

VIVEKANANDA PRABODHINI

Jana Seva Kendra Project In association with SuvidyaPrasarakSangh

JANA SEVA KENDRA'S

VIVEKANANDA PRABODHINI

TWO-YEAR FOUNDATION COURSE

INTRODUCTION

Competitive Examinations are different from the normal Examinations, which enable us get our degrees and diplomas. In addition to getting good marks, one has to outsmart others to become successful in Competitive Examinations. Hence, being successful in Competitive Examinations needs more and different skills, in addition to knowledge. This Foundation Course is especially designed to equip students with the necessary skills to become successful in Competitive Examinations, more specifically in the UPSC Civil Services Examination (IAS, IPS, IFS).

OBJECTIVES OF THE COURSE

1. To help students understand their strengths and weaknesses and help them to maximise and convert their strengths and minimise their weaknesses.
2. To help students develop certain skills such as analysis, synthesis, and retention of information, knowledge, time management, goal setting, decision making, creative thinking, etc.
3. To inculcate values such as patriotism, compassion, social service, integrity, etc.
4. To expand the horizon of knowledge for students.

COURSE CONTENTS IN BRIEF

Course content/activity
Know yourself/discovery of self
Yoga, Dhyana, Pranayama
Meditation, Upasana and Prayer
Self study skills (study planning and timetable, motivation, concentration, preparing notes, writing skills, comprehension skills, précis writing skills, paper solving techniques, use of reference material and information technology)
Faster reading, better reading
Nurturing Creativity
Problem solving techniques
Decision making skills and accountability for decision made
Logical and analytical reasoning and Data interpretation

Interpersonal skills (transactional analysis)
7 habits and 8 habits training
Communication skills (body language, telephonic manners, elocution, how to face an interview, compering, listening skills, salesmanship, group discussion)
Introduction to various arts and crafts
Behavioural, traffic and telephonic manners, mannerisms and etiquettes
Management skills (self management, all-round personality, time management, stress management, handling advanced technology)
Leadership skills (building a group, styles of leadership, being a good leader and also a good follower)
A multidimensional personality
Studying problems of the country and work for solutions
Environmental awareness
Special training for good English
Sanskaar through Shramadaan
Trekking/Camping
Visit to Government offices
Visit to Vidhan Sabha
Model Parliament
Foreign Language
Writing Letters to Newspapers
Internship
Organising talks/seminars
Editing newsletter/blog
A brief study of NCERT texts from VI to XII std.

ELIGIBILITY: Students studying in First or Second Year of their Degree Course are eligible to join the Course.

TIMINGS OF SESSIONS: Sessions will be twice/thrice a week, preferably on week days. Clash with college lecture/practicals timings will be avoided.

VENUE: Suvidyalaya, Near Yoganand Society, Vazira Naka, Borivali (West).

FEES: It will be Rs. 15000/- (Rupees Fifteen Thousand) Yearly.