

(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)
Belur Math, Howrah - 711 202, West Bengal

# 1.2.2 Average number of value-added courses offered during the last five years

# Brochure and Course content along with CLOs of value-added courses



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Swami Vidyamritananda Principal (Offg.) Ramakrishna Mission Sikshanamandira Belur Moth, Howrah-711202, W.B.



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Belur Math, Howrah - 711 202, West Bengal

## 2022-23: Brochure and Course content along with CLOs of value-added courses

# Course Name: Srimad Bhagavad Gita: An Art of Recitation and Analysis with Meaning

#### **BROCHURE**







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Belur Math, Howrah - 711 202, West Bengal

Course Code: SBG/01/22-23

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 2 September 2022 to 30 September 2022

Contact Hours: Everyday morning from 6:00 a.m. to 7:15 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 65** 

**Total Number of Students Completed: 62** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj welcomed all the participants of the course. This course was designed to motivate the trainees of Ramakrishna Mission Sikshanamandira in order to understand the meaning of Srimad Bhagavad Gita and recite with analysis its verses. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource person, the said course has put a significant impact on the mind of the trainees of Ramakrishna Mission Sikshanamandira. Lecture cum demonstrations by eminent resource persons in various forms of art inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Gita reading as a result of Vidyarthibrata, spiritual programs and various value based education and after completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 42 hours. Last date of enrolment for the course was 1 September 2022. The course was conducted every morning from 6:00 a.m. to 7:15 a.m. (2 September 2022 to 30 September 2022) with 65 enrolled students. A total of 62 students completed the course successfully and received the participation certificate on 9 November 2022.

#### CLOs:

By the end of this course students have gained the followings:

- They can now recite the *Slokas* of Srimat Bhagvat Gita with proper intonation and pronunciation.
- While chanting they can follow the easy meaning of the verses of Srimad Bhagavad Gita.
- Has acquainted with the pattern of versification.
- Has got a philosophical understanding and significance of Srimad Bhagavad Gita.



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Belur Math, Howrah - 711 202, West Bengal

## Course Name: Personality Development through Vivekananda's Ideas

#### **BROCHURE**



## Course Duration 32 hours



(Classes will be conducted via Offline Mode)

Date 4 November to 15 December 2022

#### Course Learning Outcomes

After the completion of this course, the student teachers will be able

- To have a substantial amount of knowledge of Bhakti Yoga, Juana Yoga, Karma Yoga and Rain Yoga.
- To be able to understand the importance of the first part of Complete Works of Swami Vivekananda.
- To understand the indispensability of possessing good personality in line with Swami Viveknanda's lecture delivered at the Parliament of Religious in Chicago.
- To be able to understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

#### Course Contents

Houn	Contents
4 Houn	Imma Yoga, 1st part of CWSV
6 Hours	Bhakti Yogo, lot part of Personal letters of Socarni Vivekananda
3 Hoan	Kama Yopa, 2nd part of Personal letters of Swami Vivekananda
8 Houn	Raja Yoga, Papers on Communal Harmony by Swami Vivokananda
6 Hours	Lectures From Columbo to Almons
5 Houn	Some anobiographical elements of Swami Vivekananda



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Belur Math, Howrah - 711 202, West Bengal

Course Code: PDVI/02/22-23

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 4 November 2022 to 15 December 2022

Contact Hours: Every morning from 7:00 a.m. to 7:45 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 27** 

**Total Number of Students Completed: 21** 

Course Fee: NIL
Brief Descriptions:

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj welcomed all the participants of the course. This course was designed to develop the personality of the trainees in Ramakrishna Mission Sikshanamandira through Swami Vivekananda's Ideas. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource persons, the said course has a valuable impact on the development of personality of the trainees. Lecture cum demonstrations by eminent resource persons in various forms of Swami Vivekananda's Ideas inspired the trainees. One of the major objectives of this certificate course is to make our students interested in the life divine of Swami Vivekananda. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 32 hours. Last date of enrolment for the course was 2 November 2022. The course was conducted every morning from 7:00 a.m. to 7:45 a.m. (4 November 2022 to 15 December 2022) with 27 enrolled students. A total of 21 students completed the course successfully and received the participation certificate on 18 December 2022.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.



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Belur Math, Howrah - 711 202, West Bengal

## **Course Name: Preparation of Collage and Clay Model**

#### **BROCHURE**







(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711 202, West Bengal

Course Code: PCCM/04/22-23

Course Coordinator: Sri Rathin Kuri

Name of the Resource Persons: Sri Rathin Kuri Course duration: 12 April 2023 to 26 May 2023

Contact Hours: Everyday evening from 5:30 p.m. to 6:30 p.m, for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 77** 

**Total Number of Students Completed: 59** 

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Rathin Kuri gave welcome notes on the aforesaid course. After the welcome address of the principal, Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on College and Clay Modelling. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Rathin Kuri, the course coordinator acted as a resource person of the said course. He has discussed the purpose of this course clearly to the inhouse participants. One of the major objectives of this certificate course is to make our students interested in hands-on experience on College and Clay Modelling. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 11th April, 2023. The course was conducted Everyday evening from 5:30 p.m. to 6:30 p.m (12 April 2023 to 26 May 2023) with 77 enrolled students. A total of 59 students completed the course successfully and received the participation certificate on 29 May 2023.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees would be able to handle the collage and clay Model instruments as well as in future they can use them for their personal or professional growth.
- Trainees would be able to learn and develop an additional skill in their life. They may develop it as a hobby in the future.
- They can now show their skills at any platform that is designed on collage and clay Modelling.
- The trainees are now able to develop competent professionals in the collage and clay Modelling industry.



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Belur Math, Howrah - 711 202, West Bengal

## **Course Name: Band and Musical Instruments**

#### SAMPLE BROCHURE



## Course Duration: 39 hours



Date: 1 November to 15 December, 2022

(Classes will be conducted via Offline Mode)

#### Course Learning Outcomes:

- The prospective teachers will learn and develop one additional skill in their life.
   They can develop it as a hobby in future.
- The prospective teachers will be able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees will demonstrate comprehensive technical and artistic competencies in the major performing area, including the ability to work independently to prepare performances at the highest possible level.
- Trainees will exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

#### Course Contents:

House	Built Saveleige of Busin and Masked Instruments. Also Care and makenmans of their Instrument.	
Thurs	Learning of Base Fernanc Side Drawn and Carlo	
d Mars	Learning Charlest and Societhers	
Bues	Learning of Trumpet and Explorators	
Bore	A better understanding of world relices, latency, and other ferms after through maris.	
llars	Evaluation of participants on the book of their participants in sole and group.	



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Belur Math, Howrah - 711 202, West Bengal

Course Code: BMI/05/22-23

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Sri Amit Kumar Patra, Sri Arumoy Jana

Course duration: 01 November-2022 to 15 December 2022

Contact Hours: Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m., for a total of 39 hrs.

Mode: offline

**Total Number of Students Enrolled: 14** 

**Total Number of Students Completed: 14** 

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Arumoy Jana gave welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Band and Musical Instruments. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Arumoy Jana, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Band and Musical Instruments. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 39 hours. 29th October, 2022 was the last date of enrolment for this course. The course was conducted Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m. (01 November-2022 to 15 December 2022) with 14 enrolled students. All of 14 students completed the course successfully and received certificates of participation on 17th December 2022.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees learned and developed one additional skill in their life. They can develop it as a hobby in future.
- The trainees are now able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees can now exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

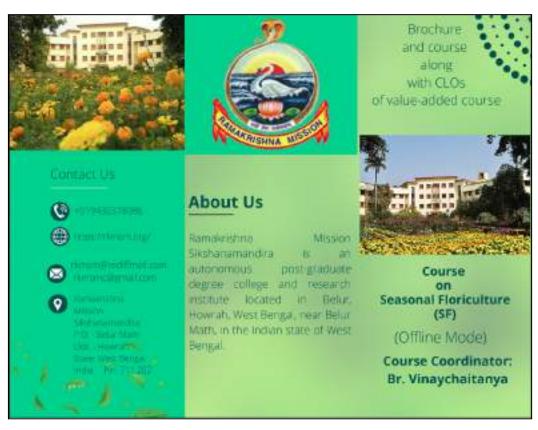


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Belur Math, Howrah - 711 202, West Bengal

### **Course Name: Seasonal Floriculture**

#### SAMPLE BROCHURE



#### Course Learning Outcomes Course Contents Trainees will learn and Course Duration develop an additional skill in their life. They may develop 40 hours it us a hobby in the future. The truinees will be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth. They can show their skill at any platform as well as this certificate will enhance their The trainees will be able to develop competent Date professionals in the 2 November to plantation & Floriculture. 24 December, 2022 The trainees will be (CLASSES WILL BE CONDUCTED appraised to the technical VIA OFFLINE MODE) proficiency of professional working in the plantation & Floriculture.



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Belur Math, Howrah - 711 202, West Bengal

Course Code: SF/06/22-23

Course Coordinator: Br. Vinaychaitanya.

Name of the Resource Persons: Br. Girishachaitanya, Br. Vinaychaitanya.

Course duration: 02 November-2022 to 24 December, 2022

Contact Hours: Everyday morning from 6:15 a.m. to 7:00 a.m., for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 10** 

**Total Number of Students Completed: 10** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Br. Vinaychaitanya gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj welcomed all the participants of the course. This course was designed to develop the expertise of the inhouse trainees in order to nurture the seasonal flower garden inside the Ramakrishna Mission Sikshanamandira college campus. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Br. Vinaychaitanya coordinator of the said course discussed the valuable impact of the said course on the trainees in order to nourish the seasonal flower. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Seasonal Floriculture. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 1 November, 2021. The course was conducted every day morning from 6:30 a.m. to 7:30 a.m. (02 November-2021 to 24 December, 2021) with 10 enrolled students. A total of 10 students completed the course successfully and received the participation certificate on 2 January, 2023.

#### CLOs:

By the end of this course students have gained the followings:

- Trainees learned and developed an additional skill in their life. They can develop it as a hobby in the future.
- The trainees can be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth.
- The trainees can be able to develop competent professionals in the plantation & Floriculture.
- The trainees can be upgraded to the technical proficiency of professional working in the plantation & Floriculture.

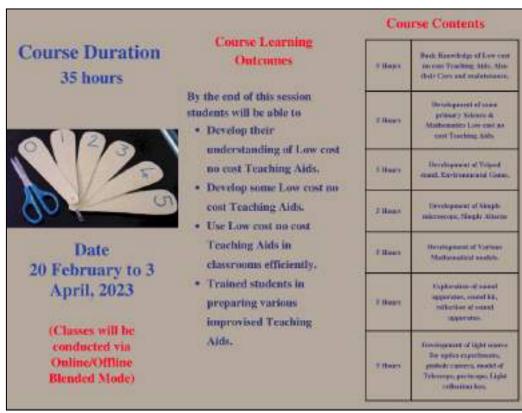


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## **Course Name: Low Cost No Cost Teaching Aids**

#### SAMPLE BROCHURE







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Belur Math, Howrah - 711 202, West Bengal

Course Code: LCNCTA/07/22-23

Course Coordinator: Dr. Satyajit Kar

Name of the Resource Persons: Dr. Satyajit Kar, Sri Hitasish Bhowmik

Course duration: 20 February 2023 to 03 April 2023

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 9** 

**Total Number of Students Completed: 8** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Satyajit Kar gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj welcomed all the participants of the course. This course was designed to initiate the idea among the trainees of Ramakrishna Mission Sikshanamandira in order to cultivate the ideas of various low cost and no cost teaching Aids involved in the teaching of Science and Mathematics. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Satvajit Kar the coordinator of the said course welcomed all the participants of this course. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Various low cost no cost teaching Aids. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 19 February, 2023. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (20 February 2023 to 03 April 2023) with 9 enrolled students. A total of 8 students completed the course successfully and received the participation certificate on 6 April 2023.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyse text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.



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Belur Math, Howrah - 711 202, West Bengal

### **Course Name: Vocal Music**

#### SAMPLE BROCHURE



#### Course Contents Course Learning Course Duration Hours Contents Outcomes 32 hours The following outcomes are Contribution of 6 Hours expected from students at the Ancient, Medieval end of the program: Learn about Indian Modern Scholars to scholars of ancient. 5 Hours Indian Music medieval, and modern times. Critical Study of 4 Hours Build knowledge about Ragas notational systems and scales. Critical Study of 6 Hours Students will be introduced Tanks to various new ragas and rhythms, they are Notation System. Be able to do classical and other 6 Hours Scales and Time light and folk music styles. Signature Date May can start earning by 2 September to 30 increasing their skills in the Brief study of September, 2022 field As composers, music Western Notation 5 Hours and Harmony writers,s and performers. Melody



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Belur Math, Howrah - 711 202, West Bengal

Course Code: VM/09/22-23

Course Coordinator: Pradip Roychowdhury

Name of the Resource Persons: Amit Kumar Patra, Pradip Roychowdhury and Swami

Vidyamritananda

Course duration: 2 September 2022 to 30 September 2022

Contact Hours: Everyday evening from 6:30 p.m. to 7:30 p.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 65** 

**Total Number of Students Completed: 65** 

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Pradip Roychowdhury gave a welcome address on the aforesaid course. After the introduction the principal, Ramakrishna Mission Sikshanamandira, revered Swami Vidyamritananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Vocal Music. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharai, Sri Pradip Roychowdhury, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Vocal Music. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 32 hours. 1 September 2022 was the last date of enrolment for this course. The course was conducted Everyday evening from 6:30 p.m. to 7:30 p.m (2 September 2022 to 30 September 2022) with 65 enrolled students. A total of 65 students completed the course successfully and received certificates of participation on 12 November 2022.

#### CLOs:

The following outcomes are expected from students at the end of the program:

- Learn about Indian scholars of ancient, mediaeval and modern times.
- Build knowledge about notational systems and scales.
- Students will be introduced to various new ragas and rhythms. they are

Be able to do classical and other light and folk music styles.



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 May have the ability to start earning by increasing their skills in the field As composer, music writer and performer.

# Course Name:Post Graduate Diploma in Guidance and Counselling

SAMPLE BROCHURE

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

For Male Candidates only

Classes will be conducted via Online / Offline Blended Mode

(2022-23)

## **Prospectus**



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OFTEACHEREDUCATION
UNDER THE UNIVERSITY OF CALCUTTA

BELUR MATH, HOWRAH – 711 202

Email: rkmsm@rediffmail.com, rkmsmc@gmail.com Web-site: www.rkmsm.org Ph. No. - (033) 2654-6081/9281/1635





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Belur Math, Howrah - 711 202, West Bengal

PGDGC/Prospectus 2022-23

R. K. M. Sikshanamandira

#### POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

#### Vision:

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of guidance and counselling. The course will also help the students become exemplary in applying essential guidance and counselling knowledge and skills in various settings with individuals from diverse backgrounds.

#### Mission:

This one-year regular course is designed to prepare education professionals for Guidance and Counselling within the primary, secondary, higher and tertiary education sectors. The programme includes the study of guidance and counselling regarding the education policy environment, the legal and social context, the principles of leadership in education and the culture of educational institutions. The course provides participants with an opportunity to develop their insights into leadership in education, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context, brainstorming on relevant areas of Educational Guidance and Counselling and other pertinent themes.

The course is designed particularly for Students of the Post-Graduate Level, Teachers, Head teachers, Principals and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in Guidance and Counselling will enable the students to:

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to clients diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a commitment to future development and possession of effective networking skills.
- Have research and program evaluation skills that include the development of research and program evaluation questions as well as the selection of appropriate methodologies for collecting and analysing data.

Page 2 of 4

"Education is the manifestation of the perfection already in man."





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#### PGDGC/Prospectus 2022-23

#### R. K. M. Sikshanamandira

- 4. Have the skills to primarily deliver developmental and preventative services using the individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the client population.
- Have a vision of career planning as a developmental process and provide individual guidance and counselling as well as training skills to facilitate decision-making and to work with developmental life transitions.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice to the use of assessment and information management tools.

Program Learning Outcomes (PLOs) of Post Graduate Diploma in Guidance and Counselling Course

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.
- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.

Page 3 of 4



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♦ Course of Study : POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

♦ Duration : 1 YEAR

◆ Semester : 2

♦ Intake : 70 (Approx.)

♦ Course Fees : Total Rs. 9000/- (Nine Thousand only)

> Rs. 5,000/- (Rupees Five Thousand only) to be paid at the time of admission.

Rs. 4,000/- (Rupees Four Thousand only) to be paid at the time of initiation of 2<sup>nd</sup> Semester.

- The Course will have to be completed within 3 years.
- Classes will be conducted via Online / Offline Blended Mode.
- Classes will be held on the following days and times:

Days	Time	Mode
Tuesday	6:00 p.m. to 8:00 p.m.	Online
Thursday	6:00 p.m. to 8:00 p.m.	
Saturday	6:00 p.m. to 8:00 p.m.	
Sunday	10:30 a.m. to 5 p.m.	Offline

[N.B. 75% attendance in the classes is mandatory]

Page 4 of 4



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Belur Math, Howrah - 711 202, West Bengal

#### PGDGC/Prospectus 2022-23

R. K. M. Sikshanamandira

· Eligibility:

Academic qualification : Minimum 3 years Graduate in any discipline of any

UGC recognized University.

Age : No bar.Sex : Male only.

Mode of Selection: Merit list will be prepared on the basis of the following:

Secondary	20
Higher Secondary	20
Graduation (3 years)/ Equivalent Degree (Minimum 3 years)	30
PG (2 Years)	20
Others (B.Ed./M.Ed./ B.P.Ed./M.P.Ed./etc.)	10
Total =	100

- In-service Candidates will be given special preferences. (Covernment Service Only)
- Form fill-up mode from online through the website (<u>www.rkmsm.org</u>).
- Online Form fill-up date: From 19th July to 2nd September, 2022.
- Online Form fees: Rs. 250/- only
- Merit List & Waiting List will be published on: 9th September, 2022.
- Reservation: As per Rules framed by the Government of West Bengal.
- Dates of Admission: 13th September to 15th September, 2022.
- Dates of Admission from Waiting List: 16th September, 2022.
- Classes start on 18<sup>th</sup> September, 2022 (Sunday) from 10.30 am [through offline mode]

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Page 5 of 4



(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711 202, West Bengal

Course Code: PGDGC

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 18.09.2022-19.09.2023

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m., Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00

p.m. to 8:00 p.m. (Online) Sunday 10:30 a.m. to 5 p.m. (Offline), for a total of 600 hrs.

Mode: offline

Total Number of Students Enrolled: 4
Total Number of Students Completed: 4

#### **Brief Descriptions:**

The Post Graduate Diploma in Guidance and Counselling (PGDGC), course code PGDGC, is a year-long program under the guidance of Course Coordinator Br. Vinaychaitanya. It offers a comprehensive curriculum aimed at equipping students with the skills necessary for effective guidance and counselling.

The course duration spans a year, starting from 18.09.2022, and employs a combination of offline and online modes. Online sessions are held on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m., while offline sessions take place on Sundays from 10:30 a.m. to 5:00 p.m. The total contact hours for the program sum up to 600.

With a small cohort of 4 students, the program emphasises personalised attention and interaction. It covers a range of topics including counselling techniques, psychological theories, ethical considerations, and communication skills. The integration of theoretical learning and practical application ensures graduates are well-prepared for diverse counselling scenarios.

#### CLOs:

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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Belur Math, Howrah - 711 202, West Bengal

- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.



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Belur Math, Howrah - 711 202, West Bengal

## Course Name: Post Graduate Diploma in Yoga Education

#### SAMPLE BROCHURE

# POST GRADUATE DIPLOMA IN YOGA EDUCATION

For Male Candidates only

Classes will be conducted via Online / Offline Blended Mode

(2022-23)

## **Prospectus**



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION
UNDER THE UNIVERSITY OF CALCUTTA
BELUR MATH, HOWRAH – 711 202

Email: rkmsm@rediffmail.com, rkmsmc@gmail.com Web-site: www.rkmsm.org

Ph. No. - (033) 2654-6081/9281/1635





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Belur Math, Howrah - 711 202, West Bengal

PGDYE/Prospectus 2022-23

R. K. M. Sikshanamandira

#### POST GRADUATE DIPLOMA IN YOGA EDUCATION

#### Vision:

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness. Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

#### Mission:

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sectors. Our mission is to empower all communities with yoga to cultivate health and wellness in adults to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to age people into academic environments. The course provides participants with an opportunity to develop themself or atman which is essential in the education process and also to undertake a particular practical project related to their own work. A wide variety of methodologies — lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes.

