

Date: August 16 – 20 ,2021

**SPRINT for MBA Quad 1 on Induction Program**

Agenda e-SPRINT 208 MBA Quad 1 Induction SPRINT ( No of Students : 81)										
Date / Time	09:30-09:45	09:45-10:00	10:00-11:00	11:15-12:30	12:30-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:15-17:00	17:00-18:30
16/08/2021	E-Diya & Sarsawati Vandana - Prof Khosla & Mrs Saroj Khosla	Welcome Address - Dr. Kuldeep Rojhe	MBA- Your passport to a great career success - Prof . Atul Khosla	Introduction & Ice breaking - Mr. Ajay Khanna /Participants	The SPRINT Story -Mrs. Poonam Nanda	Lunch	Discover the Leader in you -Mr. Munish Sharda- MD, CEO, Future Generalli	Technology for Learning - Ms. Ashoo Khosla	Program Instructions & guidelines - Dr. Narinder Verma	Pre- Assessment & Goal Setting - Ms.Bhawna Thakur /Mr. Ajay Khanna
17/08/2021	09:30-10:00	10:00-11:00		11:15-12:15	12:15-13:00		14:00-15:00	15:00-16:00	16:15-18:30	
	Guided Meditation Session Mr. Apar	The Vision behind success of Shoolini - Prof P K Khosla		Guru Talk Mr. Deep Bajaj	Reflections -Day 2- Mr. Shard Gupta		Introduction - Mr. Ashish Khosla	The Rise of Business Analytics - Dr. Devesh Kumar	Mock GD & PI (Break-out room Activity) - Mr. Ajay Khanna & Panelists	
10:00-10:30		10:30-11:15	11:30-12:30		14:00-15:00		15:00-16:00	16:15-18:30		
Reflections - Day 2 - Participants		Digital Marketing -Mrs. Nishtha Shukla Anand	How to navigate your way to the top in the corporate world? -Asit Oberoi-		Importance of Language Skills -Mrs. Manju Jaidka		VE Coaching Program & Live coaching sessions - Mrs. Payal Khanna	Resume Writing workshop -Mrs. Poonam Nanda/ Mr. Ajay Khanna		
18/08/2021	10:00-11:00		11:15-12:15		12:15-13:15		14:00-15:00	15:00-16:00	16:30-17:30	17:30-18:30
19/08/2021	Guided Meditation Session Mr. Apar	Entrepreneurship- Know it all - Mr. Vishal Anand		Session on Finance - Mr. Amit Khanna			The World of Retail Management - Mr. Mukesh Goswami	Alumni Panel Discussion - Mrs. Poonam Nanda/Mr. Ajay Khanna/Stu dents	Mock PI - Mr. Ajay Khanna/Stu dents	Team Activity (The Survival Game) - Jagriti/ Mr. Shard Gupta
		Reflections - Day 4 - Mr. Shard Gupta	11:15-12:00	12:00-12:30	12:30-13:00		14:30-16:30		Webinar on Careers in Public Services - Mr. Vivek Atray	Summary and Way Forward - Mr. Ajay Khanna
20/08/2021	Introduction to clubs - Mrs. Poonam Nanda	Placement Strategy- Ahead of the curve -Mr. Ajay Khanna/ Mr. Arvind Nanda	Examination Process - Mr. Vinay Negi		Fun & Celebrations – Participants					

The new term for MBA-1 batch 2021-2023 started with a 5 day SPRINT program from 16<sup>th</sup> to 20<sup>th</sup> August 2021. This 5 days SPRINT program was attended by 79 students. The objective of this SPRINT was to lay the foundation for two-year MBA program. The students had interactive sessions with the management including the chancellor, VC and Pro chancellor. They also had exposure to senior guest faculty like Mr. Munish Sharda, MD & CEO- Future Generalli , Mr. Deep Bajaj, founder & CEO , Sirona and PeeBuddy, Mr. Asit Oberoi, MD & head of Buckzy Payment, Mr. Amit Khanna. It was a unique experience for the new students too.

The online meditation sessions conducted by Apar Koshik was also very successful. The students ended the program with an amazing cultural show that showcased their talent.

**Student Participants:-** 79

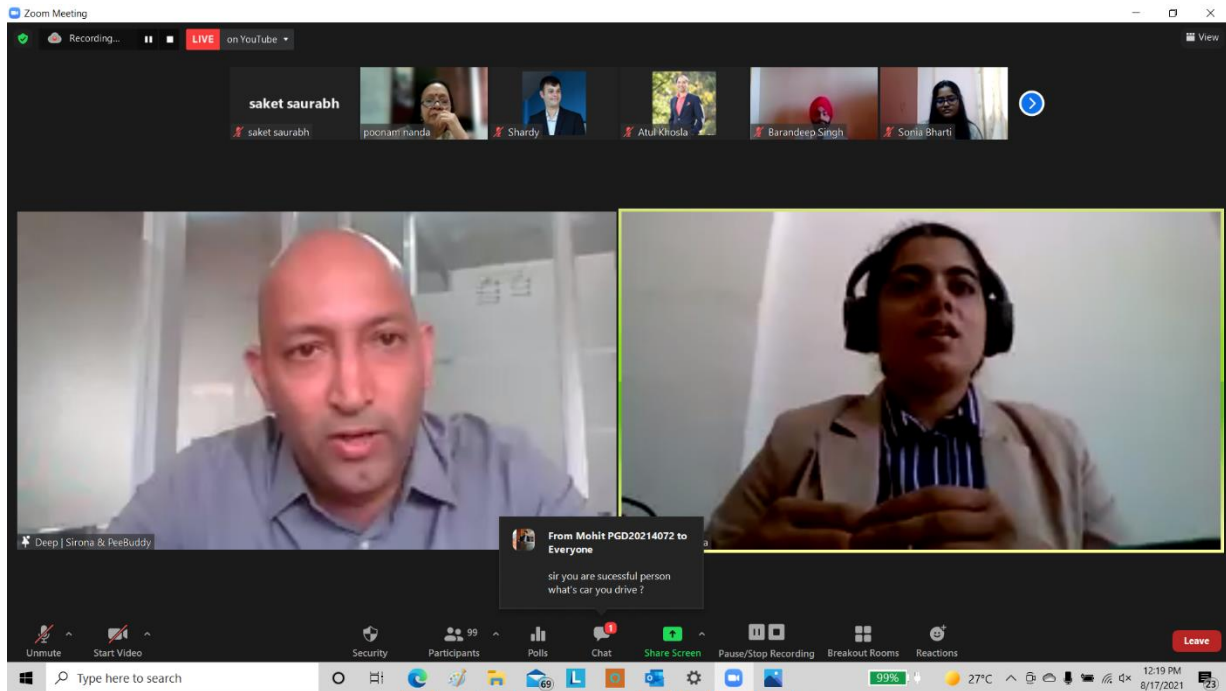
**Organized -:** SPRINT Team

**Guest Speaker:-**

- Mr. Mr. Munish Sharda, (MD & CEO- Future Generalli)
- Mr. Deep Bajaj (founder & CEO , Sirona and PeeBuddy)
- Mr. Asit Oberoi,( MD & head of Buckzy Payment)
- Mr. Amit Khanna

**Impact:-**

- Learn the importance of developing an attitude of giving
- Follow yoga to beat stress
- Understand the changes being brought about by Digital Transformation
- Follow good hygiene, professional grooming and etiquette



## Guru Talk - Mr. Deep Bajaj

Date: August 23 – 27 ,2021

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

Agenda- e-SPRINT 209 Business Plan MBA Quad-5									
23/08/2021	09:30-10:00	10:00-10:30	10:30-11:00	11:15-13:00	13:00-14:00	14:00-16:00		16:30-18:30	
	Welcome Address - Ajay Khanna	Guided Meditation - Apar	Context Setting - Kuldeep Rojhe	Financial plan - Atul Khosla	Lunch Break	HR Plan- Sanjeev Singh		Marketing Plan - Jermina Menon	
24/08/2021	09:30-10:00	10:00-11:00		11:15-13:00		14:00-15:00	15:00-16:00	16:15-17:15	17:15-18:30
	Guided Meditation - Apar	Idea presentation - Kamal Kant & Ajay		Case Study - Ajay Khanna		The Entrepreneur Story - Tarun Thakur	Break Out Room Activity- Mentors	The Entrepreneur Mindset - Dr. Kamal Kant	Break Out Room Activity - Mentors
25/08/2021	09:30-10:00	10:00-11:00		11:15-13:00		15:00-16:00		16:15-18:00	
	Guided Meditation - Apar	Reflections Day-1&2 -Shard		Break Out Room Activity – Mentors		Business Planning- Breakout room -Team Activity		Business Planning- Breakout room -Team Activity	
26/08/2021	09:30-10:00	10:00-10:30	10:30-11:30	11:45-13:00		14:00-15:00	15:00-16:00	16:15-18:00	
	Guided Meditation - Apar	Reflections Day-3 – Shard	Guidelines for resume writing - Poonam Nanda	How passion fuels business - Mukul Nanda		Operational i-zing a Business Plan - Vishal Anand	Business Planning - Team Activity	Business Planning - Team Activity	
27/08/2021	09:30-10:00	10:00-10:30	10:45-13:00			14:00-15:00		15:30-18:00	
	Guided Meditation - Apar	Plan Review & Feedback - Panel (Amit Khanna)	Plan Review & Feedback - Panel (Amit Khanna)			Plan Review & Feedback - Panel (Amit Khanna)		Fun & Learn Activity	

## **e-SPRINT 209 MBA 2 (Quad 5) Business Plan**

SPRINT 209 was held from 23<sup>rd</sup> to 27<sup>th</sup> Aug 2021 for MBA 2 (Quad 5) year students. Every morning SPRINT was started with an online meditation session. This SPRINT was a challenging one as the students had to prepare a business plan from the scratch .The students were ably guided by external faculty like Sanjeev Singh, Jermina Menon, Tarun Thakur, Mukul Nanda and Amit Khanna.

