

## VISION

To train our students and scale up the employability skills for "Best in Class" careers.

## INTRODUCTION

An Accelerated Development Program and credit course at Shoolini University SPRINT™ is inspired by Stanford's mini-MBA program to help students reach their potential, gain knowledge, practical skills and confidence required to thrive in the competitive corporate world. The program complements academic studies and career ambitions and also help students develop a raft of competencies to upgrade their capabilities.

SPRINT comprises several academic and social events along with exhaustive subject matter sessions to help broaden students' horizon. Implemented by the School of Business Management and Faculties of Pharmaceutical, Basic and Applied Sciences, SPRINT comprises targeted sessions along with intensive coaching of relevant course-related concepts. Our frequent interaction with Industry experts' exposure, awareness, and helps in understanding the requirements of the corporate world. As a team-based program, it ensures learning takes place in group dynamics.

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## Summary

No of SPRINT Programs Conducted:38

Students Participation:

### List of Guest Faculty

Sr. No.	Guest Faculty Name	Topic
1	Mr. Tarun Aggarwal (CBO, College Dekho)	Fireside Chat
2	Ms. Purnima Chauhan (ex-IAS, and Retd as Secretary, Govt. of H.P)	Creativity & Innovation
3	Ms. Neha Gupta (Motivational Speaker, ex-American Express)	Personal Branding
4	Mr. Mohit Shetty (Deputy CHRO, Nippon)	Dream Big
5	Mr. Varun Raj Khanna (SVP, Bharti Airtel)	Careers in Finance
6	Mr. Anindya Banerjee (Image Consultant, ex-Deloitte)	Communicate for Success
7	Mr. Shivam (Author, Emotional Intelligence Life Coach)	Building Inner Confidence
8	Mr. Chandrashekhar Shetty (Associate Director - COE Turtlemint)	Decisions Making for Career Success, Self-Belief for Career Success
9	Ms. Shweta Shetty (Finance Manager - Accenture)	Growth Mindset
10	Mr. Manu Kohli (CTO & Founder Cogniable)	Case study-based interviews
11	Mr. Dheeraj Mahajan (Cluster Area Head- Max Bupa Health Insurance)	Transformation 360 degrees
12	Mr. Kamlesh Vyas (Partner at Deloitte specializing in Education and Skill Development)	Structured Communication
13	Mr. Ashu Kapoor- Co-founder, Mysoho-My Soho	Self-Belief, building a Great Career & Acing an Interview
14	Dr Vikas Rai Bhatnagar	Putting your authentic self forward
15	Ms. Muskan Khanna (Manager - GT   Ex-EY   Ex-Deloitte   Ex-KPMG) Grant Thornton Bharat LLP	Acing an Interview
16	Mr. Brijesh Sharma (Sr Zonal Business Head- Nippon India Mutual Fund)	Corporate readiness
17	Ms. Dolly Guleria & Sunaini Sharma	Leadership lessons through music
18	Mr. Ashish Garg (Global Talent Acquisition Leader-United Health Group)	Be Job Ready - Future of work and skills

19	Dr Dinesh Dua (Co Chairman, Exports, North Immd Past Chairman, Pharmexcil, MOC, GOI- Board at Nectar Lifesciences Limited	Gearing up for recruitments
20	Mr. Gurpreet Saini - Sr.Regional Head - Nippon life India Asset Management Ltd.	Mock Personal Interviews (Group Activity)
21	Mr. Manoj Kohli- Country Head India-SoftBank	Inaugural Session
22	Dr Sachin Gulati- Director Campus Placements- American Express	Navigating Cultural Differences in a Global Workplace
23	Ms. Anshula Verma- National Head Talent Acquisition- EY	New beginnings - Corporate and You, Bespoke post grads audience - Managing Self - it starts with you
24	Mr. Simarpreet Singh- CEO- Hartek Group	Effective Leadership in a Diverse and Global Workplace
25	Ms. Manjula	Corporate Etiquette & Grooming
26	Mr. Abhishek Gupta- Abhishek Gupta- High School moms	Being Successful by 2035
27	Mr. Jas Shan	Joy of Confusion
28	Mr. Charanjit Singh	Self-Belief and Intrapersonal Communication
29	Mr. Manmeet Srivastava	7:38:55 rule of Communication
30	Ms Ritika (CEO and Founder Kontent Factory)	Getting ready for the Real World
31	Mr. Sidharth Basrur (Bollywood Singer & Musician)	The Story of My Life
32	Ms.Renee Singh (CEO at Sacred Life Foundation)	Goal Setting
33	Dr. Dinesh Dutt Sharma (Prof. & Head Department of Psychiatry IGMC Shimla)	Mental Health
34	Dr.Tanvi - Project Coordinator (Women Cancer) YouWeCan	Substance Abuse
35	Dr. Purnima Manager (Women Cancer) YouWeCan	AIDS & HIV

DATE: 25-2 Sept, 2022

**SPRINT 249 For MBA 1(Quad1) on Induction**

SPRINT Agenda - 249, MBA 1 (Quad 1) - Theme: Induction										
Date & Time	09:00 - 09:15	09:30 - 10:00	10:00- 10:30	10:30- 11:00	11:00 - 13:00	13:00- 14:00	14:00 - 16:00	16:00 - 16:30	16:30 - 17:30	17:30 - 19:00
25-08-2022 (Thursday)	Attendance	Making the most of your MBA Experience – Mr.Ashish Khosla	Director Student Success & Ice Breaking		(11:15-13:00) Interaction with Mr. Tarun Aggarwal-CBO, College Dekho	LUNCH	Session on Creativity & Innovation- Ms. Purnima Chauhan (ex- IAS, and Retd as Secretary, Govt. of H.P)	BREAK	Advertising Campaign Activity	
26-08-2022 (Friday)	Attendance	Guided Meditation	News Bulletin	BREAK	Session on Making a Killer Presentation - Mr. Gautam Duggal (Global L&D Head, Mastercard)	LUNCH	Session on Personal Branding- Ms. Neha Gupta (Motivational Speaker, ex- American Express)	BREAK	Team Building Activity – Outdoor	
27-08-2022 (Saturday)	Attendance	Guided Meditation	News Bulletin	BREAK	Session on Dream Big - Mr. Mohit Shetty (Deputy CHRO, Nippon)	LUNCH	Session on Careers in Finance -Mr. Varun Raj Khanna (SVP, Bharti Airtel)	BREAK	Project on Start-up Mindset	
28-08-2022 (Sunday)	Sunday									
29-08-2022 (Monday)	Attendance	Guided Meditation	News Bulletin	BREAK	Start-up Mindset Activity Presentation	LUNCH	Start-up Mindset activity Presentation	BREAK	Session on Dining Etiquette - Dr. Pratip Mazumdar	Leadership Trail Walk

