



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 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.

Date: February 11, 2022

SPRINT 224 for MBA Executive Quad 5th on Effective Communication

SPRINT 224 Agenda - MBA Executive quad 5th - Theme: Effective Communication - No of Students: 3							
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
2-11-2022	Welcome Address- Mr Ajay Khanna	How to communicate effectively- Ms Jagriti Naughiya	Entrepreneur-ship- Dr. Kamal Kant	Lunch	Power Point Presentation Workshop- Mr Suraj Kanwar	Power-point Activity	Presentation & Review

SPRINT 224 was conducted for MBA Executive quad 5th students on February 11, 2021. The theme of this program was *Effective Communication*. It started with a *welcome address by Mr. Ajay Khanna*. A Session on *“How to communicate effectively”* was taken by Ms. Jagriti and Dr. Kamal Kant took a session on *“Entrepreneurship”*. In the Afternoon, session started with Mr. Suraj Kanwar’s session on *“Power Point presentation”*. The students gave presentation, and the feedback was shared by Mr. Ajay Khanna.

Student Participants-: 03

Organized -: SPRINT Team

Impact-:

- Communication building out the existing skills.
- Enhance the value of Knowledge
- Students become more motivated, self-directed learners

Some Glimpses of the SPRINT Program



Session on Entrepreneurship - Dr. Kamal Kant



Workshop on Power Point Presentation - Mr Suraj Kanwar

Date: March 2-4, 2022

SPRINT for B.Tech Core Engineering 8th & B.Sc Maths 6th semester

On Pre-Placement

SPRINT - 225 (B.Tech Core Engineering 8th /B.Sc Maths 6th Semester) Pre-Placement							
Date/Time	10:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30
3/2/2022	Attendance & Welcome Address - Dean Mr. Virender Rihani	Ice-Breaking Activity – Ms. Jagriti	Session on Placement Guidelines- Ms. Nancy Chandel	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna		Session on Art of Personal Interview- Mr. Vikas Minj
3/3/2022	Guided Meditation	Session on Employer Expectations- Mr. Ashish Khosla	Session on Personal Value System - Mr. Pradeep Sharma		Alumni-Interview by Ms. Nancy Chandel	Session on Group Discussion - Mr. Suraj Kanwar Singh	Mock PI - On the Table
3/4/2022	Guided Meditation	Session on Grooming - Ms. Payal Khanna	Mock GD		Reflections & Conclusion	Cultural	

SPRINT 225 was conducted for B.Tech Core Engineering 8th & B. Sc Math's 6th Semester students from March 2nd to 4th, 2022. It was attended by 105 students. The theme of this program was *Pre-Placement*. It started with Lamp lighting & a *Welcome Address - Dean Mr. Virender Rihani*. The Session was started with *Ice Breaking Activity* conducted by Ms. Jagriti. A session on "*Placement Guidelines*" was taken by Ms. Nancy Chandel. The Afternoon session started with Mr. Ajay Khanna on "What it takes to build a successful career". On 3rd March 2022, a useful "*Guided Meditation*" activity was conducted by Yoga Department. A Session on "*Employer Expectations*" & "*Personal Value systems*" was taken by Mr. Ashish Khosla & Mr. Pradeep Sharma. After that Mr. Suraj Kanwar took a session on Group Discussion. Last day of the SPRINT Program started with Mrs. Payal Khanna's session on "*Grooming*". After that a "*Mock Group Discussion*" was conducted. A lot of doubts were cleared in this session regarding student Group Discussion & Personal Interviews. The show ended with a cultural program that was thoroughly enjoyed.

Student Participants-: 105

Organized -: SPRINT Team

Impact-:

- Personal values in enhancing student experience and satisfaction.
- Participation in Group Discussions the correct way
- Students experienced a reduction in stress and anxiety levels
- Students become more motivated, self-directed learners

Some Glimpses of the SPRINT Program



Lamp lighting – Mr. Virender Rihani (Dean Engg), Mrs.Poonam Nanda (DSW) ,& Mr. Ajay Khana (Director of Training & Placement)



Welcome Address – Mr. Virender Rihani (Dean)



Session on Grooming - Ms. Payal Khanna



Cultural Activity- B.Tech Core Engineering 8th & B.Sc Maths 6th semester

Date: March 9-10, 2022

**SPRINT 226 for B.Tech Core Engineer 6th Semester Students
on Communication Skills**

Agenda - e-SPRINT - 226, B.Tech 6th Semester, No of Students : 140 Communication Skills						
Date & Time	10:00 - 10:30	10:30 - 11:30	11:30 - 12:30	12:30 - 14:00	14:00 - 16:00	16:30 - 17:30
9-3-2022	Welcome Address - Dean Engineering	Session on Winning with Common Sense - Mr. Ajay Khanna		Lunch	Session on The Art of Story Telling - Ms. Ashoo Khosla	Team Activity - Mr. Vikas Minj
10-3-2022	Guided Meditation	Session on Growth Mindset - Mr. Sanjeev Singh	12:00-13:00	13:00-14:00	Session on Roadmap to Success - Mr. Kapil Sharma	Cultural
			Session on Improving Communication - Ms. Poonam Nanda	Lunch		

Sprint 226 was conducted for B.Tech core Engineering 6th semester students from March 9th to 10th 2022. It was attended by 140 students. The SPRINT started with Lamp lighting & welcome address by the *Dean of the Engineering Department*. Session on “*Winning with common sense*” was taken by Mr. Ajay Khanna. Afternoon session was started with Ms. Ashoo Khosla’s session on “*The Art of Story Telling*”. After that, some students activity was conducted by Mr. Vikas Minj to close the day. Students actively participated in the groups and tried their level best to win. Team spirit and sportsmanship was seen among various students. 10 March 2022 Session was started with some *Guided Meditation*. Mr. Sanjeev Singh took a session on growth mindset. Session on “*Improving Communication*” was taken by Ms. Poonam Nanda..In Afternoon, Mr. Kapil Sharma took a session on “*Roadmap to Success*”. The SPRINT ended with Cultural & Fun Evening. The student teams participated with great energy and enthusiasm and it was enjoyed by all.

Student Participation-: 140

Organized -: SPRINT Team

Impact:-

- Provide them with quality learning opportunities
- Students develop an ear for the English language and its rhythm and sounds
- Enhanced imagination to help visualize spoken words
- Communication motivation for the students in respect to enhance their abilities.

Some Glimpses of the SPRINT Program



Session on the Art of Story Telling - Ms. Ashoo Khosla



Students during Team Activity



Session on Win with Common Sense - Mr. Ajay Khanna



Appreciation Certificate given – Mr. Vikas Minj

Date: March 14-16, 2022

SPRINT 227 for B Pharma 8th & M Pharma 4th Semester Students on Pre-Placement

SPRINT – 227 : B Pharma 8 th & M Pharma 4 th , (Pre-Placement)									
No of Students : 126									
Date	10:00 - 10:30	10:30 - 11:45	11:45 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 16:30	16:30 - 17:30
3/14/2022	Attendance & Welcome Address - HOD	Ice-Breaking Activity- Mr Suraj Kanwar	Break	Resume Writing - Ms Poonam Nanda	Lunch	What it takes to build a successful career - Mr. Ajay Khanna		Break	Placement Guidelines- Ms Nancy Chandel
3/15/2022	Guided Meditation	Art of Personal Interview-		Alumni-Interview - Ms Nancy Chandel		Session on Grooming - Mr Brig. Mehta	Group Discussion- Mr Suraj Kanwar Singh		Mock GD
3/16/2022	Guided Meditation	Mock PI - On the Table		Mock PI - On the Table		Reflections & Conclusion	Cultural		

SPRINT 227 for BPharma 8th & M. Pharma 4th Semester students was organised from March 14 to 16, 2022,. The theme of SPRINT programs was Pre-Placement . The SPRINT program was started with students' attendance & welcome address of HOD. Ice breaking activity conduct by Mr. Suraj kanwar. Session on Resume writing was taken by Ms. Poonam Nanda. In the Afternoon, Session on what it takes to build a successful career was taken by Mr. Ajay Khanna. Placement guidelines were given by Ms. Nancy Chandel. On 2nd day a grooming session was organized by Mr. Brig Mehta followed by Group discussion by Mr. Suraj Kanwar. The last day of the SPRINT started by Yoga and Meditation for Stress and the session concluded with Mock interviews. The event concluded with a cultural show where students took part with full enthusiasm and energy.

