Sharda University Plot Number 32, 34, Knowledge Park-3, Greater Noida

Event Completion Report

Name of the Event	Capacity Building Workshop on "Time Management and Stress Management"													
Event Brief and Objectives (Brief description)	Internal Quality Assurance Cell (IQAC) in association with Sharda Skills is organizing a capacity building workshop on "Time Management and Stress Management" for the Support Team of IHA. Objectives To ensure that Inter Hostel Administration staff be more friendly and empathetic towards the students from various nationalities and mind-set. To ensure a peaceful environment for students from different parts of the country, conducive to living together harmoniously and nurturing friendly relationships. To enable participants to improve the satisfaction of the hostellers through effective counselling and guidance whenever required To ensure that the hostel environment positively affects students' academic performance. Help the IHA staff to overcome the stress caused due to global crises and have healthy work life balance													
Event Details	DD/ MM/ YYYY Monday (19 th				Event				f the Event Venue Sharda University		da University,			
	December 2022).			1 Day			9:30am to 4:00pm			V.C. Board Room, Block 3, Ground Floor				
Scope of the Event (Beneficiary) (Write 'Y' for Yes and 'N' for No)	Faculty		Staff		Y	Student		Society / Community						
Target Audiences (Write 'Y' for Yes and 'N' for No)	Faculty / Staff	Y	UG	UG Group		PG Gr		Ph.D. Schola		Ph.D. Scholars	3		Dr. Group	1
Batch (Write 'Y' for Yes and 'N' for No)	2018-19		20	19-20		2020-21		21		2021-22			2022-23	
	Department School													
Name of the organizing Department / School	Internal Quality Assurance Cell and Sharda Skills													
	Name Contact Nu					Nui	mber Email ID							
Advisor(s)														

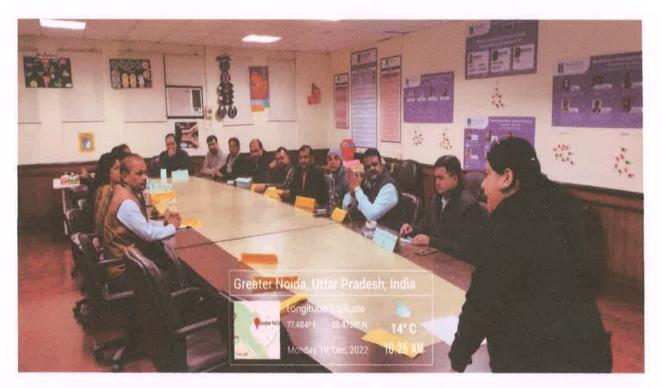
Internal Obality Assurance Cell (IQAC)
SHARDA UNIVERSITY
Plot No.-32, 34, Knowledge Park-III
Greater Nolda - 201306 (U.P.)

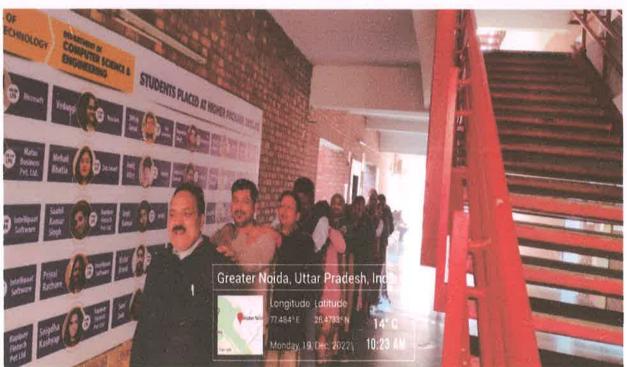
Convener/ PI/Faculty C		Prof. Anubha Vashisht Mr. Dheeraj Sharma Mr. Firoz Khan							director.iqac@sharda.ac.in dheeraj.sharma1@sharda.ac.in			
Coordin	ator				A	Administrativ	e Officer	firoz	firoz.khan@sharda.ac.in			
Speaker details Name of the Speaker			ker	Affiliation			AREA [Academics/ Industry/ Research Organization/ Others (Please specify)]					
Speake	r-1		Mr. Prasa	anjeet	Sinnal	Sharda Skills, Jniversity	, Sharda					
Speake	r - 2	•	Dr. Parul	Saxe	na I	QAC, Sharda	a University					
Type of the Event				rite 'Proje	ects			especti	ve event col	amn)	Outreach	
		Conference	Seminar/ Workshop/Symposium	Govt. Project	Non-Govt. Project	Guest Lecture (Invited	Consultancy/ MDP/ EDP	Co-curricular Activities	Cultural/ Celebration/ Sports	FDP	Extension and Outreach programs	
Natio	nal		Yes									
Internat	tional											
Expected Number of	Internal											
Participants	External											

