### BHUVAN MALTI TEACHERS' TRAINING COLLEGE

### 45 Hours Certificate Course



# Computer Skill Development Course

Course Code- BMTTCCSD22

Start From- 07/07/2022 to 31/08/2022

Trainer
Mr. Manindra Pratap Singh
Asst. Proff.(ICT)

Under Guidance of Dr. P.R.Prabhat Principal

# BHUVAN MALTI COLLEG OF EDUCATION, MOTIHARI

**Recognized by NCTE** 

Affiliated to Aryabhatta Knowledge University, Patna

# VALUE ADDED COURSE & SELF STUDY COURSE FREE

Computer Skill Development Course

#### About the Course:-

Skill development can be defined as proficiency that is acquired or developed through training or experience.

It strengthens the ability of individuals to

adapt to changing market demands and

help benefit from innovation and entrepreneurial activities

### Aims & Objective:-

.Keeping the above in mind the skill development committee, Bhuvan Malti Teachers Training College has planned to offer a skill development course in computer basics for the students.

Skill development in computer education course provides literacy in information technology for the students.

Course learning outcomes focus on skill development related to basic computer operations and information technology.

After completing the course, the individual is apologies work with the basic features of word & excel like create a new document, display documents using various views, work effectively with features that affect the page layout of your document, identify the different components of the excel worksheet, enter text and formulas in to an excel spreadsheet use the print function to create a printable copy of data stored on an excel spreadsheet, viewing information on internet (the web), creating emails, sending & managing mails etc.

### **Course Duration:**

The duration of the course is 45 hours (theory: 30hrs

+ practical 15hrs)

### **Eligibility**

First year B.Ed. Students /Teachers of Bhuvan Malti Teachers Training College.

Fee:-Free of cost

### Syllabus:

- 1. KNOWING COMPUTER
- 2. OPERATING COMPUTER USING GUI BASED
- 3. UNDERSTANDING WORD
  PROCESSING

#### **Timing**

Theory Session (02:51 Pm - 03:51 Pm)

Practical Session (02:51 Pm - 04:30 Pm)

### Computer skill development Course Course Learning Outcome (CLO):-

After completing the course the incumbent is able to the use the computer for basic purposes of preparing his personnel/business letters, viewing information on Internet (the web), sending mails, using internet banking services etc.

### **Attendance Policy:**

Attendance is taken every class session. To appear in the certification exam, each student must ensure a minimum 75% attendance.

# BHUVAN MALTI TEACHERS' TRAINING COLLEGE



45 Hours Certificate

Course

# English Speaking & Efficiency Course Course Code- BMTTCESEC22 Start From- 01/11/2022 to 30/12/2022

Trainer
Priti Kumari
Asst. Proff.(English)

Under Guidance of Dr. P.R.Prabhat Principal

# BHUVAN MALTI TEACHERS' TRAINING COLLEGE

### **Recognized by NCTE**

Affiliated to Aryabhatta Knowledge University, Patna

# VALUE ADDED COURSE & SELF STUDY COURSE ON FREE

### **English Speaking & Efficiency Course**

#### About the Course:-

Ability to be comfortable with English in use while reading and listening. Ability to use receptive skills through reading and listening to acquire good exposure to language and literature. Ability to write and speak good English in all situations. Students should develop style in speech and writing and manipulate the tools of language for effective communication. The course should provide exposure to the learners in Good Prose texts and Poems and expose the learners to value-based ideas.

### Aims & Objectives of the Course:

- 1. Ability to be comfortable with English in use while reading and listening.
- 2. Ability to use receptive skills through reading and listening to acquire good exposure to language and literature.
- 3. Ability to write and speak good English in all situations.

  Students should develop style in speech and writing and manipulate the tools of language for effective communication.
- 4. The course should provide exposure to the learners in Good Prose texts and Poems and expose the learners to value based ideas.
- 5. Students should enhance their language skills especially in the areas of grammar and pronunciation.
- 6. Students can read and understand any text in English listening to the inputs given by the teacher in the classroom.
- 7. Students imbibe the rules of language unconsciously and tune to deduce language structure and usage.