The course is designed particularly for Students of Post-graduate levels, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the Course:

Post Graduate Diploma in Yoga education will enable the students to -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Deal with the problems of integration of personality as a first step to preparing oneself for the higher esoteric practices.
- Learn techniques for gaining good health, develop a discriminative mind capable of knowing the real from the unreal and face the dualities of life with equanimity.
- Have the knowledge and achieve mental hygiene, and emotional stability, integrate moral values and attain a higher level of consciousness.

Page 2 of 5





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Belur Math, Howrah - 711 202, West Bengal

#### PGDYE/Prospectus 2022-23

R. K. M. Sikshanamandira

- Be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these if they were to go out into the world after the course to undertake teaching work in Yoga.
- 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 society and of the nation.
- Have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.
- 8. Indicate changes they can make to their diet.
- Acknowledge the prevention of disease even in patients with severe health problems.
- Have research and programme evaluation skills that include the development of research and programme evaluation questions, and the selection of appropriate methodologies for collecting and analyzing data.

#### Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- Learn techniques of gaining good health, to develope a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.

Page 3 of 5



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Belur Math, Howrah - 711 202, West Bengal

#### PGDYE/Prospectus 2022-23

R. K. M. Sikshanamandira

 Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.

♦ Course of Study : POST GRADUATE DIPLOMA IN YOGA EDUCATION

Duration : 1 YEAR
 Semester 2
 Intake 70

Course Fees : Total Rs. 9,000/- (Nine Thousand only)

Rs. 5,000/- (Rupees Five Thousand only) to be paid at the time of admission.

 Rs. 4,000/- (Rupees Four Thousand only) to be paid at the time of initiation of 2nd Semester.

The Course will have to be completed within 3 years.

Classes will be conducted via Online / Offline Blended Mode.

Classes will be held on the following days and times:

Days	Time	Mode
Tuesday	6:00 p.m. to 8:00 p.m.	Online
Thursday	6:00 p.m. to 8:00 p.m.	
Saturday	6:00 p.m. to 8:00 p.m.	
Sunday	10:30 a.m. to 5 p.m.	Offline

[N.B. 75% attendance in the classes is mandatory]

Page 4 of 5



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Belur Math, Howrah - 711 202, West Bengal

#### PGDYE/Prospectus 2022-23

R. K. M. Sikshanamandira

#### · Eligibility:

- Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
- Age: Not more than 40 years. (Relaxation of age may be considered forIn-Service [Government Service] candidates)
- Sex: Male only.
- Mode of Selection: Merit list will be prepared on the basis of the following:

Secondary	15			
Higher Secondary	15			
Graduation (3 years)		20		
B.Ed./ B.P.Ed.		10		
M.P.Ed./ M.Ed./ M.A./ M.Sc./ M.Com./ Other equivalent degree		10		
Yoga/ Sports Performance:				
National Level/ All India Level = 10				
State level/ Inter University	= 8	Out of		
District Level/ Inter College	District Level/ Inter College = 6			
*Best Performance to be counted.		1		
Interview/Counselling		20		
Total =		100		

Page 5 of 5



(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta) Belur Math, Howrah - 711 202, West Bengal

Course Code: **PGDYE** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 18.09.2022-19.09.2023

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m. Online Thursday 6:00 p.m. to 8:00 p.m.

Saturday 6:00 p.m. to 8:00 p.m. Sunday 10:30 a.m. to 5 p.m. Offline, for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled: 1** 

**Total Number of Students Completed: 1** 

**Brief Descriptions:** 

The Post Graduate Diploma in Yoga Education (PGDYE), course code PGDYE, is a year-long

program scheduled from 18th September 2022, under the guidance of Course Coordinator Br.

Vinaychaitanya. This course, conducted offline, emphasises comprehensive yoga education.

The program offers a total of 600 contact hours, structured across the week as follows: online

sessions on Tuesday and Thursday from 6:00 p.m. to 8:00 p.m., online sessions on Saturday from

6:00 p.m. to 8:00 p.m., and offline sessions on Sunday from 10:30 a.m. to 5:00 p.m.

Despite having a single enrolled student, the course focuses on personalised engagement and

interaction. It covers diverse aspects of yoga education, providing theoretical knowledge and

practical training.

With 1 student having successfully completed the program, the PGDYE demonstrates its ability

to offer in-depth yoga education. This program is suitable for individuals seeking to deepen their

understanding of yoga and its applications, preparing them for roles in education, wellness, and

holistic health fields.

CLOs:

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students

will -

1. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of

Yoga.

2. Be able to perceive the integration of personality to the preparation for one's higher

esoteric practices as the first step of the journey.

"Education is the manifestation of the perfection already in man."

Swami Vivekananda



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- 3. Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- 4. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- 5. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- 6. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 7. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- 8. Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- 9. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 10. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good mediator that will benefit him personally and enable him to guide others as well.



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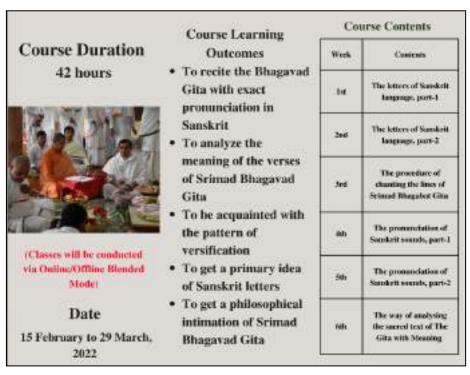
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# 2021-22: Brochure and Course content along with CLOs of value-added courses

# Course Name: Srimad Bhagavad Gita: An Art of Recitation and Analysis with Meaning

#### **BROCHURE**





<sup>&</sup>quot;Education is the manifestation of the perfection already in man."



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Belur Math, Howrah - 711 202, West Bengal

Course Code: SBG/01/21-22

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 15 February 2022 to 29 March 2022

Contact Hours: Everyday morning from 6:00 a.m. to 7:00 a.m., for a total of 42 hrs.

Mode: offline

**Total Number of Students Enrolled: 30** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to motivate the trainees of Ramakrishna Mission Sikshanamandira in order to understand the meaning of Srimad Bhagavad Gita and recite with analysis its verses. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource person, the said course has put a significant impact on the mind of the trainees of Ramakrishna Mission Sikshanamandira. Lecture cum demonstrations by eminent resource persons in various forms of art inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Gita reading as a result of Vidyarthibrata, spiritual programs and various value based education and after completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 42 hours. Last date of enrolment for the course was 14 February 2022. The course was conducted every morning from 6:00 a.m. to 7:00 a.m. (15 February 2022 to 29 March 2022) with 30 enrolled students. A total of 27 students completed the course successfully and received the participation certificate on 31 March 2022.

#### CLOs:

By the end of this course students have gained the followings:

- They can now recite the *Slokas* of Srimat Bhagvat Gita with proper intonation and pronunciation.
- While chanting they can follow the easy meaning of the verses of Srimad Bhagavad Gita.
- Has acquainted with the pattern of versification.
- Has got a philosophical understanding and significance of Srimad Bhagavad Gita

## Course Name: Personality Development through Vivekananda's Ideas



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Belur Math, Howrah - 711 202, West Bengal

#### **BROCHURE**



## Course Duration 32 hours



(Classes will be conducted via Online/Offline Blended Mode)

> Date 4 November to 15 December 2021

#### Course Learning Outcomes

After the completion of this course, the student teachers will be able

- To have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- To be able to understand the importance of the first part of Complete Works of Swami Vivekananda.
- To understand the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- To be able to understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

#### Course Contents

Week	Contents	
tu.	Jama Yoga, 1st part of CWSV	
2nd	Bhakit Yoga, Ist part of Personal latters of Swami Vivokananda	
Set	Karina Yoga, 2nd part of Personal letters of Swami Vivekananda	
4th	Raja Yoga, Papers on Communal Harmony by Swami Vivekananda	
ða.	Lectures from Columbo to Almora	
om.	Some autobiographical clements of Swami Vivekananda	

Course Code: PDVI/02/21-22

Course Coordinator: Dr. Siharan Chakraborty



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Belur Math, Howrah - 711 202, West Bengal

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 4 November 2021 to 15 December 2021

Contact Hours: Every morning from 7:00 a.m. to 7:45 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 40** 

**Total Number of Students Completed: 37** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the personality of the trainees in Ramakrishna Mission Sikshanamandira through Swami Vivekananda's Ideas. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource persons, the said course has a valuable impact on the development of personality of the trainees. Lecture cum demonstrations by eminent resource persons in various forms of Swami Vivekananda's Ideas inspired the trainees. One of the major objectives of this certificate course is to make our students interested in the life divine of Swami Vivekananda. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 32 hours. Last date of enrolment for the course was 2 November 2021. The course was conducted every morning from 7:00 a.m. to 7:45 a.m. (4 November 2021 to 15 December 2021) with 40 enrolled students. A total of 37 students completed the course successfully and received the participation certificate on 17 December 2021.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.



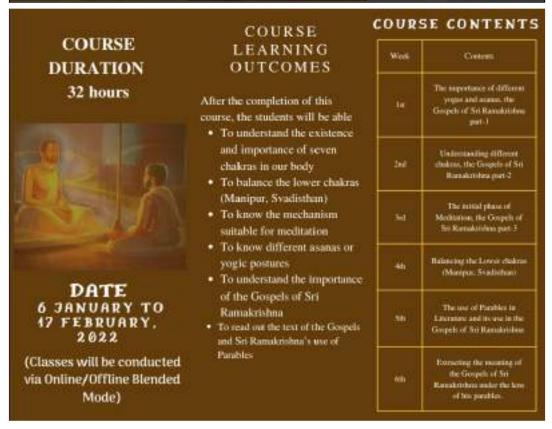
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Belur Math, Howrah - 711 202, West Bengal

## Course Name: Practice of Meditation and Studies on Sri Ramakrishna Movement

#### **BROCHURE**







(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711 202, West Bengal

Course Code: PMSRM/03/21-22 Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Dr. Siharan Chakraborty, Sri Arumoy Jana.

Course duration: 06 January 2022 to 17 February 2022

Contact Hours: Everyday morning from 6:30 a.m. to 7:15 a.m., for a total of 32 hrs.

Mode: offline

Total Number of Students Enrolled: 32
Total Number of Students Completed: 28

Course Fee: NIL
Brief Descriptions:

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Sri Arumoy Jana gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to circulate the Practice of Meditation and Studies on Sri Ramakrishna Movement among the trainees in Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, principal of Ramakrishna mission Sikshanamandira, Dr. Siharan Chakraborty, coordinator of the said course introduces the course objectives among the trainees. He also extended his heartiest gratitude to Sri Arumoy Jana, one of the resource persons of the course. Various motivational speeches and videos have been seen by the student to cope up with the Sri Ramakrishna Movement in order to Practise of Meditation. One of the major objectives of this certificate course is to make our students interested in the Sri Ramakrishna Movement to enhance their ability of Practise of Meditation. After completing the said course it can be said that the objective of the course has been met in this regard. The length of the course was 32 hours. 4 January 2022 was the last date of enrolment for the course. The course was conducted daily from 6:30 a.m. to 7:15 a.m. (06 January 2022 to 17 February 2022) with 32 enrolled students. A total of 28 students completed the course successfully and received certificates of participation on 20 February 2022.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.



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Belur Math, Howrah - 711 202, West Bengal

## **Course Name: Preparation of Collage and Clay Model**

#### **BROCHURE**







(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711 202, West Bengal

Course Code: PCCM/04/21-22

Course Coordinator: Sri Rathin Kuri

Name of the Resource Persons: Sri Rathin Kuri Course duration: 18 April 2022 to 29 May 2022

Contact Hours: Everyday evening from 5:30 p.m. to 6:30 p.m, for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 92** 

**Total Number of Students Completed: 79** 

Course Fee: NIL

### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Rathin Kuri gave welcome notes on the aforesaid course. The program started after the introductory speech by the Principal, Ramakrishna Mission Sikshanamandira, Reverend Swami (Dr.) Vidyamritananda Maharaj. This course was designed to enhance the skills of inhouse trainees in hands-on experience on College and Clay Modelling. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Rathin Kuri, the course coordinator acted as a resource person of the said course. He has discussed the purpose of this course clearly to the inhouse participants. One of the major objectives of this certificate course is to make our students interested in hands-on experience on College and Clay Modelling. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 17th April, 2022. The course was conducted Everyday evening from 5:30 p.m. to 6:30 p.m (18 April 2022 to 29 May 2022) with 92 enrolled students. A total of 79 students completed the course successfully and received the participation certificate on 6 June 2022.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees would be able to handle the collage and clay Model instruments as well as in future they can use them for their personal or professional growth.
- Trainees would be able to learn and develop an additional skill in their life. They may develop it as a hobby in the future.
- They can now show their skills at any platform that is designed on collage and clay Modelling.
- The trainees are now able to develop competent professionals in the collage and clay Modelling industry.

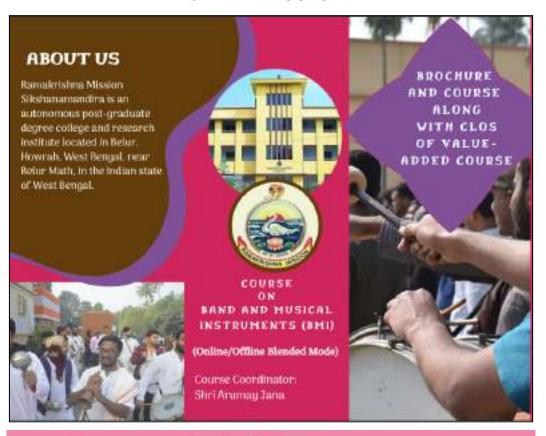


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Belur Math, Howrah - 711 202, West Bengal

## **Course Name: Band and Musical Instruments**

#### SAMPLE BROCHURE



# Course Duration: 36 hours



Date: 9 November to 21 December, 2021

(Classes will be conducted via Online/Offline Blended Mode)

#### Course Learning Outcomes:

- The prospective teachers will learn and develop one additional skill in their life.
   They can develop it as a hobby in future.
- The prospective teachers will be able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees will demonstrate comprehensive technical and artistic competencies in the major performing area, including the ability to work independently to prepare performances at the highest possible level.
- Trainees will exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

#### Course Contents:

Work.	Basic Knowledge of Sunfrancis Also Care and maintenance of their instrument.
Work E	Learning of Dass Drums. Side Drums and Casio.
Work	Learning Cluriset and Secuptions.
Week 4	Learning of Trumpet and Exphantum
Week	About suderstanding of week cultures, himsey, and other farms of an through music.
Week	Evaluation of participants on the basis of their performance in solo and group.

<sup>&</sup>quot;Education is the manifestation of the perfection already in man."



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Belur Math, Howrah - 711 202, West Bengal

Course Code: BMI/05/21-22

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Sri Amit Kumar Patra, Sri Arumoy Jana

Course duration: 09 November-2021 to 21 December 2021

Contact Hours: Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled: 9** 

**Total Number of Students Completed:** 9

Course Fee: NIL

### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Arumov Jana gave welcome address on the aforesaid course. The program started after the introductory speech by the Principal, Ramakrishna Mission Sikshanamandira, Reverend Swami (Dr.) Divyagunananda Maharaj. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Band and Musical Instruments. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Arumoy Jana, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Band and Musical Instruments. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 08th November, 2021 was the last date of enrolment for this course. The course was conducted Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m. (09 November-2021 to 21 December 2021) with 9 enrolled students. All of 9 students completed the course successfully and received certificates of participation on 25th December 2021.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees learned and developed one additional skill in their life. They can develop it as a hobby in future.
- The trainees are now able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees can now exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

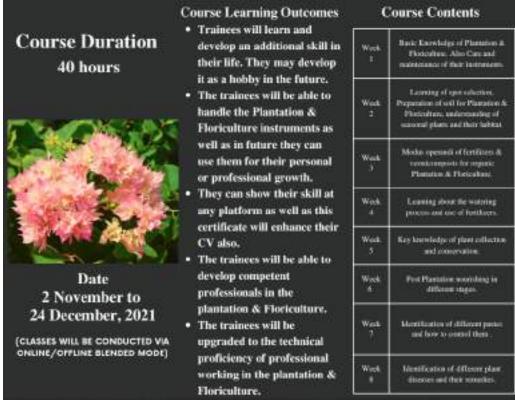


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Belur Math, Howrah - 711 202, West Bengal

## **Course Name: Seasonal Floriculture**







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Belur Math, Howrah - 711 202, West Bengal

Course Code: SF/06/21-22

Course Coordinator: Br. Vinaychaitanya

Name of the Resource Persons: Br. Vinaychaitanya, Br. Girishachaitanya.

Course duration: 02 November-2021 to 24 December, 2021

Contact Hours: Everyday morning from 6:15 a.m. to 7:00 a.m., for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 23** 

**Total Number of Students Completed: 20** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Br. Vinaychaitanya gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the expertise of the inhouse trainees in order to nurture the seasonal flower garden inside the Ramakrishna Mission Sikshanamandira college campus. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Br. Vinaychaitanya coordinator of the said course discussed the valuable impact of the said course on the trainees in order to nourish the seasonal flower. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Seasonal Floriculture. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 1 November, 2021. The course was conducted every day morning from 6:30 a.m. to 7:30 a.m. (02 November-2021 to 24 December, 2021) with 23 enrolled students. A total of 20 students completed the course successfully and received the participation certificate on 29 December, 2021.

#### CLOs:

By the end of this course students have gained the followings:

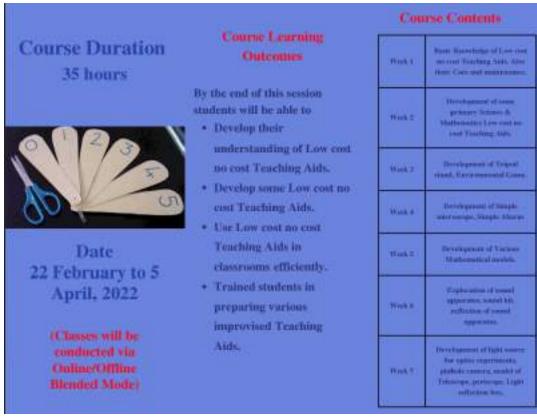
- Trainees learned and developed an additional skill in their life. They can develop it as a hobby in the future.
- The trainees can be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth.
- The trainees can be able to develop competent professionals in the plantation & Floriculture.
- The trainees can be upgraded to the technical proficiency of professional working in the plantation & Floriculture.



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# **Course Name: Low Cost No Cost Teaching Aids**







(A NCTE recognized Govt. Aided (WB) Autonomous Post-Graduate College under University of Calcutta)

Belur Math, Howrah - 711 202, West Bengal

Course Code: LCNCTA/07/21-22 Course Coordinator: Dr. Satyajit Kar

Name of the Resource Persons: Dr. Satyajit Kar, Sri Hitasish Bhowmik

Course duration: 22 February 2022 to 05 April 2022

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled:** 18 **Total Number of Students Completed:** 16

Course Fee: NIL

## **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Satyajit Kar gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) divyagunananda Maharaj welcomed all the participants of the course. This course was designed to initiate the idea among the trainees of Ramakrishna Mission Sikshanamandira in order to cultivate the ideas of various low cost and no cost teaching Aids involved in the teaching of Science and Mathematics. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Satyajit Kar the coordinator of the said course welcomed all the participants of this course. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Various low cost no cost teaching Aids. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 21 February, 2022. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (22 February 2022 to 05 April 2022) with 18 enrolled students. A total of 16 students completed the course successfully and received the participation certificate on 8 April, 2022.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyze text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.



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Belur Math, Howrah - 711 202, West Bengal

# **Course Name: Data Analysis through MS-Excel**

#### **BROCHURE**



### Course Learning Course Contents Course Duration Outcomes 35 hours By the end of this session students will be able to Basic idea of MS-Excel through readily available software (Hands on Experience) Master Excel from basic to advanced level. · Build Excel formulas to Date analyze text, fields, 18 April to 6 June, 2022 values and arrays. Conditional Formatting (CLASSES WILL BE CONDUCTED VIA & formula Auditing. ONLINE/OPPLINE BLENDED MODES · Statistical Analysis for Research Interpretations.



