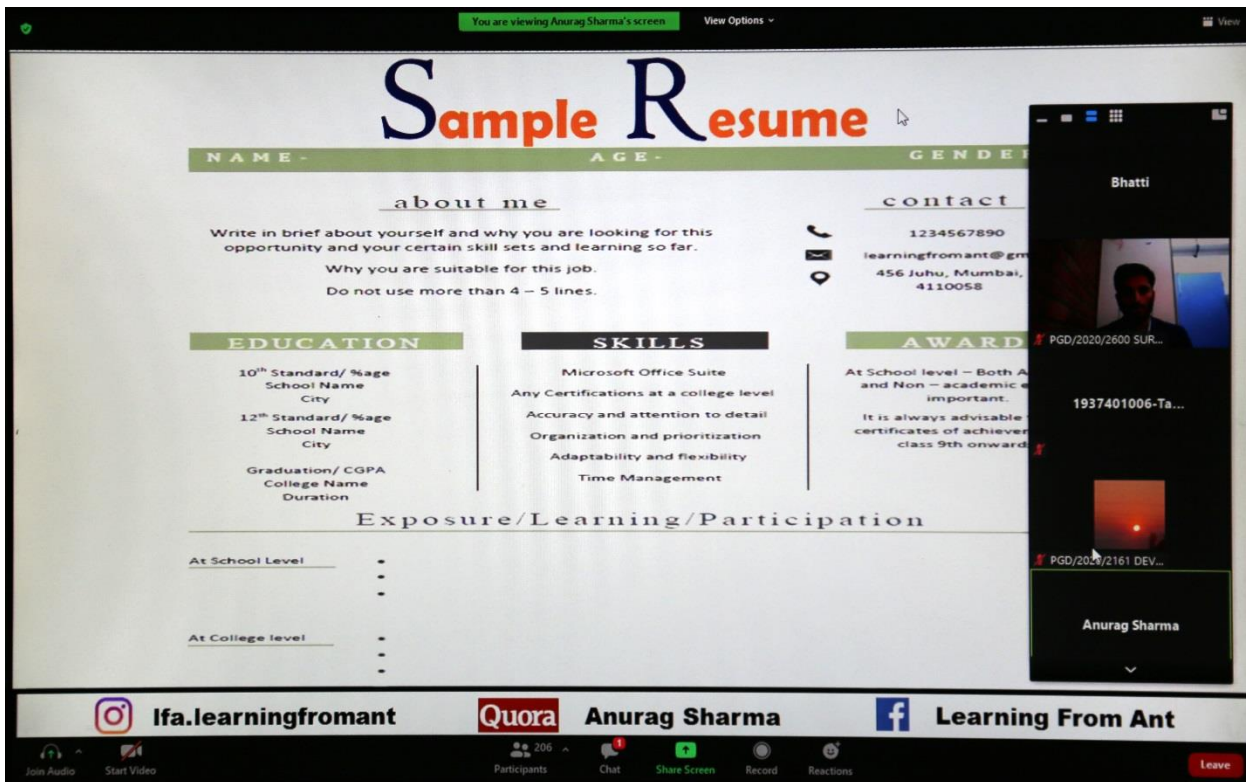
**Organized -:** SPRINT Team

**Guest Speaker: -**

- Mr. Amit Sharma (Motivational Speaker& Corporate Trainer)
- Mr. Vivek Atray (Motivational Speaker)

**Impact:-**

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



**Session on Resume – Mrs. Poonam Nanda**

Date: November 26, 2020

**SPRINT on Presentation Skills for B.Tech 7th Semester**

e-SPRINT : 189, Target Audience : B. Tech 7th semester No of Students :197								
Date & Time	09:30 - 9:45	09:45- 10:45	10:45- 11:45	12:00-13:00	13:00- 14:00	14:00- 15:00	15:00- 16:00	16:00-17:00
26/11/2020	Attendance	Session on Interview Skills	Breakout session for Presentation	Teams Presentation	Lunch	Interaction with Alumni Mr. Pawan & Ms. Poonam Sharma	Session on Email Writing	Breakout session for Assignment

A session was organized by SPRINT team (Skill Progression through Rapid Intensive and iNnovative Training and Presentation Skills) of B. Tech 7th Semester students on November 26<sup>th</sup>,2020. It was attended by 197 students. The session started with online attendance of the students. The internal faculties were Ms. Nanda and Mr. Shard. In the morning session there was a video and recap interview skills. Students were made aware of the new demands of industry and how they need to up skill. This session was followed by team presentations. The afternoon session interaction with the Alumni was arranged where these alumni spoke about their individual journeys. They spoke about their success and also about the challenges that they faced. It was an extremely interactive session where the current students resolved their queries. A workshop writing skills with special focus on Email writing and presentation skills was organized. Students were provided with helpful tips for both. The SPRINT ended with a breakout session for assignment.

**Student Participation-:197**

**Organized -: SPRINT Team**

**Guest Speaker: -**

- Mrs. Poonam Sharma (Alumni LG –Electronic)
- Mr. Pawan (Alumni)

## Impact:-

- Learn the nuances of presentations
- How to use your body for better communication
- Face interviews with ease and confidence



## Interaction with Alumni – Mr. Pawan

Date: December 08,2020

## SPRINT on Confidence Building for UG 1<sup>st</sup> Semester All across Students

e- SPRINT 190 - UG (1st Semester All Across)								
Date & Time	09:30 - 10:00	10:30 - 11:15	11:30 - 12:15	12:15 - 13:00	13:00 - 14:00	14:00 - 14:30	14:30 - 16:00	16:00 - 17:00
8/12/2020	<ul style="list-style-type: none"><li>●Attendance</li><li>●Objectives</li><li>●Address+ Videos - Ms. Poonam Nanda</li></ul>	Session - Prof. Atul Sir	Guru Talk - IG Police Ajay Yadav	Guidelines for Cultural Program	LUNCH	Session - Student Support Team	<ul style="list-style-type: none"><li>●Session on eUniv,</li><li>● My Shoolini App Attendance, Online Examination Q &amp; A - Ms. Ashoo and Dr. Kamal Kant</li></ul>	Cultural Show

A session was organized by SPRINT team (Skill Progression through Rapid Intensive and iNnovative Training) for UG 1<sup>st</sup> Semester students all across university on December 08, 2020. The theme of this program was Confidence Building. The session started with online attendance of the students and address by Mrs. Poonam Nanda. She shared a video and objective of the whole Program. After that session was taken by Prof. Atul Khosla. IG Police Mr. Ajay Yadav took a session in which he shared his experience and journey through his life and gave some valuable tips how to protect yourself. After that Mr. Shard gave Students some guidelines for cultural program. The 2<sup>nd</sup> half of the session was taken by MS. Ashoo Khosla and Mr. Kamal Kant, and they gave detailed information about eUniv, My Shoolini App and give some instructions on how to use this app for online exams etc. and clarified a lot of doubts of the students. The session ended with the cultural program which was thoroughly enjoyed by all. A total Number of 795 students participated in these sessions.

**Student Participation-:795**

**Organized -: SPRINT Team**

**Guest Speaker: -Mr. Ajay Yadav (Guru Talk)IG police H.P**

**Impact:-**

- Ability to focus on one's inner self
- Improve listening skills
- Understand the finer nuances of being a good communicator



**Session on eUniv, myShoolini app – Dr. Kamal Kant**



Date: December 09, 2020

### SPRINT for B. Tech 1<sup>st</sup> Semester Students

Agenda - e- SPRINT 191: B. Tech 1st Semester; Dated: - 09th December 2020									
Date & Time	09:30 - 9:45	9:45 - 10:00	10:00 - 10:45	10:50 - 11:40	11:45 - 13:00	13:00 - 14:30	14:30 - 15:00	15:00 - 16:00	16:00 - 18:00
9/12/2020	Attendance	Address - Dr. Bhaskar Goel	Session - Ms. Poonam Nanda	Session - Dr. Pratip Mazumdar	Breakout for Preparation Instructions for Submission	Lunch Break & Elective	Meet & Greet	NINE Words	Break out for submission of Presentation

A SPRINT for B. Tech 1<sup>st</sup> Semester students on December 09, 2020. The internal faculties were Ms. Nanda and Mr. Sharda. SPRINT started with the address of Dr. Bhaskar Goel who welcomed the students. Mrs. Poonam Nanda took a session on confidence building and after that session by Mr. Pratip Mazumdar was taken, who encouraged students to focus on personal branding. This was followed by a breakout session for assignment and instructions for submission of the same were given. The 2<sup>nd</sup> half session started with Meet & Greet where students introduced themselves. A motivational session on nine words was taken by Dr. Kamal Kant. Students were sent to break out rooms for submission of presentation and personal interaction. A total Number of 347 students participated in this program.