Student Participation:-:126

Organized -: SPRINT Team

Impact-:

- Students learn critical skills and receive hands-on tips about resume writing, cover letter writing, and job interviewing.
- Conceptual knowledge, Workforce skills, and Career success

Some Glimpses of the SPRINT Program



Ice-Breaking Activity- Mr Suraj Kanwar



Session on Resume Writing – Ms. Poonam Nanda



B Pharma 8th & M Pharma 4th Semester Students -Guided Meditation



Mock Personal Interview – Mr. Ajay Khanna

Date: March 21 – 28, 2022

SPRINT 228 for MBA Quad 3 Students on Selling Skills

SPRINT Agenda - 228, MBA 1 (Quad 3) - Theme: Selling Skills - No of Students - 118									
Date & Time	10:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30- 16:00	16:00 - 16:30	16:30 - 17:30	17:30 - 18:30
3-21-2022	Welcome Address - Vice Chancellor	Session on Context Setting by Mr. Ajay Khanna	Presentations on Pre-Work - Participants	Lunch	Session on Career Choices - Mr. Ashish Khosla	Break	Session on Getting the Right Perspective on Sales - Dr Kamal Kant		Debate : Pros and Cons of Sales Career
3-22-2022	Guided Meditation	Session on To Sell is Human- Mr. Ajay Khanna	Session on - Mr. Mandeep Sandhu (CEO Airluxxis)		Alumni Interaction - Ms. Nancy Chandel	Guest Faculty Mr. Srinivas (Head L&D Biocon, Biologics)	Break	Mr. Kapil Sharma	
3-23-2022	Guided Meditation	Session by Mr. Vishal Anand	Session on Why & How of a Sales Career - Er. Jagmohan Singh (Lead Trainer)		Guest Session - Mr. Sominder Singh	Sales Activity	Break	Sales Activity	Conclusion And Reflection
3-24-2022 -- 3-27-2022	Sales Village Simulation								
3-28-2022	Sales Review Meeting : Mr. Ajay Khanna/ Mr. Kapil Sharma								

SPRINT 228 was organized from March 21st to 28th 2022 for MBA Quad 3. It was attended by 188 students. SPRINT started with lamp lighting *and welcome address by Dr. Ashoo Khosla* followed and Context setting with an interesting and creative skit on the life of Madan Mohan Malviya founder of BHU(Story of Grit) by the SPRINT team, followed by a session on Career Choices and tips for a great career success by Mr. Ashish Khosla. After that session on getting the right Perspective on sales which was taken by Dr. Kamal kant, The day ended with a debate on Pros and Cons of a sales career. Next day session started by Yoga and Meditation for Stress and session on the book “To sell is human” was taken by Mr. Ajay Khanna. Guest talks - Mr. Mandeep Sandhu (CEO Airluxxis) and Srinivas (Head L&D Biocon, Biologics) shared their sales career experience and then the most needed Alumni interaction, Prachi (HUL) & Ankush from the current batch. They shared their experiences. The day ended with Sell with a Story by Mr Kapil Sharma..On the 3rd day session started with Mr. Vishal Anand. Guest Talk- A special Virtual session on How to build a career in Sales by Er. Jagmohan Singh (Lead Trainer) and Mr. Sominder Singh.

On the following 4 days Sales Village Simulation was scheduled. Last day Sales Review Meeting was scheduled where sales reviews to the students were given by Mr. Ajay Khanna/ Dr Kamal kant/ Mr Kapil Sharma. A week Long Selling Skills SPRINT for MBA 1st Year, ended 28th March 2022 with students sharing their perspectives and learning from the field sales work/activity Collectively all the teams generated revenues worth over 1.5Lacs in three days. The profit from this activity was contributed towards social causes. Students met around 10000+ customers, sold variety of products from Sanitary napkins to Candy floss to raising funds for NGOs. They learnt both B2C and a little bit of B2B sales. All the students were then not only confident of starting a career in sales but also realised how important these skills were for future success. Training & Placement (T&P) team extend a BIG thanks to all the guest faculty members for sharing valuable experiences with students during SPRINT sessions. The total numbers of 118 students were present and this program was highly appreciated by the students.

Student Participation-:118

Organized -: SPRINT Team

Guest Speaker-:

- Mr. Mandeep Sandhu (CEO Airluxxis)
- Srinivas (Head L&D Biocon, Biologics)
- Er. Jagmohan Singh (Lead Trainer)
- Mr. Sominder Singh

Impact-:

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

Some Glimpses of the SPRINT Program



Session on Career Choices - Mr. Ashish Khosla



Session on Why & How of a Sales Career -Er. Jagmohan Singh (Lead Trainer)



Guest session by Mr. Mandeep Sandhu



Appreciation Certificate

Date: March 29 – 31, 2022

SPRINT 229 for Bio Tech 8th & Bio Engineer 6th Semester Students on Pre-Placement

SPRINT - 229 (Course: Bio Tech 8 th & Bio Engineer 6 th) (Pre-Placement) No of Students : 150								
Date	10:00 - 10:30	10:00 - 11:00	11:30 - 11:45	11:30 - 12:30	12:30 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30
3/29/2022	Welcome Address - Dean	10:15 - 11:45 Ice-Breaking Activity - Ms. Nancy Chandel	Break	Session on Resume Writing - Mr. Shard Gupta	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna		Session on Placement Guidelines- Ms. Nancy Chandel
3/30/2022	Guided Meditation	Session on Employer Expectations- HR Biocon		Session on Art of Personal Interview - Mr. Rohit Khosla		Alumni Interview - Ms. Nancy Chandel	Session on Group Discussion- Mr. Suraj Kanwar	Mock PI - On the Table
3/31/2022	Guided Meditation	Session on Personal Grooming - Ms. Payal Khanna		11:45 - 12:30 Mock GD - On the Table	13:00 - 14:00 Lunch	Reflections & Conclusion	Cultural	

SPRINT 229 was conducted for Biotech 8th & Bio Engineering 6th Semester students from March 29th to 31st, 2022. It was attended by 150 students. The theme of this program was *Pre-Placement*. It started with Lamp lighting & a welcome address. Session started with an *Ice-Breaking activity* conducted by Ms. Nancy Chandel. Mr. Shard Gupta took a session on Resume writing. The first afternoon Session, was taken by Mr. Ajay Khanna on “*What It Takes to Build a Successful Career*” and Ms. Nancy Chandel shared placement Guidelines with students. Next day session started with *Yoga and Meditation*. Session on “*Employer Expectation*” was delivered by the Head HR of a Biocon group company ‘BioFusion’ and Mr. Rohit Khosla took a session on “*Art of Personal Interview*”. The Afternoon session included an “*Alumni Interaction*” with Pranathi our ZS select, who inspired students with her success story. Last day inchoated with a Session on “*Grooming*”

Etiquette” by Payal Khanna after which guidance sessions on PI (Personal Interview) by Vikas Minj and GD (Group Discussion) by Suraj were taken, The SPRINT ended with some fun performances by the students.