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Belur Math, Howrah - 711 202, West Bengal

Course Code: DAMSE/08/21-22

Course Coordinator: Dr. Abhijit Guha

Name of the Resource Persons: Dr. Abhijit Guha, Dr. Anujit Patra

Course duration: 18 April 2022 to 06 June 2022

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 41** 

**Total Number of Students Completed: 36** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Abhijit Guha gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to build basic computer learning skills and data processing techniques in social science research of the trainees of Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Abhijit Guha the coordinator of the said course welcomed all the participants of this course. The demonstrations along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Social science research. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 17th April, 2022. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (18 April 2022 to 06 June 2022) with 41 enrolled students. A total of 36 students completed the course successfully and received the participation certificate on 10 June 2022.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyse text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

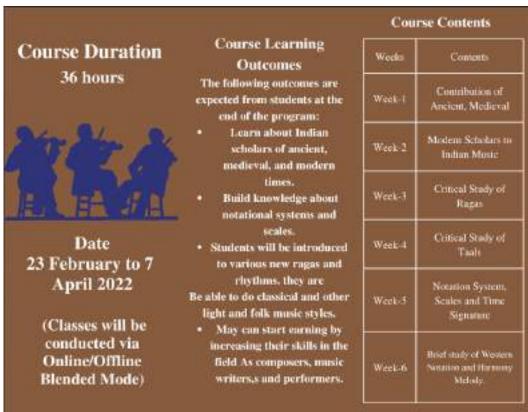


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## **Course Name: Vocal Music**







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Belur Math, Howrah - 711 202, West Bengal

Course Code: VM/09/21-22

Course Coordinator: Pradip Roychowdhury

Name of the Resource Persons: Amit Kumar Patra, Pradip Roychowdhury

Course duration: 23 February 2022 to 7 April 2022

Contact Hours: Everyday evening from 6:30 p.m. to 7:30 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled: 30** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Pradip Roychowdhury gave a welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Vocal Music. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Pradip Roychowdhury, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Vocal Music. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 22 February 2022 was the last date of enrolment for this course. The course was conducted Everyday evening from 6:30 p.m. to 7:30 p.m (23 February 2022 to 7 April 2022) with 30 enrolled students. A total of 27 students completed the course successfully and received certificates of participation on 9 April 2022.

#### CLOs:

The following outcomes are expected from students at the end of the program:

- Learn about Indian scholars of ancient, mediaeval and modern times.
- Build knowledge about notational systems and scales.
- Students will be introduced to various new ragas and rhythms. they are

Be able to do classical and other light and folk music styles.

• May have the ability to start earning by increasing their skills in the field As composer, music writer and performer.



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Belur Math, Howrah - 711 202, West Bengal

# Course Name: 10-Day National Level Workshop: "Skill Development on Indian Sign Language





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# **Objectives**

- 🌼 To develop skill for using Indian Sign Language (ISL) and teaching.
- To promote the use of Indian Sign Language as educational mode for deaf students at all education levels.
- To orient and train students, teachers and the public at large for understanding and using Indian Sign Language.
- To collaborate with organizations of the deaf and other institutions in the field of disability to promote and propagate Indian Sign Language.
- 🌼 To collect information relating to Sign Language used in other parts of the world.

# Topics to be covered

- Introduction to Indian Sign Language.
- 2. Introduction to Deaf Culture.
- 3. Myths and Facts about Indian Sign Language.
- 4. Manual Alphabets and Finger Spellings
- 5. Manual Numbers.
- 6. Basic Sign Words Pronoun, Structures and Rules of Basic Sign Sentence,
- 7. Sign Words Noun, Verb (Action Words), Adjective, Adverb, Conversations.
- 8. Sign Stories.
- 9. Question and Answer Session/Practice.

#### VENUE

# Ramakrishna Mission Sikshanamandira

Belur Math, Howrah - 711202

# **Target Audience**

Teachers interested in special/inclusive education & UG / PG students across all disciplines.

Course Code: SDISL/10/21-22

Course Coordinator: Brahmachari Vinayachaitanya and Prof. Russell Al Farabi

Name of the Resource Persons: Indira Ghosh, Rabindranath Sarkar

Course duration: 26 & 27th March 2022 2, 3, 9, 10, 17, 23, 24 & 30th

Contact Hours: 11:00 a.m to 2:00 p.m (3 hours Daily)

Mode: offline

"Education is the manifestation of the perfection already in man."



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**Total Number of Students Enrolled: 9** 

**Total Number of Students Completed: 9** 

Course Fee: NIL

#### **Brief Descriptions:**

The 10-Day National Level Workshop on "Skill Development on Indian Sign Language Interpretation" was held from 26th to 27th March 2022 and continued on 2nd, 3rd, 9th, 10th, 17th, 23rd, 24th, and 30th April 2022. The workshop aimed to enhance participants' proficiency in Indian Sign Language interpretation. The workshop was organised by RUSA 2.0 (Comp 8), a prestigious sponsoring authority that aims to promote skill development and education. Brahmachari Vinayachaitanya and Prof. Russell Al Farabi served as the coordinators of the event, ensuring its smooth execution and successful outcomes. The workshop featured renowned resource persons in the field of sign language interpretation, namely Indira Ghosh and Rabindranath Sarkar. With their extensive experience and expertise, they provided valuable insights, practical training, and theoretical knowledge to the participants. The workshop was designed to equip attendees with essential skills and techniques required for effective interpretation in Indian Sign Language. Participants gained a comprehensive understanding of sign language grammar, vocabulary, syntax, and cultural nuances, enabling them to bridge communication gaps and serve as proficient interpreters. The event fostered an interactive learning environment, comprising a series of lectures, hands-on exercises, and group discussions. Participants actively engaged in practical sessions, enhancing their practical skills and reinforcing their understanding of the subject matter. To extend the reach of the workshop beyond its physical attendees, the event was recorded and made available on YouTube. 21 March, 2022 was the last date of enrolment for this course. The course was conducted from 11:00 a.m to 2:00 p.m (3 hours Daily). Overall, the 10-Day National Level Workshop on "Skill Development on Indian Sign Language Interpretation" was a resounding success, empowering participants with the knowledge and skills necessary to excel in the field. The event served as a significant step toward promoting inclusive communication and ensuring equal access to information for individuals with hearing impairments.

#### CLOs:

The following outcomes are expected from students at the end of the program:

- Participants would be able to gain clarity on the concept of interpreting and the mental process of interpreting.
- Able to Understand the importance of sign language interpreting in various settings is very much important.
- Participants would be able to delve into the social context of the hearing-impaired community and the way they are using ISL among their group members and with members from other spoken languages.



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Indian Sign Language can facilitate participants to create an inclusive society in which
people with special needs have equal chances for growth and development so that they
can live fruitful, secure, and dignified lives.

# Course Name:Post Graduate Diploma in Guidance and Counselling

**SAMPLE BROCHURE** 

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

For Male Candidates only

(2021-22)

# **Prospectus**



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OFTEACHEREDUCATION UNDER
THE UNIVERSITY OF CALCUTTA

BELUR MATH, HOWRAH – 711 202

Email: rkmsm@rediffmail.com, rkmsmc@gmail.com Web-site: www.rkmsm.org

Ph. No. - (033) 2654-6081/9281/1635





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Belur Math, Howrah - 711 202, West Bengal

PGDGC/Prospectus 2021-22

R. K. M. Sikshanamandira

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

#### Vision:

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of guidance and counselling. The course will also help the students to become exemplary in applying essential guidance and counselling knowledge and skills in a variety of setting with individuals from diverse backgrounds.

#### Mission:

This one-year regular course is designed to prepare education professionals for Guidance and Counselling within the primary, secondary, higher and tertiary education sector. The programme includes study of guidance and counselling regarding education policy environment, the legal and social context, the principles of leadership in education and the culture of educational institutions. The course provides participants with an opportunity to develop their insights into leadership in education, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context, brainstorming on relevant areas of Educational Guidance and Counselling and other pertinent themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Head teachers, Principals and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in Guidance and Counselling will enable the students to:

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to clients diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a commitment to future development and possession of effective networking skills.
- Have research and program evaluation skills that include development of research and program evaluation questions as well as selection of appropriate methodologies for collecting and analysing data.



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Belur Math, Howrah - 711 202, West Bengal

#### PGDGC/Prospectus 2021-22

R. K. M. Sikshanamondira

- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services asneeded by the client population.
- Have a vision of career planning as a developmental process and provide individual guidance and counselling as well as training skills to facilitate decision-making and to work with developmental life transitions.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice to use of assessment andinformation management tools.

#### Program Learning Outcomes (PLOs) of Post Graduate Diploma in Guidance and Counselling Course

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.
- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations.
   They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.



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Belur Math, Howrah - 711 202, West Bengal

#### PGDGC/Prospectus 2021-22

R. K. M. Sikshanamandira

Course of Study: POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING:

❖ Duration: :1 YEAR

Semester: :2

❖ Intake: : 70 (Approx.)

Course Fees: : Total Rs. 9000/- (Nine Thousand only)

Rs. 5150/- (Rupees Five Thousand one hundred fifty only) [including transaction fee] to be paid at the time of admission.

Rs. 4120/- (Rupees Four Thousand one hundred twenty only) [including transaction fee] to be paid at the time of initiation of 2<sup>nd</sup> Semester.

- The Course will have to be completed within 3 years.
- Classes will be conducted via Online / Offline Blended Mode.
- Classes will be held on the following days and times:
  - Tuesday 4:30 to 7:00 p.m.
  - Thursday 4:30 to 7:00 p.m.
  - Saturday 2:00 to 6:00 p.m.
  - Sunday: 10:30 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

#### · Eligibility:

- Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
- > Age: No bar.
- Sex: Male only.
- ❖ Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	20
Higher Secondary	20



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Belur Math, Howrah - 711 202, West Bengal

PGDGC/Prospectus 2021-22

R. K. M. Sikshanamandira

Graduation (3 years)/ Equivalent Degree (Minimum 3 years)	
PG (2 Years)	20
Others (B.Ed/M.Ed/B.P.Ed/M.P.Ed/etc.)	10
Total =	

- In-service Candidates will be given special preferences.
- Form fill-up mode from online through website (www.rkmsm.org).
- Online Form fill-up date: From 8th August to 15th September, 2021.
- Online Form fees: Rs. 250/- only
- Merit List & Waiting List will be published on: 24th September, 2021.
- Reservation: As per Rules framed by the Government of West Bengal.
- Dates of Admission: 25th September to 27th September, 2021.
- Dates of Admission from Waiting List: 28th September, 2021.
- Classes start on: 03rd October, 2021.

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Belur Math, Howrah - 711 202, West Bengal

**Course Code: PGDGC** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 03.10.2021-26.09.2022

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m., Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00

p.m. to 8:00 p.m. (Online) Sunday 10:30 a.m. to 5 p.m. (Offline), for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled:** 16 **Total Number of Students Completed:** 16

### **Brief Descriptions:**

The Post Graduate Diploma in Guidance Counseling (PGDGC), coordinated by Br. Vinaychaitanya, was conducted from October 3, 2021, to September 26, 2022. The course aimed to equip students with essential skills for counselling elderly individuals. The program consisted of 600 contact hours, with online sessions held on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m., and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted in offline mode, and a total of 16 students were enrolled. All 16 students successfully completed the program. The PGDGC curriculum provided a comprehensive understanding of geriatric counselling, addressing the unique challenges and needs of the elderly population. Br. Vinaychaitanya's coordination ensured a structured learning experience. The course's successful completion by all students underscores its effectiveness in imparting valuable skills for geriatric counselling.

#### CLOs:

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.



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Belur Math, Howrah - 711 202, West Bengal

# Course Name: Post Graduate Diploma in Yoga Education

#### SAMPLE BROCHURE

PGDYE/Prospectus 2021-22

R. K. M. Säshanamandira

# POST GRADUATE DIPLOMA IN YOGA EDUCATION

For Male Candidates only

(2021-22)

# **Prospectus**



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OFTEACHEREDUCATION UNDER
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BELUR MATH, HOWRAH – 711 202

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Belur Math, Howrah - 711 202, West Bengal

PGDYE/Prospectus 2021-22

R. K. M. Sikshanamandira

### POST GRADUATE DIPLOMA IN YOGA EDUCATION

#### Vision:

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness. Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

#### Mission:

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sector. Our mission is to empower all communities with yoga to cultivate health and wellness in adult to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to aged people into academic environments. The course provides participants with an opportunity to develop their self or atman which is essential in education process, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post Graduate Diploma in Yoga education will enable the students to:

- Have the knowledge and to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Deal with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
- Learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
- Have the knowledge and achieve mental hygiene, emotional stability, integrate moral values and attain higher level of consciousness.



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Belur Math, Howrah - 711 202, West Bengal

#### PGDYE/Prospectus 2021-22

R. K. M. Sikshanamandira

- Be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
- 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 integratedmembers of the society and of the nation.
- Have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.
- 8. Indicate changes they can make to their diet.
- Acknowledge prevention of disease even in patients with severe health problems.
- Have research and programme evaluation skills that include development of research and programme evaluation questions, selection of appropriate methodologies for collecting and analysing data.

## Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- Learn techniques of gaining good health, to develope a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 7. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 10. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.



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Belur Math, Howrah - 711 202, West Bengal

PGDYE/Prospectus 2021-22

R. K. M. Sikahanamandira

Course of Study : POST GRADUATE DIPLOMA IN YOGA EDUCATION

❖ Duration :1 YEAR

Semester : 2
 Intake : 70

Course Fees : Total Rs. 9000/- (Nine Thousand only)

Rs. 5150/- (Rupees Five Thousand one hundred fifty only) [including transaction fee] to be paid at the time of admission.

- Rs. 4120/- (Rupees Four Thousand one hundred twenty only) [including transaction fee] to be paid at the time of initiation of 2<sup>nd</sup> Semester.
- The Course will have to be completed within 3 years.
- Classes will be conducted via Online / Offline Blended Mode.
- Classes will be held on the following days and times:
  - Tuesday 4:30 to 6:30 p.m.
  - Thursday 4:30 to 6:30 p.m.
  - Saturday 2:00 to 6:30 p.m.
  - Sunday 10:30 a.m. to 5 p.m.

#### [N.B. 75% attendance in the classes is mandatory]

#### · Eligibility:

- Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
- Age: Not more than 40 years. (Relaxation of age may be considered for In-Service [Government Service] candidates)
- > Sex: Male only.
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	15
Higher Secondary	15
Graduation (3 years)	20

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Belur Math, Howrah - 711 202, West Bengal

PGDYE/Prospectus 2021-22

R. K. M. Säshanamandira

B.Ed./ B.P.Ed.  M.P.Ed./ M.Ed./ M.A./ M.Sc./ M.Com./ Other equivalent degree		10
		10
Yoga/ Sports Performance:		
National Level/ All India Level	= 10	Out of
State level/ Inter University	State level/ Inter University = 8	
District Level/ Inter College = 6		10
*Best Performance to be counted.		
Interview/Counselling		20
Total =		100

- In-service Candidates will be given special preferences.
- Form fill-up mode from online through website (www.rkmsm.org).
- Online Form fill-up date: From 8th August to 15th September, 2021
- Online Form fees Rs. 250/- only
- Publication of list for Interviews/Counselling: 17th September, 2021
- Date and Time of Interview/Counselling: 19th September, 2021, 10 am onwards.
  Candidates to be present in virtual online platform using Google Meet app as the medium. (Link to be provided an hour in advance on above mentioned date)
- Final Merit List & Waiting List will be published for admission on: 24th September, 2021.
- Reservation: As per Rules framed by the Government of West Bengal.



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Belur Math, Howrah - 711 202, West Bengal

PGDYE/Prospectus 2021-22	R. K. M. Sikshanamandira
Dates of Admission: 25th September to 27th Septem	nber, 2021.
<ul> <li>Dates of Admission from Waiting List: 28th Septem</li> </ul>	ber, 2021.
Classes start on: 03rd October, 2021.	
6	



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Belur Math, Howrah - 711 202, West Bengal

**Course Code: PGDYE** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 03.10.2021-26.09.2022

**Contact Hours:** Tuesday 6:00 p.m. to 8:00 p.m. Online Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00 p.m. to 8:00 p.m. Sunday 10:30 a.m. to 5 p.m. Offline, for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled:** 1

**Total Number of Students Completed:** 1

**Brief Descriptions:** 

The Post Graduate Diploma in Yoga Education (PGDYE), led by Course Coordinator Br. Vinaychaitanya, was held from October 3, 2021, to September 26, 2022. The one-year program focused on imparting comprehensive knowledge of yoga education. It encompassed 600 contact hours, with sessions scheduled on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m. conducted online, and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted offline and spanned a range of yoga education aspects. Enrollment consisted of a single student, and this sole participant successfully completed the course. The PGDYE program, under the guidance of Br. Vinaychaitanya, aimed to equip students with a profound understanding of yoga's educational dimensions. The completion of the course by the lone student signifies the program's tailored and effective approach in delivering yoga education.

#### CLOs:

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- 11. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- 12. Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- 13. Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.



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Belur Math, Howrah - 711 202, West Bengal

- 14. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- 15. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- 16. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 17. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- 18. Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- 19. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 20. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good mediator that will benefit him personally and enable him to guide others as well.



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Belur Math, Howrah - 711 202, West Bengal

# 2020-21: Brochure and Course content along with CLOs of value-added courses

# Course Name: Srimad Bhagavad Gita: An Art of Recitation and Analysis with Meaning





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# Course Duration 42 hours



(Classes will be conducted via Online/Offline Blended Mode)

## Date

16 February to 30 March 2021

## Course Learning Outcomes

- To recite the Bhagavad Gita with exact pronunciation in Sanskrit
- To analyze the meaning of the verses of Srimad Bhagavad Gita
- To be acquainted with the pattern of versification
- To get a primary idea of Sanskrit letters
- To get a philosophical intimation of Srimad Bhagavad Gita

Week	Contents		
Ist	The letters of Sanskri language, part-1		
2nd	The letters of Sanskrit language, part-2		
3rd	The procedure of chanting the lines of Srimad Bhagabat Gita		
4th	The pronunciation of Sanskrit sounds, part-1		
5th	The pronunciation of Sanskrit sounds, part-		
6ch	The way of analysing the sacred test of The Gita with Meaning		

Course Contents

Course Code: SBG/01/20-21

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 16 February 2021 to 30 March 2021

Contact Hours: Everyday morning from 6:00 a.m. to 7:00 a.m., for a total of 42 hrs.

Mode: offline

**Total Number of Students Enrolled: 27** 

**Total Number of Students Completed: 24** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to motivate the trainees of Ramakrishna Mission Sikshanamandira in order to understand the meaning of Srimad Bhagavad Gita and recite with analysis its verses. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource person, the said course has put a significant impact on the mind of the



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Belur Math, Howrah - 711 202, West Bengal

trainees of Ramakrishna Mission Sikshanamandira. Lecture cum demonstrations by eminent resource persons in various forms of art inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Gita reading as a result of Vidyarthibrata, spiritual programs and various value based education and after completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 42 hours. Last date of enrolment for the course was16 February 2021. The course was conducted every morning from 6:00 a.m. to 7:00 a.m. (16 February 2021 to 30 March 2021) with 27 enrolled students. A total of 24 students completed the course successfully and received the participation certificate on 31 March 2021.

#### CLOs:

By the end of this course students have gained the followings:

- They can now recite the *Slokas* of Srimat Bhagvat Gita with proper intonation and pronunciation.
- While chanting they can follow the easy meaning of the verses of Srimad Bhagavad Gita.
- Has acquainted with the pattern of versification.
- Has got a philosophical understanding and significance of Srimad Bhagavad Gita.