**Student Participation:-**347

**Organized -:**SPRINT Team

**Impact:-**

- :Learn some tips to stay calm and stress-free
- Focus on areas that lead to better career development
- Undertake Self Reflection to understand yourself better



**Session on Grooming – Mr. Pratip Mazumdar**

Date: December 10, 2020

### SPRINT for B. Sc 1<sup>st</sup> Semester Students

Agenda - e- SPRINT 192 : BSc 1st Semester									
Date & Time	09:30 - 9:45	9:45 - 10:00	10:00 - 10:45	10:50 - 11:40	11:45 - 13:00	13:00 - 14:30	14:30 - 15:00	15:00 - 16:00	16:00 - 18:00
12/10/2020	Attendance	Address - Dr. Rajesh Sharma	Session - Ms. Poonam Nanda	Session - Dr. Pratip Mazumdar	Breakout for Preparation Instructions for Submission	Lunch Break & Elective	Meet & Greet	Session on NINE Words – Dr. Kamal Kant	Break out for submission of presentation

A SPRINT session was organized for BSc 1<sup>st</sup> Semester students on December 10, 2020. The internal faculties were Ms. Nanda and Mr. Shard. SPRINT started with the address of Dr. Rajesh Sharma who welcomed the students. Mrs. Poonam Nanda took a session on confidence building and after that session by Mr. Pratip Mazumdar was taken, who encouraged students to focus on personal branding. This was followed by a breakout session for assignment and instructions for submission of the same were given. The 2<sup>nd</sup> half session started with Meet & Greet where students introduced themselves. A motivational session on Nine words was taken by Dr. Kamal Kant. Students were sent to break out rooms for submission of presentation and personal interaction. A total Number of 211 students participated in this session.

**Student Participation:-**211

**Organized -:** SPRINT Team

**Impact:-**

- Be a better communicator
- Develop self-confidence with self-grooming
- Enhance your personality with better grooming



**Session on confidence building – Mrs. Poonam Nanda**

**Date: December 11, 2020**

**SPRINTfor UG FMSLA 1<sup>st</sup> Semester Students**

<b>Agenda - e- SPRINT 193 : UG FMSLA 1st Semester</b>									
<b>Date &amp; Time</b>	<b>09:30 - 9:45</b>	<b>9:45 - 10:00</b>	<b>10:00 - 10:45</b>	<b>10:50 - 11:40</b>	<b>11:45 - 13:00</b>	<b>13:00 - 14:30</b>	<b>14:30 - 15:00</b>	<b>15:00 - 16:00</b>	<b>16:00 - 18:00</b>
<b>11/12/2020</b>	Attendance	Address - Dr. Kesari	Session - Ms. Poonam Nanda	Session - Dr. Pratip Mazumdar	Breakout for Preparation Instructions for Submission	Lunch Break & Elective	Meet & greet	NINE Words	Break out for submission of presentation

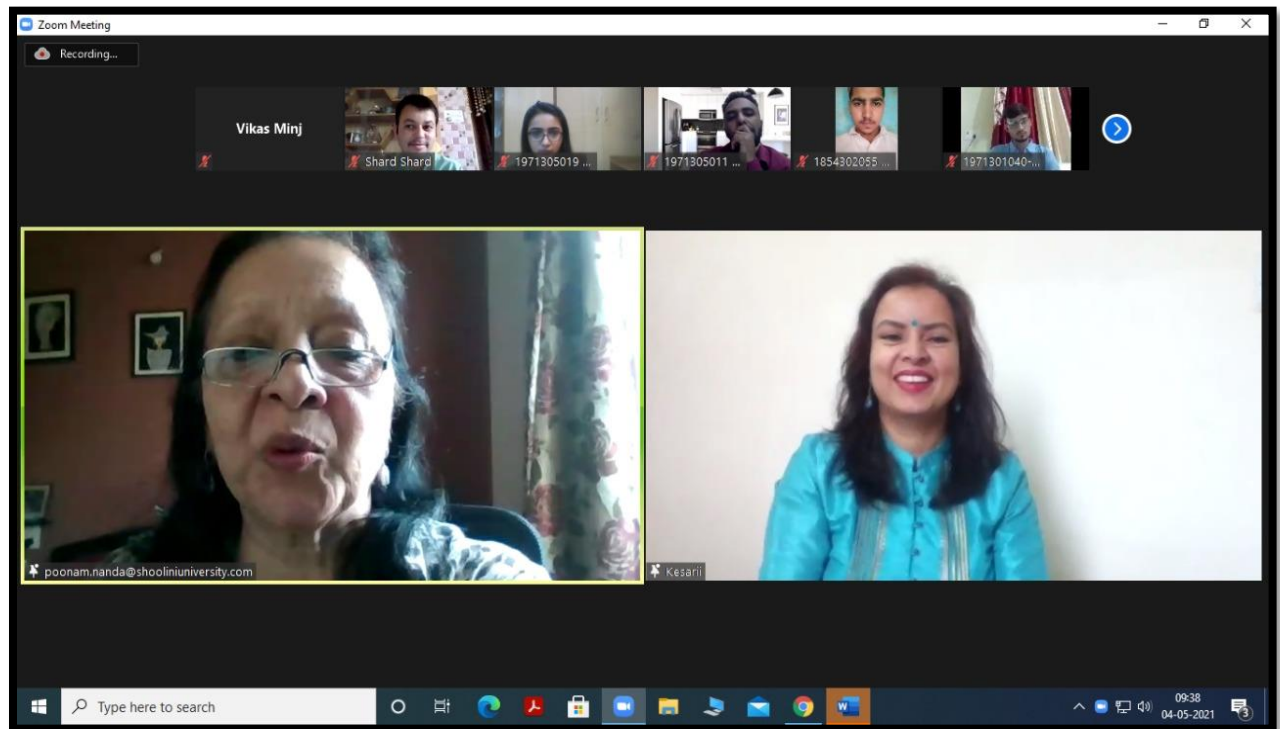
A SPRINT session was organized by the SPRINT team (Skill Progression through Rapid Intensive and iNnovative Training and Presentation Skills) for the UG FMSLA 1st Semester students on December 11, 2020. The internal faculties were Ms. Nanda and Mr. Shard. SPRINT started with the address of Dr. Kesari who welcomed the students. Mrs. Poonam Nanda took a session on confidence building and after that session by Mr. Pratip Mazumdar was taken, who encouraged students to focus on personal branding. This was followed by a breakout session for assignment and instructions for submission of the same were given. The 2<sup>nd</sup> half session started with Meet & Greet where students introduced themselves. A motivational session on Nine words was taken by Dr. Kamal Kant. Students were sent to break out rooms for submission of presentation and personal interaction. A total Number of 282 students participated in this session.

