# BASUNDHARA TEACHERS' TRAINING COLLEGE, MUZAFFRPUR

# Best Practices
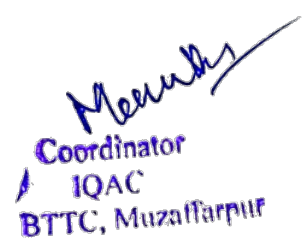
## Best Practice–1

### EMPLOYABILITY ENHANCEMENT THROUGH INDUSTRY VALUE ADDED COURSES

*Principal*
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

# Brochure
## Value Added Course

## Academic Year:-

- **2022-2023**
- **2021-2022**
- **2020-2021**
- **2019-2020**
- **2018-2019**

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

# *Computer Skill Development Programme*
## *Organized by*
## **Skill Development Committee**



## **Mr. Pankaj Kumar**
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

**DATE:** 17.12.2022 to 16.02.2023
**TIME:** 03:00 PM to 04:00 PM
**VENUE:** Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Basic knowledge of using computer | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | To gain understanding of basic typing ,Tally, Internet suffering | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Use of the knowledge to solve practical problems | Faster confidence in using computer s and navigating original environments |
| 4 | Competence using word processing software | Teach effective use of web browser and search engine for information |
| 5 | Ability to create presentation of Microsoft power point, Google slides. | Ensure participants can manage email communication proficiency. |
| 6 | Effective use of web browsers for research and information gathering | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |
| 7 | Understanding of email communication including sending and receiving mail. | Learn to troubleshoot common computer issues and perform basic maintenance tasks to keep systems running smoothly. |
| 8 | Ability to diagnose and resolve computer issues | Understand the basics of digital security, including safe internet practices, password management, and recognizing online threats. |
| 9 | Skill in organizing, managing and backing files & folders. | |
| 10 | Completation of small projects and practical assignments that consolidate the skill learned during the courses | |

Principal
Basundhara Teachers
Training College, Silout
Muzafferpur, Bihar

**Coordinator**
**Skill Development Committee**
**BTTC**

Basundhara
Teachers' Training College
A unit of "North Bihar Educational Trust"

# *English Efficiency Course*
## *Organized by*
## Skill Development Committee

## Mrs. Manisha Kumari
(Assistant Professor)

(Basundhara Teachers' Training College, Muzaffarpur)

**DATE:**      **17.02.2023 to 15.05.2023**
**TIME:**      **03:00 PM to 04:00 PM**
**VENUE:**     **Basundhara Teachers' Training College, Sliout, Muzaffarpur**

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Achieving a certain level of proficiency in speaking, listening, reading, and writing skills according to established language frameworks | Improve fluency and accuracy in spoken English through structured practice activities. |
| 2 | Developing the ability to effectively communicate in English across different contexts, such as academic, professional, and social settings. | Build confidence in participating in conversations, discussions, presentations, and interviews. |
| 3 | Expanding vocabulary knowledge to comprehend and use a wide range of words and phrases appropriately. | Improve ability to understand spoken English in various accents and contexts. |
| 4 | Mastering grammatical rules and sentence structures to communicate ideas clearly and accurately. | Develop strategies for listening for main ideas, details, and nuances. |
| 5 | Applying English language skills to analyze, evaluate, and synthesize information from various sources. | Learn and use a wider range of vocabulary words and phrases relevant to different topics and situations. |
| 6 | Understanding and using English in culturally appropriate ways, including social conventions, politeness strategies, and idiomatic expressions. | Develop techniques for acquiring and retaining new vocabulary effectively. |
| 7 | Developing awareness and understanding of cultural differences and effectively navigating intercultural communication situations in English. | Understand and apply grammatical rules and structures to create clear and coherent sentences. |
| 8 | Acquiring strategies and skills for lifelong language learning beyond formal instruction. | Practice using different sentence types and tenses accurately. |
| 9 | Building confidence in using English and maintaining motivation to continue improving language skills. | Enhance reading comprehension skills by practicing with authentic texts such as articles, reports, and literary works. |

