

Bratachari

"Brata" signifies a solemn or sacred purpose, ideal or objective which is pursued as a joyous rhythmic ritual simultaneously through an integrated use of thought, word, and physical movement. "Chari" denotes one who pursues a purpose, ideal or objective. Brata or solemn purpose of life is divided into five bratas representing a five-fold path in the complete realisation of life which, however, must be pursued simultaneously and not in separate compartments. The five bratas are: Knowledge, Labour, Truth, Unity and Joy. Hence the whole of life should be regarded as a Brata and should be pursued as a complete whole and as an integrated ritual, inspired by a noble purpose which is at once spiritual and practical.

The ultimate goal of a Bratachari is the attainment of the ideal of the complete man by attaining perfection in self-development in all spheres of life— physical, mental, moral and social; or in other words, the attainment of the ideal of a perfect citizen of the world.

The Bratachari movement was propagated by the Bengal Bratachari Society which was started by Gurusaday Dutt. It has its office at 191/1, Bepin Behari Ganguly Street, Kolkata 700 012, India. Bratachari societies were established in many places of undivided Bengal. The movement seeks to create a nationwide discipline of common citizenship among persons of both sexes, of all castes and creeds and of all ages, by developing a high character, physical fitness in ideal and practice. Bratacharis develop a joyous community spirit through common participation in national dances and songs as well as community dances and community songs. The All Bengal Bratachari Training camp is held annually at Bratacharigram in Joka, Kolkata, India.

NSS units of Muralidhar Girls' College is conducting a Certificate Course for the NSS volunteers in collaboration with Bengal Bratachari Samiti. The goal is to raise self-esteem, national awareness and physical-mental health of the students. This college has been selected as the 2nd college for such venture. A 30 hours course is designed by the Bengal Bratachari Samiti which includes Science of Bratachari, play songs, songs, nursing and work education. Classes have started from 30th April 2022 and occurs on every Thursday.

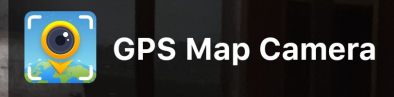
বাংলার ব্রতচারী সমিতি

Proposed Customised Bratachari Syllabus in Online Mode for HEIs-Phase I

ব্রতচারী বিজ্ঞান	Science of Bratachari	Tentative Time Line (in Mns.)
"ব্রত" কি?	What is "Brata"?	30
"ব্রতচারী" কারা?	Who are the "Bratachari"?	30
ব্রতচারীর আদর্শ	Ideals & Aims of Bratachari	90
পঞ্চ ব্রত	Five Aims of Bratachari	150
ব্রতচারীর প্রবর্তক গুরু সদয় দত্ত ও তার কর্মজীবন	Life and Works of Guru Saday Dutt, the founder of Bratachari	180
ব্রতচারীর প্রয়োজনীয়তা	Importance of Bratachari	180
ব্রতচারীর আনন্দমূলক শিক্ষার ধারণা	Joyful Learning in Bratachari	90
গীতি ক্রীড়া	Play Songs	
বাংলা ভূমির দান	BANGLA BHUMIR DAN	120
প্রার্থনা	PRARTHONA	90
কৃত্যে নৃত্যে	KRITYE NRITYE	90
সারি গান	SARI GAN	90
ঝুমুর	JHUMUR	120
গীতালি	Songs	
প্রার্থনা	PRARTHONA	90
জয় সোনার বাংলার	JOY SONAR BANGLAR	90
বাংলা ভূমির দান	BANGLA BHUMIR DAN	90
কৃত্যে নৃত্যে	KRITYE NRITYE	90
মানুষ হ'	MANUSH H'	90
নারীর মুক্তি	NARIR MUKTI	90
চল হই	CHAL HOI	90
বৃক্ষরোপন	BRIKSHAROPON	90
সারি গান	SARI GAN	90
আমরা সবাই অভিন	AMRA SABAI OVIN	90
সেবালি	Nursing	
প্রতিবিধান কি ও কেন	What is First-Aid and why is First-Aid ?	60
ট্রাই - এঙ্গুলার ব্যান্ডেজের ব্যবহার	Use of Tri-angular Bandage	90
দুই গঁট নট, রিপ নট, ক্লোভিচ	Details of 2-tied Knott, Rip Knott, Clovich	90
অক্সিজেন কি ভাবে দেওয়া হয়	How to operate Oxygen Masks with LMO at Home	180
কর্ম শিক্ষা	Work Education	
মাস্ক তৈরি	Mask Making	300
	Total Time (In Mins.)	2880



MURALIDHAR GIRLS' COLLEGE
P-41114 Gariahat Road, Ballygunge, Kolkata
E-mail : muralidhargirls@gmail.com
Website : www.muralidhargirlscollege.org
NATIONAL SERVICE SOCIETY
AFFILIATED TO



Kolkata, West Bengal, India
9, Gariahat Flyover, Golpark, Hindustan Park, Gariahat, Kolkata, West Bengal 700019, India
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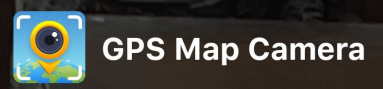
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57, Gol Park, Golpark, Sector 1, Gariahat, Kolkata, West Bengal 700029,
India

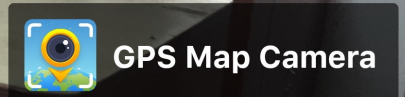
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