

Ramakrishna Sarada Mission Vivekananda Vidyabhavan

State-aided Girls' College

Affiliated to the West Bengal State University, South Dumdum, Kolkata

Report on Value Added Courses 2019-20

Pre Vadarcupa preana

Principal

Ramakrishna Sarada Mission

Vivekananda Vidyabhavan



Ramakrishna Sarada Mission Vivekananda Vidyabhavan State-aided Girls' College

Affiliated to the West Bengal State University, South Dumdum, Kolkata

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Pr. Vedarupaprana Principal
Ramakrishna Sarada Mission
Vivekananda Vidyabhavan

Report on Courses

2019-20



RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN 33, SRI MAA SARADA SARANI DUM DUM, KOLKATA-700055

Date: 25.07.2019

NOTICE

This is for the information of all concerned that Ramakrishna Sarada Mission Vivekananda Vidyabhavan is going to introduce the Value-Added Courses from 1st August, 2019 on:

- i) Spoken English & Soft Skill
- ii) Basic Computer Skills
- iii) Women Empowerment & Sri Sarada Devi
- iv) Competitive Exam Coaching
- v) Dance
- vi) Yoga

Students are requested to contact College Office for enrolment, though enrolment in the course does not guarantee provision of Completion of the Course.

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Spoken English & Soft Skills: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
500/-	10 + 2 Passed & RKSMVV Students	60

Duration of the Course – 60 hrs. Date of Commencement – 01.08.2019 Number of students - 138 Name of the resource person –



Debarati Roy, Entrepreneur, Corporate Trainer and Teacher Educator, Cambridge Language Assessor & Business English Coach, ELTA Global

Objective of the Course:

- To enable the students to become proficient in speaking English.
- Intends to benefit the students who have poor skills in speaking in English as English has now become a language that is spoken globally.
- Intends to equip the students to master the art of effective communication that can be understood by all irrespective of the region that they hail from.
- To enable the students to acquire confidence and poise while appearing for job interviews.
- To enable the students to be comfortable with English in use while reading or listening.
- To enable the students to use receptive skills through reading and listening to acquire good exposure to language and literature.
- To enable the students to write and speak good English in all situations.
- To enable the students to develop style in speech and writing and manipulate the tools of language for effective communication.
- To provide exposure to the learners in Good Prose texts and Poems and expose the learners to value based ideas.
- To enhance the language skills of the students, especially in the areas of grammar and pronunciation.
- Develop soft skill, grooming the students about manners & etiquette at the Corridor, Lift, Canteen, Restrooms, Workstation etc.
- Instil sense of manners of talking to Colleagues and Seniors.

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Curriculum:

	Spoken English & Soft Skills	
Module	Content	Duration(Hrs.)
1	 English accent pronunciation training Pronunciation Use of phonetics to aid in identifying speech sounds Voice modulation and tone Speaking at an even pace 	12
2	 Pronunciation Reading at an even pace Comprehension of assigned texts Reading fiction, non-fiction, academic texts, newspapers, journals Interpreting and understanding passages and pictures Vocabulary building 	12
3	 Understanding spoken speech Interpreting information over spoken language Understanding tone and intention in spoken language Listening to understand information and responding to questions asked 	10
4	 Soft Skills: Grooming and Manners, Etiquette at the Corridor, Lift, Canteen, Restrooms, Workstation Talking to Colleagues and Seniors Social Expressions – Use of Thank you, Please, Sorry, Excuse Me, MyPleasure etc. 	20
	ent and Project	6
Total dura	ation	60



Course Outcome:

- •The students will learn to interact confidently with the national and international world.
- The students will develop the ability to enter the world of specialized academics.
- The students will have enhanced chances of securing good jobs which will increase their chances of enjoying a comfortable income.
- The students will have a variety of professional options to choose from.
- The students will have access to an advanced world of learning.

Assessment Procedure:

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F: Below 60%

Grade Card:



1 24 RINI BACHAR 59% 59% 581% EXCELLENT A	I	26 28	RUNI BACHAR SHARMISTHA					
1 28 SREED GIOCH 71% 25% 27% 2287 GOOD B	1	26 28	SHARMISTHA					
1	I I			9176				R
1 28 SREEA GHOSH 71% E% 77% G000 C	1				82%	8/76	VERT GOOD	
1 29 SIAMAN 91% 82% 92% EXCELLENT A	1			714/	936/	226	GOOD	C
1 30 SAMIRAMORTY		29						
1 30 SLMITRA MAITY 9% 9% 82% EXCELLENT A		-		9176	6276	74.74	EACEDER	
1 32 ARIUMARISWAS 95% 89% 75% VEXY COOD B 1 33 RUBI SAIIA 91% 95% 85% EVELLENT A 1 34 APARLPA MAITY 86% 95% 85% VEXY COOD B 1 37 SWAND GIOSH 91% 85% 95% VEXY COOD B 1 38 MEGHANA 95% 85% VEXY COOD B 2 5% VEXY COOD B 3 5% VEXY CO		30		91%	90%	82%	EXCELLENT	A
1 33 KURSAIIA 91% 97% 82% EXCELLENT A	1	32					VERY GOOD	В
1 34 APARLPA MAITY 59% 59% 75% VTEY GOOD B	1						EXCELLENT	A
1 37 SWAM GHOSH 91% 87% 87% VEXY GOOD 8	1					75%	VERY GOOD	В
S MEGHAN 59% 82% 79% VEXY 0000 B	I						VERY GOOD	В
CHOWDERRY 1-39 PARNA GIOSH 85% 81% 87% VERY COOD B	1	38				79%	VERY GOOD	В
1 39 PARNA GHOSH 85% 81% 87% VERY COOD 8				,,,,				
1 RIBINIR 57% 57% 57% 57% VEXY GOOD B	1	39		85%	81%	87%	VERY GOOD	В
1 RUBINUR 87% 87% 87% VEXY COOO B	1	40	PUJA NANDI	80%	91%	93%	EXCELLENT	A
43 SARASWATI 80% 82% 81% VERY GOOD B	I	41		87%	83%	87%	VERY GOOD	В
43 SARASWATI 894 82% 81% VERYCOOO B	1	42	RUMIYA KHATUN	93%	80%	75%	VERY GOOD	В
MUNICEPTE 45 SNEHA DAS 99% 92% 837% EXCELLENT A 52 ARCH 85% 75% 95% VEX COOO B CHAKRABORTY 54 DIMTA ACHARYA 95% 94% 81% EXCELLENT A 57 SOLM MONDAL 81% 76% 95% VEX COOO B	1		SARASWATI	80%	82%	81%	VERY GOOD	В
52 ARCH 579, 57	1	44		73%	75%	73%	GOOD	С
CHAKRABORTY 1 54 DIMITA ACHARYA 59% 54% 81% EXCELLENT A 1 57 SOLIM MONDAL 81% 76% 95% VERY GOOD B	I	45	SNEHA DAS	95%	92%	83%	EXCELLENT	A
I 57 SOUMI MONDAL 81% 76% 93% VERY GOOD B	1	52		80%	75%	93%	VERY GOOD	В
	1	54	DIMITA ACHARYA	95%	94%	81%	EXCELLENT	A
	1	57	SOUMI MONDAL	81%	76%	93%	VERY GOOD	В
I 62 ANKITA PAL 95% 93% 81% EXCELLENT A	I	62	ANKITA PAL	95%	93%	81%	EXCELLENT	A
1 63 ANTARA DEY 91% 92% 86% EXCELLENT A	1	63	ANTARA DEY	91%	92%	86%	EXCELLENT	A
1 64 ANWESHA SAHA 91% 82% 87% VERY GOOD B	1	64	ANWESHA SAHA	91%	82%	87%	VERY GOOD	В
1 65 ARPITA MALIK 91% 82% 92% EXCELLENT A	1	65	ARPITA MALIK	91%	82%	92%	EXCELLENT	A
		70	KOUSHIKI GHOSHAI	91%	90%	82%	EXCELLENT	A
I 70 KOUSHIKI 91% 90% 82% EXCELLENT A GHOSHAL	I				93%	75%	VERY GOOD	В
63 ANTARA DEY	I I I	62 63 64 65	ANKITA PAL ANTARA DEY ANWESHA SAHA ARPITA MALIK KOUSHIKI	95% 91% 91% 91%	93% 92% 82% 82%	81% 86% 87% 92%	EXCELLENT EXCELLENT VERY GOOD EXCELLENT	A A B
		70		91%	90%	82%		
I 70 KOUSHIKI 91% 90% 82% EXCELLENT A	I		GHOSHAL					
		/0		21.74	74.7			
		/0		71.76	7076	0279	EACELLENI	Α
	I		GHOSHAL					
GHOSHAL								

