

### 5.1.2: Details of Adichunchanagiri University capability enhancement and life skill development schemes.



#### 1. Soft skills development:

The Adichunchanagiri University conducts value added soft training program for the students like Session on **Janus and Pragyan** also imparts soft skill straining by one to one or group interaction as the need may be.

#### 2. Language and communication skills development

The Adichunchanagiri University organizes training programmes for the students like **Communication skills, Professional talk and Etiquettes for Nurses, Kannada classes for non-Kannadiga students**. Functional English, Psychometric Assessment, Local Language training, Sanskrit Training and quiz for language and communication skills development amongst students. Classes for Marathi language is conducted on weekends for students to get well versed with vernacular language while dealing with patients. A Marathi dictionary is also prepared to aid the same. Debates and Students seminars are periodically conducted and given due credence in Internal assessment.



### 3. **Yoga and Wellness:**

The Adichunchanagiri University conducts various Yoga sessions for the students like Yoga training for Medical, Engineer, Pharmacy, Nursing, BGS First grade college, BGS College of Education, and Natural Science Undergraduates for Yoga and wellness. The university organizes various Programme Like **Yoga for Health, Yoga for Fitness, Yoga for Stress Management, Yoga for wealth, Yoga for Mental health**. By incorporating yoga and wellness practices into their daily lives, students can promote their physical and mental well-being, which can have a positive impact on their academic performance and overall quality of life.

### 4. **Analytical Skills Development:**

The University organized periodic **Research methodology** workshops for students, teachers, **Research and publication model** in Competency based education is implemented for all the program. Systematic Review, **Use of Digital Media, Computer Literacy in Nursing, Model Presentation, Essential skill for quality research. Analytical skills** are embedded in regular curricular activities. The development of analytical skills is a vital component of a student's academic journey and personal growth. These skills empower students to think critically, make informed decisions, and solve complex problems effectively.

### 5. **Human Value Development:**

**Value education** classes are conducted for all the students throughout the year for human development of values. **Women Empowerment, importance on blood donation camp** is functioning to help students to gain insight into origins and development of emotional difficulties. Value education cell imparts sensitization sessions regarding **Values in family, Professional life, Self-development, Universal values, Human values, Temporal values, Character development, role of spirituality** etc.



## **6. Personality and professional development:**

The Adichunchanagiri University conducts various personality development programs like **Personal Development, Professional Etiquettes for nurses, Promotion of Mental wellbeing, Sensitization Programme on NTEP, Mental Health in an unequal world.** It is about embracing personal growth, self-improvement, and self-discovery. As individuals invest time and effort into their own personality development, they can lead more fulfilling lives, build better relationships, and achieve their goals with confidence and authenticity.

## **7. Employability skills development**

The **Training and Placement** cell of the University organizes various **Career Guidance sessions** like Career opportunity for Medical, Engineer, Nursing, Pharmacy Interns and UG students throughout the year. In addition, Programme like **Carrier Guidance, National Health Schemes, CET, Jeevan Raksha, Preplacement Training, Orientation and demonstration on innovative lesson.** so that students get opportunities to work in industries and develop employability skills.



## Summary 2022-23

SL No	Name of Scheme	Name of Activity	No. of beneficiaries
1	Soft Skills	Training session on Janus	323
		Orientation session on Pragayan	828
2	Language and Communication	Attitude, Ethics and Communication - Foundations of Communication	144
3	Yoga and Wellness	Scientific and practice sessions on Yoga	145
		Yoga in Daily Life	80
		Health awareness Programme	66
		Mental Health and wellbeing for all	80
		Mental and Social Health	150
4	Analytical Skill Development	Anatomy Model Presentation	84
		Organic Electronics-Molecules to Devices	150
		AV aids Model Exhibition	84
		Student Empowerment and Excellence Development (SEED) Programme on Indian Democracy-Past, Present and Future	70
5	Hunan Value Development	Namma Matha Namma Hakku	96
6	Personality and Professional Development	Key Method of selection in Human Resource	73
		Me and Stress	150
		Organ donation and transplantation Guest Lecture	275
7	Employability Skills Development	“Awareness, Prevention and Early Recognition about Breast and Cervical Cancer”	80
		Program on Career Opportunities for Commerce Students	208



### Summary 2021-22

SL No	Name of Scheme	Name of Activity	No. of beneficiaries
1	Soft Skills	Training Session on Janus	811
		Special Talk on Essential Skills for Quality Research and Publication	83
		Importance of Soft Skills in Higher Education	108
		Ideation workshop	200
2	Language and Communication	Analysis of John Ruskin's unto this Last	117
		Critical Phases of Effective Research Planning, Scientific Writing and Communication	32
3	Yoga and Wellness	"Energizing the mind and body through yoga at home and yoga with family"	147
		Fit India Run for Wellness	34
4	Analytical Skill	Induction Programme for B. Com Freshers	34
		Drug Repurposing – Strategy for new drug development	44
		HPTLC technique: phytopharmaceuticals and nutraceuticals	18
		Psychiatry and clinical pharmacy: a logical partnership	60
		Career pathway and study abroad opportunities for pharmacy graduates	200
4	Hunan Value Development	Say no to Tobacco	58
		Awareness program on Aids	34
		Motivation Talk on Human Values	34
		Post Covid Education Culture: A Positive shift	34
		Current trends and career opportunities	37
		Power of inspiration	80
5	Personality and Professional Development	Mind Your Mind	141
		Business Communication and Personality Development	70
		CA Career Counseling Program for Professionalism	95



