



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

Cultural Report

Academic Year 2022-23

S.No.	Name of the Activity	Date
1	Cultural Programme on Independence Day "Pot Making Competition and Natak "	15.08.2022
2	Sports Day	03.01.2023
3	Yoga Day	03.02.2023
4	Cultural Programme on Hindi Diwas "Speech Competition"	14.09.2023
5	Cultural Programme on Bihar Diwas "Cultural Dance"	22.03.2023

Academic Year 2021-22

S.No.	Name of the Activity	Date
1	Cultural Programme on Republic Day "Patriotic Song"	26.01.2022
2	Cultural Programme on Bihar Diwas "Folk Dance"	22.03.2022

Academic Year 2019-20

S.No.	Name of the Activity	Date
1	Cultural Programme on Independence Day "Music Competition"	15.08.2019
2	Cultural Programme on Dinkar Jayanti "Kavita Path"	23.09.2019
3	Yoga Day	03.10.2019
4	Cultural Programme on Jay Prakash Narayan Jayanti "Desh Bhakti Song"	11.10.2019
5	Sports Day	16.12.2019
6	Cultural Programme on Republic Day "Bharatnatyam Dance"	26.01.2020

Academic Year 2018-19

S.No.	Name of the Activity	Date
1	Cultural Programme on Independence Day “Patriotic Song”	15.08.2018
2	Sports Day	29.08.2018
3	Cultural Programme on Teacher’s Day “Natak”	05.09.2018
4	Cultural Programme on Hindi Diwas “Kavita Path”	14.09.2018
5	Yoga Day	03.10.2018
6	Cultural Programme on Gandhi Jayanti “Natak on Life of Gandhi”	03.10.2018
7	Cultural Programme on Republic Day “Natak and Rangoli Competition”	26.01.2019


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



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Report

Pot Making Competition

Date: 15th Aug - 2022

Palace: *BTTC, Muzaffarpur*



myloview

Today's like every year BTTC Muzaffarpur celebrated the Independence Day with great pomp and splendor this year too. Since this was 75th, BTTC decided to celebrate the occasion more grandly.

The college building was tastefully decorated with flowers pots bunching pictures of heroes of freedom movement and national flags.

Program begins at 10:00 AM and worthy chairman on full meld the national flag administered loud cheers.



Students having photo with their pots 15th Aug - 2022

Followed by national anthem our chairman addressed the audience and highlighted the importance of the constitution and its unique feature such as sovereign socialist secular democratic and Republic enshrined in the preamble of the constitution.

The college auditorium reverberated with patriotic flower and enthusiasm. Dr Duvedi gave an insight on the various accomplishment through their achievements. The program concludes with peaceful role and vote of Thanksgiven by various other representation of the classical art form in the different songs profound by the students giving a glimpse of the diversity in unity of the nation and the guard of honor.



Students having photo with their pots in multipurpose hall 15th Aug - 2022

After that a pot competition was held to show the creativity and dedication by the participants which reflect the rich culture and heritage of our country.

The pot making competition held on (15/08/2022) at Multipurpose Hall together four enthusiastic groups of participants from Aryabhata House, Bhagat Singh House, Chanakya House and Azad House.



Cultural program students presented a vibrant cultural program. 15th Aug - 2022

The event was organized to celebrate Independence Day and to showcase the creativity and craftsmanship of the participants through traditional clay pottery.

Each group was provided with an equal amount of time and resources to create their pots. The judging criteria included creativity, craftsmanship, use of traditional elements, and adherence to the theme.



Cultural program students presented a vibrant cultural program. 15th Aug - 2022

Each group approached the task with unique ideas and techniques. Some focused on traditional designs inspired by regional pottery styles, while others incorporated modern elements to add a contemporary twist to their creations.

A panel of judges, evaluated the completed pots based on the predefined criteria. They closely examined the craftsmanship, detailing, aesthetic appeal, and overall presentation of each group's creation. After careful deliberation, ARYABHATTA HOUSE were selected as winner based on their creativity, technical skill, and interpretation of the theme and awarded certificates or prizes.