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1	76	PRITHA BOSE	91%	82%	87%	VERY GOOD	B
1	78	SANCHAITA SAHA	90%	82%	79%	VERY GOOD	В
1	79	SIMLI KARMAKAR	85%	81%	87%	VERY GOOD	В
1	80	SUCHETANA CHAKRABORTY	80%	91%	93%	EXCELLENT	A
1	81	SUPARNA BHUINYA	91%	94%	84%	EXCELLENT	A
1	82	SUPRAVA MONDAL	93%	80%	75%	VERY GOOD	В
1	83	TITHI MONDAL	92%	93%	82%	EXCELLENT	A
1	84	AHANA GAYEN	73%	75%	73%	GOOD	C
1	106	ANAMIKA KUNDU	95%	92%	83%	EXCELLENT	A
*Grading criteria	The Total Gr The Continu course.	tive Assessments' scores are provide ade is determined based on the over out. Assessment column provides a; e corresponding percentage ranges:	rall performance servi	ss all assessments. the students' participati			
*Grading criteria: A: 90% - 100% B: 80% - 89% C: 70% - 79% D: 60% - 69%	The Total Gr The Continu course.	rade is determined based on the over our Assessment column provides a	rall performance servi	ss all assessments. the students' participati		subservence to deadlines throw framy was Garwar Principle Second Very Second V	apana.
:	The Total Gr The Continu course.	rade is determined based on the over our Assessment column provides a	rall performance servi	as all assessments. the students' participati		hanyina Gaswar Prampa	apana.
*Grading criteria: A: 90% - 100% B: 80% - 89% C: 70% - 79% D: 60% - 69%	The Total Gr The Continu course.	rade is determined based on the over our Assessment column provides a	rall performance servi	as all assessments. the students' participati		hanyina Gaswar Prampa	apana.

1	107	ANKITA GWALA	95%	030/	0.004	EXCELLENT	A
1	108	BIDISHA SAMANTA	95%	93%	97% 84%	EXCELLENT	A
1	109	JAGRITI BISWAS	90%	80% 95%	95%	EXCELLENT	A
1	110	JAYARI	80%	95%	95% 85%	VERY GOOD	B
		CHOWDHURY	80%	8176	8376	VERT GOOD	
1	111	MAITRYEE	81%	85%	82%	VERY GOOD	В
		BHATTACHARYYA	0.70	0.574	22.74		
1	112	MAMANI SAHA	91%	90%	95%	EXCELLENT	A
1	113	MEGHA	85%	85%	85%	VERY GOOD	В
	-	MUKHERJEE					
1	114	POULAMI DAS	87%	86%	86%	VERY GOOD	В
1	116	SASWATI BISWAS	89%	87%	88%	VERY GOOD	В
1	117	SAYANTIKA BERA	95%	90%	92%	EXCELLENT	A
1	118	SERINA GHARAI	89%	88%	87%	VERY GOOD	В
1	119	SOHINI CHAUDHURY	81%	88%	87%	VERY GOOD	В
1	120	SHREYA DAS	92%	90%	95%	EXCELLENT	A
1	121	SIWANI GUPTA	87%	88%	85%	VERY GOOD	В
1	122	SOHINI DAS	81%	81%	81%	VERY GOOD	В
1	123	SUPARNA BISWAS	83%	85%	83%	VERY GOOD	В
I	124	TITAS CHAKRABORTY	85%	81%	87%	VERY GOOD	В
1	125	TITHI CHATTERJEE	80%	75%	93%	VERY GOOD	В
1	126	TUHINA ROY	92%	95%	93%	EXCELLENT	A
1	127	ANKITA SARKAR	87%	88%	85%	VERY GOOD	В
1	128	DHIRA CHAKRABORTY	81%	81%	81%	VERY GOOD	В
I	135	PRIYANKA SINGHA ROY	87%	88%	85%	VERY GOOD	В
1	136	SUNITA HEMBROM	81%	81%	81%	VERY GOOD	В
1	131	NABANITA GHOSH	92%	98%	95%	EXCELLENT	A
i	132	NIBEDITA MANNA	96%	91%	92%	EXCELLENT	A
						EXCELLENT	A
		ROY	,		2374		1
1	132	SUSMITA SINGHA	96% 90%	91% 92%	92% 99%	Ramsika .	

