



JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY

(Approved by Tamil Nadu Govt. & Pharmacy Council of India - New Delhi, Affiliated to The Tamil Nadu Dr. M.G.R Medical University, Chennai)
Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

5.1.2 – SOFT SKILLS

ACADEMIC YEAR

2022- 2023



JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY


(Approved by Tamil Nadu Govt. & Pharmacy Council of India - New Delhi, Affiliated to The Tamil Nadu Dr. M.G.R Medical University, Chennai)
Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

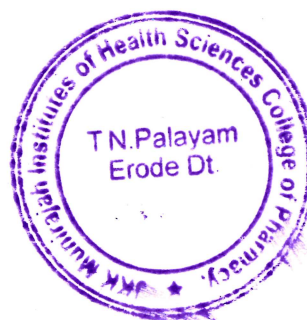
PROGRAM REPORT

A SEMINAR ON SOFT SKILLS TRAINING PROGRAM

| | |
|--|--|
| Name of the Program | Seminar (Soft Skills) |
| Title of the Program | Time Management Strategies for Future Goals |
| Date of the Program | 09.06.2022 |
| Name of the Program Coordinator | DR. S. Selvaraj, M. Pharm., Ph.D., Professor, Department of Pharmaceutics, JKKMIHSCP, T.N. Palayam, Tamilnadu. |
| Number of Participants | 71 |
| Name of the Expert with Designation | DR. V. Senthil, M.Pharm., Ph. D Professor, Department of Pharmaceutics, JSS College of Pharmacy Ooty, Tamilnadu. |

JKK Munirajah Institute of Health Sciences College of Pharmacy conducted an awareness Program on Time Management Strategies for Future Goals on 09.06.2022, led by DR. Senthil, M. Pharm., Ph.D., Professor, Department of Pharmaceutics at JSS College of Pharmacy, Ooty, Tamilnadu. The program was specifically designed for B. Pharm final year students. During this session, participants gained an understanding of the fundamental principles of time management, with the facilitator emphasizing the importance of setting clear goals and priorities as the foundation for effective time allocation.


JKK Munirajah Institute of Health Sciences
College of Pharmacy, T.N.Palayam,
Gobi (Tk), Erode (Dt) - 638 506





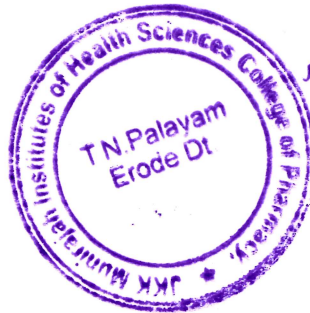
JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY

(Approved by Tamil Nadu Govt. & Pharmacy Council of India - New Delhi, Affiliated to The Tamil Nadu Dr. M.G.R Medical University, Chennai)
Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

PROGRAM OUTCOME

1. **Enhanced Time Management Skills:** Students gained a better understanding of how to manage their time effectively. They learned practical strategies and techniques to improve their time management skills.
2. **Goal Clarity:** The program emphasized the importance of setting clear and achievable goals. Students left with a clearer sense of their future objectives and how to work towards them.
3. **Improved Prioritization:** Participants learned how to prioritize tasks and activities based on their goals. This helped them allocate their time more efficiently to activities that mattered most.
4. **Enhanced Productivity:** With better time management and goal-setting skills, students were able to increase their productivity. They found they could accomplish more in less time.
5. **Stress Reduction:** Effective time management reduced stress levels among the students. They felt more in control of their schedules and better equipped to handle their academic and personal commitments.
6. **Life Skills Development:** Beyond academic benefits, students acquired valuable life skills that will serve them well in their future careers and personal lives.