*Principal*
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

**Mental Stress Development *Programme***
***YOGA***
***Organized by***
**Skill Development Committee**

**Mr. Chunchun Kumar**
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:      03.01.2023  to 18.01.2023
TIME:      09:00 AM to 10:00 AM
VENUE:    Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Participants will achieve increased flexibility through regular practice of yoga and stretching exercises. | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups. | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing | Faster confidence in using computer s and navigating original environments |
| 4 | Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation. | Teach effective use of web browser and search engine for information |
| 5 | Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches. | Ensure participants can manage email communication proficiency. |
| 6 | Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions. | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |

**Coordinator**
**Skill Development Committee**
**BTTC**

*Principal*
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

Coordinator
Student Skill Development Committee
BTTC, Muzaffarpur

# Computer *Skill Development Programme*

## *Organized by*

## Skill Development Committee




## By
## Mr. Pankaj Kumar
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:        06.01.2022  to 02.03.2022
TIME:        03:00 PM to 04:00 PM
VENUE:      Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Basic knowledge of using computer | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | To gain understanding of basic typing ,Tally, Internet suffering | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Use of the knowledge to solve practical problems | Faster confidence in using computer s and navigating original environments |
| 4 | Competence using word processing software | Teach effective use of web browser and search engine for information |
| 5 | Ability to create presentation of Microsoft power point, Google slides. | Ensure participants can manage email communication proficiency. |
| 6 | Effective use of web browsers for research and information gathering | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |
| 7 | Understanding of email communication including sending and receiving mail. | Learn to troubleshoot common computer issues and perform basic maintenance tasks to keep systems running smoothly. |
| 8 | Ability to diagnose and resolve computer issues | Understand the basics of digital security, including safe internet practices, password management, and recognizing online threats. |
| 9 | Skill in organizing, managing and backing files & folders. | |
| 10 | Completation of small projects and practical assignments that consolidate the skill learned during the courses | |

*Principal*
**Basundhara Teachers Training College, Silout Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# *English Efficiency Course*
## *Organized by*
## Skill Development Committee



## Mrs. Manisha Kumari
## (Assistant Professor)
## (Basundhara Teachers' Training College, Muzaffarpur)

DATE:        07.03.2022 to 03.05.2022
TIME:        03:00 PM to 04:00 PM
VENUE:       Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Achieving a certain level of proficiency in speaking, listening, reading, and writing skills according to established language frameworks | Improve fluency and accuracy in spoken English through structured practice activities. |
| 2 | Developing the ability to effectively communicate in English across different contexts, such as academic, professional, and social settings. | Build confidence in participating in conversations, discussions, presentations, and interviews. |
| 3 | Expanding vocabulary knowledge to comprehend and use a wide range of words and phrases appropriately. | Improve ability to understand spoken English in various accents and contexts. |
| 4 | Mastering grammatical rules and sentence structures to communicate ideas clearly and accurately. | Develop strategies for listening for main ideas, details, and nuances. |
| 5 | Applying English language skills to analyze, evaluate, and synthesize information from various sources. | Learn and use a wider range of vocabulary words and phrases relevant to different topics and situations. |
| 6 | Understanding and using English in culturally appropriate ways, including social conventions, politeness strategies, and idiomatic expressions. | Develop techniques for acquiring and retaining new vocabulary effectively. |
| 7 | Developing awareness and understanding of cultural differences and effectively navigating intercultural communication situations in English. | Understand and apply grammatical rules and structures to create clear and coherent sentences. |
| 8 | Acquiring strategies and skills for lifelong language learning beyond formal instruction. | Practice using different sentence types and tenses accurately. |
| 9 | Building confidence in using English and maintaining motivation to continue improving language skills. | Enhance reading comprehension skills by practicing with authentic texts such as articles, reports, and literary works. |

