

## **5.1.3**

### **5.1.3 Capacity building and skills enhancement (Additional Information)**

### 1. Soft skills

Soft Skills is a very popular term nowadays, used to indicate personal transversal competences such as social aptitudes, language and communication capability, friendliness and ability of working in team and other personality traits that characterize relationships between people.

Soft Skills are traditionally considered complementary of Hard Skills, which are the abilities to perform a certain type of task or activity. Soft Skills are strategic to be successful in personal and professional life then is essential for the students when they try to obtain any kind of job. Enterprises generally hire new employees, in particular recent graduates, taking more in consideration their Soft Skills than their Hard Skills. This happens also for technical professions, because the company, in order to be competitive, needs to create good and effective teams and a collaborative working atmosphere. The college have organized various types of activities to develop the soft skills of the students enrolled with the institution. These activities of the departments and platforms available helped the learners to learn and acquire soft skills like Communication Skills, Presentation Skills, Written Communication, Interpersonal Skills, Creativity and Leadership etc.

#### **Lecture on “Office Etiquettes and Grooming”**

Developing Etiquettes & Manner and Grooming, these two aspects are often neglected by the students but they forget that they are the two important pillars of anyone’s personality and often are the key to success. To overcome this lacuna in the students a Lecture on “Office Etiquettes and Grooming” was organized by Shree Dhanvantary Pharmacy College.



**Ms. Hirvita Bhatt delivering the talk on “Office Etiquettes and Grooming”**

**Lecture on “Personality Development”**

The main aim was to develop confidence in students and improve their communication skills. This session was taken for students to make them understand the importance of Public Speaking and develop stage daring as well.



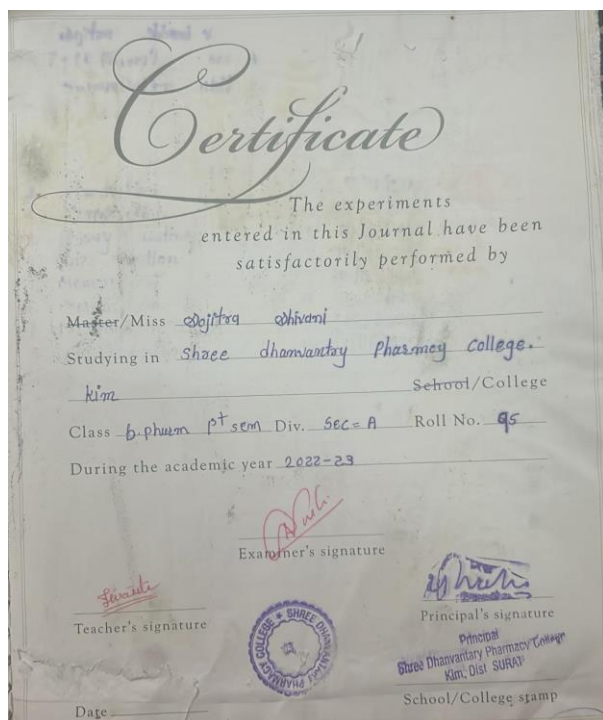
**Dr. Anand Deshmukh delivering his speech**

**2. Language and communication skills**

To develop student's proficiency in English communication, they are trained in well-equipped computerized Language Laboratory. Students are especially given training in language skills like listening and speaking where they get an opportunity to improve their pronunciation and conversational skills. The facility of sound recording makes them aware of various errors in pronouncing words. All Saturday English classes were conducted by professor for the students. The thrust area of the courses is mainly English grammar, Vocabulary, Language Skills, Soft Skills, Presentation Skills, Interview Skills etc.