Student Participation:-118

Organized -: SPRINT Team

Impact:-

- Helps to increase self-confidence and relieve anxiety regarding ability.
- Inculcate the habit of meditation.
- Enhance your personality with better grooming.
- Face interviews with ease and confidence.

Some Glimpses of the SPRINT Program



Lamp lighting Ceremony



Session on “What it takes to build a successful career” - Mr. Ajay Khanna



Session on “Resume Writing” -Mr. Shard Gupta



Guided Meditation for Bio. Engg & Bio.Tech final year Students

Date: April 4-5, 2022

SPRINT 230 for Basic Sciences 6th & BSc Agriculture 8th Semester Students on Pre-Placement

SPRINT - 230 (Basic Sciences & BSc Agriculture) No of Students : 96								
Date	10:00 - 10:45	10:45 - 11:00	11:00 -11:15	11:15 - 12:30	12:30 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30
4/4/2022	Welcome Address - Dr. Sunil Puri & Dr. Y.S Negi	& Ice Breaking Activity – Mr. vikas Minj	Break	Session on Personal Grooming - Ms. Jagriti	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna		Session on Placement Guidelines- Ms Nancy Chandel
5/4/2022	10:00-10:30 Guided Meditation	10:30-11:30 Session on Resume Writing - Ms. Prachi Kapil	11:45-12:00 Break	12:00-12:30 Alumni-Interview - Ms Nancy Chandel		Group Discussion - Mr. Suraj Kanwar	Mock PI - Mr. Ajay Khanna	Cultural

SPRINT 230 was conducted for Basic Sciences 6th Semester & BSc Agri 8th Semester students from 4th to 5th April 2022..The theme of this program was *Pre-Placement*. It started with Lamp lighting & a *Welcome Address* by Dr. Sunil Puri & Dr. Y.S Negi. The Session was started with an *Ice-Breaking Activity* conducted by Mr.Vikas . Session on “*Personal Grooming*” taken by Ms. Jagriti. Afternoon Session was taken by Mr. Ajay Khanna on “*What it takes to build a successful career*” and Ms. Nancy Chandel shared “*Placement Guidelines*” with students. Next day session started with *yoga and meditation*. Ms. Prachi Kapil took a session on “*Resume Writing*” followed by an “*Alumni Interview*” hosted by Ms. Nancy Chandel. The first Afternoon Session was conducted on “*Group Discussion*” by Mr. Suraj Kanwar. Lastly, Mr.Ajay Khanna hosted some “*Mock Interviews*” to close the day. A lot of doubts were cleared in this session regarding student Personal Interviews. The show ended with a cultural program that was thoroughly enjoyed. It was attended by 95 students.

Student Participation:- 95

Organized -:- SPRINT Team

Impact:-

- Help students in establishing a unique personality
- Learn some tips to stay calm and stress free
- Understand the importance of being accurate

Some Glimpses of the SPRINT Program



Welcome & Lamp lighting ceremony - Dr. Sunil Puri & SPRINT Team



Session on Resume Writing - Ms. Prachi Kapil



One on one Interaction with Alumni - Ms. Nancy Chandel



Session on Group Discussion – Mr. Suraj Kanwar

Date: April 7-8, 2022

SPRINT 231 for UGFMS 6th Semester Students on Pre-Placement

SPRINT - 231 (Course: UGFMS) (Pre-Placement) No of students :100							
Date	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
7/4/2022	Lamp Lighting & Welcome Address - Ms. Avnee Khosla	Session on Resume Writing - Ms. Prachi Kapil	Address - Prof. Atul Khosla	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna		Alumni-Interview - Ms. Nancy Chandel
8/4/2022	Guided Meditation	Group Discussion - Mr. Suraj Kanwar	Mock Group Discussion		(14:00-15:30)	Session on Personal Interview - Mr. Kapil Sharma	Cultural

SPRINT 231 was conducted for UGFMS 6th Semester students from April 7th to 8th, 2022. The theme of this program was *Pre-Placement*. It started with Lamp lighting & a *welcome address* by Ms. Avnee Khosla. Session was started by Dr. Prachi Kapil on “*Resume Writing*” after which Prof. Atul Kosla took a session to *Address* the students. Afternoon Session was taken by Mr. Ajay Khanna on “*What it takes to build a successful career*” and Ms. Nancy Chandel hosted an “*Alumni Interview*” with the current students. Next day session started with “*Yoga and Meditation*” followed by a Session on “*Group Discussion*” including a *mock GD* by Mr. Suraj Kanwar. Last session on Personal Interview was taken by Mr. Kapil Sharma. The SPRINT was ended with a cultural program that was thoroughly enjoyed. It was attended by 94 students.

Student Participation:- 94

Organized -: SPRINT Team

Impact:-

- Have an Attitude of Gratitude to stay happy
- Be better prepared for Group Discussions

- Tips to carve a successful career

Some Glimpses of the SPRINT Program



Lamp lighting ceremony – Ms Avnee Khosla



Session on “What it takes to build a successful career” - Mr. Ajay Khanna



Session on Resume Writing - Ms. Prachi Kapil



Alumni Interview – Ms. Nancy Chandel

Date: April 11-13, 2022

SPRINT 232 for MBA (Quad 7) Students on Pre-Placement

SPRINT Agenda - 232, MBA (Quad 7) No of Students : 113						
Date & Time	10:00 - 10:30	10:30-11:30	11:15 -13:00	13:00 - 14:00	14:00 - 16:00	17:30 - 18:30
11/4/2022	Welcome Address - Mr. Ashish Khosla		Session on Workplace Etiquette - Ms. Payal Khanna	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna	Activity - Mr. Vikas Minj
12/4/2022	Guided Meditation	Session on Financial wisdom for the young workforce - Dr. Chander Gupta	12:00 - 13:00		The sixth element - Mr. Kapil Sharma	
			Tell a Tale			
13/4/2022	Guided Meditation	Session on Organization Policies - Dr. Pooja Verma	Session on Overcoming work pressure with art - Mr. Ankur Bashar		Cultural	

SPRINT 232 on *Pre-Placement* for MBA Quad 7th students was organized from April 11th to 13th, 2022. This 3 day program was attended by 107 students. The SPRINT started with Lamp lighting & a *welcome address* by Mr. Ashish Khosla. They shared the objective of the whole program. Session on “Workplace Etiquette” was conducted by Ms. Payal Khanna. The afternoon started with Mr. Ajay Khanna’s session on “*What it takes to build a Successful Career*”. Some team activity was conducted by Mr. Vikas Minj. On the next day SPRINT started with “*Guided Meditation*” conducted by Yoga Department. Dr. Chander Gupta took a session on “*Financial Wisdom for the Young Workforce*”. In the afternoon, a session was taken by Mr. Kapil Sharma on “*The Sixth Element* “. On day 3 our internal faculty Ms. Pooja Verma took a session on “*Organization Policies*” followed session on “*Overcoming Work Pressure with Art*” by Mr. Ankur Bashar. The SPRINT was ended with the fun and cultural activities for the students.

