

## 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: 20

Students Participation: 2631

### List of Guest Faculty

Sr. No.	Guest Faculty Name	Topic
1	Dr. Mahavir Singh (Prof. of Physics, HPU)	Future of Nano Particle in different Application
2	Dr. Jaishree Sethi & Mr. Shamir (Director at Cheshta Care Foundation)	Theatre for communication
3	Ms. Navneet Sandhu (International Coach and Leadership Consultant)	Different approaches to Interpersonal Skills
4	Sanjeev Arora (Former Secretary & Ambassador, Govt of India)	Major Challenges in the Middle East and Implications for India
5	Dr. Saamddhu Chetri (former executive director of the Gross National Happiness Centre in Bhutan)	Mindfulness & Happiness
6	Ms. Parul Verma (ADOS- The Lalith Chandigarh)	Ten Entrepreneurial Skills -
7	Ms. Bidisha Fouzdar (CEO, SVP India's Delhi Chapter)	Internship in Non-Profit Organisation
8	Mr. Partho (Educator, writer & Coach)	Stress Management and Work Life balance
9	Mx Dhananjay (Transgender/LGBIQ Activist and President @saksham_prakriti_welfare)	Awareness Session on equity and equality for the Transgender Community

**Date: 04-05 January, 2023**

**SPRINT 262 for Postgraduates 1st Semester on Communication Skills**

<b>Agenda - SPRINT- 262, Postgraduate 1st Semester, Venue: RTH</b>									
<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>1-4-2022</b>	<b>Attendance</b>	Welcome Address and context Setting by Dean -Dr Saurabh Kulsreshtha	Ice Breaking Activity-SPRINT Team	<b>Break</b>	Session on Future of Nano Particle in different Application- Dr. Mahavir Singh	<b>Lunch</b>	Session on Resume Writing & Mock Interviews- Dr. Prachi Kapil	<b>Break</b>	Activity-Overcoming Stage Fear-Team Presentations
<b>1-5-2022</b>		Session on General Etiquette and Grooming - Mr. Pratip Mazumdar			Session on Art of Communication- Dr. Purnima Bali		Session on Art of Group Discussion & PI- Mr. Shard		Reflections & Felicitations

SPRINT 262 was conducted for the 68 students of PG 1st Semester on “Communication Skills” from 04-5th of January 2023 with the aim of providing the participants with the latest knowledge and skills in various aspects of personal development. The first day of the training session started with a welcome address by the Dean, Dr. Saurabh Kulsreshtha. He emphasized the importance of personal development and the role it plays in success and happiness. An ice-breaking activity was conducted by the SPRINT Team to help the participants get to know each other and create a positive and energetic atmosphere. The next session was conducted by Dr. Mahavir Singh on the Future of Nano Particles in Different Applications. He provided an overview of the latest developments in the field of nano technology and its potential applications in various industries. Dr. Prachi Kapil conducted a session on Resume Writing & Mock Interviews, where she provided practical tips and techniques for creating an effective resume and preparing for job interviews. The participants had the opportunity to participate in mock interviews and receive feedback from the trainer. An activity on Overcoming Stage Fear was organized, where the participants presented their ideas and skills in front of the group. This helped them overcome their fears and improve their public speaking skills. The second day of the training session started with a session on General Etiquette and Grooming conducted by Mr. Pratip Mazumdar. He emphasized the importance of good manners and personal grooming and provided practical tips for maintaining a professional image. Dr. Purnima Bali conducted a session on the Art of Communication, where she discussed the importance of effective communication and provided tips and techniques for improving one's

communication skills. The next session was conducted by Mr. Shard on the Art of Group Discussion & PI, where he emphasized the importance of teamwork and cooperation and provided practical tips for effective participation in group discussions and personal interviews. The SPRINT session ended with Reflections & Felicitations, where the participants shared their experiences and feedback on the training session. The SPRINT team & speakers were highly praised for their engaging and informative sessions, and the students expressed their appreciation for the opportunity to learn and grow.

Overall, the SPRINT was a great success and provided the participants with a comprehensive understanding of various aspects of personal development. The practical activities and interactive sessions were particularly useful and provided a hands-on experience to the participants. The speakers were knowledgeable and engaging, and the students left the session with a wealth of knowledge and practical skills that they can use in their personal and professional lives.

**Student Participation:** 68

**Organised By:** SPRINT Team

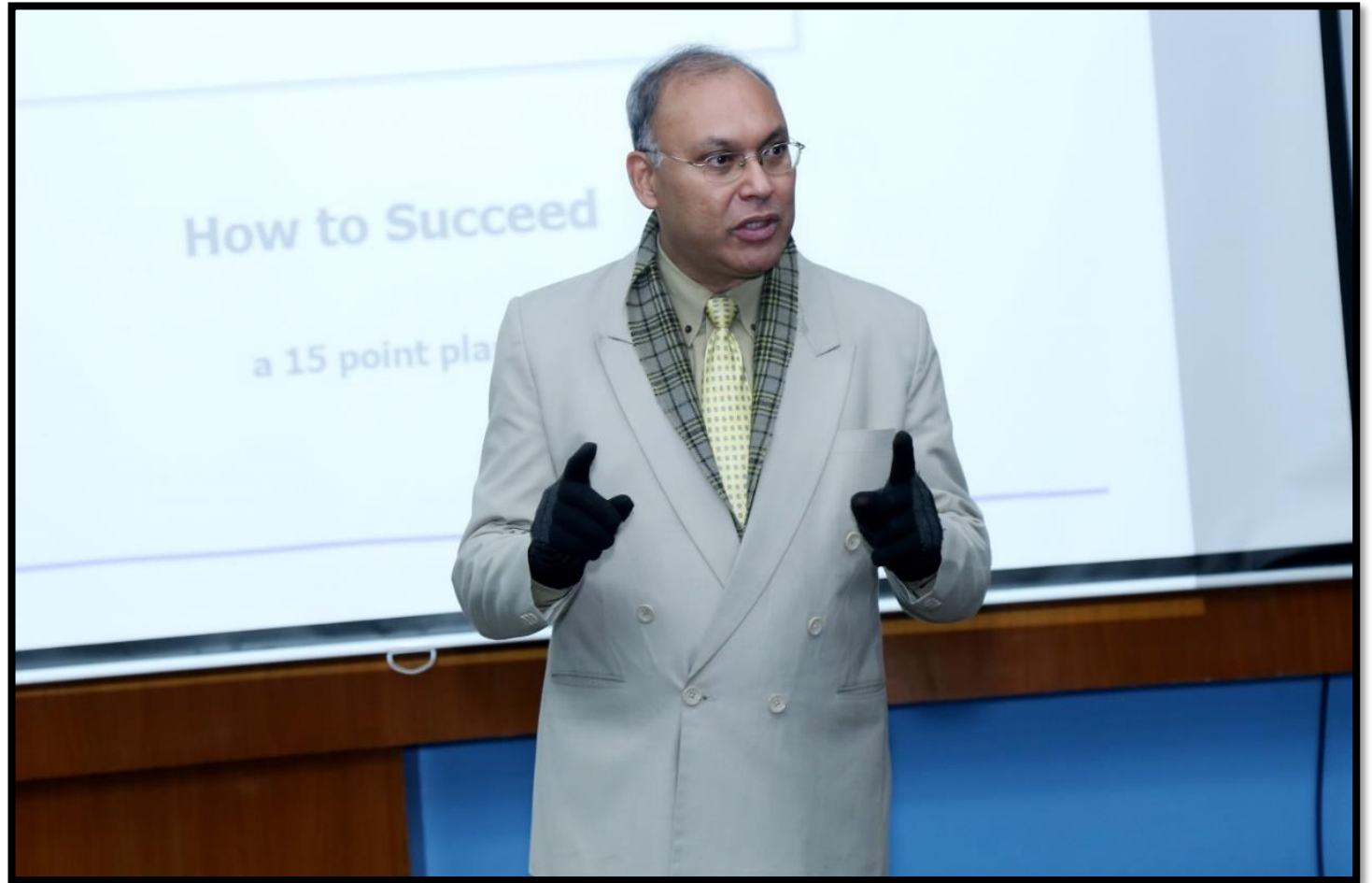
**Impact:**

- Increased understanding of recent technological developments.
- Future applications were better understood.
- Provided students with the knowledge and skills to pursue careers in related fields.
- Students achieved greater proficiency in writing resumes.
- Developed interviewing skills with more confidence.
- Increased chances of success in job searching and landing a job.
- Developed a better understanding of public speaking.
- Enhanced teamwork and leadership skills.
- Improved confidence when speaking in front of an audience.

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



**Nurturing Excellence: A Warm Welcome and Address from Dean Dr. Saurabh Kulsreshtha**



**Elevating Professionalism: Mr. Pratip Mazumdar's Session on General Etiquette and Grooming**



**Exploring the Future: Dr. Mahavir Singh Explores Nano Particles in Diverse Applications**





**Crafting Careers: Dr. Prachi Kapil's Session on Resume Writing & Mock Interviews**

Date: 20-21 April, 2023

**SPRINT 263 for Core Engg, CSE & BCA 8th & 6th semester, on Campus to Corporate**

**SPRINT -263, Core Engg, CSE & BCA 8th & 6th semester**

Date	09:25 - 09:45	09:45 - 10:15	10:15 - 11:15	11:15 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 15:45	15:45 - 17:20
<b>20-Apr-23</b>	Attendance	Welcome Address : Session on Future Career In technology by Mr Ashish Khosla	Ice Breaking Activity - Ms Poonam Nanda	Break	Session on Negotiation and Conflict Resolution by Mr Tarun Gupta	Lunch	Session on Professional Grooming by Mr Pratip	Break	Tips On Personal Interview by Poonam Nanda  (15:45 - 16:30) Team Building Activity
<b>21-Apr-23</b>		Guided Meditation by Dr Rohit Chobe	Session on Problem solving & decision making by Mr BK Kaul		Session on Professional Networking by Dr Amar Rao		Mock Group Discussion - Mr. Suraj Kanwar/ Mr Shard		Cultural/ Conclusion

SPRINT 263 was conducted for the 152 students of for Core Engg, CSE & BCA 8th & 6th semester, on Campus to Corporate from 20-21st of April 2023. The program aimed to prepare students for a seamless transition from the academic environment to the corporate world, focusing on professional skills, communication, and networking.