#### Syllabus:

- 1: Introduction English Speaking
- 2: Nonverbal Communication
- 3: Voice and Delivery
- 4: Basic Conversational Skills
- 5: Appearing in Interviews and
- 6: Making and Assessing Presentations

### **Eligibility**

First year B.Ed. Students
/Teachers of Bhuvan Malti
Teachers Training College.

**Fee:**- Free of cost

### **Course Duration:**

The duration of the course is 45 hours (theory: 30hrs + practical. 15hrs)

### **Timing**

Theory Session (02:51 Pm - 03:51 Pm)
Practical Session (02:51 Pm - 04:30 Pm)

### English Speaking & Efficiency Course Learning Outcome(CLO):-

It would be helpful to distinguish the word from other parts of speech and help to identify the function of the word in the sentence. It is important to use correct word form in written sentences so that readers and listeners can clearly follow the intended

### **Attendance Policy:**

Attendance is taken every class session. To appear in the certification exam, each student must ensure a minimum 75% attendance.

### **BHUVAN MALTI TEACHERS' TRAINING COLLEGE**

### **45 Hours Certificate Course**

# Mental Stress Management and Yoga Course

# Course Code- BMTTCMSMYC22 Start From- 01/09/2022 to 30/10/2022

Trainer
Miss. Kumari Rupam
Asst. Proff.(Yoga)

Under Guidance of Dr. P.R.Prabhat Principal

# BHUVAN MALTI TEACHERS' TRAINING COLLEGE

### **Recognized by NCTE**

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# VALUE ADDED COURSE& SELF STUDY COURSE ON FREE

### Mental Stress Management and Yoga

### Aims & Objectives of the course:

The activity portion of the class will introduce and implement physiological, cognitive and behavioral stress management techniques and exercise programming. Describe different types of stressors. Identify the psycho-physiological indicators of excessive stress. Analyze the models of stress. Describe the mind-body connection. Understand the different thought streams which contribute to either a stressful or vital life. Identify the contributing factors to the stress response. Compare the differences between stress, anxiety, and arousal. Describe the many types of coping responses to stress. Describe the many somatic, behavioral, and cognitive stress management techniques. Explain the importance of exercise in combating the effects of stress. Actively engage in physiological, behavioral, and cognitive interventions throughout the semester. Apply theoretical concepts to one's own experience to understand stress and its impact on health and our lives (experiential learning). Participate in interactive and dynamic classroom activities (active learning). Accept perspectives and experiences of all students in the class (divergent thinking). Foster an environment of self-directed learning (individual responsibility and self-challenge)

About the Course:-Instruction on the effects of stress as it relates to work, sports and academics; coping strategies are discussed and applied through physical conditioning interventions. The nature of stress, determinant causes, and the physiological and psychological reactions to stress are addressed in the lecture portion of the course.

Syllabus: Main Contents Coverage

- 1. History and Development of Yoga
- 2.Hatha Yoga Texts
- 3.Diet and Nutrition
- 4. Therapeutic Yoga

### Course Duration:

The duration of the course is 45 hours (theory: 30hrs + practical. 15hrs)

### **Timing**

Theory Session (02:50 Pm - 03:50 Pm)

Practical Session (03:50 Pm - 04:30 Pm)

### **Eligibility**

First-year B.Ed. Students /Teachers of Bhuvan Malti Teachers Training College.

### Course Learning Outcome:-

- 1) Ideas on how to keep your body healthy
- 2) Impact of yoga on daily life
- 3) Pranayama practices and effects in daily life
- 4) Understanding how Yogasana or Pranayama helps us to create the right lifesty

### Attendance Policy:

Attendance is taken every class session. To appear in the certification exam, each student must ensure a minimum 75% attendance.





