



TM

BASUNDHARA TEACHERS' TRAINING COLLEGE

(A UNIT OF NORTH BIHAR EDUCATIONAL TRUST)

RECOGNISED BY NCTE-ERC, BHUBANESHWAR
AFFILIATED B.R.A BIHAR UNIVERSITY, MUZAFFARPUR
DR. U.S. ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 28,
MUZAFFARPUR (BIHAR) PIN-843119

Index Calendar Rally

Academic Year 2022-23

S.No.	Name of the Activity	Date
1.	Vividhta Me Ekta ka Utsav Abhiyan	25.08.2022
2.	Water Conservation and Cleanliness Programme	08.10.2022
3.	Yoga	03.02.2023
4.	Jal Jivan Hariyali	28.02.2023
5.	Embryo Test	18.03.2023

Academic Year 2021-22

S.No.	Name of the Activity	Date
1	Water Conservation And Cleanliness Programme	11.10.2021
2	Covid-19 Programme	18.11.2021
3	Adult Literacy Programme	28.03.2022

Academic Year 2020-21

S.No.	Name of the Activity	Date
1	Covid-19 Awareness Programme	22.02.2021

Academic Year 2019-20

S.No.	Name of the Activity	Date
1	Jal-Shakti Abhiyan	15.09.2019
2	Yoga	03.10.2029
3	Swachhta Abhiyan	05.10.2019



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Academic Year 2018-19

S.No.	Name of the Activity	Date
1	Population Day	11-07-2018
2	Beti Bachao Beti Padhao	22-10-2018
3	Environmental Awareness Programme	24-11-2018
4.	Swachhata Abhiyan	24-01-2019


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Research and Development Committee
BTC, Muzaffarpur



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REPORT ON

“VIVIDHTA ME EKTA KA UTSAB ABHIYAN”

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

Participants: Students, faculty and local residents.

Date: 25-08-2022

National Unity Day



On August 25, 2022, Basundhara Teachers Training College organized a vibrant rally titled "Vividhta Mein Ekta Ka Utsav Abhiyan" to celebrate and promote unity in diversity. The rally, led by Principal Dr. Sheo Prakash Dwivedi, aimed to foster a sense of national integration and mutual respect among different communities. It witnessed enthusiastic participation from students, faculty members, and local residents, all coming together to emphasize the importance of unity amidst diversity. The primary objective of the rally was to celebrate India's rich cultural diversity and promote the idea of unity in diversity. It aimed to educate the community about the strength that comes from diverse cultural, linguistic, and religious backgrounds coexisting harmoniously. The rally also sought to highlight the role of education in nurturing a spirit of inclusiveness and respect for all.



Students and faculty during rally on 25-08-2022

The rally commenced from the main gate of Basundhara Teachers Training College and proceeded towards the nearby village. Participants carried colorful banners, flags, and placards with messages promoting unity, peace, and cultural harmony. The procession drew significant attention from local villagers, many of whom joined the rally, adding to the festive atmosphere. Principal Dr. Dwivedi led the rally with great enthusiasm. His opening address highlighted the significance of unity in diversity and the pivotal role educational institutions play in promoting this value. The college's faculty and students were actively involved in organizing and participating in the rally. Their dedication and spirited participation were instrumental in making the event a success. The rally saw participation from various members of the local community, including families and local leaders, all contributing to the vibrant and inclusive atmosphere.



Students interacting with villagers during awareness rally programme on 25-08-2022

Activities during the Rally:

Educational Interactions:

Informative pamphlets and brochures highlighting the concept of unity in diversity were distributed among villagers. Information booths were set up where faculty members and students engaged with the community, discussing the importance of national integration and mutual respect.

Speeches :

At several key points during the rally, speeches were delivered by Dr. Dwivedi and other faculty members, emphasizing the theme of unity in diversity.



Community Engagement:

The rally encouraged active participation from the community, with villagers joining in the celebrations and sharing their thoughts on unity and diversity. Interactive sessions were held where community members discussed their cultural backgrounds and experiences, fostering a deeper understanding and appreciation of each other's heritage.



Students interacting with villagers during awareness rally programme on 25-08-2022

The rally had a profound impact on the community, promoting a strong message of unity in diversity. It succeeded in highlighting the importance of cultural harmony and mutual respect, encouraging the community to embrace and celebrate their differences. The event fostered a sense of national pride and solidarity, emphasizing that diversity is India's strength.



Students and faculty during rally event 25-08-2022

The "Vividhta Mein Ekta Ka Utsav Abhiyan" rally organized by Basundhara Teachers Training College was a resounding success. Under the leadership of Dr. Sheo Prakash Dwivedi, the rally not only celebrated India's rich cultural diversity but also reinforced the idea that unity is essential for national progress. The event underscored the role of education in promoting inclusiveness and mutual respect, contributing to a more harmonious and integrated society.


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GUEST LECTURE REPORT

"Water Conservation Cleanliness Program"

RESEARCH AND DEVELOPMENT COMMITTEE

Date: 08th October 2022



Guest Lecture was conducted by Research & Development Committee of BTTC Silout, Muzaffarpur on 08.10.2022 at 11.30 AM. Guest Mr. Dharmendra Dhar Dwivedi, Asst. Professor, Siddiqui Memorial Teachers' Training College, Muzaffarpur has taken a lecture on topic "Water Conservation Cleanliness Program" for students in classroom. He has delivered lectures in various organizations and Universities. Total of around 62 students participated in this programme.



*Dr. D.C. Pandey giving a brief introduction of guest lecturer to students.
08.10.2022*

Before start of this special / extension lecture Dr. D.C. Pandey gave brief introduction of him.

The speaker explains the importance of water and why save water ? How to save water ? How clean it ? He explain that water is the basic requirement of our body and thus life. Water is also named 'life' because of being an important element of all living beings. Nothing can survive without water on the earth. We are living in a time when we need to save clean water and use it according to

our use only. They have to go for a long distance daily to arrange drinking water. They better understand water's value than those with sufficient water supply in their areas.



Mr. Dharmendra Dhar Dwivedi explaining the topic with students. 08.10.2022

After this lecture the students were given time to interact with him. Students felt that the session was more informative and interactive. At the end of the guest lecture, students gave their feedback, and explained how they were benefited.



Mr. Vinod Kumar Yadav addressing to students on value of Water Conservation Cleanliness Program. 08.10.2022

At the end of this special / extension lecture Mr. Vinod Kumar Yadav gave vote of thanks to guest lecturer and students.


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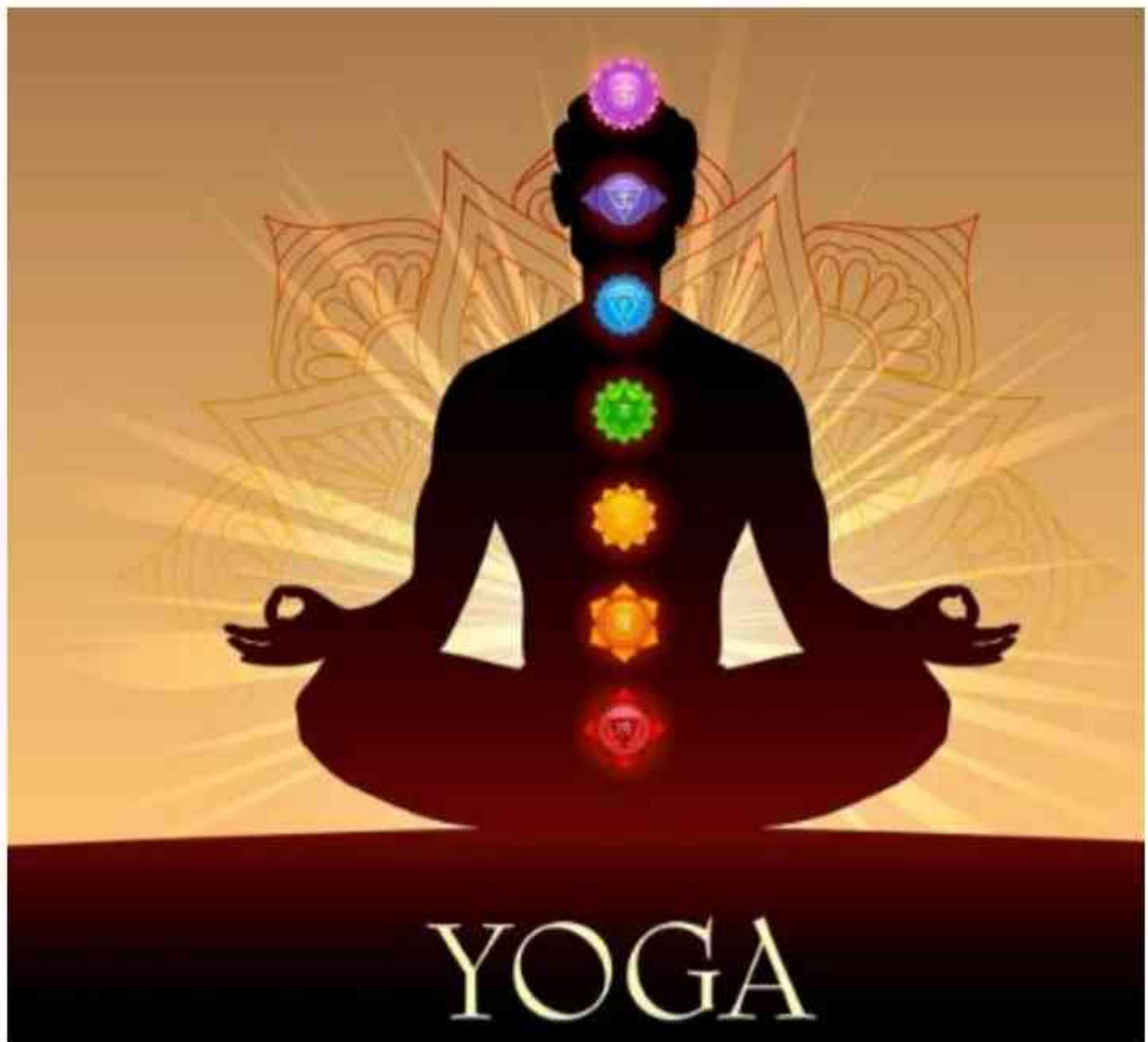
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Report **on Yoga Day**