The training program commenced with attendance marking, setting the foundation for a productive learning journey. The Welcome Address provided a context for the program, emphasizing the importance of equipping students with the skills required for success in the corporate sector. Mr. Ashish Khosla, a technology expert, conducted a session on "Future Careers in Technology," offering insights into potential career trajectories in the ever-evolving technology landscape. An engaging ice-breaking activity, facilitated by Ms. Poonam Nanda, encouraged students to interact, fostering a positive and collaborative learning atmosphere. Mr. Tarun Gupta led a session on "Negotiation and Conflict Resolution," equipping students with practical strategies to handle conflicts and negotiations in professional settings effectively.

The session on "Professional Grooming" by Mr. Pratip emphasized personal presentation and professional etiquette, vital aspects of corporate life. Ms. Poonam Nanda shared "Tips on Personal Interviews," offering valuable advice on how to perform confidently and impressively during job interviews. The day concluded with a team-building activity aimed at promoting teamwork, collaboration, and effective communication among participants.

Day two began with attendance and a guided meditation session led by Dr. Rohit Chobe. This session aimed to help students manage stress and enhance their mental clarity and focus. Mr. BK Kaul conducted a session on "Problem Solving & Decision Making," providing students with crucial skills to tackle complex challenges and make informed decisions in their professional roles. Dr. Amar Rao presented a session on "Professional Networking," highlighting the importance of building and maintaining strong professional connections for career growth. Mock Group Discussion sessions, led by Mr. Suraj Kanwar and Mr. Shard, allowed students to practice and improve their group discussion skills, a key requirement of many corporate selection processes. The program concluded with cultural activities and a summarizing session, reinforcing the key takeaways from the training program.

**Student Participation:** 142

**Organised By:** SPRINT Team

**Impact:**

- Understand potential career opportunities in the technology sector.
- Students developed negotiation, conflict resolution, and problem-solving skills.
- Embraced professionalism in appearance and demeanor of students
- Students excelled in group discussions, a common assessment in corporate interviews.
- Build effective networking skills for professional growth.
- Managed stress and enhance mental clarity through meditation.

## Some Glimpses of the SPRINT Program



**Unveiling Tomorrow: Mr. Ashish Khosla Explores Future Tech Careers in Welcome Address**



**Mastering Solutions: Mr. BK Kaul's Session on Problem Solving & Decision Making**



**Navigating Challenges: Mr. Tarun Gupta's Insights on Negotiation and Conflict Resolution**



**Building Bridges: Dr. Amar Rao's Session on the Art of Professional Networking**



**Journey Within: Dr. Rohit Chobe Guides a Mindful Meditation Session**



**Date: 20-21 April, 2023**

**SPRINT 264 for Liberal Arts + BSc HHA 6th Semester, on Campus to Corporate**

**SPRINT - 264 (Liberal Arts + BSc HHA 6th Semester) Venue: PDH**

Date	09:25 - 09:45	09:45 - 10:45	10:45 - 11:15	11:15 - 11:30	11:30 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:00	16:00 - 17:20
<b>20-Apr-23</b>	Attendance	Welcome Address : Session on Theatre for communication by Ms Jaishree Sethi & Shamir	Ice Breaking Activity by Dr Ashoo Khosla	Break	Session on Professional Networking by Dr Amar Rao	Lunch	Mock Group Discussion - Mr. Suraj Kanwar/Mr Shard	Break	Team Building Activity
<b>21-Apr-23</b>	Attendance	Guided Meditation by Ms Suman Rawat	Session on Negotiation and Conflict Resolution by Mr Tarun Gupta		Session on Problem solving & decision making by Mr BK Kaul		Session on Professional Grooming by Mr Pratip		Cultural/ Conclusion

SPRINT 264 was conducted for the 95 students Liberal Arts + BSc HHA 6th Semester, on Campus to Corporate from 20-21st of April 2023. The program aimed to bridge the gap between academic life and the corporate world, equipping students with essential skills and knowledge for a successful transition.

The training program's first day began with attendance marking, setting the tone for a productive and engaging learning experience. The Welcome Address provided context for the program and highlighted its significance in preparing students for their professional journeys. Ms. Jaishree Sethi and Mr. Shamir conducted an innovative session on "Theatre for Communication." This interactive session aimed to enhance participants' communication skills through theatrical techniques, fostering creativity and self-expression. An ice-breaking activity, organized by Dr. Ashoo Khosla, encouraged students to connect and engage with each other in a relaxed setting, fostering a positive and collaborative learning environment. Dr. Amar Rao conducted a session on "Professional Networking," emphasizing the importance of building and nurturing professional relationships for career growth. Mock Group Discussion sessions led by Mr. Suraj Kanwar and Mr. Shard allowed students to practice and refine their group discussion skills, an essential aspect of corporate interviews. The day ended with a team-building activity, promoting collaboration, communication, and teamwork among participants.

Day two began with attendance and a guided meditation session by Ms. Suman Rawat. This session aimed to help students manage stress, improve focus, and achieve mental clarity, essential for corporate success. Mr. Tarun Gupta conducted a session on "Negotiation and Conflict Resolution," equipping students with practical strategies to handle conflicts and negotiations in professional environments. Mr. BK Kaul presented a session on "Problem Solving & Decision Making," empowering students with critical thinking skills to solve complex challenges. The session on "Professional Grooming" by Mr. Pratip emphasized the importance of personal presentation, professional conduct, and etiquette. The program concluded with cultural activities and a summarizing session, reinforcing the key takeaways from the training program.

**Student Participation:** 90

**Organised By:** SPRINT Team

**Impact:**

- Enhance communication skills through theatrical techniques
- Develop effective networking skills for career growth
- Practice and improve group discussion and communication skills.
- Understood the significance of personal presentation and professionalism

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



**Expressing Through Art: Ms. Jaishree Sethi & Shamir's Session on Theatre for Communication**



**Refining Your Image: Mr. Pratip Mazumdar's Insights on Professional Grooming**



**Fostering Unity and Collaboration: Engaging in a Dynamic Team Building Activity**



**Unlocking Opportunities: Dr. Amar Rao Explores the Art of Professional Networking**

**Date: 25-26 April, 2023**

**SPRINT 265 for UGFMS- 6th Semester, on Campus to Corporate**

## SPRINT - 265 (UGFMS) RTH

Date	09:25 - 09:45	09:45 - 10:30	10:30 - 11:30	11:30 - 12:30	12:35 - 14:10	14:20 - 16:00	16:00 - 16:15	16:15 - 17:15
<b>25-Apr-23</b>	Attendance	Welcome Address : Mr. Munish Sahrawat  Ice Breaking Activity:- Ms Poonam Nanda	Session on Powerpoint Presentations by Ms. Sakshi	Session on Interview Skills by Poonam Nanda	Minors/Lunch	Session on different approaches to Interpersonal Skills by Ms Navneet Sandhu	Break	Session on Creativity in Communication by Ms Ashoo Khosla
<b>26-Apr-23</b>		Guided Meditation	Guidelines to GD & Practice by Mr Suraj Kanwar	Session on Professional Grooming by Mr Pratip Mazumdar		Preparation & Live Presentations		Live Presentations cont...& Closure

SPRINT 265 was conducted for the 124 students of UGFMS- 6th Semester, on Campus to Corporate from 25-26th of April 2023. The program aimed to equip students with the essential skills and knowledge required for a smooth transition from the academic environment to the corporate world.

The SPRINT program's first day commenced with attendance marking, signifying the beginning of an enriching learning experience. Mr. Munish Sahrawat delivered a warm and motivating Welcome Address, setting the stage for the informative sessions that followed. An ice-breaking activity, led by Ms. Poonam Nanda, allowed students to connect and engage with one another, fostering a positive and inclusive learning atmosphere. Ms. Sakshi conducted a session on "PowerPoint Presentations," providing valuable insights into creating compelling and impactful visual aids for effective communication. Ms. Poonam Nanda led a session on "Interview Skills," imparting essential techniques and strategies to excel in job interviews. Different approaches to "Interpersonal Skills" were explored by Ms. Navneet Sandhu, helping students understand the dynamics of effective communication in various contexts. The day concluded with a session by Ms. Ashoo Khosla on "Creativity in Communication," encouraging students to think innovatively and creatively while conveying their ideas. Day two commenced with attendance and a guided meditation session led by Ms. Suman

Rawat. This session aimed to help students manage stress, enhance focus, and foster mental clarity. Mr. Suraj Kanwar provided guidelines for group discussions (GD) and facilitated practice sessions, allowing students to refine their GD skills, a common component of corporate selection processes. Mr. Pratip Mazumdar conducted a session on "Professional Grooming," emphasizing the importance of personal presentation, attire, and professional demeanor. Participants engaged in preparation and delivered live presentations, allowing them to apply the skills and techniques learned throughout the training program. The program concluded with a summarizing session, providing participants with an opportunity to reflect on their learning journey and reinforcing the key takeaways.

