

Ramakrishna Mission Vidyamandira



*A Residential Autonomous College
(with Post Graduate Programmes and Research Centre)*

affiliated to Calcutta University

**RUSA-funded Institution
DST-FIST Awarded College**

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**Annual Report of the different capability enhancement
programmes**

2015-2016



1. Yoga Training and Physical Fitness training using Multi Gym :

- **Aim of the Activity :**
 - **To Create Awareness for Yoga as a medium of physical and mental fitness.**
 - **To Train some Yoga Exercise**
- **Place of the Activity : Ramakrishna Mission Vidyamandira**
- **Date and time of the Activity :**
 - **17.07.2015**
- **No. of Participants :**
 - **Volunteers : 40**
 - **Experts : 1**
- **Outcome of the Programme :**
 - **Achieving basic knowledge on Yoga.**
 - **Learning some Yogic Postures.**
 - **Arousing keenness to maintain the Yogic systems.**
- **Photograph of the Programme :**



2. Communication Skill Training Programme :

- **Aim of the Activity :**
 - **To Create Awareness for Communication.**
 - **To Train in English and mother tongue communication.**
- **Place of the Activity : Ramakrishna Mission Vidyamandira**
- **Date and time of the Activity :**
 - **16.07.2015**
- **No. of Participants :**

- **Volunteers : 50**
- **Experts : 2**
- **Outcome of the Programme :**
 - **Achieving basic knowledge on English.**
 - **Knowing Fundamentals of Communication.**

3. General Health Check Up and Eye Check Up camp :

- **Aim of the Activity :**
 - **To create awareness regarding one's own health.**
 - **To know the basic standing of the health.**
 - **To identify the condition of eye sight.**
 - **To take preventive action based on the report submitted by physicians.**
- **Place of the Activity : Ramakrishna Mission Vidyamandira**
- **Date and time of the Activity :**
 - **30.08.2015**
- **No. of Participants :**
 - **Volunteers : 50**
 - **Experts : 6**
- **Outcome of the Programme :**
 - **Achieving basic knowledge on Yoga.**
 - **Learning some Yogic Postures.**
 - **Arousing keenness to maintain the Yogic systems.**
- **Photograph of the Programme :**



4. First Aid Training – A Life Saving Skill :

- **Aim of the Activity :**
 - To alert one of the significance of the First Aid.
 - To train one on how to prevent illness or injury from becoming worse.
 - To orient one on how to relieve pain, if possible.
 - To provide with the basics on how to promote recovery.
 - To train on how to protect the unconscious.
- **Date and time of the Activity :**
 - **12-21 August 2015**
 - **Every day from 5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 60 (included within Blood Donor list)**
 - **Experts : 6**
- **Outcome of the Programme :**
 - Achieving the fundamentals of First Aid.
 - Gaining confidence to tackle any injury situation.
 - To attain courage for coming up with support to save life.

5. Training Programme on Blood Donation – Fundamental Knowledge on Blood and Allied matters:

- **Aim of the Activity :**
 - To provide the knowledge on Fundamentals of Blood and its Functions in the Body.
 - To familiarize about Blood Donation Procedure, laws related to Blood Conservation etc.
 - Blood Donation and its Collection.
 - Blood Donation Movement.
- **Date and time of the Activity :**
 - **19-22 August 2015**
 - **5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 60 (included within blood Donor list)**
 - **Experts : 6**
- **Outcome of the Programme :**
 - Achieving simple understanding on Blood.
 - Knowledge on Blood Donation Movement.
 - Arousing enthusiasm to donate blood.

- **Photograph of the Programme :**

