

## Introduction to Essential Skills for Success in PG Program:

Embarking on a Postgraduate (PG) program is an exciting and challenging journey that requires more than just academic knowledge. To thrive in this advanced educational environment and set the foundation for future career success, certain essential skills are critical. This course is designed to equip you with key competencies that will help you navigate academic challenges, collaborate effectively, and manage professional relationships.

**Objectives of the Course:** By the end of this course, the students will be able to

1. Identify and apply different personality traits.
2. Recognize and effectively manage conflict in both academic and professional settings.
3. Implement change management principles to successfully adapt to and lead changes in academic and organizational environments.
4. Map and engage stakeholders strategically.
5. Develop and apply project management skills.
6. Analyse and leverage group dynamics to work effectively in diverse teams.

## Target Audience:

First year Postgraduates from various departments of SDUMC.

**Course duration:** 30 hours

**Attendance:** Attendance is mandatory for all the sessions for successful completion of the course.

**Mode of instruction:** On-site and LMS software, SDUMC

## Assessment:

Assessments include plenary, group activities, role play, critique, reflections, presentation incorporating the techniques learnt, feedback and self-study.

## Course Content:

| Date       | Content  | Time allotted |
|------------|--|---------------|
| 23-03-2025 | People Skills Orientation Program for first year PGs | 8AM – 6PM     |
| 02-04-2025 | Personality traits                                   | 2-6 PM        |
| 09-04-2025 | Group Dynamics                                       | 2-6 PM        |
| 16-04-2025 | Project management                                   | 2-4 PM        |
| 23-04-2025 | Stakeholder mapping                                  | 2-4 PM        |
| 07-05-2025 | Conflict Management                                  | 2-6 PM        |
| 14-05-2025 | Change Management                                    | 2-6 PM        |

## For Registration:

Please use the following link or scan the QR code to register

<https://forms.gle/euLwq3gNfRWfnhYi9>

## QR CODE



## Course instructors

1. **Dr. Vinutha Shankar MS**  
Professor, Department of Physiology, SDUMC
2. **Dr. Rashmi G**  
Professor, Department of Ophthalmology, SDUMC
3. **Dr. Sahana S Murthy,**  
Assistant Professor, Department of Psychiatry, SDUMC
4. **Dr. Aashritha.T,**  
Assistant Professor, Department of OBG, SDUMC
5. **Dr. Seethal Rose,**  
Assistant Professor, Department of Community Medicine, SDUMC

## Patrons

On the eve of centenary celebrations of  
**Late Shree. R. L. JALAPPA**  
Founder Chairman, SDUET

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## Book-post

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**Certificate will be issued only on successful  
submission of the feedback form and  
assessment.**

The link for the feedback and assessment  
form will be shared after the  
course

**For more details contact the coordinator:**

**Dr. Rashmi G**  
Professor, Department of Ophthalmology,  
SDUMC  
Contact number: 9886998871



**Sri Devaraj Urs Academy of Higher  
Education and Research Tamaka, Kolar -  
563 103**

PRESENTS

**VALUE ADDED COURSE ON**  
on  
**Essential skills for success in**  
**postgraduate program**  
Course code: SPG-070

For  
**First year Postgraduate Students of  
SDUMC**

### Day 1: people skill orientation programme (8 am to 6.30 pm)

8 am-9.am: Inauguration and introduction

| Time               | Topic   | Activity  | Duration in Min |
|--------------------|---|---|-----------------|
| 9 am- 9:15 am      | Introduction to EI  |   |                 |
| 9:15 am- 9:45AM    | <b>Introduction</b><br>Group :<br>Warm-ups and community building                               | <b>THEATER SOUND MOVEMENT</b><br>Theatre exercise , name playback , cover the space , informal introduction | 30              |
| 9:45AM -10:15 am   | <b>Diode Sharing-</b><br>Self awareness exercise  | <b>Sharing exercise</b>   | 30              |
| 10:15am -10:45am   | <b>EMOTIONAL INTELLIGENCE Personal competency</b><br>Self Awareness Self regulation Motivation. | <b>Lecture/related exercise.</b>  | 30              |
| 10:45am - 11:30am  | <b>THEATER EXERCISE</b>   | <b>EXERCISE TO</b><br>share the inner thoughts.   | 30              |
| 11:30am - 11: 45am | <b>TEA BREAK</b>  | <b>TEA BREAK</b>  | 15 min          |
| 11:45am - 12:15PM  | <b>Smaller Group work</b>   | <b>Smaller Group work</b><br>Discussion - exercises /sharing  | 30 min          |
| 12:15 PM-12: 45 PM | <b>Group Sharing -</b>  | <b>SG sharing about the exercises</b>   | 30 min          |
| 12:45 PM-1:15pm    | <b>Social Competency</b><br>Empathy networking  | <b>Lecture mode /Exercise</b>   | 30 min          |
| 1:15 PM - 1: 30pm  | <b>WINDING UP AND SHARING</b>   | <b>Synergy + Working with Group</b><br>Feedback session<br>5 min  | 15 MIN          |