# Course Name: Personality Development through Vivekananda's Ideas





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Belur Math, Howrah - 711 202, West Bengal

Course Duration	Course Learning	Course Contents	
32 hours	Outcomes  After the completion of this course,	Week	Contests
300. 1	To have a substantial amount of knowledge of Bhakti Yoga,	lu:	Joana Yoga, 1st part of CWSV
and the state of	Juana Yoga, Karma Yoga and Raja Yoga. • To be able to understand the	2nd	Hhakti Yoga, lit part of Personal letters of Swami Vivekananda
	importance of the first part of Complete Works of Swami Vivekananda.  • To understand the	Seat	Karma Yoga, 2nd part of Personal letters of Swami Vivekananda
(Classes will be	indispensability of possessing good personality in line with Swami Vivekananda's fecture delivered at the Parliament of	æh	Raja Voga, Papers on Communal Harmony by Swami Visckananda
conducted via Online/Offline Blended	Religions in Chicago.  • To be able to understand the	Sth	Lectures from Columbo to Almora
Date 6 November to 18 December 2020	importance and meaning of Swami Vivekananda's personal letters written to his western disciples.	6th	Some autobiographical ulements of Swami Vivekamanda

Course Code: PDVI/02/20-21

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 6 November 2020 to 18 December 2020

**Contact Hours:** Every morning from 7:00 a.m. to 7:45 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled:** 10

**Total Number of Students Completed: 09** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the personality of the trainees in Ramakrishna Mission Sikshanamandira through Swami Vivekananda's Ideas. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource persons, the said course has a valuable impact on the development of personality of the trainees. Lecture cum demonstrations by eminent resource persons in various forms of Swami Vivekananda's Ideas inspired the trainees. One of the major objectives of this certificate course is to make our

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Belur Math, Howrah - 711 202, West Bengal

students interested in the life divine of Swami Vivekananda. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 32 hours. Last date of enrolment for the course was 4 November 2020. The course was conducted every morning from 7:00 a.m. to 7:45 a.m. (6 November 2020 to 18 December 2020) with 10 enrolled students. A total of 09 students completed the course successfully and received the participation certificate on 21 December 2020.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

# Course Name: Practice of Meditation and Studies on Sri Ramakrishna Movement





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Belur Math, Howrah - 711 202, West Bengal

0.0000000000000000000000000000000000000	COURSE	COUR	SE CONTENT
COURSE DURATION	LEARNING OUTCOMES	West	Contain
32 hours	After the completion of this course, the students will be able		The importance of different jugger and amount, the Gropolic of Sri Ramakrishna poet-8
	To understand the existence and importance of seven chakras in our body To balance the lower chakras		Understanding different chalato, the Compels of fire Ranadarishas part 2
DATE 8 JANUARY TO 20 FEBRUARY, 2021 (Classes will be conducted via Online/Offline Blended Mode)	(Manipur, Svadinthan) To know the mechanism suitable for meditation To know different assuus or yogic postures To understand the importance of the Gospels of Sri Ramakrishna To and out the test of the Gospels and Sri Ramakrishna's use of	iii.	The sents) phase of Moditation, the Gaspeli of Sel Rassakrickes part 3
		48	Balancieg the Lower clokes Ottostpor, Scotleshoo
		316	The sec of Farables in Uncertain and its use in the Gregody of Sri Kansakirchia
	Pumbles	iik	Extracting the meaning of the Gospeli of Str Ramakrishna under the less of ter partition

Course Code: PMSRM/03/20-21

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Dr. Siharan Chakraborty, Sri Arumoy Jana.

Course duration: 08 January 2021 to 20 February 2021

Contact Hours: Everyday morning from 6:30 a.m. to 7:15 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 30** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Sri Arumoy Jana gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to circulate the Practice of Meditation and Studies on Sri Ramakrishna Movement among the trainees in Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Siharan Chakraborty, coordinator of the said course introduces the course objectives among the trainees. He also extended his heartiest gratitude to Sri Arumoy Jana, one of the resource persons of the course. Various motivational

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speeches and videos have been seen by the student to cope up with the Sri Ramakrishna Movement in order to Practise of Meditation. One of the major objectives of this certificate course is to make our students interested in the Sri Ramakrishna Movement to enhance their ability of Practise of Meditation. After completing the said course it can be said that the objective of the course has been met in this regard. The length of the course was 32 hours. 6 January 2021 was the last date of enrolment for the course. The course was conducted daily from 6:30 a.m. to 7:15 a.m. (08 January 2021 to 20 February 2021) with 30 enrolled students. A total of 27 students completed the course successfully and received certificates of participation on 24 February 2021.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

# Course Name: Preparation of Collage and Clay Model





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	Course Learning	Co	urse Contents
Course Duration 40 hours	Outcomes  The trainers will be able to bundle the college and		Carlo pro-base College and Video to passing
	clay Model instruments as well as in future they can use them for their		
	personal or professional growth.  • Trainees will learn and develop an additional skill in their life. They may	en.	
	develop it us a hobby in the future.  They can show their skill	****	AND SHOULD ON THE
(Classes will be conducted via Online/Offline Blended Mode)	at any platform as well as this certificate will enhance their CV also.  The frainces will be able to develop competent	was.	STATE OF THE PLAN
Date 23 February to 7 April 2021	professionals in the collage and clay Modeling industry.		Market Committee

Course Code: PCCM/04/20-21

Course Coordinator: Sri Rathin Kuri

Name of the Resource Persons: Sri Rathin Kuri

Course duration: 23 February 2021 to 7 April 2021

**Contact Hours:** Everyday evening from 5:30 p.m. to 6:30 p.m, for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 27** 

**Total Number of Students Completed: 24** 

Course Fee: NIL
Brief Descriptions:

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Rathin Kuri gave welcome notes on the aforesaid course. After the welcome address of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on College and Clay Modelling. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Rathin Kuri, the course coordinator acted as a resource person of the said course. He has discussed the purpose of this course clearly to the inhouse participants. One of the major objectives of this certificate course is to make our students interested in hands-on experience on College and Clay Modelling. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last



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Belur Math, Howrah - 711 202, West Bengal

date of enrolment for the course was 22 February 2021. The course was conducted Everyday evening from 5:30 p.m. to 6:30 p.m (23 February 2021 to 7 April 2021) with 27 enrolled students. A total of 24 students completed the course successfully and received the participation certificate on 9 April 2021.

### CLOs:

By the end of this course students have gained the followings:

- The trainees would be able to handle the collage and clay Model instruments as well as in future they can use them for their personal or professional growth.
- Trainees would be able to learn and develop an additional skill in their life. They may develop it as a hobby in the future.
- They can now show their skills at any platform that is designed on collage and clay Modelling.
- The trainees are now able to develop competent professionals in the collage and clay Modelling industry.

## **Course Name: Band and Musical Instruments**





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Belur Math, Howrah - 711 202, West Bengal

Course	· The prospective teachers will		Course Contents:		
Duration: 86 hours	learn and develop one additional skill in their life. They can develop it as a bobby in future.  The prospective teachers will be able to play the musical	Week.	Basic Knowledge of Basels and Moskod Instruments. Also Care and quantitionness of their instrument.		
	instrument as well as in future they can play the instrument either in recreational or professional way.	Week.	Learning of Sans Practic. Side Drume and Code.		
	They can show their skill at any platform as well as this certificate will enhance their CV	Week	Learning Clarinet and Sweep hone.		
Date:	also. Trainees will demonstrate comprehensive technical and	Week	Learning of Transpot and Englamium		
7 November to 20 December, 2020	artistic competencies in the major performing area, including the ability to work independently to prepare performances at the highest	Week s	A better understanding of world rollrures, history, and other forms of act shrough music.		
(Classes will be conducted via Online/Offline Blended Mode)	possible level.  Trainees will exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.	Waste F	Evaluation of participants on the basic of their performance in solu and group.		

Course Code: BMI/05/20-21

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Sri Amit Kumar Patra, Sri Arumoy Jana

Course duration: 07 November-2020 to 20 December 2020

Contact Hours: Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m., for a total of 36 hrs.

Mode: offline

Total Number of Students Enrolled: 23
Total Number of Students Completed: 20

Course Fee: NIL

### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Arumoy Jana gave welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunanda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Band and Musical Instruments. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Arumoy Jana, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this

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Belur Math, Howrah - 711 202, West Bengal

certificate course is to enable hands-on experience on Band and Musical Instruments. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 06th November, 2020 was the last date of enrolment for this course. The course was conducted Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m. (07 November-2020 to 20 December 2020) with 23 enrolled students. A total of 20 students completed the course successfully and received certificates of participation on 24 December 2020.

### CLOs:

By the end of this course students have gained the followings:

- The trainees learned and developed one additional skill in their life. They can develop it as a hobby in future.
- The trainees are now able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also
- Trainees can now exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

## **Course Name: Seasonal Floriculture**





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning Outcomes		Course Contents		
Course Duration 40 hours	<ul> <li>Trainees will learn and develop an additional skill in their life. They may develop it as a hobby in the future.</li> </ul>	West.	Busic Knowledge of Planation A Freshulter, Also Care and maintenance of their instruments.		
TO SECURITY OF THE PARTY OF THE	The trainees will be able to handle the Plantation & Floriculture instruments as	Week.	Learning of upot activities, Proparation of soil for Plantation & Florications, understanding of sourceal plants and their follows.		
	well as in future they can use them for their personal or professional growth.	Want.	Modal operands of feetilizers & vorestcomposits for regione Plantation & Plantation.		
	They can show their skill at any platform as well as this certificate will enhance their	West.	Learning about the watering process and are of fertilities.		
	CV also.  The trainees will be able to	West.	Key knowledge of plant collection and concernation.		
Date 3 November to	develop competent professionals in the	Work.	First Plantation rountshing in different states.		
24 December, 2020 (CLASSES WILL BE CONDUCTED	plantation & Floriculture.  The trainees will be upgraded to the technical	Week.	Mentification of different poster and how to control them.		
VIA ONLINE/OFFLINE BLENDED MODE)	proficiency of professional working in the plantation & Floriculture.	West I	Month of Afficient plant through and their consoltion		

Course Code: SF/06/20-21 Course Coordinator: Br. Suhas

Name of the Resource Persons: Br. Suhas, Br. Koushik.

Course duration: 03 November-2020 to 24 December, 2020

Contact Hours: Everyday morning from 6:15 a.m. to 7:00 a.m., for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 31** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Br. Suhas gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the expertise of the inhouse trainees in order to nurture the seasonal flower garden inside the Ramakrishna Mission Sikshanamandira college campus. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Br. Suhas coordinator of the said course discussed the valuable impact of the said course on the trainees in order to nourish the seasonal flower. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Seasonal Floriculture. After completion of the aforesaid course it

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can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 2 November, 2019. The course was conducted every day morning from 6:15 a.m. to 7:00 a.m. (03 November-2020 to 24 December 2020) with 31 enrolled students. A total of 27 students completed the course successfully and received the participation certificate on 27 December, 2020.

#### CLOs:

By the end of this course students have gained the followings:

- Trainees learned and developed an additional skill in their life. They can develop it as a hobby in the future.
- The trainees can be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth.
- The trainees can be able to develop competent professionals in the plantation & Floriculture.
- The trainees can be upgraded to the technical proficiency of professional working in the plantation & Floriculture.

## **Course Name: Low Cost No Cost Teaching Aids**





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		Cun	rse Contents
Course Duration 35 hours	Outcomes  Outcomes	THERE!	Name Name Subject Class and as over Name Subject Class South Facts and Commences
	By the rod of this session students will be able to + Develop their	Work E	Development of more princes to be seen as Subdivination Loss and as- per Translating SAS.
	no cost Teaching Aids.  Develop some Low cost no	Well 2	Destroyment of Fraguel manife Forter assemble Comm.
CT CT	cost Tearling Aids.	Wells	Accessed of Freight
00	Teaching Aids in classrooms efficiently.	West.	Markey of Colors
Date 20 February to 4 April, 2021	Trained students in     preparing various     improvised Teaching	West	Exploration of month approximate council bis, ordinates of month approxima.
(Classes will be conducted via Online/Offline Blended Mode)	Aids	West	throdynamical light comes for opinic expendences, pitches comes a model of Entropy, partropy, Light addiction for.

Course Code: LCNCTA/07/20-21

Course Coordinator: Dr. Satyajit Kar

Name of the Resource Persons: Dr. Satyajit Kar, Sri Hitasish Bhowmik

Course duration: 20 February 2021 to 04 April 2021

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 33** 

**Total Number of Students Completed: 29** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Satyajit Kar gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to initiate the idea among the trainees of Ramakrishna Mission Sikshanamandira in order to cultivate the ideas of various low cost and no cost teaching Aids involved in the teaching of Science and Mathematics. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Satyajit Kar the coordinator of the said course welcomed all the participants of this course. The exhibition along with the lectures of a variety of distinguished resource persons



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inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Various low cost no cost teaching Aids. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 19 February, 2020. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (20 February 2021 to 04 April 2021) with 33 enrolled students. A total of 29 students completed the course successfully and received the participation certificate on 7 April, 2021.

### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyze text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

## Course Name: Data Analysis through MS-Excel





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0 0	Course Learning	Course Contents		
Course Duration 35 hours	Outcomes	Micks	State Exembedge of ME Exect Abrough modely accordate software.	
	By the end of this session students will be able to • Basic idea of MS-Excel	Weeks	Date Tribuletter M proporation of date for entires through MR-Cont.	
	through readily available software (Hands on Experience)	Neck A	Iburity is statisted analysis via Moor, Elefanolosi Deviction, Variance, Kartunia, alconomete.	
	Master Excel from basic to advanced level.	Telephone .	Premission of the Magness, the	
The state of the s	<ul> <li>Build Excel formulas to analyze text, fields,</li> </ul>	with t	Formation of Histograms, Broguescy polygon str.	
Date	values and arrays.  • Conditional Formatting	(Marka)	Seferential Stantation by Data Analysis Tool park via 1-met, Correlation	
17 April to 6 June, 2021	& formula Auditing.  • Statistical Analysis for Research Interpretations.	Week	Self-record Restation by Tokin Armigain Yord pack via Chairway Amora and Mathematical Equations	

Course Code: DAMSE/08/20-21

Course Coordinator: Dr. Abhijit Guha

Name of the Resource Persons: Dr. Abhijit Guha, Dr. Anujit Patra

Course duration: 17 April 2021 to 06 June 2021

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 36 Total Number of Students Completed: 32** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Abhijit Guha gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to build basic computer learning skills and data processing techniques in social science research of the trainees of Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Abhijit Guha the coordinator of the said course welcomed all the participants of this course. The demonstrations along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Social science research.



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After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 16th April, 2021. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (17 April 2021 to 06 June 2021) with 36 enrolled students. A total of 32 students completed the course successfully and received the participation certificate on 09 June 2021.

### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyse text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

## **Course Name: Vocal Music**

Course Code: VM/09/20-21





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		Course Contents	
Course Duration	Course Learning Outcomes	Weeks	Contents
36 hours	The following outcomes are expected from students at the end of the program:	Week-1	Contribution of Ascient, Medieval
WA A	Learn about Indian scholars of ancient, medieval, and modern	Week-2	Modern Scholars to Indian Music
E SEA STA	times.  • Build knowledge about notational systems and	Week-3	Critical Study of Ragas
Date 22 February	scales.  • Students will be introduced to various new ragas and	Work-4	Critical Study of Tasks
to 30 March 2021 (Classes will be	rhythms, they are Be able to do classical and other light and folk music styles.  • May can start earning by	Work-5	Notation System, Scales and Time Signature
conducted via Online/Offline Blended Mode)	increasing their skills in the field As composers, music writers,s and performers.	Week-6	Brief study of Western Notation and Harmony Melody

Course Coordinator: Pradip Roychowdhury

Name of the Resource Persons: Amit Kumar Patra, Pradip Roychowdhury

Course duration: 22 February 2021 to 30 March 2021

Contact Hours: Everyday evening from 6:30 p.m. to 7:30 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled: 30 Total Number of Students Completed: 27** 

Course Fee: NIL
Brief Descriptions:

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Pradip Roychowdhury gave a welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Vocal Music. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Pradip Roychowdhury, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said

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course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Vocal Music. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 20 February 2021 was the last date of enrolment for this course. The course was conducted Everyday evening from 6:30 p.m. to 7:30 p.m (22 February 2021 to 30 March 2021) with 30 enrolled students. A total of 27 students completed the course successfully and received certificates of participation on 4 April 2021.

### CLOs:

The following outcomes are expected from students at the end of the program:

- Learn about Indian scholars of ancient, mediaeval and modern times.
- Build knowledge about notational systems and scales.
- Students will be introduced to various new ragas and rhythms. they are

Be able to do classical and other light and folk music styles.

 May have the ability to start earning by increasing their skills in the field As composer, music writer and performer.

# Course Name:Post Graduate Diploma in Guidance and Counselling



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Belur Math, Howrah - 711 202, West Bengal

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

For Male Candidates only

(2020-21)

## **Prospectus**



## RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OFTEACHEREDUCATION UNDER
THE UNIVERSITY OF CALCUTTA

### BELUR MATH, HOWRAH - 711 202

Email: rkmsm@rediffmail.com, rkmsmc@gmail.com

Web-site: www.rkmsm.org Ph. No. - (033) 2654-6081/9281/1635

1



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## POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of guidance and counselling. The course will also help the students to become exemplary in applying essential guidance and counselling knowledge and skills in a variety of setting with individuals from diverse backgrounds.

### Mission

This one-year regular course is designed to prepare education professionals for Guidance and Counselling within the primary, secondary, higher and tertiary education sector. The programme includes study of guidance and counselling regarding education policy environment, the legal and social context, the principles of leadership in education and the culture of educational institutions. The course provides participants with an opportunity to develop their insights into leadership in education, and also to undertake a particular practical project related to their own work. A wide variety of methodologies—lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context, brainstorming on relevant areas of Educational Guidance and Counselling and other pertinent themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Head teachers, Principals and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

### Objectives of the course:

Post graduate diploma in Guidance and Counselling will enable the students to:

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to clients diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a commitment to future development and possession of effective networking skills.
- Have research and program evaluation skills that include development of research and program evaluation questions as well as selection of appropriate methodologies for collecting and analysing data.



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- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the client population.
- Have a vision of career planning as a developmental process and provide individual guidance and counselling as well as training skills to facilitate decision-making and to work with developmental life transitions.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice to use of assessment and information management tools.

## Program Learning Outcomes (PLOs) of Post Graduate Diploma in Guidance and Counselling Course

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.
- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations.
   They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.
- Course of Study: POST GRADUATE DIPLOMA IN GUIDANCEAND COUNSELLING.



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Duration: 1 Year

♦ Semester: 2

Intake: 70 (approx.)

Course Fees: Total Rs. 9000/- (Nine thousand only)

 Rs. 5000/- (Rupees Five Thousand only) to be paid at the time of admission.

Rs. 4000/- (Rupees Four Thousand only) to be paid at the time of initiation of 2<sup>nd</sup> Semester.

- The Course will have to be completed within 3 years.
- Classes will be held on the following days and times:
  - Tuesday 4:30 to 7:00 p.m.
  - Thursday 4:30 to 7:00 p.m.
  - Saturday 2:00 to 6:00 p.m.
  - Sunday 10:30 a.m. to 5p.m.

[N.B. 75% attendance in the classes is mandatory]



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### · Eligibility:

- Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
- > Age: No bar.
- Sex: Male only
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

20
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30
20
10
100

- In-service Candidates will be given special preferences.
- Form fill-up mode from online through website (www.rkmsm.org).
- Online Form fill-up date: From 13th July to 19th September, 2020
- Online Form fees Rs. 250/- only
- Merit List will be published on: 24th September, 2020.
- Reservation: As per Rules framed by the Government of West Bengal.
- Dates of Admission: 25th September to 27th September, 2020
- Dates of Admission from Waiting List: 28th September, 2020.
- Classes start on: 04th October, 2020.

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Belur Math, Howrah - 711 202, West Bengal

**Course Code: PGDGC** 

Course Coordinator: Br. Vinaychaitanya

Course duration: 1Year, 04.10.2020-08.12.2021

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m., Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00

p.m. to 8:00 p.m. (Online) Sunday 10:30 a.m. to 5 p.m. (Offline), for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled:** 10 **Total Number of Students Completed:** 10

### **Brief Descriptions:**

The Post Graduate Diploma in Guidance Counseling (PGDGC), coordinated by Br. Vinaychaitanya, was conducted from October 4, 2020, to December 8, 2021. The course aimed to equip students with essential skills for counselling elderly individuals. The program consisted of 600 contact hours, with online sessions held on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m., and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted in offline mode, and a total of 10 students were enrolled. All 10 students successfully completed the program. The PGDGC curriculum provided a comprehensive understanding of geriatric counselling, addressing the unique challenges and needs of the elderly population. Br. Vinaychaitanya's coordination ensured a structured learning experience. The course's successful completion by all students underscores its effectiveness in imparting valuable skills for geriatric counselling.

### CLOs:

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.

Course Name: Post Graduate Diploma in Yoga Education





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### **SAMPLE BROCHURE**

# POSTGRADUATEDIPLOMA IN YOGA EDUCATION

For Male Candidates only

(2020-21)

## **Prospectus**



## RAMAKRISHNA MISSION SIKAHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OFTEACHEREDUCATION UNDER
THE UNIVERSITY OF CALCUTTA

BELUR MATH, HOWRAH - 711 202

Email: rkmsm@rediffmail.com, rkmsmc@gmail.com

Web-site: www.rkmsm.org Ph. No. - (033) 2654-6081/9281/1635

1



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### POST GRADUATE DIPLOMA IN YOGA EDUCATION

### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness. Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

### Mission

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sector. Our mission is to empower all communities with yoga to cultivate health and wellness in adult to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to aged people into academic environments. The course provides participants with an opportunity to develop their self or atman which is essential in education process, and also to undertake a particular practical project related to their own work. A wide variety of methodologies — lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

### Objectives of the course:

Post graduate diploma in yoga education will enable the students to:

- have the knowledge and to train and prepare deserving candidates in the exoteric aspects of Yoga.
- deal with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
- learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
- have the knowledge and achieve mental hygiene, emotional stability, integrate moral values and attain higher level of consciousness.
- be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
- 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.
- have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.



