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| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Adaptability**  (e.g challenge faced in an internship; situation where you handled a lot of pressure; time you failed) | As a fresher I joined Serum Institute of India in Covishield QC during tremendous work pressure on our department, I was unable to keep all the things in mind and Cope up with the System. | I started working an hour more than other people in order to get familiar with the instruments, work flow of the production and QC, the responsibilities I can take and fulfill. I started reading more and observed people while they work. | After a month I found myself totally blended in the system and helping fresher like me cope up with system. | Student and Work life can be totally different unless you start treating yourself as a student the whole time. |
| **Analytical**  (e.g project where you had to perform detailed research and analysis) | While testing of qPCR assays I had to deal with many incidences due so some unknown reasons and because of this I used to stay back in result production and analysis. | To overcome with this repetitive problem I asked my manager to give me 3 days totally off from general testing in order to trouble shoot this problem, I have used each and every minute of those 3 days and troubleshoots the problem with testing in different circumstances, temperatures and different standards. | Performed differential analysis on the data I have collected and found that a standard lot I was using for test was faulty. | Instead of repetitive testing and getting results based on probability will only give incidence and deviation in QC GMP environment, it’s always good to take some time off from routine to get rid of the problem. |
| **Communication**  (e.g convince someone of your idea, present complex information, get your point across) | During my M.Sc., I had an idea of a project for the International Conference of Science and Engineering, It was a challenge to convince my mentor as well as team. | I convinced my mentor and team regarding the project I had in my mind, my team were willing to do a project which was time consuming and risky as well. Instead I convinced them with a nice presentation of my project and its probable outcome which was the start to entire new streak. | We completed the project in time and got an award for a simple but an Innovative Idea. | Convincing people is an art but if oral communication fails to do it one should with presentation with collective data or direct practical show. |
| **Initiative**  (e.g stepped up to a challenge, identified a problem and took action to solve it, did something even though not your responsibility) | I was already running full with my daily assay and other industrial work but for a week my fellow coworker was on leave due to medical problem and for 3 days no one was available to perform his assays so I had to manage that. | I took the initiative in order to get work going and saving the company reputation by releasing the Vaccine batch in time for International Market order. So, I categorize the work and made a mixed schedule, did multitasking and framed the assays in order to perform 2 assays at a time and produce the results and did documentation before the batch release. | After all my efforts and adjustments as well as multitasking my manager praised me in a meeting with our higher officials. | No matter what the situation is strong will power with a initiative will do the work. It was a hectic experience but now I know I can do the adjustments and schedule things in order to be productive. |
| **Skills Developed** | **Challenge** | **Action taken** | **Results** | **Self-reflection/ Key takeaway** |
| **Leadership**  (e.g coordinated several people to achieve a goal, led a group but not successful) | During Audit period my manager was not well and was unable to visit the lab to make it presentable for auditors. Others were also busy in their own things | With my fellow Ass. Officers I took the responsibility to lead them as a team and distributed the work according to their skills and help each one a bit in their work and managed this team till the audit was over. | With the period of 2 days our lab was presentable, we got some points during audit but it was minor ones. | To perform a task there needs to be a leader to lead a team with a goal. Being a leader means working with the fellow workers without considering the ranks and differences |
| **Planning & Organization**  (e.g overcame a tight timeline, handled multiple responsibilities, manage your time and prioritize tasks) | My college was going for NAAC certification and I had the challenge to represent Chemical Society to the Jury. As a secretary of chemical society and as a part of NAAC program team I had multiple things to do in coordination with both the teams. | I planned rehearsals of the Chemical society performance so that I can get at least half the day off to organize the events and see through the rehearsals of other people. As a part of event organizing team I used to stay late and planned the events and presentations, also used to work with president and vice president for Chemical Society programs for same platform. | The NAAC certification event went well and all the things were top class as planned and organized. | Planning will work only if one implement it with organizational skills. Handling multiple responsibilities is can be chaotic until you plan and organize things correctly. |
| **Problem-solving skills**  (e.g talk about a problem/obstacles faced to reach a goal and how you solved it) | Once near Vellore, Tamil Nadu I was at a local village collecting soil samples for my project work and due to language barriers I was unable to communicate with the locals. | To solve the language problem I download the app from play store named ‘Speak to voice Translate’ and at that instance I was able to communicate with them, well not like the locals but yes somehow it was manageable then. | I started communicating with the local Tamil people and got the desired samples I needed. | Language is always a barrier while communicating to people from different regions unless we use the technology properly, which I did during this instance. |
| **Teamwork**  (e.g when you worked on a team to achieve a goal; conflict faced when working on a team; working with a team member not cooperative) | During an event at VIT, our professor made a team of 5 to participate in team debate competition, during our mock sessions we found that each one of have different mindset and knowledge base wanted to prove oneself correct. | After the mock session we sat together to solve the problem of not working as a team but as an individual person, as it was a group session first we decided to know about each other like the strong areas where one can speak well and like that we decided who will put forward our points on what set of situations and questions. | The result was we were the 3rd best team in the group debate competition arranged at VIT, Vellore during GRATITAS Event | It always a challenge to work with a team unless you know the weakness and strong areas of each other, that way one can support each other and this support will make a good team. |