### Afternoon Session 2pm-6pm

| Time             | Topic   | Activity  | Duration in Min          |
|------------------|---|---|--------------------------|
| 2pm - 2:30pm     | <b>Introduction</b><br>Group :<br>Warm-ups and community building                               | <b>THEATER SOUND MOVEMENT</b><br>Theatre exercise , name playback , cover the space , informal introduction | 30                       |
| 2:30pm -3pm      | <b>Diode Sharing-</b><br>Self awareness exercise  | <b>Sharing exercise</b>   | 30                       |
| 3pm -3:30pm      | <b>EMOTIONAL INTELLIGENCE Personal competency</b><br>Self Awareness Self regulation Motivation. | <b>Lecture/related exercise .</b>   | 30                       |
| 3:30pm - 4pm     | <b>THEATER EXERCISE</b>   | <b>EXERCISE TO</b><br>share the inner thoughts.   | 30                       |
| 4pm - 4:15pm     | <b>TEA BREAK</b>  | <b>TEA BREAK</b>  | 15 min                   |
| 4:15pm - 4:45pm  | <b>Smaller Group work</b>   | <b>Smaller Group work</b><br>Discussion - exercises /sharing  | 30 min                   |
| 4:45 pm-5: 15 pm | <b>Group Sharing -</b>  | <b>SG sharing about the exercises</b>   | 30 min                   |
| 5:15 pm-6pm      | <b>Social Competency</b><br>Empathy networking  | <b>Lecture mode /Exercise</b>   | 45 min                   |
| 6 PM - 6:30pm    | <b>WINDING UP AND SHARING</b>   | <b>Synergy + Working with Group</b><br>Feedback session<br>15 min   | 30 MIN<br>(15min +15min) |

### DAY 2: PERSONALITY TRAITS (2PM TO 6 PM)

Date: 02-04-2025

| Time       | TOPIC   | ACTIVITY                          | HOURS |
|------------|---|-----------------------------------|-------|
| 2pm To 3pm | <b>Jung Typology test</b>                         | <b>Self - assessment</b>          | 1     |
| 3pm To 4pm | <b>Personality assessments</b>                    | <b>Exercise to inner thoughts</b> | 1     |
| 4pm To 5pm | <b>conflicting personality traits in a group.</b> | <b>Lecture/related experience</b> | 1     |
| 5pm To 6pm | <b>Diverse personality in work fields</b>         | <b>discussion</b>                 | 1     |

### Day 3: Group Dynamics (2PM TO 6 PM)

Date: 09-04-2025

| Time        | TOPIC                              | ACTIVITY                                 | HOURS |
|-------------|------------------------------------|--|-------|
| 2pm to 4pm  | <b>effective group interaction</b> | <b>Game: crossing the river</b>          | 2     |
| 4pm to 5 pm | <b>stages of group development</b> | <b>Group formation and interaction</b>   | 1     |
| 5 pm to 6pm | <b>Advantages of group work</b>    | <b>Lecture and sharing of reflection</b> | 1     |

**DAY 4: Project management (2PM TO 4 PM)**

Date: 16-04-2025

| Time       | TOPIC                       | ACTIVITY                   | HOURS |
|------------|-----------------------------|----------------------------|-------|
| 2pm To 3pm | Tools in project management | lecture                    | 1     |
| 3pm To 4pm | Personality assessments     | Exercise to inner thoughts | 1     |

**Day 5: Stakeholder mapping (2PM TO 4 PM)**

Date: 23-04-2025

| Time        | TOPIC  | ACTIVITY                  | HOURS |
|-------------|--|---------------------------|-------|
| 2pm to 3pm  | Identify, assess, and prioritize individuals | lecture                   | 1     |
| 3pm to 4 pm | stages of group development                  | Assignment and reflection | 1     |

**DAY 6: Conflict Management (2PM TO 6 PM)**

Date: 07-05-2025

| Time        | TOPIC                                 | ACTIVITY | HOURS |
|-------------|---------------------------------------|----------|-------|
| 2pm to 4pm  | impact of conflict in an organization | lecture  | 2     |
| 4pm to 6 pm | Strategies to remove conflict         | lecture  | 2     |

**DAY 7: Change Management (2PM TO 6 PM)**

Date: 14-05-2025

| Time        | TOPIC                   | ACTIVITY        | HOURS |
|-------------|-------------------------|-----------------|-------|
| 2pm to 4pm  | Change management       | lecture         | 2     |
| 4pm to 5 pm | Techniques              | Group activity  | 1     |
| 5 pm to 6pm | Conclusion and feedback | Self-reflection | 1     |