They were also provided mentors from the internal faculty (Dr.Kamal Kant, Dr. Kuldeep Rojhe, Dr. Amar Rao, Dr. Pooja Verma , Dr. Nitin Gupta, Dr. Devesh Kumar, Dr. Narendra Verma, Ajay Khanna, Dr. Chander Mohan Gupta, Dr. Kesari) who guided them throughout. The Students teams worked till late and came up with some unique ideas. The final presentations were judged by Amit Khanna. The show ended with a cultural program that was thoroughly enjoyed after five days of hard work. A total of 121 students attended in this program.

**Student Participants-:** 121

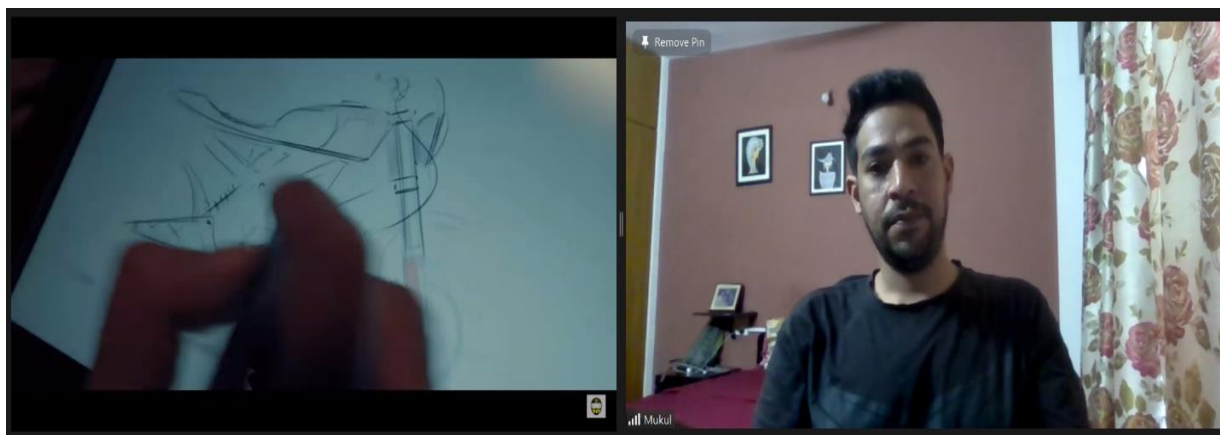
**Organized -:** SPRINT Team

**Guest Speaker-:**

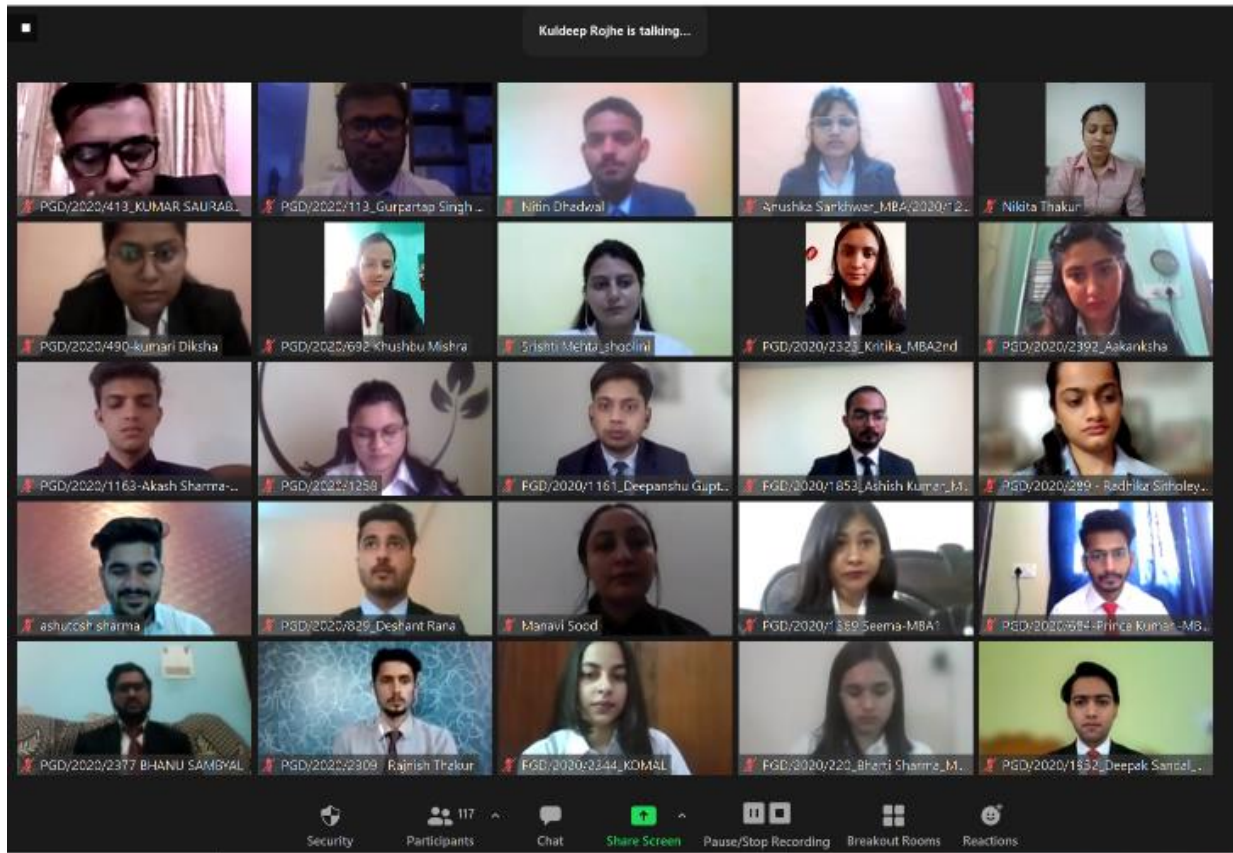
- Mr. Sanjeev Singh
- Mr. Jermina Menon
- Mr. Tarun Thakur
- Mr. Amit Khanna
- Mukul Nanda

**Impact-:**

- Develop Marketing strategy.
- Reduction in stress and anxiety level
- Development of decision making process.



**Session on How Passion Fuels Business – Mr. Mukul Nanda**



### Session on Marketing Plan – Mrs. Jarmina Menon

**Date: September 8 – 10, 2021**

**SPRINT on Pre-Placement for B. Tech 7<sup>th</sup> Semester**

Agenda e-SPRINT 210 B. Tech -7 <sup>th</sup> Semester No of Students:- 219										
Date/Time	09:30-10:00	10:00-10:30	10:30-11:00	11:15-13:00		13:00-14:00	14:00-15:00	15:00-16:00	16:15-17:15	17:15-17:30
8/9/2021	E-Diya & Sarsawati Vandana	Welcome & Introduction - Mr. Ajay Khanna	Session - Prof. Atul Khosla	Self Reflection - Mrs. Poonam Nanda		Lunch	VE Coaching Program & Live Coaching Sessions - Mrs. Payal Khanna	Grooming & Corporate Etiquette - Mr. Pratip Mazumdar	Resume Writing - Mrs. Sonu Singh	Summary Jagriti
9/9/2021	Guided Meditation - Mr. Apar	Creative Thinking		HR Session - Shilpa Roy - Director HR HSE	Making wise career choice - Mr. Titash Neogi	Lunch	GD Guidelines and Mock GD - Mr. Ajay Khanna/ Mr. Shard Gupta		Mock GD - Mr. Ajay Khanna & Panelists	
10/9/2021	Guided Meditation - Mr. Apar	Placement Guidelines - Nancy and Anuj		Mental Health (Guru Talk) - Mr. Yash Tiwari		Lunch	Alumni Panel Discussion - Praisya (Nestle), Ashish Sharma (HCL), Manoti Vyas (Root Analysis)	Interview Skills and Mock PI - Mr. Ajay Khanna	Assessments - Jagriti	

**e-SPRINT 210 B. Tech 7<sup>th</sup> Semester**

SPRINT 210 was held from 8<sup>th</sup> to 10<sup>th</sup> September 2021 for B. Tech 7<sup>th</sup> semester students. Every morning SPRINT was started with an online meditation session. This 3 days SPRINT program was attended by 215 students. The objective of this SPRINT was to teach students how to create and value resume writing. Session on self-reflection was taken by Mrs. Poonam Nanda and interview skills by Mr. Ajay Khanna for students. Along with this a guru talk was organized on Mental Health by Guest faculty Mr. Yash Tiwari. They also had exposure to various Guest

faculty like Mrs. Shilpa Roy, Mrs. Sonu Singh, and Mr. Titash Neogi. Students also interacted with alumni (Praisya (Nestle), Manoti Vyas (Root Analysis). The online meditation sessions conducted by Apar Koshik was also very successful. The SPRINT ended with a quiz given to students based on the whole program. The students thoroughly enjoyed the SPRINT program which was filled with learning and fun.

**Student Participants:-** 215

**Organized -:** SPRINT Team

**Guest Speaker:-**

- Mrs. Shilpa Roy
- Mrs. Sonu Singh
- Mr. Titash Neogi
- Mr. Yash Tiwari

**Impact:-**


- Increase many aspects of self – awareness for participants as leaders
- Confidently handling interview & group discussion
- Develop etiquette and corporate skills
- Helping students better understand their own level of achievement.



Guru Talk on Mental Health – Mr. Yash Tiwari





Recording...