	134	PRIYA SARKAR	92%	90%	97%	EXCELLENT	A
1	139	TANUSREE MONDAL	96%	80%	81%	VERY GOOD	В
1	140	TTUYA GHANTA	91%	92%	95%	EXCELLENT	A
1	141	JOYSREE MONDAL	83%	92% 85%	83%	VERY GOOD	В
1	142	PARBATI SAREN	85%	83%	87%	VERY GOOD	В
1	143	PARAMITA MANDAL	80%	75%	93%	VERY GOOD	8
1	144	ROMA DEY	83%	85%	83%	VERY GOOD	В
I	145	SHILA SINGH	96%	95%	92%	EXCELLENT	A
1	147	ARPITA ADHIKARY	91%	92%	97%	EXCELLENT	Α
- 1	150	CHUMKI MONDAL	92%	93%	91%	EXCELLENT	A
1	151	DISHA MISTRY	83%	85%	83%	VERY GOOD	В
- 1	152	IPSWITA JAMAN	85%	81%	87%	VERY GOOD	В
1	154	JOHITA KAYAL	91%	92%	90%	EXCELLENT	A
1	155	MAMANI PAHARI	83%	85%	83%	VERY GOOD	В
1	156	MINAKSHI DAS	85%	81%	87%	VERY GOOD	В
- 1	157	PIYA ROY	90%	90%	92%	EXCELLENT	A
- 1	158	PRIYA MANNA	83%	85%	83%	VERY GOOD	В
- 1	159	RAKHI RUIDAS	85%	81%	87%	VERY GOOD	В
1	160	SANGJUCTA MUKHERJEE	91%	91%	92%	EXCELLENT	A
- 1	161	SAYANTIKA GHOSH	87%	88%	85%	VERY GOOD	В
- 1	162	SIKHA JANA	81%	81%	81%	VERY GOOD	В
- 1	163	SULATA DAS	87%	88%	85%	VERY GOOD	В
1	164	SUPARNA DEY	88%	89%	81%	VERY GOOD	В
- 1	165	UMA HAZRA	94%	92%	93%	EXCELLENT	A
1	166	ADRIJA BANERJEE	87%	88%	85%	VERY GOOD	В
1	167	ADRIJA ROY	81%	81%	81%	VERY GOOD	В
1	169	ANUSKA BANERJEE	87%	88%	85%	VERY GOOD	В
1	171	JAHNABI DAS	87%	88%	85%	VERY GOOD	В
1	172	PRITI MONDAL	81%	81%	81%	VERY GOOD	В
1	173	SANANYA	87%	88%	85%	VERY GOOD	В

III III	147 145 143	ROYCHOWDHURY ALIPA MAITY TANDRA MONDAL SUJATA DAS	92% 90% 91%	90% 92% 91%	95% 90% 92%	EXCELLENT EXCELLENT EXCELLENT	A A
III (YEAR) III	156 153	SAHELI DAS ANKITA	87% 81%	88% 81%	85% 81%	VERY GOOD VERY GOOD	B
III (YEAR)	155	ADRITA MALLIK	81%	81%	81%	VERY GOOD VERY GOOD	B
III (YEAR)	154	POONAM KUMARI	87%	88%	85%	VERY GOOD	В
III (YEAR)	152	CHAKRABORTY TIASHA PAUL	96%	95%	92%	EXCELLENT	A
III (YEAR)	150	SUMANA DAS SWARNALI	87% 81%	88% 81%	85% 81%	VERY GOOD	В
III (YEAR)	149	SOMA BISWAS	96%	95%	92%	VERY GOOD	A B
III (YEAR)	148	PUJA MONDAL	91%	92%	97%		A
III (YEAR)	146	MANASI KOLEY	96%	95%	92%	EXCELLENT	
III (YEAR)	145	TANUSRI DEBNATH	96%	95%	92%	EXCELLENT	A
III (YEAR)	142	SASWATI MONDAL	91%	92%	97%	EXCELLENT	A
III (YEAR)	141	SANCHITA HALDER	96%	95%	92%	EXCELLENT	A
III (YEAR)	138	PUBALI CHOUDHURI	97%	98%	92%	EXCELLENT	A
III (YEAR)	137	PIU SAMANTA	97%	91%	92%	EXCELLENT	A
III (YEAR)	136	PARAMITA MONDAL	91%	92%	90%	EXCELLENT	A
III	85	SWAGATA ROY	97%	98%	92%	EXCELLENT	A
III	75	PURBASHA MRIDHA	97%	91%	92%	EXCELLENT	A
III	72	PARNA SAHA	91%	92%	90%	EXCELLENT	A
III	50	SONALI SHARMA	87%	88%	85%	VERY GOOD	В
III	48	RIYA GHOSH	81%	81%	81%	VERY GOOD	В
III	20	MEGHA GAYEN	87%	88%	85%	VERY GOOD	В
III	19	KABITA BAIRAGI	81%	88%	83%	VERY GOOD	B
1	178	MITALI MONDAL	87%	88%	81%	VERY GOOD	В
1	176	SULAGNA SANYAL	81%	81%	81%	VERY GOOD	В
		BHATTACHARYA					

	140	PURNIMA KARAN	87%	88%	85%	VERY GOOD	В
Ш	130	ADITI NATH	81%	81%	81%	VERY GOOD	В
m	126	MOU GHOSH	90%	90%	92%	EXCELLENT	A
111	124	SOMBARI SAREN	92%	92%	90%	EXCELLENT	A
**Conding criteria alco A: 50% - 100% B: 80% - 80% B: 50% - 70% C: 70% - 70% C: 70% - 70% C: 70% - 70% B: 80% - 80%	ig with the con	expending preventing ranges.			Reanguist Removed to the	e Hannersfee fr Probal Probal determe Sant Malon Annard Vezithaus	· · ·

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Basic Computer Skills: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
600/-	10 + 2 Passed & RKSMVV Students	60

Duration of the Course – 60 hrs. Date of Commencement – 01.08.2019 Number of students - 153 Name of the resource person/persons



Samarpita Pal, MCA

Objective of the Course:

- The basic computer course syllabus is developed keeping in mind the requirements of students who wish to work with computers regardless of prior knowledge of the field. The fundamentals and the basics of computers are the areas that need to be taught in nearly every syllabus for computer basics.
- The subjects covered in the various computer syllabus may vary based on the type of course, duration, and area of expertise. The areas that are covered in the fundamental Computer Course syllabus include computer fundamentals, office productivity tools, internet and web technologies, programming, database management systems, networking, and cyber-security.
- Mastering computer skills is a necessity in today's world. So it is urgent that students become computer literate.
- Accesses to the computer and reliance on the online world have become common household features especially after the pandemic. So it is essential that the students of a knowledge of how the computer works.
- Due to heavy reliance on online work mode, mastering computer skills has become mandatory nowadays.
- To gain information, to store information, to calculate figures and to send information, students must acquire a basic knowledge in different computer languages.

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Curriculum:

Curriculum:

	Basic Computer Skills	
Module	Content	Duration(Hrs.)
1	Computer Applications & Basics	8
2	Computer Operating System	10
3	Word Processing	6
4	Basics of Ms Excel	8
5	Introduction to Internet, WWW & Web Browsers	10
	 Internet browsing, risk of visiting and down- 	
	loading from unknown sites, search	
	 Copy content 	
6	Basics of Email drafting and using	5
	• email account creation, its features and settings	
7	Making small presentation	7
	Assessment and Project	6
	Total duration	60

Course Outcome:

- •Students learn about the physical parts of a computer, they also gather primary knowledge about what is hardware and what is software.
- The students develop some basic concepts related to information technology.
- They also learn some basic software practices like using Microsoft Word to create and form a document, using Excel system for extensive calculation and maintaining records, and learning to handle other applications.
- They learn the art of making a powerpoint presentation, an art that has become the foundation of specialized studies.
- They master the techniques of creating databases and thereby storing information.