**Student Participation:** 119

**Organised By:** SPRINT Team

**Impact:**

- Develop effective PowerPoint presentation skills
- Develop effective PowerPoint presentation skills
- Improve group discussion skills through practice.
- Cultivate creativity and innovation in communication
- Apply learned skills through live presentations

**Some Glimpses of the SPRINT Program**





**Navigating Human Connections: Ms. Navneet Sandhu Explores Diverse Interpersonal Skill Approaches**



**Mastering Visual Impact: Enhancing Presentation Skills with Ms. Sakshi's PowerPoint Insights**



**Sharpening Communication: Engaging in a Productive Mock Group Discussion Session**

**Date: 25-26 April, 2023**

**SPRINT 266 for Bioengineering- 8th Sem+ BSc FT & BSc ND-6th Semester, on Campus to Corporate**

<b>SPRINT - 266 (Final Year) PDH (Bioengineering, BSc FT &amp; Nutrition)</b>								
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:30</b>	<b>10:30 - 11:30</b>	<b>11:30 - 12:30</b>	<b>12:35 - 14:10</b>	<b>14:20 - 16:00</b>	<b>16:00 - 16:15</b>	<b>16:15 - 17:15</b>
<b>25-Apr-23</b>	Attendance	Welcome Address : Dr. Kesari Ice Breaking Activity	Session on Professional Grooming by Mr Pratip Mazumdar	Alumni Session:- Chirag & Tejaswini	Minors/ Lunch	Session on Interview Skills by Ms.Poonam Nanda	Break	Guidelines to GD & Practice: Mr Suraj kanwar
<b>26-Apr-23</b>	Attendance	Guided Meditation	Session on different approach to Interpersonal skills by Ms Navneet	Session on Powerpoint Presentations by Mr Suraj Kanwar		<b>(14:30-15:30)</b> Session on Creativity in Communication by Ms Ashoo Khosla	<b>(15:30-15:45)</b> Break	Live Presentations & Closure

SPRINT 266 was conducted for the 144 students of Bioengineering- 8th Sem+ BSc FT & BSc ND-6th Sem, on Campus to Corporate from 25-26th of April 2023. The program aimed to equip students with the essential skills and knowledge required for a smooth transition from the academic environment to the corporate world. The SPRINT program's first day commenced with attendance marking, signifying the beginning of an enriching learning experience. Mr. Munish Sahrawat delivered a warm and motivating Welcome Address, setting the stage for the informative sessions that followed. An ice-breaking activity, led by Ms. Poonam Nanda, allowed students to connect and engage with one another, fostering a positive and inclusive learning atmosphere. Ms. Sakshi conducted a session on "PowerPoint Presentations," providing valuable insights into creating compelling and impactful visual aids for effective communication. Ms. Poonam Nanda led a session on "Interview Skills," imparting essential techniques and strategies to excel in job interviews. Different approaches to "Interpersonal Skills" were explored by Ms. Navneet Sandhu, helping students understand the dynamics of effective communication in various contexts. The day concluded with a session by Ms. Ashoo Khosla on "Creativity in Communication," encouraging students to think innovatively and creatively while conveying their ideas. Day two commenced with attendance and a guided meditation session led by Ms. Suman Rawat. This session aimed to help students manage stress, enhance focus, and foster mental clarity. Mr. Suraj

Kanwar provided guidelines for group discussions (GD) and facilitated practice sessions, allowing students to refine their GD skills, a common component of corporate selection processes. Mr. Pratip Mazumdar conducted a session on "Professional Grooming," emphasizing the importance of personal presentation, attire, and professional demeanor. Participants engaged in preparation and delivered live presentations, allowing them to apply the skills and techniques learned throughout the training program. The program concluded with a summarizing session, providing participants with an opportunity to reflect on their learning journey and reinforcing the key takeaways.

**Student Participation:** 139

**Organised By:** SPRINT Team

**Impact:**

- Develop effective PowerPoint presentation skills
- Enhance personal grooming and professionalism.
- Apply learned skills through live presentations.
- Cultivate creativity and innovation in communication.

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



**Unveiling the Art of Effective Interpersonal Skills: A Journey with Ms. Navneet Sandhu**

**Date: 27 April, 2023**

**SPRINT 267 for UG Sciences + BSc Agriculture 8th Semester, on Campus to Corporate**

<b>SPRINT - 267 (Final Year) RTH (Basic Sciences)+ BSc Agri 8th Semester</b>									
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:00</b>	<b>10:00 - 10:50</b>	<b>10:50 - 11:10</b>	<b>11:20 - 12:30</b>	<b>12:35 - 14:15</b>	<b>14:20 - 15:30</b>	<b>15:30 - 15:45</b>	<b>15:45 - 17:15</b>
<b>27-Apr-23</b>	Attendance	Welcome Address: Ice Breaking Activity	Session on Interview Skills by Ms. Poonam Nanda	Break	Session on Major Challenges in the Middle East and Implications for India by Ambassador Sanjeev Arora	Minors/ Lunch	Power Point Presentations by Mr Suraj Kanwar	Break	Live Presentations

SPRINT 267 was conducted for the 187 students of UG Sciences + BSc Agriculture 8th Semester, on Campus to Corporate on 27<sup>th</sup> of April 2023. The program aimed to prepare students for a successful transition from their academic life to the corporate world by providing them with crucial skills and insights.

The day began with attendance marking, signifying the start of an enlightening learning journey. A warm Welcome Address set the tone for the informative and engaging sessions that followed. An ice-breaking activity encouraged interaction among participants, creating a conducive environment for collaboration and learning. Ms. Poonam Nanda led a session on "Interview Skills," equipping students with the techniques and strategies needed to excel in job interviews. Ambassador Sanjeev Arora delivered a session on "Major Challenges in the Middle East and Implications for India," providing valuable insights into global geopolitical dynamics and their potential impact on India. Mr. Suraj Kanwar conducted a session on "PowerPoint Presentations," empowering students to create impactful visual presentations for effective communication. Participants had the opportunity to showcase their learning and skills through live presentations. The program concluded with a summarizing session, providing participants with an opportunity to reflect on their learning journey and reinforcing the key takeaways.

**Student Participation:** 181

**Organised By:** SPRINT Team

**Impact:**

- Develop interview skills and techniques to perform confidently in job interviews.
- Gain a deeper understanding of major geopolitical challenges in the Middle East and their relevance to India.
- Master the art of creating compelling PowerPoint presentations for effective communication.

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



**Session on Major Challenges in the Middle East and Implications for India : Ambassador Sanjeev Arora**

**Date: 27 April, 2023**

**SPRINT 268 for - PG Sciences + M Tech FT- 4th Semester, on Campus to Corporate**

<b>SPRINT - 268 (Final Year) PDH (PG- Basic Science)</b>									
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:30</b>	<b>10:30 - 11:30</b>	<b>11:30 - 11:45</b>	<b>11:45 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:15 - 15:15</b>	<b>15:15 - 15:30</b>	<b>15:30 - 17:15</b>
<b>27-Apr-23</b>	Attendance	Welcome Address: Dr. Pardeep Singh Ice Breaking Activity	Guidelines to GD & Practise by Mr Shard	Break	Session on Scientific Research by Mr. Vihang Ghalsasi	Lunch	Session on Generative AI by Mr. Amar Raj	Break	Live Presentations

SPRINT 268 was conducted for the 134 students of - PG Sciences + M Tech FT- 4th Semester, on Campus to Corporate on 27<sup>th</sup> of April 2023. The program aimed to prepare students for a successful transition from their academic life to the corporate world by providing them with essential skills and insights. The SPRINT program's commenced with attendance marking, signifying the beginning of an enlightening learning journey. Dr. Pardeep Singh delivered a warm Welcome Address, setting the stage for the informative sessions that followed. An ice-breaking activity fostered interaction among participants, creating a friendly and collaborative learning atmosphere. Guidelines and practice for Group Discussions (GD) were facilitated by Mr. Shard, allowing students to refine their GD skills through practical exercises. Mr. Vihang Ghalsasi conducted a session on "Scientific Research," providing insights into research methodologies and techniques, fostering critical thinking and problem-solving skills. Mr. Amar Raj led a session on "Generative AI," introducing students to the innovative field of artificial intelligence and its applications in the corporate world. The day concluded with live presentations by participants, allowing them to apply the skills they learned and practiced throughout the day.

**Student Participation:** 130

**Organised By:** SPRINT Team

**Impact:**

- Enhance their Group Discussion skills through practice and guidance
- Gain insights into the applications of Generative AI in the corporate sector.
- Understand the fundamentals of scientific research methodologies.



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



**Session on Guidelines to GD & Practise :Mr Shard**

**Date: 03-04 May, 2023**

## SPRINT 269 for - Core Engg, CSE- 6th Semester, on Entrepreneurship

<b>SPRINT - 269 (6th Semester) RTH (Core Engineering) Theme :-Entrepreneurship</b>								
Date	09:25 - 09:45	09:45 - 10:30	10:30 - 11:30	11:30 - 12:30	12:35 - 14:10	14:30 - 16:15	16:15 - 16:30	16:30 - 17:15
<b>03-May-23</b>	Attendance	Session on Mindfulness & Happiness- Dr. Saamddhu Chetri	Session on Startup's in Entrepreneurship - Mr.Munish Sherawat	Session on Ten Entrepreneurial Skills - Ms Parul Verma	Minors/ Lunch	Session on Mini Workshop on Entrepreneurship - Dr Kamalkant	Break	Session on Guidelines to GD & Practice - Mr. Suraj Kanwar
Date	09:25 - 09:45	09:45 - 10:45	10:45 - 11:45	11:45 - 12:30		14:30 - 16:15		14:30 - 16:15
<b>04-May-23</b>	Attendance	Session on Business Plan for Sole Proprietors- Dr. Chander Mohan	Session on Chai Shack Case Study- Mr. Abhishek Dhawan	Session on IPR for Entrepreneurship - Dr. Sorabh Aggarwal		Session on Design Thinking for Innovation by Dr Ashoo Khosla		Fun Activity & Closure

SPRINT 269 was conducted for the 152 students of Core Engg, CSE- 6th Semester, on Entrepreneurship from 3-4th of May 2023. The program aimed to cultivate an entrepreneurial mindset and equip students with essential skills and knowledge to embark on their entrepreneurial journeys. The SPRINT program's first day began with attendance marking, marking the commencement of an inspiring and informative learning experience. The sessions were designed to provide students with insights into various facets of entrepreneurship. Dr. Saamddhu Chetri led a session on "Mindfulness & Happiness," emphasizing the importance of holistic well-being and a positive mindset in the entrepreneurial journey. Mr. Munish Sherawat conducted a session on "Startups in Entrepreneurship," shedding light on the world of startups and their role in fostering innovation and growth. Ms. Parul Verma presented a session on "Ten Entrepreneurial Skills," providing an overview of essential skills required for entrepreneurial success. Dr. Kamalkant conducted a mini workshop on "Entrepreneurship," engaging participants in interactive activities and discussions to stimulate their entrepreneurial thinking. Guidelines and practice for Group Discussions (GD) were facilitated by Mr. Suraj Kanwar, allowing students to enhance their communication and collaboration skills.