## How to Write Effective Resume ... For Freshers

Presented by : Sonu Singh  
Personality & Career Development Coach | Author



Session on Resume Writing - Mrs. Sonu Singh

Date: September 17 – 18, 2021

**SPRINT for UG –FMSLA 5<sup>th</sup> Semester on Writing Skills**

Agenda - SPRINT - 211, UG-FMSLA 5th Semester, Reporting Time : 9:30AM						
Date & Time	09:30-10:00	10:00-11:00	11:30-12:30	12:30-13:00	14:00-15:15	15:15-17:15
17-09-2021	<ul style="list-style-type: none"> <li>Welcome &amp; Address</li> <li>Lamp Lighting- Principal Ms. Masooma Singha (MRA DAV School) &amp; Ms Kesari</li> </ul>	Expectation Setting- Fireside chat - Mr. Ajay Khanna	Workplace Etiquette & Manners- Ms. Sheetal Gill	ELECTIVE / LUNCH	Email Writing - Ms. Sonu Singh	Image Enhancement - Ms. Sonu Singh
18-09-2021	Guided Meditation - Ms. Deepshikha Thakur	Networking - Ms. Sushma Banthia	Resume Writing - Ms. Poonam Nanda		Group Discussion	Personal Interviews

SPRINT 211 was held from 17<sup>th</sup> to 18<sup>th</sup> September 2021 for UG – FMSLA 5<sup>th</sup> semester students. SPRINT was started with the welcome of Ms. Masooma Singha and Ms. Kesari and lamp lighting. This 2 days SPRINT program was attended by 171 students. The objective of this SPRINT was to teach students how to create and value Email & resume writing. Session started with fair chat with Mr. Ajay Khanna and session on etiquette manners by MS. Sheetal Gill for students. Afternoon session on Email writing & Image Enhancement with Ms. Sonu Singh Next day session started with online meditation and session on Networking took by our guest faculty Ms. Sushma Banthia. Ms. Poonam Nanda took a session on Resume writing The SPRINT ended with a Group discussion & Personal Interview. The students thoroughly enjoyed the SPRINT program which was filled with learning and fun.

**Student Participants:-** 171

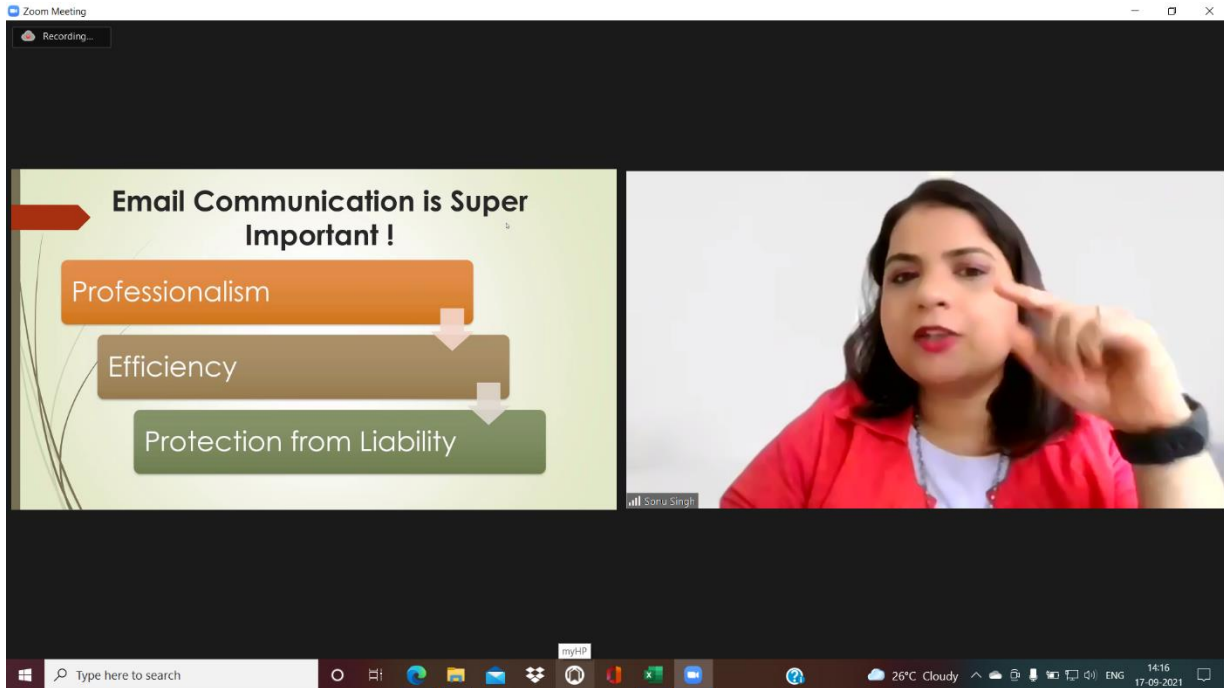
**Organized -:** SPRINT Team

**Guest Speaker:-**

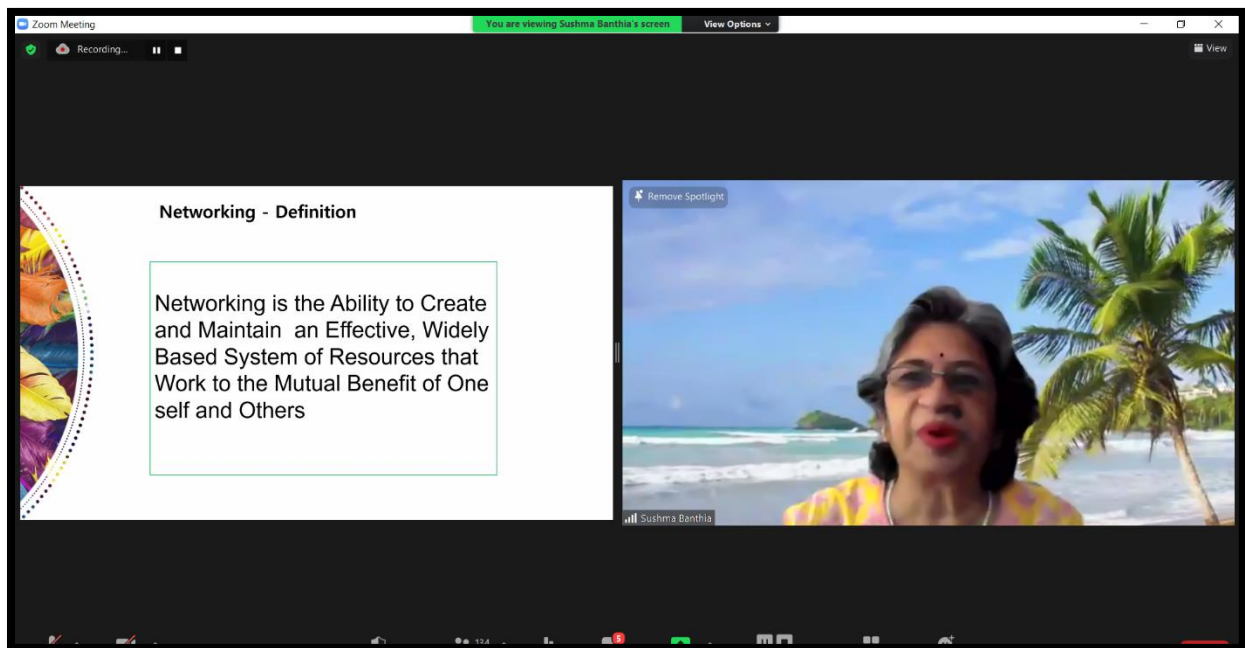
- Ms. Masooma Singha.
- Ms. Sushma Banthia
- Ms. Sonu Singh

## Impact:-

- Importance of Email Writing
- Improving the writing , communication skills
- improve the interpretability or perception of information in images for human viewers



**Session on Email Writing - Ms. Sonu Singh**



**Session on Networking - Ms. Sushma Banthia**

Date: September 20 – 21, 2021

**SPRINT for B. Tech 5<sup>th</sup> Semester on Interview Skills**

<b>Agenda - SPRINT - 212, B. Tech 5th Semester, Reporting Time : 9:30AM</b>							
<b>Date &amp; Time</b>	<b>09:30-10:00</b>	<b>10:00-11:00</b>	<b>11:30-12:30</b>	<b>12:30-14:00</b>	<b>14:00 - 15:00</b>	<b>15:00-16:00</b>	<b>16:00-17:30</b>
<b>20-09-2021</b>	Welcome Address	Expectation Setting- Fireside chat - Ajay Khanna	Workplace Etiquette & Manners - Sheetal Gill	ELECTIVE / LUNCH	Group Discussions & Personal Interviews - Ajay Khanna		
<b>21-09-2021</b>	Virtual Yoga for Physical & Mental Fitness - Dr. Subodh	Time Management - Brig. Ramesh Chandra	Public Speaking - Payal Khanna	ELECTIVE / LUNCH	Email Writing - Poonam Nanda	Break for Assignment	Presentations

SPRINT 212 was held from September, 20<sup>h</sup> to 21<sup>th</sup>, 2021 for B. Tech 5<sup>th</sup> semester students. SPRINT was started with the welcome the students. This 2 days SPRINT program was attended by 275 students. The objective of this SPRINT was to teach students how to write Email. Session on etiquette manners by MS. Sheetal Gill and Mr. Ajay Khanna took on session on group discussion & personal interview for students. Next day session started with online meditation taken by Dr. Subodh. Our guest faculty Brig Ramesh Chandra took a session on time Management. Session on Public Speaking by Ms. Payal Khanna and Ms. Poonam Nanda took a session on Email writing The SPRINT ended with Students presentation. The online yoga & Mental Fitness sessions conducted by Dr. Subodh was also very successful The students thoroughly enjoyed the SPRINT program which was filled with learning and fun.

