

Ramakrishna Sarada Mission Vivekananda Vidyabhavan

State-aided Girls' College

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

Report on Value Added Courses 2021-22

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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Principal Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Report on Courses

2021-22





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

Date: 24.11.2021

NOTICE

This is for the information of all concerned that Ramakrishna Sarada Mission Vivekananda Vidyabhavan is going to introduce the Value-Added Courses on:

Advanced Communicative English from 2nd December, 2021

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

Pr. Vacharcupa practic Prinopal Ramakrishna Sarada Mission

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Vivekananda Vidyabhavan

Advanced Communicative English: (2021-22)



Course Report:

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

Duration of the Course – 60 hrs.

Date of Commencement – 02.12.2021

Number of students – 68

Organising Unit – RKSMVV, Rasik Bhita and ELTA Global

MOU with Sri Sarada Math Rasik Bhita:

Name of the resource person/persons-



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



Gargi Samadar, Faculty, Communicative English, Sri Sarada Math Rasik Bhita



Enakshi Ghosh, Faculty, Communicative English, Sri Sarada Math Rasik Bhita



Chandrima Sen, Academic counselor of EFL University (Distance)



Objective of the Course:

- To enable the students to acquire near perfect reading skills.
- •To enable the students to speak in English fluently thus mastering the art of communication.
- •To enable the students to comprehend the meaning of complicated texts.
- To enable the students to write answers briefly and concisely using their correct knowledge of grammar.

Curriculum:

	Advanced Communicative English	
Module	Content	Duration(Hrs.)
1	News Headlines and News Articles – Simple but	5
	important piece of news may be shared in the class.	
	Discussions to follow.	
2	Extempore and Debates	8
3	Practice Writing Letter and F -mail	6
4	Practice Tenses and Auxilliaries – Conversation and	8
	Grammar Activity	
5	Subject – Verb Agreement – Explain, Give the	8
	rules followed by grammar activity	
	 Using Phrasal Verbs in conversation 	
	 Skit and Role Play – Interesting and Funny 	
	situations so that the students are involved and	
	they can enjoy	
	• Giving Directions – Complicated routes, use of	
	landmarks, talking about a known locality (eg.	
	– where you stay)	
	Pronunciation and Intonation	
	Group discussion	
	• Framing questions – with usual auxiliaries/	
	modals and -Wh questions	



6	Conversation using various tones:	10
	Accusal and Defence	
	Advice	
	Agreement and Disagreement	
	 Annoyance 	
	 Apology 	
	Approval and Disapproval	
	Complaint and Excuse	
	Gratitude	
	Situations for conversation:	
	You parked your car on the wrong side or you	
	left the lights on while leaving the room or you	
	left the window open.	
	Advise your younger brother/sister to work	
	hard or advise your friend not to spend too	
	much money for shopping.	
	Train is so late that you missed the connecting	
	train. So you are annoyed.	
	You have forgotten to return the library book to	
	your college library or you have come to class	
	not having done your homework.	
	You want to be on a strict diet and your elder	
	sister disapproves	
	The restaurant has served a bowl of cold soup.	
	You complain to the manager and he/she is	
	giving you an excuse/apologizes	
	Someone has told you the shortest way to the	
	nearby metro station. Show your gratitude.	
7	Introducing concepts like what is a meeting agenda,	8
	minutes of a meeting, team work, role of a team lead-	
	er, how to behave at workplace with colleagues, who	
	is a customer, how to prioritise work.	
8	Pronunciation exercises	3 4
	Assessment and Project Total duration	60
	TO WILL WHITWIIO	

- Students will improve their speaking ability in English both in terms of fluency and comprehensibility
- Students should be able to give oral presentations.
- •Students will acquire superior reading skill and be able to comprehend academic articles.
- •Students will improve their vocabulary by looking up the meanings of new words and use those to sharpen their writing skills.
- •Students will become confident in their ability to write academic papers,

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:



		DEMITA ACHARYA	97				
		KASTURI		91	. 8	ENGLIERS	A
	56	GARAI	86	91	ы	VERY GOOD	8
		SOUMI		_	-	-121 0000	8
	57	MANDAL.	91	91	95	ENCELLENT	A
Y		SWAGATA					
	58	GHOSAL	90	90	97	EXCELLENT	A
		YOGATRAYEE					_
	60	ADHIKARI	85	88	86	VERY GOOD	3
	62	ANKITA PAL	93	94	90	EXCELLENT	A
V	63	ANTARA DEY	91	51	97	EXCELLENT	A
V		ANWESHA					
	64	SAHA	88	88	88	VERY GOOD	3
¥	65	ARPITA MALIK	58	58	%	EXCELLENT	A
V		ARPITA MONDAL	89	92	86	VERY GOOD	3
	66			~			
V	67	CHATTERIEE	95	53	93	EXCELLENT	A
			96	90	91	EXCELLENT	A
٧	68			- "	- "	- CHILLES	
V	10	GHOSHAL	97	93	58	EXCELLENT	A
V	_	MADHURI		92	55	EXCELLENT	Α.
	7	MANDAL	98	90	- 55	ENCELLENT	Λ.
							P. Valu
							Princi Romalerishna S
							Vvekananda*

V	12	SUSMITA BISWAS	%	92	94	EXCELLENT	A
V	15	TUHINA MISTRI	86	91	88	VERY GOOD	В
V	16	ANJU BERA	86	91	86	VERY GOOD	В
V	17	BEAUTY GHOSH	95	95	90	EXCELLENT	A
V	18	IVI MONDAL	96	90	98	EXCELLENT	A
v	19	KAJAL BISWAS	87	92	\$6	VERY GOOD	В
V	20	KAKOLI MONDAL	97	94	98	EXCELLENT	A
V	21	MALLIKA ARI	97	93	96	EXCELLENT	A
v	22	MONDERA DUTTA	87	92	89	VERY GOOD	В
V	23	RAILDONY DUTTA	98	91	98	EXCELLENT	A
v	24	RUNI BACHAR	93	90	91	EXCELLENT	A
v	26	SHARMISTHA MONDAL	87	90	86	VERY GOOD	В
V	27	SOUMELI NANDI	98	94	96	EXCELLENT	A
V	28	SREEJA GHOSH	98	98	96	EXCELLENT	A
V	31	SWIYA DUTTA	97	95	91	EXCELLENT	A
v	32	ARUNIMA BISWAS	96	93	93	EXCELLENT	A
							P. Vallarung Principal Rampkrishna Sarad Vinekananda Wily