Date: 03-02-2023

Palace: BTTC, Muzaffarpur



International Yoga Day, celebrated annually on June 21st, offers a global opportunity to recognize and embrace the transformative power of yoga. Initiated by the United Nations in 2014, this day honors yoga's profound impact on health and well-being and its ability to unite people across cultures and continents.

Yoga, with its ancient origins in India, is more than just a series of physical postures. It represents a holistic approach to health that integrates body, mind, and spirit. Through its practice, individuals can experience increased flexibility, strength, and balance, while also enhancing mental clarity and emotional resilience.

Name of Activity	Yoga Day
Venue	BTTC Muzaffarpur
Type of Activity	Practice of Yoga
Date	03-02-2023
Organised by	Yoga Instructor
Participated by	50 Students and staff



Students performing Yoga in College campus during the event 03-02-2023

Benefits of Yoga for College Students

1. Stress Management

- ❖ **Physical Stress Relief:** Yoga's physical postures (asanas) and breathing techniques (pranayama) help reduce physical tension in the body, promoting relaxation and alleviating symptoms of stress.
- ❖ **Mental Calmness:** Techniques such as meditation and mindfulness, integral to yoga practice, help manage anxiety, improve mood, and foster a sense of calm.

2. Enhanced Cognitive Function

- ❖ **Improved Concentration:** Regular practice of yoga enhances attention span and cognitive function, which is beneficial for studying and academic performance.
- ❖ **Memory Boost:** Meditation and relaxation practices in yoga can improve memory retention and recall, aiding in learning and information processing.

3. Physical Health Benefits

- ❖ **Increased Flexibility and Strength:** Yoga promotes physical fitness by improving flexibility, balance, and muscle strength. This is particularly beneficial for students who may spend long hours sitting.
- ❖ **Posture Correction:** Yoga helps in correcting poor posture caused by extended periods of sitting and studying, reducing back pain and discomfort.



Students during Yoga session performing yoga as guided by instructor 03-02-2023

4. Emotional Well-being

- ❖ **Emotional Resilience:** Yoga encourages self-awareness and emotional regulation, helping students navigate the ups and downs of college life more effectively.
- ❖ **Improved Sleep Quality:** Regular yoga practice, especially relaxation techniques, can lead to better sleep quality, which is crucial for overall health and academic success.

5. Social and Community Engagement

- ❖ **Building Connections:** Group yoga classes foster a sense of community and support among students, creating a social network that can provide encouragement and motivation.
- ❖ **Stress Reduction in Groups:** Participating in yoga classes with peers can enhance the collective well-being and create a supportive environment for managing academic and personal stress.



Students during Yoga session performing yoga as guided by instructor 03-02-2023

Yoga offers substantial benefits for college students, enhancing physical health, mental clarity, and emotional resilience. By integrating yoga into their daily routines, students can manage stress, improve focus, and foster overall well-being. Colleges can support these benefits by incorporating yoga into

campus wellness programs and providing accessible resources for all students. Embracing yoga as part of college life not only supports academic success but also promotes a balanced and fulfilling student experience.



Students listening carefully their guide during the event 03-02-2023


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REPORT ON JAL JEEVAN HARIYALI

Date: February 28, 2023

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

Students, faculty, and local residents.



Today on February 28, 2023, Basundhara Teachers Training College organized a rally to promote the "Jal Jeevan Hariyali" initiative, aimed at raising awareness about water conservation and environmental sustainability. The event was led by the college's faculty, Ranjana Singh, and witnessed active participation from students, faculty members, and local community residents. The rally was conducted to highlight the critical importance of water conservation and maintaining greenery. It sought to educate the community on sustainable practices that ensure the availability of clean water and the preservation of natural resources for future generations.



Students making awareness around villages for Save Water 28-02-2023

The rally started at the main gate of Basundhara Teachers Training College and made its way towards the nearby village. Participants carried banners and placards with messages advocating for water conservation and environmental sustainability. The vibrant procession drew the attention of local villagers, who were encouraged to join in and learn more about the cause. Principal Dr. Dwivedi led the rally, providing motivational speeches that underscored the significance of the "Jal Jeevan Hariyali" initiative. His leadership and passion for the cause were evident and inspiring. The faculty and students of Basundhara Teachers Training College were at the forefront of organizing the event. Their enthusiasm and commitment were crucial in making the rally impactful. The involvement of local villagers added strength to the rally, emphasizing community solidarity in addressing environmental issues.



Students making awareness around villages for Save Water 28-02-2023

- **Educational Interactions:** Throughout the rally, participants engaged with villagers, distributing informative leaflets about water conservation techniques, rainwater harvesting, and the benefits of planting trees.
- **Public Addresses:** At strategic points during the rally, brief speeches were delivered by Dr. Dwivedi and other faculty members, stressing the urgent need for sustainable practices and sharing practical tips for water conservation and greening efforts.



Students making awareness around villages for awareness rally 28-02-2023

The rally created a significant buzz in the community, prompting many villagers to take a more active role in water conservation and environmental preservation. The event also fostered a sense of collective responsibility and action towards creating a sustainable future. The "Jal Jeevan Hariyali" rally was a remarkable success, reflecting the dedication of Basundhara Teachers Training College to environmental causes. Under the leadership of Dr. Sheo Prakash Dwivedi, the college continues to make substantial contributions towards promoting sustainability and empowering the community to adopt eco-friendly practices.


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REPORT ON EMBRYO TEST

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

Participants: Students, faculty and local residents.

WORLD
EMBRYO
LOGIST
DAY



Today on March 18, 2023, Basundhara Teacher Training College (BTTC) organized an impactful rally to raise awareness about embryo testing, its ethical considerations, and its implications. The rally, lead by the BTTC, aimed to educate the community on the significance of ethical practices in medical procedures and the importance of informed decision-making. The rally began at the BTTC gate and proceeded to the nearby village, with active participation from students, faculty members and local residents. The rally commenced at 10:00 AM from the BTTC gate. Participants assembled early, carrying banners, placards, and informational materials on embryo testing and ethical medical practices. Dr. Sheo Prakash Dwivedi, the Principal of BTTC, inaugurated the event with an enlightening speech that emphasized the importance of understanding the ethical dimensions of medical technologies and the role of education in promoting informed choices.



Students and faculty just before rally on March 18, 2023

Awareness March: Participants marched from the BTTC gate to the nearby village, chanting slogans such as "Ethical Testing, Informed Decisions" and "Respect Life, Respect Ethics." The march aimed to highlight the importance of ethical considerations in medical practices and the need for community awareness about embryo testing.



Students interacting with villagers during awareness rally programme on March 18, 2023

Distribution of Educational Materials: Volunteers distributed pamphlets and brochures containing information on embryo testing, its medical implications, ethical considerations, and the importance of informed consent. These materials also included resources for further reading and contact information for healthcare professionals.

Interactive Sessions: faculty members conducted interactive sessions with villagers, discussing topics such as the purpose of embryo testing, potential benefits and risks, ethical concerns, and the importance of seeking proper medical guidance. These sessions aimed to provide a balanced view and encourage informed decision-making.