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Vill- Basatpur Bada Tola, Po- Rupdih, Chhatauni Dhaka -Road, Motihari East Champaran Bihar-845401

www.bmttc.in

info@bmttc.in

### Activity-1

List of students participant in Utkarmit Middle school, Rupdih, Motihari

Academic Session-2022-23

B.Ed. Session 2021-23 (2nd Year) Student's list					
	Utkarmit Middle school, Rupdih, Motihari				
Sl. No.	COLLEGE ROLL NO	NAME OF MENTOR			
1	94	AMAN KUMAR			
2	96	SHUBHASHISH JAISWAL			
3	8	NIDHI KUMARI			
4	46	PRIYANKA KUMARI			
5	95	BABLI KUMARI			
6	17	MD MUMTAZ ANSARI			
7	18	NIDHI KUMARI			
8	20	ADITYANAND			
9	21	KUMARI SHWETA SINGH			
10	23	ASHISH KUMAR	Dr. Navdeep Ranjan (Mentor)		
11	24	MANISH KUMAR	Aman Kumar (Mentee) Nidhi Kumari (Mentee)		
12	25	PRITY JHA			
13	54	RABINDRA KUMAR			
14	74	AMIT KUMAR			
15	79	CHUNCHUN KUMAR			
16	80	NAJRE ALAM			
17	81	SWETA KUMARI			
18	91	GORANG KUMAR DAS			
19	47	ANJALI KUMARI			
20	52	HARIOM JHA			



### Bhuvan Malti Teachers' Training College

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### Activity-2

List of students participant in Middle School Teliapatti (Gopal Sah), Motihari

Academic Session-2022-23

	B.Ed. Session 2021-23 (2nd Year) Student's list					
	Middle School Teliapatti (Gopal Sah), Motihari					
Sl. COLLEGE NAME OF THE MENTEE		NAME OF THE MENTEE	NAME OF MENTOR			
1	43	CHANDAN KUMAR				
2	49	MD ASIF IQBAL ANSARI				
3	77	NABGHA ANAM				
4	57	NOOR MOHAMMAD				
5	59	KUMAR AJIT				
6	60	HEMANT KUMAR				
7	27	PRIYANGU KUMARI				
8	29	AMIT KUMAR				
9	31	ANKITA KUMARI	Dr. Piyus Raj Prabhat			
10	48	ANAND KUMAR YADAV	(Mentor)			
11	3	ABHIJEET SINGH	Amit Kumar (Mentee)			
12	50	JULI KUMARI	Hemant Kumar (Mentee)			
13	68	SUCHITRA KUMARI				
14	10	SWIKRITI SINHA				
15	86	RINKI KUMARI				
16	87	RUCHIKA RAJ				
17	63	RANJAN KUMAR				
18	66	NISHU KUMARI				
19	64	PALLAVI KUMARI				
20	92	CHANDANI KUMARI				

Principal

Bhuvan Malti College of Education

Motihari



### uvan Malti Teachers' Training

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### Activity-3

List of students participant in Amrit Middle School Amar Chhatauni, Motihari

Academic Session-2022-23

	B.Ed. Session 2021-23 (2nd Year) Student's list					
	Amrit Middle School Amar Chhatauni, Motihari					
Sl. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR			
1	1	ARUP AGARKAR				
2	99	KRISHNA KUMAR				
3	73	PAWAN KUMAR				
4	26	TULSI KUMAR				
5	72	ABHIMANYU DAS				
6	12	KAIF JALAL				
7	67	SUPRIYA KUMARI				
8	84 BABLI KUMARI					
9	19	SWETA CHOUDHARY				
10	2	SUFIYA AKHTAR	Mr. Prabhat Kumar (Mentor)			
11	6	AMRITA KUMARI	Pawan Kumar (Mentee) Jyoti Kumari (Mentee)			
12	7	MANJEET KUMAR	by our runnair (wience)			
13	55	NOORSABA PARVEEN				
14	13	RAKESH KUMAR SHARMA				
15	85	RAGANI KUMARI				
16	100	JYOTI KUMARI				
17	61	CHANDA KUMARI				
18	62	DEEPAK KUMAR				
19	65	MIKKI KUMARI				
20	72	ABHIMANYU DAS				