**Student Participants:-** 275

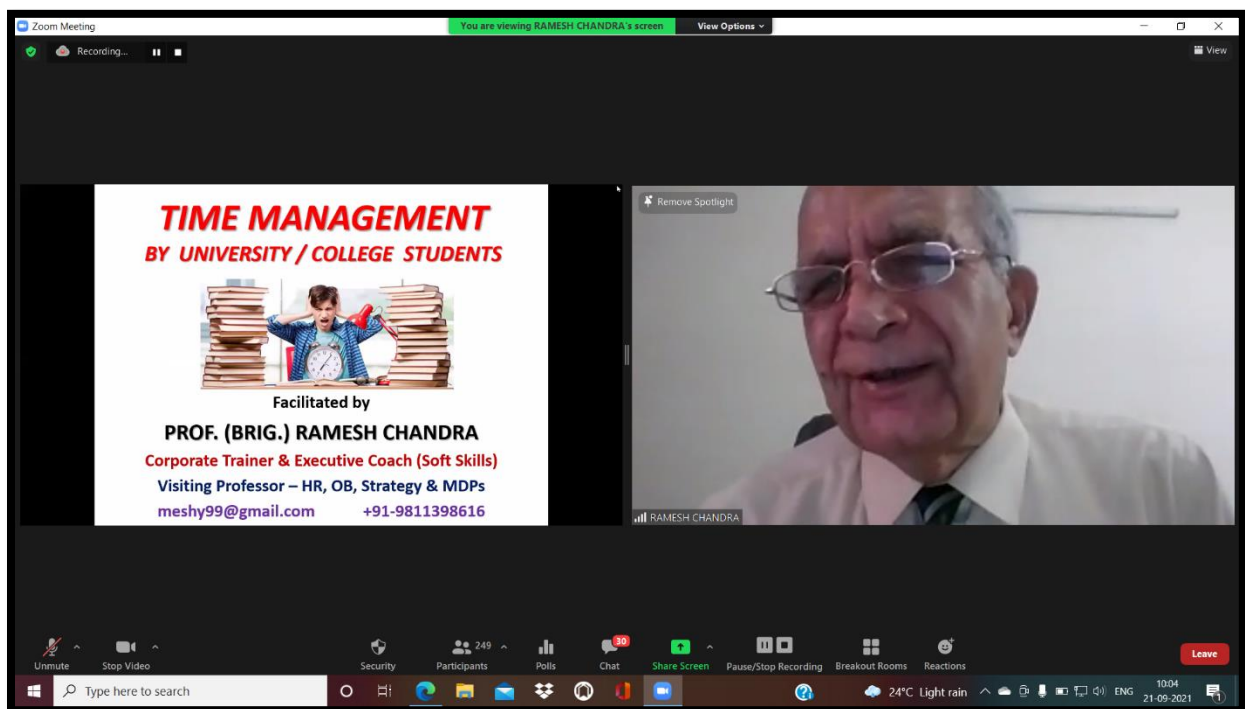
**Organized -:** SPRINT Team

**Guest Speaker:-**

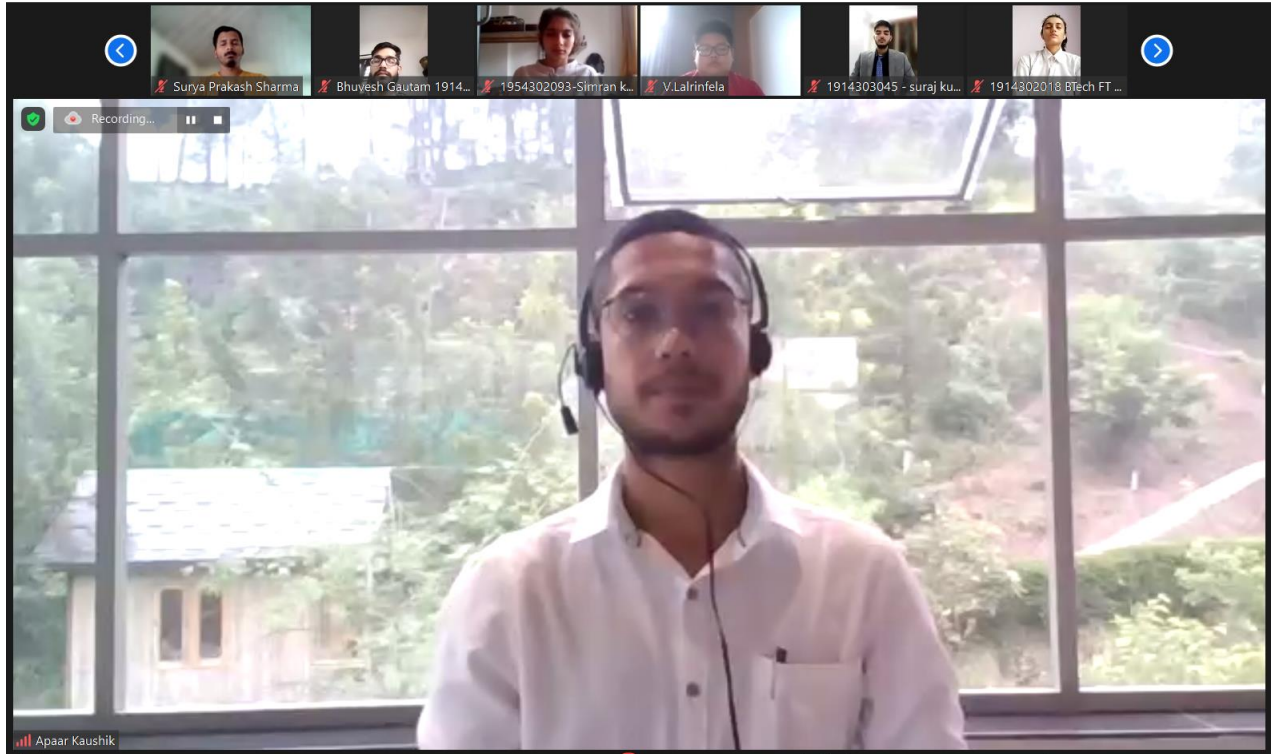
- Brig Ramesh Chandra

## Impact-

- Improve Communication Skills
- Get familiar writing the correct formats of Email.
- Increasing the students confidence
- Students are well prepared, organized and focused to manage their daily lives and complete academic assignments on time.



## Session on Time Management – Prof.(Brig.) Ramesh Chandra



**Session on Meditation –Mr. Apar Kaushik**

Date: September 27 – 28 ,2021

**SPRINT on Interview Skills for B. Sc 5<sup>th</sup> Semester**

<b>Agenda - SPRINT - 213, B. Sc 5<sup>th</sup> Semester, Time : 9:30 , No of students: 187</b>						
<b>Date /Time</b>	<b>09:30 - 10:00</b>	<b>10:00-11:00</b>	<b>11:30- 12:30</b>	<b>12:30 - 14:00</b>	<b>14:00-16:00</b>	<b>16:30-17:30</b>
<b>27-09-2021</b>	Welcome & Address	Session on Expectation Setting- Fireside chat - Mr. Ajay Khanna	Session on Resume Writing - Ms. Poonam Nanda	Elective / Lunch	Session on Rapport Building - Mr. Kapil Sharma	Session on Synchronisation of Brain Waves - Dr. Subodh
<b>28-09-2021</b>	Session on Guided Meditation - Mr. Apar Kaushik	Session on Language Skills for a great career success - Mr. Rajesh Williams	Session on Public Speaking - Ms. Payal Khanna		Session on Group Discussion - Mr. Ajay Khanna	Session on Personal Interviews - Mr. Ajay Khanna

e-SPRINT 213 was conducted for B. Sc 5<sup>th</sup> Semester students from September 27th to 28th ,2021. It was attended by 187 students. The theme of this program was Interview Skills. It started with a welcome address by Ms. Jagriti . session was started with online meditation sessions conducted by Mr. Apar Koshik was also very successful A session on fire chat with Mr. Ajay Khanna and session on Resume Writing taken by Ms. Poonam Nanda. In the Afternoon session started with Mr. Kapil Sharma & Dr. Subodh. On 28<sup>th</sup> September 2021 an extremely useful session on Language Skills for a great career success was taken by Mr. Rajesh Williams & Session on Public Speaking was taken by Ms. Payal Khanna. The SPRINT finished with Ajay Khanna session. A lot of doubts were cleared in this session regarding student Group Discussion & Personal Interviews. The program ended with the quiz which was given to students based on the learnings of the SPRINT.