Student Participation-: 107

Organized -: SPRINT Team

Impact:-

- Staying calm in stressful situations
- Develop better self confidence
- Learn to achieve better financial performance

Some Glimpses of the SPRINT Program



Lamp lighting Ceremony



Session on Financial wisdom for the young workforce – Dr. Chander Gupta



The Sixth Element – Mr. Kapil Sharma



Guided Meditation –Yoga Department

Date: April 19-20, 2022

SPRINT 233 for Liberal Arts 6th Semester Students on Pre-Placement

SPRINT - 233 Course: Liberal Arts 6 th Semester (Pre-Placement) No of Students :87								
Date	10:00 - 10:30	10:30 - 11:15	11:15 - 11:30	11:30 - 12:30	12:30 - 14:00	14:00 - 15:00	15:00 - 16:00	16:30 - 17:30
4/19/2022	Welcome Address - Ms Manju Jaidka	Ice Breaking - Mr Suraj Kanwar	Break	Session on Resume Writing - Ms. Prachi Kapil	Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna		Alumni Interview - Ms Nancy
4/20/2022	Critical Thinking - Mr Ankur Bashar	Group Discussion - Mr. Suraj Kanwar		12:00-12:30 Mock Group Discussion		Session on Grooming from within - Ms Payal Khanna	Activity-Overcoming Stage Fear	Reflections & Felicitations

- This SPRINT was organized from 19th to 20th April, 2022 for Liberal arts students of 6th semester. The Theme of this SPRINT was *Pre-Placement*. Students were *addressed by Ms Manju Jaidka* which was followed by an *Ice Breaking activity* conducted by Mr. Suraj Kanwar. After that, Ms. Prachi took a session on “*Resume Writing*”. In the second half Mr. Ajay Khanna took a session on “*Winning with Common Sense*”. Next day session on “*Critical Thinking*” was delivered by Mr. Ankur Bashar. After that. students actively participated in a “*Mock Group Discussion*”. In the Afternoon, session was started with Ms. Payal Khanna’s session on “*Grooming*” which was followed by an Activity conducted by the SPRINT Team. It was attended by 80 students.

Student Participation-: 80

Organized -: SPRINT Team

Impact:-

- Develop self -confidence with self -grooming
- Realize the importance of good communication skills
- Understand the importance of working in teams
- Helps students better understand themselves, their motivations and goals.

Some Glimpses of the SPRINT Program



Lamp lighting –Manju Jaidka & SPRINT Team



Welcome address –Manju Jaidka



Critical Thinking –Mr. Ankur Bashar



Mock Group Discussion – Liberal Arts

Date: April 21-22, 2022

SPRINT 234 for MSc & M. Tech 4th Semester Students on Pre-Placement

SPRINT - 234 MSc & M. Tech 4 th semester Students (Pre-Placement) No of Students :128							
Date	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
4/21/2022	Lamp Lighting & Welcome Address - Dean	Ice Breaking	Session on Resume Writing - Dr. Prachi Kapil	Lunch	Session on What it takes to build a successful career - Mr. Ajay Khanna		Alumni Interview - Ms Nancy
4/22/2022	Critical Thinking - Mr Ankur Bashar	Guest Session on Finding life's purpose NGO Way- M.R Madhavan	Group Discussion		Personal Interview	Mock GD/PI	Reflections & Felicitations

This SPRINT was organized from April 21 to 22, 2022 for MSc.& M.Tech 4th semester students. This 2 day program was attended by 128 students .The SPRINT program was started with lamp lighting and *welcome address* by Dean of MSc. & M.tech Department. After that an ice breaking activity was conducted for the students. Session on “*Resume Writing*” was taken by Dr. Prachi Kapil. In the afternoon, session was taken by Mr. Ajay Khanna on “*What it takes to build a successful career*”. After that, Ms. Nancy hosted an “*Alumni interview*” In front of the current students. The Next day, first session on “*critical thinking*” was delivered by Mr. Ankur Bashar. After that session on “*Finding Life’s Purpose NGO Way*” was taken by M.R Madhavan. After which student actively participated in a “*Mock Group Discussion & Personal Interview*”. The SPRINT program was ended with *reflection & felicitation* by SPRINT Team.

Student Participation-: 120

Organized -: SPRINT Team

Impact:-

- How to use your body language for better communication
- Be a better communicator
- Enhance your personality with better grooming
- Helped Students solve problems and build strategies that make them better at their jobs.

Some Glimpses of the SPRINT Program**Welcome Address – Dean Dr. Anuradha Sourirajan**



Session on Resume Writing –Dr. Prachi Kapil



Guest Session on finding life's purpose NGO Way- M.R Madhavan



Mock Group Discussion- MSc & M Tech Students

Date: April 25-26, 2022

SPRINT 235 for Biotech & Bio Engineer 6th Semester Students on Pre-Placement

Agenda SPRINT - 235, Biotech & Bio Engineer 6th Semester, No of Students :120							
Date & Time	09:45 - 10:00	10:00 - 10:30	10:30 -11:00	11:00 - 12:30	12:30 - 14:20	14:20 - 16:00	16:30 - 17:30
4-25-2022	Attendance	Welcome Address - Dr. Kesari Singh	Ice Breaking	Session on Winning with Common Sense - Mr. Ajay Khanna	Lunch	Session on The Art of Story Telling - Ms. Ashoo Khosla	Team Activity
4-26-2022		Guided Meditation	10:30 -11:30 Session on Improving Communication - Ms. Poonam Nanda	11:45 - 12:30 Session on Original Thinking - Mr. Rajesh Williams		16:00 - 17:30 Session on Personal Grooming - Ms. Jagriti	Cultural

SPRINT 235 on *Pre-Placement* for Biotech & Bio Engineer 6th Semester students was organized from April 25th to 26th, 2022. It was attended by 113 students. The SPRINT started with Lamp lighting & a *Welcome Address* by Dr. Kesari Singh. They started by sharing the objective of the whole program followed by a Session on “*Winning with Common Sense*” by Mr. Ajay Khanna. The afternoon session started with Ms. Ashoo Khosla’s Session on “*The Art of storytelling*”. Some team activity was conducted by the SPRINT Team. On the next day, the SPRINT started with “*Guided Meditation*” conducted by Yoga Department. Then Ms. Poonam Nanda took a session on “*Improving Communication*” for the young workforce. In the afternoon, session was taken by Mr. Kapil Sharma on “*The Sixth Element*“. On day 3 our internal faculty Ms. Pooja Verma took a session on *Organization Policies* and session on Overcoming work pressure with art by Mr. Ankur Bashar. The SPRINT was ended with the fun and cultural activities for the students.

