

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**

2017-2018



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 :**
 - **19.07.2017**
- **No. of Participants :**
 - **Volunteers : 30**
 - **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 :**
 - **19.07.2017**
- **No. of Participants :**
 - **Volunteers : 35**
 - **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 :**
 - **16.01.2018**
- **No. of Participants :**
 - **Volunteers : 30**
 - **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 :**
 - **14.08.2017 and 19.11.2017**
 - **10 am – 1 pm ; 11 am – 2 pm**
- **No. of Participants :**
 - **Volunteers : 60 (included in Yoga group)**
 - **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 :**



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 :**
 - 16,17,18 & 19 of September 2017 ; 7,8,9 & 10 of February 2018
 - 5 pm – 8 pm
- **No. of Participants :**
 - Volunteers : 71 (include in 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 :**



6. 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 :**
 - **5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 60 (include in blood donor list)**
- **Experts : 6**
 - **11-13 August 2017**
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- **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.**
- **Photograph of the Programme :**

