



**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](http://rkmvccrahara.org)**

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***Annual Report of the Value-added  
Courses***



**2018-2019**

  
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Ramakrishna Mission  
Vivekananda Centenary College  
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1. Name of the Course: Bhaktiayoga and importance of devotional trait

Course Code: VAC-2.1

Session: 2018-2019

Course started and ended: 1<sup>st</sup> August 2018 to 31<sup>st</sup> October 2018

Duration of the course: 31 hrs

No. of students enrolled: 69

No. of students completed: 69

Course Content:

- The Nine Limbs of Devotion- Shravana– “listening”,  
Smarana– “remembering”, Kirtana– “singing”, Padasevana–  
“service at the feet”, Archana– the “ritual worship”,  
Vandana– the “prostration”, Dasya– the “unquestioning”,  
Sakhya– the “friendship”, Atmanivedana– the “self-offering”
- Practice Bhakti Yoga in day to day life.
- The yoga through devotion
- Strengthening the devotional faculty
- Doing good to the world through devotion and sincerity.

Course Outcome:

- The emotional aptitude and its control
- Increase the sincerity in day to day life
- Perfection and fulfillment in work
- Understanding the utility of service to others

  
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## 2. Name of the Course: Our Educational need

Course Code: VAC-2.2

Session: 2018-2019

Course started and ended: 1<sup>st</sup> November 2018 to 31<sup>st</sup> December 2018

Duration of the course: 30 hrs

No. of students enrolled: 52

No. of students completed: 52

### Course Content:

- Goal of Students' life
- Means to reach the Goal
- Role of discipline in students' life
- Role of cleanliness in students' life
- Role of behavior and manner in students' life
- Ambition in students' life
- Progress in students' life

### Course Outcome:

- Understanding of the goal of life
- Disciplined life
- Character building in life
- Message on healthy ambitions
- Growth and development in life

  
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3. Name of the Course: Self assessment of the personality traits

Course Code: VAC-2.3

Session: 2018-2019

Course started and ended: 1<sup>st</sup> January 2019 to 31<sup>st</sup> January 2019

Duration of the course: 32 hrs

No. of students enrolled: 57

No. of students completed: 57

Course Content:

- Personality traits and its importance
- Self Assessment process
- Discussion on ten personality traits
- Identify one's trait and its grade from given grade sheet
- Preparation of monthly grade sheet of own of the preceding month.
- Study systematically its yearly data and take follow up measure of own traits

Course Outcome:

- Understanding the personality
- Systemic monitoring of own personality traits
- Capacity of identifying one's own position
- Responsible citizen in the country

  
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#### 4. Name of the Course: Ashtanga Yoga of Patanjali for Wellness

Course Code: VAC-2.4

Session: 2018-2019

Course started and ended: 1<sup>st</sup> August 2018 to 31<sup>st</sup> October 2018

Duration of the course: 32 hrs

No. of students enrolled: 42

No. of students completed: 42

##### Course Content:

- Eight limbs of ashtanga yoga
- Yama (Principles or moral code): Ahimsa - A principle of non-violence; Satya - A principle of Truthfulness; Asteya - A principle of non stealing; Brahmacharya - Continence / Celibacy; Aparigraha - A principle of non-hoarding or non possessiveness
- Niyama (Personal Disciplines): Shoucha – Purity, Santosh – Contentment; Tapa – Endurance; Swadhyaya - Self study; Ishwar Pranidhan – Dedication; Asana (Yoga Positions or Yogic Postures)
- Asana: A stable and comfortable posture
- Pranayama (Yogic Breathing)
- Pratyahara (Withdrawal of Senses)
- Dharana (Concentration on Object)
- Dhyan (Meditation)

##### Course Outcome:

- Utility of Yogic practice
- Concentration development
- Positive Attitude in life
- Contentment in life

  
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5. Name of the Course: Practical Vendata

Course Code: VAC-2.5

Session: 2018-2019

Course started and ended: 1<sup>st</sup> January 2019 to 31<sup>st</sup> March 2019

Duration of the course: 36 hrs

No. of students enrolled: 58

No. of students completed: 58

Course Content:

- Vedanta and its basic teachings.
- Merging sacred and secular
- Humanity and spirituality
- Practice of vedantic thoughts in day to day life
- Theory of human development
- Case study and its applications

Course Outcome:

- Broaden the horizon of mind
- Values based life
- Positive life style
- Enlighten citizenship
- Successful human life

  
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6. Name of the Course: Green Campus Inventory

Course Code: VAC-2.6

Session: 2018-2019

Course started and ended: 1<sup>st</sup> August 2017 to 31<sup>st</sup> October 2017

Duration of the course: 34 hrs

No. of students enrolled: 45

No. of students completed: 45

Course Content:

- Introduction about Green Campus
- Objectives- Energy Efficient, Economical, Environmental, Sustainable
- Benefits of Green Campus
- Some case study of the established Green Campus
- Green Mandate-Institutional Agreement

Course Outcome:

- Sustainable energy management
- Renewable energy sources
- Different types of waste managements
- Laboratory risk management
- Knowledge about conservation of energy

  
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7. Name of the Course: Safety Drive in journey and Save Life

Course Code: VAC-2.7

Session: 2018-2019

Course started and ended: 1<sup>st</sup> November 2018 to 31<sup>st</sup> December 2018

Duration of the course: 32 hrs

No. of students enrolled: 226


No. of students completed: 224

Course Content:

- What is road safety? .
- Road accident statistics in past years
- Factors affecting the traffic clashes
- Road safety – a challenge
- Different government rules regarding road safety

Course Outcome:

- Idea about road safety
- Idea about different traffic rules
- Awareness in journey
- Responsibility of individual
- Save valuable lives

  
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8. Name of the Course: Chicago Address of Swami Vivekananda and its impact in India

Course Code: VAC-2.8

Session: 2018-2019

Course started and ended: 1st January 2019 to 31st March 2019

Duration of the course: 34 hrs

No. of students enrolled: 87

No. of students completed: 87

Course Content:

- Lectures delivered in Parliament of Religions.
- Paper on Hinduism
- Religion not the crying need of India
- Buddhism, the Fulfilment of Hinduism
- Address at the Final Session
- Its impact in Indian society

Course Outcome:

- Assimilation and not Destruction
- Harmony and Peace and not Dissension
- Regeneration of India
- Harmony in religions
- Idea about Hinduism

  
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9. Name of the Course: Sister Nivedita : Ethics & Interdisciplinary Education  
towards Quality of Human Life

Course Code: VAC-2.9

Session: 2018-2019

Course started and ended: 1<sup>st</sup> August 2018 to 31<sup>st</sup> October 2018

Duration of the course: 35 hrs

No. of students enrolled: 80

No. of students completed: 80

Course Content:

- Interdisciplinary Education.
- Ethics and human life
- Sraddha and its importance
- Truth and honesty
- Service to needy
- Positive attitude

Course Outcome:

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

  
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