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Assessment Procedure:

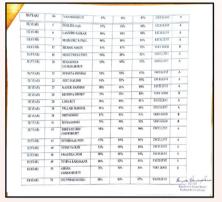
Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100% B: 80%-89% C: 70%-79% D: 60% - 69% **F**: Below 60%

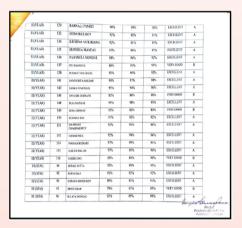
Grade Card:





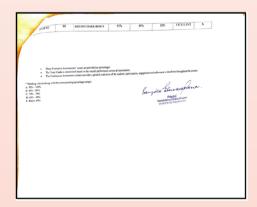
III(YEAR)	52	RITU BISWAS	80%	29%	80%	VERY GOOD	
III(YEAR)	55	ANI. RADHA DEY	96%	15%	99%	EXCELLENT	A
III(YEAR)	57	AMDIM DEY	86%	51%	82%	VERY GOOD	В
IB(YEAR)	61	MAMANI MENDAL	92%	55%	93%	EXCHIENT	A
IRYEAR)	65	NUPUR SAILA	99%	52%	98%	EXCHIENT	Α
IBYEAR)	67	PRIYANKA RANI DEY	98%	93%	96%	EXCELLENT	A
HILYEAR	-68	PLUA MONDAL	99%	97%	99%	EXCHIENT	A
HIOTAK)	20	BITTEA STRANNAKAR	95%	98%	88%	EXCHIENT	A
DIYEAR)	71	RIYA ROY	12%	81%	99%	VERY GOOD	В
DI(YEAR)	72	SEAVEA MONDAL	94%	94%	95%	EXCELLENT	A
HITTEAR)	73	SOMA DAS	92%	94%	52%	EXCHLIENT	A
IDYEAR)	74	SOUM CHOLDWING	91%	88%	91%	EXCELLENT	A
II(YEAR)	75	SUPTRANSARKAR BISWAS	90%	78%	82%	VERY GOOD	В
III(YEAR)	80	AISH MISHRA	51%	92%	90%	EXCELLENT	A
ID(YEAR)	83	ARLINIMA DAS	82%	99%	85%	VERY GOOD	8
DODAD	85	MELTIKA DAS	355	14%	90%	YERY GOOD	В
ENTERN .	86	POLEAMILANEE	55%	92%	97%	EXCELLENT	A
III(YEAR)	87	NOUSHALL BISATTACHARYA	92%	95	985	EXCELLENT	A
III(YEAR)	18	PROGNYA CHAKRABORTY	90%	93%	94%	EXCELLENT	A
III(YEAR)	89	SANHATI GIOSE	92%	95%	58%	EXCELLENT	A
INYEAR	90	SHRESTHA DESWAS	91%	92%	96%	EXCELLENT	A
II(OTAR)	42	SWASTIKA SANTAL	97%	91%	92%	EXCELLENT	2

III(YEAR)	94	AMRITA SAMALIDAR	95%	97%	90%	EXCELLENT	A
III(YEAR)	97	BARNALI HALDER	79%	90%	83%	VERY GOOD	В
IB(YEAR)	98	BARNULI PAUL	94%	94%	95%	EXCELLENT	A
III(YEAR)	99	DEBASREE PAUL	91%	93%	92%	EXCELLENT	A
III(YEAR)	160	ISHITA CHATTERIEE	92%	91%	52%	EXCELLENT	Α
III(YEAR)	102	PUTA MONDAL	81%	99%	90%	VERY COOD	В
III(YEAR)	104	SAMPURNA DAS	56%	90%	92%	EXCELLENT	A
III(YEAR)	105	SHAONTI MONDAL	58%	91%	93%	EXCELLENT	Λ
III(YEAR)	106	SHRIPARNA TANTI	93%	96%	97%	EXCELLENT	Α
III(YEAR)	107	MOUPRIYA DAS	85%	89%	85%	NERY GOOD	В
III(YEAR)	108	MOUSUMI GHOSH	96%	89%	98%	EXCELLENT	A
III(YEAR)	109	NIBEDITA MONDAL	99%	94%	94%	EXCELLENT	A
III(YEAR)	110	PRITY TARAFDAR	90%	91%	81%	VERY GOOD	В
III(YEAR)	112	RINITA MUKHERIEE	99%	96%	88%	EXCELLENT	A
III(YEAR)	113	SAPTAMEMANNA	95%	97%	94%	EXCELLENT	A
III(YEAR)	114	SARADA RANI BAG	92%	98%	92%	EXCHLENT	A
III(YEAR)	115	SHRABANTI SARDAR	91%	99%	91%	EXCELLENT	A
III(YEAR)	118	PAYELPAK	88%	93%	95%	EXCELLENT	Α
III(YEAR)	119	SABNAM KHATUN	97%	90%	96%	EXCELLENT	Α
III(YEAR)	129	SHILA ROUTH	82%	97%	93%	VERY GOOD	В
III(YEAR)	121	SCMA MONDAL	92%	90%	85%	YERY GOOD	В
III(YEAR)	122	SUKRITI PATRA	94%	96%	51%	EXCELLENT	Λ
II(YEAR)	127	BARITA MONDAL	93%	88%	89%	EXCELLENT	Λ
III(YEAR)	128	BASANTI PAL	88%	89%	90%	VERY GOOD	B



III (SEM)	97	SUPRIYA MANDAL	98%	91%	94%	EXCELLENT	A
III (SEM)	98	SWETA GROSH ROY	92%	95%	97%	EXCELLENT	A
III (SEM)	99	TAPASIRDY	92%	90%	81%	VERY GOOD	3
III (SEM)	100	AUTHESWAS	96%	97%	92%	EXCELLENT	A
III (SEM)	103	BARSHA ACHARIAVA	93%	90%	97%	EXCELLENT	A
III (SEM)	104	BEBATISOREN	92%	90%	97%	EXCELLENT	A
III (SEM)	105	DISKA BOY	986	92%	92%	EXCELLENT	A
III (SEM)	106	GOURITUDE	36%	995	92%	YERY GOOD	8
III (SEM)	167	XYUTACHONDHURY	79%	90%	88%	YERY GOOD	В
III (SEM)	108	SANANDA BASU	54%	91%	91%	EXCELLENT	A
III (SEM)	109	SHIEPA GHOSH	51%	92%	90%	EXCELLENT	Α
III (SEM)	111	APARKA DERA	90%	90%	55%	EXCELLENT	Α
III (SEM)	112	ARIFA KHATUN	91%	92%	85%	VERY COOD	В
III (SEM)	114	BRITU MUKHEREE	88%	37%	90%	VERY COOD	В
III (SEM)	115	PAMPA NANDI	92%	90%	95%	EXCELLENT	A
III (SEM)	116	PROTE DEY	91%	91%	98%	EXCELLENT	A
III (SEM)	117	RARITRI PAUL	95%	91%	91%	EXCELLENT	A
III (SEM)	118	RIYA DAS	92%	93%	95%	EXCELLENT	Α
III (SEM)	119	REYA MONDAL	93%	18%	85%	VERY GOOD	В
III (SEM)	129	RIYA SARKAR	92%	58%	90%	EXCELLENT	A
III (SEM)	121	SARADA HERA	93%	90%	98%	EXCELLENT	A
II (SEM)	122	SHNAJ000AR	98%	52%	90%	EXCELLENT	A
III (SEM)	123	SNEHAMALLICK	96%	52%	89%	EXCELLENT	A
III (SEM)	124	SOMBARI SAREN	91%	57%	91%	EXCELLENT	fampice Rando