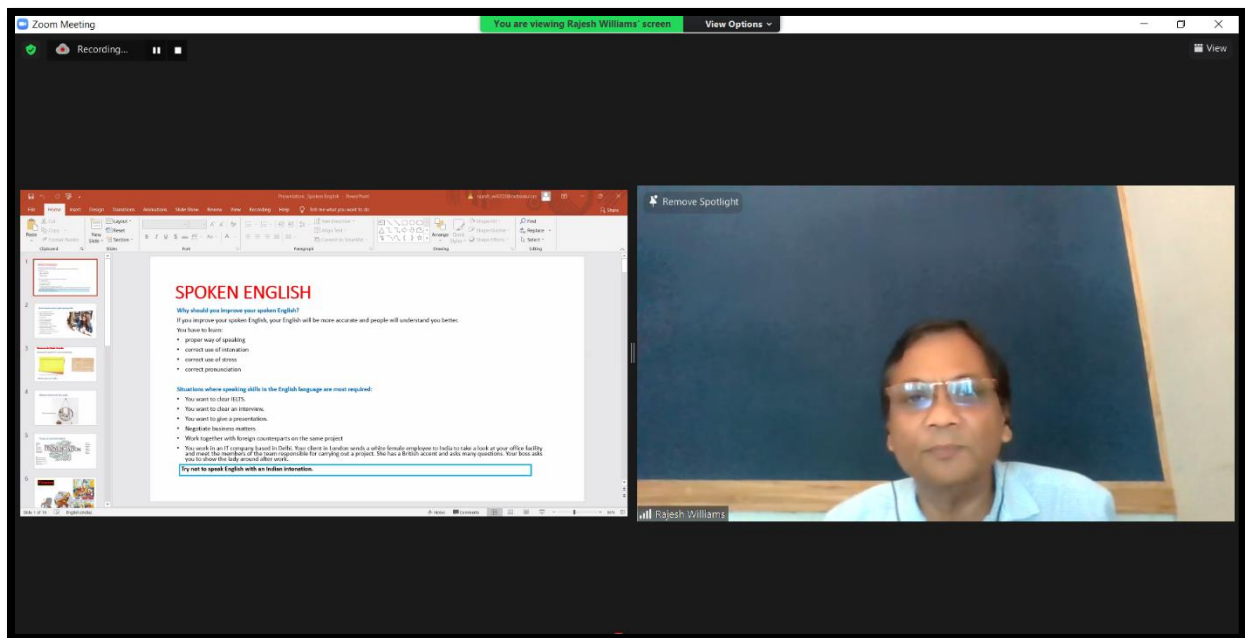
**Student Participants:-** 187

**Organized -:** SPRINT Team



## Impact:-

- Motivate students to explore new areas of interest.
- Quantify your work and achievements where possible.
- Updated resumes will instill a feeling of confidence in the students.
- Participate in Group Discussions the correct way



**Session on Language skills for a great career success- Mr. Rajesh Williams**

Date: October 13-14 , 2021

**SPRINT for Master 3<sup>rd</sup> Semester Students on Language & Interview Skills**

Agenda - SPRINT - 214, M. Sc., M. Tech & MA 3 <sup>rd</sup> Semester, Reporting Time : 09:45						
Date/ Time	10:00 - 10:30	10:30 -11:30	11:45 - 12:45	12:45 - 14:00	14:00 - 16:00	16:30 - 17:30
10/13/2021	Welcome Address	Session on Expectation Setting- Fireside chat - Mr. Ajay Khanna	Session on Public Speaking - Ms. Payal Khanna	Lunch	Session on Rapport Building - Mr. Kapil Sharma	Session on Synchronizations of Brain Waves - Dr. Subodh
10/14/2021	Session on Guided Meditation - Mr. Apar Kaushik	Session on Language Skills for a great career success - Mr. Rajesh Williams	Session on Resume Writing - Ms. Poonam Nanda	Lunch	Session on Group Discussion - Mr. Ajay Khanna	Session on Personal Interviews - Mr. Ajay Khanna

e-SPRINT 214 was conducted for M. Sc ,M.Tech, & MA 3<sup>rd</sup> Semester students from October 13<sup>th</sup> to 14<sup>th</sup> ,2021. It was attended by 187 students. The theme of this program was Interview Skills. It started with a welcome address by Ms. Jagriti . A session on fire chat with Mr. Ajay Khanna and session on Resume Writing taken by Ms. Poonam Nanda. In the Afternoon session started with Mr. Kapil Sharma & Dr. Subodh. On 28<sup>th</sup> September 2021 an extremely useful session on Language Skills for a great career success was taken by Mr. Rajesh Williams & Session on Public Speaking was taken by Ms. Payal Khanna. The SPRINT finished with Ajay Khanna session. A lot of doubts were cleared in this session regarding student Group Discussion & Personal Interviews. The program ended with the quiz which was given to students based on the learnings of the SPRINT.

**Student Participants-:** 187

**Organized -:** SPRINT Team

**Impact:-**

- Face interviews with ease and confidence
- Overall Persona Enhancement
- Building self-esteem
- Making focus and recall much better and easier.



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



**Session on synchronization of brain waves – Dr. Subodh**

Date: October 25 – 29, 2021

**SPRINT for MBA Quad 2 on Transformation**

SPRINT - 215 (MBA-1, Quad- 2) (Transformation)									
Date	10:00 - 10:30	10:30 - 11:30	11:30 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30	17:30 - 18:30
10/25/2021	Examination	Wecome Address by Dr. Kuldeep Rojhe Expectation setting	Fireside chat with Mr. Ajay Khanna	Session on Corporate Work Culture - Prof. Atul Khosla	Lunch	Team Activity		Session on Emotional Intelligence - Mr. Vivek Atray	
10/26/2021	Nutrition - Ms. Tanbeer	Session on Art of making a great First Impression - Ms. Payal Khanna	Session on Social Media Etiquette- Ms. Nishtha Shukla			Session on Personal Branding- Ms. Simran		Session on Dining Etiquette - Prof. Pratip Mazumdar	Reflections
10/27/2021	Guided Meditation - Mr. Apar Kaushik	Session on The Power of PowerPoint - Mr. Ajay Khanna	Practice Session (The Power of PowerPoint)			Session on The Art of Articulation - Mr. Ajay Khanna	Presentations by Students		Review & Feedback
10/28/2021	Guided Meditation - Ms. Mala Tripathi	Workshop on MS Excel - Dr. Devesh	Workshop on MS Excel - Dr. Devesh			Session on The Journey - Mr. Kapil Sharma		Session on Financial Prudence - Maj General Anand	Presentation by Participants
10/29/2021	Guided Meditation - Dr. Subodh Saurabh	Session on Cross Cultural Manners & Etiquette - Mr. Rajesh Williams	Session on Inclusivity - Mr. Sanjeev			Reflections & Conclusion - Vikas Minj	Preparation for cultural	Cultural	

The SPRINT program (Skill Progression through Rapid Intensive and Innovative Training) on Transformation was organized for MBA Quad 2 from October 25<sup>th</sup> to 29<sup>th</sup>, 2021. This was for 5 days and total number of students who attended the program was 122. The students were welcomed - Dr. Kuldeep Rojhe and he shared the objective of the whole program. Prof. Atul Khosla took a session on Corporate work Culture. Our guest faculty Mr. Vivek Atray took a session on Emotional Intelligence and Ms. Simran took a session on Personal Branding. A session on Nutrition took by Ms. Tanbeer. Next session on social media and Dinning etiquette was conducted by Mrs. Nishtha Shukla & Mr. Pratip Mazumdar. Mr. Ajay Khanna took a session on PowerPoint. Dr. Devesh Kumar conduct a workshop on excel. Major General Anand an external guest faculty they had session on financial Prudence. last day session was started with Mr. Rajesh William on cross cultural manner & etiquette. A session on inclusivity taken by Mr. Sanjeev. He also clarified a lot of doubts of the students. The session was closed with student's cultural activity.

**Student Participants-:** 122

**Organized -:** SPRINT Team

**Guest Speaker-:**

- Mr. Vivek Atray (Motivational Speaker)
- Mrs. Simran
- Major General Anand

**Impact-:**

- Enlighten Corporate work culture
- Importance of Emotional intelligence
- A good skillset in MS Power point and MS Excel
- Teamwork





**Session on Dining Etiquette – Prof. Pratip Mazumdar**



**Date: November 09-10, 2021**

**SPRINT on Self Development for B. Sc 3<sup>rd</sup> Semester Students**

**Agenda - e-SPRINT - 216, B. Sc 3<sup>rd</sup> Semester, (Theme : Self Development)  
No of Students :175**

<b>Date &amp; Time</b>	<b>10:00 -11:00</b>	<b>11:30 - 12:30</b>	<b>12:30 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:00 - 16:00</b>	<b>16:30 - 17:30</b>
<b>09-11-2021</b>	Expectation Setting- Fireside chat - Mr. Ajay Khanna	Work Place Etiquette - Mr. Rajesh Williams	Elective/Lunch	Art of Communication - Ms. Payal Khanna	Time Management - Mr. Kapil Sharma	Social Media Etiquette - Dr. Amar Rao
<b>10-11-2021</b>	Assertive Skills: Ms. Poonam Nanda	Success with Purpose - Mr. Ajay Khanna		Global Mindset - Mr. Sanjeev	Breakout session for Activity : Mr. Vikas Minj	Conclusion And Reflection

