



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

2021-2022



Sri. K. S. D.
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 :

07.12.2021 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



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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 (online platform)

- Date and time of the Activity :

14.12.2021 from 3 pm to 4.30 Pm

- No. of Participants :

Beneficiaries: 178

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 (: Online Webex platform)

- Date and time of the Activity :

21.09.2020 from 3 pm to 4.30 Pm

- No. of Participants :

Beneficiaries: 132

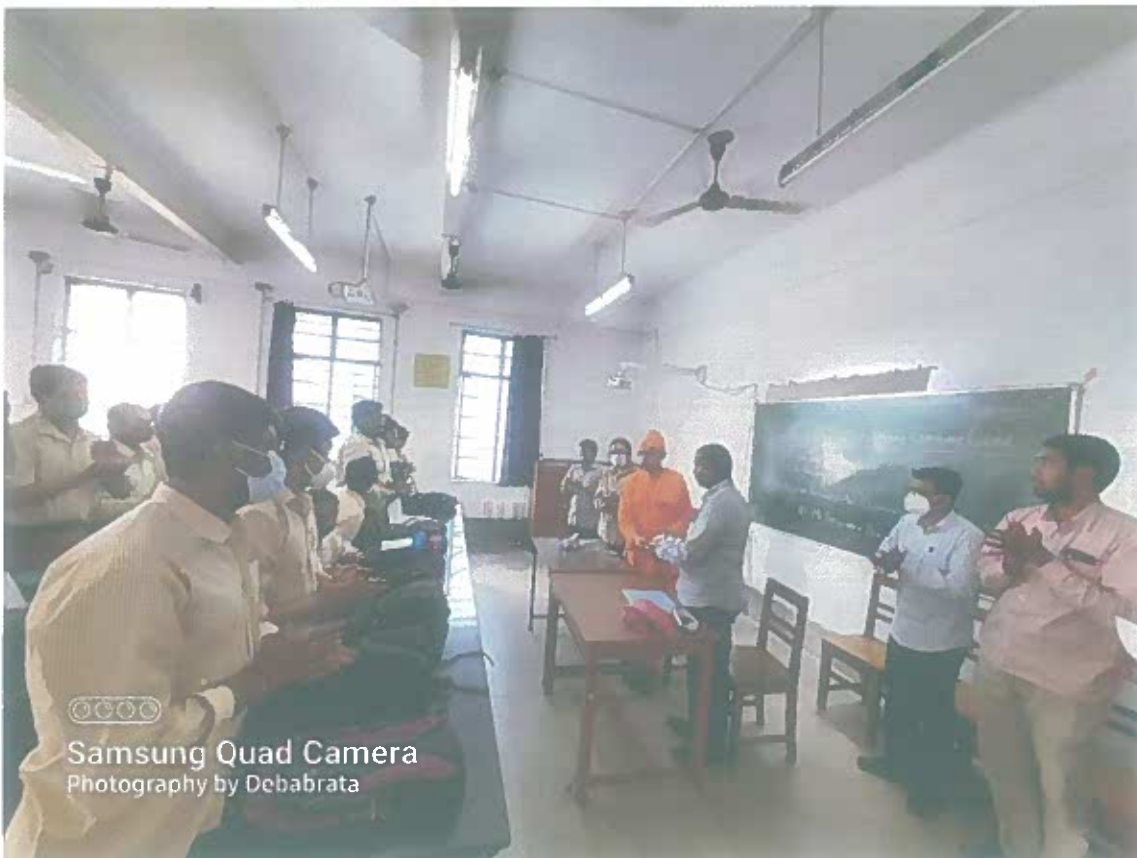
Experts : 2

- Outcome of the Programme :

Positive approach of life.

Develop confidence on oneself.

Readiness for self improvement



4. 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 :

15.12.2021 from 4 to 6 pm

• No. of Participants :

Beneficiaries: 41

Experts : 1

• Outcome of the Programme :

Develop the habit of physical exercise .

Develop healthy routine.

Disseminate the awareness about physical health to other.



5. 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 :

24.12.2021 from 3pm to 5 pm

• No. of Participants :

Beneficiaries: 54

Experts : 3

• 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.



RITAM
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