



Bhuvan Malti Teachers' Training College

(Affiliated to Aryabhata Knowledge University & Bihar School Examination Board, Patna)
Vill- Basatpur Bada Tola, Po- Rupdih, Chhatauni Dhaka -Road , Motihari East Champaran Bihar-845401

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Dated:06-01-2023

Report Summary

On

English Speaking & Efficiency Course

English is taught in all primary colleges in the country with keeping its status as a second language in the country. In order to make English subject interesting, there are many programmes implement in many colleges. Besides learning English as second language in the class, English panel also have many interesting activities. These activities will help and make students more interest in learning English

English also know as world language. In learning the English language, students are taught the fundamentals of English grammar and how to use it correctly in both speech and in writing. Students are also taught the English sound system to enable them to pronounce words correctly and to speak fluently with the correct stress and intonation so that from these early stages pupils learn to speak internationally intelligible English.

When the English language programmes do many activities also help the pupils to improve their skills in English language and also make the English language interesting. One of the programmes is English course. In this English course, there many activities such as quiz, choral speaking, spelling bee, puzzles, crossword puzzles, sings, colouring and story telling. The activities are very interesting. The students enjoying themselves in these activities. The whole course we have to speak in English as well as the students. The students will try their best and talent in these activities and they also can learn more in English. The English course was well planned by the panel and hope will bring awareness about English among the students in our college.

Principal
Bhuvan Malti College of Education
Motihari

Co-ordinator
Students Skill Development Committee
B.M.T.T.C., Motihari



Students are Writing during Examination



Teacher will Instructing to students during Examination



Students are listening during English Class


Principal
Bhuvan Maiti College of Education
Motihari


Co-ordinator
Students Skill Development Committee
B.M.T.T.C., Motihari



Teacher Delivered Lecture during English Speaking Class


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Bhuvan Maiti College of Education
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Dated: 15-11-2022

Report Summary

On

Mental Stress Management and yoga

Yoga is an ancient science, which originated in India and many studies have found that yoga and pranayama can be practiced to combat stress. Pranayama involves manipulation of the breath that is a dynamic bridge between the body and mind. Pranayama consists of can be either fast or slow.

three phases: “Puraka” (inhalation); “kumbhaka” (retention) and “rechaka” (exhalation) that Pranayama has been assigned very important role in Ashtanga Yoga of Maharishi Patanjali and is said to be much more important than yogasanas for keeping sound health. Previous studies have shown that both fast and slow pranayamas are beneficial, but they produce different physiological cardiovascular responses in healthy subjects.

Stress is one of the leading causes of disease. Prolonged exposure to stress can lead to physical ailments such as insomnia, chronic muscle tension, digestive disorders, ulcers, high blood pressure, and heart disease. Mental and emotional consequences include memory loss, inability to concentrate, anxiety, hostility, and depression. Yoga promotes a healthy interaction between the mind and body. Yoga helps to slow down to appreciate and create a balance among all aspects of human being physical, emotional, mental, and spiritual. Actually yoga combines several techniques to combat stress. Yoga provides a combination of benefits such as breathing exercises (pranayama), stretching exercises, fitness program, and meditation practice and guided meditations all in one technique. Just by doing this individual can have great benefits with the practice of yoga. So in conclusion yoga can be a great remedy for stress and can offer some stress relief.

Principal
Bhuvan Malti College of Education
Motihari

Co-ordinator
Students Skill Development Committee
B.M.T.T.C., Motihari



Mentor are Mentoring during Yoga Class



Principal
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Co-ordinator
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B.M.T.T.C., Motihari