



# 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 different Capacity development and skills enhancement activities programmes**

**2019-2020**



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 :

19.07.2019 from 2 pm to 4 Pm

• No. of Participants :

Beneficiaries: 109

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 :

14.08.2019 from 3 pm to 4.30 Pm

- No. of Participants :

Beneficiaries: 187

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 :

21.08.2019 from 3 pm to 4.30 Pm

• No. of Participants :

Beneficiaries: 154

Experts : 2

• Outcome of the Programme :

Positive approach of life.

Develop confidence on oneself.

Readiness for self improvement



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

#### 4. 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 :

06.09.2019 from 4 to 6 pm

- No. of Participants :

Beneficiaries: 56

Experts : 1

- Outcome of the Programme :

Develop the habit of physical exercise .

Develop healthy routine.

Disseminate the awareness about physical health to other.



5. 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 :

28.09.2019 from 1pm to 3 pm

- No. of Participants :

Beneficiaries: 222

Experts : 4

- Outcome of the Programme :

Develop the good citizen practice .

Develop awareness about road safety.



7. Personality development :

• Aim of the Activity :

- ❖ To Create Awareness about development of personality.
- ❖ To develop good human being.
- ❖ To develop a successful career

• Place of the Activity : Ramakrishna Mission Vivekananda Centenary College

• Date and time of the Activity :

12.11.2019 from 1pm to 3 pm

• No. of Participants :

Beneficiaries: 267

Experts : 4

• Outcome of the Programme :

Develop the good citizen practice .

Develop awareness about road safety.