Community Feedback: A feedback session was held where villagers shared their thoughts and concerns about embryo testing and medical ethics. This session provided valuable insights into the community's perceptions and helped identify areas where further education and support are needed.



Pledge for Ethical Practices: The rally concluded with a collective pledge taken by all participants and villagers to commit to promoting ethical medical practices and supporting informed decision-making in their community.

The Embryo Testing Awareness Rally concluded at 1:00 PM in the village, with a closing address by the Village Head. He expressed gratitude to the BTTC Health and Ethics Committee, Dr. Sheo Prakash Dwivedi, and all participants for their dedication and efforts in promoting awareness about embryo testing and ethical medical practices. The rally was a resounding success, significantly raising awareness about the importance of ethical considerations in medical procedures and encouraging informed decision-making.



Students and faculty during rally event March 18, 2023

The BTTC extends its heartfelt thanks to all participants and supporters for their dedication and enthusiasm. Special thanks to the local resident for their cooperation and support in making the event a success.


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GUEST LECTURE REPORT

"Water Conservation Cleanliness Program"

RESEARCH AND DEVELOPMENT COMMITTEE

Date: 11th October 2021

Guest Lecture was conducted by Research & Development Committee of BTTC Silout, Muzaffarpur on 11.10.2021 at 11.30 AM. Guest Dr. Narendra Kumar, Principal, Roy College of Teachers' Education, Muzaffarpur has taken a lecture on topic "Water Conservation Cleanliness Program" for students in classroom. He has delivered lectures in various organizations and Universities. Total of around 52 students participated in this programme.



Mr. Ajay Kumar Maurya giving a brief introduction of guest lecturer to students. 11.10.2021

Before start of this special / extension lecture Principle Mr. Ajay Kumar Maurya gave brief introduction of him.

The speaker explains the importance of water and why save water ? How to save water ? How clean it ? He explain that water is the basic requirement of our body and thus life.



Dr. Narendra Kumar, explaining the topic with students. 11.10.2021

After this lecture the students were given time to interact with him. Students felt that the session was more informative and interactive.

At the end of the guest lecture, students gave their feedback, and explained how they were benefited.



Mr. Ajay Kumar Maurya addressing to students on value of Water Conservation Cleanliness Program 11.10.2021

Water is also named 'life' because of being an important element of all living beings. Nothing can survive without water on the earth. We are living in a time when we need to save clean water and use it according to our use only. They have to go for a long distance daily to arrange drinking water. They better understand water's value than those with sufficient water supply in their areas.



Mr. Vinod Kumar Yadav addressing to students on value of Water Conservation Cleanliness Program 11.10.2021

At the end of this special / extension lecture Mr. Vinod Kumar Yadav gave vote of thanks to guest lecturer and students.


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REPORT ON COVID-19

Date: November 18, 2021

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

Participants: Students, faculty, healthcare workers and local residents.

On Nov 18, 2021, the Basundhara Teacher Training College organized a comprehensive COVID-19 awareness rally. The rally aimed to educate the community on preventive measures, vaccination importance, and proper health protocols to combat the ongoing pandemic. Spanning from the BTTC gate to the nearby village, the event saw enthusiastic participation from students, faculty members, healthcare workers and local residents. The rally commenced at 10:00 AM from the BTTC gate. Participants gathered early, equipped with masks and hand sanitizers. The Principal of BTTC inaugurated the event with a brief speech emphasizing the significance of COVID-19 awareness and community health.



Students gathered at college gate for Covid-19 awareness rally programme. (18/11/2021)

Activities During the Rally:

Informational March:

Participants marched from the BTTC gate to the nearby village, holding banners and placards with messages promoting COVID-19 awareness. Slogans such as "Wear a Mask, Save Lives" and "Get Vaccinated, Stay Protected" were prominently displayed.

Distribution of Hygiene Kits:

Along the route, volunteers distributed hygiene kits containing masks, hand sanitizers, and soap to villagers. This initiative aimed to ensure that everyone had access to basic protective supplies. Essential COVID-19 preventive measures such as wearing masks, maintaining social distancing, frequent handwashing, and the importance of vaccination. Volunteers engaged with residents, answering questions and addressing concerns.



Peoples of locality getting knowledge about covid- 19 through this awareness programme.(18/11/2021)

Interactive Sessions:

Healthcare workers conducted interactive sessions at various stops along the route, demonstrating the correct way to wear masks, proper handwashing techniques, and the benefits of vaccination. They also debunked common myths and misconceptions about COVID-19.

Vaccination Drive Promotion:

The rally included promotion of an upcoming vaccination drive organized by the local health department. Information about the vaccination schedule, registration process, and benefits of getting vaccinated was shared with the community.



*Students mask up and march on : Raising awareness about Covid-19
(18/11/2021)*

Health Check-Up Camps:

Mini health check-up camps were set up at strategic points where participants and villagers could get their temperature, oxygen levels, and general health checked. This service helped identify any immediate health issues and provided basic medical advice.

At the conclusion of the rally, all participants and villagers took a collective pledge to follow COVID-19 safety protocols, get vaccinated, and spread awareness within their communities. This pledge reinforced the commitment to combating the pandemic together. The COVID-19 awareness rally concluded at 1:00 PM in the village, with a closing address by the Village Head. He expressed gratitude to the BTTC and all participants for their dedication and efforts. The rally was a resounding success, significantly raising awareness about COVID-19 and encouraging proactive health measures within the community.

Overall, the rally was an impactful event, demonstrating the power of community action in promoting public health. The BTTC plans to organize more such initiatives in the future, continuing their mission to promote health awareness and safety.



A health checkup programme were organized in the college campus for the people of nearby villages and college members. (18/11/2021)

COVID-19, caused by the novel coronavirus, is a global pandemic that has significantly impacted communities worldwide. Awareness about COVID-19 is crucial for public health and safety. It spreads primarily through respiratory droplets when an infected person coughs, sneezes, or talks, and can also spread by touching surfaces contaminated with the virus.

Preventive measures such as frequent handwashing, wearing masks, maintaining physical distance, and avoiding large gatherings help reduce transmission. Vaccination campaigns play a critical role in controlling the spread and severity of the virus.

Staying informed through reliable sources like health authorities and following recommended guidelines are essential to protect oneself and others from COVID-19. Global cooperation and individual responsibility are key in combating this unprecedented health crisis.



Mr. Ajay Kumar Maurya telling people how to be stay safe from pandemic Covid-19 (18/11/2021)

The Swachhata Abhiyan rally concluded at 12:30 PM near the village, with a closing address by the village head. He expressed gratitude to the BTTC and all participants for their dedication and hard work.

Overall, the rally was a success, fostering a sense of unity and purpose among participants. It inspired local residents to take active steps in maintain cleanliness and demonstrated the positive impact of community driven initiatives.