30-08-2022 (Tuesday)	Attendance	Guided Meditation	News Bulletin	B R E A K	Session on Cultivating an Entrepreneurial Mindset - Mr. Vishal Anand (Pro Chancellor)	L U N C H	Case study	B R E A K	Case study presentations
31-08-2022 (Wednesday)	Attendance	Guided Meditation	News Bulletin	B R E A K	Session on Professional Networking - Ms. Nishtha Anand (Founder: Tech Thirsty)	L U N C H	Session on 3 things effective leaders do (Leader as a Coach) - Ms. Payal Khanna (PCC ICF Coach)	B R E A K	Art of Personal Interview
01-09-2022 (Thursday)	Attendance	Guided Meditation	News Bulletin	B R E A K	Session on Communicate for Success - Mr. Anindya Banerjee (Image Consultant, ex-Deloitte)	L U N C H	Art of Group Discussion	B R E A K	Group Discussion Wars
02-09-2022 (Friday)	Attendance	Guided Meditation	News Bulletin	B R E A K	Session on Building Inner Confidence - Mr. Shivam (Author, Emotional Intelligence Life Coach)	Lunch	Preparation for team building activity	B R E A K	Team Building Activity – Indoor

SPRINT 249 was conducted for students of MBA Quad 1 from 25<sup>th</sup> August to 2<sup>nd</sup> September on theme Induction. In the presence of 90 students, the Sprint inchoated with a *Welcome Address* by Mr. Ashish Khosla & by Mr. Ajay Khanna followed by Fireside Chat with Mr. Tarun Aggarwal- Chief Business Officer, College Dekho after which the evening session consisted of a guest session by Ms. Purnima Chauhan- Ex IAS Officer & Motivational Speaker on “*Creativity & Innovation*” and *Team activity on Advertisement Campaign* closed the day. The “*Guided Meditation*” started the day 2 followed by “*How to make a killer presentation*” by Mr. Ajay Khanna & Guest Session by Ms. Neha Gupta on “*Personal Branding*”. The evening session constituted of Guest session on “*Personal Branding*” by Ms. Neha Gupta -Motivational Speaker & “*Outdoor Team building activity*” closed the day. Day 3 started with the “*Guided Meditation*” followed by” *Goal Setting*” by Mr. Mohit Shetty Deputy CHRO Nippon. The evening session constituted of session on “*Careers in Finance*”

by Mr. Varun Raj Khanna- SVP, Bharti Airtel and Presentation on Case Study by Participants. Day 5 started with the “*Guided Meditation*” followed by” *Goal Setting*” by Mr. Sahil Nayar- National Head- Campus & TA Transformation & Senior Associate Director at KPMG. The evening session constituted of session on “*Dining Etiquette*” by – Dr. Pratip Mazumdar Presentation and day closed by presentations on Start-up Mindset. Day 5 started with the “*Guided Meditation*” followed by” *Cultivating an Entrepreneurial Mindset*” by Mr. Vishal Anand -Pro Chancellor. The evening session constituted of Case Study Presentation by participants. Day 6 started with the “*Guided Meditation*” followed by” *Professional Networking*” by Ms. Nishtha Anand -Founder: Tech Thirsty. The evening session constituted of Case Study Presentation by participants. The session on “*3 things effective leaders do*” by Ms. Payal Khanna PCC ICF Coach started the evening session and “*Mock Personal Interviews*” closed the final day. Day 7 started with the “*Guided Meditation*” followed by” *Communicate for Success*” by Mr. Anindya Banerjee -Image Consultant, ex-Deloitte. The evening session constituted of Group Discussion Wars by participants. The final day started with session on “*Building Inner Confidence*” by Mr. Shivam -Author, Emotional Intelligence Life Coach followed by “*Team Building Activity, Reflections and Way Forward*” closed the final day.

**Student participation:** 90

**Organised by:** Sprint Team

Guest Speakers: -

- Mr. Tarun Aggarwal
- Ms. Purnima Chauhan
- Ms. Neha Gupta
- Mr. Mohit Shetty
- Mr. Varun Raj Khanna
- Mr. Sahil Nayar & Mr. Rahul Srivastava
- Mr. Anindya Banerjee
- Mr. Shivam
- Ms. Nishtha Anand
- Mr. Vishal Anand

**Impact:**

- Providing basic Do’s and Don’ts during Personal Interview & Group Discussion.
- To imbue Importance and skill of Professional Networking.
- Learning of Teamwork and Team building through an Activity.
- Mastering the skill of formal Email-Writing etiquettes.
- Making understand how branding leads to greater career satisfaction.

## **Some Glimpses of the Sprint Program:**



**Welcome Address & Context Setting - Mr. Ashish Khosla**





**Fireside Chat -Mr. Tarun Aggarwal**



**(Guest Session) Creativity & Innovation - Ms. Purnima Chauhan**



**Mr. Shivam's Session on Building Inner Confidence**

**DATE: 7-9 October, 2022**

**MEGA SPRINT 250 for All Final Year Students on Placements**

<b>MEGA SPRINT Venue: APJ No. of Students: 1206</b>									
<b>Date &amp; Time</b>	<b>09:15 - 09:30</b>	<b>09:30 - 10:30</b>	<b>10:30 - 11:00</b>	<b>11:00 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 16:00</b>	<b>16:00 - 16:30</b>	<b>16:30 - 18:30</b>	<b>18:30 Onwards</b>
<b>07-10-2022</b>	Sarsavati Vandana & Welcome Address	VC's Inagural Address (09:30-10:00)	Inaugural Session by Manoj Kohli (Country Head India - SoftBank)	Dr. Sachin Gulati (Director Camopus Placements, American Express)	Lunch	Growth Mindset - Ms. Shveta Shetty (Finance Manager, Accenture)	Break	Ice-Breaking & Team Building Activity - Amar Rao	Musical Concert (OAT)
<b>08-10-2022</b>	Attendance	Reflections Day 1	Break	Managing Self - it starts with you - Ms. Anshula Verma (National Head Talent Acquisition, EY)	Lunch	Case study-based interviews – Mr. Manu Kohli (CTO & Founder Cogniable)	Break	Group Discussion & Mock GD (Activity based) - Amar Rao	18:30 Onwards Talk (OAT)
<b>09-10-2022</b>	Attendance	Reflections Day 2	Break	Mr. Simarpreet Singh (CEO, Hartek Group)	Lunch	Mock Personal Interviews (Group Activity) - Poonam Nanda	Break	Cultural	

Shoolini University organised a Mega SPRINT, a 3-day innovative skill enhancement programme for the students, which was attended by hundreds of final years students. “Training for Placement Process” was the theme of the Mega Skill Progression Rapid Intensive Innovative Training programme, which is the full form of SPRINT. Mega SPRINT has taken SPRINT to a new level in alignment with Vice Chancellor Professor Atul Khosla’s vision to bring in a new perspective to students’ learnings. The programme, began in 2012, is the brainchild of Prof. Atul Khosla.