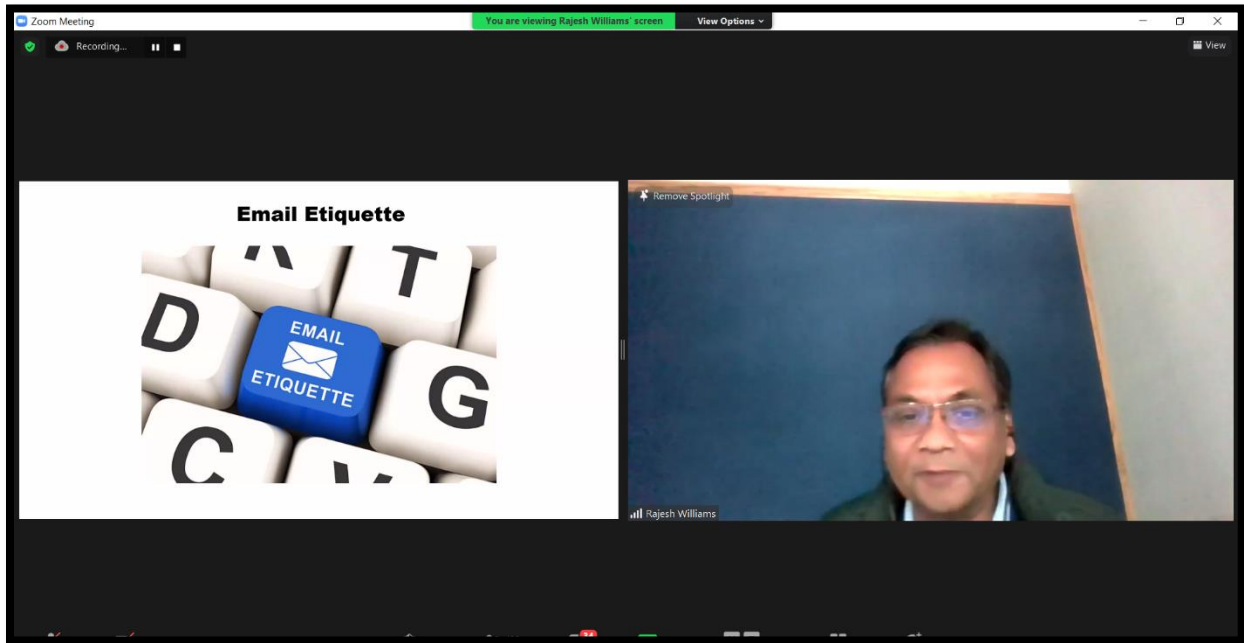
Skill Progression through Rapid Intensive and innovative Training B.Sc.3<sup>rd</sup> semester students from November 09 to 10, 2021. The SPRINT started with welcoming the students and the faculty members involved in it. A brief introduction to Sprint was given. Our internal faculties were Mr. Ajay Khanna, Mr. Rajesh Williams, Ms. Payal Khanna, Mr. Kapil Sharma, and Dr. Amar Rao on November 09, 2021. Morning Session on fire chat, Work place etiquette. In the afternoon session on Art on Communication, Time Management and Social media etiquettes was delivered by respectively faculty. Ms. Poonam Nanda, Mr. Sanjeev and Mr. Vikas Minj on November 10<sup>th</sup>, 2021. Morning session a lecture on Assertive skills, Success with purpose and Globe Mindset was delivered by respectively faculty member. After this there were Activities Conclusion & Reflection were taken up by Sprint Team. It was attended 175 student.

**Student Participation:-** 175

**Organized -:** SPRINT Team

## Impact:-

- Focus on your weaknesses and strengths
- Realize the importance of good communication skills
- Importance of Time Management
- Understand the importance of social Media




**Session on Work Place Etiquette – Mr. Rajesh Williams**

Zoom Meeting    You are viewing Sanjeev Singh's screen    View Options

Recording ...    View

### Global 4 steps approach on Inclusivity

- Self-Awareness/Unconscious Bias
- Understand the Diversity Iceberg
- Understand the Impact
- Be Part of the Solution



Sanjeev Singh

Zoom Meeting interface showing a slide titled "Global 4 steps approach on Inclusivity" and a video feed of Mr. Sanjeev Singh. The slide lists four steps: Self-Awareness/Unconscious Bias, Understand the Diversity Iceberg, Understand the Impact, and Be Part of the Solution. The video feed shows Mr. Sanjeev Singh in a room with a yellow wall and framed pictures.

**Session on Global Mindset – Mr. Sanjeev**

Date: November 15 – 18, 2021

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

**SPRINT - 217 (MBA-2, Quad- 6) (Leadership)**

Date/Time	10:00 - 10:30	10:30 - 11:30	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30	17:30 - 18:30
15/11/2021	Welcome Address - Dr. Kuldeep Rojhe	Goal setting - Fireside chat with Mr. Ajay Khanna	Leadership a Way of Life - Ms. Anindita Mookerjee Sinha Head Corp Com- L&T	Lunch	Bhagavad Gita & Leadership- Mr. Ashish Khosla		Poster Presentation	
16/11/2021	Guided Meditation	10:30 - 12:00 Leading by Influence - Mr. Vivek Atray	12:30- 13:00 Movie Clip		In the line of Fire- Brig Sanjay Agarwal		Workshop on Situational Leadership- Mr. Ajay Khanna	
17/11/2021		Guided Meditation	Out of classroom Activity- Brig Sanjay Agarwal		Art of Listening & Communication Activity - Mr. Kapil Sharma	Mr. Gaurav Chaudhary - CEO Roots Analysis		Leadership - Ms. Avnee Khosla
18/11/2021	Guided Meditation	Hotel Taj Case Study& Presentation - Mr. Ajay Khanna	Women As Leader- Ms. Ashoo Khosla		Case Study Presentations	Summary & Way Forward- Mr. Ajay Khanna	Cultural	

Skill Progression through Rapid Intensive and Innovative Training for MBA 2 Quad 6 from November 15 to 18, 2021. It was attended 130 students. The theme of this program was Leadership. In the morning session, students were addressed - Dr. Kuldeep Rojhe. Session on

fireside chat with Mr. Ajay Khanna . Our guest faculty Ms. Anindita Mookerjee Sinha took a session on “leadership away of life”. Afternoon session was taken Mr. Ashish Khosla. Day ended with an Poster Presentation and discussion. Next day started with the meditation .After that our guest faculty Mr. Vivek Atray , Brig. Sanjay Agarwal and Mr. Gaurav Chaudhary was take a session on ”leading by influence & in the line of fire”. Mr. Kapil Sharma took a activity on art of listening and communication. Session on Leadership & women as Leader taken by Ms. Avnee Khosla & Ms. Ashoo Khosla . Mr. Ajay Khanna session on Summary & way forward . The SPRINT closed with cultural program student participated with great energy and enthusiasm and it was enjoyed all.

**Student Participation-: 130**

**Organized -: SPRINT Team**

**Guest Speaker-:**

- Ms. Anindita Mookerjee Sinha
- Mr. Vivek Atray (Motivational Speaker)
- Brig. Sanjay Agarwal
- Mr. Gaurav Chaudhary

**Impact:**

- Inculcate the habit of meditation
- Understand how teams work
- Importance of listening & Communication
- Understand different styles of Leadership



**Session on Bhagavad Gita & Leadership- Mr. Ashish Khosla**



**Hotel Taj Case Study & Presentation - Mr. Ajay Khanna**

**Date: November 25 – 26, 2021**

**SPRINT on self-Development for B. Tech 3<sup>rd</sup> Semester Students**

<b>Agenda - e-SPRINT - 218, B. Tech 3rd Semester, (Theme : Self Development) No of Students :277</b>							
<b>Date &amp; Time</b>	<b>10:00 - 10:15</b>	<b>10:15 -11:15</b>	<b>11:30 - 12:30</b>	<b>12:30 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:00 - 16:00</b>	<b>16:30 - 17:30</b>
<b>11/25/2021</b>	Welcome Address- Dr. Anuradha	Expectation Setting- Fireside chat - Mr. Ajay Khanna	Creativity - Ms. Ashoo Khosla	Elective/Lunch	Work Place Etiquette - Mr. Rajesh Williams	Email Writing - Mrs. Poornima Bali	Activity
<b>11/26/2021</b>	10:00 - 10:30 Guided Meditation	10:30 - 11:30 Power of Powerpoint - Mr. Ajay Khanna	Effective Communication - Ms. Sreerupa Sil		Growth Mindset - Mr. Sanjeev Singh	Activity - PPT	Conclusion And Reflection

Skill Progression through Rapid Intensive and innovative Training B.Sc.3<sup>rd</sup> semester students from November 25 to 26, 2021. The SPRINT started with welcoming the students and the faculty members involved in it. A brief introduction to SPRINT was given. Our internal faculties were Mr. Ajay Khanna, Mr. Rajesh Williams, Ms. Ashoo Khosla, Ms. Poonam Nanda, and Mrs. Poornima Bali on November 25, 2021. Morning Session on fire chat, Creativity. In the afternoon session on Work place etiquette and Email Writing was delivered by internal faculties. Ms. Sreerupa Sil, Mr. Sanjeev Singh on November 26<sup>th</sup>, 2021. Morning session on Power of PowerPoint taken by Mr. Ajay Khanna, Effective communication and Globe Mindset was delivered faculty member. After this there were Activities Conclusion & Reflection were taken up by SPRINT Team. It was attended 277 student.

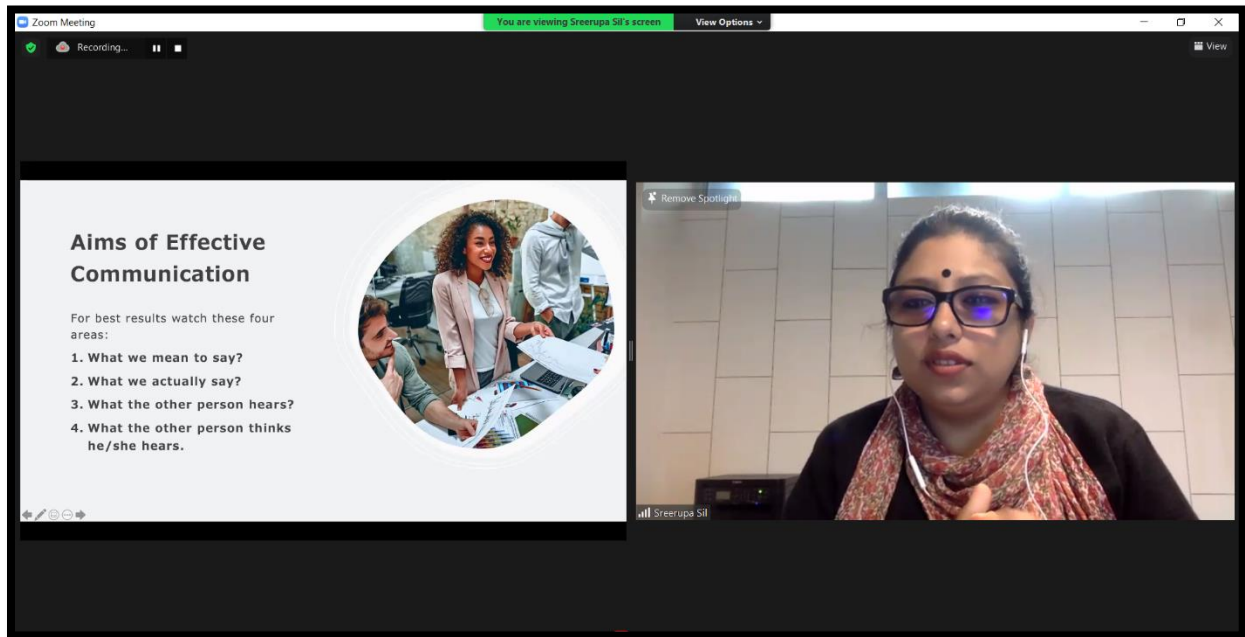
**Student Participants:-** 277

**Organized :-** SPRINT Team



## Impact:-

- Better Understanding and comprehension of the subject
- Improving learner focus
- Increases Communication skills
- Develop problem solving skills