Day two began with attendance and continued to offer insightful sessions that aimed to deepen students' understanding of entrepreneurship. Dr. Chander Mohan conducted a session on "Business Plan for Sole Proprietors," providing insights into creating a comprehensive business plan for individual entrepreneurs. Mr. Abhishek Dhawan presented the "Chai Shack Case Study," offering real-world insights into entrepreneurial challenges, decisions, and opportunities. Dr. Sorabh Aggarwal led a session on "IPR for Entrepreneurship," educating students on Intellectual Property Rights and their significance in protecting innovative ideas. Dr. Ashoo Khosla conducted a session on "Design Thinking for Innovation," encouraging students to adopt a creative and user-centered approach to problem-solving and innovation. A fun activity marked the end of the training program, followed by a closing session.

**Student Participation:** 146

**Organised By:** SPRINT Team

**Impact:**

- Cultivate mindfulness and a positive mindset for entrepreneurial success
- Understand the startup ecosystem and its role in fostering innovation.
- Develop essential entrepreneurial skills required for success.
- Create a comprehensive business plan for individual entrepreneurship.
- Apply intellectual property rights to protect innovative ideas.
- Embrace design thinking for innovative problem-solving.

**Some Glimpses of the SPRINT Program**



**Session on Mindfulness & Happiness- Dr. Saamddhu Chetri**

**Date: 03-04 May, 2023**

**SPRINT 270 for - UG Sciences+ BSc Agri- 4th Semester, on Presentation Skills**

**SPRINT - 270 ( 4th Semester) PDH (Basic Sciences) Theme- Presentation Skills**

Date	09:25 - 09:45	09:45 - 10:30	10:30 - 11:30	11:30 - 12:30	12:35 - 14:10	14:30 - 16:15	16:00 - 16:15	16:15 - 17:15
03-May-23	Attendance	Welcome Address : Dr. Sunil Puri & Dr. YS Negi Ice Breaking Activity: Vikas Minj	Session on Public Speaking - Dr Kamalkant	Session on AI Tools for Presentations - Dr. Amar Raj	Minors/ Lunch	Session on Inspirational Presentation Skills - Ms Parul Verma	Break	Session on Mindfulness Session Dr Saamdhu Chetri
Date	09:25 - 09:45	09:45 - 11:00	11:00 - 12:30	14:30 - 16:15		16:15 - 17:15		
04-May-23	Attendance	Session on Design Thinking for Data Visualization & Story Telling - Dr Ashoo Khosla	Guidelines to Presentation & Preparation Time -Mr Suraj Kanwar	Final Group Presentations - Mr. Munish		Fun Activity & Closure		

SPRINT 270 was conducted for the 97 students of UG Sciences+ BSc Agri- 4th Semester, on Presentation Skills from 3-4th of May 2023. The program aimed to enhance students' ability to deliver effective and impactful presentations, a crucial skill for their academic and professional journeys.

The training program's first day commenced with attendance marking, signifying the beginning of an informative and interactive learning experience. The sessions were designed to provide students with a comprehensive understanding of presentation skills. Dr. Sunil Puri and Dr. YS Negi delivered a Welcome Address, setting the stage for the engaging sessions ahead. An ice-breaking activity, led by Vikas Minj, encouraged interaction among participants, creating a comfortable and collaborative learning environment. Dr. Kamalkant conducted a session on "Public Speaking," providing insights into techniques to confidently address an audience and deliver effective speeches. Dr. Amar Raj presented a session on "AI Tools for Presentations," introducing students to innovative tools that can enhance the visual and interactive aspects of their presentations. Ms. Parul Verma led a session on "Inspirational Presentation Skills," focusing on techniques to create engaging and inspiring presentations. A mindfulness session led by Dr. Saamdhu Chetri provided participants with relaxation techniques to manage stress and improve focus.

Day two began with attendance and continued with sessions aimed at refining students' presentation skills.

Dr. Ashoo Khosla conducted a session on "Design Thinking for Data Visualization & Storytelling," highlighting the importance of creative visualization and storytelling techniques in presentations. Mr. Suraj Kanwar provided guidelines for presentations and allocated preparation time, allowing students to practice and refine their skills. Final group presentations were conducted by Mr. Munish Sahrawat, providing students with

an opportunity to showcase their improved presentation skills. The program concluded with a fun activity and a closing session.

**Student Participation:** 89

**Organised By:** SPRINT Team

**Impact:**

- Enhance their public speaking skills and deliver confident speeches.
- Utilize AI tools to enhance the visual and interactive aspects of their presentations.
- Create engaging and inspirational presentations.
- Apply mindfulness techniques for stress management and improved focus.
- Incorporate design thinking and storytelling in data visualization and presentations.

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



**Session on Inspirational Presentation Skills -Ms Parul Verma**

**Date: 08-09 May, 2023**

**SPRINT 271 for - BBA,BCom,BA Economics- 4th Semester, on Entrepreneurship**

**SPRINT - 271 (4th Semester) RTH (BBA/BCom/BA Education) Theme:- Entrepreneurship**

<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:30</b>	<b>10:30 - 11:30</b>	<b>11:45 - 12:50</b>	<b>13:00- 14:00</b>	<b>14:00 - 16:00</b>	<b>16:00 - 16:15</b>	<b>16:15 - 17:15</b>
<b>08-May-23</b>	Attendance	Welcome Address: Dr Kesari Ice Breaking Activity	Session on Leadership in Startups- Mr Pradeep Kumar Sharma	Business Idea : PPT	Lunch	Session on Business Plan for Sole Proprietors- Dr. Chander Mohan	Break	Session on Guidelines to GD & Practice - Mr. Suraj Kanwar
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:15</b>	<b>10:15 - 11:30</b>	<b>11:30- 12:25</b>	<b>12:30- 14:15</b>	<b>14:30 - 16:00</b>		<b>16:30 - 17:15</b>
<b>09-May-23</b>	Attendance	Guided Meditation	Session on Effective Business Communication - Ms Meenakshi	Session on Chai Shack Case Study- Mr. Abhishek Dhawan	Minor/ Lunch	Session on Startups and Entrepreneurship - Mr.Munish Sherawat		Fun Activity & Closure

SPRINT 271 was conducted for the 175 students of BBA,B Com, BA Economics- 4th Semester, on Entrepreneurship from 8-9th of May 2023. The program was strategically designed to instill a strong entrepreneurial mindset and equip students with practical skills relevant to startup ventures and business endeavours. Day 1SPRINT program commenced with the meticulous marking of attendance, symbolizing the commencement of an enriching and insightful learning journey. Dr. Kesari, esteemed faculty member, extended a cordial welcome address, setting the tone for the intellectually stimulating sessions ahead. An ice-breaking activity was thoughtfully designed to foster networking and interaction among participants, thereby

cultivating a dynamic and collaborative learning atmosphere. Mr. Pradeep Kumar Sharma, a seasoned entrepreneur, conducted an insightful session on "Leadership in Startups," sharing invaluable leadership strategies tailor-made for the unique challenges faced in entrepreneurial ventures. The segment titled "Business Idea: PPT" provided students with the platform to showcase their innovative ideas, encouraging creative expression and strategic thinking. Dr. Chander Mohan, a seasoned business professional, led a session on "Business Plan for Sole Proprietors," arming students with the competence to craft comprehensive and compelling business plans. Guidelines and hands-on practice for Group Discussions (GD) were effectively facilitated by Mr. Suraj Kanwar, enhancing students' communication skills and collaborative proficiency. The second day commenced with meticulous attendance marking and continued to offer intellectually stimulating sessions aimed at enhancing both business acumen and professional communication. A guided meditation session was thoughtfully incorporated into the program, allowing students to start the day with clarity and focus, fostering mental well-being. Ms. Meenakshi, an accomplished communication expert, conducted a session on "Effective Business Communication," emphasizing the pivotal role of clear and influential communication in the business arena. Mr. Abhishek Dhawan presented the compelling "Chai Shack Case Study," presenting students with an opportunity to delve into the practical challenges and strategic decision-making associated with running a startup. Mr. Munish Sherawat, an esteemed entrepreneur, conducted an insightful session on "Startups and Entrepreneurship," providing students with practical insights into the nuances of initiating and managing successful entrepreneurial ventures. A lively fun activity marked the conclusion of the training program, infusing an element of enjoyment while also reinforcing key takeaways.

**Student Participation:** 167

**Organised By:** SPRINT Team

**Impact:**

- Cultivate leadership skills suitable for startups and entrepreneurial ventures.
- Master effective business communication for professional interactions.
- Craft comprehensive business plans tailored for sole proprietorships.
- Enhance collaborative abilities through Group Discussion practice.
- Gain practical insights into strategic startup management.

**Some Glimpses of the SPRINT Program**





**Session on Business Plan for Sole Proprietors: Dr. Chander Mohan**

**Date: 08-09 May, 2023**

**SPRINT 272 for - Core Engg, CSE, BCA, BSc Math- 4th Semester, on  
Entrepreneurship**

SPRINT - 272 ( 4th Semester) PDH (Core Eng./CSE/BCA/Maths) Theme- Entrepreneurship								
Date	09:25 - 09:45	09:45 - 10:30	10:30 - 11:30	11:45 - 12:50	13:00- 14:00	14:00 - 16:00	16:00 - 16:15	16:15 - 17:15
08-May-23	Attendance	Welcome Address : Dean FMS & Ice Breaking Activity	Session on Startups and Entrepreneurship - Mr.Munish Sherawat	Session on Chai Shack Case Study- Mr. Abhishek Dhawan	Lunch	Guidelines to GD & Practice - Mr. Shard	Break	Team Building Activity
Date	09:25 - 09:45	09:45 - 10:15	10:15 - 11:30	11:30- 12:25	12:30- 14:15	14:30 - 16:00		16:30 - 17:15
09-May-23	Attendance	Guided Meditation	Session on Business Plan for Sole Proprietors- Dr. Chander Mohan	Session on IPR for Entrepreneurship - Dr. Sorabh Aggarwal	Minor/Lunch	Session on Tools of AI - Amar Raj		Fun Activity & Closure

SPRINT 272 was conducted for the 132 students of Core Engg, CSE, BCA, BSc Math- 4th Semester, on Entrepreneurship from 8-9th of May 2023. The program was strategically formulated to instill a potent entrepreneurial mindset while endowing students with tangible skills crucial for successful startup endeavors and entrepreneurial ventures.