Attendance Sheet	Name	Contact Number	Email ID
	N	ımber of Participants -	- 15

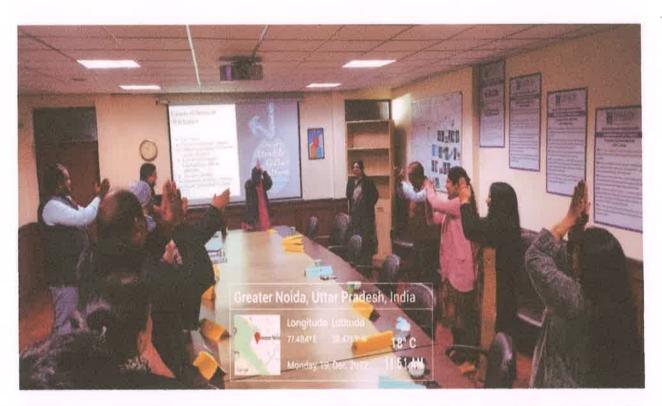
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Plot No.-32, 34, Knowledge
Greater Noida - 201306 (U.S.)

Capacity Building Workshop on "Time Management and Stress Management"









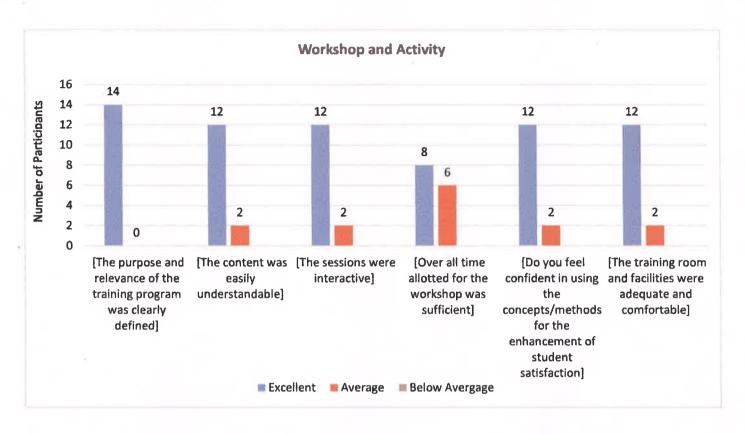


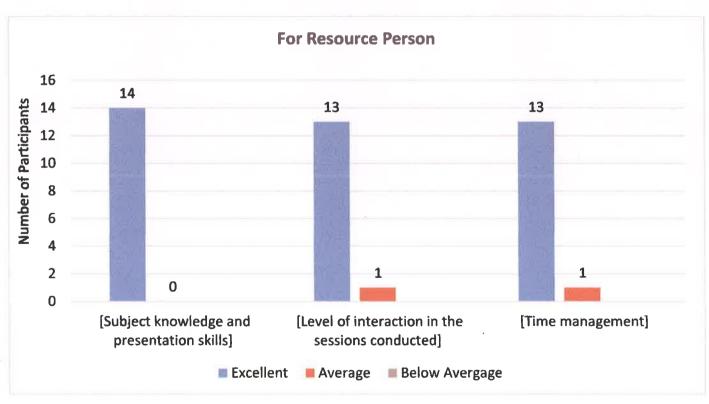






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- This type of interaction sessions must be organised in every 3/4 month.
- Very helpful and interactive session
- Sometimes do these activities outside the campus
- All Good
- It should be conducted on regular basis very useful session
- Session was very interesting, next session can be conducted outdoor
- More frequently workshop should be conducted, if possible out campus can be opted

2/12/

DIRECTOR
Internal Quality Assurance Cell (IQAC)
SHARDA UNIVERSITY
Plot No.-32, 34, Knowledge Park-III
Greater Noida - 201306 (U.P.)

Capacity Building Workshop Time Management and Stress Management (9:30am to 4:00pm)