Y	73	MOU GARAL	87	91	87	VERY GOOD	_	_
v	75	PARYA MAITY	86	92	85	VERY GOOD	В	
v				91	97	EXCELLENT	A	
V	76	PRITHA BOSE	98	91				
Y	17	RACHAYETRI ADHIKARI	85	91	87	VERY GOOD	8	-
V	78	SANCHAITA SAHA	94	97	90	EXCELLENT	A	
v	79	SIMLI KARMAKAR	90	91	96	EXCELLENT	Α	
V	80	SUCHETANA CHAKRABORTY	87	90	86	VERY GOOD	3	
V	81	SUPARNA BHUNYA	99	95	95	EXCELLENT	A	
V	82	SUPRAVA MONDAL	87	88	85	VERY GOOD	В	
V	84	AHANA GAYEN	96	98	92	EXCELLENT	A	
V	85	ANKANA MAJUMDER	95	85	92	EXCELLENT	A	
v	85	ANNAPURNA GAYEN	96	13	81	VERY GOOD	В	
V	87	APARNA KAYAL	97	92	85	EXCELLENT	A	
v	88	BARNALI ROUT	98	95	92	EXCELLENT	A	
V	89	DEBARATI	99	90	84	EXCELLENT	A	2. Valore

V	33	RUBI SAHA	\$7				
V	-		87	92	28	VERY COOD	B
V	34	APARUPA			-	10X1 0000	
V		MAITY	86	88	85	VERY OOOD	В
	35	ARPITA SARKAR	86	91	87	VERY GOOD	В
V	36	DEEPA CHAKROBARTY	88	91	87	VERY GOOD	3
V	37	ISWANI GHSOH	92	98	97	EXCELLENT	A
V	38	MEGHANA CHOWDHURY	91	93	93	EXCELLENT	A
V	39	PARNA GHOSH	95	97	97	EXCELLENT	A
V	40	PUIA NANDI	92	91	91	EXCELLENT	A
V	42	RUMIA KHATUN	87	90	86	VERY GOOD	3
V	43	SARASWATI PAHARI	97	58	97	EXCELLENT	A
V	44	SHRIPARNA MUKHERJEE	86	91	85	VERY GOOD	В
V	45	SNEHA DAS	92	95	92	EXCELLENT	A
V	46	SUMANA BISWAS	96	95	95	EXCELLENT	A
V	51	ANKITA DUTTA	96	96	95	EXCELLENT	A
V	52	ARCHI CHAKRABORTY	17	91	88	VERY GOOD	В
							P. Valle Proc Renalization S Voyanance

		PAUL				VERY GOOD	В
Ÿ	90	DIPANNITA GHOSH	85	91	80		
Y	92	KRISHNA CHOWDHURY	82	91	90	VERY GOOD	В
•	The Confines of deadlines of the Confines of the Confines of the Confine of the C	gather Assessments of the Assessment of the Assessment of the Assessment column throughout the course. Assessment column throughout the course of the Assessment of the Assess	n provides a gene	ral evaluation of the	saudents" particip	Pava	Aberto per praince Barro per praince Sanda Masion rda Vojabharian

Internet and MS Excel:(2021-22)



Course Report:

Course Fee	Eligibility	Duration (Hrs.)
600/-	10 + 2 Passed & RKSMVV Students	30

Duration of the Course – 30 hrs. Date of Commencement – 16.11.2021 Number of Students- 93 Organising Unit – RKSMVV and Rasik Bhita Name of the resource person/persons:



Gita Sharma, Faculty, Computer, Sri Sarada Math Rasik Bhita

Objective of the Course:

Computer Proficiency is an inevitable part of education. The course is aiming to equip the students to have basic knowledge of handling internet as well as providing skills and hands on experience on creating excel spreadsheets, for building databases and preparing presentations, through the use MS Excel.

The course objectives are:

- •To give basic information about the computer system and Internet.
- To give knowledge about computer hardware and computer software.
- To familiarize students with the use of MS Windows, Internet and F -mail.
- To familiarize students with features and applications of MS Office Excel to facilitate daily work.
- •To learn to demarcate the authentic sites and the fake ones.
- •To acquire knowledge about how the online systems work.
- To edit worksheets using advanced enhancements and worksheet features.
- •To use 3D referencing to merge data from multiple worksheets and import and export data from the Internet and merge the data in Excel worksheets and publish Excel worksheets on the web.

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Curriculum: 9

	Internet and MS Excel	
Module	Content	Duration (Hrs.)
1	 General computer operations and internet handling. Communication using the Internet: Basic of Computer networks; LAN, WAN; Concept of Internet; Applications of Internet; connecting to internet; What is ISP; Knowing the Internet; Basics of internet connectivity related troubleshooting. WWW and Web Browsers: World Wide Web; Web Browsing softwares, Search Engines; Understanding URL; Domain name; IP Address; Using e-governance website 	5
2	MS Excel	10
3	Main Focus of Training Content: Getting Started with Excel Identify the Elements of the Excel Interface Navigate and Select Cells in Worksheet Customize the Excel Interface Create a Basic Worksheet Performing Calculations in an Excel Worksheet Create Formulas in a Worksheet Insert Functions in a Worksheet Reuse Formulas Modifying an Excel Worksheet Edit Worksheet Data Find and Replace Data Manipulate Worksheet Elements Modifying the Appearance of a Worksheet Apply Font Properties Add Borders and Colors to Cells Align Content in a Cell Apply Number Formatting Apply Cell Styles Managing an Excel Workbook and Manage Worksheets View Worksheets and Workbooks Printing Excel Workbooks Define the Page Layout Print a Workbook More Functions and Formulas	10
	 Formulas with Multiple Operators Inserting and Editing a Function Auto Calculate and Manual Calculation Defining Names Using and Managing Defined Names Displaying and Tracing Formulas Understanding Formula Errors 	
Assessme	ent and Project	5
Total dur		30



- The student should be able to demonstrate the basic concepts of an Excel spreadsheet.
- The student should acquire a knowledge of how to use the functions and formulas on an excel spreadsheet.
- The student should have the know-how of organizing and displaying large amounts of data.
- •As a preliminary introduction to the Internet the student must become familiar with the various search engines on the net.
- •She should also have some knowledge of the digital world and how it functions and how to surf the net in a safe manner.
- $\, \cdot \,$ With learning the use of net in the case of various disciplines, she should also have a generalised concept of F-leaning, Mobile-learning, distance learning, On-line learning etc.