Student Participation:- 113

Organized -: SPRINT Team

- Ability to perform well and with coordination even in an adverse environment.
- Helps Students invent, problem-solve, create and communicate in fresh, new ways.
- Understand the finer nuances of being a good communicator
- Ability to dream big and achieve them

Some Glimpses of the SPRINT Program



Welcome Address – Dr. Kesari Singh



Session on the Art of Story Telling –Ms. Ashoo Khosla



Session on Improving Communication –Ms. Poonam Nanda

Date: April 28-29, 2022

SPRINT 236 for Basic Sciences 4th Semester & BSc Agriculture 6th Semester Students on Pre-Placement

/Agenda SPRINT - 236, Basic Sciences 4th Semester & BSc Agriculture 6th Semester, Reporting Time: 09:15 No of Students: 87										
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 10:30	10:30 - 11:00	11:00 - 11:30	12:00 - 13:00	13:00 - 14:00	14:30-16:00		16:30 - 17:30
4/28/2022	Attendance	Welcome Address - Dr. Pardeep Singh & Dr. Pankaj Raizada	Prize Distribution Ceremony	Ice Breaking	Instructions	Explore International Opportunities - Ms. Rozy Dhanta	Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna		Session on team building
4-29-2022		Guided Meditation	Session on Overcoming Unconscious Gender Bias - Dr. Sakshi Sundaram			Session on Improving Communication - Ms. Poonam Nanda		14:00-15:00	15:00-16:00	Session on Critical Thinking for better decision making - Prof. (Dr.) Narinder Verma

SPRINT 236 on *Self-development* for Basic Sciences 4th Semester & BSc Agriculture 6th Semester students was organized from April 28th to 29th, 2022. It was attended by 80 students. The SPRINT started with Lamp lighting & a *welcome address* by Pardeep Singh & Dr. Pankaj Raizada. They shared the objective of the whole program. There was a Prize Distribution Ceremony of 3 week swaccha Pkhavada organized by Dean Students Welfare (DSW) office on inter departmental level. Session on “*Explore International Opportunities*” was taken - Ms. Rozy Dhanta. The afternoon started with - Mr. Ajay Khanna’s Session on “*Winning with Common Sense*”. Some team activity was conducted by the SPRINT Team. On the next day SPRINT started with *Guided Meditation* conducted by Yoga Department. Dr. Sakshi Sundaram took a Session on “*Overcoming Unconscious Gender Bias*”. After that, the sprint Team gave some Instructions about Quiz & assignment to the students .Ms. Poonam Nanda took a session on “*Improving Communication*”. In the afternoon, first Session on “*Critical Thinking for better decision making* “. After that, session on *Personal Grooming* was taken by Ms. Jagriti. The SPRINT was ended with the Reflections & Felicitations the students.

Student Participation-: 80

Organized -: SPRINT Team

Impact-:

- Realize the importance of good communication skills
- Develop your personality through grooming
- Understand how teams work
- Activities help students to develop problem-solving.

Some Glimpses of the SPRINT Program



Lamp lighting & Welcome address –Dr. Pardeep Singh & Dr. Pankaj Raizada & SPRINT Team



Guided Meditation for Basic Science & BSc Agriculture Students – Yoga Department



Session on overcoming Unconscious Gender Bias – Dr. Sakshi Sundaram



Session On Critical Thinking for better decision making –Dr. Prof Narinder Verma

Date: May 4-5, 2022

SPRINT - 237, for B. Tech (Civil, ME, EE, Mechatronics, AE) BSc & BA Mathematics & BSc Agriculture on Self-Development

Agenda SPRINT - 237, B. Tech (Civil, ME, EE, Mechatronics, AE) BSc & BA Mathematics & BSc Agriculture 4th Semester Reporting Time : 09:15AM							
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:30-12:30	12:30-14:20	14:20-16:00	16:30 - 17:30
4/5/2022	Attendance	Welcome Address - Dr. Virender Rihani/ Dr Y.S Negi	Ice Breaking	Session on Time Management - Mr. Suraj Kanwar	Elective/Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna	Session on team building
5/5/2022		Guided Meditation	Session on Overcoming Unconscious Gender bias - Dr. Sakshi Sundaram	12:00- 13:00	13:00 - 14:00	14:00-16:00	Reflections & Felicitations
			Session on Personal Grooming - Ms. Jagriti	Lunch	Session on Goal Setting - Mr Kapil Sharma		

SPRINT 237 on *Self-development* for B. Tech (Civil, ME, EE, Mechatronics, AE) BSc & BA Mathematics & BSc Agriculture 4th Semester students was organized from May 04th to 05th, 2022 .It was attended by 104 students. The SPRINT started with Lamp lighting & a *Welcome address* by Dr.Virender Rihani & Dr Y.S Negi, followed by an *Ice Breaking Activity* conducted by Mr. Vikas Minj. Then, The session on “Time Management” was taken by Mr. Suraj Kanwar. The afternoon session started with Mr. Ajay Khanna’s Session on “*Winning with Common Sense*”. Some team activity was conducted by SPRINT Team. On the next day SPRINT started with *Guided Meditation* conducted by Yoga Department. Dr. Sakshi Sundaram took a Session on “*Overcoming Unconscious Gender Bias*”. After that sprint Team gave some Instructions about Quiz & assignment to the students. After that session on “*Personal Grooming*” was taken by Ms. Jagriti . In the afternoon SPRINT was started with Mr Kapil Sharma’s Session on “*Goal Setting*”. The SPRINT was ended with the *Reflections & Felicitations* with the students.

Student Participation-: 104

Organized -: SPRINT Team

Impact -:

- Learn some tips to stay calm and stress free
- Value time
- Inculcate the habit of meditation
- Brief and clear in their communication

Some Glimpses of the SPRINT Program



Welcome address – Dr. Y.S. Negi



Session on Winning with Common Sense - Mr. Ajay Khanna



Team Building Activates



Session on Goal Setting – Mr. Kapil Sharma

Date: May 9-10, 2022

SPRINT - 238, for B. Tech CSE (AI, Cyber Security, Cloud Computing, Big Cloud) , IT & BCA 4th Semester on Self-Development

Agenda SPRINT - 238, B. Tech CSE (AI, Cyber Security, Cloud Computing, Big Cloud) , IT & BCA 4th Semester Reporting Time : 09:15 AM							
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	11:30- 12:30	12:30- 14:20	14:30- 16:00	16:30 - 17:30
9/5/2022	Attendance	Welcome Address - Dr Pankaj Vaidya	Ice Breaking	Session on Self Awareness through Cognitive Behavior Theory- Ms. Ashoo Khosla	Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna	Session on team building
10/5/2022		Guided Meditation	Session on Improving Communication - Mr. Shard	Session on Time Management - Mr. Suraj		14:30- 15:30	Session on Personal Grooming - Ms. Jagriti

SPRINT 238 on *Self-development* for B. Tech CSE (AI, Cyber Security, Cloud Computing, Big Cloud) , IT & BCA 4th Semester students was organized from May 09th to 10th, 2022 .It was attended by 125 students. The SPRINT started with an attendance & *welcome address* by Dr Pankaj Vaidya, followed by *ice breaking* activity conducted by Mr. Vikas Minj. Then the session on “*Self-Awareness through Cognitive Behavior Theory* was taken -Ms. Ashoo Khosla. The afternoon session started with - Mr. Ajay Khanna’s Session on “*Winning with Common Sense*”. Some team activity was conducted by SPRINT Team. On the next day SPRINT started with *Guided Meditation* conducted by Yoga Department and Mr. Shard Gupta took a Session on “*Improving Communication*” after which Mr.Suraj Kanwar took a session on “*time management*”. In the afternoon, Ms. Jagriti’s session on “*Persoal Grooming*” was conducted. The SPRINT was ended with the *Reflections & Felicitations* for the students.