II (SEM)	125	SUMITA MONDAL	92%	92%	55%	EXCELLENT	A
III (SEM)	126	MOE GROSS	87%	90%	89%	VERY GOOD	8
II (SEM)	127	PRITANKA GEARANI	92%	92%	97%	EMELLENT	A
III (SEM)	128	SOUMITA GROSSI	94%	55%	90%	EXCELLENT	A
III (SEM)	130	ADITINATH	94%	50%	90%	EXCELLENT	A
III (SEM)	131	AMYA CHATTOPADRAY	89%	90%	87%	VERY 0000	В
III (SEM)	132	ANNAYA BRATTACOURES	90%	52%	94%	EXCELLENT	A
III (SEM)	133	DPRA 909/D4L	34%	52%	90%	VERY COOD	8
III (SEM)	134	DOLAS SALADER	97%	97%	50%	EXCELLENT	A
III (SEM)	135	HRITTRISHA GHOSH	82%	88%	50%	VERY COCO	В
11(5EM)	136	NANTI PLONANK	90%	58%	90%	EXCELLENT	A
III (SEM)	127	MRENDOTTEE BERA	95%	94%	95%	EXCELLENT	A
III (SEM)	138	NANDITAGROSS	91%	93%	96%	EXCELLENT	A
II (SEM)	140	RESIMALARIN	89%	87%	91%	VERY GOOD	8
III (SEM)	[4]	RIYA BISWAS	91%	54%	98%	EXCELLENT	A
III (SEM)	143	STATADAS	92%	92%	90%	EXCELLENT	A
III (SEM)	145	TANDRA MONDAT	58%	90%	87%	VERY GOOD	В
III (SEM)	146	TAN/SHREE SADRIKKAN	96%	95%	99%	EXCELLENT	A
III (SEM)	147	ALPANAITY	90%	96%	98%	EXCELLENT	A
III (SEM)	148	ANESIA CIATTEREE	89%	55%	90%	EXCELLENT	A
III (SEM)	149	JOYEE DUTTA	94%	88%	92%	EXCELLENT	A
III (SEM)	150	PERSTECA DASCHOSTI	91%	51%	92%	EXCELLENT	A
III (SEM)	191	SANUKTADEY	90%	17%	97%	EXCELLENT	A
III (SEM)	153	ANKE'A BOYCHOACHERY	87%	51%	88%	VERY 0000	Birth



Pr. Vedarupaprana Principal
Ramakrishna Sarada Mission
Vivekananda Vidyabhavan

Dance: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
Nil	10 + 2 Passed & RKSMVV Students	30

Duration of the Course – 30 hrs. Date of Commencement – 01.08.2019 Number of students - 21 Name of the resource person –



Ellora Mallick, Director of Nrityangan Sangeet Academy, Academic Faculty in Ramakrishna Sarada Mission Nivedita Girls' School.

Objective of the Course:

- To develop and maintain a positive self-image.
- To learn different origins and history of dances.
- To demonstrate knowledge of Dance Terminology and Positions.
- •To understand and incorporate dance composition elements of Actions: Gesture, Jump, Turn, Travel, and Stillness. To learn many Taals (beats) and Mudras

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Curriculum:

	Dance	
Module	Content	Duration(Hrs.)
1	Nava Ras; Sringar Ras, Veer Ras based on any music	4
	or Rabindra Sangeet.	
2	Tandaav and Lasya Level 1, based on any song or	3
	music	
3	Folk dance – Santhaal	3
4	Patriotic Dance	3
5	Theory	4
	History of Indian Dance	
	Types of Indian Classical dance	
6	Exam	1
7	Students' performance	5
8	Special training of performance	7
	Total duration	30

Course Outcome:

- Students learn to understand the dance technique properly.
- Students learn to incorporate proper dance class etiquette.
- Students learn to gain proficiency in dance as a holistic exercise that builds students' mind and body.
- •Students learn that dance is a physical interpretation of what the music says.
- •Students learn to release Feel Good Endorphins that makes them happy.

Assessment Procedure:

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79%

D: 60% - 69%

F: Below 60%

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	1	119	SOHINI CHOWDHURY	90%	82%	81%	VERY GOOD	В
	1	120	SHREYA DAS	83%	85%	83%	VERY GOOD	В
	I	126	TUHINA ROY	85%	81%	87%	VERY GOOD	В
	I	128	DHIRA CHAKRABORTY	80%	75%	93%	VERY GOOD	В
	1	131	NABANITA GHOSH	77%	78%	85%	GOOD	С
	1	136	SUNITA HAMBRAM	91%	92%	87%	EXCELLENT	A
	1	143	PARAMITA MONDAL	95%	93%	81%	EXCELLENT	A
	I	159	RAKHI RUIDAS	91%	82%	87%	VERY GOOD	В
	I	160	SANJUKTA MUKHERJEE	71%	82%	77%	GOOD	С
	1	169	ANUSKA BANERJEE	91%	82%	92%	EXCELLENT	A
	1	174	SAPTAPARNI SARKAR	91%	90%	82%	EXCELLENT	Α
	1	178	MITALI MONDAL	94%	85%	97%	EXCELLENT	A
:	The Total Grad The Continuous	le is determin s Assessmen	ns' scores are provided as percentage ed based on the overall performance column provides a general evaluatio percentage ranges:	across all assessment	s.	hanzika	Language of the country of the count	

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Vivekananda Vidyabhavan

Women Empowerment & Sri Sarada Devi: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
Nil	10 + 2 Passed & RKSMVV Students	30

Course Duration: 30 Hrs
Date of Commencement - 01.08.2019

Number of the participants: 147 Name of the Resource Persons:



Pravrajika Vedarupaprana, Vice Principal, Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Course Description:

This course delves into the critical exploration of women empowerment through the lens of Sri Sarada Devi's teachings. It aims to provide undergraduate students with a comprehensive understanding of the principles and practices of women empowerment, drawing inspiration from the life and teachings of Sri Sarada Devi. Through the examination of philosophical, historical, and contemporary perspectives, students will develop insights into the significance of gender equality, selflessness, and compassion in fostering women's empowerment and societal progress.

