



P. RAMI REDDY MEMORIAL COLLEGE OF PHARMACY

44/35-1, Prakruthi Nagar, Utukur, Kadapa – 516 003 A.P.

Approved by AICTE & PCI, New Delhi, Recognised by Govt. of A.P.

Affiliated to JNTUA, Ananthapuramu. Recognised U/S 2(f) & 12(B) of UGC Act, 1956.

ACADEMIC YEAR 2022 - 2023

S. No.	Name of the Capacity Enhance and Skill Enhancement Programme	Date of Implementation
01	Emotional Intelligence and stress management	07.11.2022 To 10.11.2022
02	Speaking and Communication in the work place	23.01.2023 To 25.01.2023
03	Yoga for vasudhaika kutumbam	30.12.2022
04	Effective Communication	28.09.2022
05	Role of AI tools in profile building and database used in research work	12.10.2022 To 13.10.2022



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DATE: 11.11.2022

REPORT

Program title : Emotional intelligence and Stress management
Date : 07.11.2022 To 10.11.2022
Time : 10.00 AM to 1.00 PM

Resource person details

Name of speaker : Mr. Balasivayogi Swamiji
Designation : Motivational speaker and Mythologist
Place : Chinmaya Mission
Contact Number : 8309012539

. The primary goal of the session was to enhance students' communication abilities and bolster their confidence in public speaking.

- Focused on introducing the significance of effective public speaking and understanding audience analysis.
- Emphasized crafting compelling presentations, including structuring coherent introductions and persuasive conclusions, along with the effective use of visual aids.
- Concentrated on mastering non-verbal communication, such as body language, voice modulation, and eye contact. Techniques for managing nervousness and building self-confidence were also taught.
- Provided an opportunity for participants to showcase their newly acquired skills by delivering prepared presentations, followed by constructive feedback from peers and facilitators.

The session was well-received by students from various disciplines, and their presentation and public speaking abilities showed notable improvement by the end of the workshop. This workshop has successfully equipped participants with essential communication skills for their academic pursuits and future professional endeavors

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DATE: 27.01.2023

REPORT

Program title : **Speaking and Communication in the Workplace**
Date : **23.01.2023 to 25.01.2023**
Time : 10:00 PM to 12:00 PM

Resource person details

Name of speaker : Mr. S. Nisser
Designation : Senior Coding Analyst
Place : Corro health, Hyderabad
Contact details : 9059123763

The session was an enlightening and enriching experience. The program aimed to equip participants with essential skills and knowledge for effective communication in professional settings.

Day 1: Foundations of Communication

The first day focused on the fundamentals of effective communication, emphasizing verbal and non-verbal communication, active listening, and the importance of clarity and conciseness in workplace communication.

Day 2: Workplace Communication Strategies

The second day delved into advanced communication strategies, including assertiveness, conflict resolution, and interpersonal skills. Participants engaged in role-playing exercises to practice these techniques.

Day 3: Technology and Diversity

The final day explored the impact of technology on workplace communication, highlighting best practices for email, video conferencing, and virtual collaboration. Additionally, the session addressed the significance of diversity and inclusion in fostering effective communication.

Highlights of the session:

- ✓ Improved verbal and non-verbal communication skills.
- ✓ Enhanced active listening abilities.
- ✓ Proficiency in assertiveness and conflict resolution.
- ✓ Competency in utilizing technology for workplace communication.
- ✓ A better understanding of diversity and inclusion's role in communication.



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Conclusion:

Participants left with a heightened awareness of the importance of effective communication and practical skills to apply in their professional careers. Finally, the session was ended with heart felt gratitude towards the resource person.


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DATE: 31.12.2022

REPORT

Program title : **YOGA FOR VASUDHAIIKA KUTUMBAM**

Date : 30.12.2022

Time : 9.00 AM to 5.00 PM

Resource person details

Name of speaker : Dhruvasesha Reddy

Designation : Yoga trainer

Place : Art of living Society, Erramukkapalli circle, Kadapa.