Students performing Natak “Andher Nagri Chaupat Raja” 15th Aug - 2022

On the suspicious occasion a drama competition was organised which was also performed by four groups of students with different houses the audience enjoyed the Natak a lot which create laughter and lighten the atmosphere after emotional patriotic song sung by the group of students. In this Natak competition AZAD HOUSE won the competition and awarded certificate and prize.

The celebration ended on peaceful note what of thanks was given by Dr Maurya urged everyone to tap into their inner potential and transform their efforts into tangible achievements emphasizing that the progress of the university was intricately connected to the progress of the nation . At last students dispersed after snacks with the image of the fluttering tricolor in their mind and heart.


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Report on Sports Day

Date: 03-01-2023

Palace: BTTC, Muzaffarpur



BTTC's Annual Sports Day was a grand success this year, with an enthusiastic turnout from students, faculty, and staff. The event celebrated athletic prowess, team spirit, and the college's commitment to fostering a healthy and active lifestyle.

The day began with an energizing opening ceremony. The college's marching band played the national anthem, and the principal delivered an inspiring speech encouraging students to participate with zeal and sportsmanship.

Typically held annually, Sports Day begins with an opening ceremony, which includes a parade of participants, often grouped by teams or houses. Each group displays their colors and cheers, setting an enthusiastic tone for the day. The event may start with a formal introduction, speeches, or a national anthem, fostering a sense of unity and excitement.

The core of Sports Day revolves around the various athletic events. These can include traditional track and field events such as sprints, long-distance runs, relays, and jumps. In addition, there may be team sports like soccer, basketball, or volleyball. Non-traditional or novelty events, such as sack races, three-legged races, or egg-and-spoon races, add an element of fun and inclusivity. These events encourage participants of all skill levels to engage, often with humorous or light-hearted outcomes.



Chief guest along with Dr. U.S Roy (Chairman) inauguration the sports event
03-01-2023

Sports Day, a celebration of athleticism and community spirit, often results in several positive outcomes:

1. **Enhanced Team Spirit:** Participants, whether students, employees, or community members, often experience a boost in team spirit and camaraderie. Working together in teams, cheering for each other, and sharing the highs and lows of the day foster a stronger sense of unity and collaboration.
2. **Physical Fitness:** Engaging in a variety of physical activities helps promote overall health and fitness. Participants get an opportunity to exercise, which can lead to improved physical well-being and encourage a more active lifestyle.
3. **Increased Motivation:** The competitive aspect of Sports Day can motivate participants to push their limits and strive for personal and team goals. This motivation often extends beyond the event, influencing other areas of their lives.
4. **Improved Morale:** For workplaces or educational institutions, Sports Day can significantly boost morale. It provides a break from the routine, a chance for relaxation and fun, and an opportunity to connect with colleagues or peers in a different setting.
5. **Development of Skills:** Participants can develop various skills such as teamwork, communication, leadership, and time management. Events that require coordination and strategy help enhance these abilities, which are valuable both in and out of the competitive environment.
6. **Recognition and Achievement:** Winning awards and receiving recognition can boost self-esteem and confidence. However, even for those who do not win, the sense of achievement from participating and doing one's best is rewarding.
7. **Community Building:** Sports Day often brings together people from different backgrounds, fostering a sense of community and shared experience. It can strengthen bonds between individuals, groups, and the larger community, enhancing social cohesion.
8. **Promotion of Fair Play:** Emphasizing rules, respect for others, and sportsmanship encourages participants to understand and value fair play. This mindset often carries over into other areas of life, promoting ethical behavior and mutual respect.
9. **Memorable Experiences:** The fun, excitement, and sometimes humorous moments of Sports Day create lasting memories. These shared experiences contribute to a positive culture and can be cherished long after the event.

10.Encouragement of Future Participation: The enjoyment and benefits of Sports Day can inspire participants to engage in regular physical activity or participate in future events. This ongoing involvement supports a healthier, more active lifestyle.



Students having photo shot during the event in the play ground 03-01-2023

One of the highlights of Sports Day is the relay race, which emphasizes teamwork and coordination. Each team member runs a segment of the race, passing a baton to the next runner. The excitement of the relay race often brings the crowd to its feet, as the outcome can be decided by mere seconds.