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	Women Empowerment & Sri Sarada Devi	i
Module	Content	Duration(Hrs.)
1	 Introduction to Women Empowerment and its Significance 	3
2	 Life and Teachings of Sri Sarada Devi 	4
3	 Gender Equality and Social Justice 	3
4	 Empowerment through Selflessness and Compassion 	4
5	 Implementing Women Empowerment Initiatives 	5
6	 Case studies of successful women empowerment initiatives 	5
7	 Engaging in community-based projects for women's empowerment 	5
	Assessment	1
	Total duration	30

Course Outcome:

After the completion of this course, students are now able to:

- 1.Demonstrate an overall understanding of the concept of women empowerment and its significance in societal development.
- 2. Analyze the life and teachings of Sri Sarada Devi and evaluate their relevance in contemporary contexts.
- 3. Critically examine gender disparities and advocate for strategies to promote gender equality and social justice.
- 4.Apply principles of selflessness and compassion in fostering personal growth and contributing to women's empowerment initiatives.
- 5.Develop practical skills for implementing women empowerment initiatives and actively engaging in community-based projects aimed at fostering gender equality and social change.

Assessment Procedure:

Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

B: 80%-89%

C: 70%-79% D: 60% - 69%

F : Below 60%

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Grade Card:



	95	RITIKABISWAS	97%	88%	7214	AESA 2003	3
	96	RITUDEY	90%	82%	87%	VERY GOOD	8
1	98	RIYANKA MONDUL	73%	75%	73%	6000	c
1	29	SHULI MANDE	82%	87%	87%	VIRY 6000	8
- 1	100	SHREYA DUTTA	80%	75%	93%	VIRY 6000	В
1	162	SUDIPTA CHOSH	77%	78%	75%	0000	c
1	164	TUHNA CHAKRABORTY	91%	125	\$7%	VERY GOOD	8
11	- 5	DEBLINA DAS	59%	93%	11%	EXCELLENT	A
H	- 6	LAKSINI SARKAR	91%	\$8%	17%	VERY COOD	В
11	7	MADEUMITAPAUL	91%	10%	17%	DOBLIENT	A
111	15	SHEANIMALLY	91%	12%	12%	EXCILIENT	A
10	16	SREEFARNA FAUL	91%	10%	82%	EXCELLENT	A
п	18	SCRANIANA CHARRABORTY	93%	80%	29%	VERY GOOD	В
11	20	SUSMITA MONDAL	91%	995	82%	EXCELLENT	A
11	23	ADMITHALBER	86%	93%	75%	YERYGOOD	В
10	25	KAREEI BARMAN	92%	82%	87%	VERYGOOD	В
12	36	KRISINAMSTRY	20%	72%	79%	5000	С
11	28	LMLSOT	85%	81%	87%	AESA 0000	8
п	34	PALLABI MANDAL	80%	73%	90%	VERY GOOD	8
10	.18	PRITE GRICISH	90%	99%	84%	EXCELLENT	A
III	41	RIVIA GEIOSH	99%	80%	7256	VERYGOOD	3

III (YEAR)	4)	SHREYASI ROY CHOWDHURY	90%	82%	81%	VERY GOOD	В
III (YEAR)	45	SUPARNA KUNDU	73%	85%	83%	VERY GOOD	В
III (YEAR)	46	SUSMITA GUIN	91%	90%	82%	EXCELLENT	A
III (YEAR)	48	SWASTIKA JASH	90%	85%	93%	EXCELLENT	A
III (YEAR)	49	TUHINA KARMAKAR	77%	78%	75%	0000	С
III (YEAR)	50	AHANA CHAKRABORTY	91%	72%	77%	VERY GOOD	В
III (YEAR)	- 51	DEEPABALI GHOSH	95%	93%	81%	EXCELLENT	A
and the same	52	RITU BISWAS	91%	82%	87%	VERY GOOD	В
III (YEAR)	55	ANURADHA DEY	91%	82%	87%	VERY GOOD	8
III (YEAR)	57	AVIDHA DEY	91%	82%	9216	EXCELLENT	A
III (YEAR)	59	EYACHMIN	91%	90%	82%	EXCELLENT	A
III (YEAR)	- "	MONDAL				VERY GOOD	В
III (YEAR)	60	LIPIKA GAIN	95%	80%	75%	10111	Δ.
III (YEAR)	61	MAMANI MONDAL	91%	90%	82%	EXCELLENT	A
III (YEAR)	62	MITA BISWAS	86%	93%	75%	VERY GOOD	_
III (YEAR)	63	MOUMITA SAHA	91%	90%	82%	EXCELLENT	A
III (YEAR)	64	NAMRATA MONDAL	90%	82%	79%	VERY GOOD	В
III (YEAR)	65	NUPUR SAHA	85%	81%	87%	VERY GOOD	В
III (YEAR)	- 66	PRIYA BHADRA	91%	93%	83%	EXCELLENT	A
III (YEAR)	67	PRIYANKA RANI DEY	71%	73%	78%	GOOD	c
		JA.1					Gastrara Sector Principal no Sorada Musica nos Vidyalchavan





HOULD 2
HOTAL 28 MARTIN- 185 56 455 VATAGOO B HOTAL 28 SECULIFICAL 185 56 455 VATAGOO B HOTAL 28 SECULIFICAL 185 565 855 INCILIES A HOTAL 29 SANSHERY 575 575 INCILIES A HOTAL 28 INCILIES 461 55 575 VATAGOO B HOTAL 28 INCILES 461 575 575 VATAGOO B HOTAL 28 INCILES 475 VATAGOO B HOTAL 475 VATAGOO 475 VATAGOO B HOTAL 475 VATAGOO 475 VATAGOO 475 HOTAL 475 VATAGOO 475 HOT
HITLAD 15 SONAHIMMI 158, 155 184 MIGUEST A
H(FEAR) 122 DEAMNER BOY 19% 97% 19%
BI(YEAR) DA CERINA 981 825 875 VERYGOOD B
MINIEREE
III (YEAR) 128 MANISHA MANDAL 92% 12% 92% EXCELLENT A
Paragram Salaman ang Ambanan a

