



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: rkmvccollege@rkmvccrahara.org

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

2018-2019




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 :

25.07.2018 from 2 pm to 4 Pm

- No. of Participants :

Beneficiaries: 124

Experts : 2

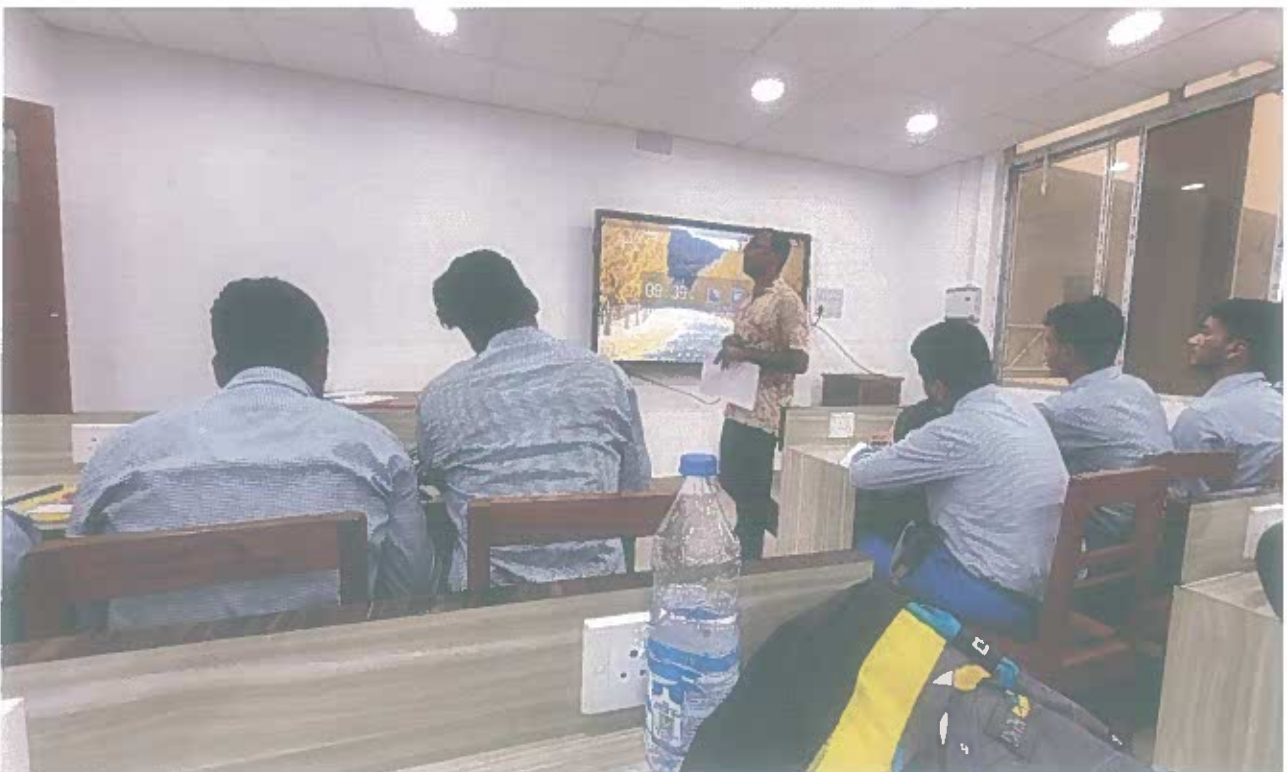
- Outcome of the Programme :

Achieving basic knowledge on English.

Knowing Fundamentals of Communication.

Developing self confidence

Focusing on the goal



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 :

03.08.2018 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 :

10.08.2019 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



©©©©

Samsung Quad Camera
Photography by Debabrata

4. Health check up and Health audit :

• Aim of the Activity :

- ❖ To Create Awareness about health
- ❖ To develop good practice for maintain good health
- ❖ To train the correct lifestyle

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

• Date and time of the Activity :

08.09.2018 from 11 am to 2.30 pm

• No. of Participants :

Beneficiaries: 147

Experts : 4

• Outcome of the Programme :

Develop the habit of health care .

Develop healthy lifestyle.

Disseminate the awareness about health to other.



