RAMAKRISHNA MISSION VIVEKANANDA CENTENARY COLLEGE

(An Autonomous College under West Bengal State University)

P.O. RAHARA, KOLKATA-700118
WEST BENGAL, INDIA

Centre with Potential for Excellence (CPE)
DBT Star College
DST FIST awarded College

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Annual Report of the Value-added Courses

2019-2020

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1. Name of the Course: Yogasana

Course Code: VAC-3.1

Session: 2019-2020

Course started amd ended: 1st August 2019 to 31st October 2019

Duration of the course: 32 hrs

No.of students enrolled: 229

No. of students completed: 229

Course Content:

- Sukhasana, Padamasana, Vajrasana
- Tadasana, Urdhvahastottanasana, Katichakrasana
- Mandukasana, Kurmasana
- Vakrasana / Ardha
- Ustrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Dhanurasana
- Ardha Halasana, Halasana
- Pavanamuktasana and its variations

Course Outcome:

- The mind and its control
- Healthy practice in day to day life
- Perfection and fulfillment in work
- Understanding the utility of service to others

2. Name of the Course: Jnanyoga and importance of knowledge

Course Code: VAC-3.2

Session: 2019-2020

Course started amd ended: 1st November 2019 to 31st December 2019

Duration of the course: 32 hrs

No.of students enrolled: 84

No. of students completed: 84

Course Content:

- The way of knowledge

- The Four Pillars of Knowledge- Discrimination (Viveka), Renunciation (Vairagya), The Six Wealths (Shatsampatti), Constant Striving for Freedom (Mumukshatva)

- Jnanyoga in practice

- Attachment and detachment practice

Course Outcome:

- Love for knowledge

- Disciplined life

- Character building in life

- Good lifestyle

- Growth and development in life

3. Name of the Course: Environmental protection management

Course Code: VAC-3.3

Session: 2019-2020

Course started amd ended: 1st January 2020 to 31st January 2020

Duration of the course: 30 hrs

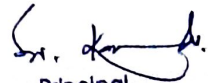No.of students enrolled: 78

No. of students completed: 78

Course Content:

- Classification of waste

- Concept of Solid waste

- Waste Storage and management

- Solid waste disposal technique

- Source Reduction and Reuse.

- Present solid waste scenario in India

Course Outcome:

- scientific understanding of waste management waste

- Estimate the type, nature and volume of waste

- Environmental protection

- Techniques for waste management

- Waste to wealth

4. Name of the Course: Biodiversity and Field Study

Course Code: VAC-3.4

Session: 2019-2020

Course started amd ended: 1st August 2019 to 31st October 2019

Duration of the course: 31 hrs

No.of students enrolled: 74

No. of students completed: 74

Course Content:

- Biodiversity monitoring programme

- Plantation/ afforestation Programme

- Vermicompost culture

- How to develop awareness programme for conservation?

- Nature camp/Nature trail programme

- Field study

Course Outcome:

- Plantation

- Green manure

- Love for nature

- Skill development in sample collection

5. Name of the Course: Floriculture and Landscaping

Course Code: VAC-3.5

Session: 2019-2020

Course started amd ended: 1st january 2020 to 31st March 2020

Duration of the course: 36 hrs

No.of students enrolled: 38

No. of students completed: 38

Course Content:

- Nursery Management & Plant Propagation Techniques.

- Greenhouse Management & Production Technology of Cut Flowers

- Production technology of Rose and Marigold

- Production technology of Gerbera and Gladiolus

- Production technology of Chrysanthemum and Carnation

- Production technology of Jasmine and China aster/Dahlia

- Dry Flower Production

- Dry flower production through Sun drying, Air drying/Drying under shade, Press drying, Embedded drying

Course Outcome:

- Nursery management

- Greenhouse Management

- Production techniques of flower

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- Dry flower production

- Value added products of dried flowers

6. Name of the Course: Hydrology & Water Management

Course Code: VAC-3.6

Session: 2019-2020

Course started amd ended: 1st August 2019 to 31st October 2019

Duration of the course: 34 hrs

No.of students enrolled: 67

No. of students completed: 67

Course Content:

