

PSG COLLEGE OF PHARMACY, COIMBATORE 641004

Student Capacity Building

Active Learning Programme Service (ALPS) 2015-16

Team:

- | | | |
|--------------------------------------------------------|---|------------------------------|
| 1. Dr. M. Ramanathan | - | Principal |
| 2. Dr. Balamurugan | - | Trainer |
| 3. Dr. S. M. Habibur Rahman | - | Students council Coordinator |
| 4. Mr. G. Venkatesh | - | Students council Coordinator |
| 5. Mr. R. HariPrasad | - | Students council Coordinator |
| 6. Mr. M. Ram Pravin Kumar | - | President |
| 7. Mrs. S. Aarthi | - | Vice president |
| 8. Mrs. Glancy K Sunny | - | Secretary |
| 9. Mrs. Baviya | - | Joint secretary |
| 10. Student council members, Captains & vice captains. | | |

Objective:

- To develop students competency and to function effectively
- Inculcate the culture of planning, execution, time management and co-coordination with team members for the successful completion given task/work
- To make the students proactive, self-discipline, leadership qualities and to identify their hidden skills

Date: 29.09.2015

Events Conducted:

The enthusiastic training programme starts with Yoga, physical, mental and spiritual practice. After an hour of meditation there was a visible increase in joy, peace, and enthusiasm.

The next event was step up the board, which involves physical and mental coordination, team work, time management and verbal communication. Inside a large square, 50 wood boards with numbers were randomly scattered. Each team has to enter the square one by one and should step on the board starts from one to fifty and should shout that number was finished. The time taken to step up on all fifty boards by each team will be monitored and team which finishes with least time will be the winner. Each team will be given 5 min for planning, before starting the game and the boards will be re-scattered for the next team. The team should plan with the time and perfect execution of the plan with the support of other team members with agility will win the game.



After lunch, Twist over a circle was conducted. This game is a highly energetic, skillful game which requires a sound analytical skills and proper communication throughout the game within the team members. Each team should form a circle first by holding hands of near team mates, the fist should be tightly held. Without taking out the hands, the team should twist to their opposite side and should come back to normal position; throughout the game, the hands should not be left. Likewise different formations should be tried with both the teams.

Finally a group discussion was made under a hut, where the trainer shared his comments. His observations on every student were shared. He shared the things required to develop, strategies to implement to excel the events. Apart from this, the abilities of students were discussed and he gave many ideas to build the students capacities.

Outcome:


At the end of the day, the students felt an energetic vibe which makes everyone more positive, forwardness thought. The hidden talents were identified and students realized that everyone was capable to do certain things; the team work can lead to great success. The ALPS realized and saw the potential of verbal and non verbal communication in the team building and task management. The leadership quality, managerial skills of every individual was identified. The leader must be able to prioritize the team members, rationalize the conflicts, self motivate and inspire others until the goal is achieved. The role of each and everyone in team was realized and importance of coordinating the physical and mental activities was learned.

Impression:

Students could have faced many tests during the college days, but the real test actually starts once they get out of the college. In order to be a successful person, one must develop self discipline, good physical & mental health, skills and knowledge. This learning programme awakened the students and makes them to learn more about themselves. This helps to identify the actual position of every students, where they stand, what they lack, what to develop etc., This learning programme gave opportunity to develop or build the capacities of students and makes them to be successful person wherever they goes.

Scope for improvement:

- One day training programme could be made into two days programme so that the number of activities could be increased.
- Class representatives could have been taken to this training programme so that they can also develop their leadership qualities


Dr. M. Ramanathan
Principal

Dr. M. Ramanathan, M.Pharm, Ph.D.
Principal
PSG College of Pharmacy
Peeiamedu, Coimbatore-4.

Pile the disc-

The game was all about mathematical skills, memory, patience, speed, strength and team work. Coordination and Communication was the key to winning. Planning and execution of strategies played a vital role. This game again exhibited the beauty of Team work.

Listen and stamp-

Listening is the most important skill any leader should possess. This game was about listening and acting spontaneously to the commands given. Team members had to move when their numbers were called out within seconds.