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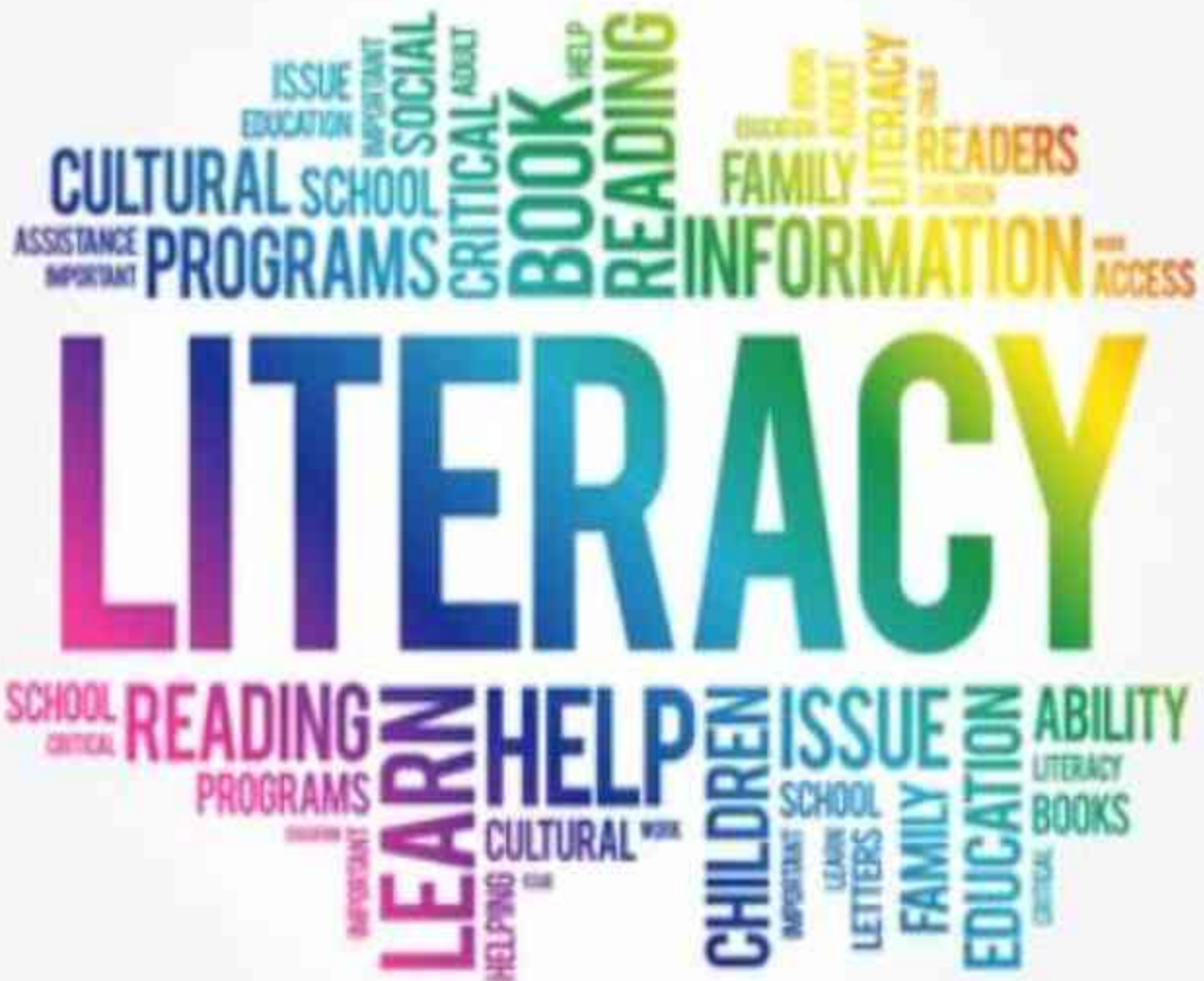
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Report on

“Adult Literacy Programme”

Date: 28-03-2022

Venue: Outside from the College Campus



On March 28, 2022, Basundhara Teachers Training College organized a rally to promote adult literacy. The event, spearheaded by the esteemed Principal Dr. Sheo Prakash Dwivedi, saw enthusiastic participation from students, faculty members, and local community members. The primary objective of the rally was to raise awareness about the importance of adult literacy and to encourage the local community to embrace education at all stages of life. The initiative was aimed at highlighting the benefits of literacy in improving personal and social well-being. The rally commenced from the main gate of Basundhara Teachers Training College and proceeded towards the nearby village. Participants carried banners and placards with slogans advocating for adult education and literacy. The route was lined with curious onlookers who were engaged by the rally's energetic atmosphere.



Students and faculty in villages during rally on 28/03/2022

The principal of Basundhara Teachers Training College, Dr. Dwivedi, led the rally. In his address, he emphasized the transformative power of education and the college's commitment to community service. The college's faculty and students played a pivotal role in organizing and participating in the rally. Their dedication and efforts were instrumental in the rally's success.

- **Engaging the Community:** Along the route, participants interacted with villagers, distributing pamphlets that detailed the benefits of adult literacy and available educational programs.
- **Speeches :** At key points during the rally, brief speeches were given by Dr. Dwivedi and other faculty members, sharing success stories of adults who have benefited from literacy programs.



Students and faculty during rally event 28/03/2022



Students and faculty during rally event 28/03/2022

The rally garnered significant attention and sparked conversations about adult education within the community. Many villagers expressed interest in joining literacy programs, and several local leaders pledged their support for the cause. The adult literacy programme rally was a resounding success, reflecting Basundhara Teachers Training College's dedication to community upliftment through education. Under the guidance of Dr. Sheo Prakash Dwivedi, the college continues to play a crucial role in promoting literacy and empowering individuals to lead better lives.


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GUEST LECTURE REPORT

on Covid-19 Awareness

RESEARCH AND DEVELOPMENT COMMITTEE

Date: 22th February 2021

Guest Lecture was conducted by Research & Development Committee of BTTC Silout, Muzaffarpur on 22.02.2021 at 11.00 AM. Guest Raveena Ranjan, Asst. Professor, L. N. Mishra College of Business Management, Muzaffarpur has taken a lecture on topic "National Science Day" for second year students in classroom. He has delivered lectures in various organizations and Universities. Total of around 70 students participated in this programme.



**Mr. Ajay Kumar giving a brief introduction of guest lecturer to students.
22.02.2021**

Before start of this special / extension lecture Mr. Ajay Kumar Maurya gave brief introduction of him.

The speaker explains the uses of science in our daily life and the theme of the year 2021 was “Indigenous Technology For Sikshit Bharat” with this theme, URSC organized 6 relevant events for the students and one event for teachers on 22th of February 2021, the day was celebrated with great enthusiasm. He encouraged and motivated students to take up challenges and put efforts to achieve excellence in their life.

On the occasion of ‘National Science Day’ there were poster, models and science photography competition. The student were shown their creative ideas and knowledge in poster and models.



Mrs. Raveena Ranjan explaining the topic with students. . 22.02.2021

After this lecture the students were given time to interact with him. Students felt that the session was more informative and interactive. At the end

of the guest lecture, two students gave their feedback, and explained how they were benefited.



Mr. Pankaj Kumar addressing to students on value of innovative teaching model . 22.02.2021

At the end of this special / extension lecture Mr. Pankaj Kumar gave vote of thanks to guest lecturer and students.


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Research and Development Committee
BTC, Muzaffarpur



TM

BASUNDHARA TEACHERS' TRAINING COLLEGE

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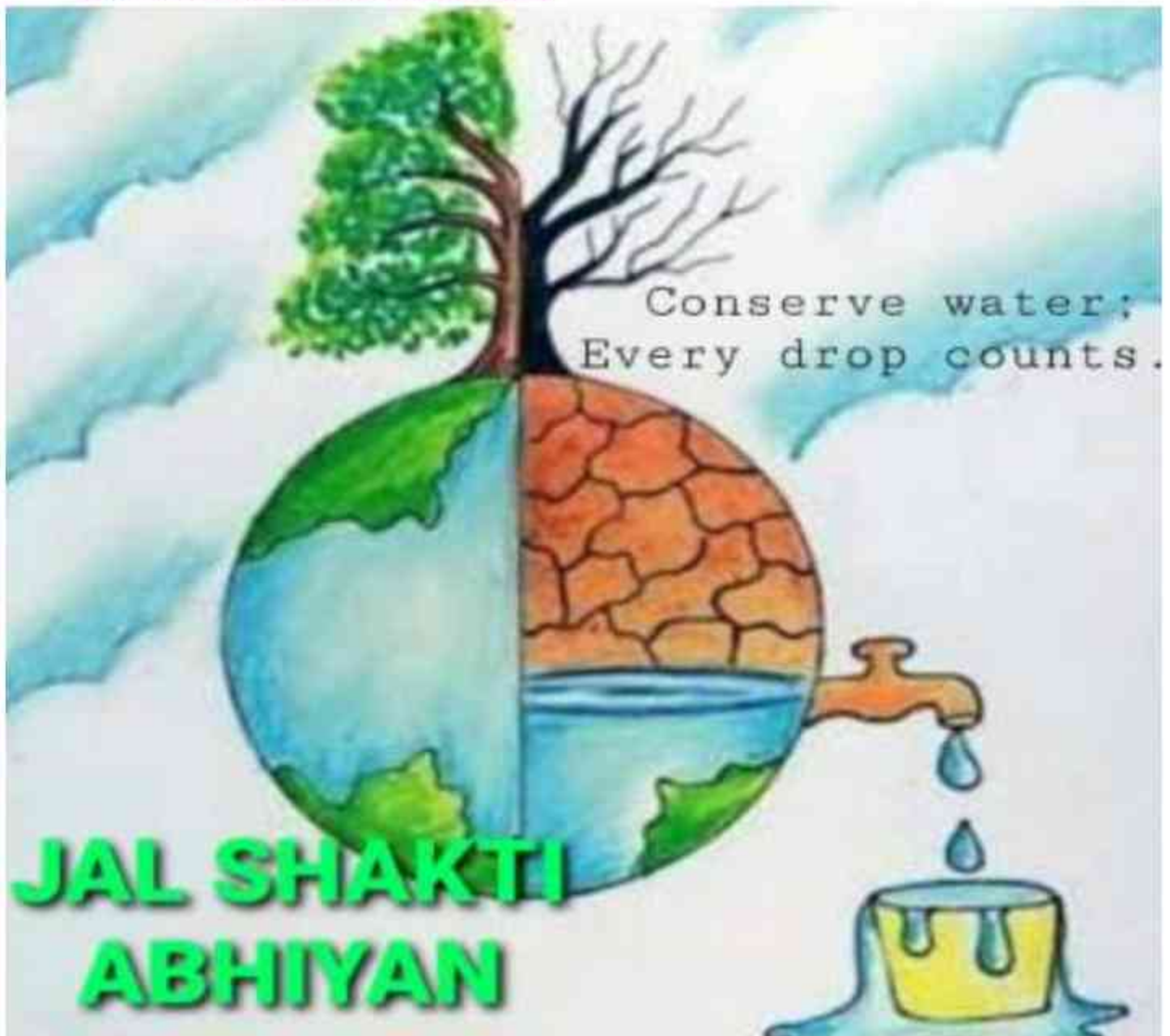
DR. U.S. ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 26,

