



Training Program Report-H K College Of Pharmacy

Program Title: A Practical Skill-Building Workshop for Future Pharma Professionals"

Self-Awareness, Confidence Building and Communication Skills

Date-24th 25th Nov 2025

Target Group:

Second Year Pharma Students

- **Batch A:** Day 1
 - **Batch B:** Day 2
- Duration:**
One full-day workshop for each batch
- **Conducted by Vasundhara Jakka**-CEO Mind Spark Consultants

1. Background and Purpose of the Program

The training program was designed and conducted for second-year farmer students with the objective of enabling them to become more self-aware, confident, and effective communicators. At this stage of their academic and personal journey, it was felt necessary to equip students with practical life skills that would support both their personal growth and future professional interactions.

The program focused on helping students understand themselves better, recognize their strengths and areas of improvement, and develop confidence through structured thinking, effective communication, and action-oriented learning.

2. Objectives of the Training Program

The key objectives of the program were:

- To help students develop **self-awareness** by identifying their own strengths and weaknesses
- To introduce and explain the **seven key aspects of confidence building**, namely:
 1. Importance of positive thinking
 2. Understanding and managing fear
 3. Importance of taking feedback
 4. Importance of taking action

5. Role of belief and knowing oneself
 6. Importance of taking risks
 7. Continuous self-improvement
- To improve **verbal and non-verbal communication** skills for better personal and professional impact
 - To help students develop clarity in thinking and speaking using **structured frameworks**
 - To encourage students to create **action plans** and take ownership of their learning
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3. Key Topics Covered

a. Self-Awareness and Confidence Building

Students were guided to reflect on their personal strengths, weaknesses, beliefs, and fears. Through discussions and activities, they understood how mindset, belief systems, and risk-taking play a crucial role in building confidence.

b. Importance of Positive Thinking and Action

The sessions emphasized how positive thinking alone is not sufficient unless supported by consistent action. Students were encouraged to move from intention to implementation.

c. Feedback and Risk-Taking

Students learned the value of accepting feedback constructively and stepping out of their comfort zones to grow personally and professionally.

d. Verbal and Non-Verbal Communication

Practical inputs were given on improving:

- Tone, clarity, and confidence in speech
- Body language, posture, eye contact, and facial expressions
- Overall personal presence and impact

e. Framework-Based Speaking

To improve clarity and confidence while speaking, students were introduced to:

- **Mind Mapping Technique** – for organizing thoughts logically
- **JAM Technique (Just A Minute)** – to enhance content clarity, confidence, and delivery

Students were also given **simple daily exercises** to practice these techniques regularly.

4. Training Methodology

The workshop was conducted in a **highly interactive and experiential manner**. The learning methods included:

- Games and group activities
- Role plays and situational exercises
- Individual reflections and peer discussions
- Real-life examples and practical demonstrations

This approach ensured active participation and high engagement from students throughout the day.

5. Participant Engagement and Response

Both Batch A and Batch B showed enthusiastic participation. Students interacted openly, shared their thoughts, and actively took part in all activities. As the day progressed, there was a visible increase in energy, confidence, and involvement.

By the end of the workshop, the environment in the room was **high-energy and action-oriented**, clearly indicating that students were motivated and ready to apply the learnings.

6. Key Highlights of the Program

- High level of student participation and enjoyment
- Strong engagement through games and role plays
- Noticeable shift in confidence and self-expression among students
- Students openly sharing their **personal action plans**
- Students committing to applying the learnings in daily life

The most significant highlight was students voluntarily coming forward to articulate **how they plan to take the learning ahead and convert it into action.**



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