**Student Participation-:282**

**Organized -: SPRINT Team**

**Impact-:**

- Ability to focus on one's inner self
- Improve listening skills
- Understand the finer nuances of being a good communicator



**Address – Dr. Kesari Singh & Session on confidence building – Mrs. Poonam Nanda**

**Date: February 01 -03, 2021**

**Session on Selling Skills for MBA Quad 3 Students**

<b>e-SPRINT Agenda - 194, MBA 1 (Quad 3) - Theme : Selling Skills -- No of Students 135</b>						
<b>Date &amp; Time</b>	<b>09:30 -10:45</b>	<b>11:00 - 12:00</b>	<b>12:00 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 16:00</b>	<b>16:00 - 17:00</b>
<b>1/2/2021</b>	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Welcome - Ms. Poonam Nanda,</li> <li>• Setting the Context &amp; Introduction- Dr. Kuldeep Rojhe</li> <li>• Team Formation - Mr. Ajay Khanna</li> </ul>	Session - Mr. Ajay Khanna	Session on Presentations on Pre-Work - Mr. Ajay Khanna	Lunch	Session on Getting the Right Perspective on Sales - Dr. Kamal Kant	Time for Q&A & Closure - Mr. Ajay Khanna
<b>2/2/2021</b>	Attendance, Summarizing Day 1 - Mr. Ajay Khanna	Session on Career Choices - Mr. Ashish Khosla	Guest Faculty - Mr. Sominder Singh	Lunch	Alumni Interaction, Session on Transform your Skill For the Future (MBA 1 & 2) - Coursera Team	Closure - Mr. Ajay Khanna
<b>3/2/2021</b>	Attendance, Summarizing Day 2 - Mr. Ajay Khanna	Explaining the Activity - Mr. Ajay Khanna and Ms. Poonam Nanda	Session on Deliberation Time - Team Wise	Lunch	Presentations of Final Ideas + Guidelines - Mr. Ajay Khanna and Ms. Poonam Nanda	Cultural Show + Closure

A SPRINT Program on selling skills for MBA 1<sup>st</sup> year quad 3 students was organized from February 01<sup>st</sup> to 3<sup>rd</sup>, 2021. The SPRINT started with a welcome address by Mrs. Poonam Nanda. Mr. Ajay Khanna

who led this SPRINT explained the importance of sales and he gave a glimpse of careers in sales. The students were divided into teams to participate in various activities. A session on Presentations also taken by Mr. Ajay Khanna. He spoke about selling skills required in different situations. The afternoon session started with getting the right Perspective on sales which was taken by Dr. Kamal Kant. After that question and answers were taken by Mr. Ajay Khanna, in which the students overcame their doubts by asking questions. Next day session started with career choices conducted by Mr. Ashish Khosla. Guest faculty Mr. Sominder Singh shared his own sales career. In the afternoon the Alumni shared their experiences. The Coursera team took a session about online courses session. On 3<sup>rd</sup>Feb, 2021 there was a summarization of day 2 by Mr. Ajay Khanna and explanation of the selling skills activity by Mrs. Nanda and in the afternoon, there were presentations of final ideas and guidelines were given by Mrs. Nanda and Mr. Khanna. At the end of the day there was a cultural show presented by students. The total numbers of 191 students were present and this program was highly appreciated by the students.

**Student Participation-:**135

**Organized -:** SPRINT Team

**Guest Speaker-:**

- Mr. Sominder Singh (Suryoday Small Finance bank)
- Coursera Team (Coursera)

**Impact-:**

- Realize the lucrative careers available in sales
- Customer interaction- in person and on the phone
- Tips to carve a successful career





**Session on Sale Career –Mr. Sominder Singh**

Date: February 08 – 12, 2021

**SPRINT on Pre- Placement for MBA Quad 7<sup>th</sup> Students**

<b>e-SPRINT Agenda - 195, MBA 2 (Quad 7) - Theme : Pre Placement—No. of Students 191</b>						
<b>Date &amp; Time</b>	<b>09:30 - 10:30</b>	<b>10:30 - 11:30</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>
<b>08-02-2021</b>	<ul style="list-style-type: none"> <li>Attendance,</li> <li>Welcome- Ms. Poonam Nanda,</li> <li>Address – Dr. Kuldeep Rojhe</li> <li>Current Affairs – Dr. Amar Rao</li> </ul>	Session on Etiquette – Ms. Poonam Nanda	Session on Resilience – Ms. Payal Khanna	Lunch	Session on Grooming – Dr. Pratip Mazumdar	Session on Preparation for Interview – Mr. Ajay Khanna
<b>09-02-2021</b>	Attendance & Session on Current Affairs – Dr. Amar Rao	Session on Marketing Subject Matter & FAQ's – Dr. Kuldeep Rojhe	Session on Happiness – Mr. Barinder Ahluwalia	Lunch	Session with Alumni	Session on Preparation for Interview – Mr. Ajay Khanna
<b>10-02-2021</b>	Attendance & Session on Current Affairs – Dr. Amar Rao	Guest Faculty – Ms. Nandini Vijai	Guest Faculty Guru Talk- Mr. Sunil Thawani	Lunch	Session on Creating a strong Presence on Social media - Dr. Amar Rao	Presentations on creativity – Ms. Ashoo Khosla
<b>11-02-2021</b>	Attendance & Session on Current Affairs – Dr. Amar Rao	Session on HR Subject Matter & FAQ's – Dr. Prachi Kapil	Session- Ms. Poonam Nanda	Lunch	Session on Success with Purpose – Mr. Ajay Khanna	Fun Activity - Emotional Atyachar
<b>12-02-2021</b>	Attendance & Session on Current Affairs – Dr. Amar Rao	Session on Finance subject matter & FAQ's by Prof. Narinder Verma	Session on Aptitude – Mr. Anurag Avasthi	Lunch	<b>Cultural</b>	
<b>Quiz EOD</b>						

SPRINT on Pre-Placement for MBA Quad 7<sup>th</sup> students was organized from February 08 to 12, 2021. This 5-day program was attended by 191 students. The SPRINT started with the welcome by Mrs. Poonam Nanda. Dr. Kuldeep Rojhe then shared the objective of the whole program. The students were divided into teams to participate in various activities. Workshop on Etiquette was conducted by Mrs. Poonam Nanda. Guest faculty Ms. Payal Khanna took a session on Resilience. The afternoon started with Mr. Pratip Mazumdar's session on grooming. On the next day SPRINT started with current affairs conducted by Mr. Amar Rao. Dr. Kuldeep Rojhe took a session on Marketing subject matter & FAQ's. Guest faculty Mr. Barinder Ahluwalia took a session on positivity. In the afternoon session was taken by Mr. Ajay Khanna on interview skills where he gave tips to confront their fear of interviews. On day 3 our Guest faculty Ms. Nandini Vijai took a session followed by an inspiring Guru Talk by Mr. Sunil Thawani. Dr. Amar Rao took a session on creating a strong presence on social media and Ms. Ashoo Khosla took a session on creativity. Next day Ms. Prachi Kapil focused on HR subject matter & FAQ's. The students had fun activity by the name Emotional Atyachar which was conducted by SPRINT team. The final sessions were taken by Dr. Narender Verma on Finance subject and Mr. Anurag Awasthi who gave tips and tricks to crack the aptitude exams. The SPRINT ended with the fun and cultural activities for the students.