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- 8. indicate changes they can make to their diet.
- 9. acknowledge prevention of disease even in patients with severe health problems.
- have research and programme evaluation skills that include development of research and programme evaluation questions, selection of appropriate methodologies for collecting and analysing data.

## Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the Journey.
- Learn techniques of gaining good health, to develope a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 7. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 10. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.

### Course of Study: POST GRADUATE DIPLOMA IN YOGA

### DUCATION

Duration: 1 Year

♦ Semester: 2

♦ Intake: 70

Course Fees: Total Rs. 9000/- (Nine thousand only)

Rs. 5150/- (Rupees Five Thousand one hundred fifty only) [including



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transaction feel to be paid at the time of admission.

Rs. 4120/- (Rupees Four Thousand one hundred twenty only) [including

transaction feel to be paid at the time of initiation of 2nd Semester.

- The Course will have to be completed within 3 years.
- Classes will be held on the following days and times:

Tuesday - 4:30 to 6:30 p.m.

Friday - 4:30 to 6:30 p.m.

Saturday - 2:30 to 6:30 p.m.

Sunday - 10 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

### Eligibility:

 Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.



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- Age: Not more than 40 years. (Relaxation of age may be considered for In-Service [Government Service] candidates)
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	15
Higher Secondary	15
Graduation (3 years)	20
B.Ed./ B.P.Ed.	20
M.P.Ed./ M.Ed./M.A./M.Sc./M.Com./ Other equiva degree	dent 20
Sports Performance*	Out of
National Level/ All India Level = 10	10
State level/ Inter University	
= 8	
District Level/ Inter College	
= 6	
*Best Performance to be counted	
Total =	100

- \* In-service Candidates will be given special preferences.
- \* Form fill-up mode from online through website (www.rkmsm.org)
- \* Online Form fill-up date: From 14th July to 19th September, 2020
- \* Online Form fees Rs. 250/- only



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Merit List will be published on: 24th September, 2020.
<ul> <li>Reservation: As per Rules framed by the Government of West</li> </ul>
Bengal.
<ul> <li>Dates of Admission: 25th September to 27th September, 2020</li> </ul>
<ul> <li>Dates of Admission from Waiting List: 28th September, 2020.</li> </ul>
♦ Classes resume on: 04 <sup>th</sup> October, 2020.



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Belur Math, Howrah - 711 202, West Bengal

**Course Code: PGDYE** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 04.10.2020-08.12.2021

**Contact Hours:** Tuesday 6:00 p.m. to 8:00 p.m. Online Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00 p.m. to 8:00 p.m. Sunday 10:30 a.m. to 5 p.m. Offline, for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled: 2** 

**Total Number of Students Completed: 2** 

**Brief Descriptions:** 

The Post Graduate Diploma in Yoga Education (PGDYE), led by Course Coordinator Br. Vinaychaitanya, was held from October 4, 2020, to December 8, 2021. The one-year program focused on imparting comprehensive knowledge of yoga education. It encompassed 600 contact hours, with sessions scheduled on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m. conducted online, and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted offline and spanned a range of yoga education aspects. Enrollment consisted of 2 students, and these two participants successfully completed the course. The PGDYE program, under the guidance of Br. Vinaychaitanya, aimed to equip students with a profound understanding of yoga's educational dimensions. The completion of the course by the lone student signifies the program's tailored and effective approach in delivering yoga education.

### CLOs:

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- 21. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- 22. Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- 23. Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.



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Belur Math, Howrah - 711 202, West Bengal

- 24. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- 25. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- 26. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 27. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- 28. Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- 29. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 30. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good mediator that will benefit him personally and enable him to guide others as well.



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# 2019-20: Brochure and Course content along with CLOs of value-added courses

Course Name: Srimad Bhagavad Gita: An Art of

**Recitation and Analysis with Meaning** 





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning	Co	urse Contents
<b>Course Duration</b>	Outcomes	Week	Contents
42 hours	To recite the Bhagavad     Gita with exact     pronunciation in	lst	The letters of Sanskrit language, part-1
6 6	Sanskrit To analyze the	2nd	The letters of Sanskrit language, part-2
	meaning of the verses of Srimad Bhagavad Gita	3rd	The procedure of chanting the lines of Srimad Bhagabat Gita
	To be acquainted with the pattern of versification	4th	The pronunciation of Sanskrit sounds, part-1
Date	<ul> <li>To get a primary idea of Sanskrit letters</li> </ul>	5th	The pronunciation of Sanskrit sounds, part-2
8 July to 20 August, 2019	<ul> <li>To get a philosophical intimation of Srimad Bhagavad Gita</li> </ul>	6dh	The way of analysing the sacred text of The Gita with Meaning

Course Code: SBG/01/19-20

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 08 July 2019 to 20 August 2019

Contact Hours: Everyday morning from 6:00 a.m. to 7:00 a.m., for a total of 42 hrs.

Mode: offline

**Total Number of Students Enrolled: 26** 

**Total Number of Students Completed: 23** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to motivate the trainees of Ramakrishna Mission Sikshanamandira in order to understand the meaning of Srimad Bhagavad Gita and recite with analysis its verses. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource person, the said course has put a significant impact on the mind of the trainees of Ramakrishna Mission Sikshanamandira. Lecture cum demonstrations by eminent

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resource persons in various forms of art inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Gita reading as a result of Vidyarthibrata, spiritual programs and various value based education and after completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 42 hours. Last date of enrolment for the course was 06 July, 2019. The course was conducted every morning from 6:00 a.m. to 7:00 a.m. (08 July 2019 to 20 August 2019) with 26 enrolled students. A total of 23 students completed the course successfully and received the participation certificate on 23 August 2019.

#### CLOs:

By the end of this course students have gained the followings:

- They can now recite the *Slokas* of Srimat Bhagvat Gita with proper intonation and pronunciation.
- While chanting they can follow the easy meaning of the verses of Srimad Bhagavad Gita.
- Has acquainted with the pattern of versification.
- Has got a philosophical understanding and significance of Srimad Bhagavad Gita.

# Course Name: Personality Development through Vivekananda's Ideas





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#### Course Contents Course Learning Course Duration Outcomes. Week Contrats After the completion of this course, 32 hours the student teachers will be able Juana Yoga, 1st part of 140 To have a substantial amount. CWSY of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Bhakti Yoga, lot part of 2nd Penenal letters of Swami Raja Yoga Vivekananda To be able to understand the importance of the first part of Karma Yoga, 2nd part of Complete Works of Swami 3nd Penninal letters of Swami Vivekananda. Vivekmanda To understand the indispensability of possessing Raja Yoga, Papers on good personality in line with 416 Communal Harmony by Swami Vivekananda's lecture Swami Vivekaranda delivered at the Parliament of Religious in Chicago. Lectures from Columbic to 5ih Almon To be able to understand the Date importance and meaning of 4 November Swami Vivekananda's Some annihiographical 6th elements of Swami personal letters written to his Vivekananda 15 December, 2019 western disciples.

Course Code: PDVI/02/19-20

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 4 November 2019 to 15 December 2019

**Contact Hours:** Every morning from 7:00 a.m. to 7:45 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 23** 

**Total Number of Students Completed: 20** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the personality of the trainees in Ramakrishna Mission Sikshanamandira through Swami Vivekananda's Ideas. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource persons, the said course has a valuable impact on the development of personality of the trainees. Lecture cum demonstrations by eminent resource persons in various forms of Swami Vivekananda's Ideas



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Belur Math, Howrah - 711 202, West Bengal

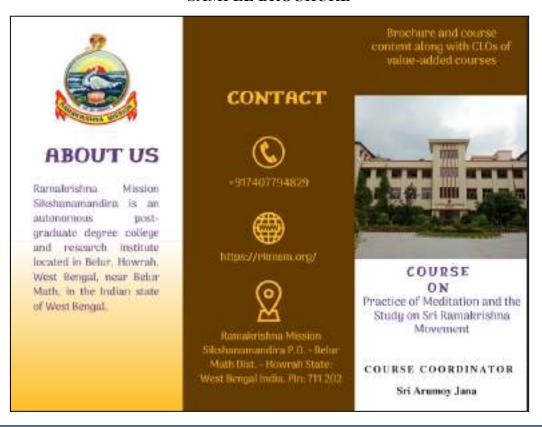
inspired the trainees. One of the major objectives of this certificate course is to make our students interested in the life divine of Swami Vivekananda. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 32 hours. Last date of enrolment for the course was 2 November 2019. The course was conducted every morning from 7:00 a.m. to 7:45 a.m. (4 November 2019 to 15 December 2019) with 23 enrolled students. A total of 20 students completed the course successfully and received the participation certificate on 19 December 2019.

### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

## Course Name: Practice of Meditation and Studies on Sri Ramakrishna Movement





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Belur Math, Howrah - 711 202, West Bengal

COURSE DURATION	COURSE LEARNING OUTCOMES	Work	Conjent
32 hours	After the completion of this course, the students will be able  • To understand the existence	=	The temperatures of different progressed assumes, the Geopole of Sri Rancakrishus part-1
0	and importance of seven chakras in our body  To balance the lower chakras	2ml	Understanding different chalces, the Gospels of Sec Manufactures port 2
	(Manipur, Svadisthan)  • To know the mechanism suitable for meditation	J.	The initial phase of Medication, the Grapeti of Set Banaketchas part 3
DATE 6 JANUARY TO	To know different asanas or yogic postures To understand the importance	**	Relaying the Lower shirter (Manager, Syndrolless)
	of the Gospels of Sri Ramakrishna • To read out the test of the Gospels and Sei Ramakrishna's use of	504	The way of Pumbles in Literature and its use in the Grogody of Sei Ramadotebas
17 FEBRUARY. 2020	Parables	-	Executing the recentage of the Gorgolic of Still Manufactions and/or the law of the parables

Course Code: PMSRM/03/19-20

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Dr. Siharan Chakraborty, Sri Arumoy Jana.

Course duration: 06 January 2020 to 17 February 2020

Contact Hours: Everyday morning from 6:30 a.m. to 7:15 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 33 Total Number of Students Completed: 29** 

Course Fee: NIL

## **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Sri Arumoy Jana gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to circulate the Practice of Meditation and Studies on Sri Ramakrishna Movement among the trainees in Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Divyagunananda Maharaj, principal of Ramakrishna mission Sikshanamandira, Dr. Siharan Chakraborty, coordinator of the said course introduces the course objectives among the trainees. He also extended his heartiest gratitude to Sri Arumoy Jana, one of the resource persons of the course. Various motivational speeches and videos have been seen by the student to cope up with the Sri Ramakrishna Movement in order to Practise of Meditation.



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One of the major objectives of this certificate course is to make our students interested in the Sri Ramakrishna Movement to enhance their ability of Practise of Meditation. After completing the said course it can be said that the objective of the course has been met in this regard. The length of the course was 32 hours. 4 January 2020 was the last date of enrolment for the course. The course was conducted daily from 6:30 a.m. to 7:15 a.m. (06 January 2020 to 17 February 2020) with 33 enrolled students. A total of 29 students completed the course successfully and received certificates of participation on 21 February 2020.

### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

## Course Name: Preparation of Collage and Clay Model





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	Course Learning	Course Contents	
Course Duration 40 hours	Outcomes     The trainees will be able     to handle the collage and	mail	Easty processes Collago and solutions, Alloi East-leg of Collago to position
	clay Model instruments as well as in future they can use them for their	Wei(2)	Callage with word, Digital callage, Those disconnection callage and a Coffings
	personal or professional growth,  • Trainees will learn and develop an additional skill in their life. They may	Wall	SKEETHING  • Scooling of all the ratio of object  • Desirements of M been  • Figure Device, Award  Vector, Daniel reals
	develop it as a hobby in the future.  They can show their skill	Water	BASIC STEEN FOR CLAY MODELLING • Preprinter of the • Monthey of the
Date 18 July to 29	at any platform as well as this certificate will enhance their CV also. • The trainees will be able to develop competent	Week 5	MASSET STUDY FOR FEASY MODIFICATION  • The of efficient works the modelling • Study of enthropic more in the modelling
August, 2019	professionals in the collage and clay Modeling industry,	Works	BILLER MARPHANE DE CLAY  Individue velos Malamandos  and Ophicular  Individue de Novembro Malamandos  adoptios

Course Code: PCCM/04/19-20

Course Coordinator: Sri Rathin Kuri

Name of the Resource Persons: Sri Rathin Kuri Course duration: 18 July 2019 to 29 August 2019

Contact Hours: Everyday evening from 5:30 p.m. to 6:30 p.m, for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 29** 

**Total Number of Students Completed: 26** 

Course Fee: NIL

### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Rathin Kuri gave welcome notes on the aforesaid course. After the welcome address of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on College and Clay Modelling. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Rathin Kuri, the course coordinator acted as a resource person of the said course. He has discussed the purpose of this course clearly to the inhouse participants. One of the major objectives of this certificate course is to make our students interested in hands-on experience on



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Belur Math, Howrah - 711 202, West Bengal

College and Clay Modelling. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 17 July, 2019. The course was conducted Everyday evening from 5:30 p.m. to 6:30 p.m (18 July 2019 to 29 August 2019) with 29 enrolled students. A total of 26 students completed the course successfully and received the participation certificate on 02 September 2019.

### CLOs:

By the end of this course students have gained the followings:

- The trainees would be able to handle the collage and clay Model instruments as well as in future they can use them for their personal or professional growth.
- Trainees would be able to learn and develop an additional skill in their life. They may develop it as a hobby in the future.
- They can now show their skills at any platform that is designed on collage and clay Modelling.
- The trainees are now able to develop competent professionals in the collage and clay Modelling industry.

## **Course Name: Band and Musical Instruments**





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#### Course Contents: · The prospective teachers will learn and develop one Course additional skill in their life. Sante Knowledge of Bends and Musical They can develop it as a hobby Week Instruments, Also Care Duration: 36 in future. and maintenance of their · The prospective teachers will be instrument. hours able to play the musical instrument as well as in future Learning of Base Dearns, they can play the instrument Bide Drums and Casto either in recreational or professional way. They can show their skill at any Learning Clarinet and platform as well as this Basephone certificate will enhance their CV Leiening of Trumpet and Trainees will demonstrate Euphonium comprehensive technical and artistic competencies in the major performing area. A better understanding of Week world relitators, history, Date: including the ability to work and other forms of art. independently to prepare through reasis 9 November to performances at the highest possible level. 21 December, will exhibit Trainees Depletion of professionalism Week elicipuoto on the basis and 2019 of their performance in community engagement that soon and groups will enrich and strengthen their local culture and community.

Course Code: BMI/05/19-20

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Sri Amit Kumar Patra, Sri Arumoy Jana

Course duration: 09 November-2019 to 21 December 2019

Contact Hours: Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m., for a total of 36 hrs.

Mode: offline

Total Number of Students Enrolled: 30
Total Number of Students Completed: 27

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Arumoy Jana gave welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Band and Musical Instruments. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Arumoy Jana, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major

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objectives of this certificate course is to enable hands-on experience on Band and Musical Instruments. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 08th November, 2019 was the last date of enrolment for this course. The course was conducted Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m. (09 November-2019 to 21 December 2019) with 30 enrolled students. A total of 27 students completed the course successfully and received certificates of participation on 24 December 2019.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees learned and developed one additional skill in their life. They can develop it as a hobby in future.
- The trainees are now able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees can now exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

### **Course Name: Seasonal Floriculture**

#### **SAMPLE BROCHURE**





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	Course Learning Outcomes	Course Contents		
Course Duration 40 hours	<ul> <li>Trainees will learn and develop an additional skill in their life. They may develop it as a hobby in the future.</li> </ul>	Wink 1	Total Secretaries of Planatum it First of time. And Case and entressess of finite transaction.	
	The trainees will be able to bundle the Plantation & Floriculture instruments as	West	Linerage of apet unleaten. Proportion of sell for Plansaton is Penhadran, understanding of mesonal plans and their beliefer.	
	well as in future they can use them for their personal or professional growth.	Week	Modes operand of tertilizers it symmetric for organic Plantation & Photosisten	
	They can show their skill at any platform as well as this certificate will enhance their	West	Learning allow the reporting process and any of RAMSons.	
All the same	CV also.  • The trainees will be able to	West	Key browledge of plant refliction and horses taken	
ъ.	develop competent professionals in the	Work	Por Plantine marrising in different stages	
Date 2 November to 24 December, 2019	plantation & Floriculture.  The trainees will be upgraded to the technical	Wash	States Figure 10 different parties and how to control figure	
	proficiency of professional working in the plantation & Floriculture.	West	binestication of different plant / diseases paid fast primaling	

**Course Code:** SF/06/19-20

Course Coordinator: Br. Girishachaitanya

Name of the Resource Persons: Br. Suhas, Br. Girishachaitanya.

Course duration: 02 November-2019 to 24 December, 2019

Contact Hours: Everyday morning from 6:30 a.m. to 7:30 a.m., for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 18** 

**Total Number of Students Completed: 16** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Br. Girishachaitanya gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to develop the expertise of the inhouse trainees in order to nurture the seasonal flower garden inside the Ramakrishna Mission Sikshanamandira college campus. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Br. Girishachaitanya, coordinator of the said course, discussed the valuable impact of the said course on the trainees in order to nourish the seasonal flower. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this



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certificate course is to make our students interested in Seasonal Floriculture. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 1 November, 2019. The course was conducted every day morning from 6:30 a.m. to 7:30 a.m. (02 November-2019 to 24 December, 2019) with 18 enrolled students. A total of 16 students completed the course successfully and received the participation certificate on 28 December, 2019.

#### **CLOs:**

By the end of this course students have gained the followings:

- Trainees learned and developed an additional skill in their life. They can develop it as a hobby in the future.
- The trainees can be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth.
- The trainees can be able to develop competent professionals in the plantation & Floriculture.
- The trainees can be upgraded to the technical proficiency of professional working in the plantation & Floriculture.

## **Course Name: Low Cost No Cost Teaching Aids**

#### **SAMPLE BROCHURE**





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	Course Learning		
Course Duration 35 hours	Outcomes	Week 8	Hasir Raumbodge of Low cost no cost Tracting Aids, Also their Care and maintenance.
	By the end of this session students will be able to • Develop their	West.I	Development of some pointery Science & Mathematics Low cost no cost Touching Soils.
990	no cost Teaching Aids.  • Develop some Low cost no	Warek. I	Development of Traped stand. Environmental Game.
- S	cost Teaching Aids.	Week.4	Development of Stangle microscope, Stangle Absence
90	Teaching Aids in classrooms efficiently.	Work 5	Development of Voronse Mathematical module.
Date 22 February to 5 April, 2020	Trained students in     preparing various     improvised Teaching	Wack 6	Exploration of round apparatus, monel kil, reflection of monel apparatus.
	Alds	Wwk.T	Development of light source for option experiments, pintode connect, and of Tatorray, periocape, Light ortherion too.