**Session on Effective Communication - Ms. Sreerupa Sil**

**Date: November 29 -30, 2021**

**SPRINT for UG – FMSLA 3<sup>rd</sup> Semester Students on Self Development**

<b>Agenda - e-SPRINT - 219, UGFMSLA 3rd Sem, Time : 10:00AM (Theme : Self Development) No of Students : 254</b>							
<b>Date &amp; Time</b>	<b>10:00 - 10:30</b>	<b>10:30 - 11:30</b>	<b>12:00 - 13:00</b>	<b>13:00 - 14:00</b>	<b>14:00 - 15:00</b>	<b>15:00 - 16:00</b>	<b>16:30 - 17:30</b>
<b>11-29-2021</b>	Welcome Address - Dr. Kesari	Expectation Setting- Fireside chat - Mr. Ajay Khanna	Creativity - Ms. Ashoo Khosla	Lunch	Session on Resilience - Ms. Payal Khanna	Time Management - Mr. Kapil Sharma	Team Activity
<b>11-30-2021</b>	Guided Meditation	(10:30 - 11:50) Nine Words - Dr. Kamal Kant	Resume Writing - Ms. Poonam Nanda		Group Discussions - Mr. Ajay Khanna	Agile businesses- The story of an industry leader- Ms. Tina Ahluwalia (Guru Talk)	Conclusion And Reflection

Skill Progression through Rapid Intensive and innovative Training UG FMSLA 3<sup>rd</sup> semester students from November 29 to 30, 2021. It was attended 254 student. The SPRINT started with welcoming the students by Dr. Kesari Singh.. Session started with Fireside chat with Mr. Ajay Khanna was highly appreciated by the students .The Session of Creativity in life was taken by Ms. Ashoo Khosla. Afternoon session on Resilience & Time Management was took by Ms. Payal Khanna & Mr. Kapil Sharma. After that some team activity was taken by SPRINT Team. November 30<sup>th</sup>, 2021 Morning started with online meditation taken by yoga department. A motivational session on nine words was taken by Dr. Kamal Kant. Ms. Poonam Nanda took a session on Resume writing. After that Guru talk with Ms. Tina Ahluwalia. The day concluded with a session on Group Discussion. The student teams participated with great energy and enthusiasm, and it was enjoyed by all.

**Student Participants:-** 254

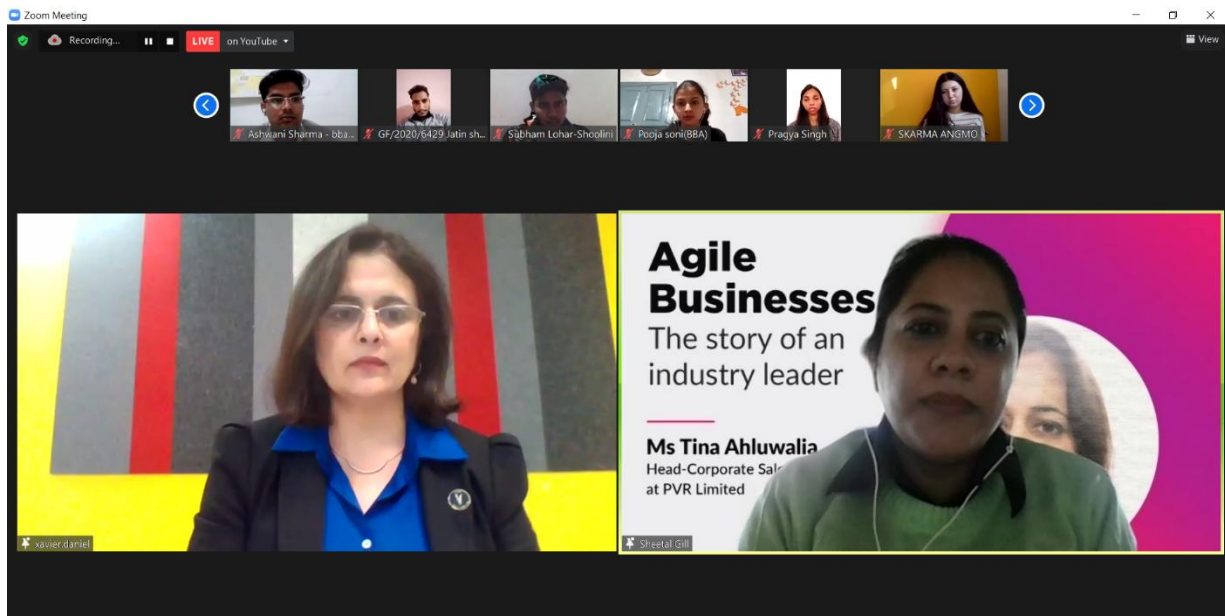
**Organized -:** SPRINT Team

**Guest Speaker:-**

- Ms. Tina Ahluwalia

**Impact:-**

- Updated resumes will in still a feeling of confidence in the students. With the approaching placements, they are expected to feel more in control
- Learn some tips to stay calm and stress free
- Improves thinking, listing and speaking skills



**Guru Talk – Ms. Tina Ahluwalia**

Date: December 6-7, 2021

**SPRINT on Induction Program for B. Tech 1<sup>st</sup> Semester students**

**Agenda - e-SPRINT 220, B. Tech 1st Semester, (Theme : Induction)  
No of Students :249**

Date & Time	10:00 - 10:30	10:30 - 11:30	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30- 17:30
12/6/2021	Welcome Address Dr. Virender Rihani	Expectation Setting Fireside chat Mr. Ajay Khanna	Session on General Etiquette and Manners - Col TPS Gill	Lunch	Session on Email Etiquette - Mr. Rajesh Williams	Session on Netiquette- Ms. Sreerupa Sil	Reflections
12/7/2021	Guided Meditation	Session on Success with Purpose- Mr. Ajay Khanna	11:45 - 13:00 Session on Resilience - Ms. Payal Khanna		14:00-16:00	Session on Nine Wor(l)ds - Dr. Kamal Kant	Talent Show

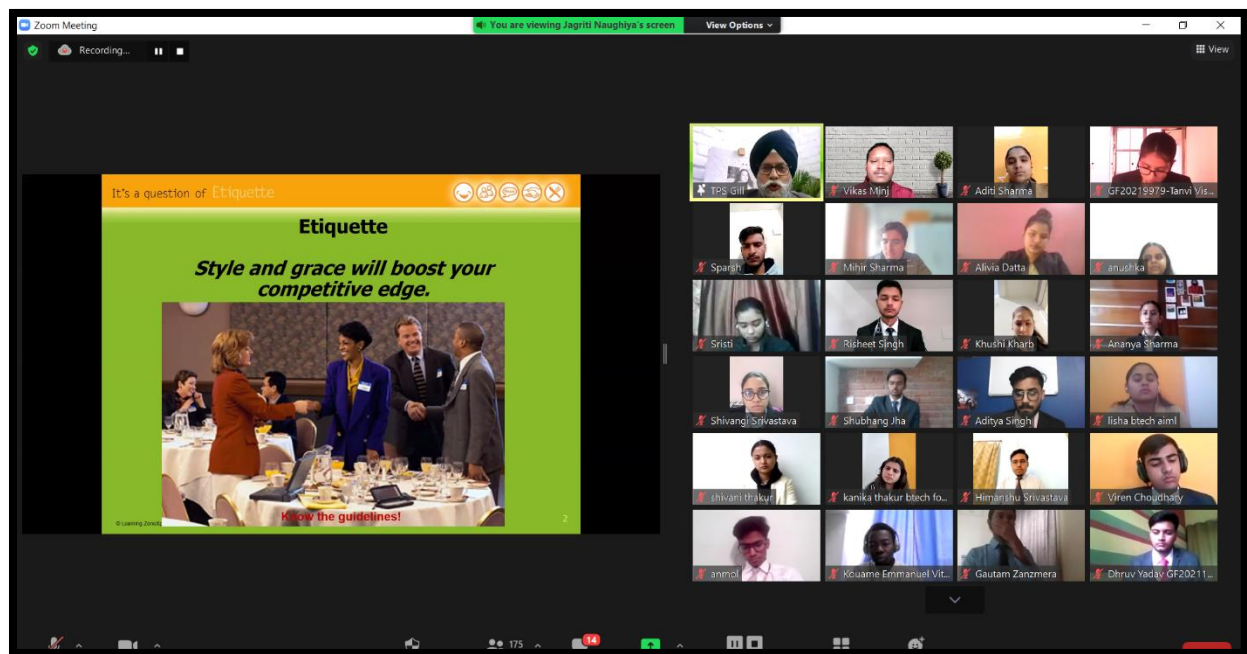
An Induction was organized by the SPRINT team for B. Tech 1<sup>st</sup> Semester student form December 6 to 7, 2021 was conducted. This was a 2 day SPRINT. The program started with the welcoming the students and Introduction to SPRINT by Dr. Virender Rihani. After that, Col TPS Gill took a session on General etiquette and Manners. Afternoon the session on Email etiquette & Netiquette was taken by Mr. Rajesh Williams and Ms. Sreerupa Sil . Next session started with mediation after that session on Success with purpose, Resilience was taken by Mr. Ajay Khanna & Ms. Payal Khanna. Afternoon session on Nine Words with Dr. kamal kant. Total number of 249 students were involved in it and was a very successful one the session was ended with students’ Talent show “which was thoroughly enjoyed by all.