MUZAFFARPUR (BIHAR) PIN-843119

Report on "Jal Shakti Abhiyan"

Date: 15-09-2019

Venue: Outside from the College Campus



On September 15, 2019, Basundhara Teacher Training College (BTTC) organized a pivotal rally as part of the Jal Shakti Abhiyan, a national campaign aimed at promoting water conservation and sustainable water management practices. The rally, orchestrated by the BTTC, sought to raise awareness about the critical importance of conserving water and to engage the community in efforts to protect our water resources. The event began at the BTTC gate and proceeded to the nearby village, attracting enthusiastic participation from students, faculty members, and local residents.



Students and faculty in villages during rally on 15/09/2019

The rally commenced at 10:00 AM from the BTTC gate. Participants gathered early, equipped with banners, placards, and water conservation-themed. Dr. Shiv Prakash Dwivedi, the Principal of BTTC, inaugurated the event with an inspiring speech that emphasized the urgent need for water conservation and the collective responsibility of the community to manage water resources sustainably. Activities During the Rally:

Awareness March:

Participants marched from the BTTC gate to the nearby village, chanting slogans such as "Save Water, Save Life" and "Every Drop Counts." The march aimed to highlight the importance of water conservation and the necessity of adopting sustainable water management practices.

Demonstrations of Water Conservation Techniques:

Demonstrations on effective water conservation techniques, such as rainwater harvesting, water recycling, and efficient irrigation methods, were conducted to showcase practical ways to save water. These demonstrations provided hands-on learning experiences for participants.

Interactive Sessions:

Faculty members and students conducted interactive sessions with villagers, discussing topics such as the importance of water conservation, the impact of water scarcity, and community-based water management strategies. These sessions encouraged villagers to adopt water-saving practices in their daily lives.



Students and faculty during rally event 15/09/2019

Clean-Up Drive:

A clean-up drive was organized along the rally route, particularly focusing on cleaning local water bodies and removing plastic waste. This activity underscored the importance of maintaining clean and pollution-free water sources.

Pledge for Water Conservation:

The rally concluded with a collective pledge taken by all participants and villagers to commit to water conservation practices and to spread awareness about the importance of protecting our water resources.



*Students and faculty interacting with the local residence during rally event
15/09/2019*

The Jal Shakti Abhiyan rally concluded at 1:00 PM in the village, with a closing address by the Village Head. He expressed gratitude to the BTTC and all participants for their dedication and efforts in promoting water conservation. The rally was a resounding success, significantly raising awareness about the importance of water conservation and encouraging proactive measures to safeguard our precious water resources.



*Students and faculty interacting with the local residence during rally event
15/09/2019*

Overall, the rally was an inspiring and educational event, demonstrating the power of community action in promoting sustainable water management practices. The BTTC plans to continue organizing similar initiatives in the future, dedicated to fostering a culture of sustainability and environmental stewardship.

The BTTC extends its heartfelt thanks to all participants, and supporters for their dedication and enthusiasm. Special thanks to the local residents for their cooperation and support in making the event a success.


Principal
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Training College, Silout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



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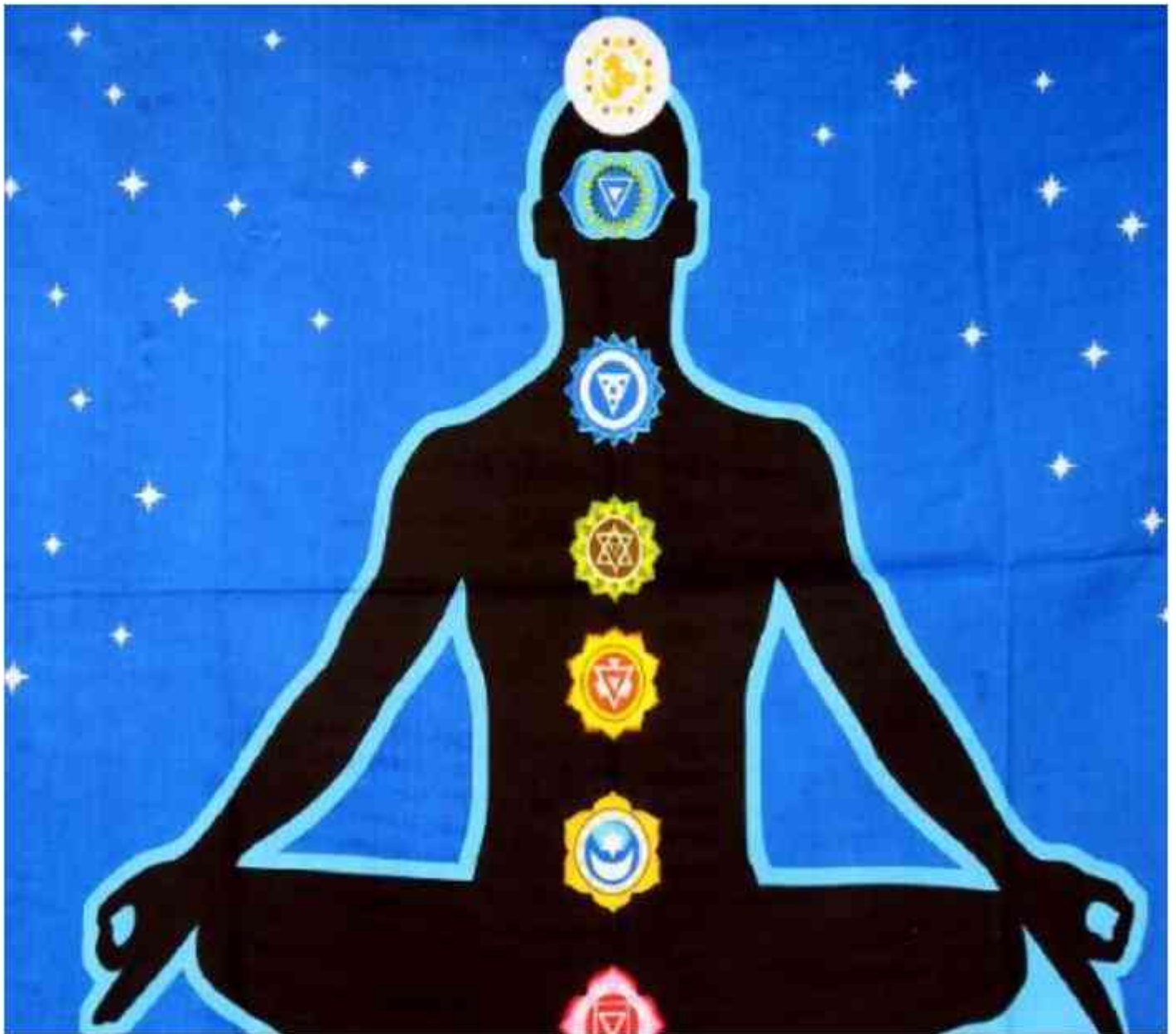
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DR.U.S.ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 28,
MUZAFFARPUR. (BIHAR) PIN-843119

Report on Yoga Day

Date: 03-10-2019

Palace: BTTC, Muzaffarpur



Yoga, a practice with roots in ancient Indian philosophy, has gained widespread popularity in modern times due to its holistic benefits. For college students, especially those in demanding programs such as BTTC, incorporating yoga into their routine can offer significant advantages. This report explores the benefits, applications, and relevance of yoga for college students.

Yoga offers a range of benefits that can be particularly advantageous for college students in a BTTC, by incorporating yoga into their daily routine, students can improve their physical health, manage stress, enhance focus, and contribute to their overall well-being. Colleges is considering to integrate yoga into their wellness programs to support student health and academic success.