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 :

15.09.2018 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 :

21.09.2018 from 11am to 1 pm

• No. of Participants :

Beneficiaries: 123

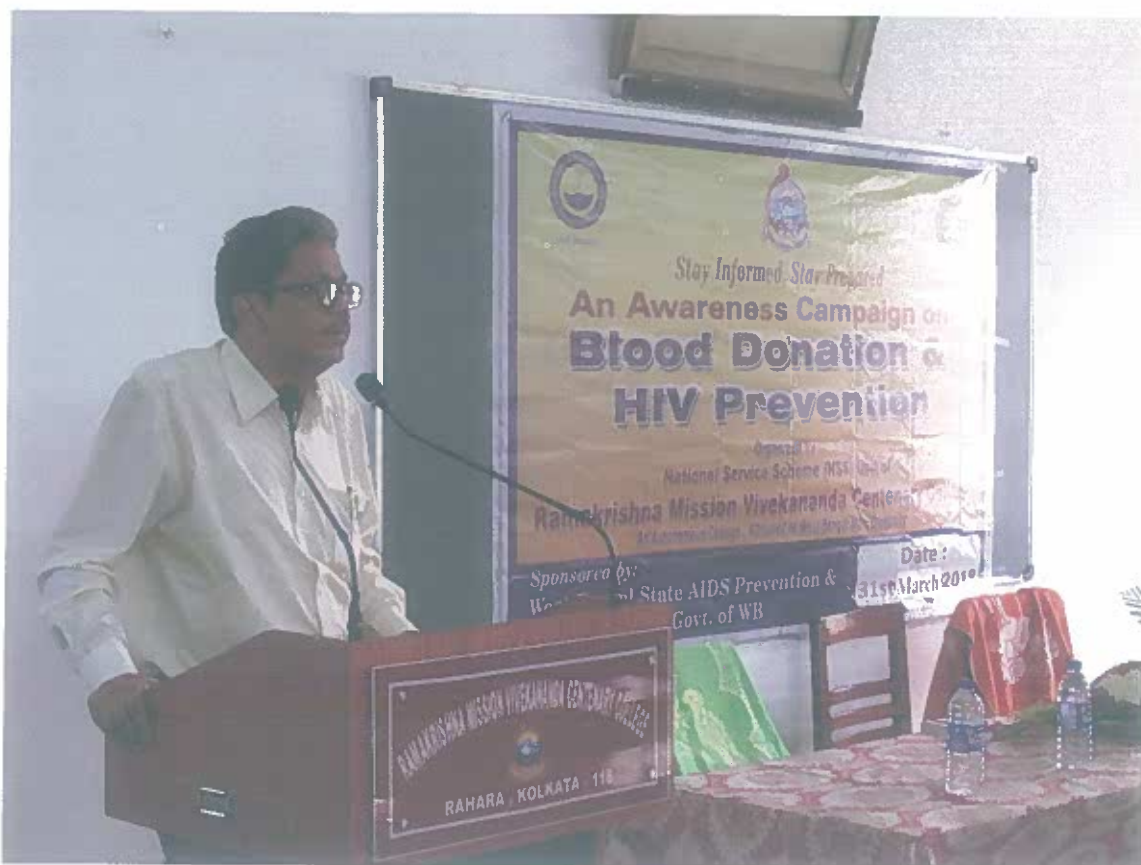
Experts : 2

• Outcome of the Programme :

Develop the habit of blood donation .

Develop service attitude

Disseminate the awareness about blood donation to other.



7. Safety drive and save life :

• Aim of the Activity :

- ❖ To Create Awareness about safety drive in public road
- ❖ To develop good practice during journey.

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

• Date and time of the Activity :

20.09.2018 from 1pm to 3 pm

• No. of Participants :

Beneficiaries: 245

Experts : 4

• Outcome of the Programme :

Develop the good citizen practice .

Develop awareness about road safety.

Disseminate the awareness about safety drive to other.



8. Save the Frog programme :

• Aim of the Activity :

- ❖ To Create Awareness about frog and its role in environment
- ❖ To develop positive mind set about frog safety..

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

• Date and time of the Activity :

13.09.2018 from 3pm to 5 pm

• No. of Participants :

Beneficiaries: 54

Experts : 1

• Outcome of the Programme :

Develop the awareness about frog and its role .

Develop positive mind set about frog safety.

Disseminate the awareness about safety of frog to other.





Sri. Kavya Singh
Principal
Ramakrishna Mission
Vivekananda Centenary College
Rahara, Kolkata-700 118