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Preparation of B. pharmacy examination (Sessional/ semester end/ year end final): A sprint race or marathon race

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Abstract

Thousands of students, after passing class XIIth, took admission in B. Pharmacy Course. After schooling, the teen age student joins a professional course like B. Pharmacy. This change takes its toll. As compared to XIIth class studies, first year/ semester of B. Pharmacy course has long timings of classes, more number of subjects, theory as well as practical's, different approaches, free college atmosphere etc. So preparation of B. Pharmacy Examinations- Sessional/ Semester end or yearend examinations require special approach as it is not a short sprint race but a preparation for long marathon race.

Keywords: B. pharmacy, syllabus, technology, flow charts, test papers, healthy mind, time management, zeal, patience, success

Introduction

Lacs of students, all over India, appeared in class XIIth examinations and passed. Out of which thousands took the admission in professional courses like B. Pharmacy. The study of B. Pharmacy is quite different from class XIIth studies. The student of class XIIth is just like studying the basics or like studying alphabets A,B,C.....Whereas studies of B. Pharmacy is like writing a letter or essay. We can say that class XIIth studies are just like a one day cricket match or T-20 match, whereas B. Pharmacy studies are like a test match.

When a student, after passing XIIth class, took admission in B. Pharmacy, he faces following differences:

- 1. Subjects:** In XIIth class, the student studies only five theory subjects and three practical subjects. In B. Pharmacy, every semester the student has to study four to six theory subjects and around three to six practical subjects. So in one year, B. Pharmacy student shall study eight to twelve theory subjects as compare to five subjects of XIIth class; and six to twelve practical subjects.
- 2. Timings:** In schooling, the student goes to school for half day, whereas in B. Pharmacy the time-table is for entire day. So by the time, the college timings are over, in the evening, the student is tired and feels physical fatigue after day long studies.
- 3. Size of classrooms/ Practical Laboratories:** In B. Pharmacy courses the size of classrooms/laboratories are comparatively bigger and better equipped with latest high-tech study aids like LCD projectors, Computers, Laptops, Instruments, sophisticated latest machinery.
- 4. Freedom/ Control by Teachers:** In B. Pharmacy course (or any other college), the teachers do not exercise strict control/ check over the students. This is because, the college going students are supposed to be mature enough to be self-controlled. Although teachers intervene in some limited occasions like ragging etc., where it is legitimate.
- 5. Exposure to Cultural/Technical Seminars/ Conferences:** In schooling, the extra-curricular activities are more towards cultural functions/ fetes etc. In B. Pharmacy colleges, the scale/ stage of cultural functions are bigger. The exposure to technical seminar/ conferences is more. The Industrial Tours/ interactions are more.

Need of this Article: Firstly, as we have discussed above, there are so many differences in XIIth class and B. Pharmacy studies, so the student of B. Pharmacy can-not apply same formula for studies and preparation of sessional, final examination of semester/ year-end examination.

Secondly, now-a-days, maximum B. Pharmacy students become serious for studies after few months of beginning of academic session or at the year/ semester end, when final examinations

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approach. But this is not the right approach. This last minute approach brings chaos, tension, stress and fear in the soft mind of B. Pharmacy student.

So, what should be the right approach, let us discuss

1. Syllabus: After admission in B. Pharmacy course, the student's first duty is to get the syllabus of semester / year. The syllabus will give the idea and the list of subjects, which the student is going to study. This will also give the pattern and marks distribution of examination in sessional examination, semester final / year end examination. This is the actual field, where the student will stroll, walk, run or actually study. The student should tick the topics or chapters covered as per the schedule. The student should try to cover the entire syllabus of each subject, as far as possible.

2. Individual Subjects: As per the suggestion of the subject teacher, the student should study at least one text book for individual subject. It is quite possible that entire syllabus may not be covered in a single text book, so the rest or balance topics/chapters can be covered from other books or internet.

3. Do not Cram: Understand the Fundamental Basics of any Topic: The B. Pharmacy student should not simply cram; understanding the fundamental basics play an important role in the preparation of examinations. Whenever a student studies any topic, important points, lines should be underlined.

4. Time-table of Studies: Just like a time table is there in college, the student should prepare a time-table for daily study at home or hostel also. Everyday studies are important. Just like, we are eating our food daily and one can't eat six month's diets at one single time; same is true for studies also. Whatever is taught in college should be revised same day at home or hostel. If it is kept pending for revision at semester end or examination time, then it is very difficult or rather impossible to revise or cover.

5. Practical File/ Records: They should also be updated. The practical indeed gives the proof of what the student studies in the theory. This confirms the idiom, "Seeing is believing".