Student Participation-: 125

Organized -: SPRINT Team

Impact-:

- Enhance personal's personality with better grooming
- Live a life without stress
- Help students prioritize tasks so that they are able to complete their work and assignments on time

Some Glimpses of the SPRINT Program



Session on Winning with Common Sense – Mr. Ajay Khanna



Guided Meditation – Dr. Rohit Chobe



Session on Personal Grooming – Ms. Jagriti



Session on Improving Communication – Mr. Shard Gupta

Date: May 12-13, 2022

SPRINT - 239, for UGFMS 4th Semester on Self-Development

Agenda SPRINT - 239, UGFMS 4 th Semester Reporting Time : 09:15AM No of Students: 135							
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	11:30- - 13:00	13:00 - 14:00	14:00- 16:00	16:30 - 17:30
12/5/2022	Attendance	Welcome Address - Brig SD Mehta	Ice Breaking	Session on Goal Setting - Mr Kapil Sharma	Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna	Session on team building
5/13/2022		Guided Meditation	Session on Overcoming Unconscious gender bias - Mr Ankur Bashar	12:00-13:00 Session on Time Management - Mr. Suraj Kanwar		14:00-15:30 Session on Personal Grooming - Ms. Jagriti	Reflections & Felicitations

SPRINT 239 on Self-development for UGFMS 4th Semester students was organized from May 12th to 13th, 2022. It was attended by 129 students. The SPRINT started with an attendance & *welcome address*.by Brig SD Mehta followed by an *Ice Breaking activity* conducted by SPRINT team. The session on “*Goal setting*” was taken by Mr.Kapil Sharma. The afternoon started with Mr. Ajay Khanna’s Session on “*Winning with Common Sense*”. After that some team activity was conducted by SPRINT Team. On the next day SPRINT started with attendance and *Guided Meditation* conducted by Yoga Department. After that Session on “*Overcoming Unconscious Gender Bias*” by Mr Ankur Bashar followed by Mr.Suraj Kanwar’s session on “*Time Management*”. In the afternoon, session on “*Personal Grooming*” was taken by Ms. Jagriti . The SPRINT was ended with the Reflections & Felicitations the students.

Student Participation-: 129

Organized -: SPRINT Team

Impact-:

- It encouraged students to develop critical thinking skills.
- Better understanding of how to overcome issues.
- Developed a feeling of being a part of a team.

Some Glimpses of the SPRINT Program



Welcome Address – Brig SD Mehta



2022.05.13 09:45

Guided Meditation – Ms. Divya



Session on Overcoming Unconscious gender Bias- Mr. Ankur Bashar



Session on Time Management – Mr. Suraj Kanwar

DATE: 23-24 May, 2022

SPRINT 240 for Liberal Arts 4th Semester on SELF DEVELOPMENT

Agenda SPRINT - 240, Liberal Arts Reporting Time : 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	11:30- 12:30	12:30 - 14:20	14:20- 16:20	16:30 - 17:30
5/23/2022	Attendance	Welcome Address- Dean	Ice Breaking	Guest Session on Spiritual and Therapeutic Yoga - Mr Gabor Tiroler	Lunch	Session on Winning with Common Sense - Mr. Ajay Khanna	Session on team building
5/24/2022		Guided Meditation – Mr. Rohit Chobe	Rights Vs Responsibilities- Ms Palak Sharma	Higher Education in Australia -Ms Rozy Dhanta		Session on Time Management - Mr. Suraj Kanwar	Reflections & Felicitations

SPRINT 240 on *SELF DEVELOPMENT* was organized for students of Liberal Arts semester 4, on 23-24 May 2022. In the presence of 83 students, the day inchoated with a *Welcome Address by our dean* followed by an “*Ice Breaking*” activity and session on “*Spiritual and Therapeutic Yoga*” by Mr. Gabor Tiroler. Then the evening session started with session on “*Winning with Common Sense*” by Mr. Ajay Khanna and the day was closed with the Session on “*Team Building*”. The next day was started with “*Guided Meditation*” by Mr. Rohit Chobe. Then sessions on “*Rights Vs Responsibilities*’ by Ms Palak Sharma and “*Higher Education in Australia*” by Ms. Rozy Dhanta were conducted. The evening started with a Session on “*Time Management*” by Mr. Suraj Kanwar. The day ended with *Reflections & Felicitations*.

Student Participation: 83

Organised by: Sprint Team

Impacts:

- Ability of succeeding with the common-sense mastery.
- Clearing up individual aspects of Rights and Responsibilities.
- Opening up Aspirations for studying in Australia for Higher Education.

Some Glimpses of the SPRINT Program



Guest Session on Spiritual and Therapeutic Yoga - Mr Gabor Tiroler



Session on Winning with Common Sense - Mr. Ajay Khanna



Guided Meditation – Dr. Rohit Chobe



Rights Vs Responsibilities- Ms Palak Sharma

DATE: 26-27 May, 2022

SPRINT 241 for Biotech & Bioengineering 4th Semester on SELF DEVELOPMENT

Agenda SPRINT - 241, Biotech & Bioengineering Reporting Time : 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:30- 1:00	1:00- 2:00	14:00- 16:00	16:30 - 17:30
5/26/2022	Attendance	Welcome Address Dr. Kesari	Ice Breaking	Session on How to build a successful Career in Biotechnology-Ms. Nancy Chandel	Lunch	Team Building Activity- Mr. Vikas Minj	Session on Unconscious Gender Bias- Dr. Sakshi Sundaram
5-27-2022		Guided Meditation- Ms. Bhawna	Session on Winning with Common Sense- Mr. Ajay Khanna			(14:00-15:30) Session on Shift happens-Ms. Payal Khanna	Reflections & Felicitations

Sprint 241 on *Self Development* was organized for Biotech & Bioengineering 4th Semester on 26-27 May 2022. With participation of 127 Students, the day inchoated with “*Welcome Address*” by Dr. Kesari followed by an *Ice Breaking session* by the Sprint Team. After which, the session on “*How to build a successful Career in Biotechnology*” by Ms. Nancy Chandel was conducted. The Evening session started with “*Team Building Activity*” by Mr. Vikas Minj after which day was closed with a Session on “*Unconscious Gender Bias*” by Dr. Sakshi Sundaram. The next day started with “*Guided Meditation*” by Ms. Bhawna followed by the Session on “*Winning with Common Sense*” by Mr. Ajay Khanna. The evening session was conducted on “*Shift happens*” by Ms. Payal Khanna and *Reflections & Felicitations* closed the day.

Student Participation: 127

Organized by: Sprint Team

Impact:

- Clearance in Career options in the field of Biotechnology.
- Opening up about the Unconscious aspect of the Gender Biasness.
- Importance of Teamwork and skill of Team building was imbued.

Some Glimpses of the Sprint Program



Welcome Address by Dr. Kesari



Session on How to build a successful Career in Biotechnology-Ms. Nancy Chandel



Team Building Activity- Mr. Vikas Minj



Guided Meditation- Ms. Bhawna

DATE: 30-31 May, 2022

SPRINT 242 for MSc 2nd Semester on PERSONALITY DEVELOPMENT

Agenda SPRINT -242 MSc 2nd Semester, Reporting Time : 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	11:15- 13:00	13:00 - 14:00	14:00- 16.30	16:30 - 17:30
30-05-2022	Attendance	Welcome Address – Mr. Pradeep Majumdar	Guest Session on Smoking- Dr. Sumedha	Ice Breaking Activity- Mr. Vikas Minj	Lunch	Session on Ten things to learn from Movies - Mr. Ajay Khanna	Session on team building
31-05-2022		Guided Meditation	(10:00-13:00)	Session on Critical Thinking- Mr. Narinder Verma		(14:00-15:00)	(15:20-16:20)
						Session on how to have successful career in Science- Ms. Nancy Chandel	Session on Professional Networking -Dr Amar Rao

SPRINT 242 was conducted for MSc 2nd Semester on *Self Development* from 30-31 May 2022. With student participation of 86 Students started with a session on “*Smoking*” by Dr. Sumedha followed by an “*Ice Breaking activity*” by Mr. Vikas Minj. The session by Mr. Ajay on “*Ten Things to Learn from Movies*” started the evening session of the day followed by a Session on “*Team Building*” to close the day. The next day started with “*Guided Meditation*” and Mr. Narinder’s session on “*Critical Thinking*”. The evening session constituted of a session on “*How to have a Successful Career in Science*” by Ms. Nancy Chandel and session on “*Professional Networking*” by Dr. Amar Rao after which *Reflections and Felicitations* closed the session.

