



SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650

www.sjmahavidyalaya.in | Email: sjmahavidyalaya@gmail.com

Add-on Course on Banglar Bratachari Camp

Conducted by

Department of Physical Education

Swarnamoyee Jogendranath Mahavidyalaya

Amdabad, Nindigram-II, PurbaMedinipur, Pin.No.-721650

Venue- College Campas

Session- 2019-2020



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Syllabus of the Add-on Course Organized by Department of Physical Education

3.SYLLABUS COVERED

Bratachari

Unit-I: Science of Bratachari

- What is "Brata"?
- Who are the "Bratachari"?
- Ideals & Aims of Bratachari.
- Five Aims of Bratachari.
- Importance of Bratachari.
- Joyful Learning in Bratachari.

Unit-II: Play Songs

- Bangla Bhumir Dan
- Prarthona
- KrityeNritye
- Sari Gan
- Jhumur

Unit-III: Songs

- Prarthona
- Joy Sonar Banglar
- Bangla Bhumir Dan
- KrityeNritye
- Narir Mukti
- Chal Hoi
- Sari Gan

Unit-IV: Nursing

- What is First-Aid and Why is First Aid?
- Use of Tri - angular Bandage
- Details of Rip Knott, Clovich

Sanjay Samanta
Course Coordinators
Sanjay Samanta

Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

Dr. Anindya Kisor Bhoumik

Teacher-in-charge
Dr. Anindya Kisor Bhoumik

Teacher-in-Charge
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4.TIME-TABLE: Offered Once in the Assessment Period in 2018-2019

Routine of the Add-on course

Day	Date	Time	Title of Lecture/Practical	Name of the Teacher	Remarks
Sunday	13.01.19	6:00 a.m.	Welcome address by Sanjay Samanta, head of the Department & Program Co-Ordinator Importance of this Add-on course by Sanjit Debnath TIC, Swarnamoyee Jogendranath Mahavidyalaya and Dr. Anindya Kisor Bhoumik, President, Swarnamoyee Jogendranath Mahavidyalaya		
Monday	14.01.19	6:00 a.m.	Unit-I a) What is "Brata"?	Sanjay Jana, Expert of Bratachari	
Tuesday	15.01.19	6:00 a.m.	Unit-I b) Who are the "Bratachari"? c) Ideals & Aims of Bratachari.	Sanjay Jana, Expert of Bratachari	
Wednesday	16.01.19	6:00 a.m.	Unit-I d) Five Aims of Bratachari e) Importance of Bratachari	Sanjay Samanta, State Aided College Teacher-II & Head Department of Physical Education, Swarnamoyee Jogendranath Mahavidyalaya	
Thursday	17.01.19	6:00 a.m.	Unit-I Joyful Learning in Bratachari	Sanjay Jana, Expert of Bratachari	

Session 2019-2020



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Friday	18.01.19	6:00 a.m.	Unit-II a) Bangla Bhumir Dan b) Prarthona	Sanjay Jana, Expert of Bratachari	
Saturday	19.01.19	6:00 a.m.	Unit-II a) KrityeNritye b) Sari Gan c) Jhumur	Sanjay Jana, Expert of Bratachari	
Sunday	20.01.19	6:00 a.m.	a) What is First-Aid and Why is First Aid? b) Use of Tri - angular Bandage c) Details of Rip Knott, Clovich	Sanjay Samanta, State Aided College Teacher-II & Head Department of Physical Education, SwarnamoyeeJogendranathMah avidyalaya	
Monday	21.01.19	6:00 a.m.	Unit-III a) Prarthona b) Joy Sonar Banglar c) Bangla Bhumir Dan	Sanjay Jana, Expert of Bratachari	
Tuesday	22.01.19	6:00 a.m.	Unit-IV d) KrityeNritye e) Narir Mukti f) Chal Hoi g) Sari Gan	Sanjay Jana, Expert of Bratachari	

Sanjay Samanta
Course Coordinators
Sanjay Samanta

Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

Dr. Anindya Kisor Bhoumik
Teacher-in-charge
Dr. Anindya Kisor Bhoumik

Teacher-in-Charge
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Amdabad, Purba Medinipur Pin-721650

5. AWARD LIST WITH TOP FIVE STUDENTS' MARKS HIGHLIGHTED WHOSE CERTIFICATES ARE ATTACHED THEREAFTER.

Swarnamoyee Jogendranath Mahavidyalaya

Amdabad, Nandigram-II, Purba Medinipur, PIN-721650

Department- Physical Education

Award list of Add-on Course Examination -2018-2019

Course Title- Banglar Bratachari Camp.