The mega event was held on campus for over 2000 final-year students with the goal of providing world-class training support to aspiring professionals. The new grand initiative required over 45000-man hours of soft and hard skills training, 75 trainers, and 30 CEOs and CXOs from leading companies to visit the university to assist students in realising their true potential.

Dr Dinesh Dua, Executive Director, M/S Nectar Lifesciences India Ltd, Dr Sachin Gulati, Director Campus Recruitments, American Express, Ms Anshula Verma, National Talent Acquisition Head, Ernst and Young, Mr Ashish Garg, Global Talent Acquisition Leader, United Health Group, Dr Kamlesh Vyas, Partner, Deloitte, Mr Mohit Shetty, Deputy Head HR, Nippon Life India Asset Management, Mr Simarpreet, Singh, Executive Director, Hartek Group, Mr Ashu Kapoor, Co-founder MySoho, Mr Chandrashekar Shetty, Associate Director Centre of Excellence, Turtlemint, Ms Simi Srivastava, Master Story Teller and Founder of Kathashala and many more were amongst the speakers for the mega event.

The event started with the address by Chancellor Professor PK Khosla and welcome address by Vice Chancellor Prof Atul Khosla. The inaugural address was by Mr Manoj Kohli, Country Head of Softbank India who inspired the students and set the tone for MEGA SPRINT to take off.

The event was a showcase of teamwork at its finest, with multiple teams, faculty, and students working together. The opportunity for students to interact one-on-one with the speakers added to the excitement. According to the extensive feedback provided by students, the MEGA SPRINT had a significant impact on them. They gained insight into the industry's expectations of the recruitment process. The sessions provided them with an overview of resume creation, networking skills, personal interviews, group discussions, case studies, and so on.

The TedX team organised a musical evening to celebrate Himachali folklore by Jiya Lal Thakur and a mesmerising performance by Ms Dolly Guleria and Ms Sunaini Sharma. The event concluded with a prize distribution ceremony for the winning student teams and a cultural event for all attendees.

**Student Participation:** 1206

**Organized by:** Sprint Team

Guest Speakers: -

- Dr Dinesh Dua
- Mr Manoj Kohli
- Dr Sachin Gulati
- Mr Chandrashekar Shetty
- Ms Simi Srivastava
- Ms Anshula Verma
- Mr Ashu Kapoor
- Mr Simarpreet, Singh
- Mr Mohit Shetty
- Ms. Muskan Khanna
- Mr. Brijesh Sharma

- Mr Manu Kohli
- Mr.Gurpreet Saini
- Mr. Jagmohan Singh
- Mr. Charanjit Singh
- Ms. Muskan Khanna
- Dr. Vikas Rai Bhatnagar
- Ms. Manmeet Srivastava
- Mr. Abhishek Gupta
- Dr Kamlesh Vyas
- Mr. Mr. Dheeraj Mahajan
- Mr Ashish Garg
- Ms. Shveta Shetty
- Ms Dolly Guleria
- Ms. Neha Gupta
- Ms Sunaini Sharma

**Impact:**

- Increased creativity and innovation
- Importance of Teamwork and skill of Team building was imbued.
- Improved problem-solving skills and critical thinking.
- Increased self-awareness and personal growth.
- Better communication and interpersonal skills
- Leadership development
- Practical career guidance
- Better decision-making skills

## Some Glimpses of the Sprint Program



**Dr Sachin Gulati, Director Campus Recruitments, American Express – Session on Preparing for the Recruitment Process**





**Ms. Manjula (Life skills coach & CEO - The Transformers value creators)- Session on Corporate Etiquette & Grooming**





**Mr. Aaditya Khanna -Technology Lead (Infosys)- Session on tips for a successful placement season and career path ahead**



**Neha Gupta (Career Coach)- Session on Dressing for Interview**



**Session on Leadership and Personal Growth - Mr. Mohit Shetty (Deputy Head HR, Nippon Life India Asset Management)**

DATE: 21-25 November, 2022

SPRINT 251 for MBA-1, Quad- 2 on Transformation

SPRINT - 251 (MBA-1, Quad- 2) (Transformation) Reporting Time: 09:15AM									
Date	09:15 - 09:30	09:30 - 10:15	10:15 - 11:15	11:15 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:00	16:00 - 17:30
11/21/2022	Attendance	Welcome Address - Dr Kuldeep Rojhe	Using Technology for facing Interviews Effectively: Mr. Ashish Khosla	B R E A K	Organizational norms and guidance for Internship - Mr Pradeep Sharma	L U N C H	Self-Reflection - Ms. Poonam Nanda	B R E A K	Team Building Activity
11/22/2022	Attendance	Current Affairs : Dr Amar Rao	The Transformation Mindset: Dr Ashoo Khosla		Getting ready for the Real World- Ms Ritika		Workshop on MS Excel - Dr. Devesh Kumar		Workshop on MS Excel - Dr. Devesh Kumar
11/23/2022	Attendance	Current Affairs : Dr Amar Rao	Interview Skills - Ms Poonam Nanda		Resume Writing - Dr Prachi Kapil		Intrapersonal Communication - Mr. Charanjit Singh		Working on your Resume
11/24/2022	Attendance	Current Affairs : Dr Amar Rao	Grooming & Etiquette - Mr. Pratip Mazumdar		The Story of My Life - Mr Sidharth Basrur		Power of PowerPoint: Assignment		Presentations by Participants
11/25/2022	Attendance	Current Affairs : Dr Amar Rao	Group Discussions - Mr. Shard		Mock Group Discussions SPRINT Team		Mock Personal Interviews - Faculty from Management Sciences		Take Aways and Fun Time