Name of Activity	Yoga Day
Venue	BTTC Muzaffarpur
Type of Activity	Practice of Yoga
Date	03-10-2019
Organised by	Yoga Instructor
Participated by	55 Students and staff



Students performing Yoga in College multipurpose hall during the event 03-10-2019

YOGA AND MEDITATION Aim: Live to Love & Love to Live

Goal: To Enhance Physical Health

To Improved Focus and Concentration

To Stress Reduction

To Better Sleep Quality

Scope: The scope of yoga is vast and multifaceted, extending far beyond its traditional roots. It encompasses a wide range of practices, philosophies, and applications that have evolved over centuries.

The scope of yoga is extensive, encompassing physical, mental, emotional, and spiritual dimensions. It has a profound impact on health and well-being and continues to evolve and adapt to meet contemporary needs. Whether practiced traditionally or in modern forms, yoga offers valuable benefits and has a broad application across various aspects of life.



Students during Yoga session performing yoga as guided by instructor 03-10-2019

Benefits of Yoga

1. **Stress Reduction:**

- ❖ **Physical:** Yoga involves deep breathing and physical postures that help reduce cortisol levels, alleviating physical tension and promoting relaxation.
- ❖ **Mental:** Mindfulness and meditation practices within yoga can enhance mental clarity and reduce anxiety, which is particularly beneficial during stressful exam periods.

2. **Improved Focus and Concentration:**

- ❖ Regular yoga practice can enhance cognitive functions such as attention, memory, and problem-solving skills. Techniques like meditation help students stay present and focused on their tasks.

3. **Enhanced Physical Health:**

- ❖ **Flexibility and Strength:** Yoga helps improve physical flexibility, strength, and balance, which can counteract the sedentary lifestyle associated with long hours of studying or working at a computer.
- ❖ **Posture:** Proper alignment and posture are emphasized in yoga, which can prevent or alleviate issues related to poor posture, such as back pain.

4. **Emotional Well-being:**

- ❖ Yoga encourages self-awareness and self-acceptance, helping students manage emotions and develop resilience. This is especially useful in coping with the pressures and demands of college life.

5. **Better Sleep Quality:**

- ❖ Regular practice of yoga can contribute to improved sleep patterns, which is crucial for overall health and academic performance. Relaxation techniques in yoga help ease the mind before sleep.

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Yoga Postures, Pranayama and Meditation are effective techniques to release stress. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. Yoga is a great remedy to remove tensions. Yoga helps students, teachers, and workers by giving them emotional strength so that they can easily manage all pressures and can give them best intellectual abilities.



Students listening carefully their guide during the event 03-10-2019


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In-House Committee
BTC, Muzaffarpur



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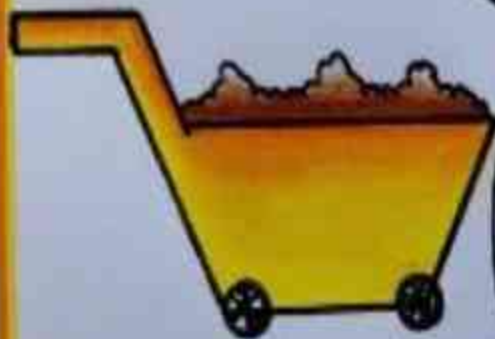
REPORT ON SWACHHTA ABHIYAN

Date: 05th Oct. 2019

Location: Basundhara Teacher's Training College gate to nearby Village

Participants: Students, Faculty, and local residents

SWACHH BHARAT ABHIYAN



CLEAN
INDIA



GREEN
INDIA

DRY
WASTE



WET
WASTE

Today on October 5, 2019, the Basundhara Teachers' Training College organized a highly successful "Swachhata Abhiyan" rally, Promoting cleanliness and environmental awareness.



Students gathered at college gate for awareness rally programme. (05/10/2019)

The rally spanned from the BTTC gate to the nearby village, covering a distance of approximately 3 km. The event witnessed enthusiastic participation from students, faculty members and local residents all united a common goal- To contribute to a cleaner and healthier environment.

The rally commenced at 10:30 AM from the BTTC gate. Participants gathered early, equipped with gloves, garbage bags, and cleaning tools. The Principal of BTTC, Dr. Sheo Prakash Dwivedi, inaugurated the event with a brief speech emphasizing the importance of cleanliness and community involvement in maintaining a sustainable environment. Activities during the rally

- Street Cleaning

A comprehensive street cleaning program through this rally is vital for maintaining the cleanliness, hygiene, and aesthetic appeal of urban & rural both environments. It involves systematic strategies to remove debris, trash, and pollutants from streets, sidewalks, and public spaces, ensuring a safe and pleasant environment for residents and visitors alike. A well-executed street cleaning program enhances public health, reduces pollution, promotes community pride, and supports economic vitality by creating attractive and inviting public spaces for all to enjoy.



- Students cleaning the streets of locality through this awareness programme. (05/10/2019)

"Swachhta Abhiyan" (Cleanliness Campaign) engage communities in discussions and activities to promote cleanliness and hygiene. These sessions foster awareness about waste management, sanitation practices, and environmental responsibility. Participants learn practical steps to keep their surroundings clean and understand the importance of collective efforts in maintaining a healthy environment. Through interactive learning and collaborative initiatives, Swachhta Abhiyan sessions inspire individuals to take proactive roles in sustaining

cleanliness, contributing to a cleaner and more sustainable future for all.



All Students attending interacting session together in multipurpose hall before rally..(05/10/2019)

- Tree Plantation

Tree plantation plays a crucial role in environmental conservation and sustainability efforts worldwide. It involves planting and nurturing trees in various locations such as urban areas, forests, and degraded lands. This activity helps combat climate change by absorbing carbon dioxide, improving air quality, and providing habitat for wildlife. Additionally, trees contribute to soil health, prevent erosion, and enhance the aesthetic beauty of landscapes.



College administration having tree plantation.(05/10/2019)

The Swachhata Abhiyan rally concluded at 12:30 PM near the village, with a closing address by the village head. He expressed gratitude to the BTTC and all participants for their dedication and hard work.

Overall, the rally was a success, fostering a sense of unity and purpose among participants. It inspired local residents to take active steps in maintain cleanliness and demonstrated the positive impact of community driven initiatives.


Principal
Basundhara Teachers
Training College, Sitout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



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DR. U.S.ROY KNOWLEDGE PARK, SILOUT (NEAR MARKAN CHOWK) N.H. 28,

MUZAFFARPUR (BIHAR) PIN-843119

REPORT ON POPULATION DAY

Date: July 11, 2018

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

Participants: Students, faculty, local residents and community leaders

WORLD **POPULATION** DAY



On July 11, 2018, Basundhara Teacher Training College (BTTC) celebrated Ekta Diwas, or National Unity Day, with a spirited rally. This event was organized by the BTTC to honor the legacy of Sardar Vallabhbhai Patel and to promote the message of national unity and integrity. The rally spanned from the BTTC gate to the nearby village, drawing enthusiastic participation from students, faculty members, local residents, and community leaders.



Students interacting with some of villagers during Ekta diwas rally (11.07.2018)

The rally began at 10:00 AM from the BTTC gate. Participants assembled early, carrying flags, banners, and placards with messages celebrating unity and national integrity. The Principal of BTTC, Dr. Sheo Prakash Dwivedi inaugurated the event with a motivating speech on the importance of unity in diversity and the enduring legacy of Sardar Vallabhbhai Patel.



Students interacting with locals during Ekta diwas rally (11.07.2018)

Activities During the Rally:

Unity March:

The participants marched from the BTTC gate to the nearby village, chanting slogans like "Ek Bharat, Shreshtha Bharat" (One India, Great India) and "Unity in Diversity." The vibrant march symbolized the collective spirit and solidarity of the community.



Student and teachers having photo shoot during rally (11.07.2018)

Awareness Campaign:

The contributions of Sardar Vallabhbhai Patel to India's unity, and the importance of national integration. They engaged with villagers, encouraging them to embrace and promote unity in their daily lives.



Dr. Monika briefing the villagers about unity and its importance. (11.07.2018)

Interactive Sessions:

At various stops, interactive sessions were held where students and faculty discussed the values of unity, peace, and cooperation. Community leaders shared inspiring stories and examples of unity from India's history and contemporary society.



Students and teachers in streets of locality for rally (11.07.2018)

The BTTC extends its sincere thanks to all participants, community leaders, and supporters for their enthusiasm and commitment and support in making the event a success.