Sl.No	Students Name	Course Roll No.	Full Marks	Marks Obtained
01	Abhijit Panja Das	1	25	17
02	Ananya Maity	2	25	16
03	Arifa Khatun	4	25	18
04	Kuheli Bera	8	25	17
05	Madhumita Das	10	25	16
06	Papiya Sasmal	13	25	20
07	Pratyasha Das	14	25	19
08	Rupali Jana	18	25	19
09	Suchitra Bera	19	25	20
10	Sumana Mondal	21	25	17
11	Sumit Mondal	22	25	19
12	Sumita Manna	23	25	18
13	Abhijit Mondal	26	25	19
14	Avijit Pradhan	27	25	18
15	Biltu Mondal	28	25	17
16	Dipshika Das	30	25	18
17	Indrajit Sasmal	31	25	17
18	Manju Rani Mandal	32	25	19
19	Nirupama Gayen	33	25	21
20	Pinky Guchhait	34	25	22
21	Pratima Jana	36	25	22
22	Rintu Koyel	38	25	18
23	Moumita Guchhait	39	25	19
24	Riya Das	40	25	16
25	Swagata Manna	25	25	17

Sanjay Samanta
22.01.19
Course Coordinator
Swarnamoyee Jogendranath Mahavidyalaya

CB Samanta
22.01.19
Teacher-in-Charge
SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
Amdabad, Purba Medinipur Pin-721650

6. QUESTION PAPER

Swarnamoyee Jogendranath Mahavidyalaya

Amdabad, Nandigram-II, Purba Medinipur, PIN-721650

Department- Physical Education

Add-on Course Examination -2018-2019

Course Title- Banglar Bratachari Camp

Max.Mark: 25

Time : 1 Hours

A. Answer any 15 questions -

1 X 15 = 15

1. Who founded the Bratachari movement in 1866?

- A) Raja Ram Mohan Roy
- B) Keshab Chandra Sen
- C) Debendranath Tagore
- D) Ishwar Chandra Vidyasagar

2. What was the primary focus of the Bratachari movement?

- A) Promoting Bengali nationalism
- B) Eradicating social evils and promoting religious reform
- C) Encouraging industrialization and economic growth
- D) Supporting British colonial rule

3. Which Bratachari principle is reflected in Bangla Bhumir Dan?

- a) Selfishness and greed
- b) Self-discipline and selflessness
- c) Individualism and competition
- d) Materialism and wealth accumulation

4. How does Bangla Bhumir Dan embody the spirit of Bratachari?

- a) By forcing people to donate land
- b) By encouraging voluntary land donation for social good
- c) By promoting land ownership and wealth accumulation
- d) By ignoring social and economic inequalities

5. What is a potential outcome of combining Bratachari principles with Bangla Bhumir Dan?

- a) Increased social and economic inequality
- b) Greater self-awareness and social responsibility
- c) Decreased focus on personal growth and development
- d) Reduced community engagement and participation

6. What is the primary focus of Bratachari Parthona?

- a) Material wealth and success
- b) Self-discipline and personal growth
- c) Social status and recognition
- d) Emotional indulgence and pleasure

7. What is the ultimate goal of Bratachari Parthona?

- a) To achieve perfection
- b) To gain social approval
- c) To cultivate self-awareness and inner strength
- d) To attain wealth and power

8. How does Bratachari Parthona impact daily life?

- a) By promoting indulgence and excess
- b) By encouraging self-reflection and mindfulness
- c) By dictating strict rules and regulations
- d) By ignoring personal growth and development

9. What is the primary focus of Bratachari Parthona?

- a) Material wealth and success
- b) Self-discipline and personal growth
- c) Social status and recognition
- d) Emotional indulgence and pleasure

10. Which of the following is a key aspect of Bratachari Parthona?

- a) Unrestricted freedom and spontaneity
- b) Self-control and moderation
- c) External validation and praise
- d) Constant entertainment and leisure