*Principal*
**Basundhara Teachers**
**Training College, Silout**
**Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

**Basundhara**
Teachers' Training College
A unit of "North Bihar Educational Trust"

# Mental Stress Development *Programme*
## *YOGA*
## *Organized by*
# Skill Development Committee




**Mr. Chunchun Kumar**
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:        07.03.2022 to 29.03.2022
TIME:        09:00 AM to 10:00 AM
VENUE:      Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Participants will achieve increased flexibility through regular practice of yoga and stretching exercises. | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups. | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing | Faster confidence in using computer s and navigating original environments |
| 4 | Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation. | Teach effective use of web browser and search engine for information |
| 5 | Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches. | Ensure participants can manage email communication proficiency. |
| 6 | Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions. | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |

*Principal*
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# Computer *Skill Development Programme*
## *Organized by*
## Skill Development Committee




**By**
**Mr. Pankaj Kumar**
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:        21.08.2023  to 31.10.2023
TIME:        03:00 PM to 04:00 PM
VENUE:       Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Basic knowledge of using computer | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | To gain understanding of basic typing ,Tally, Internet suffering | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Use of the knowledge to solve practical problems | Faster confidence in using computer s and navigating original environments |
| 4 | Competence using word processing software | Teach effective use of web browser and search engine for information |
| 5 | Ability to create presentation of Microsoft power point, Google slides. | Ensure participants can manage email communication proficiency. |
| 6 | Effective use of web browsers for research and information gathering | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |
| 7 | Understanding of email communication including sending and receiving mail. | Learn to troubleshoot common computer issues and perform basic maintenance tasks to keep systems running smoothly. |
| 8 | Ability to diagnose and resolve computer issues | Understand the basics of digital security, including safe internet practices, password management, and recognizing online threats. |
| 9 | Skill in organizing, managing and backing files & folders. | |
| 10 | Completation  of small projects and practical assignments that consolidate  the skill learned during the courses | |

*Principal*
**Basundhara Teachers**
**Training College, Silout**
**Muzafferpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# English Efficiency Course
## Organized by
## Skill Development Committee





## Mrs. Manisha Kumari
### (Assistant Professor)
### (Basundhara Teachers' Training College, Muzaffarpur)

**DATE:** 15.04.2021 to 06.06.2021
**TIME:** 03:00 PM to 04:00 PM
**VENUE:** Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Achieving a certain level of proficiency in speaking, listening, reading, and writing skills according to established language frameworks | Improve fluency and accuracy in spoken English through structured practice activities. |
| 2 | Developing the ability to effectively communicate in English across different contexts, such as academic, professional, and social settings. | Build confidence in participating in conversations, discussions, presentations, and interviews. |
| 3 | Expanding vocabulary knowledge to comprehend and use a wide range of words and phrases appropriately. | Improve ability to understand spoken English in various accents and contexts. |
| 4 | Mastering grammatical rules and sentence structures to communicate ideas clearly and accurately. | Develop strategies for listening for main ideas, details, and nuances. |
| 5 | Applying English language skills to analyze, evaluate, and synthesize information from various sources. | Learn and use a wider range of vocabulary words and phrases relevant to different topics and situations. |
| 6 | Understanding and using English in culturally appropriate ways, including social conventions, politeness strategies, and idiomatic expressions. | Develop techniques for acquiring and retaining new vocabulary effectively. |
| 7 | Developing awareness and understanding of cultural differences and effectively navigating intercultural communication situations in English. | Understand and apply grammatical rules and structures to create clear and coherent sentences. |
| 8 | Acquiring strategies and skills for lifelong language learning beyond formal instruction. | Practice using different sentence types and tenses accurately. |
| 9 | Building confidence in using English and maintaining motivation to continue improving language skills. | Enhance reading comprehension skills by practicing with authentic texts such as articles, reports, and literary works. |

