

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**

2018-2019



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 :**
 - **16.07.2018 & 13.07.2019**
- **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.

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 :**
 - **29.07.2018**
- **No. of Participants :**
 - **Volunteers : 60**
 - **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 :**
 - **22.07.2018**
- **No. of Participants :**
 - **Volunteers : 90**
 - **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 :**
 - **19.08.2018**
 - **9 am – 12 noon**
- **No. of Participants :**
 - **Volunteers : 60** (included in blood donor list)
 - **Experts : 6**
- **Outcome of the Programme :**
 - Achieving basic knowledge on Hygiene
 - Identifying the basic ailments, if any.
 - Pursuing for further treatments as required and prescribed.
- **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 :**
 - **03,04,05 & 06 of September 2018 ; 13,14,15 & 16 of February 2019**
 - **5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 95** (included 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, 6, 7 January 2019**
 - **5 pm – 8 pm**
- **No. of Participants :**
 - **Volunteers : 45** (included in blood donor list)
 - **Experts : 2**
- **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.**



7. Awareness of Trends in Technology programme :

- **Aim of the Activity :**
 - **Apprise Students on the current trend in the software Domain through a seminar.**
 - **Apprise students on their suitability of being of help in any of their on-going project .**
 - **Industrial collaboration with the college.**

- **Place of the Activity : Ramakrishna Mission Vidyamandira**
- **Date and time of the Activity :**
 - **15.02.2018**
- **No. of Participants :**
 - **Volunteers : 30**
 - **Experts : 3**
- **Outcome of the Programme :**
 - **Knowing basics of Software Domain.**
- **Photograph of the Programme :**