Brick puzzle-

This game also taught us the importance of Team work, Coordination and Time management. This game demanded Problem solving skills from every team leader and coordination from every team member as all the teams had to unite and perform to finish the game.


Impression:

The sole purpose of ALPS was to develop leadership and problem solving skills and to showcase the importance of team work to the students. On the whole the ALPS programme brought the best out of students in tough situations. On the lighter side of it we even had a short cultural programme that made the students more comfortable and elevated the spirit among the students.

Scope for Improvement:

Time management; the more we can multitask, the more we can achieve in given time limit. More focus could be given in this area.

Being patient in tough situations and listening carefully can be improved among the students.


Dr. M. Ramanathan
Principal

Dr. M. Ramanathan, M.Pharm, Ph.D.
Principal
PSG College of Pharmacy
Peelamedu, Coimbatore-4.

PSG COLLEGE OF PHARMACY, COIMBATORE-641004

Student Capacity Building

Active Learning Programme Service (ALPS) 2016-2017

Team:

The Team comprised of all the members of Student council members, House captains and vice captains and the representatives of both B.Pharm and PharmD. We were under the guidance of our Principal Dr.M.Ramanathan and faculties Dr.S.M.Habibur Rahman and Mr. R.Hariprasad. The council team comprised of B.Naveen raj as President, M.Suresh as Vice president, Eldose jose as Secretary, Shruti as Joint secretary. The programme was conducted by Mr.Balamurugan and Mr.Sathish from PSG Institute of Management.

Objective:

- Learning and Understanding the concept of Team work, communication in the team (verbal & non-verbal), Time management and Leadership.
- Enhancing Problem solving skills, Adapting to the situation, planning strategies and execution and getting the best out of the team.

Date: The programme was conducted on 9th and 10th December 2016.

Events Conducted:

- Unlock the Hands
- Barrel and Plank
- Pile the disc
- Listen and stamp
- Brick puzzle

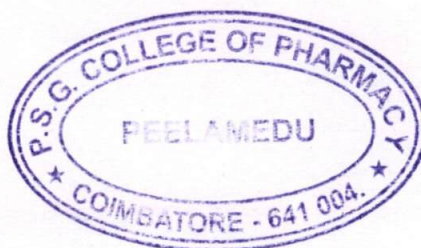
Outcome:

Unlock the hands

This game taught us the importance of Unity and as a Team you can unlock solutions to the most complex problems quickly.

Barrel and Plank-

This was about Team work, Agility and Time management and how the failure of even one person could affect the victory of the whole team. Physical strength also played a main part among the teams and this also brought out the never give up attitude among the teams.



PSG COLLEGE OF PHARMACY, COIMBATORE-641004

Student Capacity Building

Active Learning Programme Service (ALPS) 2017-2018

Team:

The Team comprised of all the members of Student Council namely Mr.N. Balaji as President, Ms. Tonia Lorence as Vice President, and Mr. B. Saravana Pandian as Secretary and Mr. Lokeshwaran S as the Joint Secretary along with House Captains and Vice Captains and the Class Representatives of both B. Pharm and PharmD. Our Principal and Patron of the Students council, Dr.M.Ramanathan, two faculties namely Dr.G.Venkatesh and Mr.Hari Prasad were present as the mentors of the council. The programme was conducted by Mr.Sathish and Mr. Bala Murugan from PSG Institute of Management.

Objective:

- To learn and experience the leadership, team building, managerial skills and role of fitness in leadership through the simulated situations and games
- Enhancing problem solving skills, situation handling and extracting the best out of the team

Date:

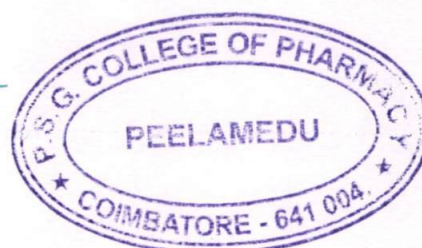
The programme was conducted on 15 and 16 of December 2017.

Events Conducted:

Physical ability and mental ability games:

- Unlock the Hands
- Barrel and Plank
- Pile the disc
- Listen and stamp
- Brick puzzle

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Fitness:

- Yoga
- Jogging

Fun zone:

- Camp fire
- Cultural events

Outcome from each event:

Unlock the hands:

This game taught us the basics of team building and brainstorming among the team to get solutions to the most complex problems within a quick period of time.