Assessment Procedure:

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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:







	_	CHATTERIEE						
- 1	73	CHANDRIKA BASU	87	86	81	VERY GOOD	3	
1	15	NERAKSHE MANDAL	83	84		VERY GOOD	8	
-	16	IPSITA SAHA	75	36	71	0000	С	
-	77	TYOTIRMOYEE MANDAL	92	93	94	EXCELLENT	Α	1
-	78	MADRITA DAS	96	%	96	EXCELLENT	A	-
	79	NKITAMARDI	71	76	79	6000	c	
÷	80	NEANIANA SAMANTA	95	92	94	EXCELLENT	Α	
1	54	RUPKATHA DATTA	80	84	83	VERY GOOD	В	
1	85	SAHELI CHOWDHURY	88	84	10	VERY GOOD	3	
- 1	86	SANILKTA GHOSH	83	81	83	VERY GOOD	3	
1	87	SHRUTI DAN	71	36	79	GX00	С	
1	88	SMETA CHOWDHURY	%	%	%	EXCELLENT	A	1
- 1	90	TITH GROSH	90	94	99	EXCELLENT	A	1
1	92	ASHINA MANDE	70	77	34	6000	c	
1	95	BENDU ROY	10	85	83	VERY GOOD	8	1
1	96	CHAMPA SARKAR	71	76	79	0000	с	1
- 1	98	DEBOPRIYA DE	95	92	94	EXCELLENT	A	1
1	99	NDRANI PATTANAYAK	54	99	92	EXCELLENT	A	P. Valer
-	100	JOYETA BASU	71	76	- 70	6000	С	Princip Remalcialma Sia Weekamenda W





Music Beginner: (2021-22)



Course Report:

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

Duration of the Course – 30 hrs. Date of Commencement – 18.11.2021 Number of Students- 5 Organising Unit: RKSMVV and Nrityangan Sangeet Academy



Ashmita Kar, National scholarship holder in Hindustani Classical Music (kheyal).

Pre Vadaruporprana

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Vivekananda Vidyabhavan

Course Description:

- To develop comprehensive musicianship with a focus of musical literacy.
- To learn and enjoy music.
- To make an introduction to proper voice culture.
- To increase desire to learn music.
- •To learn and explore various styles of singing through different genres of Indian Music. These include Rabindrasangeet, Nazrulgeeti, Folk, Adhunik Puratoni Bangla Gaan and Bhajan

	Music Beginner	
Mod-	Content	Duration(Hrs.)
ule		
1	Rabindrasangeet : Aha Aji e Boshonte,	4
	Majhe majhe tobo	
2	Nazrulgeeti : Mora jhonjhar moto	4
	uddam, Karar oi louho Kopat	
3	Bhajan : Chalo Man Ganga , Raam naam	4
	ghanshyam	
4	Folk: O Gramer Noujawan, Boshonto	4
	Batashe shoi go	
5	Bangla adhunik: Amay proshno Kore	2
6	Bangla Puratoni : Ekoda gram gonje	2
7	Theory of taal: Dadra, Kaharwa	2
	(Division, Rhythm cycle, Thythm	
	pattern)	
8	Essence of songs :Lyrical and inner	3
	meaning differentiation, understanding	
	of "bhaav" (soul of music). Individual	
	interpretation of songs.	
9	Stage performance: Stage manners,	3
	Presentation	
Assessn	nent	2
Total du	ration	30



- The students will be able to sing, alone and with others, a varied repertoire of music.
- •The students will be able to develop preliminary knowledge of laya and tala concepts.
- The students will be able to read and notate music.
- The students will be able to gain understanding of vocal dynamics.
- •The students will be able to understand music in relation to history and culture.

Assessment Procedure:

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Grading criteria along with the corresponding percentage ranges:

A: 90%-100%

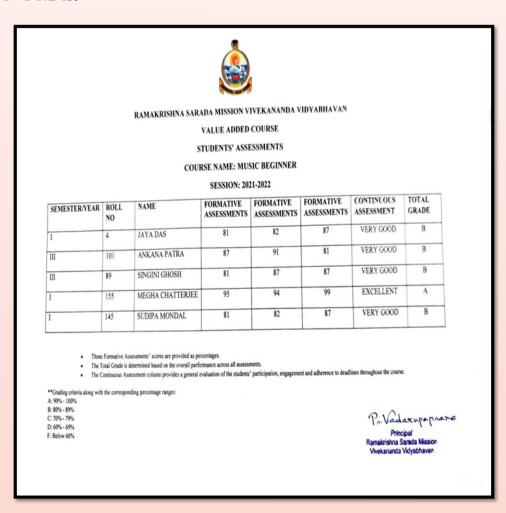
B: 80%-89%

C: 70%-79%

D: 60% - 69%

F : Below 60%

Grade Card:





Recitation Beginner: (2021-22)



Course Report:

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

Duration of the Course – 30 hrs.
Date of Commencement – 16.11.2021
Organising Unit: RKSMVV and Nrityangan Sangeet
Academy
Number of Students- 7
Name of the resource person/persons-



Bula Bagchi, nominated artist of department of information & culture, Government of West Bengal, Faculty of Recitation of Techno India Group Public School, Voiceover artist in DD7 (Kolkata Doordarshan -CAMERA CHOLCHHE), Member of Rabindrabharati Society-Jorasanko, Member of Bachik Swajon and Trainer of Recitation group -BAANGMOY.

