

5.1.2
CAPACITY BUILDING AND
SKILLS ENHANCEMENT

SOFT SKILLS
(2017-2022)



REPORT

Name of the Program: “Confidence building making the most of your potential”

Date: 20-04-2022

Resource person details: Dr. M. Sugunakar Reddy, Department of MBA, VDC.

No. of students participated: 35

Vaagdevi College of Pharmacy conducted a program on **“CONFIDENCE BUILDING: MAKING THE MOST OF YOUR POTENTIAL”** to B. Pharmacy students. This program accentuates mainly on importance of confidence in perceiving your goals. Confidence is a state of mind and cannot be achieved through a set of rules but it needs one to have faith in themselves. The main step to improve the self confidence is achieved through positive thinking, talking to others, training, knowledge and practicing.



Dr. M. Sugunakar Reddy giving speech on Confidence building making the most of your potential



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REPORT

Name of the program: "Time management and effect in stress reduction among students"

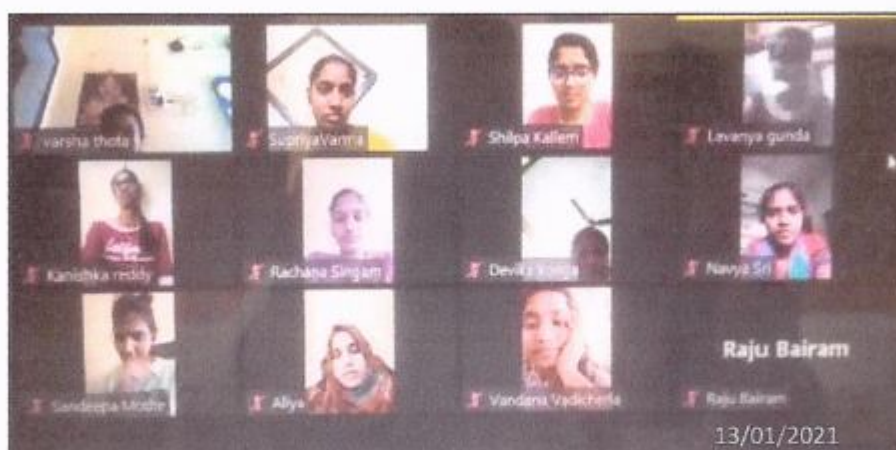
Date: 13-01-2021

No. of students participated: 36

Mode of session: Online

Resource Person: Dr. B.S.G.Vasista, Consultant Neuro Psychiatrist, Warangal.

Vaagdevi College of Pharmacy organized a training program on "TIME MANAGEMENT AND EFFECT IN STRESS REDUCTION AMONG STUDENTS" to students of B. Pharmacy and Pharm.D. Stress is often defined as a state of mental or emotional strain resulting from adverse environment. This training was conducted to students regarding how to reduce the exam stress by proper time management and its effectiveness. This is achieved by making a proper progress by stop worrying about the outcome and mastering the time management skill helps to improve one's performance and maintain healthy life balance by reducing the impact of stress effects like irritability, fatigue, tension, poor health, low concentration and forgetfulness.



Dr. B.S.G.Vasista giving training on Time management and effect in stress reduction among students



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REPORT

Name of the program: “Self-Concept and Self-Esteem in interpersonal Communication”

Date: 22-09-2020

Resource person details: Mrs. Safia Sultana, Department of English, VDC.

No. of students participated: 35


Mode of session: Online

Vaagdevi College of Pharmacy organized a training program on “**SELF-CONCEPT AND SELF-ESTEEM IN INTERPERSONAL COMMUNICATION**” to the students of B. Pharmacy and Pharm.D through online mode. This program mainly focuses on how to improve one’s self concept and self-esteem as it is an important key in communication. Self-concept is an individual sense of self-respect and self-worth. These decide the efficiency of person’s ability to interact with others. This self-concept is achieved by made up of ideas and beliefs that one adopts from the way they perceive themselves and how others perceive them, resulting in positive or negative consequences on interpersonal communication. Dissatisfaction with physical appearance can be an important factor to decide one’s self esteem and perception problems mostly among students who are feeling increased pressure to look a certain way or fit into a certain environment. Hence this program mainly focuses on students to achieve better life through understanding the importance of interpersonal skills and ways to overcome low self-esteem and self-control.