**Student Participation-:191**

**Organized -: SPRINT Team**

**Guest Speaker-:**

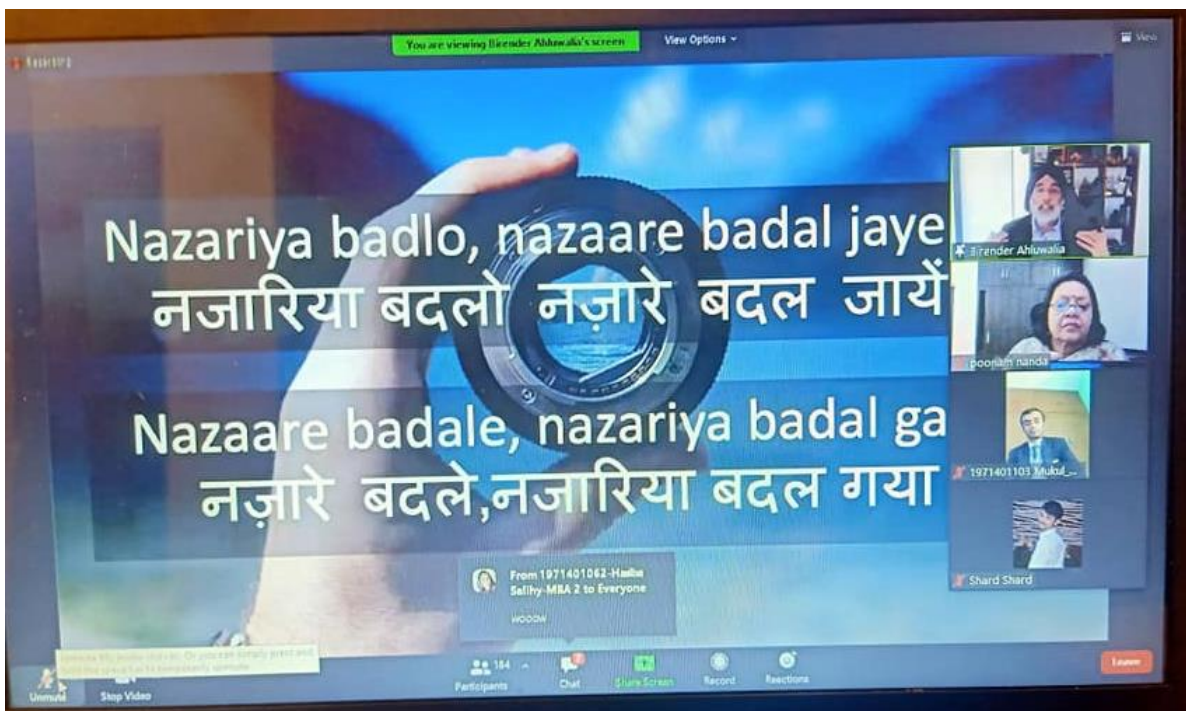
- Mrs. Payal Khanna (Life skills coach)
- Mr. Barinder Ahluwalia (Motivational speaker)
- Mr. Sunil Thawani (Guru Talk) (International Consultant)
- Mrs. Nandini Vijai (H.R head)

**Impact-:**

- Be a better communicator
- Be better prepared for Group Discussions
- Develop your personality through grooming
- Face interviews with ease and confidence
- Have an Attitude of Gratitude to stay happy



**Guru Talk – Sunil Thawani**



**Session on positivity – Barinder Ahluwalia**

Date: March 01- 05, 2021

Session on Pre- Placement for B-Tech 8<sup>th</sup> Semester students

<b>e-SPRINT Agenda -196 B.Tech 8<sup>th</sup> Semester - Theme : Pre-Placement -- No of Students 197</b>						
<b>Date &amp; Time</b>	<b>09:30 - 09:45</b>	<b>09:45 - 11:00</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>
<b>01-03-2021</b>	Attendance	Objectives welcome -Dean /HOS	Session on The Power of Resilience – Ms. Payal Khanna	Lunch	Address – Prof. Atul Khosla	Session on Interview Skills - Mr. Ajay Khanna (Session I)
<b>02-03-2021</b>	Attendance	Session on Corporate Grooming - Dr.Pratip Mazumdar	Guest Faculty – Mr. Sanjay Chaturvedi	Lunch	Session with Alumni	Session on Interview Skills -Mr. Ajay Khanna (Session II)
<b>03-03-2021</b>	Attendance	Session on Corporate Expectations – Mr. Vivek Atray	Session on Following your Passion- Ms. Radhika Shastry (Guest Faculty)	Lunch	Session with Alumni	Session on Tech FAQ's (Respective Faculty)
<b>04-03-2021</b>	Attendance	Session on Building a Strong Presence online – Dr. Amar Rao	Workshop on Creativity – Ms. Ashoo Khosla	Lunch	Session on 100/100 Higher Education in a USA	Session on Tech FAQ's (Respective Faculty)
<b>05-03-2021</b>	Attendance	Session on Workplace Etiquette – Ms. Poonam Nanda	Guru Talk on Brands with a Purpose -Mr. Rohit Talwar	Lunch	<b>Cultural Show</b>	

A SPRINT 196 was conducted for B.Tech 8<sup>th</sup> semester students as a Pre Placement program for Five days March 1 to 5, 2021. Day 1 started with welcome note by Dean of the department mentioning the objectives of the training program followed by a session on Resilience by Payal. Post lunch, the students had a session by the Vice-chancellor and the day ended by a session by Ajay Khanna who focused on the Interview skills and how to be crack them. Day 2 started with the session of Mr. Pratip Mazumdar on corporate grooming Mr. Sanjay Chaturvedi Director HR at Hilti gave a session on the futuristic skills. Students also had a session with the alumni. On day 3, Mr. Vivek Atray briefed student about the corporate expectations after which Ms. Radhika Shastry had a session which emphasized on the importance of following your passion. The day ended with a tech Frequently Asked questions (FAQs) by the B.Tech faculty members. Mr. Amar Rao on the 4<sup>th</sup> day guided the students about how to build a strong presence online followed by a session on workshop on creativity by Mrs. Ashoo Khosla. The day also witnessed a session on 100/100 Higher education in USA and ended with a tech Frequently Asked questions (FAQs) by the department faculty. The last day had a session about workplace etiquette by Mrs. Poonam Nanda where she explained basic manners and culture to be followed in the corporate sector. Mr. Rohit Talwar Gead Marketing Castrol had a Guru Talk session on the topic Brands with a Purpose. An entertaining session was organized for the students in the last session of the Sprint where the students rejuvenated themselves.

### **Student Participation-:197**

### **Organized -:SPRINT Team**

### **Guest Speaker-:**

- Mrs. Payal Khanna (International Certified Coach)
- Mr. Sanjay Chaturvedi (Head H.R Hilti)
- Mrs. Radhika Shastry (Ex MD RCI)
- Mr. Vivek Atray (Motivational Speaker)
- Session on higher edu.- USA (100/100 higher)
- Mr.Rohit Talwar (Guru Talk) (Director Marketing Castrol)

### **Impact-:**

- Be a better communicator
- Develop self-confidence with self-grooming
- Develop your own plan for better writing skills
- Have an Attitude of Gratitude to stay happy



**Session on 100/100 Higher Education in a USA**

THE YOGANANDA

# GURU SERIES

WEBINARS



## BRANDS WITH A PURPOSE

**ROHIT TALWAR**

MARKETING DIRECTOR, CASTROL

FRIDAY, 5 MARCH | 11:30 AM

YOUTUBE LIVE AT

[YOUTUBE.COM/SHOOLINIUNIVERSITYINDIA](https://www.youtube.com/shooliniuniversityindia)

**Guru Talk Brands with a Purpose – Rohit Talwar**



Date: March 15 – 17, 2021

**SPRINT on Pre-Placement for MSc 2<sup>nd</sup> & 4<sup>th</sup> Semester Students**

<b>e-SPRINT Agenda -197, MSc 2<sup>nd</sup> &amp; 4<sup>th</sup> Semester, No of Students: 224</b>						
<b>Date &amp; Time</b>	<b>10:00 – 10:15</b>	<b>10:15 - 11:15</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:30</b>	<b>16:00 - 17:00</b>
<b>15-03-2021</b>	Attendance Welcome – Ms. Poonam Nanda	TBD	Session on Resilience – Ms. Payal Khanna	Lunch	Session on Writing Email Ms. Poonam Nanda	Assignment on Email Writing
<b>16-03-2021</b>	Attendance	Session on Grooming – Dr. Pratip Mazumdar	Session – Mr. Ajay Khanna	Lunch	Workshop on Interview Skills	
<b>17-03-2021</b>	Attendance	Session on Etiquette – Ms. Poonam Nanda	Emotional Intelligence – Ms. Mansi Dholakia	Lunch	Tips & Tricks on Aptitude Dr. Neeraj Gandotra	Online Quiz

A SPRINT 197 was conducted for M. Sc 2<sup>nd</sup> and 4<sup>th</sup> semester students from March 15 to 17, 2021 to prepare them for their placement. This was a three (03) day program and was attended a total of 224 students. The training program started with a welcome session for the attendees by Mrs. Poonam Nanda. Ms. Payal Khanna had a session in which she taught about the importance of Resilience. Later Mrs. Nanda had an important session about how to write an email and the day ended with the assignment on Email writing to check their progress. Day 2 started with a session on workplace etiquette by Mrs. Nanda where she briefed students about representing themselves in their placed companies. Mr. Ajay Khanna had a workshop on interviews skills for the students. On day 3, session on importance of How to dress and present yourself-a grooming session was conducted by Mr. Pratip Mazumdar. Ms. Mansi Dholakia briefed the student about the emotional intelligence which they would be needed post-placement. The students were also made acquainted with tips and tricks on Aptitude by Dr. Neeraj

Gandotra. The day ended with an online quiz for the students based on their learning in the SPRINT training program. The students felt energized and elated after attending the program.