*Principal*
**Basundhara Teachers Training College, Silout Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# Mental Stress Development *Programme*
## *YOGA*
### *Organized by*
## Skill Development Committee



## Mr. Chunchun Kumar
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

**DATE:** 21.04.2021 to 30.04.2021
**TIME:** 09:00 AM to 10:00 AM
**VENUE:** Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Participants will achieve increased flexibility through regular practice of yoga and stretching exercises. | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups. | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing | Faster confidence in using computer s and navigating original environments |
| 4 | Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation. | Teach effective use of web browser and search engine for information |
| 5 | Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches. | Ensure participants can manage email communication proficiency. |
| 6 | Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions. | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |

**Coordinator**
**Skill Development Committee**
**BTTC**

*Principal*
**Basundhara Teachers**
**Training College, Silout**
**Muzaffarpur, Bihar**

Coordinator
Student Skill Development Committee
BTTC, Muzaffarpur

# Computer *Skill Development Programme*
## *Organized by*
## Skill Development Committee



**By**
**Mr. Pankaj Kumar**
**(Assistant Professor)**
**(Basundhara Teachers' Training College, Muzaffarpur)**

**DATE:**        **15.02.2021 to 18.04.2021**
**TIME:**        **03:00 PM to 04:00 PM**
**VENUE:**        **Basundhara Teachers' Training College, Sliout, Muzaffarpur**

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Basic knowledge of using computer | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | To gain understanding of basic typing ,Tally, Internet suffering | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Use of the knowledge to solve practical problems | Faster confidence in using computer s and navigating original environments |
| 4 | Competence using word processing software | Teach effective use of web browser and search engine for information |
| 5 | Ability to create presentation of Microsoft power point, Google slides. | Ensure participants can manage email communication proficiency. |
| 6 | Effective use of web browsers for research and information gathering | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |
| 7 | Understanding of email communication including sending and receiving mail. | Learn to troubleshoot common computer issues and perform basic maintenance tasks to keep systems running smoothly. |
| 8 | Ability to diagnose and resolve computer issues | Understand the basics of digital security, including safe internet practices, password management, and recognizing online threats. |
| 9 | Skill in organizing, managing and backing files & folders. | |
| 10 | Completation of small projects and practical assignments that consolidate the skill learned during the courses | |

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
Skill Development Committee
BTTC

# *English Efficiency Course*
## *Organized by*
## Skill Development Committee





## Mrs. Manisha Kumari
### (Assistant Professor)
### (Basundhara Teachers' Training College, Muzaffarpur)

**DATE:**       **20.01.2020 to 11.03.2020**
**TIME:**       **03:00 PM to 04:00 PM**
**VENUE:**      **Basundhara Teachers' Training College, Sliout, Muzaffarpur**

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Achieving a certain level of proficiency in speaking, listening, reading, and writing skills according to established language frameworks | Improve fluency and accuracy in spoken English through structured practice activities. |
| 2 | Developing the ability to effectively communicate in English across different contexts, such as academic, professional, and social settings. | Build confidence in participating in conversations, discussions, presentations, and interviews. |
| 3 | Expanding vocabulary knowledge to comprehend and use a wide range of words and phrases appropriately. | Improve ability to understand spoken English in various accents and contexts. |
| 4 | Mastering grammatical rules and sentence structures to communicate ideas clearly and accurately. | Develop strategies for listening for main ideas, details, and nuances. |
| 5 | Applying English language skills to analyze, evaluate, and synthesize information from various sources. | Learn and use a wider range of vocabulary words and phrases relevant to different topics and situations. |
| 6 | Understanding and using English in culturally appropriate ways, including social conventions, politeness strategies, and idiomatic expressions. | Develop techniques for acquiring and retaining new vocabulary effectively. |
| 7 | Developing awareness and understanding of cultural differences and effectively navigating intercultural communication situations in English. | Understand and apply grammatical rules and structures to create clear and coherent sentences. |
| 8 | Acquiring strategies and skills for lifelong language learning beyond formal instruction. | Practice using different sentence types and tenses accurately. |
| 9 | Building confidence in using English and maintaining motivation to continue improving language skills. | Enhance reading comprehension skills by practicing with authentic texts such as articles, reports, and literary works. |