Sprint 251 on *Transformation* was organized for students of MBA Quad 2 from 21<sup>st</sup> November to 25<sup>th</sup> November on theme Transformation. With participation of 119 Students, the day inchoated with “*Welcome Address*” by Dr. Kuldeep Rojhe followed by the session on “*Using Technology for facing Interviews Effectively*” by the Mr. Ashish Khosla. After which, the evening session consisted of session on *Self Reflection* by Ms. Poonam Nanda and *Team activity on Role plays using Newspapers* closed the day. The next day started with the “*Current Affairs*” by Dr. Amar Rao followed by “*The Transformation Mindset*” by Ms Ashoo Khosla & Guest Session by Ms. Ritika on “*Getting Ready for the Real world*”. The evening session constituted of “*Workshop on Excel*” by Dr. Devesh Kumar closed the day. Day 3 started with the “*presentations on Current Affairs*” by various teams followed by “*Interview Skills*” by Ms. Poonam Nanda. The evening session constituted of session on “*Intrapersonal Communication*” by Mr. Charanjeet Singh and Presentation on Case Study by Participants. Day 4 started with the “*presentations on Current Affairs*” by various teams followed by “*Grooming & Etiquette*” by Mr Pratip Mazumdar Director School of Hospitality & Hotel Mgmt. The evening session constituted of session on “*The Story of My Life*” by Sidharth Basrur – Bollywood Signer & Musician and day closed by presentations on Start-up Mindset. The Final day started with the *presentations on Current Affairs*” by various teams followed by “*Guidelines on Group Discussion*” by Mr. Shard. The evening session constituted of Mock Group Discussion & Mock Personal Interviews by department. The evening session constituted of Group Discussion Wars by participants followed by “*Team Building Activity, Reflections and Way Forward*” closed the final day.

**Student Participation:** 119

**Organized by:** Sprint Team

Guest Speakers: -

- Ms. Ritika
- Mr. Charanjit Singh
- Mr. Sidharth Basrur

**Impact:**

- Getting students prepared for Corporate World.
- Greater awareness of grooming and etiquette skills to increase the poise and confidence.
- Enhancing the thinking skill of the students through Current affairs and news analysis.
- Group discussion led to generate many thought-provoking questions regarding the topic.



## **Some Glimpses of the SPRINT Program**



**Session on Intrapersonal Communication -Mr. Charanjeet Singh**



**Session on Organizational norms and guidance for Internship -Mr. Pradeep Sharma**



**Session on Interview Skills - Ms. Poonam Nanda**





**Session on Getting ready for the Real World - Ms. Ritika**



**Session on Current Affairs - Dr Amar Rao**

**DATE: 28-29 November, 2022**

**SPRINT 252 for UGFMS 3rd Semester on Communication Skills**

<b>Agenda - SPRINT- 252- UGFMS 3rd Semester, No. of Students: 179 Venue: RTH</b>									
<b>Date &amp; Time</b>	<b>9:30-9:45</b>	<b>9:45- 10:45</b>	<b>10:45 -11:45</b>	<b>11:45-12:00</b>	<b>12:00 -13:00</b>	<b>13:00 -14:00</b>	<b>14:00 -15:30</b>	<b>15:30 -15:45</b>	<b>15:45 -17:15</b>
<b>28/11/2022</b>	<b>Attendance</b>	Welcome Address - Dr. Kuldeep Rojhe & Overview of Communication - Ms. Poonam Nanda	Session on Non-Verbal Communication -Dr. Prachi Kapil	<b>Break</b>	Session on Guidelines of Group Discussion- Mr. Shard	<b>Lunch</b>	Team Assignment (Team Name, Slogan & Introduction) -SPRINT Team & Faculty Coordinators	<b>Break</b>	Outdoor Activity at Vrindavan Garden - SPRINT Team & Faculty Coordinators
<b>29/11/2022</b>		Session on Basics of MS office- Mr. Shard			Session on How to Manifest Your Destiny - Ms. Renee Singh		Just a Minute (JAM) - SPRINT Team & Faculty Coordinators		Outdoor Activity at Basketball Court - SPRINT Team & Faculty Coordinators

SPRINT 252 was conducted for the 179 students of UGFMS 3rd Semester on “*Communication Skills*” from 28-29th of November 2022. The day started off with a warm welcome, addressed by Dr Kuldeep Rojhe followed by an *Overview of Communication* by Ms. Poonam Nanda and a session on “*Non-Verbal Communication*” by Dr Prachi Kapil. In the evening, students participated in “*Team Building Activity*” where all teams showcased their 3-4minutes of play using Newspapers as costumes and the day ended with some students sharing their overcoming stage fear experiences. The next day started with “*Workshop on MS Word*” by Mr Shard and followed by the guest session on “*How to Manifest Your Destiny*” by Ms Renee Singh. The evening session constituted of “*Just A Minute Activity*” by Faculty Coordinators & SPRINT Team after which *Reflections and Felicitations* closed the session.

**Student Participation:** 167

**Organised By:** SPRINT Team

Guest Speakers: -

- Ms. Renee Singh

**Impact:**

- To enable the students to study MS Office and to enrich the practical knowledge in MS
- Building a comprehensive proficiency in the Microsoft Office suite
- Identifying the importance of nonverbal communication in life
- Importance and brushing the skill of Professional Networking.
- Learning how to work with each other and get along well in team.
- Learning how to listen to one another in order to function as a cohesive unit.

## Some Glimpses of the SPRINT Program



**Welcome Address – Dr. Kuldeep Rojhe**



**Session on How to Manifest Your Destiny - Ms. Renee Singh**





**Mock Group Discussion: Students**



**Session on MS Word: Mr. Shard**





**Session on Overview of Communication - Ms. Poonam Nanda**

Date: 28-29 November, 2022

**SPRINT - 253, for Liberal Arts 3rd Semester on Communication Skills**

**Agenda - SPRINT- 253 Liberal Arts 3rd Semester, No. of Students: 105  
Venue:-PDH**

Date & Time	9:30-9:45	9:45- 10:45	10:45 - 11:45	11:45-12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 15:45	15:45 - 17:15
28/11/2022	Attendance	Welcome Address - Dr. Kesari & Overview of Communication - Mr. Shard	Session on Guidelines of Group Discussion- Ms. Poonam Nanda	Break	Team Assignment (Team name, Slogan & Introduction) - SPRINT Team & Faculty Coordinators	Lunch	Session on Listening Skills - Mr. Shard	Break	Outdoor Activity at Basketball Court - SPRINT Team & Faculty Coordinators
29/11/2022		Session on Basic of MS office-Ms. Jagriti			Session on Non-Verbal Communication - Dr. Prachi Kapil		Just a Minute (JAM) - SPRINT Team & Faculty Coordinators		Outdoor Activity at Vrindavan Garden - SPRINT Team & Faculty Coordinators