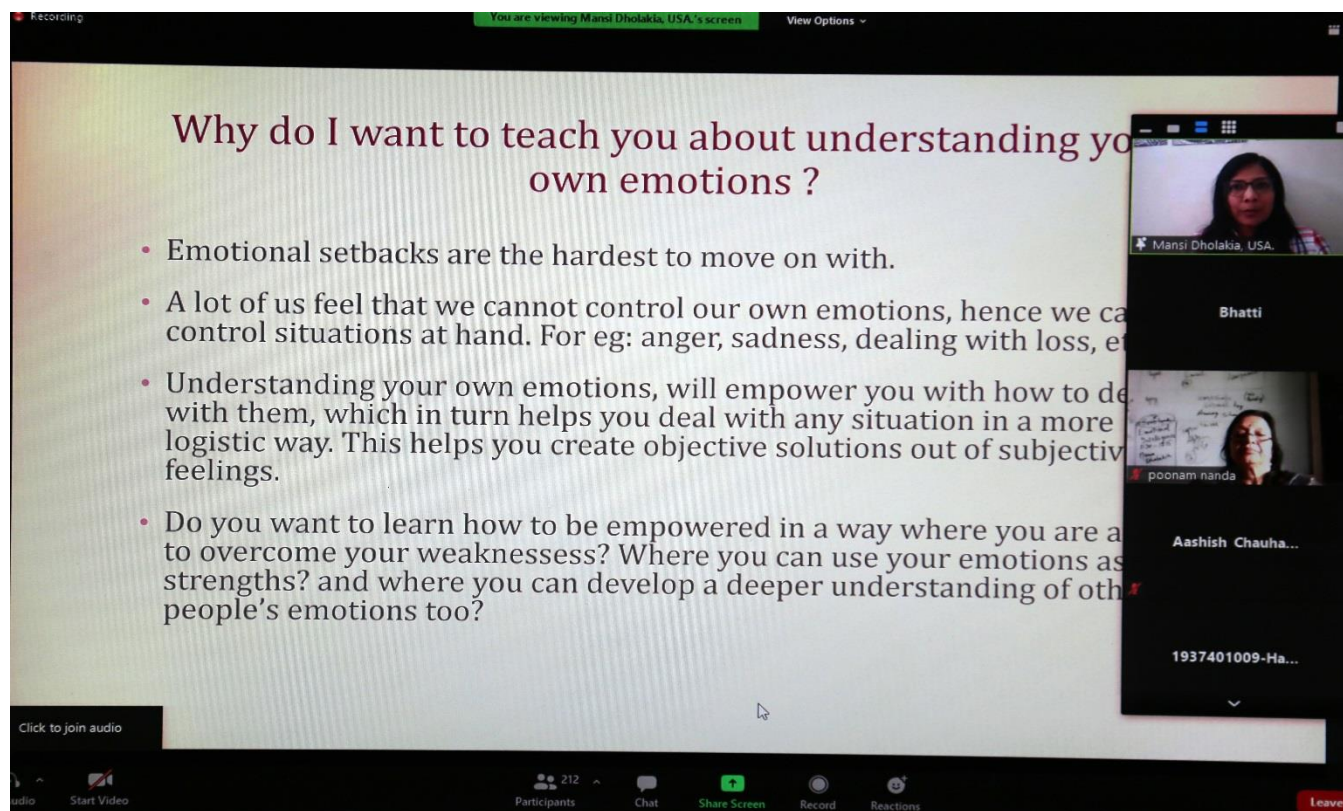
**Student Participation-:224**

**Organized -:** SPRINT Team

**Guest Speaker-:** Mrs. Mansi Dholakia (CEO Global Mental health Organizations)

**Impact-:**

- Realize the lucrative careers available in sales
- Customer interaction- in person and on the phone
- Tips to carve a successful career



**Session on Emotional Intelligence – Ms. Mansi Dholakia**

**Benefits of Empathy**

- 1 Stress Management
- 2 Improves Communication
- 3 Supports Moral Behavior
- 4 Improves Working Environment
- 5 Boosts Social Behavior
- 6 Introduces a positive attitude

**Empathy is like feeling the sufferings of another person**

**Ways to Be Empathetic towards Your Loved Ones**

- Be a good listener
- Don't expedite the conversation
- Show concern
- Acknowledge emotions
- Replicate
- Don't be judgmental
- Extend Help

Click to join audio

Participants 212 Chat Share Screen Record Reactions Leave

Mansi Dholakia, USA

## Benefits of Empathy – Ms. Mansi Dholakia

Date: April 19-20,2021

**SPRINT on Interview Skills for B. Sc 6<sup>th</sup> Semester Students**

<b>e-SPRINT Agenda -198, B. Sc 6<sup>th</sup> Semester, No of Students: 179</b>								
<b>Date &amp; Time</b>	<b>10:00 – 10:15</b>	<b>10:15 - 11:15</b>	<b>11:30- 13:00</b>		<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>	
<b>19-04-2021</b>	<ul style="list-style-type: none"> <li>• Attendance</li> <li>• Welcome – Ms. Poonam Nanda</li> </ul>	Session on Email Writing- Ms. Poonam Nanda	Session on Resilience – Ms. Payal Khanna		Lunch	Session on Personal Branding Dr. Pratip Mazumdar	Assignment on Email Writing	
<b>20-03-2021</b>	Attendance	<b>10:15 – 11:30</b>	<b>12:00 - 12:45</b>	<b>12:45 - 13:00</b>	Lunch	Session With Alumni	<b>15:00 - 16:00</b>	<b>16:30 - 17:30</b>
		Session on Interview Skills - Mr. Ajay Khanna	Session - Admission Team	Session - Student Support Team			Launch of Academy	Quiz

A SPRINT198 was organized for BSC. 6<sup>th</sup> semester on April 19 to 20 ,2021 and attended by 179 students. The internal faculties were Mrs. Poonam Nanda, Mrs. Payal Khanna, Mr. Pratip Mazumdar and Mr. Ajay Khanna. The session started with the welcome lecture of Mrs. Nanda and after that session on e-mail writing was conducted followed by a session on resilience by Mrs. Payal Khanna. The session on personal branding was taken by Mr. Mazumdar who spoke about the personal brand building. An assignment on email writing was given to students and the guidelines were explained to them. Day 2 started with interview by Mr. Ajay Khanna. After that informative session a session was conducted by admission team. A session on resolving queries online was taken by the student support team. After the break there was a session with an alumni. The launch of the Yogananda Academy was done with Mr.

Atray and the program ended with the quiz which was given to students based on the learnings of the SPRINT.