Bhuvan Malti College of Education Motihari



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(a) info@bmttc.in

### Activity-4

List of students participant in Utkramit Middle School Basatpur, Motihari

Academic Session-2022-23

	B.Ed. Session 2021-23 (2nd Year) Student's list					
	Utkramit Middle School Basatpur, Motihari					
Sl. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR			
1	4	AAKASH KUMAR				
2	89	HEMA KUMARI				
3	30	SACHIN KUMAR				
4	33	CHANDU KUMARI				
5	34	ASHUTOSH KUMAR				
6	35	POOJA KUMARI				
7	36	KUNDAN KUMAR				
8	37	SUCHITRA KUMARI				
9	38	VIJAY KUMAR SAH	Mr. Dinesh Kumar Chaudhary			
10	44	RASHMI SUMAN	(Mentor)			
11	45	SHIVAM PATEL	Aakash Kumar (Mentee)			
12	9	TABISH SHAKEEL	Pooja Kumari (Mentee)			
13	93	SHASHI RANJAN KUMAR				
14	97	AABHA SUMAN				
15	98	TAUSEEF AHMAD				
16	69	SANJANA KUMARI				
17	58	ANURADHA KUMARI				
18	82	RESHMI KUMARI				
19	40	ANKUR KUMAR				
20	77	NABGHA ANAM				



ERCAPP2465 (D.El.Ed)

7766919645 (Principal)



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Activity-4

List of students participant in Middle School BhawanipurZirat, Motihari

Academic Session-2022-23

	B.Ed. Session 2021-23 (2nd Year) Student's list					
	Middle School Bhawanipur Zirat, Motihari					
Sl. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR			
1	4	AAKASH KUMAR				
2	89	HEMA KUMARI				
3	30	SACHIN KUMAR				
4	33	CHANDU KUMARI				
5	34	ASHUTOSH KUMAR				
6	35	POOJA KUMARI				
7	36	KUNDAN KUMAR				
8	37	SUCHITRA KUMARI				
9	38	VIJAY KUMAR SAH	Mr. Anjani Kumar Gupta			
10	44	RASHMI SUMAN	(Mentor)			
11	45	SHIVAM PATEL	Sachin Kumar (Mentee)			
12	9	TABISH SHAKEEL	Pooja Kumari (Mentee)			
13	93	SHASHI RANJAN KUMAR				
14	97	AABHA SUMAN				
15	98	TAUSEEF AHMAD				
16	69	SANJANA KUMARI				
17	58	ANURADHA KUMARI				
18	82	RESHMI KUMARI				
19	40	ANKUR KUMAR				
20	77	NABGHA ANAM				

Principal

Bhuvan Malti College of Education

Motihari

### B.Ed. Session 2022-24 (1st Year) Student's list Utkarmit Middle school, Rupdih, Motihari

Sl. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR
1	3	VINAY KUMAR	
2	13	SAJID FAROOQUE	
3	11	JYOTI KUMARI	
4	14	ANJALI KUMARI	
5	17	JAY PRAKASH KUMAR	
6	18	SUNIL KUMAR	
7	20	ADITYA RAJ	
8	22	KUNAL RAJ SHRIVASTAVA	
9	29	NIRAJ KUMARI	
10	30	NIRAJ KUMAR	M. A.: W.
11	32	MANJAY KUMAR	Mr. Anjani Kumar Gupta(Mentor) Niraj Kumari (Mentee)
12	40	VIKASH KUMAR	Singha Mira Sinha
13	41	SHIVAM KUMAR	(Mentee)
14	42	KUMARI MIRA SINHA	
15	44	PRIYANKA KUMARI	
16	49	NUTAN KUMARI	
17	63	SWETA KUMARI	
18	66	VIJETA KUMARI	
19	91	VARTIKA SANKRIT	
20	98	SUSHMA KUMARI	

Principal

Bhuvan Malti College of Education

Motihari

## B.Ed. Session 2022-24 (1st Year) Student's list Middle School Teliapatti (Gopal Sah), Motihari

Sl.No	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR
1	2	PRIYANKA JHA	
2	24	RIMJHIM KUMARI	
3	25	NACHIKETA	
4	26	HIRALAL KUMAR	
5	27	AAMNA KHATOON	
6	28	ANAND KUMAR	
7	33	MAMTA KUMARI	
8	36	NIBHA KUMARI	
9	43	GULSHAN KUMAR PANDAY	Dr. Piyus Raj Prabhat
10	45	HIMANSHU KUMAR	(Mentor) Himanshu Kumar
11	48	ABHINANDAN KUMAR	(Mentee) Julli Kumari (Mentee)
12	52	JULLI KUMARI	
13	54	DHIRAJ KUMAR	
14	60	ASHUTOSH KUMAR	
15	70	AKASH KUMAR	
16	71	RAVI BHUSHAN PATHAK	
17	76	SAPNA RANI	
18	82	ANUSHKA KUMARI	
19	94	RAMESH KUMAR	
20	95	PUSHPA KUMARI	