In BTTC, Sports Day serves as an opportunity for students to showcase their athletic abilities, build school spirit, and foster a sense of fair play. Awards and medals are often given to winners and participants, celebrating not just the top performers but also those who demonstrate effort, sportsmanship, and improvement.

Sports Day can be a great team-building exercise. It breaks down barriers, encourages physical fitness, and allows colleagues or neighbors to interact in a relaxed and enjoyable environment. The day's activities help strengthen relationships and promote a sense of belonging and collective achievement.



Students during indoor game session (Chess) 03-01-2023

BTTC's Sports Day was a testament to the college's vibrant community and commitment to holistic development. The day not only highlighted the athletic talents of our students but also fostered a sense of unity and school spirit. We look forward to next year's event with the hope of even greater participation and excitement.


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Coordinator
In-House Committee
BTTC, Muzaffarpur



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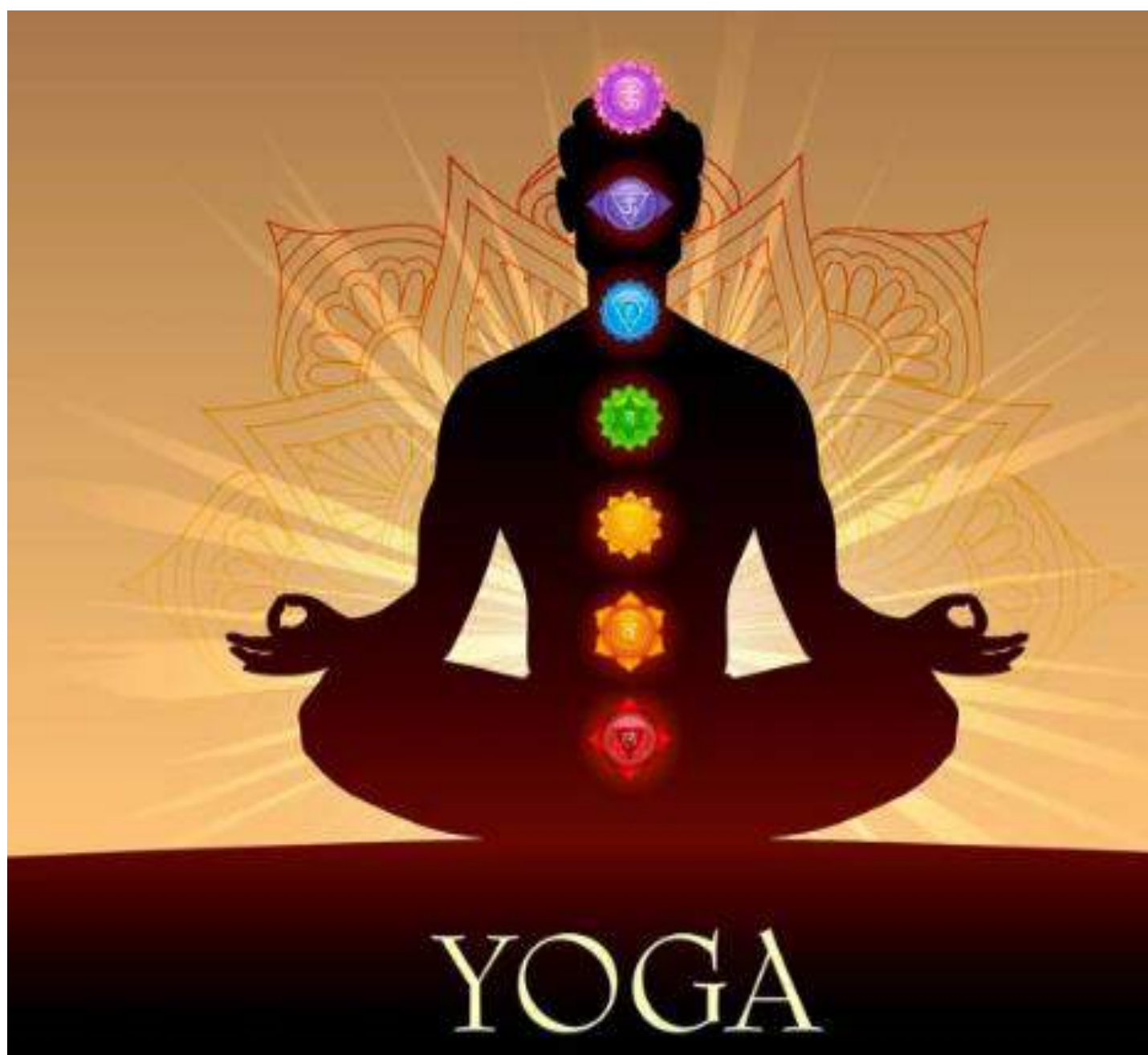
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Report on Yoga Day