Pre Vadarupaptana

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Course Description:

- To enable the students to appreciate the poem.
- To enable the students to recite the poem with proper rhythm and intonation.
- To enable the students to enjoy the recitation of the poem.
- To develop the students' power of imagination.
 To train the emotions of the students.
- •To develop love for poetry reading and reciting

	Recitation Beginne	r
Module	Content	Duration(Hrs.)
1	Signature poems	12 (1 hour for 1 poem)
	1. Gitanjali 48 2. Sonar tari (Rabindranath Tagore) 3. Kandraee Hushiyar (Kazi Nazrul Islam) 4. Chharpatra(Sukanta Bhattacharya) 5. Banalata Sen (Jibanananda Dash) 6. Amalkanti (Nirendranath Chakraborty) 7. Sei galpota (Purnendu Patri) 8. Keu Katha rakheni(Sunil Gangopadhyay) 9. Malatibala balika bidyalay(Joy Goswami) 10. Ghoosh(Subodh Sarker) 11. Panthajon(Samsur Rahman)	
2	12. Abani bari achho (Shakti Chattopadhyay). Modulation, inner meaning, synopsis, pronun-	3
3	ciation and overall presentation of the poem. Script "rabir rabi "for Rabindra Jayanti & sharadiya program (for practice and performance).	12
4	Revision	2
Assessme	ent	1
Total dura	ation	30

Course Outcome:

- The students will be able to inculcate of the habit of reading.
- The students will be able to develop vocabulary.
- The students will be able to comprehend unfamiliar words.
- The students will be able to develop the ability of reading with pauses and intonations of the poem.

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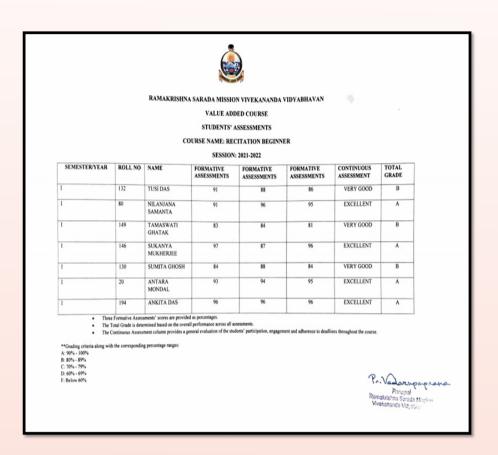
Assessment Procedure:

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Grading criteria along with the corresponding percentage ranges:

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Grade Card:





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Dance Intermediate: (2021-22)



Course Report:

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

Duration of the Course – 30 hrs. Date of Commencement: 18.11.2021

Number of Students-5

Organising Unit: RKSMVV and Nrityangan Sangeet Academy

Name of the resource person/persons -



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

Objective of the Course:

- •To demonstrate increased movement skills, concentration and physical control in performing movement for artistic expression.
- To understand the importance of warm-up to improve technique and avoid injury.
- To learn to memorize and reproduce long movement sequences.
- To learn to use choreographic principles and processes to express perceptions, feelings, images, and thoughts through dance, working alone, with a partner, or in small groups.
- •To develop the ability of performing in front of a small group of audience.
- To understand intermediate level dance technique.
- To understand the concert of spotting and its importance in performing multiple turns.
- To gain proficiency in skills specific to the dance style.
- •To be familiar with the history and cultural significance of the dance style.
- To demonstrate the ability to apply and identify overarching themes in the study of dance.
- •To understand and demonstrate proficiency in choreographic principles, processes, and structures.
- To understand dance as a means of creating and communicating meaning.
- •To demonstrate competency in self-assessment skills in dance, as well as skills in offering feedback to other dancers.

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	Dance Intermediate	
Module	Content	Duration(Hrs.)
1	Nava Ras; Karun Ras, Raudra Ras based	4
	on any music or Rabindra Sangeet	
2	Tandaav and Lasya Level 2, based on	4
	any song or music	
3	Folk Dance of Bengal (Saari)	3
4	Patriotic Dance	2
5	Theory	4
	Mudra – Single and Double Hand	
	Definition – Taal, Laye, Mudra	
6	Exam	1
7	Students' performance	5
8	Special training of performance	7
Total dura	tion	30

- To understand intermediate level dance technique.
- •To understand the concert of spotting and its importance in performing multiple turns.
- To gain proficiency in skills specific to the dance style.
- •To be familiar with the history and cultural significance of the dance style.
- To demonstrate the ability to apply and identify overarching themes in the study of dance.
- To understand and demonstrate proficiency in choreographic principles, processes, and structures.
- •To understand dance as a means of creating and communicating meaning.
- To demonstrate competency in self-assessment skills in dance, as well as skills in offering feedback to other dancers.

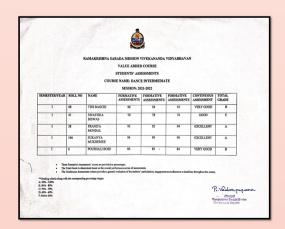
Assessment Procedure:

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F: Below 60%

Grade Card:



Pr. Vedarupaprana

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Ramakrishna Sarada Mission Vivekananda Vidyabhavan

State-aided Girls' College
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Yoga & Pranayam: (2021-22)



Course Report:

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

Duration of the Course – 30 hrs. Date of Commencement – 16.11.2021 Number of students - 149 Name of the resource person/persons –



Tiyasha Paul, PGDY from Visbha Bharati University

Objective of the Course:

- •The course will give the students a basic knowledge about the human anatomy and the need for yoga to enable individuals to attain a good and healthy physique.
- It will help them to understand the essential elements of a disciplined life style, the concept of health and disease and their remedies through yoga practice.
- It will help the students to acquire a precise concept about the benefit and of Yoga practice and to comprehend the significance of preventive health and promotion of positive health.
- •The students will learn the Yogasanas and be able to guide others correctly regarding the adoption of these methods. The students would be able to demonstrate yoga in scientific way to improve positive health.
- After completing the program, the students would be able to specialize in Yoga Therapy.
- It will help the students to understand and apply the physical and psychological benefits of yoga
- The students would be able to gain thorough knowledge of -
- o Asanas, Pranayama, Kriyas
- o Basics of Bandha and their application.
- o Learner would be able to attain Physical, mental and emotional wellbeing.

