



G. Pulla Reddy College of Pharmacy

Mehdipatnam, Hyderabad

Affiliated to Osmania University and Approved by PCI

Accredited By National Assessment and Accreditation Council (NAAC)

Autonomous



PERSONALITY DEVELOPMENT PROGRAMME FOR M.PHARM STUDENTS

A **Personality Development Program** was organized at **G. Pulla Reddy College of Pharmacy** on **29th July 2026** in association with **Disha Bharat Telangana**. The program aimed to develop students' confidence, communication skills, self-awareness, and overall personality while encouraging academic excellence and social responsibility. The program commenced with an introductory session explaining the objectives and importance of personality development in students' personal and professional lives. A yoga and mindfulness session followed, where students practiced simple stretching exercises, breathing techniques, and relaxation methods to improve concentration and reduce stress. An interactive self-awareness session encouraged participants to identify their strengths, overcome weaknesses, and build self-confidence. A "**Namaste India**" **Quiz** enhanced students' knowledge of India's rich culture, history, and heritage. After the lunch break, an audio-visual session on social responsibility highlighted moral values, ethics, and responsible citizenship through engaging videos and discussions. Interactive games promoted teamwork, leadership, and effective communication among participants. The session on academic excellence inspired students to cultivate discipline, perseverance, and time management for achieving success.

The programme successfully inspired the students to develop a positive outlook, strengthen their confidence, understand their identity and culture and contribute meaningfully to society. The program was coordinated by Dr. V. Nagesh and Dr. A. Lalitha Devi.


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