

PSG COLLEGE OF PHARMACY , COIMBATORE-4

26.10.2023

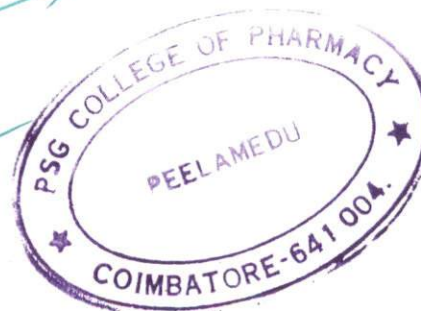
CIRCULAR


Dear students,

ALPS students training for the year 2023 has been scheduled on 30.10.2023 and 31.10.2023 .
The following list of students are advised to attend the training program.

STUDENT NAMELIST:

1. HARIBABU S
2. SHAIK DAWOOD THOUFIQ
3. SANGEETH.S.P
4. PRIYA.M
5. DHARSHINI.C
6. KIRUBHARAN.P.S
7. HARI RAJ.P
8. ASWIN . I.S
9. MOHAMMED IDRIS . M
10. BHOOPESH .K.R
11. VIGNESHWARAN.M
12. ARUL RAMALAKSHMI. P
13. MOHAMMED ABUBAKKAR.K
14. SIVAGOKUL .G
15. MUHASEEN
16. BAVIHARAN.R
17. SUDHARSAN.K.N
18. TEJASHREE.V
19. ARSHADHA FATHIN.A
20. SRIVATSAN.S
21. SHIVSUNDAR.S
22. VAIKUNDA JOHN .J
23. AISHWARYA . S
24. AKSHAYA . C. V
25. NAUSHADHAA.A.P
26. SOWMYA.R





PSG

Active Learning Program Series

INSTRUCTION
1. Preparation

Training Schedule for PSG Pharmacy – 30 and 31 Oct 2023

Day	Time	Description
Day 1 30-10-2023	09.00 am	Departure to PSG ALPS (From PSG College of Pharmacy)
	10.30 am to 10.45 am	Settling down at Dormitories
	10.45 am to 11.15 am	Refreshments
	11.15 am to 11.30 am	Briefing about ALPS and Ice-breaking
	11.30 am to 01.00 pm	Training Activity 1- Ice Breaking
	01.00 pm to 02.00 pm	Lunch
	03.00 pm to 05.00 pm	Training Activity 2 – Logical thinking
	05.00 pm to 05.30 pm	Refreshments
	05.30 pm to 06.30 pm	Training Activity 3 – Team Building
	06.30 pm to 07.00 pm	Instructions
	07.00 pm to 08.00 pm	Training Activity 4 – Resource Management
	08.00 pm to 09.00 pm	Dinner
	09.00 pm to 10.00 pm	Camp Fire
	10.30 pm	Retire and Lights off
Day 2 31-10-2023	06.30 am to 08.00 am	Training Activity 5 – Ground Activity
	08.00 am to 09.00 am	Personal Time
	09.00 am to 10.00 am	Breakfast
	10.00 am to 12.30 pm	Training Activity 6 – Strategic Planning (With a Break for Refreshments)
	12.30 pm to 01.00 pm	Check out from Dormitory and Packing Up
	01.00 pm to 02.00 pm	Lunch
	02.00 pm to 02.30 pm	Closing Remarks and Group Photo Session
	2.30 pm	Departure to Campus

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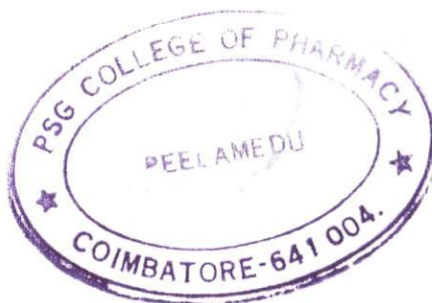
PSG COLLEGE OF PHARMACY, COIMBATORE - 4