11. What is the ultimate goal of Bratachari Parthona?

- a) To achieve perfection
- b) To gain social approval
- c) To cultivate self-awareness and inner strength
- d) To attain wealth and power

12. What is the primary theme of Bratachari Sari Gan?

- a) Romantic love and relationships
- b) Social justice and activism
- c) Spiritual growth and self-realization
- d) Material wealth and success

13. What is the purpose of singing Bratachari Sari Gan?

- a) To seek external validation and praise
- b) To cultivate inner peace and self-awareness
- c) To express emotional turmoil and distress
- d) To demonstrate musical talent and skill

14. How do Bratachari Sari Gan contribute to personal growth?

- a) By distracting from internal struggles
- b) By promoting self-reflection and introspection
- c) By encouraging external actions and behaviors
- d) By ignoring emotional and spiritual needs

15. Which Bratachari principle is applied in First Aid situations?

- a) Selfishness and individualism
- b) Self-discipline and selflessness
- c) Emotional reactivity and impulsiveness
- d) Materialism and attachment to outcomes

B. Answer any 1 question-

10 X 1 = 10

- I. How has Bratachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes?
- II. Analyse the role of Bratachari in promoting social justice and human rights, highlighting its initiatives and strategies for addressing social inequality, gender-based discrimination, and environmental degradation.

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Name Papiya SasmalYr BA Gen./ 2nd year (Hons.) Roll No 13

20
25

22.01.19

- (A)
- 1) Who founded the Bratachari Movement in 1866?
 - (b) Keshab Chandra Sen (1)
 - 2) What was the primary focus of the Bratachari movement?
 - (b) Eradicating social evils and promoting religious reform (1)
 - 3) Which Bratachari principle is reflected in Bangla Bhumi Dan?
 - (b) self-discipline and selflessness (1)
 - 4) How does Bangla Bhumi Dan embody the spirit of Bratachari?
 - (c) By promoting land ownership and wealth accumulation (0)
 - 5) What is a potential outcome of combining Bratachari principles with Bangla Bhumi Dan?
 - (b) Greater self-awareness and social responsibility (1)
 - 6) What is the primary focus of Bratachari Parthona?
 - (b) self-discipline and personal growth (1)
 - 7) What is the ultimate goal of Bratachari Parthona?
 - (a) To achieve perfection (0)

- 8) How does Bratachari Parthona impact daily life?
⇒ (b) By encouraging self-reflection and mindfulness. (1)
- 9) What is the primary focus of Bratachari Parthona?
⇒ (b) self-discipline and personal growth. (1)
- 10) Which of the following is a key aspect of Bratachari Parthona?
⇒ (b) self-control and moderation. (1)
- 11) What is the ultimate goal of Bratachari Parthona?
⇒ (c) To cultivate self-awareness and inner strength. (1)
- 12) What is the primary theme of Bratachari Sani ran?
⇒ (c) spiritual growth and self-realization. (1)
- 13) What is the purpose of singing Bratachari Sani ran?
⇒ (b) To cultivate inner peace and self-awareness. (1)
- 14) How do Bratachari Sani ran contribute to personal growth?
⇒ (b) By promoting self-reflection and introspection. (1)
- 15) Which Bratachari principle is applied in first aid situations?
⇒ (b) self-discipline and selflessness. (1)

(B) (A) Q1) How has Bratachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes? (10 marks)

→ Bratachari has addressed gender-based discrimination through:

- (i) Gender-sensitive education: Promoting gender equality and challenging stereotypes in educational programs.
- (ii) Empowerment initiatives: ~~pro~~ providing training, skill development, and economic opportunities for women.

(iii) Community engagement: Engaging men and women in community-based initiatives to promote gender equality.

Bratachari addressed gender-based violence through:-

- (i) Support services: Providing counselling, legal aid, and shelter support for survivors.
- (ii) Awareness campaigns: Organizing campaigns and events to raise awareness about gender-based violence.
- (iii) Community mobilization: Mobilizing community members to prevent and respond to gender-based violence.

Impact on women's lives :-

- (i) Empowered women: enhanced women's autonomy, decision-making power, and economic independence.
- (ii) Improved well-being: reduced gender-based violence and improved physical and mental well-being.
- (iii) Increased participation: increased women's participation in education, workforce, and community decision-making.