**Student Participation-:179**

**Organized -:SPRINT Team**

**Impact-:**

- Focus on your weaknesses and strengths
- Realize the importance of good communication skills
- Enhance your personality with better grooming

**What is Interview ?**

**INTERACTIVE SESSION**

**NOT AN ACADEMIC INTERVIEW**

**STRANGERS MEET**

**ANAL JUDGE**

Bhatti

Shard Shard

Anurag Sharma

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**Session on Interview – Mr. Ajay khanna**

Date: April 21-22, 2021

**SPRINTon Writing Skills for B. Tech 6<sup>th</sup> Semester Students**

e-SPRINT -199 (Agenda), B. Tech 6 <sup>th</sup> Semester, No. of Students: 218								
Date & Time	10:00 – 10:15	10:15 - 11:15	11:30 - 13:00		14:00 - 14:45	14:45 - 15:00	15:00 - 16:00	16:00 - 17:00
4/21/2021	Attendance + Welcome - Ms. Poonam Nanda	Session on Resilience - Ms. Payal Khanna	Session on Personal Branding - Dr. Pratip Mazumdar	Lunch	Session on Building Presence on Social Media - Dr. Amar Rao	Session - Centre of Theology	Assignment Break out	Team Presentations
4/22/2021	10:00 - 11:30	12:00 -13:00			14:00 -14:30	14:30 – 15:30	16:00 -17:00	
	Attendance + Session on Emails Writing - Ms. Poonam Nanda	Session on 7C's - Mr. Vivek Atray			Session - Student Support Team	Session on Staying Motivated - Ms. Renu Thakur	Assignment & Submission Followed by Quiz	

A SPRINT 199 was organized for B. Tech. 6<sup>th</sup>semester on April 21 to 22,2021 attended by 218 students. Day 1 started with a session on resilience by Ms. Payal Khanna followed by the session on personal branding taken by Mr. Pratip Mazumdar. After the break the session on How to Build Presence on social media was taken by Mr. Amar Rao. This session was followed by the inauguration of Center of Theology. The teams then finished an assignment in the breakout rooms which was followed by the their presentations. The next day started with a session on email writing which was given by Mrs. Nanda. After that a very informative session was given on 7C's by Mr. Vivek Atray. Post break session was conducted by the student support team for resolution of student queries. This session was then followed by How to stay motivated by counsellor and therapist Ms. Renu Thakur. Before ending the Sprint the assignment and the guidelines on submission was given to students which was followed by the quiz regarding this Sprint. All the students participated with full zeal and energy in the assignments and quiz.

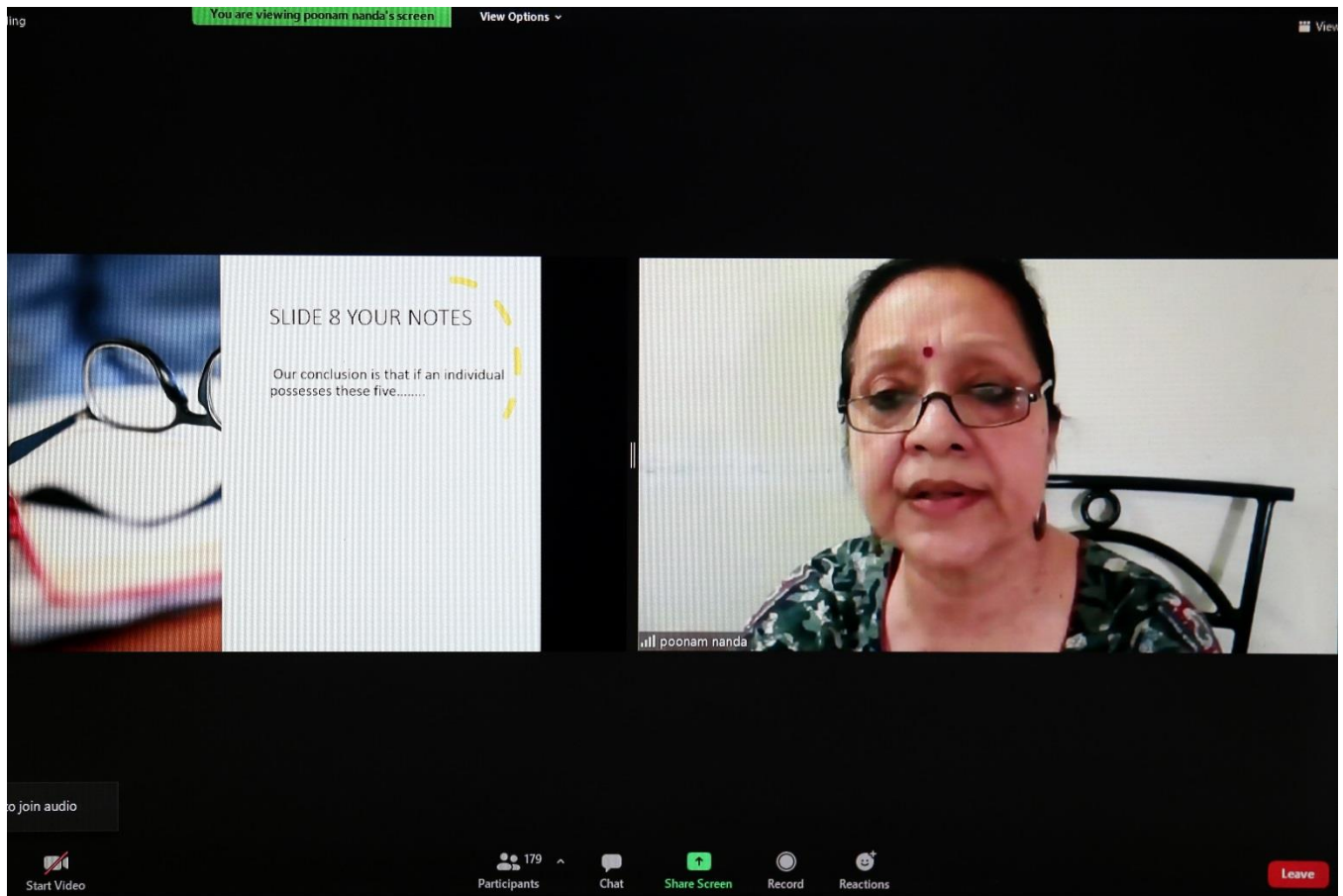
**Student Participation-: 218**

**Organized -:SPRINT Team**

**Guest Speaker-: Ms. Renu Thakur**

**Impact-:**

- Leading a positive vibrant life value and moving towards a life of significance.
- The need to dream big
- Ability to perform well and with coordination even in an adverse environment.
- Have an Attitude of Gratitude



**Session on Email Writing – Mrs. Poonam Nanda**

**Date: April 23 – 24, 2021**

**SPRINT on Interview Skills for UG FMSLA 6<sup>th</sup> Semester Students**

<b>e-SPRINT -200 (Agenda), UGFMSLA 6<sup>th</sup>Semester, No. of Students: 134</b>							
<b>Date &amp; Time</b>	<b>9:30 – 9:45</b>	<b>9:45 – 10:10</b>	<b>10:10 - 10:30</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>
<b>4/23/2021</b>	Attendance & Welcome - Ms. Poonam Nanda	Address - Dr. Kesari & e-SPRINT 200 Celebration	Address - Prof. Atul Khosla	Session on Resilience - Ms. Payal Khanna	Lunch	Session on Building Presence on Social Media - Dr. Amar Rao	Assignment & Submission
<b>4/24/2021</b>	Attendance	<b>9:45 - 11:00</b>		Session on Staying Motivated - Ms. Renu Thakur		Assignment	Team Presentations

A SPRINT 200 (skill progression through rapid intensive and iNnovative training) was organized for the 6<sup>th</sup>semester Undergraduate students of Faculty of Management studies and Liberal Arts (UGFMSLA). The training program was for two days from April 23to 24,2021 and was attended by 134 students in total. The training program had an inaugural session from Mrs. Poonam Nanda where she welcomed all the attendees. After Mrs. Nanda’s session, there was a briefing from Dr. kesari Singhand e-SPRINT 200 milestone was celebrated. Post celebration, a session from Vice- chancellor was delivered and Mrs. Payal Khanna gave a session the power of resilience. Students were also taught the importance of building presence on social media. The session was moderated by Mr. Amar Rao and the day ended with students working on assignment and submission. On day 2, the student have a detailed session by Mr. Ajay Khanna who cleared them about their doubts on Interview and help them improve their skills. Mrs. Renu thakur presented a session on Staying motivated for the students to encourage them in the hard times. The day ended with students taking up their assignment assigned to them and later with team presentation. The students had a intensive training program which would help them get nourished for upcoming days.