SPRINT 253 on Communication Skills for Liberal Arts 3<sup>rd</sup> Semester students was organized from 28<sup>th</sup> to 29<sup>th</sup> November, 2022. It was attended by 98 students. The SPRINT started with an attendance & welcome address by Dr. Manju Jaidka followed by the session on “Guidelines of Group Discussion”. The session on “Goal setting” was taken by Mr. Kapil Sharma. The afternoon started with Mr. Shard Session on “Listening Skills”. After that some team activity was conducted by SPRINT Team. On the next day SPRINT started with attendance and Workshop on “MS Word” by Ms. Jagriti and followed by the session on “Non-Verbal Communication” by Dr. Prachi Kapi. The evening session constituted of “Just A Minute Activity” by Faculty Coordinators & SPRINT Team after which Reflections and Felicitations closed the session.

**Student Participation-: 98**

**Organized -: SPRINT Team**

**Impact-:**

- To enable the students to study MS Office and to enrich the practical knowledge in MS
- Building a comprehensive proficiency in the Microsoft Office suite
- Identifying the importance of nonverbal communication in life
- Learning how to work with each other and get along well in team.
- Learning how to listen to one another in order to function as a cohesive unit.

## Some Glimpses of the SPRINT Program



**Welcome Address – Dr. Kesari**



**Session on Non-Verbal Communication – Dr. Prachi Kapil**



**Session on Listening Skills – Mr. Shard**

DATE – 30-1 December, 2022

**SPRINT 254 for Biotechnology 3rd Semester on Communication Skills**

Agenda - SPRINT – 254 B. Tech 3rd Semester, No. of Students: 211, Venue: RTH								
Date & Time	9:30 - 9:45	09:45 -10:30	10:30 - 11:30	11:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:30 - 17:00
30/11/2022	Attendance	Welcome Address - Dean & Overview of Communication - Ms. Poonam Nanda	Team Assignment (Team Name, Slogan & Introduction) -SPRINT Team	Break	Session on Mental Health- Dr. Mahavir Singh	Lunch	Session on Substance Abuse - Dr.Tanvi - YouWeCan	Tech Session with Department
12/1/2022		Session on Non-Verbal Communication - Dr. Prachi Kapil	Session on How to become successful - Mr. Ashish Khosla		Session on Smart Communication - Dr. Purnima Bali		Play	Fun Activity + Take Away's

Sprint 254 was conducted for Biotechnology 3rd Semester on *Communication Skills* from 30<sup>th</sup> -1<sup>st</sup> of December 2022. In the Presence of 198 Students, the day Inchoated with a warm Welcome, addressed by Ms. Poonam Nanda and session on “*Overview of Communication*” followed by *Team Building Activity* by SPRINT team. The evening session started with guest session by Dr. Tanvi Yadav – Project coordinator (You We Can) on “*Substance Abuse*” and the day closed with the technical session by Departments. The second day started with *Non-Verbal Communication* by Ms Prachi Kapil followed by session on “*How to become successful*” by Mr. Ashish Khosla. A very powerful session on “*Smart Communication*” was taken by Ms. Purnima Bali. 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:** 198

**Organised by:** Sprint Team

Guest Speakers: -

- Dr. Mahavir Singh
- Dr. Tanvi

**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 how to become successful – Mr. Ashish Khosla**



**Session on Mental Health- Dr. Mahavir Singh**



**Session on Substance Abuse - Dr. Tanvi**





**Nukkad Natak “Bezubaan Koi Nahi- Shoolini Creative Studio**



**Session on Smart Communication– Dr. Purnima Bali**



**Team Building Activity: SPRINT Team**



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 30<sup>th</sup> -1<sup>st</sup> 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**



**Nukkad Natak “Bezubaan Koi Nahi” - Mr. Ankur Saxena Bashar**



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



Date: 1 December, 2022

**SPRINT 256 for B.Tech (Core Engineering + CSE) 5<sup>th</sup> Semester on Communication Skills**

Agenda: SPRINT- 256_ B.Tech (Core Engineering + CSE) 5th Semester, No. of Students: 154, Venue - RTH						
Date & Time	9:30-9:45	9:45- 11:30	11:30-11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 17:00
2/12/2022	Attendance	Welcome Address & Session on Resume Writing - Ms. Poonam Nanda	Break	Session on Grooming - Mr.Pratip Kr. Mazumdar	Lunch	Session on Group Activity - SPRINT Team & Faculty Coordinators

SPRINT 256 on *Communication Skills* for B.Tech (Core Engineering + CSE)5th Semester students was organized on 1<sup>st</sup> December, 2022.This 1 day program was attended by 148 students. The SPRINT started with the attendance & a *welcome address* by Ms. Poonam Nanda. A very powerful session on Resume Writing to make the students aware of basic things while making Resumes was conducted thereafter followed by session on “Grooming” by Mr. Pratip Mazumdar. The afternoon session started with Team building activity where students presented themselves through Role Plays using Newspaper as their Costumes and *Reflections and Conclusions* closed the day.

**Student Participation-:** 148

**Organized -:** SPRINT Team

**Impact: -**

- The students were able to Know about the Importance of Resume
- Students were able to prepare a resume that described their education, skills, experiences and measurable achievements with proper grammar, format and brevity.
- Presenting yourself well, speaking clearly, using eye contact and taking the space you need to communicate.
- Understanding the Importance of Body Language.
- Learn how to take your teamwork experiences in the classroom and in life and use them to your advantage to further your career.
- Help students in establishing a unique personality.