Principal

Bhuvan Malti College of Education

Motihari

### B.Ed. Session 2022-24 (1st Year) Student's list Amrit Middle School Amar Chhatauni, Motihari

Sl. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR
1	6	ANSHIKA KUMARI	
2	7	ANJALI KUMARI	
3	8	KANCHAN KUMARI	
4	10	AKANKSHA KUMARI	
5	12	KAJAL	
6	21	SHRUTI SHRI	
7	31	RAGINI KUMARI	
8	34	SANDHYA PUSHP	
9	37	DIMPAL JAISWAL	
10	50	GHUNGHRU SRIVASTAV	Mr. Dinesh Kumar Chaudhary (Mentor)
11	58	NIDHI SUMAN	Nidhi Suman (Mentee) Archana Rani (Mentee)
12	61	ARCHANA RANI	(27203000)
13	62	PUJA KUMARI	
14	64	PRIYA PRIYEDARSHANI	
15	67	NEHA KUMARI	
16	87	SIMPY KUMARI	
17	92	NISHI KUMARI	
18	96	RUPA KUMARI	
19	97	CHANDANI KUMARI	
20	99	KAJAL KUAMRI	

Co-ordinator
Teaching Practice/Internship Committee
B.M.T.T.C., Motihari

Principal

Bhuvan Malti College of Education

Motihari

B.Ed. Session 2022-24 (1st Year) Student's list Utkramit Middle School Basatpur, Motihari

Sl.No	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR
1	1	SURAJ JAISWAL	
2	4	DEEPAK KUMAR KUSHWAHA	
3	16	SAURABH KUMAR	
4	15	PRAKASH KUMAR	
5	19	UJJAWAL KUMAR	
6	23	WASIQUE AHMAD	
7	38	KUNDAN KUMAR	
8	46	MRIGENDRA KUMAR MANU	
9	47	VIKESH KUMAR RANJAN	Mr. Prabhat Kumar
10	53	RAJMOHAN THAKUR	(Mentor) Vikesh Kumar Ranjan
11	56	SUSHIL KUMAR	(Mentee)
12	57	PRINCE KUMAR PANDEY	Suraj Jaiswal(Mentee)
13	65	AKHILESH KUMAR	
14	69	ATAL KUMAR CHAUDHARY	
15	72	RAJAN KUMAR	
16	73	DILEEP KUMAR	
17	75	DILBABU KUMAR	
18	77	RAMESH KUMAR	
19	80	ARUN KUMAR	
20	81	GAURAV KUMAR GUDDU	

Principal

Bhuvan Malti College of Education

Motihari

### B.Ed. Session 2022-24 (1st Year) Student's list Middle School Bhawanipur Zirat, Motihari

SI. No.	COLLEGE ROLL NO	NAME OF THE MENTEE	NAME OF MENTOR
1	5	VISHAL KUMAR	
2	9	AMIT KUMAR	
3	35	NAVNEET KUMAR	
4	39	RASHMI AGRAWAL	
5	51	AMIT KUMAR	
6	55	SHALINI KUMARI	
7	59	SATYAKAM	
8	68	LAXMI KUMARI	
9	74	SHIVANGI KUMARI	
10	78	SONI KUMARI	☐ Dr. Navdeep Ranjan ☐ (Mentor)
11	79	RAJAN KUMAR SHAH	Ragni Kumari (Mentee)
12	83	RATNESH KUMAR	Preety Kumari (Mentee)
13	84	RAGNI KUMARI	
14	85	PREETY KUMARI	
15	86	TRIBHUWAN KISHORE	
16	88	ARTI KUMARI	
17	89	GURIYA KUMARI	
18	90	PRIYANKA BHARTI	
19	93	NITISH KUMAR	
20	100	KHUSHBOO KUMARI	

Principal

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