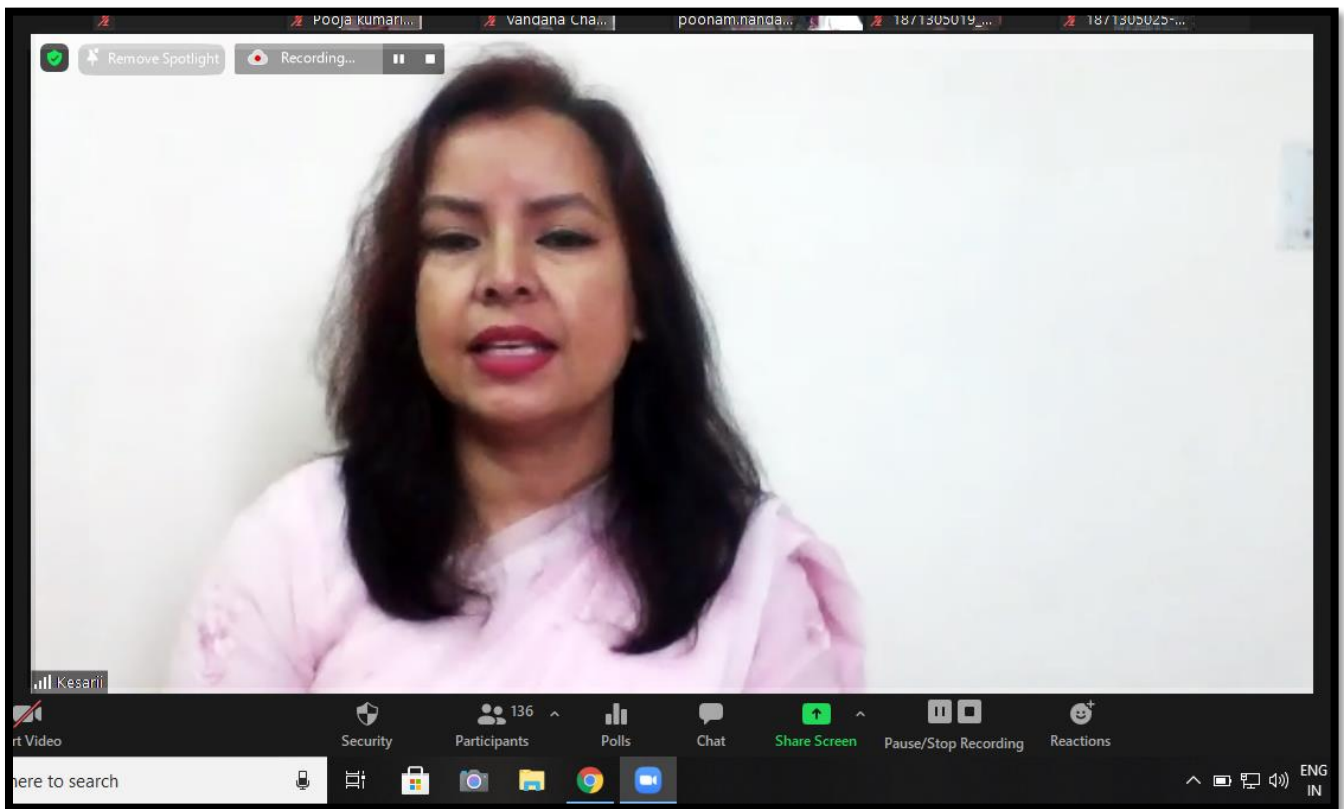
**Student Participation-:134**

**Organized -: SPRINT Team**

**Guest Speaker-: Ms. Renu Thakur (Oorjaa)**

**Impact-:**

- Develop Leadership skills
- Understand different styles of Leadership
- Value time
- Develop ability to prioritize



**Welcome Address – Dr. Kesari Singh**

**Date: April 29,2021**

**SPRINT on Communication Skills for B. Tech 4<sup>th</sup> Semester Students**

<b>e-SPRINT -201 (Agenda), B. Tech 4<sup>th</sup>Semester, No of Students: 275</b>						
<b>Date &amp; Time</b>	<b>10:00 – 10:15</b>	<b>10:15 – 11:15</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:30</b>	<b>16:00 - 17:00</b>
<b>4/29/2021</b>	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 201 was organized for the 4<sup>th</sup>semester Bachelor of Technology (B. Tech) students on April 29<sup>th</sup> ,2021. It was a one-day program and total of 275 students attended it. The inaugural session was taken by Mrs. Poonam Nanda where she welcomed the students. Mrs. Nanda also took a session on Improving Communication Skills for the students, where she emphasized on the importance and significance of communication in our lives. Ms. Payal Khanna took a session on the power of resilience for the students. The students had a breakout in groups and discussions were carried out. The day ended with the completion of respective assignments and uploading them for reference. The students thoroughly enjoyed the full day SPRINT program which was filled with learning and fun.

**Student Participation-:275**

**Organized -:** SPRINT Team

**Impact-:**

- Feel the positive impact of yoga
- Focus on your inner self
- Be aware of basic etiquette and manners

Recording You are viewing Payal Jindal Khanna's screen View Options

**THE SIX DOMAINS OF RESILIENCE**

- COLLABORATION**
  - Support networks
  - Social Context
  - Manage perceptions
- VISION**
  - Purpose, goals & congruence
- COMPOSURE**
  - Regulate Emotions
  - Interpretation bias
  - Calm and in control
- TENACITY**
  - Persistence
  - Realistic optimism
  - Bounce back
- REASONING**
  - Problem solving
  - Resourcefulness
  - Anticipate & plan
- HEALTH**
  - Nutrition, sleep & exercise

Payal Jindal Khanna

Audio Start Video Participants 157 Chat 11 Share Screen Record Reactions

**Session on Resilience – Ms. Payal Khanna**

Date: April 30, 2021

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

<b>e-SPRINT -202 (Agenda), B. Sc 4<sup>th</sup> Semester, No of Students: 186</b>						
<b>Date &amp; Time</b>	<b>10:00 – 10:15</b>	<b>10:15 – 11:15</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:30</b>	<b>16:00 - 17:00</b>
<b>4/30/2021</b>	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

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**

Date: May 3 - 4, 2021

**SPRINT on Communication Skills for UG-FMSLA 4<sup>th</sup> Semester Students**

e-SPRINT -203 (Agenda), UG-FMSLA 4 <sup>th</sup> Semester, No of Students: 170							
Date & Time	9:30 – 9:50	9:50 – 10:00	10:00 - 11:15	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 17:00
5/3/2021	Attendance & Welcome - Ms. Poonam Nanda	Address - Dr. Kesari	Session on Working on Your Communication Skills - Ms. Poonam Nanda	Session on Resilience - Ms. Payal Khanna	Lunch	Breakout for Discussion	Assignment Completion & Submission
5/4/2021	Attendance & Guidelines		Session on Managing Stress in recent Time - Ms. Renu Thakur	Breakout for Assignment		14:30 - 16:00	16:00 -17:00
						Session on Finding Purpose -Mr. Ajay Khanna	Quiz

A SPRINT 203 was organized for the 4<sup>th</sup>semester undergraduate students of Faculty of Management Studies and Liberal Arts (UGFMSLA) on May 03 to 04,2021. It was attended by 170 students in total. The SPRINT started with welcome interaction by Mrs. Poonam Nanda. The students were addressed by Dr Kesari who inspired them to set high goals. An informative session on how students can work on their communication skills and improve their skills was given by Mrs. Nanda. A session on the Power of Resilience was taken by Ms. Payal Khanna. Post break there was a breakout time for discussions regarding Self Awareness. At the end of the day 1 students were given time for completion of assignment and submission. Day 2 had a session on how stress can be managed in recent time by Ms. Renu Thakur. Post lunch break a session on How to Find Purpose in life was taken by Mr. Ajay Khanna. The SPRINT ended with a quiz given to students based on the whole program. The students enjoyed all the training sessions.