PROGRAM COORDINATOR



Principal

JKK Munirajah Institute of Health Sciences
College of Pharmacy, T.N.Palayam,
Gobi (Tk), Erode (Dt) - 638 506



JKK MUNIRAJAH INSTITUTE OF HEALTH SCIENCES COLLEGE OF PHARMACY

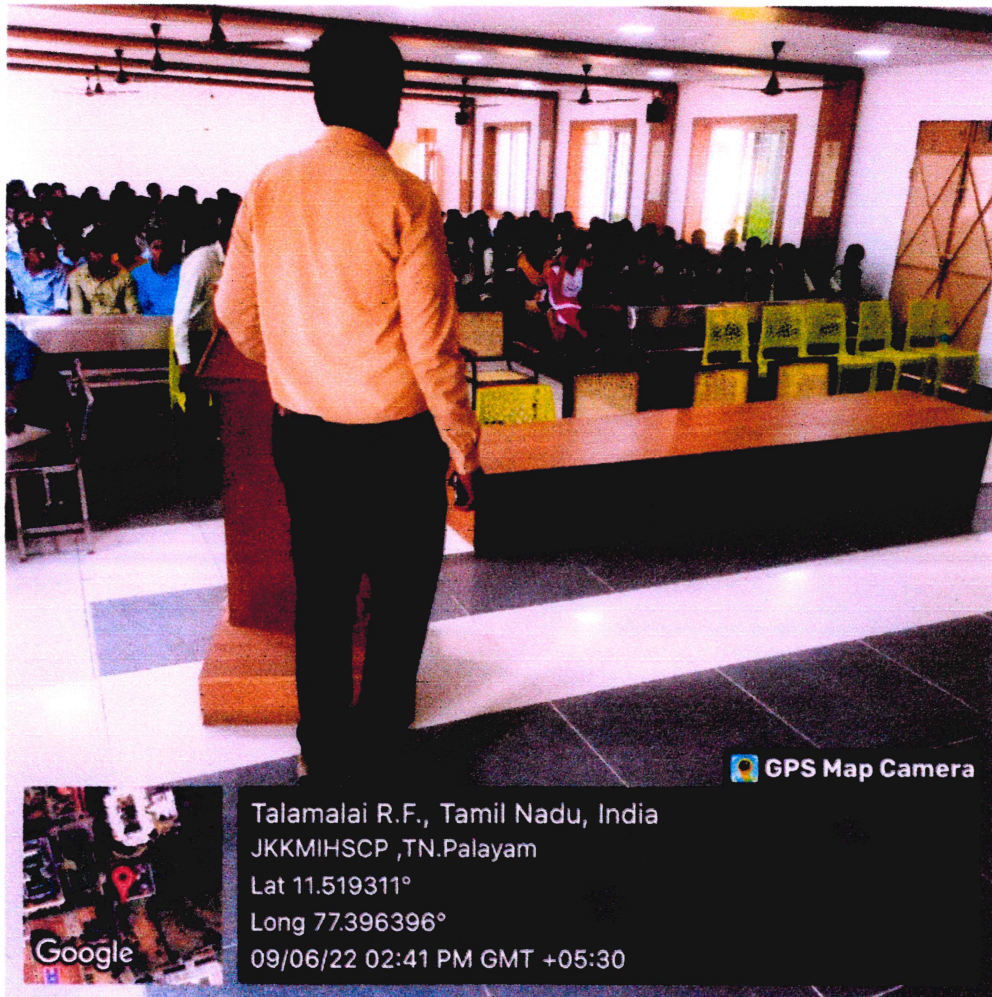
(Approved by Tamil Nadu Govt. & Pharmacy Council of India - New Delhi, Affiliated to The Tamil Nadu Dr. M.G.R Medical University, Chennai)
Thookanaickenpalayam, Gobichettipalayam (TK), Erode (DT) - 638506, Tamil Nadu.

Soft Skill /Seminar

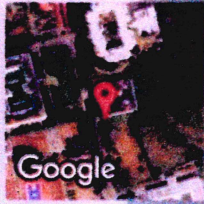
Topic: Time Management Strategies for Future Goals.

Date: 09.06.2022

Resource Person: DR.V. Senthil, M. Pharm., Ph.D., Professor, JSS College of Pharmacy,
Ooty, Tamilnadu.



GPS Map Camera



Talamalai R.F., Tamil Nadu, India
JKKMIHSCP ,TN.Palayam
Lat 11.519311°
Long 77.396396°
09/06/22 02:41 PM GMT +05:30

Seminar Topic: Time Management Strategies for Future Goals on 09.06.2022




Principal

JKK Munirajah Institute of Health Sciences
College of Pharmacy, T.N. Palayam,
Gobi (Tk), Erode (Dt) - 638 506