Mrs. Safia Sultana explaining the importance of Self-Concept and Self-Esteem in interpersonal Communication




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VISWAMBHARA EDUCATIONAL SOCIETY
VAAGDEVI COLLEGE OF PHARMACY

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REPORT

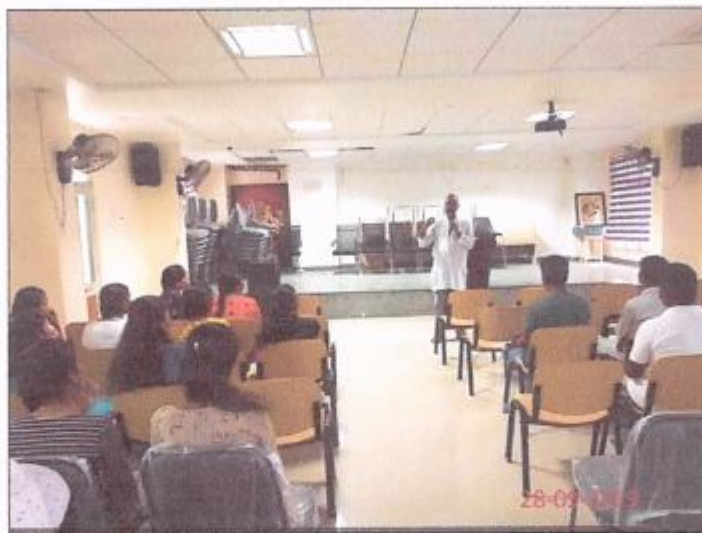
Name of the program: "Time Management"

Date: 29-08-2019

**Resource person details: Mr. Sridhar, Asst Professor, Ganapathy Engineering College,
Warangal.**

No. of students participated: 65

Vaagdevi College of Pharmacy conducted an induction program on "Time Management" to B. Pharmacy and Pharm.D students by Mr. Sridhar, Asst Professor, Ganapathy Engineering, College, Warangal. The session is to discuss about time management and its importance in life. What are the various time management methods, how to spend time effectively on each task and so on so that they can do their duties with ease and develop in their careers.



Mr. Sridhar discussing about time management and its importance in life with students



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REPORT

Name of the program : “Psychology of Pharmacy Students”

Date : 21-02-2019

Resource person details : Dr. B. Nagesh , Consultant Psychologist, NIMHANS.

No. of students participated: 43

Vaagdevi College of Pharmacy conducted a program on “**PSYCHOLOGY OF PHARMACY STUDENTS**” to B. Pharmacy and Pharm.D students regarding the state of students psychological behavior and thoughts by **Dr. Nagesh** sir. This session addresses the most common issues faced by the students such as time pressure, fear of failure, to develop individual identity or personality, the stress of academic excellence and tough competition. It may further lead to emotional problems such as feel inferior to others, not able to think properly, worrying too much, feel life is not worth living. So, to reduce the impact of these factors on student’s life, there are various approaches like group therapy, peer counseling and motivating and encouraging the students are conducted.



Dr. B. Nagesh addressing session regarding Psychology of Pharmacy Students



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REPORT

Name of the program : “Team Work and Leadership Skills”
Date : 13-03-2018
Resource person details : Mr. Durga Raghavendra Rao, Mesmer Pharmaceuticals.
Number of students participated: 21

Vaagdevi College of Pharmacy conducted a training program on “**MANAGEMENT OF TEAM WORK AND LEADERSHIP SKILLS**” to the students of Pharm.D This program mainly emphasis on how to acquire leadership qualities and importance of teamwork in the business world. Two important aspects of group communication—especially in the business environment are teamwork and leadership. In the future career of the students mainly depends on the ability to control the team which is done through leadership skill. The first step to the success is through effective communication skills and ability to listen and understand the team finally leads to successful teamwork which further leads to greater productivity. The resource person taught various methods to improve leadership qualities and managing teamwork to the students for achieving successful careers.



Mr. Durga Raghavendra Rao delivering lecture on Team Work and Leadership Skills



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