The day 1 of this enriching program commenced with the systematic recording of attendance, signifying the initiation of a profoundly transformative learning experience. The welcoming address by Dean FMS, a distinguished academic leader, laid the foundation for the enlightening sessions that ensued. An engaging ice-breaking activity was aptly integrated into the schedule to encourage networking and foster camaraderie among participants, creating an environment conducive to productive collaboration. Mr. Munish Sherawat, a seasoned entrepreneur, delivered a session on "Startups and Entrepreneurship," sharing insights that encapsulated the essence of entrepreneurial spirit and the intricacies of cultivating successful ventures. The session "Chai Shack Case Study" was conducted by the experienced Mr. Abhishek Dhawan, providing students with an immersive learning experience by analyzing real-world scenarios and drawing actionable insights. Guidelines and immersive practice for Group Discussions (GD) were skillfully administered by Mr. Shard, honing participants' communication proficiency and teamwork acumen. A strategically designed team-building activity served to

cultivate collaboration, problem-solving, and effective communication among participants, thereby fostering a sense of unity and camaraderie. The second day commenced with diligent attendance marking and continued to deliver compelling sessions centered around entrepreneurial acumen and strategic thinking. A guided meditation session provided a reflective and centered start to the day, nurturing mental clarity and attentiveness among participants. Dr. Chander Mohan, an esteemed expert in entrepreneurship, conducted a comprehensive session on "Business Plan for Sole Proprietors," equipping students with the tools to craft robust and effective business plans. Dr. Sorabh Aggarwal shared insights during the session "IPR for Entrepreneurship," emphasizing the significance of Intellectual Property Rights in safeguarding innovative ideas and fostering innovation. The session on "Tools of AI" by Amar Raj delved into the applications of Artificial Intelligence in entrepreneurship, providing students with the knowledge to leverage cutting-edge technology for strategic business advantage. The program culminated with a vibrant and engaging fun activity, followed by a poignant closing session that reinforced key takeaways.

**Student Participation:** 130

**Organised By:** SPRINT Team

**Impact:**

- Foster entrepreneurial thinking and adaptability for startup success.
- Analyze real-world case studies for actionable insights.
- Enhance communication skills and collaborative abilities through Group Discussion practice.
- Develop comprehensive business plans for sole proprietorships.
- Leverage Intellectual Property Rights for innovation and protection.
- Harness the potential of Artificial Intelligence for strategic entrepreneurship.

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



**Session on Tools of AI Tools – Dr. Amar Raj**

**Date: 29-31 May, 2023**

**SPRINT 273 for – MBA Quad 4, on Internship**

**SPRINT Agenda - 273, MBA 1 (Quad 4) - Theme: Internship**

<b>Date &amp; Time</b>	<b>09:15 - 09:30</b>	<b>09:30 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00 - 11:30</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:00 - 16:00</b>	<b>16:00 - 16:30</b>	<b>16:30 - 17:30</b>	<b>17:30 - 18:30</b>
<b>29-05-2023</b>	<b>Attendance</b>	Welcome Address & Context Setting - Mr Munish Sahrawat	Ice Breaking Activity : Mr Suraj Kanwar	<b>Break</b>	Art of Professional Networking - Dr Amar Rao	<b>Lunch</b>	Alumni Interaction	Aligning Internship with Career Interest - Mr Tarun Gupta	<b>Break</b>	Team Activity	
<b>Date &amp; Time</b>	<b>09:15 - 09:30</b>	<b>09:30 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00 - 11:30</b>	<b>11:30 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 16:00</b>	<b>16:00 - 16:30</b>	<b>16:30 - 17:30</b>	<b>17:30 - 18:30</b>	
<b>30-05-2023</b>	<b>Attendance</b>	Guided Meditation- Dr. Rohit Chobe	Interpersonal Skills - Ms Meenakshi Ahlawat	<b>Break</b>	Introduction to the Corporate world - Mr BK Kaul	<b>Lunch</b>	Re-inventing education with Generative AI -Dr Amar Raj	<b>Break</b>	Internship in Non Profit Organisation Part 01 - Ms Bidisha Fouzdar	Maximising your internship- Mr Munish Sahrawat	
<b>Date &amp; Time</b>	<b>09:15 - 09:30</b>	<b>09:30 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00 - 11:30</b>	<b>11:30 - 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>31-05-2023</b>	<b>Attendance</b>	Guided Meditation- Ms Suman Rawat	Internship in Non Profit Organisation Part 02- Ms Bidisha Fouzdar	<b>Break</b>	Mock PI- Mr Shard	<b>Lunch</b>	Professional Grooming & Workplace Etiquette - Mr Pratip Mazumdar	<b>Break</b>	Reflections and way forward		

SPRINT 273 was conducted for the 115 students of MBA Quad 4, on Internship from 29-31st of May 2023. The program was strategically designed to provide students with valuable insights, skills, and perspectives that would enrich their forthcoming internship experiences.

The program's started with the systematic recording of attendance, officially marking the commencement of an enriching and transformative learning journey. Mr. Munish Sahrawat delivered an engaging Welcome Address and Context Setting, providing students with an overview of the training's objectives and significance. An interactive Ice Breaking Activity, led by Mr. Suraj Kanwar, served to foster a sense of camaraderie among participants, setting the tone for productive collaboration throughout the program. Dr. Amar Rao conducted a session on the "Art of Professional Networking," imparting invaluable insights and skills for cultivating meaningful professional relationships. Alumni Interaction offered a unique platform for students to engage with successful graduates, gaining real-world perspectives on the potential trajectories of their careers. Mr. Tarun Gupta facilitated a session on "Aligning Internship with Career Interest," guiding students on effectively integrating their internship experiences with their long-term career goals. The day concluded with a strategically designed Team Activity aimed at enhancing teamwork, communication, and problem-solving skills among participants.

Day two commenced with diligent attendance marking and continued to deliver a series of intellectually stimulating sessions geared toward personal development and professional excellence. Guided Meditation, led by Dr. Rohit Chobe, provided participants with a centered and focused mindset, preparing them for the day's sessions. Ms. Meenakshi Ahlawat conducted a session on "Interpersonal Skills," enhancing students' communication, collaboration, and relationship-building capabilities for effective teamwork. Mr. BK Kaul introduced students to the "Introduction to the Corporate World," offering them comprehensive insights into the dynamics, expectations, and practices of the professional environment. The session on "Re-inventing Education with Generative AI" by Dr. Amar Raj explored the transformative potential of Artificial Intelligence in reshaping the education landscape. Ms. Bidisha Fouzdar initiated a two-part session on "Internship in Non-Profit Organizations," providing students with a comprehensive understanding of the distinctive challenges and opportunities within this sector. Mr. Munish Sahrawat concluded the day with a session on "Maximizing Your Internship," offering practical strategies to derive maximum value from their internship experiences.

The final day began with diligent attendance marking, setting the stage for insightful sessions that would encapsulate the training program's key takeaways. Guided Meditation, facilitated by Ms. Suman Rawat, provided participants with a serene and focused start to the day, fostering mental clarity and mindfulness. The continuation of the "Internship in Non-Profit Organizations" session by Ms. Bidisha Fouzdar deepened students' understanding of the unique dynamics within this sector. Mr. Shard led a Mock Personal Interview session, offering students a valuable opportunity to refine their interview skills and receive constructive feedback. Mr. Pratip Mazumdar conducted a session on "Professional Grooming & Workplace Etiquette," equipping students with crucial skills for navigating professional environments with confidence and professionalism. The program culminated with a reflective session that encapsulated key insights and takeaways, providing participants with a clear roadmap for their upcoming internships.

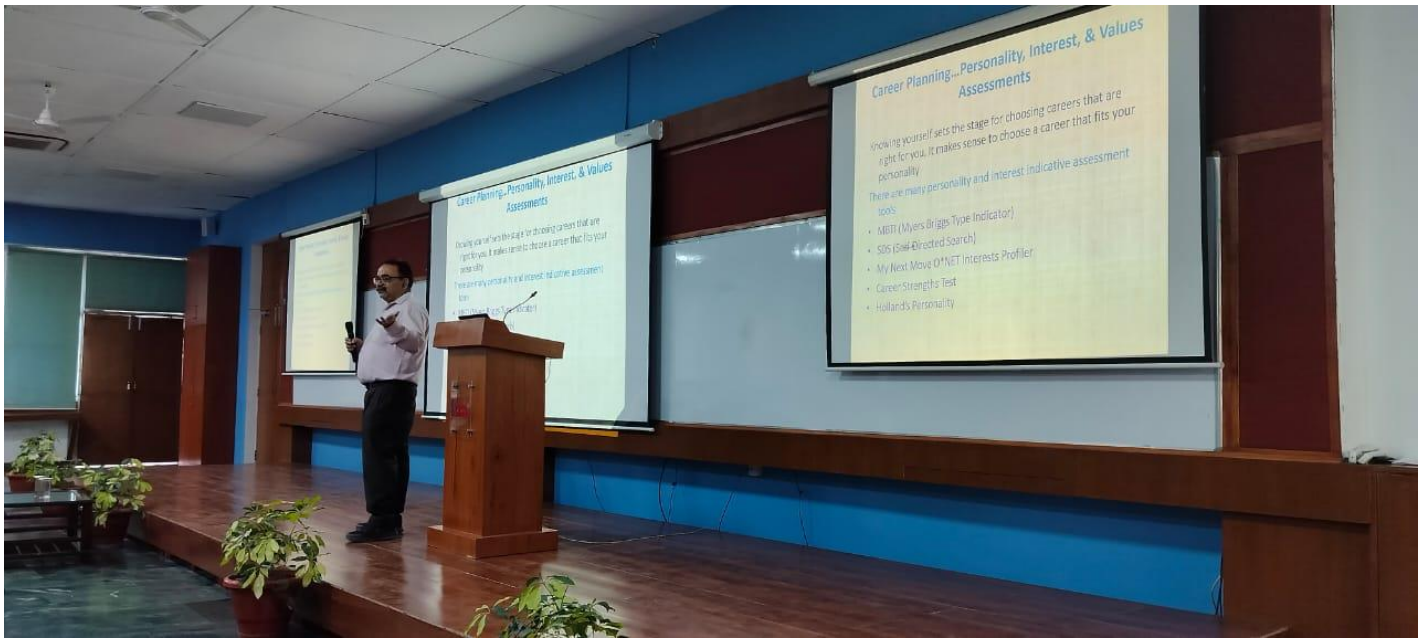
**Student Participation:** 112

**Organised By:** SPRINT Team

**Impact:**

- Cultivate effective interpersonal and communication skills for professional collaboration.
- Gain insights into the nuances of the corporate world and align their internships with long-term career objectives.
- Grasp the transformative potential of Artificial Intelligence in education.
- Develop a comprehensive understanding of working in non-profit organizations.
- Enhance interview skills and receive constructive feedback.
- Acquire professional grooming and workplace etiquette skills.

