

Report: Lecture delivered by Mrs. Manju Nautiyal (Personality development coach and motivational speaker)

A special lecture on Personality Development was organized in School of Biosciences, SRHU for newly inducted students on August 18, 2025 in the LT 7 of School of Biosciences. The session was delivered by Mrs. Manju Nautiyal, a renowned personality development coach and motivational speaker. The aim of the lecture was to guide students in building self-confidence, improving communication skills, and developing a positive outlook towards life and career.

The expert began by emphasizing the importance of self-awareness as the foundation of personality growth. She highlighted that students must recognize their strengths and weaknesses in order to improve themselves effectively. Stressing the value of good communication, Mrs. Nautiyal advised students to listen actively, express ideas clearly, and maintain appropriate body language.

Further, the speaker discussed the role of discipline, time management, and adaptability in shaping a well-rounded personality. Real-life examples and success stories were shared to inspire the audience. She also spoke about the significance of emotional intelligence in handling stress, building relationships, and working in teams. Interactive activities, including short self-reflection exercises, were conducted to keep the students engaged and involved.

The lecture concluded with the message that personality development is a continuous process requiring consistent effort and self-motivation. Students were encouraged to cultivate habits of reading, practicing mindfulness, and participating in extracurricular activities to enhance their personal and professional growth.

Overall, the session was highly informative and motivating. Students expressed that the lecture not only boosted their confidence but also provided them with practical strategies for becoming successful individuals.





Baruwala Grant, Uttarakhand, India
55w9+v8p, Joly Grant, Baruwala Grant, Uttarakhand 248016, India
Lat 30.197391° Long 78.168331°
18/08/2025 10:49 AM GMT +05:30

SWAMI RAMA HIMALAYAN UNIVERSITY

SCHOOL OF BIOSCIENCES

Orientation August 2025

DATE: 18./08./2025

Event Motivational Speech

S. No.	Students Name	Course	Signature
1	Siya Semwal	Bsc microbiology	Semwal.
2	Pranita	MSc Biochemistry	Pranita
3	Sneha	M.Sc Biotechnology	Sneha
4	Akansha	M.Sc Biochemistry	Akansha.
5	Anshika	BSC Biotechnology	Anshika
6	Ishika Anshwal	BSC. Biotechnology	Ishika
7	Sumakshi Yadav	B.S.C. Biotechnology	Sumakshi
8	Lakpa Diki Sherpa	B.Sc Biotechnology	Lakpadiki.
9	Anju	B.Sc Biotechnology	Anju
10	Priya Prasad	B.Sc Biotechnology	Priya
11	Shovit Singh	B.Sc Biotechnology	Shovit
12	Ashutosh Panchal	B.Sc Biotechnology	Ashutosh Panchal
13	Niharika Gupta	B.Sc Microbiology	Niharika
14	Jahanni Yadav	B.Sc Microbiology	Jahanni
15	Vanshika Chauhan	B.Sc Biotechnology	Vanshika Chauhan
16	Aargi	B.Sc Biotechnology	Aargi
17	Sakshi Bedwal	B.S.C Microbiology	Sbedwal
18	Aman Singh	B.S.C Biotechnology	Aman
19	Abhimandam Kumar	BSC. Biotechnology	Abhimandan
20	Rishabh Rawat	Bsc. food Sci & Technolgy	Rishabh
21	Ansha Laxhara	BSC. Biotechnology	Ansha
22	Tanmay Kotharia	BSC. food sci & Tech	Tanmay
23	Pallavi Rawat	BSC. biotechnology	Pallavi
24	Mahak Jakhmala	B.s.c Biotechnology	Mahak
25	Harsh Chamoli	B.S.C Biotechnology	Harsh
16	Ananya Rajput	MSc Biotechnology	Ananya Rajput
17	ANESHA KOTHIAL	MSc MICROBIOLOGY	Anesha
18	Smita Negi	Bsc Biotechnology	Smita Negi

