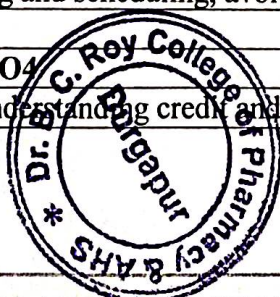




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Dr. Meghnad Saha Sarani, Bidhannagar, Durgapur-713206, West Bengal (India)

Course Level	Course Title	L	T	P	J	C
Certificate Course (offline)	Life Skills for Pharmacists	2	0	0	0	2
Pre-requisite	NIL					
Course Coordinator	Mr. Aniruddha Lahiri					
Proposed Candidates	B. Pharma (I, II, III, IV)					
<b>Course Objectives:</b>						
1. To develop business plans and show leadership skills in crisis situations 2. To understand various intrapersonal skills 3. To be able to manage time properly for professional growth and overcoming depression						
<b>Expected Course Outcomes (CO):</b>						
1. Develop self-esteem, confidence and assertiveness through intrapersonal skills 2. Think innovatively to develop business plans and networking 3. Identify and cope with stress in both personal and professional life 4. Evaluate and enhance personal and professional efficacy 5. Develop team building and leadership skills						
<b>Module:1</b>	<b>Intrapersonal skills:</b>	<b>CO1</b>	<b>6 hours</b>			
Self-esteem, confidence, assertiveness, saying "no," dealing with negative emotions—anger, conflict, depression.						
<b>Module:2</b>	<b>Entrepreneurship Skills:</b>	<b>CO2, CO5</b>	<b>6 hours</b>			
Basic concepts of entrepreneurship, Developing business skills, Developing business plans, Market analysis, Sales & negotiation, Leadership & Networking.						
<b>Module:3</b>	<b>Stress Management:</b>	<b>CO3</b>	<b>4 hours</b>			
Identifying & Understanding Stress, Stress and its effects, organizational factors, Managing stress in the workplace, Personal coping strategies, Environmental & Physical Relaxation Techniques.						
<b>Module:4</b>	<b>Self-Efficacy, Team Building and Leadership Skills:</b>	<b>CO4, CO5</b>	<b>6 hours</b>			
Theoretical Framework of SE, Forms of SE, Measurement of SE, Professional Obsolescence, Motivation, Principles of Leadership, Team Leadership Model, Negotiation Skills						
<b>Module:5</b>	<b>Time Management:</b>	<b>CO3, CO4</b>	<b>4hours</b>			
Prioritization, goal setting, planning and scheduling, avoiding procrastination						
<b>Module:6</b>	<b>Financial Literacy:</b>	<b>CO4</b>	<b>4 hours</b>			
Budgeting, Saving and investing, understanding credit and loans						



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Principal  
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	<b>Total Lecture hours:</b>	<b>30 hours</b>
<b>Text Book(s)</b>		
1.	Newman, Amy. (2016). <i>Business Communication: In Person, In Print, Online</i> . Tenth Edition. Cengage Learning: Boston, MA.	
<b>Reference Books</b>		
1	Storoni, Mithu. (2017). <i>Stress-Proof</i> . Tarcher Perigee: New York.	
2	Cecile Nieuwenhuizen (2009). <i>Entrepreneurial Skills</i> . Juta and Company Ltd :South Africa.	
3	Kaul, Asha & Vidhi Chaudhri. (2017). <i>Corporate Communication through Social Media: Strategies for Managing Reputation</i> . Sage Texts: LA.	
4	Kennedy, Kerry J. (2022). <i>Soft Skills and Hard Values</i> . Routledge: New Delhi.	
5	Weixel, Suzanne. (2010). <i>Life Skills for the 21st Century</i> . Pearson: London.	
6.	Meurisse, Thibaut. (2020). <i>Master Your Emotions</i> . Wisdom Tree: New Delhi.	
<b>Mode of Evaluation:</b> Written Test I / Assignment / Quiz / Written Test II / Project / Seminar		
		<b>9 September 2023</b>

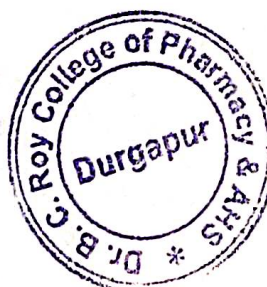
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