Pre Vedarupo preana

Principal

Ramakrishna Sarada Mission

Vivekananda Vidyabhavan

	Yoga & Pranayama	
Module	Content	Duration(Hrs.)
1	Introduction, Philosophical and	4
	historical background of Yoga.	
2	Definition of Yoga according to	4
	Patanjali, Hatha, Upanished, Gita etc	
3	1. Concept of Yoga therapy, Types of	7
	yoga therapy	
	2. Asana therapy	
	3. Pranayama therapy	
	4. Relaxation therapy	
	5. Meditation therapy	
4	1. Pranayama - General features	9
	of pranayama - Sahita and Kevala	
	Kumbhaka.	
	2. Technical aspect of Pranayama -	
	asana, Asanasthairya-Asanajaya. Three	
	phases of	
	Pranayama- puraka-kumbhaka-Rechaka.	
	3. Swatmarama's eight varities of	
	Kumbhakas-technique of each in details.	
	4. Effects of Pranayama. Importance	
	of time, choice of pranayama, use of	
	Kumbhaka	
5	1. How to practice Pranayama	3
	2. Precautions, Limitation, Benefits	
	3. Different Between Pranayama & Deep	
	Breathing	
	Assessment and Project	3
	Total duration	30



- 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.
- •During 2021-22, the wave of COVID-19 engulfed the entire world. Severe effects were evident in India as well. Students had to attend online classes and lectures. Besides the physical stress, the students also had to encounter mental stress which affected their state of well-being and mental condition. For the betterment of their health and reduce their mental stress, the college offered the 'Yoga and Pranayam' course for the students, to support them in their difficult times and drive them out of their mental stress.

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%

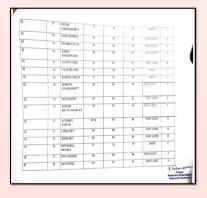
Grade Card



							P.V
	15	MUKHERHE RITIKA SINGHA	13	84	\$ 3	VERY GOOD	8
	83	RANYAN	95	92	94	EXCELLENT	A
	82	RAJASKI SARKAR	71	36	79	6000	С
	81	NABAMITA BASU	96	96	96	EXCELLENT	A
ī	80	MEGHA GHOSH	92	93	94	EXCELLENT	A
1	78	MADHURMA BARAGI	75	76	71	6000	
1	72	ANUSHKA NASKAR	83	84	10	VERY GOOD	c
1	71	ANKITA MALLIK	87	86	81	1ERY 0000	3
1	68	AMELI SEN	82	81	83	85.02	3
1	67	ADRIJA BISVAS	95	92	94	EXCELLENT	A B
11	66	TUHINA JODGER	83	\$4	88	34.24	A
1	65	TRIPARNA MODAK	81	82	87	\$6.93	3
1	64	TITHY HAZRA	92	93	94	EXCELLENT	A B
	63	SUSMITA POREY	96	96	*	EXCELLENT	
	61	SIMANA SAMANTA	95	94	99	EXCELLENT	A
	60	SUMENA PADMA	95	92	54.	ENTELLENT	A
	59	SRITTPALL	76	38	. 24	9000	c
		MONDAL		_		_	

11	36	SIMIKA SEN		81		6.2				1	No Low payor
Ш	35	SHREYA BHADURY			_	82	_	\$1	YERY GOO	D E	-
IV	34	SHEPA DUTTA		70	+-	78	+	74	6000	- 0	
		KUMAR	94		99	_	96		EXCELLENT	A	
III .	33	SHATARUPA	%		96		96		EXCELLENT	^	
M .	32	SANGITA PAL		71		75		79	9000	A	-
DI .	31	RUMKLROY	99		98		94		EXCELLENT	, c	-
Ш	30	PLUA MONDAL	99		98				EXCELLENT	A	_
ш	27	PRANATI KHATUA		71		76	99	.,,	0.00	A	-
10	26	PARCMITA DAS		87		76	_	9	0000	C	-
III	25	PAPIYA MONDAL		87		88		84	VERY GOOD		
ш	24	NEHA BISWAS		81		82	\perp	88	VERY 0000	В	
III	23	MAMPI SARKAR		95		94		87	35RY G000	3	
III	22	MALORIKA MAITY		81		87	1	99	EXCELLENT	A	
Ш	21	MADHUMITA PRAMANIK		87		51		87	VERT 0000	3	
III	20	LATA MONDAL		81		82		97 81	VERY 0000		
DI .	19	IPSITA MONDAL	66		96		96		EXCELLENT	A B	
ш	18	BANERIE BANERIE		99		98	34			A	
III	17	DISHA MONDAL		71		76		79	6900		

п	87	SAMELLIGHOSH	88	81	.00	102Y 0000	В	
П	88	SARMI BESWAS	10	81		1981 0000	8	
II.	89	SNGN CHOSE	71	16	9.	6000		
m .	91	SOUNISENGUETA	*	96	*	EXCELLENT	A	
II	93	SUKANYA DAS	90	54	- 99	EXCELENT	A	
10	65	SK/AGATA DAS	70	28	24	9000	c	
11	- 60	TANUA MIDDE	88	85	10	VERY COOR	3	
10	98	LYSUROY	71	76	79	5000		
	100	ANGRA KUNDU	95	92	94	EXCELLENT	A	
16	101	ANKANA PATRA	94	99	90	EXCELLENT	A	
10	105	DEBAPRIYA NANDAN	71	76	29	6000		
11	394	GOPA SINGBIA	%	%	*	EXCELLENT	A	
0	185	INIA CHAKRABORTY	92	45	44	EXCELLENT	A	
17	196	DESHROY	89	54	55	VERT G000	. 1	
NI .	167	MANKA PALIL	81	12	10	VERA COOD	3	
11	198	MOUBAST SAMANTA	95	45	ч	ENCELLENT	A	
II.	199	MOEMITA SABA	10	94	10	EXCELLENT	A	
LI .	311	PARAMITA DE	*	- %	*	EXCELLENT	A	
								Pincpal Ana Surato N anta Vitjath