S. No.	Students Name	Course	Signature
19	Lakshmi Rawat	BSC biotechnology	Lakshmi
20	Aleen Chauhan	BSC Microbiology	Aleen
21	Preksha Roy	B. Sc. Microbiology	Preksha
22	Monika Rawat	B. SC Microbiology	Monika
23	Renuka	B.S.C Microbiology	Renuka
24	Nikita	B.S.C Microbiology	Nikita
25	Kalpna	B.S.C Microbiology	Kalpna
26	Priyanka	B. Sc Microbiology	Priyanka
27	Taniya Tariyal	B. SC Microbiology	Taniya
28	Tanya Joshi	B. Sc Microbiology	Tanya
29	Sapna Chauhan	B. Sc Microbiology	Sapna
30	Vanshika Singh	B.S.C. Microbiology	Vanshika
31	Sanchi Joshi	B.S.C Microbiology	S Joshi
32	Rashmi Panwar	B.S.C Biotechnology	Rashmi
33	Pooja	B.S.C Biotechnology	Pooja
34	Siya Kathait	B.S.C Biotechnology	Siya
35	Anshika Arwal	B.S.C Biotechnology	Anshika
36	Preeti Negi	B. Sc. Biotechnology	Preeti
37	Meenakshi Negi	B. Sc Biotechnology	Meenakshi
38	Preerna	B. Sc. Biotechnology	Preerna
39	Gauri Laturi	B. Sc. Biotechnology	Gauri Laturi
40	Anchal Rawat	M.Sc Microbiology	Anchal
41	Radhika Pal	BSc - Biotechnology	Radhika
42.	Samiksha Dimri	BSC Biotechnology	Samiksha
43.	Ambika Kothari	MSc EVS	Ambika
44	Neha Kandwal	BSC biotechnology	Neha Kandwal
45	Raveena Rama	BSC Biotechnology	Raveena
46	Priyanshi Rai	BSC Microbiology	Priyanshi
47	Ishika Chand	BSC Food technology	Ishika
48.	Sonam Chauhan	Bsc Biotechnology	Sonam
49.	Vanshika Goel	Bsc Biotechnology	Vanshika
50.	Siya Rawat	Bsc "	Siya Rawat

S. No.	Students Name	Course	Signature
51	Vindhya Saxena	B.Sc Biotechnology	Vindhya
52	Nisha	M.Sc Environmen	Nisha
53	Saniya	B.S.C Food sci. Tech.	Saniya
54	Ishika	B.S.C Biotechnology	Ishika
55	Shakshi	B.S.C Biotechnology	Shakshi
56	Pragati	B.S.C Microbiology	Pragati
57	Kanishka	b.& Microbiology	Kanishka
58	Rashmi Sharma	B.Sc Biotechnology	Rashmi
59	Aushika Singh Parmar	B.S.C Biotechnology	Aushika
60	Abhishek Mohan	M.Sc Biotechnology	Abhishek Mohan
61	Roshan chandra	B.Sc Biotechnology	Roshan
62	Gautam Bhatwal	B.Sc Biotech	Gautam
63	Kshitiz Aryan	B.Sc. Biotech	Kshitiz
64	Harshit Rai	B.S.C. Biotech	Harshit
65	Vinay Prakash Singh	B.Sc. Biotech.	Vinay
66	Kavya Sharma	B.S.C Biotech	Kavya
67	Simran Semwal	B.S.C Biotechnology	Simran
68	Aushika Bisht	BSC Biotechnology	Aushika
69	Dipti Negi	Bsc. Biotechnology	Dipti
70	Ritika Mehra	Bsc. Biotechnology	Ritika
71	Divya Gupta	Msc. Biotechnology	Divya
72	Sumit Dimri	BSC. Microbiology	Sumit
73	Aditya Kumar	B.Sc Biotechnology	Aditya
74	Arbaaz Shaikh	B.S.C Biotechnology	Arbaaz
75	Ayush Kukreti	B.S.C Biotechnology	Ayush
76	Aniket-Lochi	B.S.C Biotechnology	Aniket
77	Vikash Kumar	"	Vikash
78	Shreeman Bhatt	"	Shreeman
79	Ankursh Sharma	"	Ankursh
80	Utkarsh Dhyani	"	Utkarsh
81	Sahil Singh Rayya	"	Sahil
82	Aditya Singh	B.Sc Microbiology	Aditya