Student Participation: 86

Organised By: Sprint Team

Impact:

- An important message diffused into the students in respect to Smoking.
- A skill of Critical thinking being imbued.
- Importance and brushing the skill of Professional Networking.

Some Glimpses of the SPRINT Program:



Welcome Address – Mr. Pradeep Majumdar



Session on team building by Mr. Vikas Minj



Session on Critical Thinking- Mr. Narinder Verma



Session on how to have successful career in Science- Ms. Nancy Chandel

DATE: 2-3 June, 2022

SPRINT 243 for BTech Core Engineering 2nd Semester on PERSONALITY DEVELOPMENT

Agenda SPRINT -243 BTech Core Engineering 2nd Semester, Reporting Time: 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	12:00- 13:00	13:00 - 14:00	14:00- 16.00	16:30 - 17:30
02-06-2022	Attendance	Welcome Address – Dr. Kamal Kant	Ice Breaking Activity-Mr. Vikas Minj	Session on Professional Networking- Mr. Shard	Lunch	Session on Ten things to learn from Movies - Mr. Ajay Khanna	Overcoming Stage Fear
03-06-2022		Guided Meditation – Dr. Rohit Chobe	Session on General Etiquette & Manners- Ms. Jagriti Naughiya	Session on Goal Setting- Ms Payal Khanna		Session on -Team Building	Reflections & Felicitations

SPRINT 243 was organised for Btech Core engineering 2nd Semester on Self Development from 2nd and 3rd May 2022. In the Presence of 126, the day inchoated with a *Welcome Address by Dr. Kamal Kant*. The *Ice Breaking Activity* was conducted by Mr. Vikas Minj after which the session on “*Professional Networking*” was taken by Mr. Shard. The evening session Started with a session on “*Ten Things to Learn from Movies*” by Mr. Ajay Khanna and the “*Overcoming Fear*” session closed the day. The “*Guided Meditation*” started the day followed by the sessions on “*General Etiquette & Manners*” by Ms. Jagriti Naughiya and “*Goal Setting*” by Ms. Payal Khanna. Evening session included session on “*Team Building*” with *Reflections & Felicitations*.

Student Participation: 126

Organised By: Sprint Team

Impact:

- Tips & Tricks for more Confidence for overcoming Stage Fear were Diffused.
- Inclining watching movie towards a Learning from a Hobby.
- Encouragement to students for setting up a Goal.

Some Glimpses of the SPRINT Program



Welcome Address – Dr. Kamal Kant



Ice Breaking Activity-Mr. Vikas Minj



Session on Professional Networking- Mr. Shard



Guided Meditation – Dr. Rohit Chobe

DATE – 6-7 June, 2022

SPRINT 244 for Basic Sciences, BSc Agriculture & BTech Food Tech

2nd Semester on PERSONALITY DEVELOPMENT

Agenda SPRINT -244, Basic Sciences & Food Tech 2nd Semester, Reporting Time: 09:15AM										
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:00 - 11:30	11:30 - 12:30	12:30 - 14:20	14:20 - 15:00	15:00 - 16:00	16:00 - 16:30	16:30 - 17:30
06-06-2022	Attendance	Welcome Address - Dr. Sunil Puri & MD Sharma	Session on Ten things to learn from Movies - Mr. Ajay Khanna			Electives/Lunch	Ice Breaking	How to have successful career in Science - Ms. Nancy Chandel	Break	Session on overcoming stage fear - Mr. Suraj Kanwar
06-07-2022		Guided Meditation	Professional Networking - Dr. Amar Rao	Break	Team Building activity	Electives/Lunch	Goal Setting - Ms. Payal Jindal Khanna	Break	Reflections & Felicitations	

Sprint 244 was conducted for Basic Sciences, BSc Agriculture & BTech Food Technology 2nd Semester and on *Self Development* from 6-7 of June 2022. In the Presence of 118 Students, the day Inchoated with a warm Welcome, addressed by Dr. Sunil Puri and the session on “*Ten Things to Learn from Bollywood*”. Thereafter *Ice breaking activity* by the Sprint team. The evening session started with Ms. Nancy Chandel on “*How to have successful career in Science*” and the day closed with *Overcoming Stage Fear Activity* by Mr. Suraj Kanwar. The second day started with *Guided Meditation* and the session on “*Professional Networking*” by Dr. Amar Rao. followed by the *Team building Activity*. The “*Goal Setting*” session was conducted in the evening by Ms. Payal Khanna. *Reflections & Felicitations* got the Sprint Program closed.

Student Participation: 118

Organised by: Sprint Team

Impact:

- To imbue Importance and skill of Professional Networking.
- Learning of Teamwork and Team building through an Activity.
- Encouragement to students for setting up a Goal.

Some Glimpses of the SPRINT Program:



Welcome Address – Dr. Kamal Kant



Session on Professional Networking - Dr. Amar Rao

DATE 8-10 June, 2022

SPRINT 245 for MBA 1(Quad4) on INTERNSHIP

SPRINT Agenda - 245, MBA 1 (Quad 4) - Theme: Internship							
Date & Time	09:30 - 10:00	10:00 - 11:00	11:00 - 13:00	13:00 - 14:00	14:00 - 16:00	16:30 - 17:30	17:30 - 18:30
08-06-2022	(09:30 - 10:30)	(10:30 - 11:30)	(12:00 - 13:00)	Lunch	Guest Session on Do's & Don'ts of Internship Navneet Sandhu	Team Activity	Case study
	Welcome Address & Context Setting - Ms. Ashoo Khosla	Ice Breaking	Art of Networking - Dr. Kamalkant				
09-06-2022	Guided Meditation	Interpersonal Skills - Mr. Indrapreet Singh (AVP Max Life)	(Guest Session) Introduction to the Corporate world - Ms. Rashim Malik		How to make the best of your internship - Mr. Ajay Khanna	Presentations on case study by participants	
10-06-2022	Guided Meditation	Organizational Norms & guidance for internship - Mr. Pradeep Sharma	(Guest Session) Session on Building Inner Confidence - Mr. Shivam	Workplace Etiquette - Ms. Payal Khanna	Reflections and way forward		

SPRINT 244 was conducted for students of MBA Quad 4 from 8th to 10th June on *Internship*. In the presence of 118 students, the Sprint inchoated with a *Welcome Address by Ms. Ashoo Khosla* followed by “*Art of Networking*” by Dr. Kamal Kant after which the evening session consisted of a guest session by Navneet Sandhu on “*Dos and DONTs of Internship*” and *Team activity & Case Study* closed the day. The “*Guided Meditation*” started the day 2 followed by “*Interpersonal Skills*” by Mr. Indrapreet singh from AVP Max Life and Guest Session by Ms. Rashim Malik on “*Corporate World*”. The evening session constituted of session on “*How to Make the Best Use of Your Internship*” by Mr. Ajay Khanna and Presentation on Case Study by Participants. The final day started with session on “*Organisational Norms & Guidance for Internship*” by Mr. Pradeep Sharma followed by a Guest Session by Mr. Shivam on “*Building Inner Confidence*”. The session on “*Workplace Etiquette*” by Ms. Payal Khanna started the evening session and *Reflections and Way Forward* closed the final day.