Impact on societal attitudes :-

- (i) Challenged stereotypes: challenged gender stereotypes and biases, promoting gender-sensitive attitudes.
- (ii) Promoted gender equality: promoted gender equality and women's rights, influencing societal norms and values.
- (iii) Encouraged collective action: encouraged collective action against gender-based discrimination and violence.

20
25

22.05.19

A-1

- (1) Who founded the Braatachari movement in 1866? -
⇒ (B) Keshab chandra sen. (1)
- (2) What was the primary focus of the Braatachari movement -
⇒ (B) Eradicating social evils and promoting religious reform. (1)
- (3) Which Braatachari principle is reflected in Bangla Bhumir Dan?
⇒ (A) self-discipline and selflessness (1)
- (4) How does Bangla Bhumir Dan embody the spirit of Braatachari -
⇒ (A) By encouraging voluntary land donation for social good. (1)
- (5) What is a potential outcome of combining Braatachari principles with Bangla Bhumir Dan -
⇒ (D) Reduced community engagement and participation. (0)
- (6) What is the primary focus of Braatachari parithona -
⇒ (A) self-discipline and personal growth. (1)

(7) What is the ultimate goal of Braatachari parthona -
→ (c) To cultivate self-awareness and inner strength. 1

(8) How does Braatachari parthona impact daily life -
→ (c) By dictating strict rules and regulations. 1

(9) What is the primary focus of Braatachari parthona -
→ (d) self-discipline and personal growth. 1

(10) Which of the following is a key aspect of Braatachari parthona -

→ (b) self-control and moderation. 1

(11) What is the ultimate goal of Braatachari parthona -
→ (c) To cultivate self-awareness and inner strength. 1

(12) What is the primary theme of Braatachari Sari Gran -
→ (c) spiritual growth and self-realization. 1

(13) What is the purpose of singing Braatachari Sari Gran -
→ (d) To cultivate inner peace and self-awareness. 1

(14) How do Braatachari Sari Gran contribute to personal growth -
→ (b) By promoting self-reflection and introspection. 1

(15) which Brahmachari principle is applied in first aid situations -

→ (6) self-discipline and selflessness

1

(31) How has Brahmachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes?

→ Brahmachari has addressed gender-based discrimination through:

- (i) Gender-sensitive education: promoting gender equality and challenging stereotypes in educational programs.
- (ii) Empowerment initiatives: providing training, skill development, and economic opportunities for women.
- (iii) Advocacy and policy influence: advocating for policy changes and legal reforms to protect women's rights.

Brahmachari has addressed gender-based violence through:

- (i) support service: providing counselling, legal aid, and shelter support for survivors.
- (ii) Awareness campaigns: organizing campaigns and events to raise awareness about gender-based violence.
- (iii) community mobilization: mobilizing community members to prevent and respond to gender-based violence.

Impact on Women's Lives

- (i) Empowered women: enhancement women's autonomy, decision-making power, and economic independence.
- (ii) Improved well-being: reduced gender-based violence and improved physical and mental well-being.
- (iii) increased participation: increased women's participation in education, workforce, and community decision-making.

Impact on societal Attitudes

- (i) challenged stereotypes: challenged gender stereotypes and biases, promoting gender-sensitive attitudes.
- (ii) promoted gender equality: promoted gender equality and women's rights, influencing societal norms and values.
- (iii) Encouraged collective action: encouraged collective action against gender-based discrimination and violence.

21
25Bharata
22-01-19

A.

① Who founded the Braata Chari movement in 1866? — (B) Keshab Chandra Sen. (4)

② What was the primary focus of the Braata Chari movement?

— (B) Eradicating social evils and promoting religious reform. (4)

③ Which Braatachari principle is reflected in Bangla Bhumir Dan?

— (A) Selfishness and greed. (0)

④ How does Bangla Bhumir Dan embody the spirit of Braatachari?

— (B) By encouraging voluntary land donation for social good. (4)

⑤ What is a potential outcome of combining Braatachari principles with Bangla Bhumir Dan?

— (B) Greater self-awareness and social responsibility. (4)

6) What is the primary focus of Braatachari Parathona? — (b) Self discipline and personal growth.