6. Technology Usage: Every coin has two sides – one good and other bad. Similarly modern technology has two aspects. The B. Pharmacy student should use the good side of the coin i.e. technology i.e. internet, online journals, books, papers, Whats App, email etc. to keep updates regarding the latest development of the concerned topic. The student can download power point presentations also. These will help in simplifying the tough topics by subject experts.

7. Mobile Usage: Judicious usage of mobile phone should be there by the B. Pharmacy student. At the time of study, the mobile phone should be either kept off or on silent mode. The talking on mobile phone will not only break the rhythm of studies but also disturbs and affects the efficiency of the student.

8. Flow Charts: Instead of studying a topic, like a novel, the B. Pharmacy student should prepare flow charts of various topics. The flow chart is a concise, precise summary of entire topic in one page. This will be easy to remember, effective presentable form and take less time in revising the topic.

9. Be Attentive in Class Room Lecture: The B. Pharmacy student should be attentive in the class room lecture. The class room notes should be prepared. The notes should be counter-referred with the text book. If any point is missed by the student in jotting down the notes, then that point should be added.

10. Question Oriented Approach: With the advancement of techniques and technology, the B. Pharmacy student should not study any topic for only study sake. The topic should be understood by the student and this understanding is further evaluated as performance in examinations. So, questions that can be asked in the examination should be understood by the student. Accordingly, the answers of these questions should be prepared and reproduced in the examination. Hence the approach of the B. Pharmacy student should be Question oriented.

11. Old Test Papers: In this question paper oriented approach, the B. Pharmacy student should take the help of senior students or can consult the library where previous years question papers are available. These questions will give the student an idea and edge to get good marks.

12. Marking Schemes of Sessional Examinations/ Final Examinations: In B. Pharmacy, each subject has maximum 100/50/25 marks. Out of maximum 100/50/25 marks, sessional examination is for 25/15/10 marks and final examination is for 75/35/15 marks. Instead of straight forward appearing in final examination, mid-term sessional examinations are important in helping the student in evaluating his efforts and preparations for final examinations. The sessional examinations are also called internal assessment, done by the college level authorities. The student should not underestimate sessional examinations. As in cricket match, every run counts, similarly every mark counts for the student.

13. Proper Sleep: For a full day attentive studies, proper sleep of 5-6 hours in night is essential. Sleep gives the body proper rest and recharges the body for next day's study work.

14. Healthy Body: The student should maintain proper hygienic practices so as to maintain a healthy body. Healthy body fights against day to day infections and diseases. Healthy body allows the student to 100% present in the class room lectures. This will solve the student's problem of understanding the fundamentals and concepts of the subjects. Moreover the student will not miss sessional or final examinations due to any illness, and will give 100% best performance.

15. Healthy Mind: For a healthy body, healthy mind is essential as it is a famous saying, "Healthy mind lives in a Healthy Body". Examination preparation is actually a mind game. If a student strongly determined in mind to have a good performance in examinations, the student can do it. The student's mind will help the student in planning, organizing and execution of the plan of preparation of examinations.

16. Patience: "Slow and steady wins the race." If the student has patience then only success will be achieved. The result of patience is always sweet. If the student loses the patience and become impatient, the student will stumble and all efforts will

go haywire. So the B. Pharmacy student should maintain the patience for four years to get sweet results of getting graduation degree.

17. Controlling Time Wasters: The B. Pharmacy student experiences various obstacles in the preparation of examinations. These obstacles are gossiping, watching Television serials, matches, movies, making friends etc. The student should meticulously plan to overcome these obstacles and spend minimum time on these time wasters.

18. Make Positive, Healthy Friend Groups: No student can be perfect in all subjects. One student can be perfect in one subject; the other may be perfect in other subjects, as per their individual interests. In Group, the expert student will present, discuss the subject and others will listen and clarify their doubts. Similarly the other subject's expert student will discuss other subject and rest of students including the first student will listen and clarify their doubts. In this way the expert student in one subject will revise his knowledge and other students will also become expert in other subjects. So, in a nutshell when the student helps others in the group, everyone will be benefitted many times.

19. Zeal for Success: Each B. Pharmacy student must have zeal for success in examination and then only the student will religiously follow the plan of preparation of examinations and got the Success.

20. Role of Parents/ Elders: The success in B. Pharmacy examination is ensured when the student gets the blessings of parents/elders. The parents/elders should be respected by the B. Pharmacy students. Any work, which is not liked by the parents / elders, should not be done by the student. This is the last, but not the least point in the preparation of Sessional / Final B. Pharmacy Examination.

Conclusion: If a B. Pharmacy student reads this paper and prepares for Sessional / Final B. Pharmacy Examination, excellent results can be expected as the student will be highly motivated, self-satisfied and filled or fully charged with subject knowledge. So we can conclude that preparation of B. Pharmacy Examinations- Sessional/ Semester end or yearend examinations require special approach as it is not a short sprint race but a preparation for long marathon race.

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