

## SCHOOL OF PHARMACY

### REPORT

#### ON

### TRAINING PROGRAM ON COMMUNICATION SKILLS AND SELF-DEVELOPMENT

Training and placement cell, NNRGSOP has organized a training program on communication skills and self-development for the 1<sup>st</sup> year students on 23<sup>rd</sup> and 24<sup>th</sup> Jan 2023 in association with Telangana Academy for Skill and Knowledge (TASK) at seminar hall, School of Pharmacy, NNRG.

About TASK: Telangana Academy for Skill and Knowledge was established by the Govt. of Telangana to enhance skilling synergy among institutions of Government, industry, and academia. It is a nonprofit organization to offers quality human resources and services to the industry by granting access to the students to modules of enhancing their technology, personal, and organizational skills at highly subsidized rates. Through TASK students are trained extensively in the latest technology to help companies find the right candidate.

About the speaker: Mr. Raghu Duth Degla, the trainer of the present program has a proven track record of excellence in providing campus recruitment and employability skills training with focus on delivering solutions to the graduates. Sir is a “change agent” and problem solver with a passion for training. Sir has excellent interpersonal, communication and organizational skills with abilities in team management and planning. Sir’s areas of work include planning and facilitating programs, people management, classroom management, neuro-linguistic programming practitioner and many more.

Sir has started his career as a campus recruitment trainer for COIGN Consultant Pvt. Ltd. From June 2010 to April 2013. Sir worked as teaching fellow for the organization ‘Teach for India’ from June 2013 to Dec. 2013. Sir then worked as Team Lead in soft skills department in COIGN consultant in the year Jan.2014 to Sep. 2016. Sir then joined TASK as a professor of practice during July 2016 to Dec. 2017. Sir is now working as freelancer as mental toughness coach, soft skills trainer from 2018, sir is a founder of the organization “The good talk factory” (NPO), a consultant trainer at TASK and founder and CEO of the organization Kaiteki Innovations Private Ltd. a product based startup at Hyderabad.

#### Summary of the program:

The session has started with an introductory talk by Dr. Krishnamohan Chinnala sir, Dean school of Pharmacy. Sir has mentioned about the importance of communication skills and self empowerment to the present generation. Then TPO Mr. Srikanth continued the introductory talk by encouraging students to take active participation in the session, which will help overall development of the students. Then one of the first year students introduced the speaker to the audience by reading out sir’s profile and then Raghu sir has started the session.

Sir taught the students extensively regarding communication skills, soft skills, overcoming stage fear, introducing one self in an effective manner etc. Sir emphasized on certain illustration like one shouldn't trust what he sees blindly until he experiences it. Sir defined communication as "the word communication is basically a process of interaction with the people and their environment. Such interactions happen through the exchange of information through words, gestures, signs, symbols and expressions".

According to sir, "p5= smile" i.e Plan, Prepare, Practice, Perform and Patience. If we follow this five P formula then there will be an evergreen smile on our faces. Sir mentioned that self development is very important in our life. We should not think about other people's judgments, shouldn't compare with others, shouldn't depend on others blindly and should never regret in any situation. We should Learn- learn new things, Unlearn- unlearn the things which are not of importance and Relearn- relearn the things which we have forgotten.

Raghu sir has introduced so many such concepts to the students and explained in most effective manner such that the students developed so much of confidence in them and they can talk or introduce themselves in front of a large number of people in an effective manner without any stage fear. Students learnt to take part in group discussions, leading and involving in a group tasks, thinking solutions smartly and in a effective manner etc. with the session taken by Raghu sir the students felt very thankful to the management and dean sir for conducting such a training session.



Dean, NNRGSOP addressing students



TPO, NNRG addressing students



Students Introducing Speaker





Students participating in group activities during TASK session.



Mr. Raghu Degla sir taking a training session



Dean, NNRGSOP, giving a vote of Thanks

  
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**DEAN SOP**