Barrel and Plank:

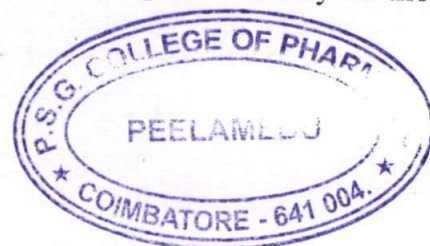
This was about testing the physical strength and synchronizing the physical and mental strengths to achieve the goal. It was a battle between hard work and smart work. It emphasized the importance of contribution from each and every one of the team which decided the success and failure of teams in achieving the goal.

Pile the disc:

The game was planned and executed in defining the importance of communication and coordination within the team and among the team's which a simulation of real life scenario is where individuals are expected to work on improving communication.

Listen and stamp:

Listening is the most important skill any leader should possess. This game taught us how important is listening to details and acting spontaneously to the



commands given. The elegance of this game lied in the distractions produced by the crowd and the attention to details given by the participants amidst those distractions.

Brick puzzle:


This game was all about solving the puzzle which requires immense amount of analytical and problem solving skills. It taught us the importance of time management.

Impression:

The young minds who were selected for leadership positions in various levels of the council were taken to the programme. The event positively influenced the approach of the young leaders which was the outcome of the combined inputs and take home messages provided by the strategically planned and executed games and the refreshing aura produced by the location itself and the eminent personalities who transferred their experience and skillsets for the transformation.

Scope for Improvement:

The duration of programme was short and it would have been more of fun and learning if it was for one or two more day's extension. Apart from that, the students could have shown even more enthusiasm in volunteering for participation.



Dr. M. Ramanathan
Principal

Dr. M. Ramanathan, M.Pharm, Ph.D.
Principal
PSG College of Pharmacy
Peelamedu, Coimbatore-4.

Student Capacity Building

Active Learning Programme Service (ALPS) 2018-2019

Team:

The Team comprised of all the members of Student Council, House captains and vice captains and the representatives of both BPharm and PharmD. We were under the guidance of our Principal Dr.M.Ramanathan, and faculties Dr.G.Venkatesh and Mr.A.Tamil selvan. The council team comprised of S.Lokesh, A.Suleka, P.Dharaninath and M.Dharshini. The programme was conducted by Mr.Sathish and Mr.L.Karthikeyan from PSG Institute of Management.

Objective:

- Learning and Understanding the concept of Team work, Time management and Leadership.
- Enhancing Problem solving skills, Adapting to the situation and getting the best out of the team.

Date: The programme was conducted on 11th and 12th December 2018.

Events Conducted:

- Unlock the Hands
- Barrel and Plank
- Pile the disc
- Blindfold and follow
- Listen and stamp
- Brick puzzle

Outcome:

Unlock the hands-

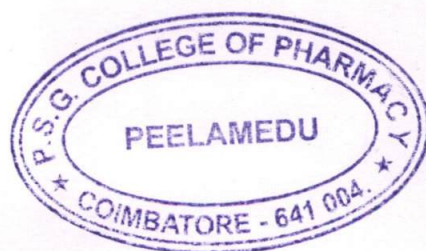
This game taught us the importance of Unity and as a Team you can unlock solutions to the most complex problems quickly.

Barrel and Plank-

This was about Team work, Agility and Time management and how the failure of even one person could affect the victory of the whole team. Physical strength also played a main part among the teams and this also bought out the never give up attitude among the teams.

Pile the disc-

The game was all about Mathematical skills, Memory, Patience, Speed, Strength and team work. Coordination and Communication throughout was the key to winning. This game again exhibited the beauty of Team work.



Blindfold and follow-

This game was all about Trust and Efficient leadership. The game also demanded clear instructions and speech from the leader.

Listen and stamp-

Listening is the most important skill any leader should possess. This game was listening and acting spontaneously to the commands given. Team members had to move when their numbers were called out within seconds.