Principal
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# Mental Stress Development *Programme*
## *YOGA*
### *Organized by*
## Skill Development Committee



## Mr. Chunchun Kumar
(Assistant Professor)

(Basundhara Teachers' Training College, Muzaffarpur)

DATE:        18.01.2020 to 04.02.2020
TIME:        09:00 AM to 10:00 AM
VENUE:       Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Participants will achieve increased flexibility through regular practice of yoga and stretching exercises. | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups. | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing | Faster confidence in using computer s and navigating original environments |
| 4 | Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation. | Teach effective use of web browser and search engine for information |
| 5 | Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches. | Ensure participants can manage email communication proficiency. |
| 6 | Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions. | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |

**Coordinator**
**Skill Development Committee**
**BTTC**

*Principal*
**Basundhara Teachers**
**Training College, Silout**
**Muzaffarpur, Bihar**

Coordinator
Student Skill Development Committee
BTTC, Muzaffarpur

# Computer *Skill Development Programme*

## *Organized by*

## Skill Development Committee
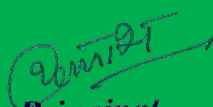


### By
### Mr. Pankaj Kumar
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE: 23.10.2018 to 24.12.2018
TIME: 03:00 PM to 04:00 PM
VENUE: Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|--------|-----------------|------------|
| 1 | Basic knowledge of using computer | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | To gain understanding of basic typing ,Tally, Internet suffering | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Use of the knowledge to solve practical problems | Faster confidence in using computer s and navigating original environments |
| 4 | Competence using word processing software | Teach effective use of web browser and search engine for information |
| 5 | Ability to create presentation of Microsoft power point, Google slides. | Ensure participants can manage email communication proficiency. |
| 6 | Effective use of web browsers for research and information gathering | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |
| 7 | Understanding of email communication including sending and receiving mail. | Learn to troubleshoot common computer issues and perform basic maintenance tasks to keep systems running smoothly. |
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*Principal*
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# *English Efficiency Course*
## *Organized by*
## Skill Development Committee

## Mrs. Manisha Kumari
(Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:        07.01.2019 to 28.02.2019
TIME:        03:00 PM to 04:00 PM
VENUE:       Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Achieving a certain level of proficiency in speaking, listening, reading, and writing skills according to established language frameworks | Improve fluency and accuracy in spoken English through structured practice activities. |
| 2 | Developing the ability to effectively communicate in English across different contexts, such as academic, professional, and social settings. | Build confidence in participating in conversations, discussions, presentations, and interviews. |
| 3 | Expanding vocabulary knowledge to comprehend and use a wide range of words and phrases appropriately. | Improve ability to understand spoken English in various accents and contexts. |
| 4 | Mastering grammatical rules and sentence structures to communicate ideas clearly and accurately. | Develop strategies for listening for main ideas, details, and nuances. |
| 5 | Applying English language skills to analyze, evaluate, and synthesize information from various sources. | Learn and use a wider range of vocabulary words and phrases relevant to different topics and situations. |
| 6 | Understanding and using English in culturally appropriate ways, including social conventions, politeness strategies, and idiomatic expressions. | Develop techniques for acquiring and retaining new vocabulary effectively. |
| 7 | Developing awareness and understanding of cultural differences and effectively navigating intercultural communication situations in English. | Understand and apply grammatical rules and structures to create clear and coherent sentences. |
| 8 | Acquiring strategies and skills for lifelong language learning beyond formal instruction. | Practice using different sentence types and tenses accurately. |
| 9 | Building confidence in using English and maintaining motivation to continue improving language skills. | Enhance reading comprehension skills by practicing with authentic texts such as articles, reports, and literary works. |