Block-3, Sharda University

		170	cember 19, 2022 (1st Session)	
Name of Participants	Designation	Hostel Name	Signature	
Akhilesh Singh	Warden	Mand classes	4- Singh	
I halu Madan	Warden	Kastinka	Char	
Anupoma Tomar	Warden.	Mundela his	Obe .	
Shale Oherma	Warden	Indira Hestel	Shadur	
Kavita	Senier executiv		ated Perfu	
Savita.s	Warden	Mandels. 9	curity	
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XALIT Mange	JR. HG	Varonna	Variff honors	
ANIL RUMAR	30 H. M.	mandela Bay	June 1	
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Alka Inon	Asir Wanden.	Saro runt	Azah jamez	_
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*	200	7/1/2		
	Akhilerh Singh I halu Madan Anupoma Tomar Shale Olherma Kavita Sqvita: S NITIN KR TRIPATU YACIT Mamal ANIL KUMAR Sanderf Sandan MANISH KUMAR KAMLESH RHAT PRITAJ MISHRA AMIL KUMA AMIL KUMAR AMIL KUMAR AMIL KUMAR KAMLESH RHAT PRITAJ MISHRA	Akhilesh Singh Warden I halu Madan Wounden Anupoma Tomar Wourden Kawita Seniar executive Savita S Warden NITIN KR TRIPATU Sn. hostof Ex. Vacit Gamal Jl. H(a ANIL KUMAR JU Ho. M. Sander Sanden Hostel Executive MANISHKUMAR HOSTEL EXECUTE KAMLESH RHATT — do— PRITAJ MISHRA SK. HOSTEL EXECUTE	Name of Participants Designation Hostel Name Akin lesh Singh Warden And La Bar Anupoma Tomar Warden Kasturba Hoster Anupoma Tomar Warden Mandela his Kaita Senier executive Mandela he Savita Senier executive Mandela he Savita Sunden I (andela G NITIN KR TRIPATU Sn. hat of Ex. Varfhman for ANIL KUMAR JU Ho. M. Mandela Bay ANIL KUMAR JU Ho. M. Mandela Bay Sander Sandh Hostel Freedric Vine from the MANISH KUMAR HOSTEL EXECUTIVE TAGBRE KAMLESH RYATT — do — MANTAR PRITAJ MISHRA Sr. HOSTEL EXECUTIVE TOSTEL PRITAJ MISHRA Sr. HOSTEL EXECUTIVE TOSTEL Anil Kumal Roman jr. Hortelat P-G. Hortel Anil Kumal Roman jr. Hortelat P-G. Hortel	Name of Participants Designation Hostel Name Signature Akhilesh Singh Warden Mandela Bay Arupama Tomar Warden Mundela Inia Phale Aharma Warden Mandela Inia Ravita Seniar executive Mandela Hastel Sqvita: S Warden Mandela Hastel Favita Seniar executive Mandela Hastel Favita Seniar executive Mandela Hastel Favita Sunta NITIN KR TRIPATU Sn. hostof sx. Varfaman for fact for for NITIN KR TRIPATU Sn. hostof sx. Varfaman for fact for ANIL KUMAR JU. H. M. Mandela Bay ANIL KUMAR JU. H. M. Mandela Bay MANISH KUMAR HOSTEL EXECUTIVE TRABEE Mans for KAMLESH RHATT — do — TRITAJ MISHRA Sr. HOSTEL EXECUTIVE TRABEE RITAJ MISHRA Sr. HOSTEL EXECUTIVE TRABEE ANIL KUMAR San HOSTEL EXECUTIVE TRABEE MISHRA Sr. HOSTEL EXECUTIVE TRABEE MONTEL RITAJ MISHRA Sr. HOSTEL EXECUTIVE TRABEE ANIL KUMAR San HOSTEL EXECUTIVE TRABEE ANIL KUMAR San HOSTEL EXECUTIVE TRABEE RITAJ MISHRA Sr. HOSTEL EXECUTIVE TRABEE ANIL KUMAR San HOSTEL EXECUTIVE TRABEE RITAJ MISHRA Sr. HOSTEL EXECUTIVE TRABEE ANIL KUMAR SAN HOSTEL EXECUTIVE TRABEE ANIL

DIRECTOR
Internal Quality Assurance Cell (IQAC)
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Capacity Building Workshop Time Management and Stress Management (9:30am to 4:00pm) Block-3, Sharda University

December 19, 2022 (2nd Session)

Sr. No	Name of Participants	Designation	Hostel Name	Signature
1	NITINKA TRIPATHI	Sen hotel Exacel	Hardman	this
2	RACIT RUMPR	JR. Hle	/1	Variellimen
3	Sander p Sandhe	Mostel Breys	Vickara &	Earl of Coule
4	And Komay Pando	y Ir-Hosteley	P.4-	A-K. 42
5	Alxhilesh Sinth	Warden	Mondela Ray	A. Cinel.
6	MANISH KUMAR	HOSTELEXECU, TAGORE	TAGORE	Marish
7	KAMI ESH KR. RHAT	T HOSTEL EXEM	JAWAHAR	(D) short
8	And Emas	Hosts Du Excel	mondela Bous	July
9	Savita.s	Warden	Anastais .	Mandele G.
10	Shall Charme	Warden	Finders Has.	- Shalin-
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12	Charles Mada	Words	Kostinia	(hal)
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17			22	
18			12/2	
20	14		DIRECTOR	Cell (IQAC)
21		Inte	DIRECTOR Mai Quality Assurance SHARDA UNIVER SHARDA UNIVER 101 No. 32 34, Knowle Greater Noida = 201	dge Park III 106 (U.P.)
	s .	P	Greater Noida - 201	



Certificate of Participation

Mr/Ms

"Time Management and Stress Managment", organized by Internal Quality Assurance Cell, and Sharda Skills at Sharda has participated in capacity building workshop on University, Greater Noida, 19th December, 2022

Prof. (Dr.) Anubha Vashisht

Director, IQAC Sharda University

Mr. Dheeraj Sharma Director, Sharda Skili Sharda University