ALPS STUDENTS TRAINING PROGRAM

DATE - 31.10.23

S.NO	NAME	ATTENDANCE
1	HARIBABU S	Hari Babu
2	SHAIK DAWOOD THOUFIQ	ShaiK Dawood Thoufiq
3	SANGEETH.S.P	Sangeeth
4	PRIYA.M	Priya M
5	DHARSHINI.C	Dharshini
6	KIRUBHARAN.P.S	Kirubharan. P S
7	HARI RAJ.P	Hari Raj.
8	ASWIN . I.S	Aswin
9	MOHAMMED IDRIS . M	Mohammed Idris
10	BHOOPESH .K.R	Bhoopesh. K.S.
11	VIGNESHWARAN.M	Vigneshwaran
12	ARUL RAMALAKSHMI. P	Arul Ramalakshmi
13	MOHAMMED ABUBAKKAR.K	Mohammed Abubakkar
14	SIVAGOKUL .G	Sivagokul
15	MUHASEEN	Muhaseen A
16	BAVIHARAN.R	Baviharani R
17	SUDHARSAN.K.N	Sudharsan. K. N
18	TEJASHREE.V	Tejashree
19	ARSHADHA FATHIN.A	Arshadha Fathini A
20	SRIVATSAN.S	Srivatsan S
21	SHIVSUNDAR.S	Shivsundar
22	VAIKUNDA JOHN .J	Vaikunda John
23	AISHWARYA . S	Aishwarya
24	AKSHAYA . C. V	Akshaya
25	NAUSHADHAA.A.P	Naushadhaa. A.P
26	SOWMYA.R	Sowmya

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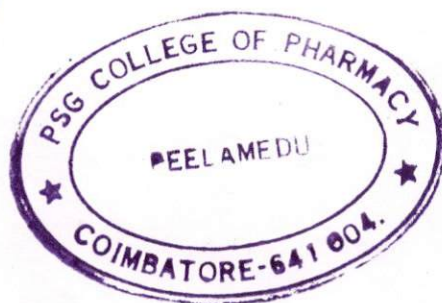


PSG COLLEGE OF PHARMACY, COIMBATORE - 4

ALPS STUDENTS TRAINING PROGRAM

DATE - 30.10.23

S.NO	NAME	ATTENDANCE
1	HARIBABU S	Haribabu
2	SHAIK DAWOOD THOUFIQ	ShaiK Dawood Thoufiq
3	SANGEETH.S.P	Sangeetha
4	PRIYA.M	Priya.M.
5	DHARSHINI.C	Dharshini
6	KIRUBHARAN.P.S	Kirubakaran.P.S
7	HARI RAJ.P	Hari Raj.
8	ASWIN . I.S	Aswin.
9	MOHAMMED IDRIS . M	Mohammed Idris
10	BHOOPESH .K.R	Bhoopesh K.R.
11	VIGNESHWARAN.M	Vigneshwaran
12	ARUL RAMALAKSHMI. P	Arul Ramak
13	MOHAMMED ABUBAKKAR.K	Abubakar
14	SIVAGOKUL .G	Sivagokul
15	MUHASEEN	Muhaseen, A
16	BAVIHARAN.R	Baviharar, R.
17	SUDHARSAN.K.N	Sudharsan, K.N
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19	ARSHADHA FATHIN.A	Arshadha Fathin.A
20	SRIVATSAN.S	Srivatsan, S
21	SHIVSUNDAR.S	Shivsundar
22	VAIKUNDA JOHN .J	VaiKunda
23	AISHWARYA . S	Aishwarya
24	AKSHAYA . C. V	Akshaya
25	NAUSHADHAA.A.P	Naushadhha.A.P
26	SOWMYA.R	Sowmya





STUDENT COUNCIL 2022-2023
PSG COLLEGE OF PHARMACY
Peelamedu, Coimbatore – 641004
Email: studentscouncilpsgcp@gmail.com