*Principal*
**Basundhara Teachers Training College, Silout Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

# Mental Stress Development *Programme*
## *YOGA*
### *Organized by*
## Skill Development Committee




## Mr. Chunchun Kumar
### (Assistant Professor)
(Basundhara Teachers' Training College, Muzaffarpur)

DATE:       07.01.2019 To 21.01.2019
TIME:       09:00 AM to 10:00 AM
VENUE:      Basundhara Teachers' Training College, Sliout, Muzaffarpur

| Sl.No. | Course outcomes | Objectives |
|---|---|---|
| 1 | Participants will achieve increased flexibility through regular practice of yoga and stretching exercises. | Improve typing speed and accuracy to enhance productivity and efficiency when using computers. |
| 2 | Students will develop muscular strength and endurance by practicing yoga poses that target different muscle groups. | Equip participants with essential computer skill needed for everyday tasks and professional use |
| 3 | Learners will experience reduced stress levels and improved mental well-being through relaxation techniques, meditation, and controlled breathing | Faster confidence in using computer s and navigating original environments |
| 4 | Learners will learn breathing techniques that enhance respiratory function, increase lung capacity, and promote relaxation. | Teach effective use of web browser and search engine for information |
| 5 | Students will learn therapeutic yoga practices that help alleviate common physical discomforts such as back pain, joint stiffness, and tension headaches. | Ensure participants can manage email communication proficiency. |
| 6 | Participants will improve their ability to concentrate and focus through mindfulness exercises and meditation practices incorporated into yoga sessions. | Learn to use office productivity software like Microsoft Office or Google Workspace for creating documents, spreadsheets, and presentations. |

*Principal*
**Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar**

**Coordinator**
**Skill Development Committee**
**BTTC**

Harshankarpur Maniari, Bihar, India
2FFF+8RP, Harshankarpur Maniari, Bihar 843119, India
Lat 26.023301°
Long 85.475345°
17/02/23 11:46 AM GMT +05:30

**Value-Added Course English Communication Development**



Harshankarpur Maniari, Bihar, India
2FFF+8RP, Harshankarpur Maniari, Bihar 843119, India
Lat 26.023218°
Long 85.475365°
09/07/24 12:10 PM GMT +05:30

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

**Extension Lecture on NEP-2020**



**Extension Lecture on Adult Litracy**

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

# Best Practice –2

## WOMEN EMPOWERMENT THROUGH HOLISTIC EDUCATION

Women Development Cell of BTTC, Muzaffarpur organize Tour with more participation

BMCE, Motihari organized Women's Cell Meeting Faculty & Students are participated in Programme



BTTC, Muzaffarpur Organized Tour and girls are taken more participation

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

BTTC, Muzaffarpur Organize Mehndi Competition for Girls Student



Women Cell Oraganised Beti Bachao Beti Padhao Programme inside the College.

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

Harshankarpur Maniari, Bihar, India
2FFF+8RP, Harshankarpur Maniari, Bihar 843119, India
Lat 26.023676°
Long 85.47526°
22/04/24 12:56 PM GMT +05:30

Women Cell Oraganised Beti Bachao Beti Padhao Programme inside the College.



Muzaffarpur, Bihar, India
Hanuman Nagar, 1, Circuit House Rd, Chakkar South End, Muzaffarpur, Bihar 842001, India
Lat 26.115796°
Long 85.363735°
18/03/23 12:18 PM GMT +05:30

Women Cell Oraganised "Bhrun Hatya Programme" inside the College.

Principal
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Coordinator
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BTTC, Muzaffarpur

Women Cell Oraganised "Dahej Prataha Programme" inside the College.



Grievances & Redressal Committee Organised "Orientation Programme" inside the College for Secure Graviences .

Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar

Coordinator
IQAC
BTTC, Muzaffarpur

College Organised "Orientation Programme" inside the College for Secure girls .