7) What is the ultimate goal of Braatachari Parathona? — (c) To cultivate self-awareness and inner strength.

8) How does Braatachari Parathona impact daily life? — (b) By encouraging self-reflection and mindfulness.

9) What is the primary focus of Braatachari Parathona? — (b) Self discipline and personal growth.

10) Which of the following is a key aspect of Braatachari Parathona? — (b) Self-control and moderation.

11) What is the ultimate goal of Braatachari Parathona? — (c) To cultivate self-awareness and inner strength.

12) What is the primary theme of Braatachari Sari Gian? — (c) Spiritual growth and self-realization.

13) What is the purpose of singing

Bratachari Sarai Gan?

⑥ TO CULTIVATE inner peace and self-awareness.

⑭ How do Bratachari Sarai Gan contribute to personal growth? — ⑥ BY Promoting self-reflection and introspection.

⑮ Which Bratachari Principle is applied in First Aid Situations? — ⑥ Self-discipline and selflessness.

B. ① How has Bratachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes?

➤ Bratachari has addressed gender-based discrimination through:-

① Gender Sensitive Education: Promoting gender equality and challenging stereotypes in educational programs.

② Empowerment Initiatives: Providing training, skill development, and economic opportunities for women.

③ Community Engagement: Engaging men and women in community-based initiatives to promote gender equality.

④ Advocacy and Policy Influence: Advocating for policy changes and legal reforms to protect women's rights.

Bratachari has addressed gender based violence

through:

1) Support services: providing counseling, legal aid, and shelter support for survivors.

2) Awareness campaigns: organizing campaigns and events to raise awareness about gender-based violence.

3) Community mobilization: mobilizing community members to prevent and respond to gender-based violence.

4) Collaboration with authorities: collaborating with law enforcement and judicial authorities to ensure justice for survivors.

Impact on Women's Lives:

1) Empowered women: enhanced women's autonomy, decision-making power, and economic independence.

2) Improved well-being: reduced gender-based violence and improved physical and mental well-being.

3) Increased participation: increased women's participation in education, workforce, and community decision making.

Impact on Societal Attitudes:

1) Challenged stereotypes: challenged gender stereotypes and biases, promoting gender-sensitive attitudes.

2) Encouraged collective action: encouraged collective action against gender-based discrimination and violence.

- A.)
1. Who founded the Braatachari movement in 1866?
 ⇒ B. Keshab Chandra Sen (1)
 2. What was the primary focus of the Braatachari movement?
 ⇒ B. Eradicating social evils and promoting religious reform (1)
 3. Which Braatachari principle is reflected in Bangla Bhumir Dan?
 ⇒ b. self-discipline and selflessness (1)
 4. How does the Bangla Bhumir Dan embody the spirit of Braatachari?
 ⇒ b. By encouraging voluntary land donation for social good. (1)
 5. What is a potential outcome of combining Braatachari principles with Bangla Bhumir Dan?
 ⇒ b. Greater self-awareness and social responsibility (1)
 6. What is the primary focus of Braatachari partho?
 ⇒ b. self-discipline and personal growth (1)

7. What is the ultimate goal of Braatachari parathona?

⇒ c. To cultivate self-awareness and inner strength (1)

8. How does Braatachari parathona impact daily life?

⇒ b. By encouraging self-reflection and mindfulness (1)

9. What is the primary focus of Braatachari parathona?

⇒ b. self-discipline and personal growth (1)

10. Which of the following is a key aspect of Braatachari parathona?

⇒ b. self-control and moderation (1)

11. What is the ultimate goal of Braatachari parathona?

⇒ c. To cultivate self-awareness and inner strength (1)

12. What is the primary theme of Braatachari Samsi Gran?

⇒ c. spiritual growth and self-realization. (1)

13. What is the purpose of singing Bratachari Savi Gran?

⇒ b. To cultivate inner peace and self-awareness

14. How do Bratachari Savi Gran contribute to personal growth?

⇒ b. By promoting self reflection and introspection.

15. Which Bratachari principle is applied in first Aid situations?

⇒ b. self-discipline and selflessness

B) 1. How has Bratachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes?