## **Some Glimpses of the SPRINT Program**



**Session on Resume Writing: Ms. Poonam Nanda**



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



Date: 1 December, 2022

**SPRINT 257 for B.Tech (Bioengineering) 5<sup>th</sup> Semester on Communication Skills**

Agenda: SPRINT- 257- B. Tech (Bioengineering) 5th Semester, No. of Students: - 160, Venue :-PDH						
Date & Time	9:30-9:45	9:45- 11:30	11:30-11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 17:00
2/12/2022	Attendance	Welcome Address & Session on Resume Writing- Mr. Shard	Break	Session on Smart Communication – Dr. Purnima Bali	Lunch	Session on Group Activity - SPRINT Team & Faculty Coordinators

SPRINT 257 on *Communication Skills* for B. Tech Bioengineering 5th Semester students was organized on 2nd December 2022. This 1-day program was attended by 146 students. The SPRINT started with the attendance & a *welcome address* by Mr. Shard. A very powerful session on Resume Writing to make the students aware of basic things while making Resumes was conducted thereafter followed by session on “*Smart Communication*” by Dr. Purnima Bali. The afternoon session started with Team building activity where students presented themselves through Role Plays using Newspaper as their Costumes and *Reflections and Conclusions* closed the day.

**Student Participation-:** 146

**Organized -:** SPRINT Team

**Impact: -**

- The students were able to know about the Importance of Resume.
- Making the students aware that Resume communicates your qualifications and your brand.
- Helping students to prepare a resume that described their education, skills, experiences and measurable achievements with proper grammar, format and brevity.
- Enabling to create clear messages & eliminating unnecessary words and making the message relevant to the target audience.
- Presenting yourself well, speaking clearly, using eye contact and taking the space you need to communicate.
- Understanding the Importance of Body Language.
- Learn how to take your teamwork experiences in the classroom and in life and use them to your advantage to further your career.

## Some Glimpses of the SPRINT Program



Session on Resume Writing: Mr. Shard



**Session on Smart Communication: Dr. Purnima Bali**

Date: 19-20 December, 2022

**SPRINT 258 for UGFMS 1st Semester on Communication Skills**

Agenda - SPRINT- 258, UGFMS 1st Semester, No. of Students: 197, Venue: RTH										
Date & Time	9:30-9:45	9:45-10:00	10:00 - 11:30	11:30-11:45	11:45 - 13:00	13:00 - 14:00	14:00 - 14:45	14:45 - 15:30	15:30 - 15:45	15:45 - 17:00
19th Dec, 2022	Attendance	Welcome Address and Context Setting by Dean – Dr. Kuldeep Rojhe	Session on Overview of Communication with focus on Verbal- Mr. Shard	Break	Session on Communication through Storyboards – Mr. Joshua Kanwar, CEO Bridge Adcomm	Lunch	Session on Body Language (NVC) - Dr Prachi Kapil	Session on Body Language - Dr Subodh Saurabh	Break	Crossing the Border Activity – Mr. Kapil Sharma
20th Dec, 2022	Attendance	Session on MBTI and communication styles – Dr. Ashoo Khosla		Break	Session on Future of Communication- Prof Atul Khosla	Lunch	Activity on Communication – Mr. Kapil Sharma		Break	Team Presentations + Closure and Take Away's

SPRINT 258 was conducted for the 197 students of UGFMS 1st Semester on “*Communication Skills*” from 19-20th of December 2022. The day started off with a warm welcome, addressed by Dr Kuldeep Rojhe followed by an *Overview of Communication* by Mr. Shard and a session on “*Communication through Storyboards*” by Mr. Joshua Kanwar. Afternoon session on “*Non-Verbal Communication*” was taken by Dr. Prachi Kapil followed by session on “*Body Language*” by Dr. Subodh Saurabh. In the evening, students participated in “*Team Building Activity- crossing the border*” conducted by Mr. Kapil Sharma where all team members had to do something unique to come out of their comfort zones and the day ended with some students sharing their overcoming stage fear experiences. The next day started with “*Session on MBTI and Communication styles*” by Dr. Ashoo Khosla and followed by the session on “*Future Communication*” by Prof. Atul Khosla. The evening session constituted of “*Communication Activity*” by Mr. Kapil Sharma & SPRINT Team wherein students were divided into groups and asked to draw a picture without looking at the picture, focusing on active listening and effective speaking. after which *Reflections and Felicitations* closed the session.

**Student Participation:** 189

**Organised By:** Sprint Team

**Impact:**

- Learning how to work with each other and get along well in team.
- Understanding the Importance of Body Language.
- Improved Problem-Solving Skills
- Increased Confidence
- Improved Communication Skills
- Better Team Collaboration
- Enhanced Presentation Skill
- Improved Interpersonal Communication

## **Some Glimpses of the SPRINT Program**



**Welcome Address– Dr. Kuldeep Rojhe**





**Session on Future of Communication- Prof Atul Khosla**



**Session on Resume Writing: Mr. Shard**





**Session on MBTI and communication styles – Dr. Ashoo Khosla**



**Session on Body Language - Dr Subodh Saurabh**



**Crossing the Border Activity – Mr. Kapil Sharma**

Date: 19-20 December, 2022

**SPRINT 259 for Sciences 1st Semester on Communication Skills**

**Agenda - SPRINT- 259, Sciences, No. of Students: 107, Venue: PDH**

Date & Time	9:30-9:45	9:45-10:15	10:15 -11:15	11:15-11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 14:45	14:45 - 15:30	15:30 - 15:45	15:45 - 17:00
<b>19th Dec, 2022</b>	<b>Attendance</b>	Welcome Address and context Setting by Dean - Dr Y.S Negi	Session on the future of Communication-Prof. Ashish Khosla	<b>Break</b>	Session on Overview of Communication with focus on Verbal- Mr. Shard	<b>Lunch</b>	Session on Communication through Storyboards - Mr. Joshua Kanwar, CEO Bridge Adcomm		<b>Break</b>	Team Presentations
<b>20th Dec, 2022</b>		Activity on Communication - Mr. Kapil Sharma			Session on MBTI and communication styles - Dr. Ashoo Khosla		Session on Body Language - Dr. Subodh Saurabh	Session on Body Language (NVC) - Dr. Prachi Kapil		Crossing the Border Activity - Mr. Kapil Sharma

SPRINT 259 was conducted for the 107 students of Sciences 1st Semester on “*Communication Skills*” from 19-20th of December 2022. The day started off with a warm welcome, addressed by Dr Y.S. Negi followed by the session on “*Future of Communication*” by Dr. Ashish Khosla and a session on “*Overview of Communication*” by Mr. Shard. Afternoon session on “*Communication through storyboards*” was taken by Mr. Joshua Kanwar followed by Team presentation. The next day started with “*Communication Activity*” by Mr. Kapil Sharma & SPRINT Team wherein students were divided into groups and asked to draw a picture without looking at the picture, focusing on active listening and effective speaking followed by “*Session on MBTI and Communication styles*” by Dr. Ashoo Khosla. The 2<sup>nd</sup> half of the session started with a session on “*Body Language*” by Dr. Subodh Saurabh followed by the session on “*Non-Verbal Communications*” by Dr. Prachi Kapil. In the evening, students participated in “*Team Building Activity- crossing the border*” conducted by Mr. Kapil Sharma where all team members had to do something unique to come out of their comfort zones and the day ended with some students sharing their overcoming stage fear experiences. after which *Reflections and Felicitations* closed the session.

