



Uka Tarsadia University

Department of Humanities



Report on Training Session of Creative Mindset: Building Resilience

Date: 29th August, 2024

Timing: 10:30 AM to 11:30 AM

Venue: DCVPCP Hall, 3rd Floor.

Total Number of Participants: Approx 80

Trainer: Dr. Rozy Patel, and Garima Ajayae

The B.Pharm Orientation Training was held to welcome incoming B.Pharm students to the department, provide them with crucial information about the program, and establish a foundation for a successful academic experience. The program focused on personal development and team cohesion, highlighting the significance of a growth mindset and efficient collaboration.

Dr. Rozy Patel encouraged the pupils to accept their uniqueness and cultivate problem-solving abilities. A simple task of inserting a handkerchief under a glass illustrated the efficacy of innovative thinking and nontraditional solutions.

Ms. Garima Ajayae conducted a training session on development mindset, promoting a positive and resilient perspective among kids. Students were instructed to compose three affirmations and establish objectives for the academic year, emphasizing the need of self-confidence and tenacity. Motivational videos were shown to motivate and encourage the pupils.

To develop cooperation and leadership abilities, the children engaged in a collaborative game known as the Telephone Game. The players, organized into 10 groups of ten pupils each, participated in a relay-style game requiring efficient communication, collaboration, and leadership.

The B.Pharm Orientation Training was a successful training that offered incoming students essential insights about personal growth, collaboration, and academic achievement. The program underscored the need of a development attitude, problem-solving abilities, and proficient communication. The activities and exercises

fostered a pleasant and supportive atmosphere, establishing the foundation for a rewarding academic experience.