Course Code: LCNCTA/07/19-20 Course Coordinator: Dr. Satyajit Kar

Name of the Resource Persons: Dr. Satyajit Kar, Sri Hitasish Bhowmik

Course duration: 22 February 2020 to 05 April 2020

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 25** 

**Total Number of Students Completed: 22** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Satyajit Kar gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to initiate the idea among the trainees of Ramakrishna Mission Sikshanamandira in order to cultivate the ideas of various low cost and no cost teaching Aids involved in the teaching of Science and Mathematics. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Satyajit Kar the coordinator of the said course welcomed all the participants of this



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Belur Math, Howrah - 711 202, West Bengal

course. The exhibition along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Various low cost no cost teaching Aids. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 21 February, 2020. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (22 February 2020 to 05 April 2020) with 25 enrolled students. A total of 22 students completed the course successfully and received the participation certificate on 9 April, 2020.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyze text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

## Course Name: Data Analysis through MS-Excel

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning		Course Contents	
Course Duration 35 hours	Outcomes	Washin	New Same Logic Cliffs Speed the longith could be suitable and some	
	By the end of this session students will be able to • Basic idea of MS-Excel	HHAD	The production of properties of the be undistrict brough the part	
	through readily available software (Hands on Experience)	****	Heavy III or a territor and the second and the seco	
The same of the sa	Master Excel from basic to advanced level.	Post 1	herania (Del dagan hi paris di	
	<ul> <li>Build Excel formulas to analyze text, fields,</li> </ul>	9900	necessary on each	
Date	values and arrays.  • Conditional Formatting	month.	Information Statistically Time foods (INT and SACK VILL) were, Christians)	
18 April to 6 June, 2020	Formula Auditing.     Statistical Analysis for Research Interpretations.		independent to a basic testing them to be supposed to a su	

Course Code: DAMSE/08/19-20

Course Coordinator: Dr. Abhijit Guha

Name of the Resource Persons: Dr. Abhijit Guha, Dr. Anujit Patra

Course duration: 18 April 2020 to 06 June 2020

**Contact Hours:** Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m.

Mode: offline

**Total Number of Students Enrolled: 38** 

**Total Number of Students Completed: 34** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Abhijit Guha gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunananda Maharaj welcomed all the participants of the course. This course was designed to build basic computer learning skills and data processing techniques in social science research of the trainees of Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Abhijit Guha the coordinator of the said course welcomed all the participants of this course. The demonstrations along with the lectures of a variety of distinguished resource persons inspired the trainees. One of the major



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objectives of this certificate course is to make our students interested in Social science research. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 17th April, 2020. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (18 April 2020 to 06 June 2020) with 38 enrolled students. A total of 34 students completed the course successfully and received the participation certificate on 10 June 2020.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyse text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

### **Course Name: Vocal Music**

#### SAMPLE BROCHURE





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		Course Contents		
<b>Course Duration</b>	Course Learning Outcomes	Weeks	Contents	
36 hours	The following outcomes are expected from students at the end of the program:	Week-I	Contribution of Ancient, Medieval	
	Learn about Indian scholars of ancient, medieval, and modern times.     Build knowledge about notational systems and	Week-2	Modern Scholars to Indian Music	
		Week-3	Critical Study of Ragas	
E SEA STA	Students will be introduced     to various new ragas and	Week-4	Critical Study of Taals	
Date	rhythms, they are Be able to do classical and other light and folk music styles.  May can start carning by	Week-5	Notation System, Scales and Time Signature	
16 August to 24th September, 2019	increasing their skills in the field As composers, music writers, and performers.	Week-6	Brief study of Western Notation and Harmony Melody.	

**Course Code: VM/09/19-20** 

Course Coordinator: Pradip Roychowdhury

Name of the Resource Persons: Amit Kumar Patra, Pradip Roychowdhury

Course duration: 16 August 2019 to 24 September, 2019

**Contact Hours:** Everyday evening from 6:30 p.m. to 7:30 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled: 29** 

**Total Number of Students Completed: 26** 

Course Fee: NIL
Brief Descriptions:

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Pradip Roychowdhury gave a welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Divyagunanda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Vocal Music. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Pradip Roychowdhury, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major



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objectives of this certificate course is to enable hands-on experience on Vocal Music. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 14th August, 2019 was the last date of enrolment for this course. The course was conducted Everyday evening from 6:30 p.m. to 7:30 p.m (16 August 2019 to 24 September 2019) with 29 enrolled students. A total of 26 students completed the course successfully and received certificates of participation on 27 September, 2019.

#### CLOs:

The following outcomes are expected from students at the end of the program:

- Learn about Indian scholars of ancient, mediaeval and modern times.
- Build knowledge about notational systems and scales.
- Students will be introduced to various new ragas and rhythms. they are

Be able to do classical and other light and folk music styles.

 May have the ability to start earning by increasing their skills in the field As composer, music writer and performer.

# Course Name: 7-Day National Workshop on Inscriptions and Languages in Indian Coins

Course Code: NWILIC/10/19-20

Course Coordinator: Prof. Santanu Biswas and Dr. Madan Mohan Mandal

Course duration: 17th to 23rd July 2019

Mode: offline

**Total Number of Students Enrolled: 25** 

**Total Number of Students Completed: 25** 

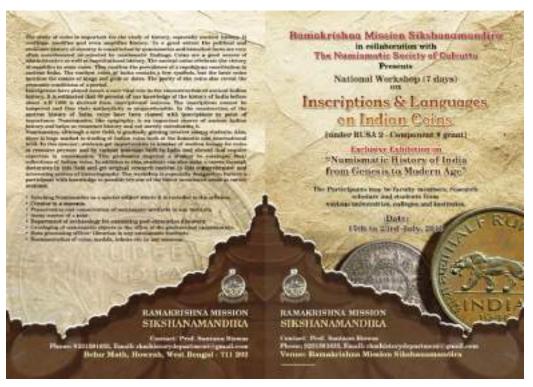
Brief Descriptions: The 7-Day National Workshop on "Inscriptions and Languages in Indian Coins" was conducted from 17th to 23rd July 2019. The workshop, sponsored by RUSA 2.0 (Comp 8) and in collaboration with The Numismatic Society of Calcutta, aimed to explore the significance of inscriptions and languages found on Indian coins. Prof. Santanu Biswas and Dr. Madan Mohan Mandal served as the coordinator and joint-coordinator, respectively. The workshop attracted participants with an interest in numismatics, archaeology, and linguistics. Through interactive sessions, lectures, and hands-on activities, participants delved into the study of inscriptions and languages present on ancient Indian coins. The workshop provided a platform

"Education is the manifestation of the perfection already in man."



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for participants to learn about deciphering scripts, understanding historical contexts, and analysing linguistic variations found on coins. It enhanced participants' knowledge and research skills in the field of numismatics and contributed to a deeper understanding of India's rich cultural heritage through its coinage.







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## Course Name: 9-Day National Workshop - Developing Communication Skills: A Journey towards an Attitude

Course Code: NWDCS/11/19-20

Course Coordinator: Dr. Gautam Bandyopadhyay and Prof. Russell Al Farabi

Course duration: 19th to 29th August 2019

Mode: offline

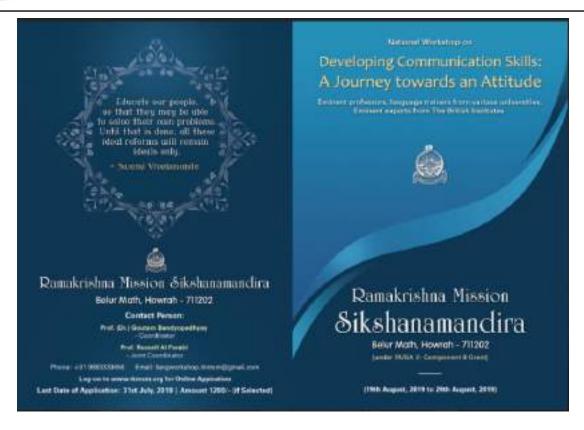
Total Number of Students Enrolled: 28
Total Number of Students Completed: 28

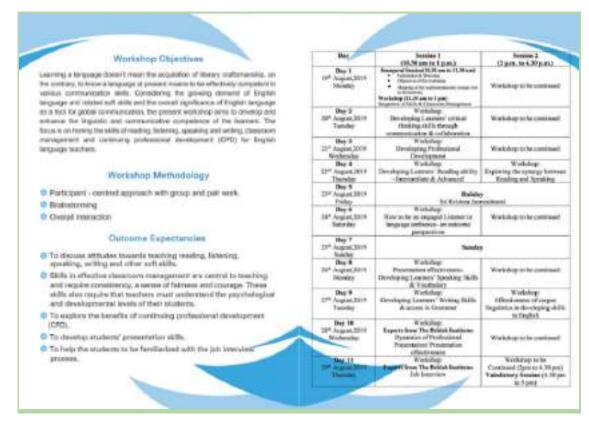
Brief Descriptions: The 9-Day National Workshop on "Developing Communication Skills: A Journey towards an Attitude" was held from 19th to 29th August 2019. The workshop aimed to enhance participants' communication skills and develop a positive attitude towards effective communication. It was organised by RUSA 2.0 (Comp 8) and collaborated with The British Institute. The workshop was coordinated by Dr. Gautam Bandyopadhyay and Prof. Russell Al Farabi. Participants included students, professionals, and individuals interested in improving their communication abilities. The workshop covered various aspects of communication, including verbal and non-verbal communication, public speaking, interpersonal skills, and effective listening. Through interactive sessions, group activities, and practical exercises, participants gained valuable insights and practical techniques to enhance their communication skills. The workshop provided a supportive and engaging environment for participants to learn and practise effective communication strategies, fostering personal and professional growth.



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## Course Name: 3-Week Residential National Level Entrepreneurial Workshop on Yoga and Wellness

Course Code: RNLEWYW/12/19-20

Course Coordinator: Prof. Arumay Jana and Prof. Raju Roy

Course duration: 16th August to 5th September 2019

Mode: offline

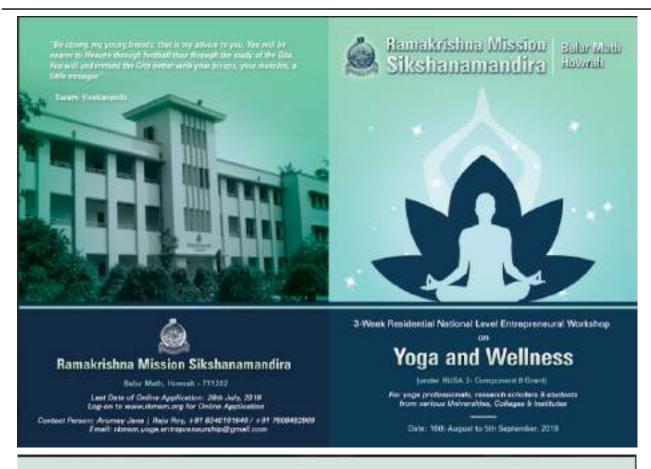
**Total Number of Students Enrolled: 7** 

**Total Number of Students Completed:** 7

Brief Descriptions: The 3-Week Residential National Level Entrepreneurial Workshop on Yoga and Wellness was held from 16th August to 5th September 2019. The workshop aimed to promote entrepreneurship in the field of yoga and wellness. It provided participants with a comprehensive understanding of yoga practices, wellness management, and business strategies. The workshop was sponsored by RUSA 2.0 (Comp 8) and coordinated by Prof. Arumay Jana and Prof. Raju Roy. Participants included aspiring entrepreneurs, yoga enthusiasts, and individuals interested in the wellness industry. Through a combination of theoretical sessions, practical training, and interactive discussions, attendees gained valuable insights into the entrepreneurial aspects of yoga and wellness. The workshop facilitated networking opportunities, mentorship, and skill development to equip participants with the necessary knowledge and tools for establishing successful ventures in this field.



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In today's perspective our life has become more sedentary due to technological advancement, it is true that technology accomplishes any work configure after makes our life muse convenient me pay for it will lots of illustyle changes like obesity, hypertension, illustrates, arthrids on. Although we have advanced modical facilities, we are still leading a stresolal, unhealthy and amatable life in this condition yage is an important topic flowerd a healthy body, mind, spirit, emotion and additioner value to our file. Yoga teaches us the knowledge of how to over healthdy. It improves our body posture, prevents diseases, increases compensation; provides emotional stability, power to creativity and pecualst life. For this purpose, society needs some virgs professionals who can execute their skills in proper way to well build healthy society. An entrepreneurable programme is taken as alone to build good erit spremuts. In this context this yogs entreprimeurs his programme can provide a response to overcome from this stressful life and being bastion of irreduction, knowledge and wadom which can provide qualified entrepreneurs through suitable estudation and mining for starting and norming the enterprise.

#### Objectives of the Programme

- 1. To promote yoge as a mesers to promote holistic health and feature. values.
- 2. To promote yogs as a partier skills in present day circumsta
- 3. To explore the individual potential ties through yogic skills.
- 4. To develop standards & paremeters, assess, competencies and certify for recognize well build your professional.
- 5. To promote muttees and their impact on entrapressocial values and
- 8. To develop achievement motivation and entrepresental skill among 7. To startify, insuitable, downeys and potats the capatitation and at the an
- granqualities of a yoga trainer to become a yoggpreneur.
- II. To develop language skills for communicate and apread yogic values continued and international level.
- h. To collaborate with National and International organizations for promotion of yoga and hulld professional apportunity.

#### Topics on-

- Yoga therapy and life style diseases
- Yoga for Health and Fitness
- Yoga for Stress Management
- \* Happiness and Yoga
- Yogic Diet and food for health
- S Yoga Nidra and Brain Activity
- Yoga and Paychic Counselling
- \* Yoga for Drug addiction
- Yoga for Mental Toughness





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# Course Name:Post Graduate Diploma in Guidance and Counselling

#### SAMPLE BROCHURE

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

For Male Candidates only

(2019-20)

Prospectus



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION UNDER THE UNIVERSITY OF CALCUTTA

> BELUR MATH, HOWRAH – 711 202 Email: rkmsm@rediffmail.com, rkmsmc@gmail.com Web-site: www.rkmsm.org

Ph. No. - (033) 2654-6081/9281/1635

1



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### POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

#### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of guidance and counselling. The course will also help the students to become exemplary in applying essential guidance and counselling knowledge and skills in a variety of setting with individuals from diverse backgrounds.

#### Mission

This one-year regular course is designed to prepare education professionals for Guidance and Counselling within the primary, secondary, higher and tertiary education sector. The programme includes study of guidance and counselling regarding education policy environment, the legal and social context, the principles of leadership in education and the culture of educational institutions. The course provides participants with an opportunity to develop their insights into leadership in education, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context, brainstorming on relevant areas of Educational Guidance and Counselling and other pertinent themes.

The course is designed particularly for Students of Post Graduate Level, Teachers, Head teachers, Principals and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in Guidance and Counselling will enable the students to:

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to clients diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a commitment to future development and possession of effective networking skills.
- Have research and program evaluation skills that include development of research and program evaluation questions as well as selection of appropriate methodologies for collecting and analysing data.



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- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the client population.
- Have a vision of career planning as a developmental process and provide individual guidance and counselling as well as training skills to facilitate decision making and to work with developmental life transitions.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice to use of assessment and information management tools.

## Program Learning Outcomes (PLOs) of Post Graduate Diploma in Guidance and Counselling Course

After completion of the Post graduate Diploma in Guidance and Counselling (PCDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.
- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations.
   They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.
- Course of Study: POST GRADUATE DIPLOMA IN GUIDANCE AND

COUNSELLING.



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Course of Study: POST GRADUATE DIPLOMA IN GUIDANCE AND

COUNSELLING.

♦ Duration: 1 Year

♦ Semesten 2

♦ Intake: 70 (approx.)

4 Course Fees: Total Rs. 9000/- (Nine thousand only)

Rs. 5000/- (Rupees Five Thousand only) to be paid at the time of admission.

Rs. 4000/- (Rupers Four Thousand only) to be paid at the time of initiation of 2<sup>nd</sup> Semester.

- ♦ The Course will have to be completed within 3 years.
- Classes will be held on the following days and times:
  - Tuesday 4:30 to 7:00 p.m.
  - Thursday 4:30 to 7:00 p.m.
  - > Saturday 2:00 to 6:00 p.m.
  - Sunday 10:30 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

- Eligibility:
  - Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
  - > Age. No bar.
  - See: Male only



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Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	20
Higher Secondary	20
Graduation (3 years)/ Equivalent Degree (Minimum 3 years)	30
PG (2 Years)	20
Others (B.Ed./M.Ed./ B.P.Ed./M.P.Ed./etc.)	10
Total =	100

- In-service Candidates will be given special preferences.
- Form is to be downloaded from the college website (www.rkmsm.org).
- Filled in Form to be submitted (last date of submission) within 15th June, 2019 (within working hours).
- During submission of Filled in Form Rs. 200/- to be deposited as the price of Form.
- Form may be submitted from 15th May, 2019 along with copies of all the testimonials (self-signed).

N.B. Form can be submitted on the due dates between 12 noon to 4 p.m. at the Shanti Bhavan Office (Office of the Controller of examinations).

- Merit List will be published on: 17th June, 2019.
- Reservation: As per Rules framed by the Government of West Bengal.
- Dates of Admission: 19th & 20th June, 2019 (11:00 2:00 p.m.)
- Dates of Admission from Waiting List: 22<sup>nd</sup> June, 2019.
- Classes resume on: 13th July, 2019 (Saturday) at 2:30 pm.



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Course Code: PGDGC

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 13.07.2019-08.09.2020

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m., Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00

p.m. to 8:00 p.m. (Online) Sunday 10:30 a.m. to 5 p.m. (Offline), for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled: 5** 

**Total Number of Students Completed: 5** 

#### **Brief Descriptions:**

The Post Graduate Diploma in Guidance Counseling (PGDGC), coordinated by Br. Vinaychaitanya, was conducted from 13.07.2019, to 08.09.2020. The course aimed to equip students with essential skills for counselling elderly individuals. The program consisted of 600 contact hours, with online sessions held on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m., and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted in offline mode, and a total of 5 students were enrolled. All 5 students successfully completed the program. The PGDGC curriculum provided a comprehensive understanding of geriatric counselling, addressing the unique challenges and needs of the elderly population. Br. Vinaychaitanya's coordination ensured a structured learning experience. The course's successful completion by all students underscores its effectiveness in imparting valuable skills for geriatric counselling.

#### CLOs:

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.

Course Name: Post Graduate Diploma in Yoga Education





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#### **SAMPLE BROCHURE**

# POST GRADUATE DIPLOMA IN YOGA EDUCATION

For Male Candidates only

(2019-20)

## **Prospectus**



#### RAMAKRISHNA MISSION SIKAHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION UNDER THE UNIVERSITY OF CALCUTTA

BELUR MATH, HOWRAH – 711 202 Email: rkmsm@rediffmail.com, rkmsmc@gmail.com Web-site: www.rkmsm.org Ph. No. - (033) 2654-6081/9281/1635

1



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#### POST GRADUATE DIPLOMA IN YOGA EDUCATION

#### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness. Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

#### Mission

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sector. Our mission is to empower all communities with yoga to cultivate health and wellness in adult to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to aged people into academic environments. The course provides participants with an opportunity to develop their self or atman which is essential in education process, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in yoga education will enable the students to:

- have the knowledge and to train and prepare deserving candidates in the exoteric aspects of Yoga.
- deal with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
- learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
- have the knowledge and achieve mental hygiene, emotional stability, integrate moral values and attain higher level of consciousness.
- be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
- 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.
- have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.



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- 8. indicate changes they can make to their diet.
- 9. acknowledge prevention of disease even in patients with severe health problems.
- have research and programme evaluation skills that include development of research and programme evaluation questions, selection of appropriate methodologies for collecting and analysing data.

### Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- Learn techniques of gaining good health, to develope a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 7. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 10. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.
  - Course of Study: POST GRADUATE DIPLOMA IN YOGA

#### DUCATION

♦ Duration: 1 Year

Semester: 2

Intake: 70

Course Fees: Total Rs. 9000/- (Nine thousand only)

Rs. 5000/- (Rupees Five Thousand only) to be paid at the time of admission.



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Rs. 4000/- (Rupees Four Thousand only) to be paid at the time of initiation of 2<sup>nd</sup> Semester.

- The Course will have to be completed within 3 years.
- Classes will be held on the following days and times:

Tuesday - 4:30 to 6:30 p.m.

Friday - 4:30 to 6:30 p.m.

Saturday - 2:30 to 6:30 p.m.

Sunday - 10 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

#### Eligibility:

 Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.