Contact Number : 8330959551

- ❖ Reputable yoga practitioners and specialists were invited to deliver guest lectures on the benefits of yoga, its history, and its potential for stress management and general well-being. Parallel to the yoga classes, seminars on meditation and mindfulness were organised to promote mental clarity and relaxation.
- ❖ The participants were led through a variety of meditation techniques, with an emphasis on the significance of mindfulness in reducing tension and enhancing concentration.
- ❖ Yoga competitions were held in various categories to promote a spirit of healthy competition and to exhibit the participants' yoga skills. Students were encouraged to demonstrate their flexibility, balance, and control by performing a variety of yoga asanas. For their exceptional performances, the winners were recognised and granted certificates.

CONCLUSION:

Through yoga sessions, guest lectures, meditation seminars, competitions, and informative displays, participants gained a deeper understanding of the significance of yoga in leading a balanced, healthy life. Not only did the event promote physical fitness, but it also highlighted the significance of mental health. Event served as a reminder of the transformative power of yoga and its potential to have a positive impact on individuals and society as a whole.

R. Manohar
PROGRAM COORDINATOR 31/12/22

S. Senthil
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Date: 30.09.2022

REPORT

Program title : Effective Communication
Date : 28.09.2022
Time : 10:00AM to 1:00PM

Resource person details

Name of speaker : Mr. N. Raghunath Reddy
Designation : Assistant professor
Place : H & S Department,
KSRM college of Engineering, Kadapa.
Contact details : 9063758685

A one-day program on Life Skills: Effective Communication was successfully conducted at our college to equip students with crucial communication skills for personal and professional development.

- The program commenced with interactive sessions on the art of effective verbal communication, focusing on clarity, tone, and choice of words.
- A workshop highlighted the significance of non-verbal cues, such as body language and gestures, in conveying messages and building rapport.
- Students participated in activities emphasizing the importance of attentive listening and its impact on understanding others' perspectives.
- A session on assertiveness equipped participants with strategies to express their thoughts confidently and respectfully.
- The program delved into the essentials of communication in the workplace, emphasizing the role of effective communication in career success.
- group discussions were conducted to practice and reinforce communication skills learned.

We extend our gratitude to all the speakers, organizers, and participants for their active involvement in making this program a resounding success.

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DATE: 14.10.2022

REPORT

Program title : Role of AI Tools in Profile Building and Databases used in
Research Writing

Date : 12.10.2022 To 13.10.2022

Time : 11.00 AM to 1.00 PM

Resource person details

Name of speaker : Dr. J. Suma Latha

Designation : Associate Professor

Place : P. Rami Reddy Memorial College of Pharmacy College,
Kadapa.

Contact details : 9989625555

The workshop aimed to provide participants with insights into how artificial intelligence tools can enhance profile building and aid in utilizing databases effectively for research writing.

Day 1: Role of AI Tools in Profile Building

➤ Introduction to AI Tools

Overview of artificial intelligence and its applications in various fields.

The importance of AI in modern research and academic pursuits was discussed.

➤ Profile Building with AI

Participants learned how AI tools can assist in creating and enhancing professional profiles. The session covered techniques to optimize LinkedIn profiles, research gateways, and personal websites using AI-driven strategies.

➤ AI-Powered Skill Enhancement This session

focused on AI tools that can aid in developing and showcasing skills relevant to research and academia.

➤ Interactive Workshop

In this hands-on workshop, participants had the opportunity to work with AI tools to improve their profiles.

Day 2: Databases used in Research Writing

➤ Introduction to Research Databases

The second day commenced with an overview of research databases and their significance in academic writing.



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➤ Efficient Database Navigation

This session delved into advanced search strategies and techniques for efficiently navigating research databases. Participants discovered how AI-driven algorithms can help refine search queries and yield more relevant results.

➤ Citation Management Tools

An exploration of AI-powered citation management tools took place, providing insights into how these tools can streamline the process of collecting, organizing, and citing research sources.

➤ Research Database Workshop

In this practical workshop, participants gained hands-on experience using AI tools to search, filter, and manage research databases effectively.

Conclusion:

The two-day workshop on the "Role of AI Tools in Profile Building and Databases used in Research Writing" provided participants with valuable insights and practical skills. They learned to harness the power of AI to enhance their professional profiles and optimize their research endeavors.

The success of the workshop highlighted the growing importance of AI in academic and research settings. Participants left with a deeper understanding of AI tools and their potential to revolutionize profile building and research writing through efficient database utilization.

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