| Name of the speaker | Topic                |
|---------------------|----------------------|
| Ms. Hirvita Bhatt   | Communication skills |





| NAME: Aditya Shivani V.             |                 |      |                    |                    |         |
|-------------------------------------|-----------------|------|--------------------|--------------------|---------|
| STD: B.Pharm DIV: SEC-A ROLL NO: 95 |                 |      |                    |                    |         |
| SUBJECT: Communication skill        |                 |      |                    |                    |         |
| INDEX                               |                 |      |                    |                    |         |
| Sr. No.                             | EXPERIMENT      | PAGE | DATE OF EXPERIMENT | DATE OF SUBMISSION | REMARKS |
| 1.                                  | Introduction    | 1    | 7/12/2022          | 7/12/2022          | A+      |
| 2.                                  | Conversation    | 3    | 7/12/2022          | 7/12/2022          | A+      |
| 3.                                  | Essay writing   | 5    | 14/12/2022         | 14/12/2022         | A+      |
| 4.                                  | Quiz question   | 7    | 14/12/2022         | 14/12/2022         | A+      |
| 5.                                  | Memory test     | 9    | 14/12/2022         | 14/12/2022         | A+      |
| 6.                                  | Presentation-I  | 11   | 24/12/2022         | 24/12/2022         | A+      |
| 7.                                  | Presentation-II | 12   | 01/1/2023          | 01/1/2023          | A+      |
| 8.                                  | Email writing   | 15   | 11/1/2023          | 11/1/2023          | A+      |

## Language and communication skills Journal

### 3. Life skills (Yoga, physical fitness, health and hygiene)

Life skills are essential skills that enables one to effectively deal with everyday challenges of life. Life skills help people protect themselves and promote health by taking positive actions. We live in a dynamic world, in this constantly changing environment, having life skills is an essential part that would enable us to meet the everyday challenges of life. To cope with the increasing pace and change of modern life, students need new life skills such as the ability to deal with stress and frustration.

One of the important life skills is: Yoga. Yoga can help develop skills that helps one navigate through social and emotional challenges of life. By helping students learn regular meditation, intentional breathing, asana practice, they are practicing patience and single-minded focus, which is further improving their physical and emotional awareness and leads to development of resilience.

Yoga teaches the following Life skills:

#### 1. Focus:

It is the ability to direct the flow of consciousness onto something specific. Yoga involves practicing of exercises that cultivates focus. If one develops focus or the ability to give a hundred percent to a task, life would become more efficient.



## 2. Stillness:

Yoga helps us learn and relish stillness, silence and just being. It helps us to be mindful, that is the state of being fully aware of the present. Mindful practices are important as it helps us regulate our emotions better thereby decreasing anxiety and stress. It also helps focus our attention and observe our thoughts and feelings without any judgements.

## 3. Stress Management

Yoga significantly reduces stress and anxiety. It relaxes the body and loosens the muscle tension resulted from stressors. Since it involves deep breathing, it also lowers the heart rate and blood pressure risen as a result of stress.

Another essential life skill is **Fitness**. Living an active lifestyle contributes to and strengthens all areas of well-being and success in life. Studies have shown that participation in sports and other physical activities provide developmental, emotional, and social benefits. Physical workout helps gain an understanding of the mental resilience. It also helps one learn how to deal with both loss and success.

Physical exercises have a lot of benefits as physical activity has been shown to stimulate chemicals in the brain like endorphins that makes one feel better. Whether it's the improvement of self-esteem through accomplishments on the field, or emotional catharsis through sweat and exhaustion, physical activity produces endorphins that improve the ability to sleep, reduce stress and enhances positive emotions.

Exercise also has social benefits. When one engages in sports, they also receive a sense of belonging and build foundational life skills. They learn to cooperate and listen to one another that will pay dividends in other areas of their life. Adults, meanwhile, can rehabilitate old behaviours and learn new skills at the same time.

Another important life skill is **Health and Hygiene**. Personal hygiene and healthy habits are important life skills. World Health Organization in 1948 defined Health as “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” Health does not just include physical health but also mental health. Mental and physical health is fundamentally linked. There are multiple associations between mental health and chronic physical conditions that significantly impact people’s quality of life. Thus, maintaining a state of healthy mind and body is an essential life skill.

