

SCHOOL OF PHARMACY

REPORT

A SKILL DEVELOPMENT PROGRAM ON “SELF EMPOWERMENT SKILLS”

School of Pharmacy and Training and Placement cell, NNRG have organized a Skill Development Program on “Self Empowerment Skills” for the students of B.Pharmacy I year on 10th March 2022 in association with Telangana Academy for Skill and Knowledge (TASK) at Nalla Narasimha Reddy Education Society’s Group of Institutions, Hyderabad.

TASK is a not for profit organization created by Government of Telangana for bringing synergy among institutions of Government, Industry & Academia with an objective of offering quality human resources and services to the industry. It is also involved in Granting access to modules for enhancing their technology, personal and organization skills at highly subsidized rates.

Speaker: Mr. D.Raghu

Mr. D.Raghu completed his Master of Arts in History from University of Hyderabad, Bachelor of Commerce from Kakatiya University, Post graduate Diploma in Project Management from University of Hyderabad and Diploma in Arts and Science in Neuro-linguistic Programming. He is the founder of “The good talk factory” (NGO). He acted as mental toughness coach and soft skills trainer on freelance. He was team lead for career guidance and counseling for UNDP Project at Coign Consultant Pvt. Ltd. He is a professor of practice and trainer at Telangana Academy for Skill and Knowledge (TASK).

Summary of the program

The trainer started with the meaning of self empowerment and said Self-empowerment means making a conscious decision to take charge of your destiny. It involves making positive choices, taking action to advance, and being confident in your ability to make and execute decisions. Self-empowered people understand their strengths and weaknesses and are motivated to learn and achieve.

With respective to self empowerment the trainer played few motivational videos and discussed moral of the video the students also shared their opinions. He also shared his own story of struggle to keep up the motivation spirit of the students. He also made the students to discuss and narrate their life story with 3C's, Clarity, Chances and Choices.

The trained conducted few brain evolved habits like learning and unlearning. He stated that Skills, knowledge and experience are constantly evolving and won't be relevant six months from now. This is why it is important to constantly upgrade your skills. To remain valuable and to maintain our expertise it is essential to inculcate a process of continuous learning or personal daily learning and at the same time we also need to unlearn the learnt habits. He explained the process on unlearning as follows;

- List any five habits that are holding you back from functioning at your peak potential
- List any five activities you do in a day that aren't very productive, but you have learned to do it over the years
- Re-educate yourself on how can you overcome and unlearn those habits, and take action for at least 21 days based on your research and the new information you have.

Mr.D.Raghu concluded the session by encouraging the students to set a short time and long time goal and also create strategies in order to achieve them.



Trainer Mr. D.Raghu conducting the Skill Development Program on “Self Empowerment Skills” for I year B.Pharmacy students



Students presenting their response on the Skill Development Program



Dr. Krishna Mohan Chinnala, Dean, School of Pharmacy presenting a memento to speaker Mr. D.Raghuram



B.Pharmacy I year student participants with Dean, Trainer and Faculty

Total **102** students of **B.Pharmacy I year** were present for the program.


DEAN
NNR School of Pharmacy
Nalla Narasimha Reddy Education Society's
Group of Institutions
Chowdari Guda, Korremula X Roads,
Ghatkesar Mandal, Medchal Dist-500 088

DEAN-SOP