Tirhut Division, Bihar, India
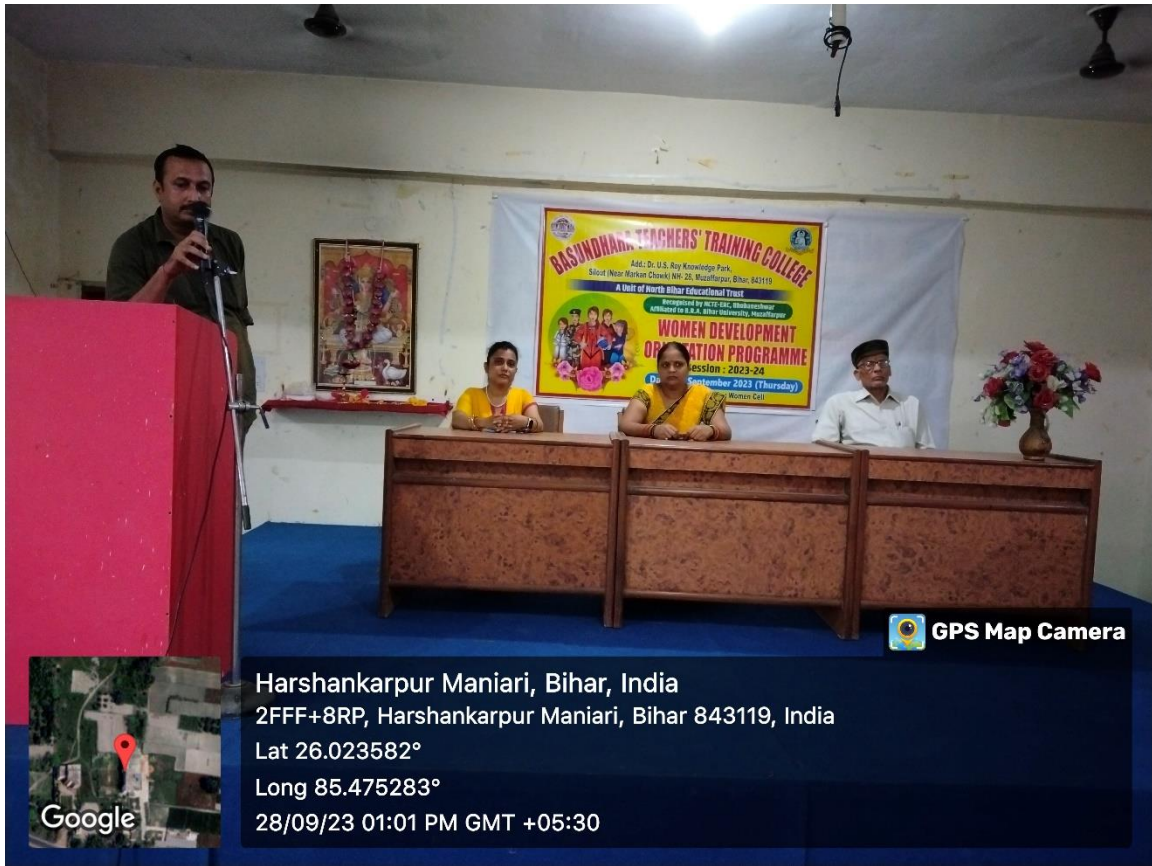2FFF+8RP, Harshankarpur Maniari, Bihar 843119, India
Long 85.474569°
Lat 26.023331°
20/4/2024 12:04 PM

Principal
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Muzaffarpur, Bihar

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BTTC, Muzaffarpur

Harshankarpur Maniari, Bihar, India
2FFF+8RP, Harshankarpur Maniari, Bihar 843119, India
Lat 26.023582°
Long 85.475283°
28/09/23 01:01 PM GMT +05:30

Women Orentation Programme conducted every year for women development.



Principal
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