

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

Email: rkmvccollege@rkmvccrahara.org

Annual Report of the different Capacity development and skills enhancement activities programmes

2019-2020



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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

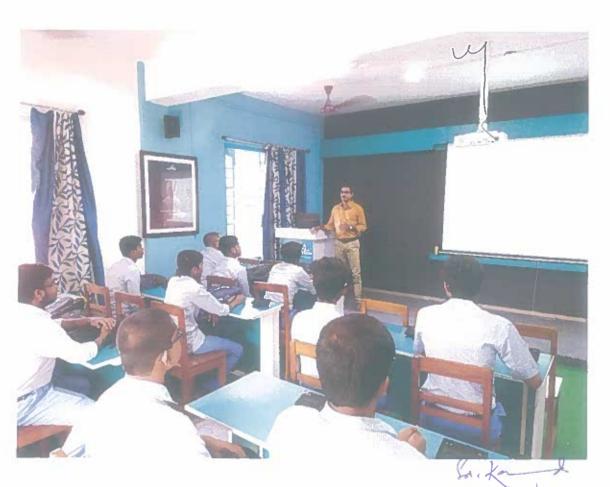
• Outcome of the Programme :

Achieving basic knowledge on English.

Knowing Fundamentals of Communication.

Developing self confidence

Focusing on the goal



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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 (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



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- 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



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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.



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- 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.



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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.