Principal
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Training College, Silout
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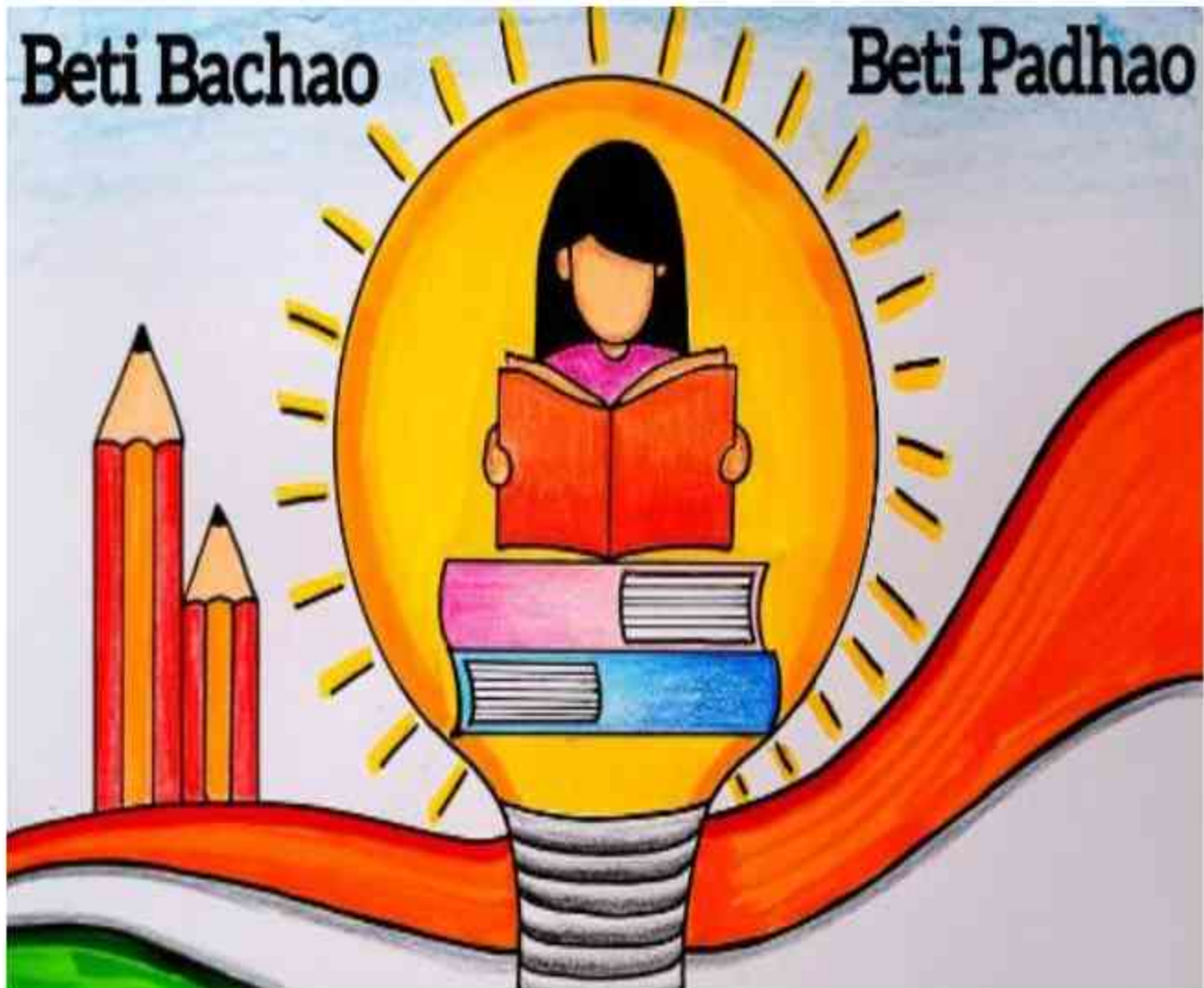
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REPORT ON

Beti Bachao Beti Padhao

Date: October 22, 2018

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village



On October 22, 2018, Basundhara Teacher Training College (BTTC) organized an impactful rally under the Beti Bachao Beti Padhao (Save the Girl Child, Educate the Girl Child) initiative. The rally aimed to raise awareness about the importance of protecting and educating girl children, emphasizing gender equality and the empowerment of women. The event, lead by the BTTC Women's Cell Committee, began at the BTTC gate and proceeded to the nearby village. The rally saw enthusiastic participation from students, faculty member and local residents. The rally commenced at 10:00 AM from the BTTC gate. Participants gathered early, carrying banners, placards, and messages advocating for the protection and education of girl children. Dr. Pratibha kumari, professor of BTTC, inaugurated the event with an inspiring speech that emphasized the critical role of education in empowering girls and the collective responsibility of society to support gender equality.



Students During awareness rally programme October 22, 2018

Awareness March: Participants marched from the BTTC gate to the nearby village, chanting slogans such as "Beti Bachao, Beti Padhao" and "Educate Girls, Empower the Nation." The march aimed to highlight the importance of protecting girl children and ensuring their right to education.

Distribution of Educational Materials:

Volunteers distributed pamphlets and brochures containing information on the Beti Bachao Beti Padhao initiative, the importance of girl child education, and resources available for supporting girls' education. These materials also included inspirational stories of successful women who overcame challenges to achieve their goals.



*Peoples of locality getting knowledge through this awareness programme.
October 22, 2018*

Interactive Sessions:

Faculty members conducted interactive sessions with villagers, discussing topics such as the benefits of educating girls, the societal impact of gender equality, and ways to support girls in their educational journeys. These sessions aimed to educate and motivate community members to actively support the cause.

Faculty members delivered speeches highlighting the significance of educating girls, the challenges faced by girls in accessing education, and the positive impact of empowered women on society. Their speeches were motivating and provided valuable insights into the importance of gender equality.



Peoples getting knowledge about "Beti Bachao Beti Padhao" through this awareness programme. October 22, 2018

Pledge for Girl Child Education: The rally concluded with a collective pledge taken by all participants and villagers to commit to supporting the education of girl children and promoting gender equality in their communities

The Beti Bachao Beti Padhao rally concluded at 1:00 PM in the village, with a closing address by the Village Head. He expressed gratitude to the BTTC Women's Cell Committee, Dr. Sheo Prakash Dwivedi, and all participants for their dedication and efforts in promoting the protection and education of girl children. The rally was a resounding success, significantly raising awareness about the importance of educating girls and encouraging proactive measures to support gender equality.