Brick puzzle-

This game also taught us the importance of Team work, Coordination and Time management. This game demanded Problem solving skills from every team leader and coordination from every team member as all the teams had to unite and perform to finish the game.


Impression:

The sole purpose of ALPS was to develop leadership and problem solving skills and to showcase the importance of team work to the students. On the whole the ALPS programme brought the best out of students in tough situations. On the lighter side of it we even had a short cultural programme that made the students more comfortable and elevated the spirit among the students.

Scope for Improvement:

Time management; the more we can multitask, the more we can achieve in given time limit. More focus could be given in this area.

Being patient in tough situations and listening carefully can be improved among the students.


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ALPS Report of 2019-2020 Council

**PSG COLLEGE OF PHARMACY, COIMBATORE -
641004**

***Student Capacity Building
Active Learning Programme Service (ALPS) 2019-2020***

Team:

The Team comprised of all the members of Student Council namely Mr. Karthikeyan as President and Mr. Arun Prasath S General secretary along with House Captains and Vice Captains and the Class Representatives of both B.Pharm and Pharm D. Our Principal and Patron of the Students council, Dr. M. Ramanathan, and faculty namely Mr D.Sivakumar was present as the mentor of the council. The programme was conducted by Mr. Senthil and Mr. Bala Murugan from PSG Institute of Management.

Objective:

- To develop leadership qualities, analytic skills, sharpening interpersonal and communicative skills. Knowing the different leadership skills and implementing them in the hour of need.
- To understand and manage changes, encouraging and motivating team members to bring out the best from them.

Date:

The programme was conducted on 13th and 14th of December 2019.

Events Conducted:

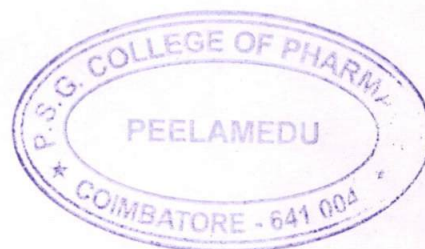
Physical ability and mental ability games:

- Pass the rope
- Barrel and Plank
- Pile the disc
- Watch where you step
- Number puzzle

Fitness:

- Exercise
- Trekking

Fun zone:



Fun zone:

- Camp fire
- Cultural events

Outcome from each event:***Pass the rope:***

This activity involved passing the loop without breaking the circular ring. The learning from this activity is to share creative problem solving strategies to move the loop around the group and to work collaboratively with all the members of the group.

Barrel and Plank:

This was about testing the physical strength and synchronizing the physical and mental strengths to achieve the goal. It was a battle between hard work and smart work. It emphasized the importance of contribution from each and every one of the team which decided the success and failure of teams in achieving the goal.

Pile the disc:

The game was planned and executed in defining the importance of communication and coordination within the team and among the team's which a simulation of real life scenario is where individuals are expected to work on improving communication.

Watch where you step:

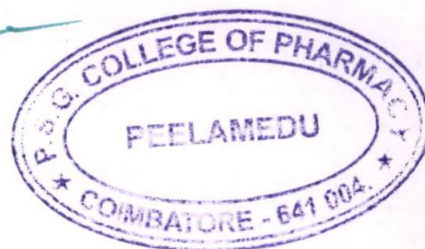
This game helped us to learn that the contribution of each team member is important and how communication is essential through out the game.

Brick puzzle:

This game was all about solving the puzzle which requires immense amount of analytical and problem solving skills.

Impression:

The young minds who were selected for leadership positions in various levels of the council were taken to the programme. The event positively influenced the approach of the young leaders which was the

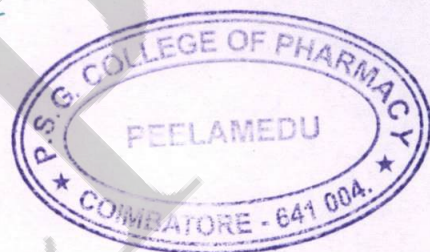


outcome of the combined inputs and take home messages provided by the strategically planned and executed games and the refreshing aura produced by the location itself and the eminent personalities who transferred their experience and skillsets for the transformation.