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

Hindi Diwas

Date: 14th Sep - 2023

Palace: BTTC, Muzaffarpur

WRITING
COMPETITION



The Hindi Diwas Speech Competition was held on 14th sep 2023 at Basundhara Teachers Training College, to commemorate Hindi Diwas, a day dedicated to celebrating the Hindi language. The event was organized by the collage Co-Curricular committee with the aim of promoting the use and appreciation of Hindi. Students from various classes participated enthusiastically, showcasing their oratory skills in Hindi.



Principal Dr. S. P. Dwivedi lightning the auspicious lamp on the occasion of Hindi Diwas followed by Saraswati Vandana. (14/09/2023)

As a master of Hindi Dr Dwivedi expressed his concern over the diminishing use of Hindi in India and a stress the need to cherish and preserve our national language. He reminded the audience that Hindi divers served as a crucial reminder for today's generation to value and respect Hindi. Several other teachers also spoke to the students about the importance of Hindi language. Their speeches reinforced the message of the deep and inspired students to take pride in their linguistic heritage.



Students presented poem with great zeal,captivating a audience with their voice. (14/09/2023)

After that the colleges co-curricular committee organized a **speech competition** which saw in enthusiastic participation from the students.

The competition featured four groups of participants from different houses. The panel of judges included esteemed personalities, who are well-versed in the Hindi language and literature.

Participants were given a range of topics related to Hindi language, culture, and heritage. Some of the popular themes included:

- The Importance of Hindi in Modern India
- The Rich Literary Heritage of Hindi
- The Role of Hindi in National Integration
- Prominent Hindi Authors and Their Contributions

The participants delivered their speeches with great enthusiasm and confidence.



Mrs. Pratibha Kumari highlighted the importance of our national identity, emphasizes the need for students to embrace their linguistic heritage. (14/09/2023)

The college's co-curricular committee also organized a "Swayam Ki Kavita Likho" (Write Your Own Poem) competition, which saw enthusiastic participation from the students. The winner was announced by a panel of judges comprising faculty members.



The event concluded with a vote of thanks by Mr. Bhavesh Kumar, who expressed gratitude to everyone for their contributions in making the program a success. He also commended the students for their active participation in the poetry competition.


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Report

Bihar Diwas Cultural Dance

Date: 22th March - 2023

Palace: *BTTC, Muzaffarpur*



The cultural dance competition was held on 22/03/2022 at BASUNDHARA TEACHERS TRAINING COLLEGE to celebrate Bihar Diwas, marking the formation of the state of Bihar. The event was organized with the aim of showcasing and preserving the rich cultural heritage of Bihar through traditional dance forms. Participants from various age groups took part, displaying their talent and passion for dance.



Principal Dr. S.P. Dwivedi lightening the lamp 22/03/2022

The competition featured participants from four different house of our college. The panel of judges included distinguished personalities, who are experts in classical and folk dance forms.

The competition highlighted various traditional dance forms of Bihar, including Bhojpuri Folk Dance, Maithili Dance, Chhau Dance and Jhumar Dance.

Participants performed dances that reflected the rich cultural tapestry of Bihar, with themes ranging from historical events to folk tales and seasonal celebrations.



