



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 Value-added Courses



2017-2018


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1. Name of the Course: Practice of Concentration and Willpower

Course Code: VAC-1.1

Session: 2017-2018

Course started and ended: 1st August 2017 to 31st October 2017

Duration of the course: 32 hrs

No. of students enrolled: 22

No. of students completed: 22

Course Content:

- The Five States of the Mind - ksiptam (restless), mudham (dull), viksiptam (preoccupied), ekagram (concentrated) and niruddham (closed)
- Functions of the Mind
- The Will and its Function
- Stages in Concentration: dharana, dhyana and Samadhi
- Swami Vivekananda's Observations on Benefits of Mind Control
- Swami Vivekananda's Words of Wisdom on How to Control Mind

Course Outcome:

- Students can easily focus the subject and grasp the essence
- Students can attain their desired goal and aspiration
- Students can understand and control their progress
- Students can balance their emotion and reality of life



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2. Name of the Course: Educational Ideas of Swami Vivekananda

Course Code: VAC-1.2

Session: 2017-2018

Course started and ended: 1st November 2017 to 31st December 2017

Duration of the course: 30 hrs

No. of students enrolled: 36


No. of students completed: 35

Course Content:

- Vivekananda's concept on education
- Philosophical basis of Vivekananda's educational thoughts
- Means of education
- Types of education according to Swami Vivekananda
- Swami Vivekananda's ideas and reformation of 21st century education in India

Course Outcome:

- Understanding of the meaning of education
- Man-making and life-building education
- Character building in life
- Message on standing on one's own feet


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3. Name of the Course: Karmayoga and Seva

Course Code: VAC-1.3

Session: 2017-2018

Course started and ended: 1st January 2018 to 31st January 2018

Duration of the course: 34hrs

No. of students enrolled: 45

No. of students completed: 44

Course Content:

- Karmayoga and its meaning
- Each is great in his own place of work
- The Secret of Work
- What is Duty
- We Help Ourselves, Not The World through Karmayoga
- Non-attachment is the key word of Karmayoga
- Freedom is the goal of Karmayoga

Course Outcome:

- Understanding of the meaning of seva or service
- Work ethics and its importance
- Duty and its role
- Responsible citizen in the country
- Fulfillment of life through service for others



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4. Name of the Course: Findamental Ethical Values for Learners

Course Code: VAC-1.4

Session: 2017-2018

Course started amd ended: 1st August 2017 to 31st October 2017

Duration of the course: 31 hrs

No.of students enrolled: 47

No. of students completed: 46

Course Content:

- Ethics and Human life
- Intrinsic values and Instrumental values
- Five types of Instrumental values
- Importance of different moral values
- Importance of Positive Attitude
- Importance of cleanliness and contentment in students' life
- importance of self Study in students' life

Course Outcome:

- Understanding of the meaning of ethics
- Value based life pattern
- Enlighten citizenship
- Positive Attitude in life
- Contentment in life



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5. Name of the Course: Communicative English

Course Code: VAC-1.5

Session: 2017-2018

Course started and ended: 1st January 2018 to 31st March 2018

Duration of the course: 34 hrs

No. of students enrolled: 245


No. of students completed: 242

Course Content:

- Listening and Learning English Sounds.
- Listening and Learning Situational English
- Speaking on given Situation
- Group Discussion
- Presentation
- Role Plays
- Reading Comprehension onscreen
- Writing Application Letters
- CV Writing

Course Outcome:

- Increase speaking power
- More impressive during group discussion
- More smart and confident in public speaking
- Increase the writing skill
- Successful communicator


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6. Name of the Course: CBCS system and Grade in examination

Course Code: VAC-1.6

Session: 2017-2018

Course started and ended: 1st August 2017 to 31st October 2017

Duration of the course: 32 hrs

No. of students enrolled: 40

No. of students completed: 40

Course Content:

- What is CBCS.
- Types of the course in CBCS
- CBCS Grading system
- Implementation of CBCS system
- Details of the different courses with credits

Course Outcome:

- Learner-Centric Approach
- Subject Categories for learning
- Grading and its role
- Subject Selection by students
- Focus on student interests and needs


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7. Name of the Course: Swami Vivekananda, Indian Society & Nationalism

Course Code: VAC-1.7

Session: 2017-2018

Course started and ended: 1st November 2017 to 31st December 2017

Duration of the course: 33 hrs

No. of students enrolled: 78


No. of students completed: 78

Course Content:

- General idea about Indian nationalism .
- Swami Vivekananda's views on nationalism
- The path of better India
- Role of Youth in India
- Swami Vivekananda on India as nation

Course Outcome:

- The increase in feelings about India
- Way out for regeneration of India
- Improvement of the standard of the common people
- Women empowerment in India
- Development of the villages in India


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8. Name of the Course: Sister Nivedita : Facts & Facets

Course Code: VAC-1.8

Session: 2017-2018

Course started and ended: 1st January 2018 to 31st March 2018

Duration of the course: 30 hrs

No. of students enrolled: 59

No. of students completed: 59

Course Content:

- Early life of Sister Nivedita.
- Meeting with Swami Vivekananda
- Relationship with Sarada Devi
- Women education in India
- Service activities according to Swami Vivekananda's ideas
- Role in Indian culture and nationalism

Course Outcome:

- The increase in feelings about India
- Way out for regeneration of India
- Importance of Indian culture
- Education according to Indian perspective
- Idea of nation



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9. Name of the Course: Yoga for physical and mental health

Course Code: VAC-1.9

Session: 2017-2018

Course started and ended: 1st August 2017 to 31st October 2017

Duration of the course: 32 hrs

No. of students enrolled: 87

No. of students completed: 87

Course Content:

- Introduction to yoga and yoga practices.
- Basic principles and physiology of yogic practices
- Diet, health and hygiene
- Yoga for wellness
- Practice of some simple Asana
- Practice of some Pranayama

Course Outcome:

- General awareness about health
- Life style of students' life
- Increase of concentration
- Improve the decision framing capacity
- Confidence


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10. Name of the Course: Facts and history of the college

Course Code: VAC-1.10

Session: 2017-2018

Course started and ended: 1st August 2017 to 31st October 2017

Duration of the course: 32 hrs

No. of students enrolled: 62


No. of students completed: 62

Course Content:

- Introduction to parent Institution.
- Motto of this college
- Achievement of the college as a whole
- Students' achievement
- Achievement of faculty members
- Age old practices of this institution

Course Outcome:

- Increase the love for the college
- Obey rules and regulations of the institution
- Inculcate the values in students' life
- Healthy relation with inmates of the college


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