



# 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**

**2020-2021**



  
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 :

03.03.2020 from 2 pm to 4 Pm

• No. of Participants :

Beneficiaries: 112

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 (Online classes for Covid-19) :

• 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 ( online platform)

• Date and time of the Activity :

14.08.2020 from 3 pm to 4.30 Pm

• No. of Participants :

Beneficiaries: 287

Experts : 1

• Outcome of the Programme :

Achieving basic knowledge on Yoga techniques.

Knowing Fundamentals of Yoga training.

Practice healthy lifestyle

  
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3. Mental wellbeing and personality development (online):

• 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 (:  
Online Webex platform)

• Date and time of the Activity :

21.09.2020 from 3 pm to 4.30 Pm

• No. of Participants :

Beneficiaries: 139

Experts : 2

• Outcome of the Programme :

Positive approach of life.

Develop confidence on oneself.

Readiness for self improvement



4. Covid-19: History, awareness and therapeutic(online) :

• Aim of the Activity :

- ❖ To Create Awareness about Covid-19
- ❖ To develop psychological boost up
- ❖ To develop awareness about therapy.

• Place of the Activity : Online Webex platform

• Date and time of the Activity :

9.09.2020 from 4 to 6 pm

• No. of Participants :

Beneficiaries: 137

Experts : 2

• Outcome of the Programme :

Develop Awareness about Covid-19.

Develop mental strength.

Disseminate the awareness about Covid-19 related health issue to other.



*Sat. Karmakar*  
**Principal**  
Ramakrishna Mission  
Vivekananda Centenary College  
Rahara, Kolkata-700 118

5. Personality development (online) :

• 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 (online)

• Date and time of the Activity :

12.11.2020 from 1pm to 3 pm

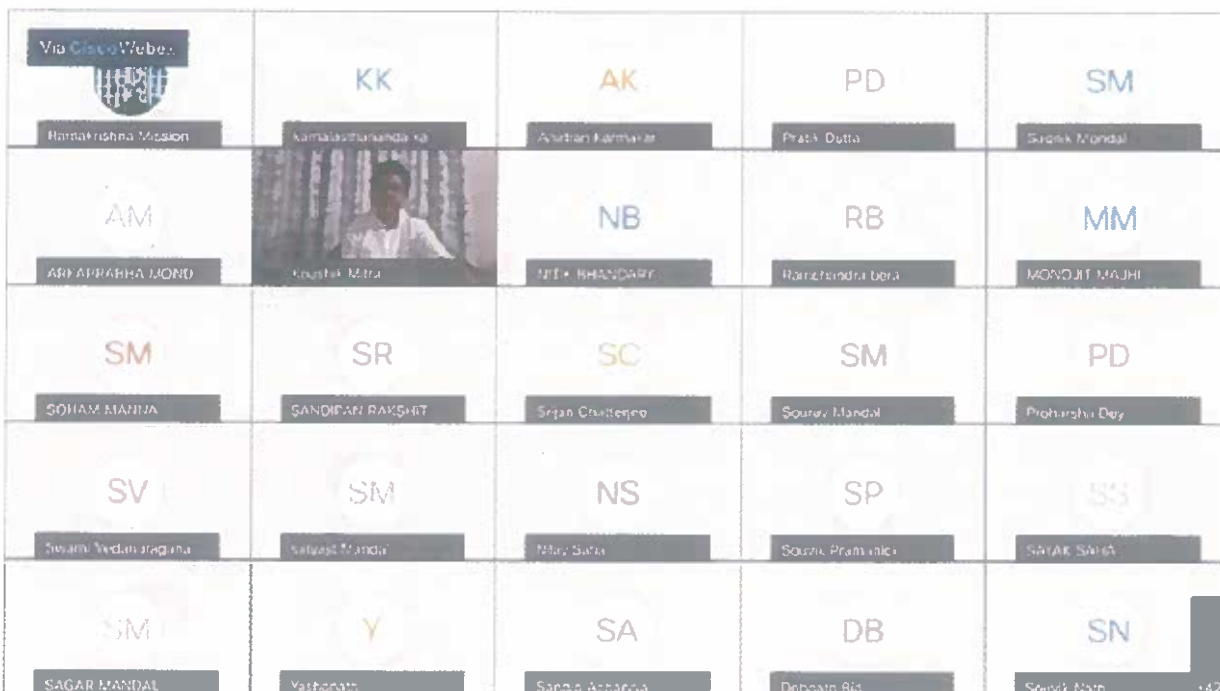
• No. of Participants :

Beneficiaries: 216

Experts : 3

• Outcome of the Programme :

Develop the good citizen practice .



  
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