Students performing cultural dance in multipurpose hall 22/03/2022

The participants delivered captivating performances, with notable mentions including:

- Aryabhatta House performed a mesmerizing Bhojpuri folk dance, illustrating the vibrancy and energy of the region.
- Chanakya House showcased an elegant Maithili dance, portraying the grace and beauty of traditional rituals.
- Bhagat Singh house performed a dynamic Chhau dance, depicting scenes from local legends and mythology.
- Azad house enthralled the audience with a spirited Jhumar dance, celebrating the joy of harvest season.



Cultural program students presented a vibrant cultural program.
22/03/2022

The performances were evaluated based on several criteria, including Choreography and Creativity, Expression and Emotion, Synchronization and Coordination, Costume and Presentation, Overall Impact and Audience Engagement

After thorough deliberation, the judges announced the winners:

- *First Place*: Aryabhatta House, for their exceptional performance in [Bhojpuri folk dance].
- *Second Place*: Bhagat singh house, for their outstanding presentation in chhau dance.



Cultural program students presented a vibrant cultural program.

22/03/2022

All participants received certificates of appreciation, and the winners were awarded trophies and prizes.

The audience, comprising students, teachers, parents, and local community members, was highly appreciative of the participants' efforts. The vibrant costumes, energetic performances, and cultural themes received enthusiastic applause, with many attendees expressing their admiration for the dancers' skill and dedication.



Students performing dance at 22/03/2022

The Bihar Diwas cultural dance competition was a resounding success, celebrating the rich traditions and cultural heritage of Bihar. The event provided a platform for young talents to shine and encouraged the preservation of traditional dance forms. The organizers look forward to continuing this tradition, making Bihar Diwas an even more grand and culturally enriching celebration in the coming years.

The program concludes with peaceful role and would of thanks was given by Mr Ajay Kumar Maurya, he said Bihar divorce is more than just a day of. It's a time for Bihar to reflect on their state rich history and cultural heritage.


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Report **Republic - Day**

Date: 26th Jan - 2022

Palace: BTTC, Muzaffarpur



The patriotic song competition was held on 26th January, 2022 at **Basundhara Teachers Training College** as part of the Republic Day celebrations. Organized by Co-Curricular committee, the event aimed to install a sense of national pride and unity among participants and the audience. Students from four houses participated, showcasing their musical talents and love for the country through stirring renditions of patriotic songs.



Chairman Dr. U.S. Roy unfurled the national flag followed by national anthem by all faculty members and students. 26th Jan - 2022

The competition featured participants from different houses, with each student from houses performing a patriotic song of their choice. The panel of judges included distinguished musicians and educators, who have extensive experience in music and cultural activities.



Lighting the auspicious lamp by Principal Dr. Dwivedi, and pay homage to Maa Saraswati & our freedom fighters. 26th Jan - 2022

Participants chose from a wide array of patriotic songs, reflecting the diverse musical heritage of India. Popular choices included: "Vande Mataram", "Saare Jahan Se Achha", "Ae Watan", "MaaTujhe Salaam", "Hum Honge Kamyab".



Students presented dance on the occasion of Republic day. 26th Jan - 2022

Each song was chosen for its emotional resonance and ability to evoke feelings of patriotism and national pride.



Our talented student presenting speech . 26th Jan - 2022

The participants delivered heartfelt performances, with notable mentions including:

- Saloni from Aryabhata house gave a powerful rendition of "Vande Mataram," captivating the audience with their vocal prowess and emotional delivery.



All the students presented on Republic day Celebration 26th Jan - 2022.


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Cultural Programme Report On

BIHAR DIWAS (Folks Dance)

Date : 22/03/2022

Palace: Multipurpose Hall, BTTC, Muzaffarpur



Today Basundhara teaches training Shilot, Muzaffarpur celebrated Bihar divas as per academic calendar prescribed by our college co-curricular community coordinator, with great enthusiasm and zeal on 22nd March Bihar divorce marks the formation of the state of Bihar. The event was organized on the theme of cultural heritage of Bihar.



Students got motivated with an insightful deliberation of the Principal Dr. Dwivedi on the theme of Energetic Youth, Elevated province. 22/03/2022

The Bihar Diwas celebration was marked with a vibrant and spirited folk dance competition held at Patna Gandhi Maidan. The event showcased the rich cultural heritage of Bihar, bringing together participants from various districts to celebrate the state's traditions and artistry.