	112	PR/PRADRAS	SI.	80	85	1181 6000	9
	115	R/YA SAHA	85	85	10	T1RT 6000	8
	117	SAMADRITA BOY	83	14	81	VERY GOOD	3
	119	SAYANTI SAZHE KHAN	79	38	54	6900	c
E2	121	SCHENI SARKAR	92	13	90	EXCELLENT	A
п	126	\$1,793711905	95	92	94	DEHLEN	A
23	127	SUVASBEE GRIOSH	71	26	79	6000	C
0	128	TISHMILIK	96	*	%	EXCELLENT	A
11	129	AGNISHA RAKSHIT	96	*	*	EXCELLENT	A
0	130	ANTOREKA DEY	88	14	13	VERY 0000	3
E	132	CHANDRIMA BISKIS	81	12	\$8	FEXT 0000	8
0	134	OOUR MONDAL	13	24	88	VERY GOOD	В
0	135	NORANI DAS MAHAPATRA	79	72	78	5000	c
0	136	SOMEO TRANS	96	%	*	ENCELLENT	A
11	137	MADELMITA ROY	92	90	94	ENCELLENT	A
2	138	MEDBA KENDU	70	28	74	6000	c
EI	(4)	PRITEMATY	92	95	- 94	EXCRUENT	A
	141	RAKHEBAYEN	15	12	94	EXCHLIENT	A
							C. Vanharo-po- Procepti Remaintees South Virolandees Villa

Tit .	142	RIMPA KUNDU	96	99	94	EXCELLENT	_ A
II	143	SABARI SARDAR	92	93	94	EXCELLENT	Α
1	145	SANANDA DAS	83	84	88	VERY GOOD	B
II	148	SUBHRA DEY	96	96	96	EXCELLENT	A
II.	150	ANIMA MISHRA	81	83	85		B
					-	VERY GOOD	-
III	152	BIDISHA ROY	83	84	88	VERY GOOD	В
III	154	ISHIKA CHOPRA	88	84	84	VERY GOOD	В
ш	157	NITISHA SHAW	70	78	74	GOOD	С
III	158	OINDRILA CHAKRABORTY	96	96	96	EXCELLENT	A
m	163	ARPITA DALUI	94	99	94	EXCELLENT	A
III	164	CHANDRIMA PONDIT	71	76	79	GOOD	С
Ш	165	JAYEITA SETH	96	96	96	EXCELLENT	A
ш	166	MAMITA DAS	94	96	94	EXCELLENT	A
	The Total Grade The Continuous	Assessment' scores are provided as is determined based on the everall per Assessment column provides a general percentage ranges:	formance across all assesso		of adherence to deadlines	P.s	Principal Principal Krishna Sarada Masi kananda Vidyabhawa

Ш	167	MENAKSHI MONDAL	81	83	85	VERY GOOD	8
Ш	168	PIU ROY	86	86	83	VERY GOOD	В
Ш	169	PIYALI OJHA	83	84	88	VERY GOOD	В
ш	170	PRIYANKA GUIN	70	78	74	GOOD	C
Ш	171	RITUPARNA DEY	92	93	92	EXCELLENT	A
III	173	SAYANI MONDAL	95	92	94	EXCELLENT	A
ш	176	SMRITI MONDAL	71	76	79	GOOD	c
Ш	179	SUBHOSREE DEY	96	96	96	EXCELLENT	A
ш	180	USHA HAZARI	96	96	96	EXCELLENT	A
m	181	ANANNYA DAS	88	84	83	VERY GOOD	В
m	182	ASHA DAS	81	82	88	VERY GOOD	В
ш	183	BAISHAKHI ROY	83	84	88	VERY GOOD	В
ш	184	BANABITHI BISWAS	73	72	78	GOOD	c
	185	BANDINI CHAKRABORTY	96	96	96	EXCELLENT	Α
III	187	JITA GHOSH CHOWDHURY	92	93	94	EXCELLENT	A
							ProClampopo Riscopii Remeticiani States Westerando Voyaldana

ш	188	KRISHNA MISTRI	70	78	74	GOOD	С	
III	190	PRAMILA BASAK	92	93	96	EXCELLENT	A	
Ш	191	RITIKA DAS	95	92	94	EXCELLENT	A	
Ш	192	SANGITA NASKAR	81	83	85	VERY GOOD	В	
Ш	195	ANTARA RAY	86	86	83	VERY GOOD	В	
Ш	197	KATHA KARMAKAR	83	84	88	VERY GOOD	В	
ш	199	PIYALI GHOSH	70	78	74	GOOD	С	
Ш	201	PRIYANKA MONDAL	92	93	92	EXCELLENT	A .	
Ш	203	SARULATA MALIK	95	92	94	EXCELLENT	A	
Ш	204	SHYAMARANI DAS	71	76	79	GOOD	С	
Ш	205	SOURIMA TAPADAR	96	96	96	EXCELLENT	A	
Ш	207	SUJATA LOHAR	96	96	96	EXCELLENT	A	
ш	208	ANUSHKA BHATTACHARJEE	88	84	83	VERY GOOD	В	
Ш	210	PAUSHALI SARKAR	81	82	88	VERY GOOD	В	
	214	UMME HABIBA NASRIN	83	84	88	VERY GOOD	В	
							Benetstein	teipel Sereda Mission s Vidystate. ex

II - S.C.	216	KONIKA GHOSH	73	72	78	GOOD	С
11	217	SONIYA SAHA	96	96	96	EXCELLENT	A
I	219						
	219	MAMPI RUIDAS	92	93	94	EXCELLENT	A
ı	221	SHREYASRI CHAKRABORTY	70	78	74	GOOD	С
ı	222	MEGHA SENGUPTA	92	93	96	EXCELLENT	Α
II	223	PROSOMITA DEY	95	92	94	EXCELLENT	A
п	224	SUPRITI CHAKRABORTY	81	83	85	VERY GOOD	В
п	225	ANKITA PAUL	86	86	83	VERY GOOD	В
Ш	227	PRIYANKA MONDAL	83	84	18	VERY GOOD	В
		seaments" soores are provided as percent teleminade based on the overall performs sources column provides a general eval- ding percentage rangers:		nents. I pusicipation, engageme	et and adherence to d	eadlines throughout the cour	Parket Service Principal
							Wwatenanda Vidystit



Ramakrishna Sarada Mission Vivekananda Vidyabhavan

State-aided Girls' College

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

Youth Icon Swami Vivekananda: (2021-22)



Course Report:

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

Duration of the Course: 30 Hrs Number of Participants: 139 Date of Commencement – 16.11.2021 Name of the Resource Persons:



Pravrajika Ishtatmaprana, Monastic Faculty, Department of Philosophy

Objective of the Course:

This course aims to introduce undergraduate college students to the life, teachings, and values exemplified by Swami Vivekananda, a prominent figure in India's spiritual and cultural landscape. Swami Vivekananda's ideas resonate deeply with the youth, offering guidance and inspiration in various facets of life. Through a blend of lectures, discussions, readings, and reflective exercises, students will explore Vivekananda's philosophy and its relevance to contemporary challenges. The course encourages critical thinking, self-reflection, and the application of Vivekananda's teachings to personal and societal contexts.