	51	MITALIEUTTA	54%	92%	96%	EXCELLENT	A
ш	92	PARNA DAS	89%	90%	91%	EXCELLENT	A
	94	SHRAYA GHOSH ROY	55%	52%	93%	EXCELLENT	A
	95	SRISTI SHAH	80%	91%	93%	EXCELLENT	A
п	- %	SULATA MONDAL	80%	80%	82%	YEXY GOOD	В
п	97	SUPRIYA MANDAL	71%	. 15%	70%	300D	С
ш	98	SWETA GBOSE BOY	91%	12%	52%	EXCELLENT	A
Ш	99	TAPASI ROY	91%	99%	82%	EXCELLENT	A
ш	153	ANRITA ROYCHOVDHURY	89%	85%	85%	VERY GOOD	В
ш	103	BARSHA ACHARJATA	82%	89%	85%	VERY GOOD	В
п	364	BEBATI SCREN	90%	92%	91%	EXCELLENT	A
	105	DISEA BOT	16%	17%	82%	VERY GOOD	3
ш	126	GOURI TUDU	78%	75%	79%	C00D	c
ш	107	CHOWDHURY	94%	92%	96%	EXCELLENT	A
I	150	BASGHOSH	92%	50%	92%	EXCELLENT	A
n	161	SANJUKTADEY	90%	98%	96%	EXCELLENT	A
						frau	guica Bassvaros Renopel Readdelpha Sada Mita Vedenanda Wythhai

п	111	AFARNA BERA	80%	82%	89%	VERY GOOD	В
ш	112	ARIFA KHATUN	92%	90%	90%	EXCELLENT	A
ш	114	MUKHERIEE	93%	97%	91%	EXCELLENT	A
m	115	PAMPA NANDI	80%	81%	82%	VERY GOOD	В
III	, 116	PRITIDEY	99%	98%	92%	EXCELLENT	A
H	117	RARITHI FAUL	98%	96%	95%	EXCELLENT	A
п	118	RIYADAS	70%	78%	15%	GOOD	c
п	119	RIYAMONDAL	87%	12%	15%	VERY GOOD	В
п	120	BIYA SARKAR	72%	75%	74%	GOCD	C
П	148	ANNESEA CHATTERIEE	99%	58%	55%	EXCELLENT	۸
п	109	JOYEE DUTTA	96%	96%	50%	EXCELLENT	Α
ш	123	SNIHA MALLICK	90%	58%	95%	EXCELLENT	Λ
п	124	SOMBARI SAREN	94%	95%	95%	EXCELLENT	A
п	125	SUMITA MONDAL	58%	92%	90%	EXCELLENT	A
	126	MOU GHOSH	. 58%	99%	99%	EXCELLENT	A
п	127	PRITANKA GILARAMI	90%	96%	91%	EXCELLENT	A
H	128	SOUMITA GHOSH	99%	97%	97%	EXCELLENT	A
ш	130	ADITI NATE:	70%	70%	75%	GOOD	c
	131	AMITA CHATTOFABHAY	8914	85%	85%	VERY GOOD	В
m	132	ANANYA	90%	93%	98%	EXCELLENT	A
							Pennysica Lase Pénny Ramatriahna Sa Wastananda V

111	133	DIPIKA MONDAL	90%		9/16	EXCELLENT	A	
03				95%			Α	
	134	DOLAN SARADER	95%	98%	92%	EXCELLENT		
ш	135	HRETTRISHA GHOSH	86%	98%	95%	EXCELLENT	A	
III	136	MAMPI PRAMANIK	88%	82%	87%	VERY GOOD	В	
ш	137	MRINMOYEE BERA	58%	90%	98%	EXCELLENT	A	
ш	138	NANDITA GHOSH	92%	92%	97%	EXCELLENT	A	
	140	PURNIMA KARAN	93%	93%	94%	EXCELLENT	A	
m	141	RIYA RISWAS	91%	92%	93%	EXCELLENT	A	
ш	143	SUIATA DAS	80%	12%	83%	YERY GOOD	В	
m	145	TANDRA MONDAL	99%	58%	97%	EXCELLENT	A	
ш	146	TANUSHREE SADHUKHAN	91%	52%	90%	EXCELLENT	A	
ш	147	ALIPA MAJTY	88%	85%	85%	YERY GOOD	В	
						free	ngarca Hanne Record Remodelson Barrol Westermeds Votes	a tilezien etura



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State-aided Girls' College

Affiliated to the West Bengal State University, South Dumdum, Kolkata

Competitive Exam Coaching: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
4000/-	10 + 2 Passed & RKSMVV Students	1 year

Duration of the Course- 1 year Date of Commencement: 01.08.2019

Number of Students: 41

Organizing Unit: George Telegraph

Objective of the Course:

In 2019-20 George Telegraph organized Competitive Exam Coaching course for the students of RKSMVV to help the candidates to get success in the various competitive exams. The Duration of the course was 60 Hours. 24 students participated in this training programme. The students were provided with the latest study materials as per the updated exam pattern and the topics covered in the exam. Classes were mock-test oriented. Chapterwise mock tests were arranged to help the candidates to conduct this Training preparation in an effective way. Systematic study plans were provided to save the time of the students. This training helped the students to cover all the logical reasoning or verbal reasoning and quantitative aptitude and Data Interpretation syllabus in an organized way so that students get enough time for revisions. The objectives of the course were:

- •This course will prepare you to take several government competitive exams and teaching exams as well.
- •The course has a compact syllabus to prepare candidates holistically on several competitive exams at once with School Service training too.
- The course is an amalgamation of high intelligence sets of questions and practice papers which are important to crack corporate and government exams. The course will strengthen the presentation and communication skill.
- •Our expert faculty members have built a course structure including high order thinking mock tests. The course includes, General Knowledge, Communication Skills, Marketing, Computer and many other additional important subjects which are a part of competitive exams.
- This course would prepare one to crack any government or corporate exam efficiently.
- •This course provides awareness to the students about the various types of jobs offered both in the Central and State Government.
- This course helps the students to choose the area where they are interested.
- This course develops competitive skills through various types of objective tests.
- This course trains the students by conducting aptitude test based on verbal and quantitative skills.

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	Competitive Exam Coaching							
Module	Content	Duration(Hrs.)						
	Mathematics	7						
	General Intelligence	7						
	English	7						
	General Awareness	7						
	Current Affairs	7						
	Computer skills	7						
	Communication and presentation skills	5						
	Personality development and soft skills	5						
A	ssessment, Project and Mock test	8						
	Total duration	60						

Course Outcome:

Through this course the students are motivated for choosing prospective career in government and corporate sector. The students are able to attempt any competitive exam as they are provided with the syllabus of the exam, review and weightage given to each subject. They practice previous year's questions and make a study plan. They are asked to remember concepts in a short way. They develop the habit of taking notes so as to revise easily. The students are trained to think positively and are encouraged to make use of mock test.

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Yoga: (2019-20)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
Nil	10 + 2 Passed & RKSMVV Students	30

Duration of the Course – 30 hrs. Date of Commencement – 01.08.2019 Number of students – 147 Name of the resource person/persons



Sadhana Basak, M.P.Ed., Calcutta University

Course Description:

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Yoga helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. The objectives are :-

- •To enable the student to have good health.
- •To practice mental hygiene.
- To possess emotional stability.
- •To integrate moral values.
- To attain higher level of consciousness.
- To understand relationship between fitness and wellness.
- Evaluate health related fitness in order to make changes in lifestyle as well as to cure some diseases.
- •To know the behaviour changes needed to ensure a good quality of physical and mental health.