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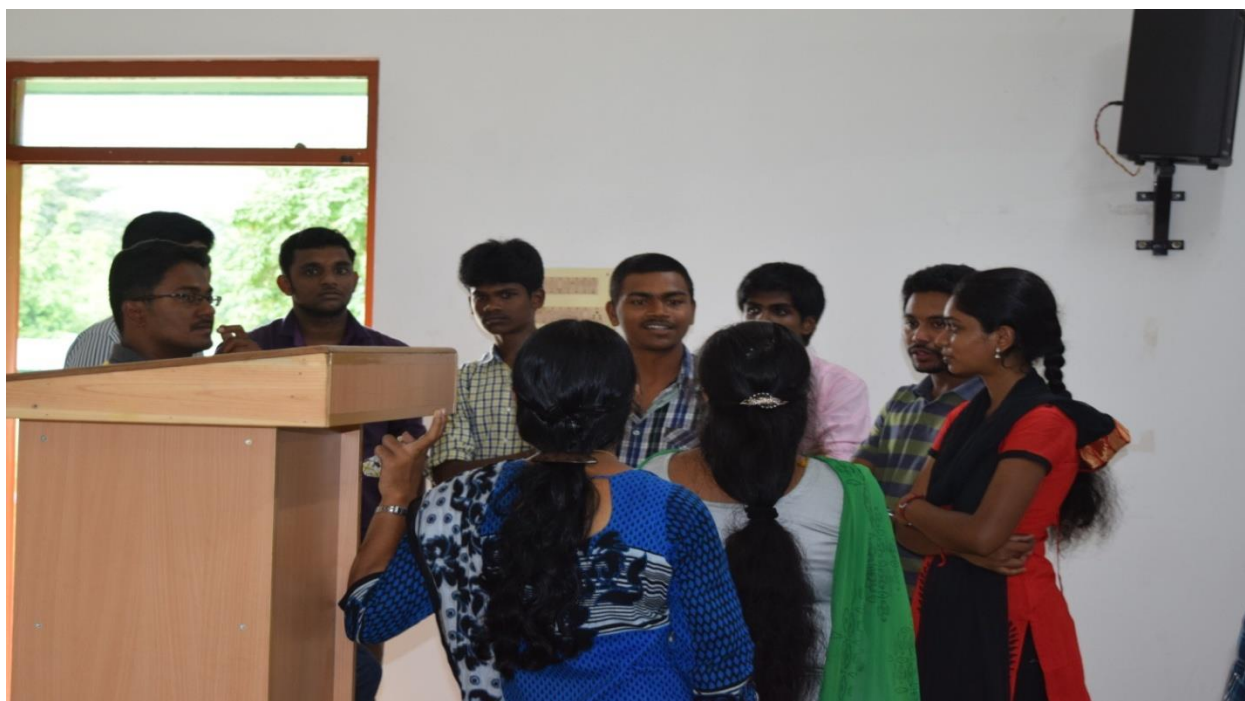


PSG College of Pharmacy, Coimbatore-4
ALPS (Active Learning Program Service) 2015 -2016



Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore-4
ALPS (Active Learning Program Service) 2015 -2016



Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore-4
ALPS (Active Learning Program Service) 2015 -2016



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Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore-4
ALPS (Active Learning Program Service) 2015 -2016



Dr. M. Ramanathan
Principal

PSG College of Pharmacy,Coimbatore-4
ALPS 2016-2017 (9.12.2016 & 10.12.2016)

Barrel and Plank Activity



Brick puzzle Activity



Dr. M. Ramanathan
Principal

PSG College of Pharmacy,Coimbatore-4
ALPS 2016-2017 (9.12.2016 & 10.12.2016)



Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore-4
ALPS (2017-2018) 15.12.2017 & 16.12.2017



Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore - 4
ALPS (2018-2019) 11.12.2018 & 12.12.2018



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Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore - 4
ALPS (2018-2019) 11.12.2018 & 12.12.2018



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Dr. M. Ramanathan
Principal

PSG College of Pharmacy, Coimbatore-4
ALPS (2019-2020) 13.12.2019 & 14.12.2019

Gallery:



A handwritten signature in black ink, appearing to read 'Dr. M. Ramanathan'.

Dr. M. Ramanathan
Principal