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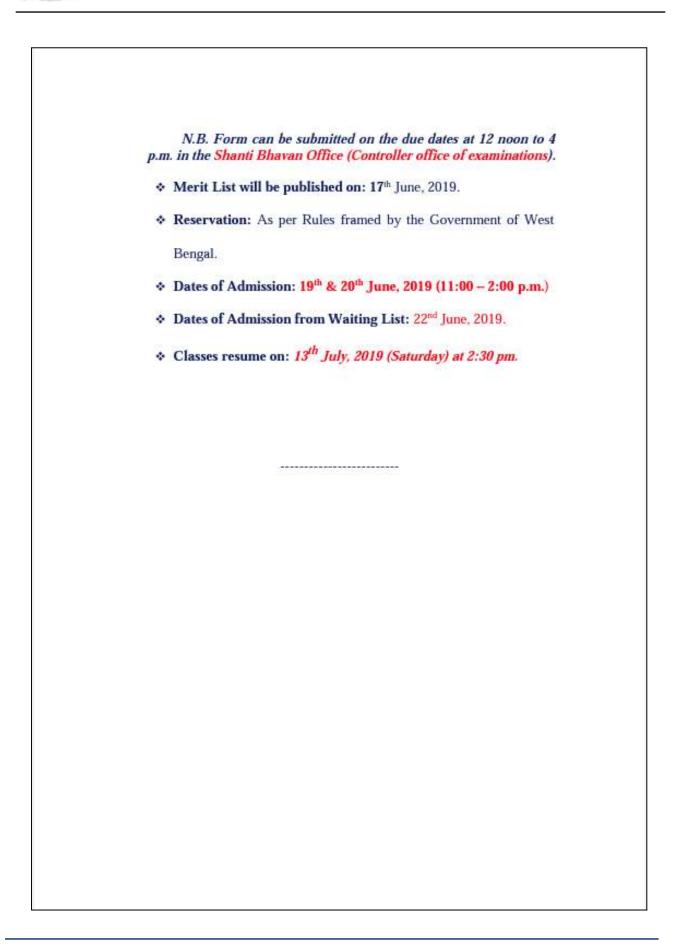
- Age: Not more than 40 years. (Relaxation of age may be considered for In-Service [Government Service] candidates)
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	15
Higher Secondary	15
Graduation (3 years)	20
B.Ed./ B.P.Ed.	20
M.P.Ed./ M.Ed./M.A./M.Sc./M.Com./ Other equivalent degree	20
Sports Performance*	Out of
National Level/ All India Level = 10	10
State level/ Inter University	
= 8	
District Level/ Inter College	
= 6	
*Best Performance to be counted	
Total =	100

- \* In-service Candidates will be given special preferences.
- \* Form is to be downloaded form the college website (www.rkmsm.org) and filled in Form to be submitted by within 15<sup>th</sup> June, 2019.
- \* During submission of Filled in Form Rs. 200/- to be deposited as the cost of Form.
- \* Form can be downloaded from 15<sup>th</sup> May, 2019 and submitted along with copies of all the testimonials.



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Belur Math, Howrah - 711 202, West Bengal

**Course Code: PGDYE** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 13.07.2019-08.09.2020

**Contact Hours:** Tuesday 6:00 p.m. to 8:00 p.m. Online Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00 p.m. to 8:00 p.m. Sunday 10:30 a.m. to 5 p.m. Offline, for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled: 2** 

**Total Number of Students Completed: 2** 

**Brief Descriptions:** 

The Post Graduate Diploma in Yoga Education (PGDYE), led by Course Coordinator Br. Vinaychaitanya, was held from 13.07.2019-08.09.2020. The one-year program focused on imparting comprehensive knowledge of yoga education. It encompassed 600 contact hours, with sessions scheduled on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m. conducted online, and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted offline and spanned a range of yoga education aspects. Enrollment consisted of 2 students, and these two participants successfully completed the course. The PGDYE program, under the guidance of Br. Vinaychaitanya, aimed to equip students with a profound understanding of yoga's educational dimensions. The completion of the course by the lone student signifies the program's tailored and effective approach in delivering yoga education.

#### CLOs:

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- 31. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- 32. Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- 33. Learn techniques of gaining good health, to develop a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.



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Belur Math, Howrah - 711 202, West Bengal

- 34. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- 35. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- 36. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 37. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- 38. Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- 39. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 40. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good mediator that will benefit him personally and enable him to guide others as well.



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Belur Math, Howrah - 711 202, West Bengal

# 2018-19: Brochure and Course content along with CLOs of value-added courses

Course Name: Srimad Bhagavad Gita: An Art of Recitation and Analysis with Meaning

SAMPLE BROCHURE







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Belur Math, Howrah - 711 202, West Bengal

# Course Duration 42 hours



Date

7 July to 18 August, 2018

## Course Learning Outcomes

- To recite the Bhagavad Gita with exact pronunciation in Sanskrit
- To analyze the meaning of the verses of Srimad Bhagavad Gita
- To be acquainted with the pattern of versification
- To get a primary idea of Sanskrit letters
- To get a philosophical intimation of Srimad Bhagavad Gita

### Course Contents

Week	Contents	
lst	The letters of Sanskrit language, part-1	
2nd	The letters of Sanskrit language, part-2	
3rd	The procedure of chanting the lines of Srimad Bhagabat Gita	
4th	The pronunciation of Sanskrit sounds, part-I	
5th	The pronunciation of Sanskrit sounds, part-2	
6th	The way of analysing the sacred text of The Gita with Meaning	

Course Code: SBG/01/18-19

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 07 July 2018 to 18 August 2018

Contact Hours: Everyday morning from 6:00 a.m. to 7:00 a.m., for a total of 42 hrs.

Mode: offline

**Total Number of Students Enrolled: 22** 

**Total Number of Students Completed: 19** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to motivate the trainees of Ramakrishna Mission Sikshanamandira in order to understand the meaning of Srimad Bhagavad Gita and recite with analysis its verses. In the



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Belur Math, Howrah - 711 202, West Bengal

auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource person, the said course has put a significant impact on the mind of the trainees of Ramakrishna Mission Sikshanamandira. Lecture cum demonstrations by eminent resource persons in various forms of art inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Gita reading as a result of Vidyarthibrata, spiritual programs and various value based education and after completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 42 hours. Last date of enrolment for the course was 05 July, 2018. The course was conducted every morning from 6:00 a.m. to 7:00 a.m. (07 July 2018 to 18 August 2018) with 22 enrolled students. A total of 19 students completed the course successfully and received the participation certificate on 23 August 2018.

#### CLOs:

By the end of this course students have gained the followings:

- They can now recite the *Slokas* of Srimat Bhagvat Gita with proper intonation and pronunciation.
- While chanting they can follow the easy meaning of the verses of Srimad Bhagavad Gita.
- Has acquainted with the pattern of versification.
- Has got a philosophical understanding and significance of Srimad Bhagavad Gita.

## Course Name: Personality Development through Vivekananda's Ideas

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning	C	Course Contents	
<b>Course Duration</b>	Outcomes	Week	Contents	
32 hours	After the completion of this course, the student teachers will be able  • To have a substantial amount of knowledge of Bhakti Yoga,	la	James Yoga, 1st purt of CWSV	
	Juana Yoga, Karma Yoga and Raja Yoga.  To be able to understand the	2nd	Bhakti Yoga, list port of Personal letters of Swami Vivekameda	
	importance of the first part of Complete Works of Swami Vivekananda.  • To understand the	3nt	Karma Yoga, 2nd part of Personal letters of Swami Virokamanda	
	indispensability of possessing good personality in line with Swami Vivekananda's fecture delivered at the Parliament of	4h	Raja Yoga, Papers on Communal Harmony by Swami Vivekaminda	
Date	Religions in Chicago.  • To be able to understand the	5th	Lectures from Columbo to Almora	
3 September to 14 October, 2018	Importance and meaning of Swami Vivekananda's personal letters written to his western disciples.	óth	Some autobiographical elements of Swami Vivekamanda	

Course Code: PDVI/02/18-19

Course Coordinator: Dr. Siharan Chakraborty

Name of the Resource Persons: Swami(Dr.) Tattwasarananda and Dr. Siharan Chakraborty.

Course duration: 3 September 2018 to 14 October, 2018

Contact Hours: Every morning from 7:00 a.m. to 7:45 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 34** 

**Total Number of Students Completed: 30** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Siharan Chakraborty gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to develop the personality of the trainees in Ramakrishna Mission Sikshanamandira through Swami Vivekananda's Ideas. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Dr. Siharan Chakraborty as resource persons, the said course has a valuable impact on the development of personality of the trainees. Lecture cum demonstrations by eminent resource persons in various forms of Swami Vivekananda's Ideas inspired the trainees. One of the major objectives of this certificate course is to make our



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Belur Math, Howrah - 711 202, West Bengal

students interested in the life divine of Swami Vivekananda. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 32 hours. Last date of enrolment for the course was 1 September, 2018. The course was conducted every morning from 7:00 a.m. to 8:00 a.m. (3 September 2018 to 14 October, 2018) with 34 enrolled students. A total of 30 students completed the course successfully and received the participation certificate on 17 October, 2018.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

## Course Name: Practice of Meditation and Studies on Sri Ramakrishna Movement

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

COURSE	LEARNING OUTCOMES	Week	Contrate
32 hours	After the completion of this course, the students will be able	Tid	The importance of different yeaps and season, the Groupels of for Ramakishna pain-1
G D	To understand the existence and importance of seven chakras in our	2ml	Understanding diffusion chalasts, the Gospets of Sar Ramakridea part-2
	To balance the lower chakras (Manipur,	346	The initial phase of Meditation, the Geopole of So Rassakishoo pare 3
	Svadisthan)     To know the mechanism suitable for meditation	46	Bolisting the Lower chikase (Miniper, N-adothas)
DATE	<ul> <li>To know different asanas or yogic postures</li> </ul>	36	The are of Parables in Libraries and its use in the Grapels of Sei Bamaketches
3 JANUARY TO 14 FEBRUARY, 2019	To understand the importance of the Gospels of Sri Ramakrishna To read out the text of the Gospels and Sri Ramakrishna's use of Parables.	шь	Farnating the meaning of the Coupelt of Sel Kanada shall the less of his pushlies.

Course Code: PMSRM/03/18-19

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Dr. Siharan Chakraborty, Sri Arumoy Jana.

Course duration: 03 January 2018 to 14 February 2019

Contact Hours: Everyday morning from 6:30 a.m. to 7:15 a.m., for a total of 32 hrs.

Mode: offline

**Total Number of Students Enrolled: 31** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Sri Arumoy Jana gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to circulate the Practice of Meditation and Studies on Sri Ramakrishna Movement among the trainees in Ramakrishna Mission Sikshanamandira. In the auspicious presence of Swami(Dr.) Tattwasarananda Maharai, principal of Ramakrishna mission revered Sikshanamandira, Dr. Siharan Chakraborty, coordinator of the said course introduces the course objectives among the trainees. He also extended his heartiest gratitude to Sri Arumoy Jana, one of the resource persons of the course. Various motivational speeches and videos have been seen by the student to cope up with the Sri Ramakrishna Movement in order to Practise of Meditation.



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Belur Math, Howrah - 711 202, West Bengal

One of the major objectives of this certificate course is to make our students interested in the Sri Ramakrishna Movement to enhance their ability of Practise of Meditation. After completing the said course it can be said that the objective of the course has been met in this regard. The length of the course was 32 hours. 2 January, 2019 was the last date of enrolment for the course. The course was conducted daily from 6:30 a.m. to 7:15 a.m. (03 January 2018 to 14 February 2019) with 31 enrolled students. A total of 27 students completed the course successfully and received certificates of participation on 17 February 2019.

#### CLOs:

By the end of this course students have gained the followings:

- They have a substantial amount of knowledge of Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.
- They understood the importance of the first part of the Complete Works of Swami Vivekananda.
- They understood the indispensability of possessing good personality in line with Swami Vivekananda's lecture delivered at the Parliament of Religions in Chicago.
- They understand the importance and meaning of Swami Vivekananda's personal letters written to his western disciples.

# **Course Name: Preparation of Collage and Clay Model**

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning		Course Contents	
Course Duration 40 hours	Outcomes  The traines will be able to hundle the college and			
	ctay Model instruments as well as in future they can me them for their		Secret	
	personal or professional growth.  • Trainees will learn and develop an additional skill in their life. They may		HITTER - Special (F) (Albert - Special (Albert -	
	develop it as a highly in the future.  They can show their skill			
Date 20 July to 30	at any platform as well as this cartificate will enhance their CV also.  The trainnes will be able to develop competent			
August, 2018	professionals in the collage and chy Modeling industry.			

Course Code: PCCM/04/18-19

Course Coordinator: Sri Rathin Kuri

Name of the Resource Persons: Sri Rathin Kuri Course duration: 20 July 2018 to 30 August 2018

**Contact Hours:** Everyday evening from 5:30 p.m. to 6:30 p.m, for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 38** 

**Total Number of Students Completed: 34** 

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Rathin Kuri gave welcome notes on the aforesaid course. After the welcome address of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on College and Clay Modelling. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Rathin Kuri, the course coordinator acted as a resource person of the said course. He has discussed the purpose of this course clearly to the inhouse participants. One of the major objectives of this certificate course is to make our students interested in hands-on experience on



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Belur Math, Howrah - 711 202, West Bengal

College and Clay Modelling. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 19 July, 2018. The course was conducted Everyday evening from 5:30 p.m. to 6:30 p.m ( 20 July 2018 to 30 August 2018) with 38 enrolled students. A total of 34 students completed the course successfully and received the participation certificate on 10 September 2018.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees would be able to handle the collage and clay Model instruments as well as in future they can use them for their personal or professional growth.
- Trainees would be able to learn and develop an additional skill in their life. They may develop it as a hobby in the future.
- They can now show their skills at any platform that is designed on collage and clay Modelling.
- The trainees are now able to develop competent professionals in the collage and clay Modelling industry.

#### **Course Name: Band and Musical Instruments**

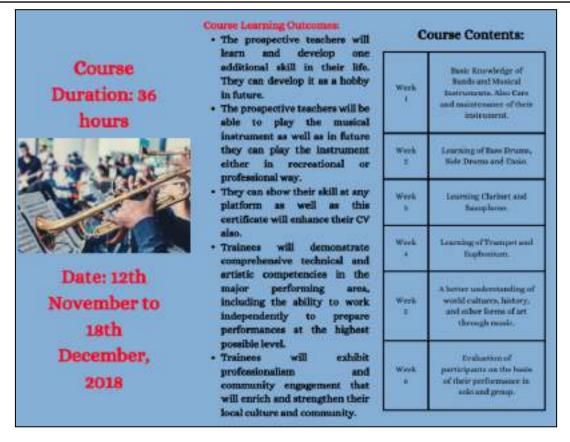
#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal



Course Code: BMI/05/18-19

Course Coordinator: Sri Arumoy Jana

Name of the Resource Persons: Sri Amit Kumar Patra, Sri Arumov Jana

Course duration: 12 November-2018 to 18 December 2018

Contact Hours: Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled:** 19 **Total Number of Students Completed:** 17

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Arumoy Jana gave welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Band and Musical Instruments. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Arumoy Jana, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major

"Education is the manifestation of the perfection already in man."



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Belur Math, Howrah - 711 202, West Bengal

objectives of this certificate course is to enable hands-on experience on Band and Musical Instruments. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 11th November, 2018 was the last date of enrolment for this course. The course was conducted Every Saturday and Sunday from 5:00 p.m. to 8:00 p.m. (12 November-2018 to 18 December 2018) with 19 enrolled students. A total of 17 students completed the course successfully and received certificates of participation on 22 December 2018.

#### CLOs:

By the end of this course students have gained the followings:

- The trainees learned and developed one additional skill in their life. They can develop it as a hobby in future.
- The trainees are now able to play the musical instrument as well as in future they can play the instrument either in recreational or professional way.
- They can show their skill at any platform as well as this certificate will enhance their CV also.
- Trainees can now exhibit professionalism and community engagement that will enrich and strengthen their local culture and community.

#### **Course Name: Seasonal Floriculture**

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning Outcomes	Course Contents		
Course Duration 40 hours	<ul> <li>Trainces will learn and develop an additional skill in their life. They may develop</li> </ul>	West	Boss Learnholp of Planting & Plant often Alon Tors and management of that handmank.	
AT AUSTON	it as a bobby in the future.  The trainees will be able to handle the Plantation & Floriculture instruments as	was	Eastern of our returns. Proposition of our her Hamation in Hart above, polycomology of money place and that habite	
	well as in future they can use them for their personal or professional growth.	was	Market special of facilities & Photograph & Market States	
	They can show their skill at any platform as well as this	World 4	Learning phase the security process and one of furthful.	
State William	certificate will enhance their CV abs.  The trainers will be able to	Water	Key translation of plant or fluction and a marginaries	
Date	develop competent professionals in the	*;**	Pros Plantaine manifoling to different ranges.	
14 November to 24 December, 2018	plantation & Floriculture.  The trainees will be upgraded to the technical		Short-less of allows passe and have be seened from	
	proficiency of professional working in the plantation & Floricalture.	W.	Manufactures of participation plane and Table wave days.	

**Course Code:** SF/06/19-20

Course Coordinator: Br. Koushik

Name of the Resource Persons: Br. Suhas, Br. Koushik.

Course duration: 14 November-2018 to 24 December, 2018

Contact Hours: Everyday morning from 6:30 a.m. to 7:30 a.m., for a total of 40 hrs.

Mode: offline

**Total Number of Students Enrolled: 29 Total Number of Students Completed: 26** 

Course Fee: NIL
Brief Descriptions:

# Sikshanamandira, the Coordinator of the said Course Br. Suhas gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to develop the expertise of the inhouse trainees in order to nurture the seasonal flower garden inside the Ramakrishna Mission Sikshanamandira college campus. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj and Br. Suhas coordinator of the said course discussed the valuable impact of the said course on the trainees in order to nourish the seasonal flower. The exhibition along with the lectures of a variety of distinguished

To begin with the course report, on behalf of the organisers Ramakrishna Mission

resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Seasonal Floriculture. After completion of the aforesaid course it



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Belur Math, Howrah - 711 202, West Bengal

can be said that the course objectives become fulfilled in this regard. The length of the course was 40 hours. Last date of enrolment for the course was 12 November, 2018. The course was conducted every day morning from 6:30 a.m. to 7:30 a.m. (14 November-2018 to 24 December, 2018) with 29 enrolled students. A total of 26 students completed the course successfully and received the participation certificate on 28 December, 2018.

#### CLOs:

By the end of this course students have gained the followings:

- Trainees learned and developed an additional skill in their life. They can develop it as a hobby in the future.
- The trainees can be able to handle the Plantation & Floriculture instruments as well as in future they can use them for their personal or professional growth.
- The trainees can be able to develop competent professionals in the plantation & Floriculture.
- The trainees can be upgraded to the technical proficiency of professional working in the plantation & Floriculture.

# **Course Name: Low Cost No Cost Teaching Aids**

#### SAMPLE BROCHURE





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Belur Math, Howrah - 711 202, West Bengal

		Course Contents	
Course Duration 35 hours	Course Learning Outcomes	Week.1	Hasin Kaserledge of Lees one on cost Trucking Aids. Also their Care and maintenance.
STATE OF THE PARTY	By the end of this session students will be able to • Develop their	Week 2	Development of some principly believe to blademantic Lon cost as out Fraching Aits.
	no cost Teaching Aids.  * Develop some Low cost no	Week.b	Development of Tripod stand. Environmental Game.
	cost Teaching Aids.  • Use Low cost no cost	Work 6	Development of Skuple microscope, Simple Absent
00	Teaching Aids in classrooms efficiently.	Week 5	Development of Vacious Mathematical seedship
Date	Trained students in     preparing various     improvised Teaching	Work 6	Exploration of would apparatus, sound left, reflection of securi apparatus.
7th April, 2019	Aids.	Week T	Development of light source for option reperiments, protects openers, model of Talancape, perkarape, Eight reflection toxi.

Course Code: LCNCTA/07/18-19
Course Coordinator: Dr. Satyajit Kar

Name of the Resource Persons: Dr. Satyajit Kar, Sri Hitasish Bhowmik

Course duration: 17 February 2019 to 07 April 2019

Contact Hours: Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

Total Number of Students Enrolled: 32
Total Number of Students Completed: 28

Course Fee: NIL
Brief Descriptions:

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Satyajit Kar gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to initiate the idea among the trainees of Ramakrishna Mission Sikshanamandira in order to cultivate the ideas of various low cost and no cost teaching Aids involved in the teaching of Science and Mathematics. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Satyajit Kar the coordinator of the said course welcomed all the participants of this course. The exhibition along with the lectures of a variety of distinguished resource persons



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Belur Math, Howrah - 711 202, West Bengal

inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Various low cost no cost teaching Aids. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 15 February, 2019. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (17 February 2019 to 07 April 2019) with 32 enrolled students. A total of 28 students completed the course successfully and received the participation certificate on 10 April, 2019.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyze text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

#### **Course Name: Data Analysis through MS-Excel**

#### **SAMPLE BROCHURE**





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Belur Math, Howrah - 711 202, West Bengal

	Course Learning	Course Contents	
Course Duration 35 hours	Outcomes  By the end of this session	Work 1	Ann Kerninige of MS Earl Streagh modify wedship software.
	students will be able to  Basic idea of MS-Excel	Work 2	Date Television of preparation of data for easily on the rings 345 Each
	through readily available software (Hands on Experience )	Mink I	Description estrictional analysis viz bleas, ED Standard Deviations, Variance, Scottonic, Alternate etc.
	Master Excel from basic to advanced level.	Month 4	Formerion of the stageson, No shorts etc.
	<ul> <li>Build Excel formulas to analyze text, fields,</li> </ul>	Month	formation of thirtygene. frequency polygon etc.
Date	values and arrays.  • Conditional Formatting	Month o	balematical Statistics by Data Analysis Tool pack viz Linear, Correlation.
13 April to 8 June, 2019	& formula Auditing.  • Statistical Analysis for Research Interpretations.	Week	Informatial Statistics by Dura analysis Tool park via One way Assess and Mathersonical Equations.