Student participation: 118

Organised by: Sprint Team

Guest Speakers:-

- Ms. Navneet Sandhu
- Ms. Rashim Malik
- Mr. Shivam

Impact:

- Providing basic do's and Don'ts in respect to Internship.
- Providing and Introduction to make students CORPORATE READY.
- Guiding Norms of the Organisational world to come out to be value addition as an intern.

Some Glimpses of the Sprint Program:



Welcome Address & Context Setting - Ms. Ashoo Khosla



Guest Session on Do's & Don't's of Internship Navneet Sandhu



(Guest Session) Introduction to the Corporate world - Ms. Rashim Malik



Mr. Shivam's Session on Building Inner Confidence

DATE – 14-15 June, 2022

SPRINT 246 for Bioengineering & Biotechnology 2nd Semester on PERSONALITY DEVELOPMENT

Agenda SPRINT -246, Bioengineering & Biotechnology, Reporting Time: 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 - 11:00	11:20- 12:20	12:20- 14:20	14:20- 15:00	16:30 - 17:30
14-06-2022	Attendance	Welcome Address - Col TPS Gill	Ice Breaking Activity	Professional Networking - Mr. Shard Gupta	Lunch	Goal Setting - Ms. Payal Jindal Khanna	Team Building Activity-Mr. Vikas Minj
15-06-2022		Guided Meditation	Session on Ten things to learn from Bollywood - Mr. Ajay Khanna	Email Etiquette-Mr. Rohit Khosla		Reflections & Felicitations	

Sprint 246 was conducted for Bioengineering and Biotechnology 2nd Semester on *Self Development* from 14-15 of June 2022. In the Presence of 193 Students, the day Inchoated with a warm Welcome, addressed by Col. Gill and *Ice breaking activity* by the Sprint team followed by a session on “*Professional Networking*” by Mr. Shard Gupta. The evening session started with Ms. Payal Khanna on “*Goal Setting*” and the day closed with a *Team Building Activity* by Mr. Vikas Minj. The second day started with *Guided Meditation* and the session on “*Ten Things to Learn from Bollywood*”. The “*Email Etiquette*” session was conducted in the evening by Mr. Rohit Khosla. *Reflections & Felicitations* got the Sprint Program closed.

Student Participation: 193

Organised by: Sprint Team

Impact:

- To imbue Importance and skill of Professional Networking.
- Learning of Teamwork and Team building through an Activity.
- Mastering the skill of formal Email-Writing etiquettes.

Some Glimpses of the SPRINT Program:



Welcome Address - Col TPS Gill



Professional Networking - Mr.Shard Gupta



Team Building Activity-Mr. Vikas Minj



Team Building Activity-Mr. Vikas Minj

DATE 16-17 June, 2022

SPRINT 247 for UGFMS 2nd Semester on Personal Development

Agenda SPRINT -247 UGFMS 2nd Semester, Reporting Time : 09:15AM

Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	12:00- 13:00	13:00 - 14:00	14:00- 16.00	16:30 - 17:30
06-16-2022	Attendance	Welcome Address - Dr Rohit Goyal (COE)	Ice Breaking Activity	Session on Goal Setting- Dr Kamalkant	Lunch	Session on Winning with Common Sense- Mr. Ajay Khanna	Activity- Overcoming Stage Fear- Mr Suraj Kanwar
06-17-2022		Guided Meditation – Suman Rathore	Session on General Etiquette & Manners- Mr Pratip Mazumdar	Rights Vs Responsibilities- Dr Renu Pal Sood		(14:00-15:00) Guest Lecture on Credence : Transgender Empowerment through Culture, Art and Education- Ms Devika	Reflections & Felicitations

SPRINT 247 was conducted for the 179 students of UGFMS 2nd Semester on “*Personal Development*” from 16-17th of June. The day started off with a warm welcome, addressed by Dr Rohit Goyal followed by an *Ice Breaking* activity and a session on “*Goal Setting*” by Dr Kamal Kant. In the evening, session was conducted on “*Winning with Common Sense*” and the day ended with an activity for “*Overcoming Stage Fear*” by Mr. Suraj Kanwar. “*Guided Meditation*” was the first Activity the next day after which sessions on “*General Etiquette & Manners*” by Mr Pratip Mazumdar & “*Rights VS Responsibilities*” by Dr Renu Pal Sood” respectively were taken. In the evening, a guest session took place about “*Credence: Transgender Empowerment through Culture, Art and Education*” by Ms Devika and the session was closed with the “*Reflections & Felicitations*”

Student Participation: 179

Organised by: Sprint Team

Impact:

- Tips & Tricks for more Confidence for overcoming Stage Fear were Diffused.
- Encouragement to students for setting up a Goal.
- Understanding the importance of recognising students' rights and responsibilities
- Knowledge about gender and transgender issues and more positive attitudes toward them.

Some Glimpses of the Sprint Program:



Welcome Address - Dr Rohit Goyal (COE)



Activity- Overcoming Stage Fear- Mr Suraj Kanwar



Rights Vs Responsibilities- Dr Renu Pal Sood



Dr Kamalkant taking a Session on Goal Setting

DATE: 21-22 June, 2022

SPRINT 248 For Liberal Arts 2nd Semester on Personal Development

Agenda SPRINT -248 Liberal Arts 2nd Semester, Reporting Time: 09:15AM							
Date & Time	09:15 - 09:30	09:30 - 10:00	10:00 -11:00	11:30- 12:30	13:00 - 14:00	14:00- 16.00	16:30 - 17:30
06-21-2022	Attendance	Welcome Address - Mr Suresh Sharma (Assistant Director Operation)	Ice Breaking Activity	Session on Professional Networking- Dr Amar Rao	Lunch	Session on Winning with Common Sense- Mr. Ajay Khanna	Activity- Overcoming Stage Fear- Mr Suraj Kanwar
06-22-2022		Guided Meditation - Suman Rathore	Session on General Etiquette & Manners- Mr Pratip Mazumdar	Rights Vs Responsibilities- Dr Renu Pal Sood		Session on Goal Setting- Ms Payal Khanna	Reflections & Felicitations

SPRINT 248 was conducted for the Liberal Arts students of the 2nd Semester on “*Personal Development*”. In the presence of 131 students, the day 1 was inchoated with the *Welcome Address* by Mr. Suresh Sharma, the Assistant Director Operations, followed by an *Ice Breaking activity* and a session on “*Professional Networking*” by Dr Amar Rao. The first evening session was taken by Mr. Ajay Khanna on “*Winning with Common Sense*” after which the activity for “*Overcoming Stage Fear*” by Mr Suraj Kanwar. The next day inchoated with the *Guided Meditation* followed by a session on “*General Etiquette & Manners*” by Pratip Mazumdar and a session on “*Rights VS Responsibilities*” by Renu Pal Sood. The evening session started by Ms Payal Khanna on “*Goal Setting*” and the closure was done with *Reflections & Felicitations*

Students Participation: 131

Organised By: SPRINT Team

Impact:

- Tips & Tricks for more Confidence for overcoming Stage Fear were Diffused.
- Encouragement to students for setting up a Goal.
- Understanding the importance of recognising students' rights and responsibilities
- Knowledge about gender and transgender issues and more positive attitudes toward them.

Some Glimpses of the Sprint Program:



Welcome Address by Mr Suresh Sharma (Assistant Director Operation)



Session on Professional Networking- Dr Amar Rao



Guided Meditation being performed under Ms. Suman Rathore



Mr Pratip Mazumdar's session on General Etiquette & Manners