**Student Participation:** 98

**Organised By:** Sprint Team

**Impact:**

- Learning how to work with each other and get along well in team.
- Understanding the Importance of Body Language.
- Improved Problem-Solving Skills
- Increased Confidence
- Improved Communication Skills
- Better Team Collaboration
- Enhanced Presentation Skill
- Improved Interpersonal Communication

## Some Glimpses of the SPRINT Program



**Welcome Address by Dr. Y.S. Negi**





**Session on the future of Communication-Prof. Ashish Khosla**





**Session on Body Language - Dr. Subodh Saurabh**



**Session on MBTI and communication styles - Dr. Ashoo Khosla**

Date: 21-22 December, 2022

**SPRINT 260 for B.Tech Core Engineering 1st Semester on Communication Skills**

**Agenda - SPRINT- 260, Core Engineering 1st Semester, No. of Students: 211, Venue: RTH**

Date & Time	9:30-9:45	9:45-10:15	10:30 - 11:30	11:30-11:45	11:45 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 15:45	15:45 - 17:00
12-21-2022	Attendance	Welcome Address and Context Setting by Dean - Dr Rihani	Session on Five Waters Lessons of Communication from the Advertising World- Mr Tushar	Break	Session on Smart Communication- Dr. Purnima Bali	Lunch	Session on Body Language - Dr Prachi Kapil + Dr Subodh Saurabh	Break	Presentations
12-22-2022		Session on Communication tools of the Future- Dr. Amar Raj			Session on Guidelines for Group Discussion Shard		Activity on Communication		Outdoor activity

SPRINT 260 was conducted for the 211 students of Sciences 1st Semester on “*Communication Skills*” from 19-20th of December 2022. The sessions were aimed at equipping the participants with various communication skills and tools that are essential in today's fast-paced world. The first day of the training session was marked by a warm welcome address by Dr. Rihani, the Dean Engineering, who set the context for the session by emphasizing the importance of effective communication in all spheres of life. This was followed by a Guest talk by Mr. Tushar on the Five Waters Lessons of Communication from the Advertising World. He emphasized that effective communication is not just about what you say, but also how you say it. He provided several examples from the advertising world to illustrate his points. Dr. Purnima Bali then took the stage to talk about Smart Communication. She focused on how to communicate effectively in today's digital age, including the use of technology and social media to reach out to a wider audience. The next session was led by Dr. Prachi Kapil and Dr. Subodh Saurabh, who conducted a session on Body Language. They explained how body language is a powerful tool in communication and how it can be used to enhance the message being conveyed. They also provided several examples to demonstrate the points they made. The second day of the training session started with a talk by Dr. Amar Raj on the Communication Tools of the Future. He discussed how technology is rapidly changing the way we communicate and provided insights into the latest tools and technologies that are being used to enhance communication. This was followed by a session by Mr. Shard on Group Discussion Guidelines. He provided valuable tips and guidelines on how to participate effectively in group discussions and how to communicate your ideas and opinions in a clear and concise manner. The final part of the training session involved an activity on Communication, which was designed to provide participants with hands-on experience in communicating effectively. The activity involved group work, role-playing, and

other interactive elements that helped participants put into practice what they had learned. The training session concluded with an outdoor activity that was aimed at helping participants develop their teamwork and communication skills. The activity involved a series of challenges and tasks that required participants to work together and communicate effectively to achieve the goals set out for them.

**Conclusion:**

The SPRINT session was well received by the participants, who appreciated the hands-on and interactive nature of the sessions. The speakers and trainers were highly knowledgeable and provided valuable insights and advice on effective communication. Overall, the SPRINT session was a great success and helped participants develop their communication skills and knowledge, which they can put into practice in their personal and professional lives.

**Student Participation:** 198

**Organised By:** SPRINT Team

**Impact:**

- Understanding the Importance of Body Language.
- Improved Communication Skills
- Better Team Collaboration
- Improved Interpersonal Communication
- Development of Problem-Solving Skills
- Improved Listening Skills
- Increased Awareness of Non-Verbal Communication
- Improved Public Speaking Skills
- Learning how to work with each other and get along well in team.