**Some Glimpses of the SPRINT Program**



### **Aligning Internship with Career Interest: Mr Tarun Gupta**

**Date: 06-07 June, 2023**

**SPRINT 274 for - BTech. BT,FT, BI Liberal Arts 4th Semester, on Presentation Skills**



**SPRINT - 274 BTech BT/FT/BI/BAJMC,BA English/Pass/Pol Sc, (4th Semester) RTH :  
Theme- Presentation Skills**

<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00 - 12:30</b>	<b>12:35 - 14:10</b>	<b>14:30 - 16:15</b>	<b>16:15 - 16:30</b>	<b>16:30 - 17:15</b>
<b>06-Jun-23</b>	Attendance	Welcome Address : Dr Purnima Bali	Ice Breaking Activity: Suraj Kanwar	Session on Self awareness - Presenting your own self- Ms Poonam Nanda	Minors/ Lunch	Session on Tools of AI - Dr. Amar Raj	Break	Session on Guidelines to GD & Practice - Mr. Shard
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:15</b>	<b>10:15 - 11:30</b>	<b>11:30 - 12:30</b>		<b>14:30 - 16:15</b>		<b>16:30 - 17:15</b>
<b>07-Jun-23</b>	Attendance	Guided Meditation - Dr Rohit Chobe	Workshop on CV Writing : Mr Tejas Subrahmanya		Session on Guidelines to Presentation & Preparation Time - Mr Suraj Kanwar	Presentation & Closure		

SPRINT 274 was conducted for the 173 students of BTech. BT,FT, BI Liberal Arts 4th Semester, on Presentation Skills from 6- 7<sup>th</sup> of June 2023. The program was designed to empower students with essential presentation skills, equipping them for effective communication and confident self-expression.

The program's commencement was marked by diligent attendance marking, officially inaugurating a transformative learning experience. Dr. Purnima Bali, an esteemed faculty member, delivered a motivating Welcome Address, setting the tone for the enlightening sessions to follow. An engaging Ice Breaking Activity,

led by Suraj Kanwar, successfully facilitated student interaction, fostering a sense of camaraderie and ease among participants. The session titled "Self-Awareness: Presenting Your Own Self," conducted by Ms. Poonam Nanda, provided students with essential insights into portraying themselves effectively, a foundational skill in presentation. Dr. Amar Raj shared insights into the "Tools of AI," exploring the applications of Artificial Intelligence in enhancing presentation quality and effectiveness. Guidelines and practical training for Group Discussions (GD) were adeptly facilitated by Mr. Shard, enhancing participants' collaboration, communication, and argumentative skills.

Day two commenced with meticulous attendance marking, continuing to offer enriching and insightful sessions geared towards honing presentation skills. Guided Meditation, led by Dr. Rohit Chobe, provided participants with a centered and focused start to the day, nurturing mental clarity and mindfulness. Mr. Tejas Subrahmanya conducted a practical and hands-on workshop on "CV Writing," equipping students with the skills to craft compelling and impactful resumes. Suraj Kanwar, through the session "Guidelines to Presentation & Preparation Time," shared valuable insights on structuring presentations and effectively managing preparation time. The training program culminated with student presentations, enabling them to put their acquired skills into practice. A poignant closure session concluded the program, encapsulating the key takeaways and insights.

**Student Participation:** 167

**Organised By:** SPRINT Team

**Impact:**

- Enhance their self-awareness and self-presentation skills.
- Grasp the applications of Artificial Intelligence in presentation enhancement.
- Develop effective Group Discussion and argumentation skills.
- Create compelling and impactful resumes.
- Structure and deliver effective presentations with confidence.
- Cultivate mindfulness and mental clarity through guided meditation.

**Some Glimpses of the SPRINT Program**



**Session on Guidelines to GD & Practice - Mr. Shard**

**Date: 06-07 June, 2023**

**SPRINT 275 for - BSc BT,FT,Micro, ND, Yoga 4th Semester, on Presentation Skills**

<b>SPRINT - 275 BSc BT/FT/Micro/Nutrition/Yoga/Integrated BSc MSc BT, (4th Semester) PDH : Theme- Presentation Skills</b>								
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00 - 12:30</b>	<b>12:35 - 14:10</b>	<b>14:30 - 16:15</b>	<b>16:15 - 16:30</b>	<b>16:30 - 17:15</b>
<b>06-Jun-23</b>	Attendance	Welcome Address : Dr Saurabh Kulshrestha	Ice Breaking Activity: Ms Poonam Nanda	Guidelines to GD & Practice - Mr. Shard	Minors / Lunch	Workshop on CV Writing : Mr Tejas Subrahmanya		
<b>Date</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:15</b>	<b>10:15 - 11:30</b>	<b>11:30 - 12:30</b>		<b>14:30 - 16:15</b>	<b>16:15 - 16:30</b>	<b>16:30 - 17:15</b>
<b>07-Jun-23</b>	Attendance	Guided Meditation- Ms Suman Rawat	Session on Self awareness - Presenting your own self - Ms Poonam Nanda	Session on Guidelines to Presentation & Preparation Time - Mr Suraj Kanwar		Session on Tools of AI - Dr. Amar Raj	Break	Presentation & Closure

SPRINT 275 was conducted for the 136 students of BSc BT,FT, Micro, ND, Yoga 4th Semester, on Presentation Skills from 6- 7<sup>th</sup> of June 2023. The program aimed to equip students with essential skills for effective communication and impactful self-expression.

The program's commencement marked the diligent recording of attendance, symbolizing the initiation of a transformative learning journey. Dr. Saurabh Kulshrestha, Dean of Applied Sciences & biotechnology delivered a motivating Welcome Address, providing students with an overview of the program's objectives and significance. An engaging Ice Breaking Activity, led by Ms. Poonam Nanda, effectively facilitated student

interaction and established an atmosphere of camaraderie among participants. Guidelines and immersive practice for Group Discussions (GD) were adeptly administered by Mr. Shard, enhancing students' collaborative and argumentative skills. Mr. Tejas Subrahmanya conducted a comprehensive workshop on "CV Writing," empowering students with the skills and insights to craft impactful and professional resumes.

Day two commenced with diligent attendance marking, continuing to deliver a series of intellectually enriching sessions focused on refining presentation skills. Guided Meditation, led by Ms. Suman Rawat, provided participants with a centered and serene start to the day, fostering mental clarity and mindfulness. Ms. Poonam Nanda conducted the session "Self-Awareness: Presenting Your Own Self," equipping students with crucial insights into effective self-presentation, a foundational skill in presentation. Mr. Suraj Kanwar shared valuable insights on "Guidelines to Presentation & Preparation Time," aiding students in structuring presentations and effectively managing preparation. The session on "Tools of AI" by Dr. Amar Raj delved into the applications of Artificial Intelligence in enhancing presentation quality and effectiveness. The program culminated with student presentations, providing them with a platform to showcase their newfound skills. A meaningful closure session encapsulated key insights and reflections.

**Student Participation:** 133

**Organised By:** SPRINT Team

**Impact:**

- Craft compelling and professional resumes.
- Structure and deliver effective presentations with confidence.
- Grasp the applications of Artificial Intelligence in presentation enhancement.
- Cultivate mindfulness and mental clarity through guided meditation.

## Some Glimpses of the SPRINT Program



**Session on Self-awareness - Presenting your own self- Ms. Poonam Nanda**

**Date: 13-14 June, 2023**

**SPRINT 276 for - BTech BT,FT,SRP,FT Agri, BSc Agriculture- 6th Semester, on  
Presentation Skills**

**Agenda SPRINT - 276, BTech BT/FT/SRP/FT Agri/BSc Agri 6th Sem, Reporting Time: 09:15AM    Venue - RTH  
Theme - Presentation Skills**

<b>Date &amp; Time</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:00</b>	<b>10:00-11:00</b>	<b>11:00-12:30</b>	<b>12:30 - 14:20</b>	<b>14:30 - 15:30</b>	<b>15:30 - 15:45</b>	<b>15:45 - 17:15</b>
<b>13-06-2023</b>	Attendance	Welcome Address - Dr Y.S Negi	Ice Breaking:- Mr Suraj Kanwar	Session on Resume Building- Mr Shard	Minors/Lunch	Session on stress management and work Life balance balance- Mr Partho	Break	Session on Art of Presentation & Articulation - Mr Suraj Kanwar
<b>Date &amp; Time</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:15</b>	<b>10:15 -11:30</b>	<b>11:30 - 12:30</b>	<b>12:30 - 14:20</b>	<b>14:30 - 16:00</b>	<b>16:00 - 16:15</b>	<b>16:15 - 17:15</b>
<b>14-06-2023</b>	Attendance	Guided Meditation	Session on Effective Business Communication - Ms. Meenakshi	Session on Professional Grooming - Mr Pratip Mazumdar	Minors/Lunch	Session on Self awareness - Presenting your own self- Ms. Poonam Nanda	Break	Fun Activity & Closure

SPRINT 276 was conducted for the 152 students of BTech BT,FT,SRP,FT Agri, BSc Agriculture- 6th Semester, on Presentation Skills from 13-14th of June 2023. The program aimed to equip students with indispensable skills for effective communication and impactful self-presentation.