⇒ Bratachari has addressed gender-based discrimination through:

1. Gender-sensitive education: promoting gender equality and challenging stereotypes in education program.

2. Empowerment initiatives: providing training, skill development, and economic opportunities for women.
3. Community engagement: engaging men and women in community-based initiatives to promote gender equality.

Bratechani has addressed gender-based violence through

1. Support services: providing counseling, legal aid, and shelter support for survivors.
 2. Awareness campaigns: organizing campaigns and events to raise awareness about gender-based violence.
 3. Community mobilization: mobilizing community members to prevent and respond to gender-based violence.
- Impact on women's lives

1. Empowered women: enhanced women's autonomy, decision-making power, and economic independence.
2. Improved well-being: reduced gender-based violence and improved physical and mental well-being.

Impact on social attitudes

1. Challenged stereotypes: challenged stereotypes and biases, promoting gender-sensitive attitudes.
2. Promoted gender equality: promoted gender equality and women's rights influencing societal norms and values.
3. Encouraged collective action: encouraged collective action against gender-based discrimination and violence.

Q. 1. Who founded the Bratachari movement in 1866?

⇒ (a) Keshab Chandra Sen

Q. 2. What was the primary focus of the Bratachari movement?

⇒ (a) Eradicating social evils and promoting religious reform.

Q. 3. Which Bratachari principle is reflected in Bangla Bhumi Dan?

⇒ (b) Eradicating social evils and promoting religious reform.

Q. 4. How does Bangla Bhumi Dan embody the spirit of Bratachari?

⇒ (b) ~~By encouraging~~ ~~for social good.~~ ~~voluntary land donation~~ self-discipline and selflessness.

Q. 5. What is a potential outcome of combining Bratachari principles with Bangla Bhumi Dan?

⇒ (b) Greater self-awareness and social responsibility.

Q. 6. What is the primary focus of Bratachari parithana?

⇒ ~~(b) Self-discipline and personal growth.~~

7. What is the ultimate goal of Bratachari parthona?

⇒ ~~(c) To cultivate self-awareness and inner strength.~~

8. How does Bratachari parthona impact daily life?

⇒ ~~(b) By encouraging self-reflection and mindfulness.~~

9. What is the primary focus of Bratachari parthona?

⇒ ~~(b) Self-discipline and personal growth.~~

10. Which of the following is a key aspect of Bratachari parthona?

⇒ ~~(b) Self-control and moderation.~~

11. What is the ultimate goal of Bratachari parthona?

⇒ (c) To ~~not~~ cultivate self-awareness and inner strength. (14)

12. What is the primary theme of Bratachari Sanki Gean?

⇒ (c) Spiritual growth and self-realization. (7)

13. What is the purpose of singing Bratachari Sanki Gean?

⇒ (b) To cultivate inner peace and self-awareness. (7)

14. How do Bratachari Sanki Gean contribute to personal growth?

⇒ (b) By promoting self-reflection and introspection. (7)

15. Which Bratachari principle is applied in first aid situations?

⇒ (b) Self-discipline and selflessness. (7)

B.1. How has Bratachari addressed gender-based discrimination and violence, and what impact has it had on women's lives and societal attitudes?

⇒ Bratachari has addressed gender-based discrimination through :-

i. Gender-sensitive education :- promoting gender equality and challenging stereotypes in educational programs.

ii. Empowerment initiatives :- promoting training, skill development, and economic opportunities for women.

iii. Community engagement :- engaging men and women in community-based initiatives to promote gender equality.

iv. Advocacy and policy influence :- Advocating for policy changes and legal reforms to protect women's rights.

Bratachari has addressed gender-based violence through :-

i. Support services :- providing counseling, legal aid, and shelter support for survivors.

ii. Awareness campaigns :- organizing campaigns and events to raise awareness about gender-based violence.

iii. Community mobilization :- mobilizing community members to prevent and respond to gender-based violence.

Impact on women's lives :-

i. Empowered women :- enhanced women's autonomy, decision-making power, and economic independence.

ii. Improved well-being :- reduced gender-based violence and improved physical and mental well-being.

iii. Increased participation :- increased women's participation in education, workforce, and community decision-making.

Impact on societal attitudes :-

i. Challenged stereotypes :- challenged gender stereotypes and bias promoting gender-sensitive attitudes.

ii. Encouraged collective action :- encouraged collective action against gender-based discrimination and violence.