Dr. Pratibha Kumari on rich in culture, heritage and tradition and highlighted the role of education in preparing young people in leadership roles. 22/03/2022

The competition saw the participation of 4 teams representing different houses of the college. Each team consisted of local folk dancers who performed traditional dance forms unique different region. Notable dance forms included Bidesia, Jhijhiya, Jat-Jatin, and Chhau, reflecting the diverse cultural tapestry of Bihar.

Each team performed with enthusiasm and skill, showcasing their regional dance forms. The vibrant costumes, traditional music, and intricate dance moves captivated the audience. The Jhijhiya dance, performed during the Navratri festival, was particularly well-received for its lively and energetic movements.



Students presented 'Maithili Lok Geet', Provides great opportunity for students to learn about the state and its deep-rooted heritage. 22/03/2022

The performances were judged by a panel of experts in folk dance and music. The criteria for judging included authenticity, choreography, synchronization, and overall presentation. The top three teams were awarded trophies and cash prizes:

- *First Prize:* Aryabhatta House (Chhau Dance)
- *Second Prize:* Chanakya House Team (Jhijhiya Dance)

The folk dance competition on Bihar Diwas was a grand success, celebrating the rich cultural heritage of Bihar. It provided a platform for folk artists to showcase their talent and for the audience to appreciate the traditional arts. The event highlighted the importance of cultural preservation and brought the community together in a celebration of unity and pride.



Vote of thanks given by Dr. Ajay Kumar Maurya to all the students and faculty members for organizing such a great event. 22/03/2022

The celebration of Bihar Diwas through this folk dance competition was a testament to the state's vibrant traditions and the enduring spirit of its people.

Finally the program concludes with peaceful role and vote of thanks was given by Mr Ajay Kumar Maurya he said Bihar divas is more than just a day off. The time for Bihar to reflect on their state rich history and cultural heritage. It's a chance to celebrate the state progress in various fields and identify areas for further development. Energetic youth engagement and evaluation of the provinces to new heights.


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Cultural Programme Report on **Independence Day (Music Competition)**

Date: 15th Aug - 2019

Palace: Premises of BTTC, Muzaffarpur



Basundhara Teachers Training College celebrated Independence Day on 15th Aug 2019 with a spectacular Music Competition, highlighting the spirit of freedom and unity through the power of music. The chairperson of the college, principal, all the faculty members non-teaching staff and all experience are invited to be part of this occasion. The event saw enthusiastic participation from students across various houses, making it a memorable occasion.



Chairman Dr. U.S. Roy hosting the national flag. (15/08/2019)

The event kicked off with the national anthem, performed by the college chairperson Dr.U.S.Roy, the Principal, delivered a stirring speech on the importance of cultural events in fostering patriotism and unity among students. The students of the four different houses started their march past and saluted the national flag.



Our principal addressing the students that how our ancestors and fore fathers had worked hard and suffered all the brutality (15/08/2019)

After the speeches there was a music competition among the different houses. The competition featured diverse acts, ranging from solo performances to group ensembles. Students showcased their talents in different genres, including classical, folk, pop, rock, and patriotic Which creates wonderful atmosphere in the whole environment.

The stage came alive with vibrant performances, each bringing a unique flavor to the competition:

- A classical dance and music fusion by the Aryabhata House, featuring traditional instruments like the veena and mridangam.
- A high-energy rock band performance by the Chanakya House, playing original compositions that resonated with the audience.
- A soulful solo performance by a student from the Azad House, singing patriotic songs that tugged at the heartstrings.



The cultural extravaganza highlighted the unity in diversity and promoted patriotic favor among the attendees. (15/08/2019)

The performances were judged by a panel of experts and alumnus of XYZ College.

After careful evaluation, the judges announced the winners:

- *First Place:*Aryabhata House for their outstanding classical dance and music fusion.
- *Second Place:*AZAD HOUSE for the heartfelt solo performance of patriotic songs.