The program commenced with the diligent recording of attendance, officially inaugurating a transformative learning experience. Dr. Y.S. Negi, a respected faculty member, delivered a motivating Welcome Address, providing students with a comprehensive understanding of the program's objectives and significance. An engaging Ice Breaking Activity, led by Mr. Suraj Kanwar, expertly facilitated student interaction, fostering a sense of camaraderie and engagement among participants. Mr. Shard conducted a session on "Resume Building," empowering students with the skills to craft compelling and professional resumes, essential for their future endeavors. Mr. Partho led a session on "Stress Management and Work-Life Balance," imparting strategies to navigate the challenges of academic and professional life effectively. Mr. Suraj Kanwar, in his session on the "Art of Presentation & Articulation," delved into the nuances of effective presentation delivery and communication, a cornerstone skill for successful professionals.

The second day of the training program began with diligent attendance marking, continuing to offer enriching and insightful sessions designed to refine presentation skills. Guided Meditation served as a serene start to the day, facilitated by an expert, creating a centered and focused mindset among participants. Ms. Meenakshi led a session on "Effective Business Communication," equipping students with essential skills for conveying ideas clearly and persuasively in a professional context. Mr. Pratip Mazumdar conducted a session on "Professional Grooming," enabling students to navigate corporate environments with confidence and professionalism. Ms. Poonam Nanda shared insights on "Self-Awareness: Presenting Your Own Self," a pivotal skill for effective self-presentation. A Fun Activity brought an engaging closure to the training program, fostering camaraderie and relaxation among participants.

**Student Participation:** 149

**Organised By:** SPRINT Team

**Impact:**

- Manage stress and maintain a healthy work-life balance.
- Enhance presentation skills and articulate ideas effectively.
- Cultivate effective business communication skills.
- Navigate professional environments with confidence and professionalism.
- Grasp the significance of self-awareness in impactful self-presentation.



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



**Session on stress management and work Life balance balance- Mr Partho**

**Date: 13-14 June, 2023**

**SPRINT 277 for - MSc Physics R, Botant R, Zoology R, Chemistry R, Yoga,  
MAJMC, Maths- 2nd Semester, on Presentation Skills**

**Agenda SPRINT -277 MSc Physics /Chemistry /Botany /Zoology /MAJMC/Yoga/ Maths 2nd Semester, Reporting Time : 09:15AM**

**Venue - PDH : Theme - Presentation Skills**

<b>Date &amp; Time</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:00</b>	<b>10:00- 11:00</b>	<b>11:00- 12:30</b>	<b>12:30 - 14:20</b>	<b>14:30 - 15:30</b>	<b>15:30 - 15:45</b>	<b>15:45 - 17:15</b>
<b>13-06-2023</b>	Attendance	Welcome Address - Dr Kesari	Ice Breaking - Mr. Vikas Minj	Session on Self awareness - Presenting your own self- Ms. Poonam Nanda	Minors/Lunch	Awareness Session on equity and equality for the Transgender Community - Mx Dhananjay	Break	Session on Effective Business Communication - Ms. Meenakshi
<b>Date &amp; Time</b>	<b>09:25 - 09:45</b>	<b>09:45 - 10:15</b>	<b>10:15 - 11:30</b>	<b>11:30 - 12:30</b>	<b>12:30 - 14:20</b>	<b>14:30 - 16:00</b>	<b>16:00 - 16:15</b>	<b>16:15 - 17:15</b>
<b>14-06-2023</b>	Attendance	Guided Meditation	Session on Professional Grooming -Mr. Pratip Mazumdar	Session on Art of Presentation & Articulation- Mr. Suraj Kanwar	Minors/Lunch	Team Presentation	Break	Fun Activity & Closure

SPRINT 277 was conducted for the 60 students of MSc Physics R, Botany R, Zoology R, Chemistry R, Yoga, MAJMC, Maths- 2nd Semester, on Presentation Skills from 13-14th of June 2023. The program aimed to equip participants with essential skills for effective communication and impactful self-presentation.

The program commenced with the meticulous recording of attendance, officially inaugurating a transformative learning experience. Dr. Kesari, an esteemed faculty member, delivered a welcome address that set the tone for the insightful sessions that followed. An engaging Ice Breaking Activity, conducted by Mr. Vikas Minj, effectively encouraged student interaction, creating a dynamic and engaging atmosphere among participants. Ms. Poonam Nanda's session on "Self-Awareness: Presenting Your Own Self" provided students with valuable insights into effective self-presentation, a cornerstone skill in the realm of presentation. Mx Dhananjay

conducted an "Awareness Session on Equity and Equality for the Transgender Community," fostering meaningful dialogue and promoting inclusivity and awareness. Ms. Meenakshi's session on "Effective Business Communication" equipped participants with vital skills to communicate ideas clearly and persuasively in a professional context.

Day two began with diligent attendance recording, followed by insightful sessions geared toward refining presentation skills. Guided Meditation facilitated a centered and focused start to the day, fostering mindfulness and mental clarity among participants. Mr. Pratip Mazumdar's session on "Professional Grooming" imparted skills to navigate professional environments with confidence and poise. Mr. Suraj Kanwar's session on the "Art of Presentation & Articulation" delved into effective presentation delivery and communication, enhancing participants' skills in these areas. A Team Presentation activity provided participants with the platform to showcase their collaborative and presentation abilities, fostering teamwork and creativity. The program concluded with a Fun Activity, providing a relaxed and engaging closure to the training experience.

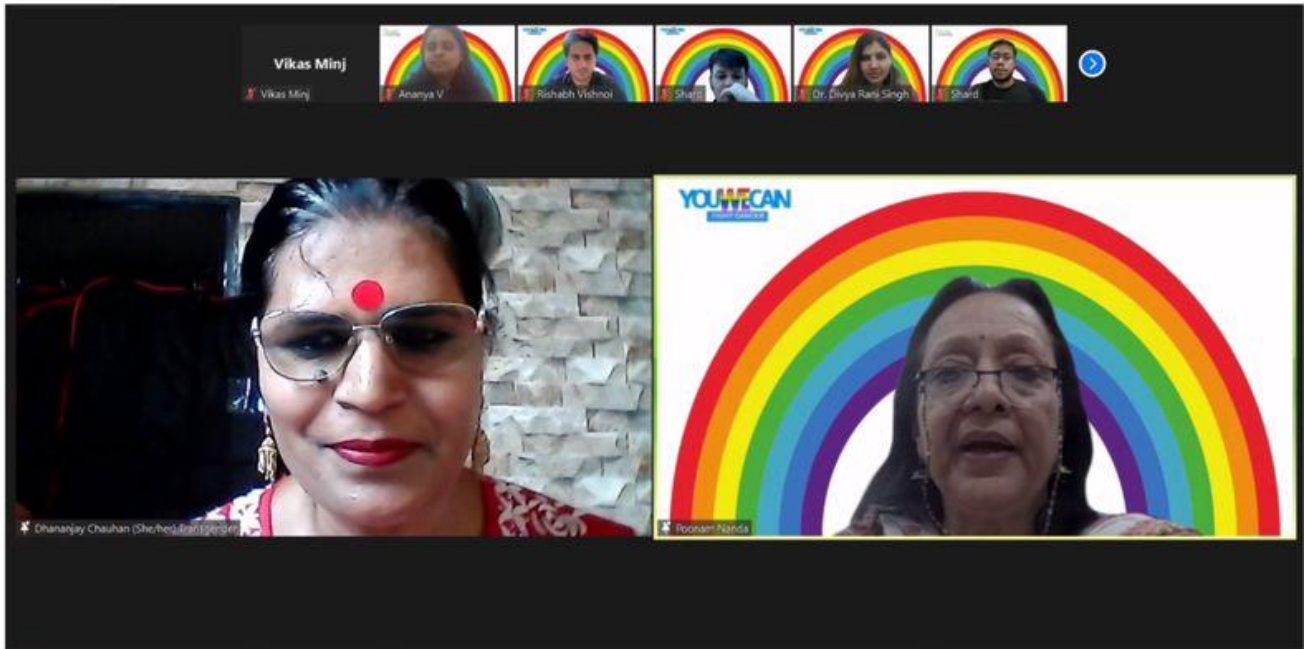
**Student Participation: 56**

**Organised By: SPRINT Team**

**Impact:**

- Enhance their self-awareness and self-presentation skills.
- Promote awareness, equity, and equality for marginalized communities.
- Cultivate effective business communication skills.
- Navigate professional environments with confidence and professionalism.
- Hone presentation and articulation skills for impactful communication.
- Exhibit teamwork, creativity, and presentation skills in a collaborative setting

**Some Glimpses of the SPRINT Program**



**Awareness Session on equity and equality for the Transgender Community - Mx Dhananjay**

**Date: 20-21 June, 2023**

**SPRINT 278 for - UGFMS ,BTech Civil, ECE, B Design & BSc Mathematics - 2nd Semester, on Transformation**

**Agenda SPRINT - 278 UGFMS/ BTech Civil, ECE, BDesign & BSc  
Mathematics 2nd Semester, Reporting Time : 09:15AM Theme:  
Transformation**

<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00- 12:30</b>	<b>12:35 - 14:20</b>	<b>14:30-16:00</b>	<b>16:00 - 16.15</b>	<b>16:15 - 17:15</b>
<b>20-06-2023</b>	Attendance	Welcome Address - Dr. Kesari Singh	Ice Breaking Activity- Mr Suraj Kanwar	Rights Vs Responsibilities - Dr Renu Pal Sood	Minors / Lunch	Session on Growth Mindset by Sanjeev Singh	Break	Activity-Overcoming Stage Fear
<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 11:15</b>	<b>11:30- 12:30</b>	<b>12:35 - 14:20</b>	<b>14:30-16:00</b>	<b>16:00 - 16.15</b>	<b>16:15 - 17:15</b>	
<b>21-06-2024</b>	Attendance	Session on General Etiquette & Manners- Mr Pratip Mazumdar	Session on Professional Networking- Mr Suraj Kanwar	Minors / Lunch	Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat	Break	Reflections & Felicitations	

SPRINT 278 was conducted for the 177 students of UGFMS BTech Civil, ECE, B Design & BSc Mathematics - 2nd Semester, on Presentation Skills from 20-21st of June 2023. The program aimed to inspire participants towards personal and academic growth, fostering a transformational mindset.

