



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

Website: rkmvccrahara.org

Email: rkmvcccollege@rkmvccrahara.org

Annual Report of the different Capacity development and skills enhancement activities programmes

2017-2018



Sri. K. J.
Principal
Ramakrishna Mission
Vivekananda Centenary College
Rahara, Kolkata-700 118

1. Communication Skill Training Programme :

- Aim of the Activity :

o To Create Awareness for Communication.

o To Train in English and mother tongue communication.

- Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

- Date and time of the Activity :

29.07.2017 from 2 pm to 4 Pm

- No. of Participants :

Beneficiaries: 130

Experts : 2

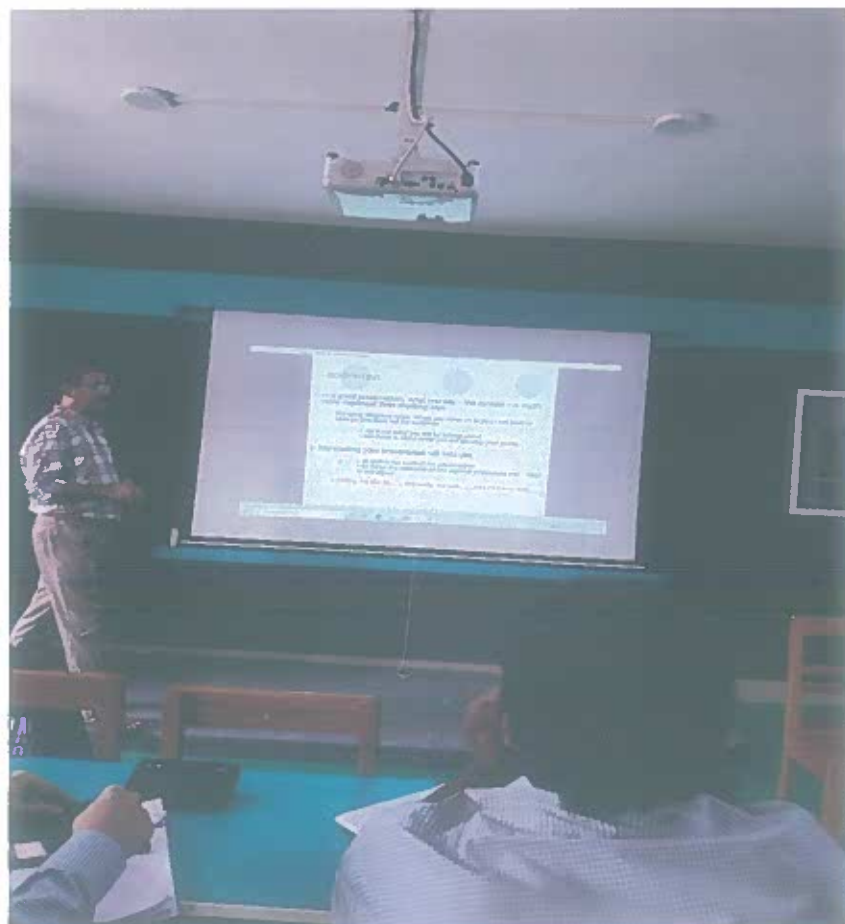
- Outcome of the Programme :

Achieving basic knowledge on English.

Knowing Fundamentals of Communication.

Developing self confidence

Focusing on the goal



Sri. K. S. Das

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2. Yoga for Body and Mind :

- Aim of the Activity :

- ❖ To Create Awareness about Yoga.
- ❖ To harmonize the body and mind through practice.
- ❖ To train the student for healthy lifestyle

- Place of the Activity : Ramakrishna Mission Vivekananda Centenary College (Yoga Center)

- Date and time of the Activity :

03.08.2017 from 3 pm to 4.30 Pm

- No. of Participants :

Beneficiaries: 243

Experts : 2

- Outcome of the Programme :

Achieving basic knowledge on Yoga techniques.

Knowing Fundamentals of Yoga training.

Practice healthy lifestyle



3. Mental wellbeing and personality development :

- Aim of the Activity :

- ❖ To Create Awareness about mind.
- ❖ To develop good routine.
- ❖ To train the self assessment of own personality

- Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

- Date and time of the Activity :

10.08.2017 from 3 pm to 4.30 Pm

- No. of Participants :

Beneficiaries: 132

Experts : 2

- Outcome of the Programme :

Positive approach of life.

Develop confidence on oneself.