Course Code: DAMSE/08/18-19

Course Coordinator: Dr. Abhijit Guha

Name of the Resource Persons: Dr. Abhijit Guha, Dr. Anujit Patra

Course duration: 13 April 2019 to 08 June 2019

**Contact Hours:** Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m., for a total of 35 hrs.

Mode: offline

**Total Number of Students Enrolled: 31** 

**Total Number of Students Completed: 27** 

Course Fee: NIL

#### **Brief Descriptions:**

To begin with the course report, on behalf of the organisers Ramakrishna Mission Sikshanamandira, the Coordinator of the said Course Dr. Abhijit Guha gave welcome notes on the aforesaid course. After that the principal of Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj welcomed all the participants of the course. This course was designed to build basic computer learning skills and data processing techniques in social science research of the trainees of Ramakrishna Mission Sikshanamandira. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Dr. Abhijit Guha the coordinator of the said course welcomed all the participants of this course. The demonstrations along with the



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lectures of a variety of distinguished resource persons inspired the trainees. One of the major objectives of this certificate course is to make our students interested in Social science research. After completion of the aforesaid course it can be said that the course objectives become fulfilled in this regard. The length of the course was 35 hours. Last date of enrolment for the course was 12th April, 2019. The course was conducted Every Saturday and Sunday from 2:00 p.m. to 4:30 p.m. (13 April 2019 to 08 June 2019) with 31 enrolled students. A total of 27 students completed the course successfully and received the participation certificate on 12 June 2019.

#### CLOs:

By the end of this session students will be able to

- Basic idea of MS-Excel through readily available software (Hands on Experience)
- Master Excel from basic to advanced level.
- Build Excel formulas to analyse text, fields, values and arrays.
- Conditional Formatting & formula Auditing.
- Statistical Analysis for Research Interpretations.

#### **Course Name: Vocal Music**

#### SAMPLE BROCHURE



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		Course Contents	
Course Duration	Course Learning Outcomes	Weeks	Contents
36 hours	The following outcomes are expected from students at the end of the program:	Week-I	Contribution of Ancient, Medieval
	Learn about Indian     scholars of ancient,     medieval, and modern	Week-2	Modern Scholars to Indian Music
首在各	times.  • Build knowledge about notational systems and	Week-3	Critical Study of Ragas
E SEA STA	scales.  • Students will be introduced to various new ragas and	Week-4	Critical Study of Tauls
Date	rhythms, they are Be able to do classical and other light and folk music styles.  • May can start earning by	Week-5	Notation System, Scales and Time Signature
20 August to 22th September, 2018	increasing their skills in the field As composers, music writers,s and performers.	Week-6	Brief study of Western Notation and Harmony Melody.

**Course Code: VM/09/18-19** 

Course Coordinator: Pradip Roychowdhury

Name of the Resource Persons: Amit Kumar Patra, Pradip Roychowdhury

Course duration: 20 August 2018 to 22 September, 2018

**Contact Hours:** Everyday evening from 6:30 p.m. to 7:30 p.m., for a total of 36 hrs.

Mode: offline

**Total Number of Students Enrolled: 26** 

**Total Number of Students Completed: 23** 

Course Fee: NIL

#### **Brief Descriptions:**

On behalf of the organiser Ramakrishna Mission Sikshanamandira, the course Coordinator Sri Pradip Roychowdhury gave a welcome address on the aforesaid course. After the introduction speech of the principal, Ramakrishna Mission Sikshanamandira, revered Swami (Dr.) Tattwasarananda Maharaj, the course Coordinator welcomed all the participants of the course. This course was designed to enhance the skills of inhouse trainees in hands-on experience on Vocal Music. In the auspicious presence of revered Swami(Dr.) Tattwasarananda Maharaj, Sri Pradip Roychowdhury, Coordinator of the said course welcomed all the participants of this course. He extended his heartiest gratitude to Sri Amit Kumar Patra, Assistant Professor in Music (Visiting Faculty) for his valuable presence as one of the resource persons of the said



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course. He has clearly mentioned the purpose of this course to the inhouse participants. One of the major objectives of this certificate course is to enable hands-on experience on Vocal Music. The exhibition along with the lectures of a variety of distinguished resource persons from the industry inspired the trainees. The course objectives have fulfilled the major goals of this course after its successful completion. The total contact hours of this course was 36 hours. 18 th August, 2018 was the last date of enrolment for this course. The course was conducted Everyday evening from 6:30 p.m. to 7:30 p.m (20 August 2018 to 22 September, 2018) with 26 enrolled students. A total of 23 students completed the course successfully and received certificates of participation on 26 September, 2018.

#### CLOs:

The following outcomes are expected from students at the end of the program:

- Learn about Indian scholars of ancient, mediaeval and modern times.
- Build knowledge about notational systems and scales.
- Students will be introduced to various new ragas and rhythms. they are

Be able to do classical and other light and folk music styles.

 May have the ability to start earning by increasing their skills in the field As composer, music writer and performer.

# Course Name: 7-Day National Workshop on Drone-Survey, Data Processing & GIS Mapping

Course Code: NWDSDPGM/10/18-19

Course Coordinator: Dr. Pradip Sarkar and Prof. Alik Kumar Mondal

Course duration: 10th to 18th April 2019

Mode: offline

**Total Number of Students Enrolled:** 6 **Total Number of Students Completed:** 6

Brief Descriptions: The 7-Day National Workshop on "Drone-Survey, Data Processing & GIS Mapping" was held from 10th to 18th April 2019. The workshop, sponsored by RUSA 2.0 (Comp 8) and in collaboration with Opsis System Pvt. Ltd., aimed to provide participants with comprehensive knowledge and practical skills in drone surveying, data processing, and GIS mapping. Dr. Pradip Sarkar and Prof. Alik Kumar Mondal served as the coordinator and joint-coordinator, respectively. The workshop attracted participants from various backgrounds, including surveying, engineering, and geography. The workshop sessions covered topics such as drone technology, flight planning, data acquisition, data processing using GIS software, and

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mapping techniques. Hands-on exercises and field demonstrations allowed participants to gain practical experience in drone operations, data processing, and GIS mapping. By the end of the workshop, participants were equipped with the necessary skills to utilise drones for surveying purposes and effectively process and analyse the acquired data for GIS mapping applications.







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# Course Name:Post Graduate Diploma in Guidance and Counselling

SAMPLE BROCHURE

# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

(2018 - 19)

(Prospectus)



#### RAMAKRISHNA MISSION SIKSHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION UNDER
THE UNIVERSITY OF CALCUTTA

BELUR MATH, HOWRAH – 711 202

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Web-site: <u>www.rkmsm.org</u> Ph. No. (033) 2654-6081/9281/1635



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# POST GRADUATE DIPLOMA IN GUIDANCE AND COUNSELLING

#### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of guidance and counselling. The course will also help the students to become exemplary in applying essential guidance and counselling knowledge and skills in a variety of settings with individuals from diverse backgrounds.

#### Mission

This one-year regular course is designed to prepare education professionals for guidance and counselling roles within the primary, secondary, higher and tertiary education sector. The programme includes study of the guidance and counselling regarding education policy environment, the legal and social context, the principles of leadership in education, and the culture of educational institutions. The course provides participants with an opportunity to develop their insights into leadership in education, and also to undertake a particular practical project related to their own work. A wide variety of methodologies—lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Educational Guidance and Counselling, and other relevant themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Head Teachers, Principals and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in guidance and counselling will enable the students to:

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to clients diverse in age, gender and socioeconomic status
- Have a strong Identity as professional counsellors with a commitment to future development and possession of effective networking skills.



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- Have research and program evaluation skills that include development of research and program evaluation questions, selection of appropriate methodologies for collecting and analysing data.
- 4 Have the skills to primarily deliver developmental and preventative services using individual as well as small and large group interventions to children with different abilities.
- 5. Have the ability to go beyond providing individual services and have skills to lead teams of teaching professionals developing and providing a comprehensive set of services as needed by the client population.
- Have a vision of career planning as a developmental process and to provide individual guidance and counselling and skills training to facilitate decision-making and to work with developmental life transitions.
- 7. Have the knowledge and skills to use, technology resources in professional practice and in research and to understand the application of ethical practice to use of assessment and information management tools.

Program Learning Outcomes (PLOs) of Post Graduate Diploma in Guidance and Counselling Course

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socioeconomic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- 4. Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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- 5. Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.
  - Course of Study: PG Diploma Course in

POST GRADUATE DIPLOMA IN GUIDANCE

AND COUNSELLING

Duration: 1year

♦ Semesters:

Intake: 70 (approx.)

Course Fees: Total Rs. 8000/- (Eight thousand only)

Rs. 5000/- (Rupous five thousand only) to be paid at the time of admission).

Rs. 3000/- (Respect three thousand only) to be paid at the time of ignition of 2<sup>nd</sup> Semester.

Classes will be held on the following days and times:

Tuesday - 4.30 to 7.00 p.m.

Thursday - 4.30 to 7.00 p.m.

Saturday - 2.00 to 6 p.m.

Sunday - 10.30 a.m. to 4.30 p.m.





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#### \* Eligibility:

- Academic qualification: Minimum 3 years Graduation in any discipline of any UGC recognized University.
- Age: No bar.
- Sex: Male only.
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

Madhyamik	20
Higher Secondary	20
Graduation (3 years)/ Equivalent Degree (Minimum 3 years)	30
PG (2 years)	20
Others (B.Ed./M.Ed./ B.P.Ed./M.P.Ed./etc.)	10
Total =	100

<sup>\*</sup>In-service (Govt./Semi Govt. Service) Candidates will be given special Preferences.

- Last date of submission of filled in forms: 21st July, 2018\*
  - \*Form can be downloaded from 27th June, 2018 and submitted along with copies of all the testimonials.
- Merit List will be published on: 23rd July, 2018.
- Reservation: As per Rules framed by the Government of West Bengal.
- Dates of Admission: 24th & 25th July, 2018 (11.00 2.00 p.m.)
- Dates of Admission from Waiting List: 26th July, 2018.
- Classes resume on: 29th July (Sunday), 2018 at 10.30 a.m.
- Course Coordinator: Swami Nirishananda



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Course Code: PGDGC

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 29.07.2018-27.08.2019

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m., Thursday 6:00 p.m. to 8:00 p.m. Saturday 6:00

p.m. to 8:00 p.m. (Online) Sunday 10:30 a.m. to 5 p.m. (Offline), for a total of 600 hrs.

Mode: offline

Total Number of Students Enrolled: 4
Total Number of Students Completed: 4

**Brief Descriptions:** 

The Post Graduate Diploma in Guidance Counseling (PGDGC), coordinated by Br. Vinaychaitanya, was conducted from 29.07.2018-27.08.2019. The course aimed to equip students with essential skills for counselling elderly individuals. The program consisted of 600 contact hours, with online sessions held on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m., and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted in offline mode, and a total of 4 students were enrolled. All 4 students successfully completed the program. The PGDGC curriculum provided a comprehensive understanding of geriatric counselling, addressing the unique challenges and needs of the elderly population. Br. Vinaychaitanya's coordination ensured a structured learning experience. The course's successful completion by all students underscores its effectiveness in imparting valuable skills for geriatric counselling.

#### CLOs:

After completion of the Post graduate Diploma in Guidance and Counselling (PGDGC) course students will -

- Have the knowledge, personal attitudes and skills to provide effective guidance counselling and developmental services to the students diverse in age, gender and socio-economic status.
- Have a strong identity as professional counsellors with a skill to provide academic and vocational guidance to the students.
- Have the skills to primarily deliver developmental and preventative services using individual as well as small & large group interventions to children with different abilities.
- Have the ability to go beyond providing individual services and skills to lead teams of teaching professionals, developing and providing a comprehensive set of services as needed by the student community.



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- Have an extensive knowledge of various career opportunities connected with different academic and vocational courses and a deeper understanding of their interrelations. They will also have the expertise of assessing and evaluating the individual's condition and provide the most appropriate and necessary guidance that will best fit the individual.
- Have the knowledge and skills to use technology resources in professional practice & research and understand the application of ethical practice during assessment.
- Have an immense knowledge of all the diverse psychological disorders that enable him to properly identify and take suitable measures to handle the problem of the individual.
- Have the skill of taking the case history of an individual related to his/her psychological disorder.



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# Course Name: Post Graduate Diploma in Yoga Education

SAMPLE BROCHURE

# POST GRADUATE DIPLOMA IN YOGA EDUCATION

(2018 - 19)

# **Prospectus**



#### RAMAKRISHNA MISSION SIKAHANAMANDIRA

POST-GRADUATE AUTONOMOUS COLLEGE OF TEACHER EDUCATION UNDER THE UNIVERSITY OF CALCUTTA

#### BELUR MATH, HOWRAH - 711 202

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#### POST GRADUATE DIPLOMA IN YOGA EDUCATION

#### Vision

The Post Graduate diploma aims to create a supportive and collaborative learning environment for students from diverse backgrounds and cultures to acquire knowledge, attitudes, and skills essential in the practice of yogic exercise. The course will also help the students to envision a future where schools are seedbeds of health and happiness. Where educators coach and embody lifelong well-being through dynamic teaching. And also all students learn life skills to cultivate mind-body fitness in tandem with academic success.

#### Mission

This one-year regular course is designed to prepare education professionals for yoga education within the primary, secondary, higher and tertiary education sector. Our mission is to empower all communities with yoga to cultivate health and wellness in adult to aged people. Through evidence-based Professional Institutes, Professional Development, and Educational Resources, Yoga Ed. equips educators with yoga tools to integrate yoga for children to aged people into academic environments. The course provides participants with an opportunity to develop their self or atman which is essential in education process, and also to undertake a particular practical project related to their own work. A wide variety of methodologies – lectures, seminars and workshops are used throughout with a selection of key guest speakers from the local and national context brainstorming on relevant areas of Yoga Education, and other relevant themes.

The course is designed particularly for Students of Post-Graduate Level, Teachers, Instructors and Prospective Educational Leaders in the Indian Primary, Secondary and Higher Education sectors and other organizations working in this arena.

#### Objectives of the course:

Post graduate diploma in yoga education will enable the students to:

- have the knowledge and to train and prepare deserving candidates in the exoteric aspects of Yoga.
- deal with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices.
- learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.
- have the knowledge and achieve mental hygiene, emotional stability, integrate moral values and attain higher level of consciousness.
- be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these, if they were to go out into the world after the course to undertake teaching work in Yoga.
- 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.
- have a vision of career planning as a developmental process and to provide individual yoga education and skills training to facilitate decision-making and to work with developmental life transitions.



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- 8. indicate changes they can make to their diet.
- 9. acknowledge prevention of disease even in patients with severe health problems.
- have research and programme evaluation skills that include development of research and programme evaluation questions, selection of appropriate methodologies for collecting and analysing data.

#### Program Learning Outcome (PLO) of Post Graduate Diploma in Yoga Education Course

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

- Have the knowledge to train and prepare deserving candidates in the exoteric aspects of Yoga.
- Be able to perceive the integration of personality to the preparation for one's higher esoteric practices as the first step of the journey.
- Learn techniques of gaining good health, to develope a mind capable of discriminating the real from the unreal and to face the dualities of life with equanimity.
- Attain mental hygiene, emotional stability, integrate moral values and obtain a higher level of consciousness.
- Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 7. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 10. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good meditator that will benefit him personally and enable him to guide others as well.
  - Course of Study: POST GRADUATE DIPLOMA IN YOGA EDUCATION

♦ Duration: 1 Year♦ Semester: 2

♦ Intake: 70

Course Fees: Total Rs. 7000/- (Seven thousand only)

Rs. 4000/- (Rupees Four Thousand only) to be paid at the time of admission.

Rs. 3000/- (Rupees Three Thousand only) to be paid at the time of initiation

of 2nd Semester.



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- The Course will have to be completed within 3 years.
- Classes will be held on the following days and times:

Tuesday - 4.30 to 6.30 p.m.

Friday - 4.30 to 6.30 p.m.

Saturday - 2.30 to 6.30 p.m.

Sunday - 10 a.m. to 5 p.m.

[N.B. 75% attendance in the classes is mandatory]

#### Eligibility:

- Academic qualification: Minimum 3 years Graduate in any discipline of any UGC recognized University.
- Age: Not more than 40 years. (Relaxation of age may be considered for In-Service [Government Service] candidates)
- Mode of Selection: Merit list will be prepared on the basis of the following\*:

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TOTAL	100
*Best Performance to be counted	
District Level/ Inter College = 6	
State level/ Inter University = 8	
National Level/ All India Level = 10	10
Sports Performance*	6.
M.P.Ed./ M.Ed./M.A./M.Sc./M.Com./ Other equival degree	ent 20
B.Ed./ B.P.Ed.	20
Graduation (3 years)	20
Higher Secondary	15
Madhyamik	15

<sup>\*</sup>In-service Candidates will be given special preferences.

- \* Form is to be downloadedfrom the college website (www.rkmsm.org) and filled in Form to be submitted within 7<sup>th</sup> June, 2018.
- \* During submission of Filled in Form Rs. 150/- to be deposited as the cost of Form.
- $^{*}$  Form can be downloaded from  $6^{th}$  May, 2018 and submitted along with copies of all the testimonials.

N.B. Form can be submitted on the due dates at 12 noon to 4 p.m. in the Shanti Bhavan office counter.

- Merit List will be published on: 9th June, 2018.
- Reservation: As per Rules framed by the Government of West Bengal.
- ❖ Dates of Admission: 10<sup>th</sup> & 11<sup>th</sup> June, 2018 (11.00 − 2.00 p.m.)
- ❖ Dates of Admission from Waiting List: 13<sup>th</sup> June, 2018.
- Classes resume on: 8th July, 2018 (Sunday) at 10.00 a.m.

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**Course Code: PGDYE** 

Course Coordinator: Br. Vinaychaitanya

**Course duration:** 1Year, 08.07.2018-28.08.2019

Contact Hours: Tuesday 6:00 p.m. to 8:00 p.m. Online Thursday 6:00 p.m. to 8:00 p.m.

Saturday 6:00 p.m. to 8:00 p.m. Sunday 10:30 a.m. to 5 p.m. Offline, for a total of 600 hrs.

Mode: offline

**Total Number of Students Enrolled:** 0

**Total Number of Students Completed:** 0

**Brief Descriptions:** 

The Post Graduate Diploma in Yoga Education (PGDYE), led by Course Coordinator Br.

Vinaychaitanya, was held from 08.07.2018-28.08.2019. The one-year program focused on

imparting comprehensive knowledge of yoga education. It encompassed 600 contact hours, with

sessions scheduled on Tuesdays, Thursdays, and Saturdays from 6:00 p.m. to 8:00 p.m.

conducted online, and offline sessions on Sundays from 10:30 a.m. to 5:00 p.m.

The course was conducted offline and spanned a range of yoga education aspects. Enrollment for

the PGDYE course is unavailable this year, while only prior-year students have secured their

slots. The PGDYE program, under the guidance of Br. Vinaychaitanya, aimed to equip students

with a profound understanding of yoga's educational dimensions.

CLOs:

After completion of the Post Graduate Diploma in Yoga Education course (PGDYE) the students will -

41. Have the knowledge to train and prepare deserving candidates in the exoteric aspects of

Yoga.

42. Be able to perceive the integration of personality to the preparation for one's higher

esoteric practices as the first step of the journey.

43. Learn techniques of gaining good health, to develop a mind capable of discriminating the

real from the unreal and to face the dualities of life with equanimity.

44. Attain mental hygiene, emotional stability, integrate moral values and obtain a higher

level of consciousness.

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Swami Vivekananda



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- 45. Be motivated enough to opt Yoga Educator, Yoga Trainer etc. like professions as their career options.
- 46. Be grounded fairly in the various academic aspects of the subject and find themselves well equipped to become a Yoga teacher.
- 47. Be capable enough, as a yoga teacher, to prepare the students physically, mentally and spiritually 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.
- 48. Have a sound knowledge in the role of diet for living a healthy life and have the capacity to manipulate diet that can lead to a healthy, prosperous and productive life.
- 49. Have the ability to advise yogic measures of prevention to avoid minor and major health problems and diseases.
- 50. Be able to acknowledge the importance of meditation for living a joyful life; will know the various meditation techniques and become a good mediator that will benefit him personally and enable him to guide others as well.