Pre Vedarcupo preana

Principal

Ramakrishna Sarada Mission

Vivekananda Vidyabhavan

	Youth Icon Swami Vivekananda	
Module	Content	Duration(Hrs.)
1	 Overview of Swami Vivekananda's life and 	3
	historical context.	
2	 Discussion on the significance of Vivekananda's 	5
	teachings for the youth.	
3	 Understanding Vivekananda's philosophy of 	3
	Vedanta and its principles.	
4	 Analysis of key concepts such as Atman, Karma, 	2
	and Dharma.	
5	 Exploration of Vivekananda's emphasis on ethical 	3
	conduct and moral values.	
6	 Case studies and real-life examples illustrating 	4
	ethical dilemmas and decision-making.	
7	 Activities and group discussions on developing 	5
	leadership skills and fostering a growth mindset.	
8	 Engagement in community service projects and 	
	volunteering activities inspired by Vivekananda's	4
	ideals.	
	Assessment	1
	Total duration	30

By the end of the course, students have gained a deeper understanding of Swami Vivekananda's philosophy and its relevance to contemporary challenges. They have equipped with practical tools and insights to lead a life guided by ethical principles, social responsibility, and spiritual wisdom.

Assessment Procedure:

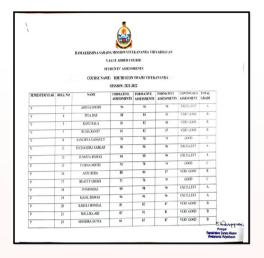
Three Formative Assessments' scores are provided as percentages. The Total Grade is determined based on the overall performance across all assessments. The Continuous Assessment column provides a general evaluation of the students' participation, engagement and adherence to deadlines throughout the course.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



¥	56	KASTURI GARAI						
v	52		71	76		0000		
		SOUMI MANDAL	96	96	95	EXCELLENT	A	
V	58	SWAGATA GHOSAL	92	91	95	EXCELLENT	A	-
V	60	YOGATRAYEE ADHIKARI	70	28	78	0000	C	
v	62	ANKITA PAL	95	92	94	EXCELLENT	A	
V	63	ANTARA DEY	95	94	99	EXCELLENT	A	
V	64	ANWESHA SAHA	96	96	*	EXCELLENT	A	
V	65	ARPITA MALIK	92	93	94	EXCELLENT	A	
V	66	ARPITA MONDAL	81	82	87	VERY GOOD	3	
V	67	BHAGYASREE CHATTERJEE	83	84	88	VERY GOOD	3	
V	69	JAYITA DUTTA	95	92	94	EXCELLENT	A	
V	70	KOUSHIKI GHOSHAL	84	81	83	VERY GOOD	В	
V	71	MADHURI MANDAL	87	86	81	VERY GOOD	3	
V	73	MOU GARAI	83	84	80	VERY GOOD	В	
V	75	PAPIYA MAITY	75	76	71	6000	C	
V	76	PRITHA BOSE	92	95	94	EXCELLENT	A	
V	77	RACHAYETRI ADHIKARI	58	96	96	EXCELLENT	A	
V	78	SANCHAITA SAHA	71	76	79	GOOD	C	
V	79	SIMLI KARMAKAR	95	92	94	EXCELLENT	A	
V	80	SUCHETANA CHAKRABORTY	83	84	83	VERY GOOD	8	
V	81	SUPARNA BHUINYA	88	84	83	VERY GOOD	В	
v	82	SUPRAVA MONDAL	83.	84	83	VERY GOOD	В	
v	84	AHANA GAYEN	71	76	79	6000	C	P. Valuery

V	114	POULAMI DAS	81	82	88	VERY GOOD	В
V	116	SASWATI BISWAS	83	84	88	VERY GOOD	В
V	117	SAYANTIKA BERA	73	72	78	G00D	С
V	118	SERINA GHARAI	96	96	96	EXCELLENT	A
V	119	SHOHINI CHAUDHURY	92	93	94	EXCELLENT	A
V	120	SHREYA DAS	70	78.	74	GOOD	C
V	121	SIWANI GUPTA	92	93	96	EXCELLENT	A
V	122	SOHINI DAS	95	92	94	EXCELLENT	A
V	123	SUPARNA BISWAS	96	99	94	EXCELLENT	A
V	124	TITAS CHAKRABORTY	92	93	94	EXCELLENT	A
V	125	TITHI CHATTERJEE	83	84	88	VERY GOOD	В
Ý	126	TUHINA ROY	96	96	96	EXCELLENT	A
V	127	ANTIKA SARKAR	81	83	85.	VERY GOOD	В
V	128	DHIRA CHAKRABORTY	83	84	58	VERY GOOD	В
V	129	MOUDISHA GHOSH	88	84	84	VERY GOOD	В
V	130	MOUMITA BISWAS	70	78	74	GOOD	С
V	131	NABANITA GHOSH	96	96	96	EXCELLENT	A
V	132	NIBEDITA MANNA	94	99	94	EXCELLENT	A
V	133	PRITI ROY	71	76	79	GOOD	С
V	134	PRIYA SARKAR	96	96	96	EXCELLENT	A
V	135	PRIYANKA SINGHAROY	94	96	94	EXCELLENT	A
V	136	SUNITA HEMBROM	95.	96	94	EXCELLENT	A
V	137	SUSMITA SINGHAROY	97	94	99	EXCELLENT	A
v	138	SWAGATA SAHA	80	81	83	VERY GOOD	В
V	139	TANUSREE MONDAL	88	84	81	VERY GOOD	B Par