Mr. Chunchun Kumar on the occasion of Independence day, We not only honor the past but also embrace the future with hope. (15/08/2019)



Mrs. Khusboo to students as a reminder of our duties as citizen and the collective effort required to build a better Nation (15/08/2019)

Winners received trophies, certificates of excellence, and cash prizes as a token of appreciation for their hard work and talent.

The Independence Day Music Competition at Basundhara Teachers Training College was a resounding success, celebrating the nation's freedom through music and fostering a sense of unity among students. The event concluded with a vote of thanks from the organizers and a promise to continue this tradition in the coming years.


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

Cultural Programme Report on **Dinkar Jayanti (Kavita Path)**

Date: 23th Sep - 2019

Palace: BTTC, Muzaffarpur



Ramdhari Singh Dinkar

Tributes to Shri Ramdhari
Singh 'Dinkar' on his Jayanti.

"Singhasan Khaali
Karo Ke Janata Aati Hai."

The Kavita Path Competition, organized on 23 sep 2019 in Basundhara Teachers Training College to celebrate the birth anniversary of the legendary Hindi poet Ramdhari Singh Dinkar, was a resounding success. Held on Dinkar Jayanti, the event aimed to honor the literary contributions of the poet and encourage young talents to showcase their poetic skills.



Dr. Dwivedi addresses the students, about Dinkar Works which inspire and resonate people across the nation (23/09/2019)

The Kavita Path featured 4 groups of participants from various houses of the college, each presenting a selected poem by Dinkar. The participants included both students and faculty members, showcasing a wide range of poetic interpretations and recitations.

The competition began with an introductory speech highlighting the significance of Dinkar Jayanti and the profound impact of Ramdhari Singh Dinkar on Hindi literature. The hall was adorned with portraits of the poet and quotes from his famous works, setting an inspiring atmosphere for the participants and audience.



Students narrates energetic poem, Rashmirathi, with great energy and zeal. (23/09/2019)

A total of 8 participants from various houses registered for the competition. The participants brought a diverse array of poems, both self-composed and works of Dinkar, to the stage.

The panel of judges comprised eminent poets and literary figures, including a renowned poet and author and a professor of Hindi literature.



Mr. Chunchun Kumar, on Dinkar Jyanti his deep and resonant verses, rich both emotion and wisdom. (23/09/2019)

Each participant delivered their recitation with passion and eloquence. The poems covered various themes such as patriotism, nature, social issues, and personal reflections, mirroring the wide range of subjects Dinkar himself wrote about. The audience was captivated by the heartfelt renditions and the powerful use of language.

Each participant brought Dinkar's poetry to life through expressive and passionate recitations:

- The Aryabhatta House students delivered a stirring rendition of "Rashmirathi," capturing the epic's grandeur and depth.
- A heartfelt recitation of "Krishna ki Chetavani" by a Bhagat Singh House moved the audience with its timeless relevance and emotional intensity.
- The Chanakya House presented a dramatic interpretation of "Parshuram ki Prateeksha," blending theatrical elements with poetic recitation.

Azad House also recited his favorite poem by Dinkar, adding a special touch to the event.

After careful deliberation, the judges announced the winners:

- *First Place:* Bhagat Singh House, for Krishna ki Chetavani"
- *Second Place:* Chanakya House, for the poem "Parshuram ki Prateeksha"

The winners were awarded certificates, trophies, and books authored by Dinkar, encouraging them to continue their literary pursuits.



Mrs. Rashmibala on Dinakar legacy, we honor not the man, but also the profound impact of his words. (23/09/2019)

The Kavita Path Competition on Dinkar Jayanti was not just a contest but a celebration of Hindi poetry and the enduring legacy of Ramdhari Singh Dinkar. It provided a platform for budding poets to express themselves and connect with the rich heritage of Hindi literature. The event concluded with a vote of thanks to all participants, judges, and organizers, leaving everyone inspired and looking forward to the next year's celebration.

The spirit of Dinkar's poetry resonated throughout the event, reminding everyone of the power of words and the timeless relevance of his works.