Principal
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REPORT ON

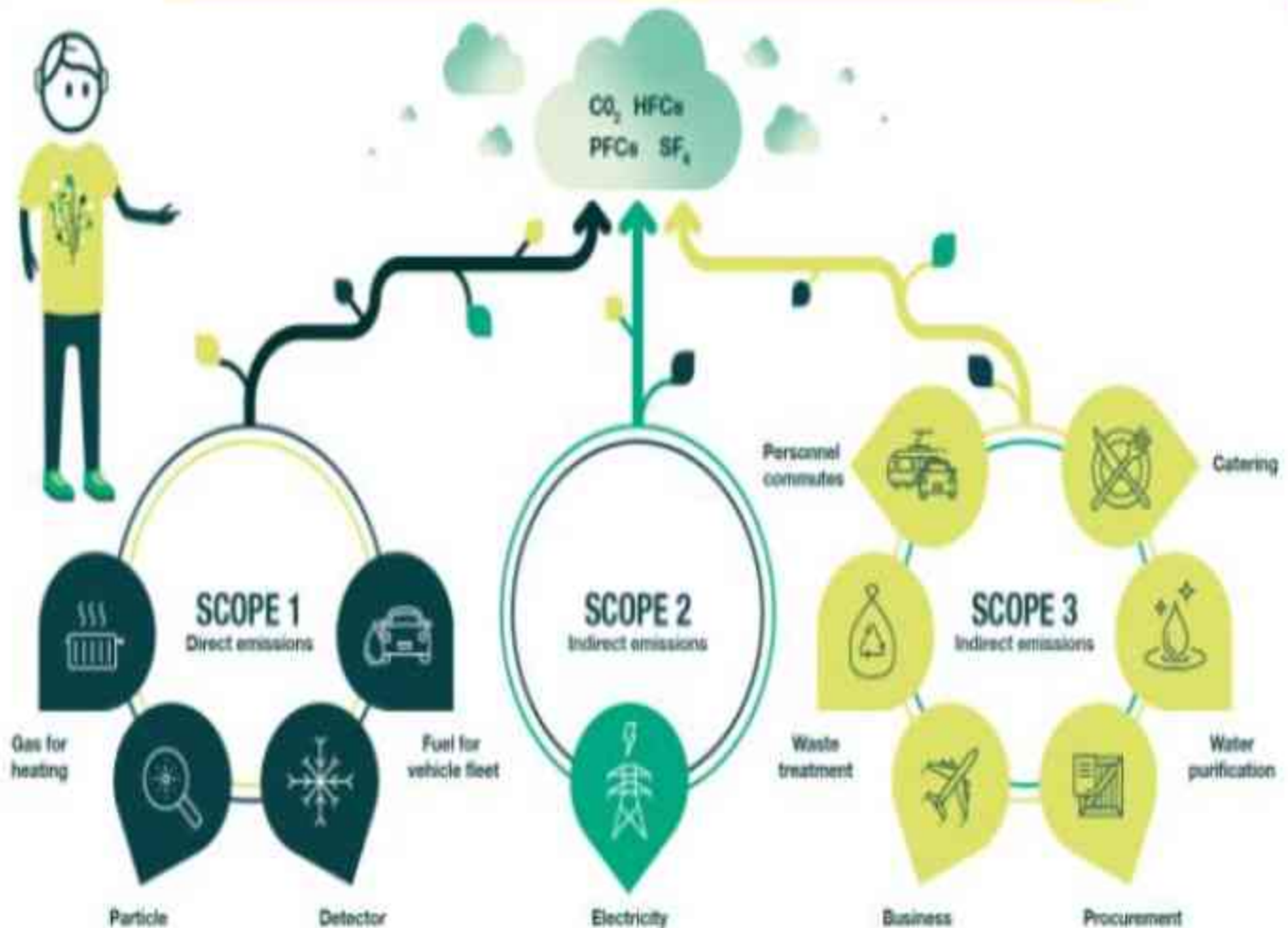
Environmental Awareness Programme

Date: November 24, 2018

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village

CERN's Year of Environmental Awareness

GREENHOUSE GAS EMISSIONS RELATED TO CERN ACTIVITIES



On November 24, 2018, Basundhara Teacher Training College (BTTC) conducted a significant environmental awareness rally organized by the BTTC. This rally aimed to raise awareness about the critical importance of environmental conservation, promote sustainable practices, and encourage community involvement in protecting natural resources. The event began at the BTTC gate and proceeded to the nearby village, drawing enthusiastic participation from students, faculty members, environmental activists, local residents, and municipal representatives. The rally started at 10:00 AM from the BTTC gate. Participants assembled early, carrying eco-friendly banners, placards, and reusable water bottles. The Principal of BTTC Dr. Shiv Prakash Dwivedi inaugurated the event with an inspiring speech emphasizing the urgency of environmental protection and the role each individual can play in fostering a sustainable future.



Students gathered at college gate for Covid-19 awareness rally programme. (18/11/2021)

like "Save Our Planet," "Go Green," and "Reduce, Reuse, Recycle." This march aimed to raise awareness about environmental issues and the need for sustainable living practices.

Distribution of Educational Materials:

Volunteers distributed pamphlets and brochures that provided information on various environmental issues such as deforestation, pollution, and climate change. These materials also included practical tips on how individuals can contribute to environmental conservation.



Peoples of locality getting knowledge about covid-19 through this awareness programme. November 24, 2018

Interactive Sessions:

Environmental activists and faculty members held interactive sessions with villagers, discussing topics such as waste management, water conservation, and the importance of biodiversity. These sessions encouraged community members to adopt sustainable practices in their daily lives.

Demonstrations of Eco-Friendly Practices:

Demonstrations on composting, rainwater harvesting, and the use of solar energy were conducted to showcase practical ways to adopt sustainable practices. These demonstrations provided hands-on learning experiences for participants.



*Peoples getting knowledge about covid- 19 through this awareness programme.
November 24, 2018*

Clean-Up Drive:

A clean-up drive was organized along the rally route, where participants collected litter and waste, emphasizing the importance of maintaining a clean environment. Waste collected was segregated for proper disposal and recycling.

Pledge for Environmental Protection:

The rally concluded with a collective pledge taken by all participants and villagers to commit to environmentally friendly practices and to spread awareness about the importance of protecting our environment. The environmental awareness rally concluded at 12:30 PM in the village, with a closing address by the Village Head. He expressed gratitude to the BTTC and all participants for their dedication and efforts in promoting environmental conservation. The rally was a resounding success, significantly raising awareness about environmental issues and encouraging proactive measures for sustainable living.

Overall, the rally was an inspiring and educational event, demonstrating the power of community action in promoting environmental conservation. The BTTC plans to continue organizing similar initiatives in the future, dedicated to fostering a culture of sustainability and environmental stewardship.



Peoples of locality getting knowledge about covid- 19 through this awareness programme. November 24, 2018

The Swachhata Abhiyan rally concluded at 12:30 PM near the village, with a closing address by the village head. He expressed gratitude to the BTTC and all participants for their dedication and hard work.

Overall, the rally was a success, fostering a sense of unity and purpose among participants. It inspired local residents to take active steps in maintain cleanliness and demonstrated the positive impact of community driven initiatives.


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MUZAFFARPUR (BIHAR) PIN-843119

REPORT ON SWACHHATA ABHIYAN NUKKAR NATAK

Date: January 24, 2019

Location: Basundhara Teacher Training College (BTTC) Gate to Nearby Village



Today on January 24, 2019, Basundhara Teachers Training College organized an impactful rally titled "Swachhta Abhiyan Nukkar Natak" to promote cleanliness and hygiene. Led by Principal Dr. Sheo Prakash Dwivedi, the event featured street plays (nukkar natak) to raise awareness about the importance of cleanliness and sanitation. The rally saw active participation from students, faculty members, and local community members, all coming together to support the Swachh Bharat (Clean India) mission. The primary objective of the rally was to educate the local community about the importance of cleanliness and sanitation. Through engaging street plays, the rally aimed to highlight the health and environmental benefits of maintaining a clean environment. The event sought to inspire individuals to take personal and collective responsibility for keeping their surroundings clean.



Students during Swachhta Abhiyan awareness rally programme January 24, 2019

The rally commenced from the main gate of Basundhara Teachers Training College and proceeded towards the nearby village. Participants carried banners and placards with messages advocating for cleanliness and hygiene. The street plays performed along the route attracted significant attention from local villagers, who were encouraged to join the rally and participate in the activities. Principal Dr. Dwivedi led the rally with enthusiasm and dedication. His opening address emphasized the critical importance of cleanliness for public health and environmental sustainability. The faculty and students of Basundhara Teachers Training College played a central role in organizing and participating in the rally. Their commitment to the cause was evident in their energetic performances and interactions with the community. The rally saw participation from various members of the local community, including families, local leaders, and sanitation workers, all of whom contributed to the event's success.



Peoples of locality getting knowledge about covid- 19 through this awareness programme. January 24, 2019

Activities during the Rally:

Street Plays (Nukkar Natak):

The highlight of the rally was the series of street plays performed at various points along the route. These plays depicted everyday scenarios related to cleanliness and hygiene, emphasizing the consequences of neglecting these practices. The performances were designed to be engaging and informative, using humor and relatable situations to convey important messages about sanitation and public health.

Educational Interactions:

Throughout the rally, participants distributed pamphlets and brochures that provided practical tips for maintaining cleanliness and hygiene in homes and public spaces. Information booths were set up at key points where faculty members and students engaged with the community, discussing the benefits of cleanliness and the steps individuals can take to contribute to a cleaner environment.



*Peoples getting knowledge about covid- 19 through this awareness programme.
January 24, 2019*

Speeches :

At several key locations during the rally, brief speeches were delivered by Dr. Dwivedi and other faculty members. These speeches highlighted the significance of the Swachh Bharat mission and the role of education in promoting cleanliness.

Local leaders and sanitation workers also shared their experiences and insights, emphasizing the collective effort required to achieve and maintain a clean environment.

Community Engagement:

The rally encouraged active participation from the community, with villagers joining in the performances and discussions. Interactive sessions were held where community members shared their thoughts and experiences related to cleanliness and hygiene, fostering a sense of collective responsibility and action.



Peoples of locality and our students having "Safai Abhiyan" January 24, 2019

The rally had a significant impact on the community, raising awareness about the importance of cleanliness and hygiene. The engaging street plays successfully communicated the message of Swachhta Abhiyan, inspiring many villagers to take proactive steps towards maintaining a clean environment. The event also highlighted the importance of community involvement and collective action in achieving the goals of the Swachh Bharat mission.

The "Swachhta Abhiyan Nukkar Natak" rally organized by Basundhara Teachers Training College was a resounding success. Under the leadership of Dr. Sheo Prakash Dwivedi, the rally not only raised awareness about the critical issue of cleanliness but also inspired the community to take concrete steps towards achieving a cleaner and healthier environment. The event underscored the importance of education and community engagement in promoting public health and environmental sustainability.


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