A good physical health is not just due to absence of diseases but also is result of a balanced diet and regular exercise. Physical well-being involves following a healthy lifestyle like having a balanced meal and exercising regularly that further reduces the risks of diseases. Maintaining



physical health can enhance breathing and heart function, increase muscle strength and flexibility. To maintain and preserve health, it is essential to maintain hygiene. Hygiene includes both personal hygiene and also keeping your surroundings clean. Good hygiene practices can help prevent the spread of viruses or organisms that are potential carriers of various diseases. This helps decrease illness in the society as well as the consequence of these illnesses like suffering, loss of productivity and income. Improvement in hygiene can be linked to increased life expectancy, decreased mortality rate and decreased spread of infectious diseases. Hence, it is crucial to cultivate the skill of and practice hygiene.

On the other hand, emotional, social and psychological well-being is referred to as mental health. It is not just absence of mental disorders or psychopathology that ensures a good mental health but it is also the ability to make the most out of life and enjoy life, being able resume normal life after difficult experiences, adapt effectively to the environment being able to balance family and work and achieve one's truest potential. To maintain and enhance mental health, it is also important to develop the skill and practice of mental hygiene. Mental hygiene includes all measures taken to promote and to preserve mental health. This includes looking after your self-esteem and learn to be trusting, managing emotions and learn self-control, manage expectations and set concrete objectives, think positively and be on the lookout for negative emotions and learning to relax and handle adversity.

Thus, the above stated psychosocial competences and social skills are crucial to develop as it would help students make big decisions carefully, communicate effectively with others, develop coping skills with surrounding circumstances and manage oneself thus leading to attainment of progress and success.

Shree Dhanvantary Pharmacy College aims at making the students imbibe life skills. To fulfil this intent various event are organized from time to time wherein the students get an insight into and opportunities to develop essential life skills.

| <b>Sr. No</b> | <b>Academic Year</b> | <b>Co-Ordinators details</b>                         |
|---------------|----------------------|--|
| 1.            | 2022-23              | Yoga day celebration                                 |
| 2.            | 2022-23              | Gujarat Guru Gyan Quiz under Azadi ka Amrit Mahotsav |
| 3.            | 2022-23              | Guru Purnima Celebration                             |
| 4.            | 2022-23              | Seed Ball Making Activity                            |
| 5.            | 2022-23              | Oath Ceremony  |
| 6.            | 2022-23              | Thalassemia Test                                     |
| 7.            | 2022-23              | Har Ghar Tiranga Rally                               |

|     |         |   |
|-----|---------|---|
| 8.  | 2022-23 | Independence day celebration  |
| 9.  | 2022-23 | Training of Polio Vaccination At “Pulse Polio Immunization Campaign Organized by SMC (Surat Municipal Corporation)” |
| 10. | 2022-23 | Blood Donation Camp   |
| 11. | 2022-23 | Pharmacist Day celebration  |
| 12. | 2022-23 | Health Check-Up & Awareness Camp  |
| 13. | 2022-23 | Constitution Day  |
| 14. | 2022-23 | National Youth  |
| 15. | 2022-23 | Road & Railway Safety   |
| 16. | 2022-23 | Armed Flag Forced Day   |
| 17. | 2022-23 | Republic Day  |
| 18. | 2022-23 | Pariksha Pe Charcha   |
| 19. | 2022-23 | Breast Cancer Awareness Programme & Health Checkup  |



### Glimpse of life skills (Yoga, physical fitness, health and hygiene)



### Blood Donation Camp



### Pharmacist Day Celebration



### Breast Cancer Awareness Day



### Independence Day Celebration







National Youth Day



Seed Ball Making Activity



Oath Ceremony



Pariksha Pe Charcha

## 4. ICT/computing skills

Higher education systems have grown exponentially in the last few decades to meet the demands of quality education for all and the last two decades has witnessed the inclusion of ICTs for innovative teaching. Though it is a challenge to holistically integrate the technology in the management and delivery of learning programmes it has become absolutely necessary. It significantly contributes to good quality education and leads to improved student learning and better teaching methods. The introduction of ICTs in the college has had profound implications in the teaching process especially in dealing with key issues of access, equity, management, efficiency, pedagogy and quality. The class rooms have the necessary ICT required infrastructure for optimal usage of the ICT tools.