**Student Participants:-** 249

**Organized -:** SPRINT Team

## Impact:

- Motivation to not hesitate for public speaking
- Importance of etiquettes in normal life
- Dos and don'ts of email writing
- Importance of a good mail



Session on General Etiquette and Manners- Col TPS Gill

Date: December 9 -10, 2021

**SPRINT on Induction for B.Sc 1<sup>st</sup> Semester Students**

**Agenda - e-SPRINT - 221, B.Sc 1st Semester, Time : 10:00AM (Theme : Induction) No of Students : 242**

Date & Time	10:00 - 10:30	10:30 -11:15	11:30 - 12:30	12:30 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30
9-12-2021	Welcome Address - Rajesh Sharma	Expectation Setting- Fireside chat - Mr. Ajay Khanna	Session on Resilience - Ms. Payal Khanna	Elective /Lunch	Session on Self Reflections - Ms. Poonam Nanda		Session on Personal Grooming - Dr. Pratip Mazumdar
10-12-2021	Guided Meditation	Session on Success With Purpose - Mr. Ajay Khanna	Session on Effective Communication - Ms. Shreerupa Sil	Elective /Lunch	Session on Nine Wor(1)ds - Dr. Kamalkant		Talent Show

An Induction was organized by the SPRINT team for B. Sc 1<sup>st</sup> Semester student form December 9 to10, 2021 was conducted. This was a 2 day SPRINT. The program started with the welcoming the students and Introduction to SPRINT by HOD. After that, fireside chat with Mr. Ajay Khanna . Ms. Payal Khanna was take a session on Resilience. Afternoon the session on How to get idea session taken by Mr. Rajesh Williams & session on Netiquette was taken by Ms. Sreerupa Sil . Next day session started with mediation after that session on Success with purpose was taken by Mr. Ajay Khanna. After that Ms. Poonam Nanda was take a session on Emil Writing. Afternoon session on Nine Words with Dr. kamal kant. The day concluded with a session on submission of assignment & quiz of students. Total number of 242 students were involved in it and was a very successful one the session. The students ended the program with an amazing cultural show that showcased their talent.

**Student Participants-:** 242

**Organized -:** SPRINT Team

## Impact:

- Learnt important things to be remembered for effective communication
- Habit of self-reflection
- Need of purpose to be successful
- Dos and don'ts of email writing
- Importance of a good mail



**Session on NINE WOR(L)DS – Dr. Kamal Kant**

**Date: December 13 – 14, 2021**

**e-SPRINT 222 on Induction Program for UG- FMSLA 1<sup>st</sup> Semester Students**

<b>Agenda - e-SPRINT 222, UGFMSLA 1st Semester, Time : 10:00AM (Theme : Induction) No of Students : 331</b>								
<b>Date &amp; Time</b>	<b>10:00 - 10:30</b>	<b>10:30 -11:30</b>	<b>12:00 - 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>12/13/ 2021</b>	Welcome Address HOD	Expectation Setting Fireside chat Mr. Ajay Khanna	<b>11:45 - 13:00</b>	Lunch	Session on How to get ideas- Mr. Rajesh Williams	Session on Netiquette - Ms. Sreerupa Sil	Break	Team Activity
			Session on Resilience - Ms. Payal Khanna					
<b>12/14/ 2021</b>	Guided Meditation	Session on Success with Purpose- Mr. Ajay Khanna	Session on Email Writing - Ms. Poonam Nanda	Lunch	Session on Nine Wor(1)ds - Dr. Kamal Kant		Conclusion & Assignments/ Quiz	Fun Activity

This SPRINT held for UG-FMSLA 1<sup>st</sup> Semester students on December 13<sup>th</sup> to 14<sup>th</sup>, 2021. It was attended 331 student. The SPRINT started with welcome of students,. A session on fireside chat was conducted Mr. Ajay Khanna, which helped the students to enhance their confidence. After this Session on Resilience was taken by Ms. Payal Khanna. Afternoon the session on Email etiquette & Netiquette was taken by Mr. Rajesh Williams and Ms. Sreerupa Sil. 2<sup>nd</sup> day of SPRINT started with the Meditation after that session on Success with purpose was taken by Mr. Ajay Khanna. Ms. Poonam Nanda was take a session on Emil Writing. The day ended with session on Nine Words with Dr. kamal kant. The day concluded with a session on submission of assignment & quiz of students. The student teams participated with great energy and enthusiasm, and it was enjoyed by all.

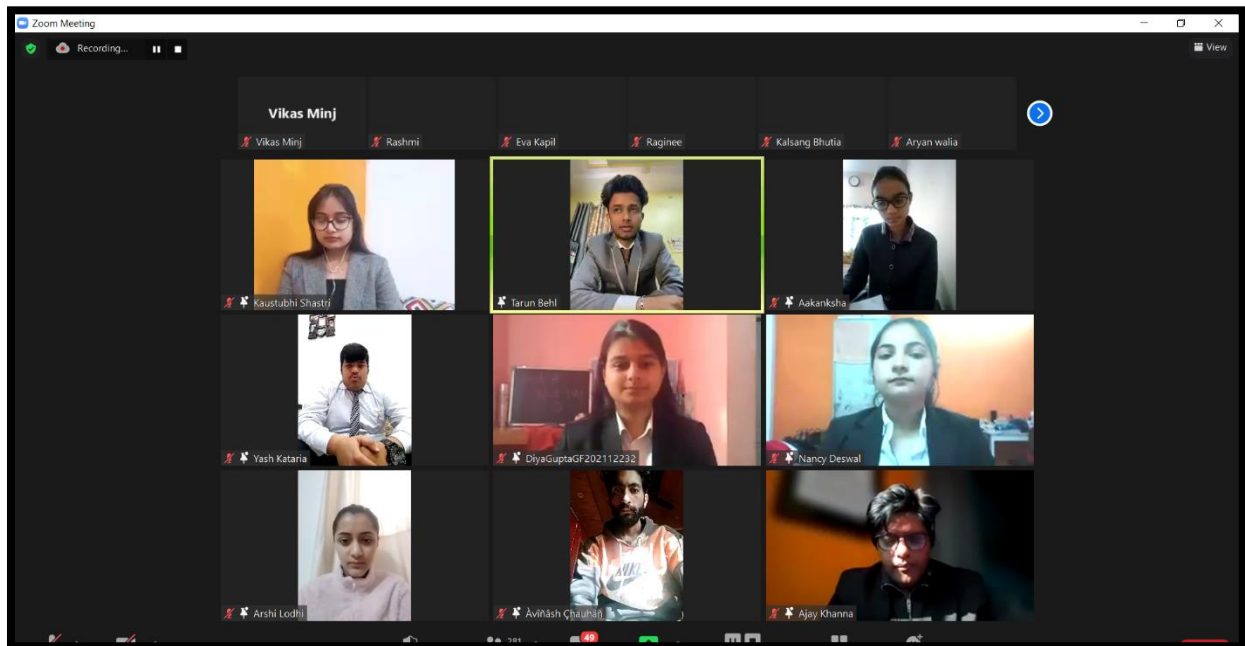
**Student Participants:-** 331

**Organized -:** SPRINT Team



## Impact:

- Motivation to not hesitate for public speaking
- Importance of etiquettes in normal life
- Dos and don'ts of email writing
- Importance of a good mail.



**Session on Fireside Chat – Mr. Ajay Khanna**

Date: December 20 – 21, 2021

**SPRINT for PGDS 1<sup>st</sup> Semester Students for Direct Selling**

<b>SPRINT - 223 for PGDS 1<sup>st</sup> Semester Direct Selling</b>								
<b>Date &amp; Time</b>	<b>10:00 - 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>14:00 - 16:00</b>	<b>16:00 - 16:15</b>	<b>16:15- 17:30</b>
<b>20/12/ 2021</b>	Welcome Address HOD	Expectation Setting Fireside chat Mr. Ajay Khanna	Break	Session on Resilience - Ms. Payal Khanna	Lunch	Session on Nine Wor(l)ds - Dr. Kamal Kant	Break	Session on Nine Wor(l)ds - Dr. Kamal Kant
<b>12/21/ 2021</b>	Presentation Skills Workshop- Mr. Ajay Khanna				Lunch	<b>14:00 - 15:00</b>	<b>15:00 -16:15</b>	Cultural Activity
						Session on Personal Grooming - Mr. Pratip Mazumdar	Presentations by Participants & Feedback	

This SPRINT held for PGDS 1<sup>st</sup> Semester students on December 20<sup>th</sup> to 21<sup>st</sup>, 2021. It was attended 26 student. The SPRINT started with welcome of students,. A session on fireside chat was conducted Mr. Ajay Khanna, which helped the students to enhance their confidence. After this Session on Resilience was taken by Ms. Payal Khanna. Afternoon the session on Nine Words with Dr. kamal kant .2<sup>nd</sup> day of SPRINT started with the workshop on Presentation skills was taken by Mr. Ajay Khanna. Session on Personal Grooming was taken by Mr. Pratip Mazumdar. The day concluded with a session on Presentation by students. The student teams participated with great energy and enthusiasm, and it was enjoyed by all.

**Student Participants:-** 26

**Organized -:** SPRINT Team

**Impact:**

- Focus on areas that lead to better career development
- Learnt important things to be remembered for effective communication
- Follow good hygiene, professional grooming and etiquette
- Increased confidence and credibility.



**Session on Power of PowerPoint – Mr. Ajay Khanna**