The program commenced with diligent attendance recording, officially inaugurating a transformative learning experience. Dr. Kesari Singh, an esteemed faculty member, delivered a warm Welcome Address, setting the stage for the enlightening sessions that followed. An engaging Ice Breaking Activity, led by Mr. Suraj Kanwar, effectively encouraged student interaction, creating a dynamic and engaging atmosphere among participants. Dr. Renu Pal Sood's session on "Rights vs. Responsibilities" fostered a thoughtful discussion on the balance between individual rights and societal responsibilities, promoting a holistic perspective. Mr. Sanjeev Singh conducted a session on "Growth Mindset," inspiring participants to cultivate a mindset that embraces challenges and fosters personal development.

Day two commenced with diligent attendance recording, followed by insightful sessions designed to catalyze transformation in participants. Mr. Pratip Mazumdar's session on "General Etiquette & Manners" provided

participants with essential skills for navigating social and professional situations with poise and professionalism. Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with vital networking skills, enabling them to build meaningful connections in their academic and professional lives. Ms. Meenakshi Ahlawat's session on "Focusing on Your Own Career Plan" guided participants towards strategic planning for their personal and academic growth. The program concluded with reflections and felicitations, providing participants with an opportunity to share their insights and celebrate their growth journey.

**Student Participation:** 170

**Organised By:** SPRINT Team

**Impact:**

- Cultivate a growth mindset that embraces challenges and fosters personal development.
- Understand the balance between individual rights and societal responsibilities.
- Develop essential social etiquette and manners for professional interactions.
- Build meaningful professional networks for future success.
- Strategically plan their academic and personal growth journey.

**Some Glimpses of the SPRINT Program**



**Session on General Etiquette & Manners- Mr Pratip Mazumdar**

**Date: 20-21 June, 2023**

**SPRINT 279 for - BTech CSE -AI-AIR-SIAIDS-CC-CS ,AI & BCA- 2nd Semester,  
on Transformation**

**Agenda SPRINT - 279 BTech CSE -AI-AIR-SIAI/DS-CC-CS ,AI & BCA  
2nd Semester, Reporting Time : 09:15AM Theme: Transformation**

<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 10:00</b>	<b>10:00 - 11:00</b>	<b>11:00-12:30</b>	<b>12:35 - 14:20</b>	<b>14:30-16:00</b>	<b>16:00-16.15</b>	<b>16:15 - 17:15</b>
<b>20-06-2023</b>	Attendance	Welcome Address - Dr Virender Rihani	Ice Breaking Activity- Mr. Vikas Minj	Session on Focusing on your own Career Plan- Mr Pradeep Sharma	Lunch	Session on Professional Networking- Mr Suraj Kanwar	Break	Activity- Overcoming Stage Fear
<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 11:15</b>	<b>11:30- 12:30</b>	<b>12:35 - 14:20</b>	<b>14:30-16:00</b>	<b>16:00-16.15</b>	<b>16:15 - 17:15</b>	
<b>21-06-2024</b>	Attendance	Session on Growth Mindset - Mr. Sanjeev Singh	Session on Rights Vs Responsibilities- Dr Renu Pal Sood	Lunch	Session on General Etiquette & Manners- Mr Pratip Mazumdar	Break	Reflections & Felicitations	

SPRINT 279 was conducted for the 188 students of BTech CSE -AI-AIR-SIAIDS-CC-CS ,AI & BCA- 2nd Semester, on Transformation from 20-21st of June 2023. The program was aimed at inspiring participants towards personal growth and fostering a transformative mindset.

The program began with meticulous attendance recording, officially marking the commencement of a transformative learning journey. Dr. Virender Rihani, an esteemed faculty member, delivered a welcoming Welcome Address, setting the tone for the enlightening sessions that followed. An engaging Ice Breaking Activity, led by Mr. Vikas Minj, effectively encouraged student interaction, creating a dynamic and engaging atmosphere among participants. Mr. Pradeep Sharma's session on "Focusing on Your Own Career Plan" guided participants towards strategic career planning, emphasizing the importance of a clear vision for their academic journey.

Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with essential networking skills, equipping them to build meaningful connections in their academic and professional spheres. The day's activities also included an "Overcoming Stage Fear" activity, aimed at building confidence and overcoming public speaking apprehension.

Day two of the program began with diligent attendance recording, followed by insightful sessions designed to catalyze personal transformation in participants. Mr. Sanjeev Singh's session on "Growth Mindset" inspired participants to adopt a mindset that embraces challenges and nurtures personal development. Dr. Renu Pal Sood's session on "Rights vs. Responsibilities" prompted a thoughtful discussion on the balance between



individual rights and societal duties, fostering a comprehensive perspective. Mr. Pratip Mazumdar's session on "General Etiquette & Manners" equipped participants with the skills to navigate social and professional situations with grace and professionalism. The program concluded with reflections and felicitations, allowing participants to share their insights and celebrate their transformative journey.

**Student Participation:** 172

**Organised By:** SPRINT Team

**Impact:**

- Foster a growth mindset that welcomes challenges and nurtures personal development.
- Understand the interplay between individual rights and societal responsibilities.
- Strategically plan their career path for a successful academic journey.
- Develop essential networking skills to foster meaningful professional connections.
- Cultivate social etiquette and manners for confident engagement in diverse settings.

**Some Glimpses of the SPRINT Program**



**Session on Focusing on your own Career Plan- Mr Pradeep Sharma**

**Date: 28 June, 2023**

**SPRINT 280 for BTech BT Research, FT Research, BI/ BSc BT Research ,FT Research, Micro Research, Nutrition 2nd Semester, on Transformation**

**Agenda SPRINT - 280 -BTech BT Research, FT Research, BI/ BSc BT Research, FT Research, Micro Research, Nutrition - 2nd Semester, Reporting Time : 09:15AM Theme: Transformation**

<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 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>14:15-16:00</b>	<b>16:00-16.15</b>	<b>16:15 - 17:15</b>
<b>28-06-2023</b>	Attendance	Welcome Address - Mr Munish Sharawat	Session on Professional Grooming - Mr Shard	Break	Focusing on your own Career Plan- Ms Meenakshi Ahlawat	Lunch	Session on Professional Networking- Mr Suraj Kanwar	Break	Activity- Overcoming Stage Fear & Conclusion- Mr Suraj Kanwar

SPRINT 280 was conducted for the 173 students of BTech BT Research, FT Research, BI/ BSc BT Research, FT Research, Micro Research, Nutrition 2nd Semester, on Transformation on 28th June 2023. The program aimed to inspire participants towards personal growth and foster a transformative mindset within a condensed timeframe. The program commenced with diligent attendance recording, officially marking the beginning of a day dedicated to transformative learning. Mr. Munish Sharawat, a respected faculty member, delivered a motivating Welcome Address, setting the tone for the insightful sessions that followed. Mr. Shard's session on "Professional Grooming" equipped participants with the skills to project confidence and professionalism in various professional settings. Ms. Meenakshi Ahlawat's session on "Focusing on Your Own Career Plan" guided participants towards strategic career planning, emphasizing the importance of aligning academic pursuits with future goals. Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with essential networking skills, enabling them to establish meaningful connections in their academic and professional spheres. The program also featured an engaging "Overcoming Stage Fear" activity, aimed at bolstering participants' confidence in public speaking and performance scenarios. The day concluded with a comprehensive conclusion led by Mr. Suraj Kanwar, summarizing the key takeaways from the program and allowing participants to reflect on their transformative journey.

**Student Participation:** 166

**Organised By:** SPRINT Team

## **Impact:**

- Foster a transformative mindset that welcomes personal growth and development.
- Develop essential professional grooming skills for confident engagement.
- Strategically plan their career trajectory by aligning their academic journey with their future aspirations.
- Acquire essential networking skills to cultivate meaningful professional relationships.
- Enhance their confidence in public speaking and performance scenarios.

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



**Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat**

**Date: 28 June, 2023**

**SPRINT 281 for Liberal Arts, Basic Sciences + BSc Agriculture- 2nd Semester, on Transformation**

**Agenda SPRINT - 281 - Liberal Arts + UG Sciences + BSc Agriculture -  
2nd Semester, Reporting Time : 09:15AM Theme: Transformation**

<b>Date &amp; Time</b>	<b>09:25-09:45</b>	<b>09:45 - 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>14:15-16:00</b>	<b>16:00 - 16.15</b>	<b>16:15 - 17:15</b>
<b>28-06-2023</b>	Attendance	Welcome Address - Dr Pardeep Singh	Session on Rights Vs Responsibilities- Dr Renu Pal Sood	Break	Session on Professional Networking- Mr Suraj Kanwar	Lunch	Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat	Break	Activity-Overcoming Stage Fear & Conclusion- Mr. Vikas Minj

SPRINT 281 was conducted for the 117 students of Liberal Arts, Basic Sciences + BSc Agriculture- 2nd Semester, on Transformation on 28th June 2023. The program aimed to inspire personal growth and cultivate a transformative mindset within a single day.

The program commenced with meticulous attendance recording, marking the commencement of a transformative learning experience. Dr. Pardeep Singh, a respected faculty member, delivered an invigorating Welcome Address, setting the tone for the impactful sessions ahead. Dr. Renu Pal Sood's session on "Rights vs. Responsibilities" prompted participants to reflect on the balance between individual rights and societal duties, fostering a holistic perspective on personal and community responsibilities. Mr. Suraj Kanwar's session on "Professional Networking" empowered participants with essential networking skills, enabling them to establish meaningful connections that are crucial for their academic and professional journey. Guided by Ms. Meenakshi Ahlawat, participants engaged in the session "Focusing on Your Own Career Plan," emphasizing the significance of strategic planning for personal and professional success. The program also featured an engaging "Overcoming Stage Fear" activity, led by Mr. Vikas Minj, aimed at enhancing participants' confidence and ability to effectively communicate in front of an audience. The day concluded with a comprehensive Conclusion, led by Mr. Vikas Minj, where key takeaways were summarized, and participants were encouraged to reflect on their transformative experience.

**Student Participation: 105**

**Organised By:** SPRINT Team

**Impact:**

- Develop a transformative mindset that fosters personal growth and development.
- Understand the balance between individual rights and societal responsibilities.
- Cultivate essential networking skills for future academic and professional success.
- Strategically plan their career trajectory for a successful academic journey.
- Enhance public speaking skills and overcome stage fear.

**Some Glimpses of the SPRINT Program**



**Session on Focusing on your own Career Plan- Ms Meenakshi Ahlawat**