| Year 2022-2023 |  |  |                             |
|----------------|--|--|-----------------------------|
| Sr. No.        | Topic  | Guest name and address   | Date                        |
| 1.             | AIESEC-Public Speaking Forum   | 1. Lokesh Shinker<br>2. Shristi Kevadiya<br>AIESEC Represtetives           | 20/04/2022                  |
| 2.             | Webinar on “Importance of professional training and readiness for successful industrial placement” | Ms. Nikita Jogewar,<br>Associate Manager, Clini India                      | 09/05/2022                  |
| 3.             | Conference on Clinical Pharmacy Practice and Career abroad   | Dr. Karthik Rakam<br>Dr. Bansaree Patel<br>Avenida                         | 05/07/2022 to<br>06/07/2022 |
| 4.             | Seminar on “Awareness of Skill Development Program”  | Dr. C. D. Shelat, Former<br>Deputy Commissioner<br>FDCA, Surat, Gujarat.   | 14/07/2022                  |
| 5.             | Webinar on “Scope of clinical research and associated domains”                                     | Ms. Nikita Jogewar,<br>Associate Manager, Clini India                      | 19/07/2022                  |
| 6.             | Guest lecture on “Breast Cancer Awareness Program”   | Dr. Priyal Savalia, Kiran<br>Hospital                                      | 03/02/2023                  |
| 7.             | Workshop on “Good Clinical Practices and QMS”  | Dr. Bhaskara B.P., Clinical<br>Research Professional,<br>IQVIA, Bangalore. | 04/03/2023                  |



### ICT/computing skills

Make an impact  
**go on an Exchange**

*Worth the time and money a million times. There is no other possibility to learn so much about cultures, countries and yourself.*



**Volunteer or Intern Globally**

To get to know more, Join us for a seminar at The Thinkstutue this April!



<https://www.aiesec.in/>

**Speak up**

**PUBLIC SPEAKING FORUM**

*You're invited*

**20 April 2022**

Shree Dhanvantary College  
Students are invited to participate in their public speaking skills alongside mentors in the fields of politics, sciences, and business.

**Be it!**

Please be available in Seminar Hall for one on one interactive sessions.

**AIESEC IN SURAT.**

### AIESEC-Public Speaking Forum

**SHREE SAHKAR EDUCATION TRUST'S**  
**Shree Dhanvantary Pharmacy College**  
(Approved by AICTE & PCI - New Delhi and Affiliated to G.U.C.)

**ORGANIZING WEBINAR**  
in association with CLINI INDIA

*"Importance of professional training & readiness for successful industrial placement"*  
Date- 9 May 2022, 3PM

**What will you learn?**

- It will make you understand about the industry expectation from a fresher
- How you have to prepare and be ready
- What are the secrets to achieve a higher package in a reputed organization
- How online training will be and what it covers?
- What are the advantages of it?
- How actually placement happens?

**SPEAKER**

Ms. Nikita Jogewar  
Associate manager  
CLINI INDIA

**CLINI INDIA**  
www.cliniindia.com

Clini India, an ISO 9001: 2015 CERTIFIED CLINICAL RESEARCH TRAINING INSTITUTE. We are a progressive and premier clinical research training and placement institute that has rapidly gained a good reputation and continued throughout with excellence through its innovative approach in clinical research training & placement. Clini India successfully completed 13 years in the market with winning multiple awards in training and placement. Excellence in training brings all top recruiters under one roof which involves IT healthcare, Contract Research Organization, Site management organization, Pharmaceutical companies, Biotech companies, Super speciality hospitals, etc. Clini India has its active campuses in Pune, Mumbai, Bangalore & Hyderabad.  
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### Importance of professional training

### Breast Cancer Awareness Day