	176	SULAGNA SANYAL	95	92	94	EXCELLENT	A
The C deadl Grading criteria al	Formative As total Grade is of continuous Ass tines throughou	sessments' scores are provide stermined based on the overa sessment column provides a g	d as percentages ill performance a eneral evaluation		nents.	engagement and as	therence to
A: 90% - 100% B: 80% - 89%							
C: 70% - 79%							0100
D: 60% - 69% F: Below 60%							rincipal na Sarada Minsion
F: Below 6076						Vivekana	nda Vidyebhavan

V	23	RAJLIXMY DUTTA	95	94	99	EXCELLENT	A	
V	24	RUNI BACHAR	81	10	97	VERY GOOD	В	
V	26	SHARMISTHA MONDAL	87	86		VERY GOOD	В	
V .	27	SOUMILI NANDI	87	86	84	VERY GOOD	В	
V	28	SREEJA GIDOSH	71	36	79	0000	C	
Y	31	SWIYA DUTTA	99	58	- 99	EXCELLENT	A	
V	32	ARUNIMA BISWAS	99	58	94	EXCELLENT	A	
V	33	RUBI SAHA	71	36	79	9000	C	
V	34	APARUPA MAITY	96	96	96	EXCELLENT	A	
V	35	ARPITA SARKAR	94	99	96	EXCELLENT	A	
V	36	DEEPA CHAKROBARTY	70	78	74	0000		
V	37	ISWANI GRSOR	81	82	81	VERY GOOD	8	
V	38	MEGHANA CHOWDH/RY	71	76	79	0000		
V	39	PARNA GHOSH	96	96	96	EXCELLENT	A	
V	40	PUIA NANDI	96	96	94	EXCELLENT	A	
V	42	RUMIA KHATUN	94	99	95	EXCELLENT	A	
V	43	SARASWATI PAHARI	81	82	87	VERY GOOD	8	
V	44	SHRIPARNA MUKHERJEE	71	78	76	G000	С	
Y	45	SNEHA DAS	71	16	79	0000	С	
v	46	SUMANA BISWAS	96	96	**	EXCELLENT	A	
v	48	TIYASA CHAKRABORTY	83	84	\$1	VERY GOOD	8	
v	51	ANKITA DATTA	95	97	44	EXCELLENT	A	
V.	52	ARCHI CHAKRABORTY	87	87	\$6	VERY GOOD	8	
V	54	DÍMITA ACHARYA	84	88	54	VERY GOOD	В	
V	55	JANAYITRI MANDAL	83	84	85	VERY GOOD	8	Λ

V T							
	85	ANKANA MAJUMDER	96	96	96		
v	86	ANNAPURNA GAYEN	90	94	90	EXCELLENT	A
v	87	APARNA KAYAL	70	78	74	EXCELLENT	A
V	88	BARNALI ROUT	81	85	10		c
v	89	DEBARATI PAUL	71	76		VERY GOOD	В
v	90	DIPANNITA GHOSH	95		79	6000	С
v	92			92	94	EXCELLENT	A
V		KRISHNA CHOWDHURY	94	99	92	EXCELLENT	A
	93	MANISHA MONDAL	71	76	79	0000	
v	94	RIMI SARDAR	96	96	96	EXCELLENT	A
v	95	RITIKA BISWAS	92	93	94	EXCELLENT	A
V	96	RITU DEY	83	84	88	VERY GOOD	8
V	97	RIYA MAITY	81	82	83	VERY GOOD	8
V	99	SHIULI MANDI	95	92	94	EXCELLENT	A
V	100	SHREYA DUTTA	93	94	92	EXCELLENT	A
v	101	SRIJANI DAS	96	96	96	EXCELLENT	A
v	102	SUDIPTAGHOSH	81	83	85	VERY GOOD	8
v	103	SUMI DAS	86	85	83	VERY GOOD	8
V	104	TUHINA CHAKRABORTY	83	84	88	VERY GOOD	8
v	106	ANAMIKA KUNDU	70	78	74	GOOD	C
v	107	ANKITA GWALA	92	93	92	EXCELLENT	A
v	108	BIDISHA SAMANTA	95	92	94	EXCELLENT	A
v	109	JAGRITI BISWAS	71	76	79	GOOD	C
v	110	JAYABI CHOWDHURY	96	96	96	EXCELLENT	A
v	111	MAITRYEE	96	96	96	EXCELLENT	A
		BHATTACHARYYA					
V .	112	MAMANI SAHA	88	84	83	VERY GOOD	B P.

V	140	TUYA GHANTA	81	83	85	VERY GOOD	В	
V	141	JOYSHREE MONDAL	71	76	79	6000	С	
V	142	PARBATI SAREN	96	96	96	EXCELLENT	A	
V	143	PARMITA MONDAL	94	96	98	EXCELLENT	A	
V	144	ROMA DEY	70	78	74	6000	С	
V	145	SHILA SING	95	92	94	EXCELLENT	A	
V	147	ARPITA ADHIKARI	98	92	93	EXCELLENT	A	
V	150	CHUMKI MONDAUL	83	84	88	VERY GOOD	В	
v	151	DISHA MISTRI	81	82	88	VERY GOOD	8	
V	152	IPSWITA JAMAN	95	92	94	EXCELLENT	A	
V	154	JOYITA KAYAL	95	98.	94	EXCELLENT	A	
V	155	MAMONI PAHARI	96	96	96	EXCELLENT	A	
V	156	MINAKSHI DAS	94	99	98	EXCELLENT	A	4
v	159	RAKHI RUIDAS	71	76	79	6000	С	
V	161	SAYANTIKA GHOSH	81	82	83	VERY GOOD	3	
V	162	SIKHA JANA	96	96	96	EXCELLENT	A	
V	163	SULATA DAS	81	#3	85	VERY GOOD	8	
V	164	SUPARNA DEY	88	84	88	VERY GOOD	8	
V	166	ADRIJA BANERJEE	88	84	\$1	VERY GOOD	В	
V	167	ADRUA ROY	70	78	74	0000	С	
V	169	ANUSKA BANERJEE	95	92	94	EXCELLENT	A	
V	170	BRITA ROY	94	99	99	EXCELLENT	A	
٧	171	JAHNABI DAS	70	78	74	GOOD	С	
V	172	PRITI MONDAL	96	94	99	EXCELLENT	A	
V	174	SAPTAPARNI SARKAR	96	96	96	EXCELLENT	A	g. Varlangerger Antopal