		Custom Duty	<b>60</b>	<b><u>149</u></b>
		Personality Development	<b>185</b>	<b><u>154</u></b>
<b>6</b>	Employability Skills Development	Paradigm shift in three dimensions: mindset, expertise and motivation	<b>57</b>	<b><u>165</u></b>
		Recruitment Process in Organization	<b>167</b>	<b><u>171</u></b>
		Importance of computer literacy in Nursing	<b>84</b>	<b><u>177</u></b>



### Summary 2020-21

SL No	Name of Scheme	Name of Activity	No. of beneficiaries
1	Soft Skills	Training Session on JANUS	512
		Orientation Session on Pragyan	1622
		Curriculum Vitae and Interview Etiquette	60
		Journey of a student: Idea to Startup	200
2	Language and Communication	Professional talk on Etiquettes for Nurses	133
3	Yoga and Wellness	“Pandemic Stress Management with Yoga”	144
		Yoga for Health	96
		Yoga for Mental Health	83
4	Analytical Skill development	Register of Research Communication	83
		The Foundations of Entrepreneurship	168
		Recent advancements and Trends in Pharmaceutical Industry	60
		Search of a remedy from plants of a Covid-19	32
5	Hunan Value Development	Panel discussion on “Impact of COVID-19 on Education”	53
6	Personality and Professional Development	“How to study MBBS?”	144
		Stress Management – “Change the way you feel”	144
		Awareness about Initiative of Indian Cyber Crime	124
		WOW- Way out Waves	111
		The need for modern research and innovation	72
7	Employability Skills Development	Guidelines about How to prepare for Competitive Examinations	80
		How Good Teacher Become Great Teacher	57
		Awareness on Facilities of Social Welfare Department	83
		Awareness programe on CRYPTO CURRENCY	108
		Opportunity towards Corporate Sectors for Graduates	204
		Skill development programe on campus to corporate	140



## Summary 2019-20

SL No	Name of Scheme	Name of Activity	No. of beneficiaries
1	Soft Skills	Training Session on Janus	384
		Orientation Session Pragayan	384
		Life skill class on "Self-esteem	75
2	Language and Communication	Attitude, Ethics and Communication - Foundations of Communication	143
		Communication Skills Session in the Internship Orientation Program – Feb2020	115
		Communication Skills Session in the Internship Orientation Program – Oct2019	36
3	Yoga and Wellness	Yoga and Health	146
		Yoga and Wellness	65
		Yoga for stress management	60
4	Analytical Skill development	Recent trends on standardization of ayurvedic formulations and their pharmacological evaluation	60
		Research Methodology	89
		The research process, biostatistics, communicating science, research ethics and grantsmanship	40
		Use of Digital Media	96
5	Hunan Value Development	Awareness Talk on Indian Constitution	54
		One Nation One Constitution	96
6	Personality and Professional Development	Workshop on Personality Development	150
		Continuing education for community pharmacist	160
		Empowering next generation Pharmacist	74
		Personality Development	96
7	Employability Skills Development	Avenues after B. Com Graduation	222
		Field Visit to Mathematics Laboratory	83
		PRE- Placement Workshop on ACE the interview	100





## Summary 2018-19

SL No	Name of Scheme	Name of Activity	No. of beneficiaries
1	Soft Skills	Orientation Session on Pragayan	752
		Training session on professional Skills for Commerce Graduates	60
2	Language and Communication	Communication Skills Session in the Internship Orientation Program for 2014-15 Batch	122
3	Yoga and Wellness	Yoga and Fitness	30
		Yoga – Food Habit and Health	53
4	Analytical Skill development	Awareness program on environment protection	60
5	Hunan Value Development	'Voting Awareness'	58
6	Personality and Development	The Challenges of Teaching and Learning in the 21 <sup>st</sup> Century	53
		Workshop on preparation of Teaching aid	119
		Teachers Attitude	66
		Pharmaceutical research in academics	50
		Pharmacy education and Practice in USA	50
		Potential Phyto drug candidates for targeted brain delivery to delay the onset of Dementia	52
		Preclinical drug discovery and animals models used in drug metabolism and Pharmacokinetics	150
		Scope of Research	60
7	Employability Skills Development	Bridging the gap between industry and academia and design of experimental methodology	60
		National Health Schemes	89
		Value addition in employability and interview facing skills	136