

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**

2016-2017



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 :**
 - **19.07.2016**
- **No. of Participants :**
 - **Volunteers : 25**
 - **Experts : 1**
- **Outcome of the Programme :**
 - **Achieving basic knowledge on Yoga.**
 - **Learning some Yogic Postures.**
 - **Arousing keenness to maintain the Yogic systems.**



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 :**
 - **17.07.2016**
- **No. of Participants :**
 - **Volunteers : 25**
 - **Experts : 1**
- **Outcome of the Programme :**
 - **Achieving basic knowledge on English.**
 - **Knowing Fundamentals of Communication.**



3. Soft Skill Training Programme :

- **Aim of the Activity :**
 - **To Create Awareness of Soft Skills.**
 - **To Train in Different techniques and Skills.**
- **Place of the Activity : Ramakrishna Mission Vidyamandira**
- **Date and time of the Activity :**
 - **13.01.2017**
- **No. of Participants :**
 - **Volunteers : 40**
 - **Experts : 2**
- **Outcome of the Programme :**
 - **Knowing basics of Soft Skills**

4. 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.
- **Date and time of the Activity :**
 - **18.09.2016**
 - **9 am – 3 pm**
- **No. of Participants :**
 - **Volunteers : 55**
 - **Experts : 5**
- **Outcome of the Programme :**
 - Achieving basic knowledge on Yoga.
 - Learning some Yogic Postures.
 - Arousing keenness to maintain the Yogic systems.
- **Photograph of the Programme :**





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 :**
 - **29, 30, 31 August and 1 September 2016 & 13-16 February 2017**
 - **5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 60 (included in blood donor list)**
 - **Experts : 8**
- **Outcome of the Programme :**
 - Achieving simple understanding on Blood.
 - Knowledge on Blood Donation Movement.
 - Arousing enthusiasm to donate blood.