**Student Participation-:**170

**Organized -:**SPRINT Team

**Guest Speaker-:** Ms. Renu Thakur (Oorjaa)

**Impact-:**

- Develop Leadership skills
- Understand different styles of Leadership
- Value time
- Develop ability to prioritize



**Session on Finding Purpose – Mr. Ajay Khanna**

Date: May 5-7, 2021

**SPRINT on Internship for MBA Quad 4<sup>th</sup> Students**

e-SPRINT 204 MBA (Quad 4) No of Student :134						
Date & Time	10:00-11:00	11:15-11:45	11:45-13:00	13:00-14:00	14:15-15:15	15:15-17:15
5/5/2021	Introduction & Ice Breaking Activity	VC Address- Prof. Atul Khosla	Session on Email Writing- Ms. Poonam Nanda	LUNCH	Session on Managing Change- Mr. Sanjeev Kumar	Session on Networking - Mr. Ajay Khanna
5/6/2021	Session on Reflections Day -1	11:30 -13:00			Alumni speaks	Session on The Power of Power Point+ Assignment- Mr. Ajay Khanna
		Session on Work From Home- Ms. Ashoo Khosla				
5/7/2021	Session on Reflections Day -2	Break Out room activity & Assignment Presentations			14:15 - 15:30	Fun & Learn Activity (Teamwork) - Mr. Ajay Khanna & Ms. Poonam Nanda
					Session on Stress Management - Ms. Renu	

A SPRINT 204 was organized for MBA Quad 4 students from May 05 to 07,2021. It was a three-day training program and attended by 134 students. Day 1 started with the introductory session and an ice breaking activity for the students. Vice chancellor Atul Khosla addressed the next session and shared some valuable points with the student’s. Mrs. Nanda had a practical session on email writing. Mr. Ajay Khanna took a session on Networking and its importance. Day 2 started with the recap of learnings of the first day, Ms. Ashoo Khosla took a session on being professional while working from home. The students interacted with their alumni and the day ended with the session on Powerful Presentations. On Day 3 there was a breakout room activity and presentation on the assignments done by the students. Mrs. Renu Thakur had a delightful session on stress management for the students. Last session of the



training program had some fun and learning activity on teamwork by the SPRINT team. The students thoroughly enjoyed the session and actively participated with zeal and enthusiasm.

**Student Participation-:**134

**Organized -:** SPRINT Team

**Guest Speaker-:** Ms. Renu Thakur (Oorjaa)

**Impact: -**

- As this is the initial session of this SPRINT so, after the completion of this session students will start finding the leadership qualities among them.
- Introduction to the film
- Screening
- Smartly dealing with superiors & subordinates.



**Session on Work from Home – Ms. Ashoo Khosla**

Date: May 17-18, 2021

## SPRINT on Self Awareness for B. Tech 2<sup>nd</sup> Semester Students

e-SPRINT -2 05 (Agenda), B. Tech 2 <sup>nd</sup> Semester No of Students: 291						
Date & Time	9:50 – 10:00	10:15 – 11:00	11:30 - 13:00	13:00 - 14:00	14:00 - 15:00	15:30 - 17:00
5/17/2021	Attendance + Entry	Welcome Address - Prof. Atul Khosla	Session on Purpose of life- Mr. Ajay Khanna	Lunch	Breakout for assignment on Self Reflection	Team Presentations
5/18/2021	Attendance + Entry	Address - Dr. Khosla	Assignment on Five Qualities		Session on Managing Stress - Ms. Renu Thakur	Quiz + Closure

A SPRINT 205 was organized for the 2<sup>nd</sup>semester Bachelor of Technology (B.Tech) students from May 17<sup>th</sup> to 18<sup>th</sup> ,2021. The two day was attended by 291 students .The welcome address was by the Vice chancellor Mr. Atul Khosla. Post his address, Mr. Ajay Khanna had an interactive and engaging session with the students. A breakout session on Self Reflection with a corresponding assignment was allotted to the students. The day ended with team presentations by the students of the. On Day 2 the students had an assignment on Five Qualities for a Successful Life. Post lunch Ms. Renu Thakur had an inspirational session on managing stress. The training session ended with a quiz and the students actively participated in it.

**Student Participation-:** 291

**Organized -:**SPRINT Team

**Guest Speaker-:** Ms. Renu Thakur (Oorjaa)

**Impact-:**

- Learn the nuances of presentations

- Develop self -confidence with self -grooming
- Develop your own plan for better writing skills



### Session on Purpose of Life – Mr. Ajay Khanna

**Date: May 19-20, 2021**

**SPRINT on Self Awareness for B. Sc 2<sup>nd</sup> Semester Students**

<b>e-SPRINT -206 (Agenda), B. Sc 2nd Semester (No of students : 225)</b>						
<b>Date &amp; Time</b>	<b>9:50 – 10:00</b>	<b>10:00 – 11:15</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>
<b>5/19/2021</b>	Attendance + Entry	Welcome + Address - Prof. Atul Khosla	Session on Managing Stress- Ms. Renu Thakur	<b>Lunch</b>	Break out for discussion on Self Reflection	Presentations
<b>5/20/2021</b>	Attendance + Entry	Address - Dr. Khosla	Break out for Assignment on Five Qualities		Session on Purpose of Life - Mr. Ajay Khanna	Quiz + Closure

A SPRINT 206 was organized for BSc 2<sup>nd</sup> semester from May 19<sup>th</sup> to 20<sup>th</sup>, 2021. It was attended by 225 students in all. The Sprint started with a welcome address of Mr. Atul Khosla. This was followed by a session on how to manage stress by coach and therapist Ms. Renu Thakur. Post lunch there was a breakout session for the discussion and interaction on Self-Reflection. The day ended with the presentations made by the students. On Day 2 the students were addressed by Dr. Khosla who shared anecdotes of his life and laid emphasis on research. A breakout session was organized for the completion on assignments given on the topic- Five Qualities for a Successful Life. Post lunch session Mr. Ajay Khanna had a session on Purpose of Life. The Sprint program ended with the quiz based on the whole entire program. All the students participated with the full energy and zeal

**Student Participation-:225**

**Organized -:** SPRINT Team

**Guest Speaker-:** Ms. Renu Thakur (Oorjaa)

**Impact-:**

- Be a better communicator
- Develop self -confidence with self -grooming
- Develop your own plan for better writing skills
- Have an Attitude of Gratitude to stay happy



**Welcome Address – Mr. Atul Khosla**

**Date: May 24 - 25, 2021**

**SPRINT on Self Awareness for UG- FMSLA 2<sup>nd</sup> Semester Students**

<b>e-SPRINT -207 (Agenda), UG-FMSLA 2nd Semester Theme : Self Awareness No of Students: 254</b>							
<b>Date &amp; Time</b>	<b>9:50 – 10:00</b>	<b>10:00 – 10:15</b>	<b>10:15 – 11:00</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:30 - 17:00</b>
<b>5/24/2021</b>	Attendance + Entry	Welcome - Ms. Poonam Nanda & Address - Dr. Kesari	Address - Prof. Atul Khosla	Session on Finding Purpose - Mr. Ajay Khanna	<b>Lunch</b>	Break out for Discussion on Self Awareness	Groups Presentations
<b>5/25/2021</b>	Attendance + Entry	Address - Dr. Khosla		Session on Managing Stress- Ms. Renu Thakur		Assignment and team meeting for Top Five Qualities	Quiz + Closure

A SPRINT 207 was organized for the 2<sup>nd</sup> semester undergraduate students of Faculty of Management Sciences and liberal Arts (UGFMSLA). The two day session was attended by 254 students in all. The students were welcomed by Mrs. Poonam Nanda and then addressed by Dr. Kesari who is their program Director. Then all the students had a session with Vice Chancellor Mr. Atul Khosla who encouraged them to set high goals. This was followed by a session of how to find purpose in life by Mr. Ajay Khanna. Post lunch session was for the breakout discussion for the Self-Awareness for the students. The day ended with group presentations. Day 2 started with an address by Dr. Khosla who spoke about importance of research. The session on How to Manage Stress was taken by counsellor and therapist Ms. Renu Thakur. Post break, there was a session for the assignment and team meeting on discussion of Top Five Qualities. The program ended with a quiz based on the entire and all the students participated with full concentration.

**Student Participation-:254**

**Organized -:**SPRINT Team

**Guest Speaker-:** Ms. Renu Thakur (Oorjaa)

**Impact:-**

- Updated resumes will instill a feeling of confidence in the students. With the approaching placements, they are expected to feel more in control.
- Feel better prepared to face interviews
- Ability to focus on one's inner self
- Improve listening skills



**Session on Managing Stress- Ms. Renu Thakur**