STUDENT COUNCIL 2022-23

Date: 30/10/2023

Principal
Dr. M. Ramanathan, D.Sc

President
Mr. S. Haribabu

Vice President
Ms. A. Arshada Fatin

General Secretary
Mr. Shaik Dawood Thoufiq

Joint Secretary
Ms. D. Sureka

Treasurer
Mr. S. Srivatsan

Sports Secretary
Mr. S. P. Sangeeth

Cultural Secretary
Mr. S. Mohanram

Semmozhi Peravai Secretary
Ms. M. Priya

MAD Club Secretary
Ms. C. Dharshini

Science Club Secretary
Mr. P. S. Kirubhakaran

Marketing & Media club Secretary
Mr. S. Shiv Sundar

Valarkarangal Secretary
Mr. J. Vaikunda John

Magazine Club Secretary
Ms. N. Aishwariya

Student Mentoring Secretary
Ms. A. Dhakshana

ECO Club Secretary
Mr. P. Hariraj

**Executive Members –
Sports & Cultural**
Mr. R. Baviharan
Ms. D. Panimalar

Executive Members
Ms. B. Thejasri
Ms. P. Suchitra
Mr. K. Sanjay

**ACTIVE LEARNING PROGRAM SERVICE –
REPORT**

❖ **EVENT:** ALPS-2023

❖ **DATE :** 30/10/2023-31/10/2023

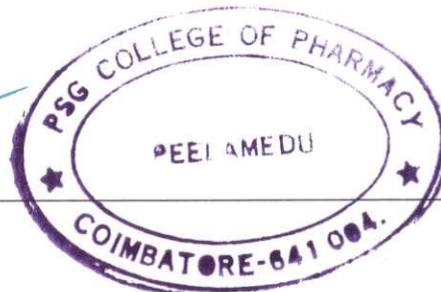
❖ **VENUE:** PSGIM OUTBOUND TRAINING
CENTRE

❖ **ORGANISED BY:** PSG INSTITUTE OF MANAGEMENT

❖ **MEMBERS:** 28

❖ **CO-ORDINATORS:** Dr. THYGARAJAN

Mr. FIRDHOSE MOHAMMED KHAN





STUDENT COUNCIL 2022-2023 PSG COLLEGE OF PHARMACY

Peelamedu, Coimbatore – 641004
Email: studentscouncilpsgcp@gmail.com

❖ SUMMARY/DESCRIPTION OF THE EVENT:

Active Learning Program Service (ALPS) was conducted to learn and understand the concept of team building, leadership qualities and communication skills by thinking, discussing, investigating, and creating. The Student Council 2022-2023, Business club along with Captains and Vice Captains attended the 2 days ALPS where various events were conducted to enhance their leadership skills. This was organized by PSG Institute of Management where Dr. Thyagarajan and Mr. Firdhose Mohammed Khan were the coordinators for the activities. One of the main objectives was to enhance the problem-solving skills, time management, adapting the situation and getting the best out of them.

❖ EVENTS CONDUCTED:

1) Unlock the hands – Ice breaking:

This activity aimed at learning the importance of unity, planning and practice. This depicted how planning and practice helps in completing tasks more efficiently and in lesser time.

2) Pile the disc – Strategic planning:

This activity involves mathematical skills, memory, speed, patience strength and team building. Co-ordination and communication was important throughout the activity.

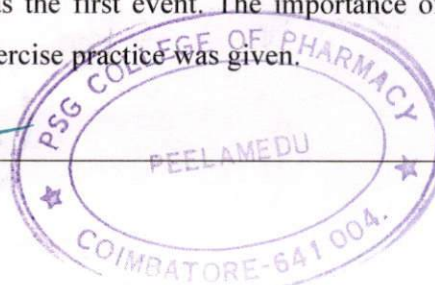
3) Listen and stamp – Logical thinking:

A good listening skills and fast thinking skills is highly necessary for any leadership or management skills. This activity involved listening, thinking and acting rapidly.

4) Yoga and exercise – Physical fitness:

The second day started with yoga and exercise as the first event. The importance of physical fitness was emphasized, and the basic yoga and exercise practice was given.

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5) Barrel and Plank - Strategic planning and ground activity:

This game involved the combined benefits of proper planning, coordination, time management and physical strength in winning the game. This emphasized the need of every person's involvement to get succeed as a team.

6) Cooking- Resource management:

The students were provided with an equal amount of resources in which the competition was held for their ability to make use of the resources and bring the best out of them. The communication and importance of using all the resources, time management was emphasized in this activity.



FIG 1: The coordinators giving introduction about ALPS-2023



FIG 2: The activity – Pile the disc consisting of four teams.

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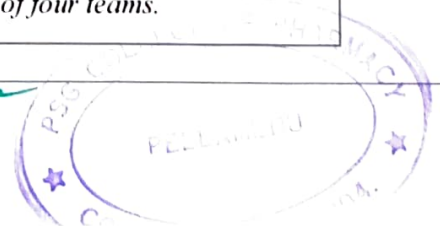




FIG 3: The event -Barrel & Plank consisting of four teams.



FIG 4: The final activity – cooking consisting of three teams.

Dr. M. Ramanathan,
Principal