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	Yoga	
Module	Content	Duration(Hrs.)
1	Changing trends & Career in Physical Education-	2
	Meaning & definition of physical education; its aims	
	& objectives; career options.	
2	Physical Fitness, Wellness & Lifestyle- Meaning &	3
	importance of physical fitness, wellness & lifestyle;	
	Components of Physical fitness & wellness.	
3	Yoga: History and development, traditional school of	3
	yoga. Meaning and importance of yoga	
4	Yogasanas: Standing posture (Palm tree posture,	10
	Padahastasana, Ardhacakrasana, Trikunasana),	
	Pranayam, Sitting posture: (Padmasana, Bhadrasana,	
	Dandasana, Vajrasana, Adhrauttarasana, Uttarasana,	
	Sasakasana, Uttaramandukasana, Vakrasana,) Prone	
	posture, (Makarasana, Bhujangasana, Salabhasna,	
	Setubandhanasana, Naukasana, Uttanapadasana,	
	Ardhasalsana, Swasana). Surya pranam etc	
5	Pranayam and Santi Parthna: Kapalbhati, Anulam	6
	Viloma, Bhramari Pranayama, Kapalbhati, Sitali	
	Pranayama	
6	Relaxation methods	3
	Assessment and Project	3
	Total duration	30

Course outcome:

- The students will be able to identify the basic yoga exercises that will lead them to their well-being.
- They should be able to identify the simple and basic yoga asanas.
- •They should be able to develop some initial knowledge regarding the diseases and their remedies thorough certain yoga practices.
- •They should be able to describe the major types of Yoga that are adopted in regular life and also explain the processes that should be followed while practising the postures.



Assessment Procedure:

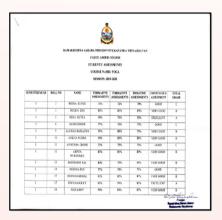
Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.

Grading criteria along with the corresponding percentage ranges:

A: 90%-100% B: 80%-89% C: 70%-79%

D: 60% - 69% F : Below 60%

Grade Card:







//	-1	82	SUGANDHITA SEN	15%	8%	87%	VERY COOD	3
1		83	SUSMITA JANA	90%	19%	97%	EXCELLENT	A
H	-	84	SUSMITA SINGH	77%	77%	72%	6000	· ·
H	- 1	87	ANGTA HALDER	73%	20%	72%	0000	
-	-	88	APORUPA GROSH	90%				- 1
L					82%	82%	VERY GOOD	
	1	89	BANANI BISWAS	73%	79N	73%	C000	c
	ı	90	BIDUSHI CHAKRABORTY	99%	824	81%	VERY GOOD	В
h	1	91	MITALIDUTTA	10%	75%	55%	YERY GOOD	8
Н	- 1	92	PARNA DAS	74%	77%	72%	0000	c
	1	94	SERAYA GHOSE ROY	97%	RN	87%	VERY GOOD	3
		95	SLISTI SHAH	92%	92%	90%	EXCELLENT	A
	-i	96	STATAMINDAL	925	92%	87%	EXCELLENT	A
		97	SI PREYA MANDAL	95	12%	87%	VERY 6000	8
	1			175	125	92%	EXCELLENT	Α
	1	98	SWETA GROSS ROY		90%	12%	EXCELLENT	Α.
- 1		99	TAPASI RUY	52%			VERYGOOD	8
1	1	300	ADITI BISWAS	55%	80%	73%		
	1	103	BARSKA ACHARIAYA	52%	50%	12%	EXCELLENT	Α
		104	DEBATI SOREN	85%	93%	72%	VERY COOD	В
	-	105	DISHAROY	90%	825	17%	VERY 0000	В
	- 1	106	COLECTION	90%	82%	79%	VERY 0000	В
		137	JOYEETA	#SN	82%	17%	VERY GOOD	3
	1	11/	CHOMOHERY					
	- 1	108	SANANDA BASU	82%	51%	53%	EXCELLENT	A
- 1	-	109	SHIPA GROSH	87%	83%	87%	VERY GOOD	В



1 19 NAVELLO (ACRES 195 12
1 16 TANDALANDEL 75 15 15 15 15 15 15 15
1 10 30,071 30 10 10 10 10 10 10 1
1 145 TANDRA MONDAL 86% 97% 75% VIEW COOD
1 146 TANISTIEZE 91% 52% 17% VERY GOOD SABRUCIAN
SADHUKHAN
1 147 ALIPAMATIY 70% 72% 79% G000
I 148 ANNESSIA 85% 81% 87% VERY GOOD CHATTERIEE
1 149 JOYEE DUTTA 80% 25% 93% VERY COOD
1 150 PRANTIKA 56% 90% 84% EXCELLENT DASGROSH
1 151 SANUKTA DEY 93N 80% 75% VERY 600D
1 153 ANKITA 92% 54% \$4% EXCELLENT 80YCHOWDHURY

							Α
YEAR)	5	DEBLINA DAS	92%	96%	58%	EXCELLENT	Α
(YEAR)	6	LACSUM SARKAR	90%	19%	97%	EXCELLENT	
	,	MADEMIAPAUL	98%	98%	98%	EXCELLENT	A
(YEAR)			90%	98%	90%	EXCELLENT	A
(YEAR)	15	SARWINGLA	82%	85%	80%	VERY GOOD	8
I(YEAR)	16	SPREEZARNA PAUL		20%	99%	VERY GOOD	В
I(YEAR)	18	SERANJANA CHANRABORTY	85%			VERY 0000	В
	20	SUSVITA MONDAL	94%	11%	90%		8
B(YEAR)	23	ADEIT HALDER	92%	12%	87%	VERT GOOD	8
III(YEAR)		KABERI BARMAN	90%	\$4%	800	AEKA 0000	-
III(YEAR)	25		90%	88%	81%	VERY GOOD	В
(B(YEAR)	26	KRISHNA MISTRY	95%	92%	58%	EXCELLENT	A
HATAR)	28	LIMA ROY		955	99%	EXCELLENT	A
E(YEAR)	34	FALLASI MANDAL	96%	58%	99%	EXCELLENT	A
IB(YEAR)		FRJIII GHOSH	15%	975	99%	EXCELLENT	A
TRYEAR)	41	RINTA GHOSH	17%		90%	VERY COOD	В
mayEAR)		SIEREYASIROY CHONEBURY	82%	94%	300		
	43	SUPARNA KUNDU	99%	55%	99%	EXCELLENT	A
III(AEVS)	45		92%	sets	90%	EXCELLENT	A
II(YEAR)	46	SUSMITA CUIN		98%	98%	EXCELLENT	A
IB(YEAR)	5	DEBLINADAS	92%	97%	92%	EXCELLENT	A
IB(YEAR)	- 6	LAKSINI SARKAR			90%	VERY GOOD	a Butter
(BAST)(B)	1	MADRIMITA PAU	12%	86%			Ranakishna Saraki Wekananda Vidya