## **Some Glimpses of the SPRINT Program**

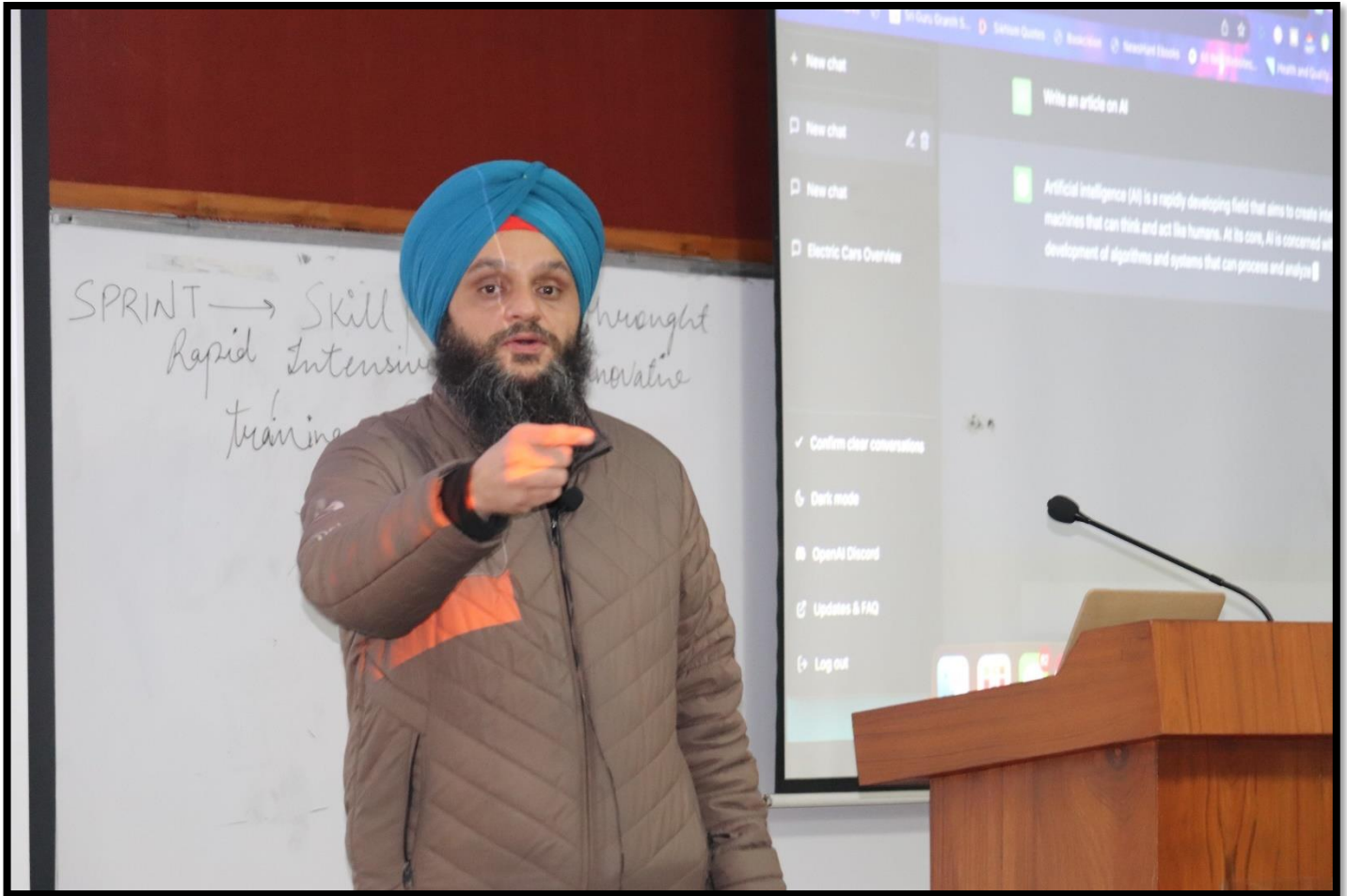


**Welcome Address by Dr Rihani**



**Session on Five Waters Lessons of Communication from the Advertising World- Mr Tushar**





**Session on Communication tools of the Future- Dr. Amar Raj**



**Session on Smart Communication- Dr. Purnima Bali**



**Session on Non Verbal Language - Dr Prachi Kapil**



**Session on Body Language - Dr Subodh Saurabh**



**Session on Guidelines for Group Discussion- Mr. Shard**



**Date: 21-22 December, 2022**

**SPRINT 261 for Bio Engineering 1st Semester on Communication Skills**

**Agenda - SPRINT- 261, Bio Engineering, No. of Students: 88, Venue: PDH**

<b>Date &amp; Time</b>	<b>9:30-9:45</b>	<b>9:45-10:15</b>	<b>10:15 -11:15</b>	<b>11:15-11:30</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:30</b>	<b>15:30 - 15:45</b>	<b>15:45 - 17:00</b>
<b>12-21-2022</b>	<b>Attendance</b>	Welcome Address and context Setting by Dean -Dr Saurabh	Session on Interpersonal communication and belief systems- Mr. Charanjit Singh	<b>Break</b>	Session on Five Waters Lessons of Communication from the Advertising World- Mr. Tushar	<b>Lunch</b>	Communication Activity	<b>Break</b>	Outdoor activity
<b>12-22-2022</b>		Session on Body Language - Dr Prachi Kapil + Dr Subodh Saurabh	Session on Communication Tools of the future- Dr. Amar Raj		Session on Smart Communication- Dr. Purnima Bali		Presentations		

SPRINT 261 was conducted for the 88 students of Bio Engineering 1st Semester on “*Communication Skills*” from 21-22nd of December 2022. The session was aimed at enhancing the communication skills of the participants and providing them with the latest tools and techniques for effective communication. The first day of the training session began with a welcome address by the Dean of Applied Sciences and Biotechnology, Dr. Saurabh. He emphasized the importance of communication skills in today's fast-paced world and how they play a crucial role in personal and professional life. The next session was conducted by Mr. Charanjit Singh, who spoke about Interpersonal Communication and Belief Systems. He discussed the impact of one's beliefs and values on communication and how it affects the way we perceive and respond to situations. Mr. Tushar, an expert in the field of advertising, conducted the next session on the Five Waters Lessons of Communication from the Advertising World. He highlighted the importance of storytelling, simplicity, and authenticity in effective communication and provided practical examples from the advertising industry. A communication activity was organized to put the theories into practice, and the participants had the opportunity to work in groups and apply their learning. The day ended with an outdoor activity aimed at building team spirit and fostering relationships among the participants. The second day of the training session started with a session on Body Language conducted by Dr. Prachi Kapil and Dr. Subodh Saurabh. They emphasized the importance of non-verbal communication and how body language can be used to enhance the impact of verbal communication. The next session was conducted by Dr. Amar Raj on Communication Tools of the future. He provided insights on the latest technologies and tools that are transforming the way we communicate and shared his vision on the future of communication. Dr. Purnima Bali conducted the next session on Smart Communication, where she discussed the importance of being strategic and mindful while communicating and provided tips and techniques for effective communication. The training session ended with presentations by the participants, where they showcased their learning and demonstrated their skills in effective communication.



Overall, the SPRINT session was highly informative and provided the participants with a comprehensive understanding of the various aspects of communication. The practical activities and sessions on the latest tools and techniques were particularly useful and provided a hands-on experience to the participants. The speakers were highly knowledgeable and engaged the students with their interactive and insightful sessions.

**Student Participation:** 82

**Organised By:** SPRINT Team

**Impact:**

- Increased confidence in expressing oneself.
- Enhanced ability to work effectively in teams.
- Assisted students in resolving disputes in a positive way.
- Students got a better understanding of cultural diversity.
- Improved the ability to express own beliefs more effectively and respectfully.
- Provided a change of pace from traditional classroom-based learning.
- Connected students with nature.
- Build teamwork and leadership skills.
- Developed skills in a fun and interactive way.

## Some Glimpses of the SPRINT Program



**Welcome Address by Dean -Dr Saurabh**



**Session on Interpersonal communication and belief systems- Mr. Charanjit Singh**



**Session on Five Waters Lessons of Communication from the Advertising World- Mr. Tushar**





**Communication Activity- Mr. Vikas Minj**



**Session on Smart Communication- Dr. Purnima Bali**