



## **Bratachari Training**

**Name of Course: BRATACHARI TRAINING**

**Duration:** 30 Hrs.

**Offered by:** Ramakrishna Sarada Mission Vivekananda Vidyabhavan & Bengal Bratachari Society

**Eligibility:** 10 + 2 Passed and RKSMVV Students

**Course Fee:** 100/-

### **Course Overview:**

The term "Bratachari" is derived from two words: "Brata" meaning a vow or pledge, and "Chari" meaning one who practices. Bratachari is a cultural and educational movement that originated in Bengal (now part of India and Bangladesh) in the early 20th century. It was founded by Gurusaday Dutt, a prominent Bengali social worker and folklorist. The Bratachari training course aims to revive and promote Indian cultural heritage, especially through physical education, dance, and other traditional arts. Principles and practices of Bratachari influence various cultural and educational initiatives. Contemporary folk dance and music festivals, physical education programs, and cultural preservation projects also draw inspiration from the Bratachari ethos. By blending physical education with cultural preservation and moral education, this course has a lasting legacy in the fields of Indian arts, education, and social development.

### **Course Objectives:**

This course emphasizes the holistic development of individuals with the following objectives:

- **Physical Fitness:** Promoting physical well-being through traditional Indian exercises, martial arts, and dance forms.
- **Cultural Revival:** Preserving and promoting traditional Indian arts, crafts, and cultural practices.
- **Moral Education:** Instilling values of discipline, patriotism, and social responsibility.
- **Community Building:** Fostering a sense of unity and cooperation among people.

### **Resource Persons:**

***Soma Paul***, Purnanga Bratachari, Bengal Bratachari Society

***Anindita Mondal***, Purnanga Bratachari, Bengal Bratachari Society

### **Learning Outcomes:**

Some of the key outcomes of the Bratachari Training Course include:

- **Cultural Preservation:** This course aims to preserve numerous folk traditions, dances, and crafts.
- **Physical Education:** This course introduces a structured approach to physical education rooted in Indian traditions, contrasting with the Western models prevalent at the time.
- **Nationalism:** This course fosters a sense of nationalism and cultural pride.
- **Community Development:** This course promotes community activities and cooperative values by strengthening social bonds and encouraging community development.