Readiness for self improvement



4. Eye sight check up and vision audit :

• Aim of the Activity :

- ❖ To Create Awareness about eye
- ❖ To develop good practice for maintain good vision
- ❖ To train the correct reading and writing posture

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

• Date and time of the Activity :

08.09.2017 from 11 am to 2.30 pm

• No. of Participants :

Beneficiaries: 147


Experts : 4

• Outcome of the Programme :

Develop the habit of eye care .

Develop healthy reading, writing style.

Disseminate the awareness about eye to other.


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5. Physical fitness training :

• Aim of the Activity :

- ❖ To Create Awareness about physical fitness
- ❖ To develop daily practice of exercise
- ❖ To develop sound health

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College
(Gymnasium)

• Date and time of the Activity :

15.09.2017 from 4 to 6 pm

• No. of Participants :

Beneficiaries: 37

Experts : 1

• Outcome of the Programme :

Develop the habit of physical exercise .

Develop healthy routine.

Disseminate the awareness about physical health to other.



6. Blood Donation awareness programme :

• Aim of the Activity :

- ❖ To Create Awareness about blood donation
- ❖ To develop mind set about blood donation
- ❖ To develop service attitude

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

(Gymnasium)

• Date and time of the Activity :

21.09.2017 from 11am to 1 pm

• No. of Participants :

Beneficiaries: 111

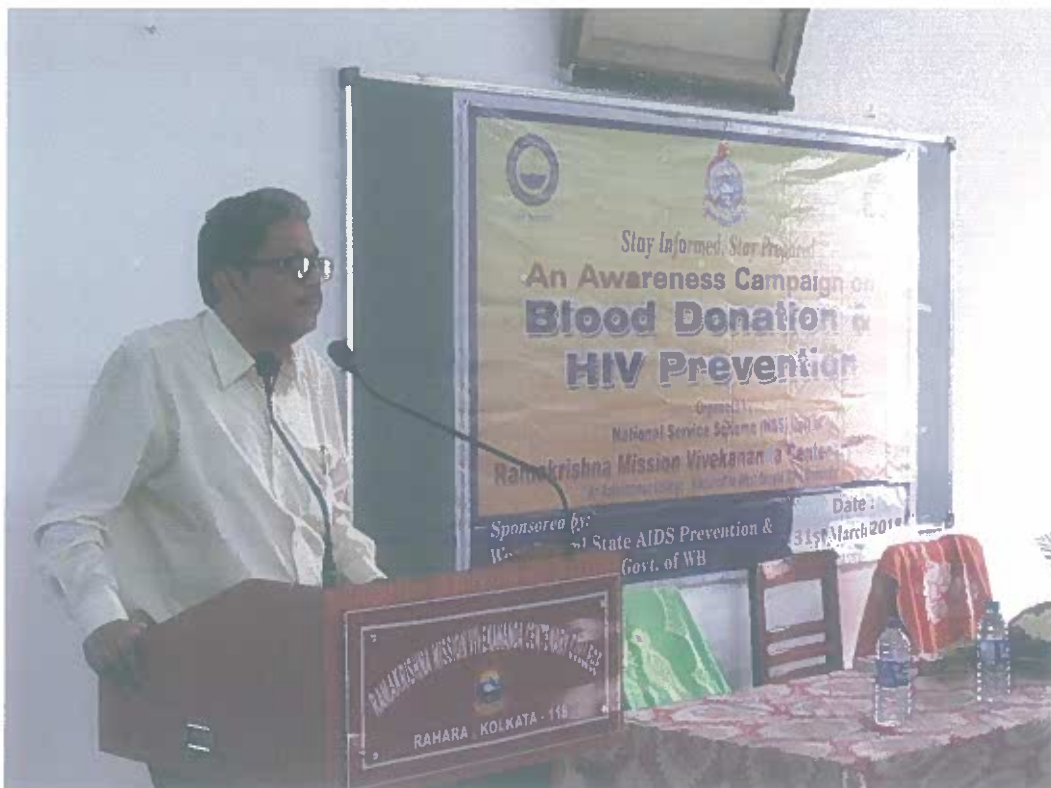
Experts : 2

• Outcome of the Programme :

Develop the habit of blood donation .

Develop service attitude

Disseminate the awareness about blood donation to other.



7. Radiation and Technology :

- Aim of the Activity :

- ❖ To Create Awareness about radiation science and technology.
- ❖ To develop knowledge about radiation science research.
- ❖ To develop quest about further study

- Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

- Date and time of the Activity :

17.11.2017 from 11am to 2 pm

- No. of Participants :

Beneficiaries: 65

Experts : 3

- Outcome of the Programme :

Develop the knowledge about radiation science and technology.

Develop knowledge about radiation science research.

Disseminate the awareness about radiation science to other.