- Surface water and hydrologic cycle

- Ground water

- Groundwater Flow Patterns and Continuity and Flow Nets

- Groundwater-Surface Water Interactions

- Geophysical Methods of Groundwater Investigation

- Numerical Modeling of Groundwater Flow

- Groundwater Resources Estimation

- Application of RS & GIS in Water Resources Management

Course Outcome:

- Knowledge of surface and ground water

- Concept of watershed

- Hydrogeochemical Tests and Analysis

- Estimation of ground water resources

- Water conservation

7. Name of the Course: Mushroom cultivation and management

Course Code: VAC-3.7

Session: 2019-2020

Course started amd ended: 1st November 2019 to 31st December 2019

Duration of the course: 32 hrs

No.of students enrolled: 47

No. of students completed: 47

Course Content:

- Introduction of different type of mushroom.

- Nutritional/Medicinal value of mushrooms

- . Substrate preparation technique for mushroom

- Crop management

- Pest/disease management in mushrooms

- Cultivation technology of oyster, Milky, Paddy straw and

  button mushroom

- Spawn production technique

- Field work

Course Outcome:

- Idea about mushroom

- Nutrition and food value

- Techniques of cost effective production

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- In house Spawn production

- Self employment

8. Name of the Course: Sports Medicine and Talent Identification

    Course Code: VAC-3.8

    Session: 2019-2020

    Course started amd ended: 1st january 2020 to 31st March 2020

    Duration of the course: 34 hrs

    No.of students enrolled: 55

    No. of students completed: 55

    Course Content:

- Scientific Foundations of Sports Medicine.

- Body System-Related Components

- Psychological Components

- Talent Identification& Development Program in Sports

  Lecture

- Competitive Stress and Young Athlete

- Psychological Factors in Treating Injury and Pain

- Growth and Development of Young Athletes

    Course Outcome:

- Understanding of injury related to sports and athletics

- Injury during exercise

- Psychological development in sports

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- Nature of injury and its medicine

- Identification of sport's talent

9. Name of the Course: Psychoinformatics

Course Code: VAC-3.9

Session: 2019-2020

Course started amd ended: 1st August 2019 to 31st October 2019

Duration of the course: 32 hrs

No.of students enrolled: 39

No. of students completed: 39

Course Content:

- Basic concept of Psychology - Personality and Career interest.

- Introduction to BIG DATA, Paradigm shift, Mental health data warehouse

- Basic statistics - Descriptive, association, Predic

- R programming and Data visualization

- Data Processing

- Data cleaning

- Data Mining

- Data visualization

Course Outcome:

- Psychological analysis

- Use of data in Psychological analysis

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- R programming

- General ides about Big Data

- Data visualization

10. Name of the Course: Natural Medicine and its scope

    Course Code: VAC-3.10

    Session: 2019-2020

    Course started amd ended: 1st January 2020 to 31st January 2020

    Duration of the course: 34 hrs

    No.of students enrolled: 59

    No. of students completed: 59

    Course Content:

- Natural Medicine and its scope.

- Status of traditional medicine in the world

- Traditional medicinal contribution to primary health care

- Approaches for traditional medicine

- Use of Traditional Herbal Medicines in Developed Countries

- Awareness, Control, Regulation and Legislation on Use

    Course Outcome:

- Use of natural medicine

- People all over world use natural medicine

- Outlook abot natural medicine

- Regulations

- Its utility

11. Name of the Course: Capacity Building & Career Guidance

Course Code: VAC-3.11

Session: 2019-2020

Course started amd ended: 1st February 2020 to 31st March 2020

Duration of the course: 32 hrs

No.of students enrolled: 21

No. of students completed: 21

Course Content:

- Dimensions of career information

- Strategies and Resources used in imparting career information

- Setting up a Career Resources Room in college

- Understanding Career Development

- Efficiency Driven

- Innovation Driven

Course Outcome:

- Idea about career

- Choosing a specific goal

- Capacity development

- Present Need of industry

- Challenges

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