Mr. Pankaj Kumar reminding us of the enduring power of literature to inspire change kindle patriotism and unite a diverse nation under the banner of culture and heritage. (23/09/2019)


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



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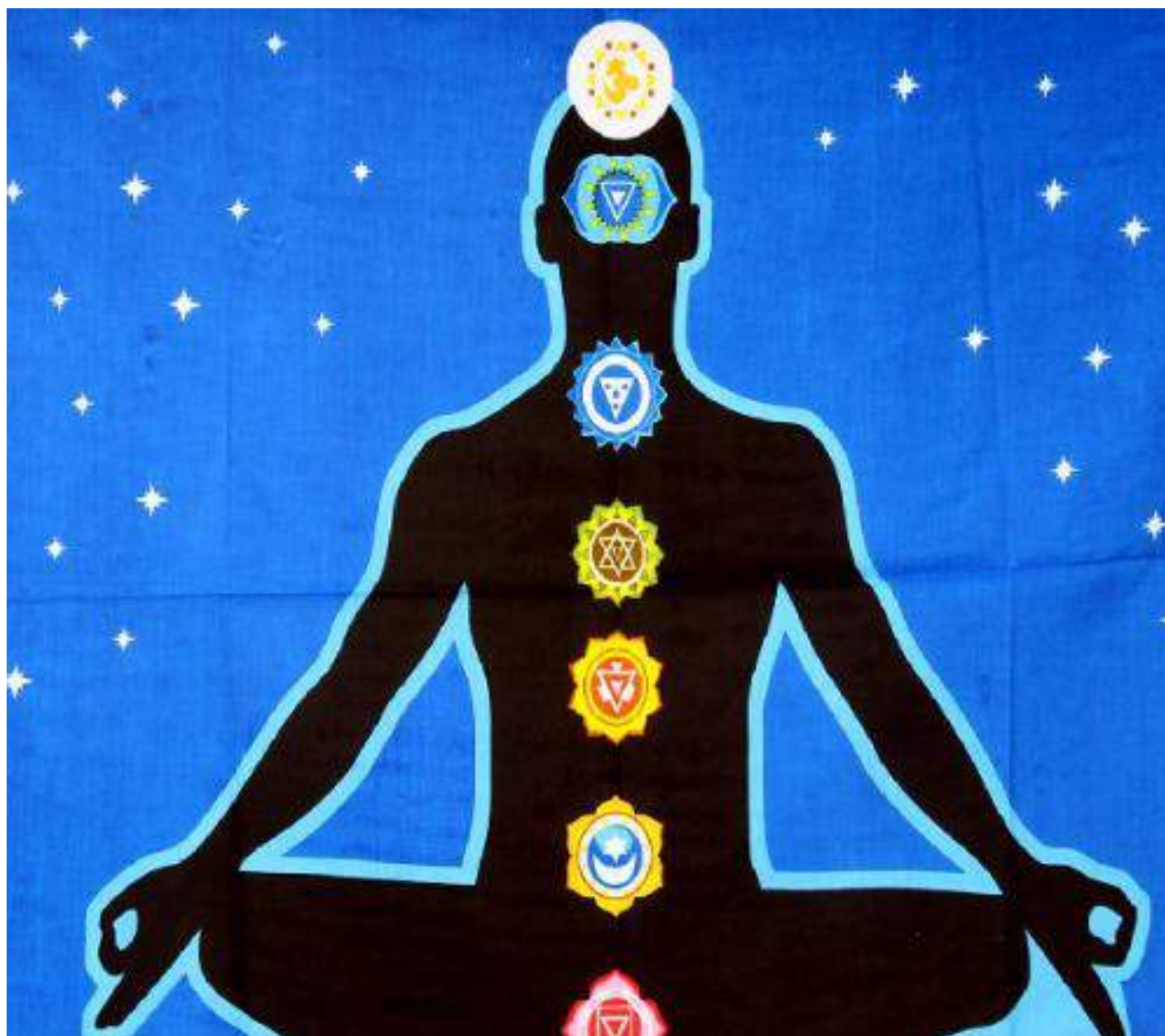
BASUNDHARA TEACHERS' TRAINING COLLEGE **(A UNIT OF NORTH BIHAR EDUCATIONAL TRUST)**

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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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Muzaffarpur, Bihar


Coordinator
In-House Committee
B TTC, Muzaffarpur



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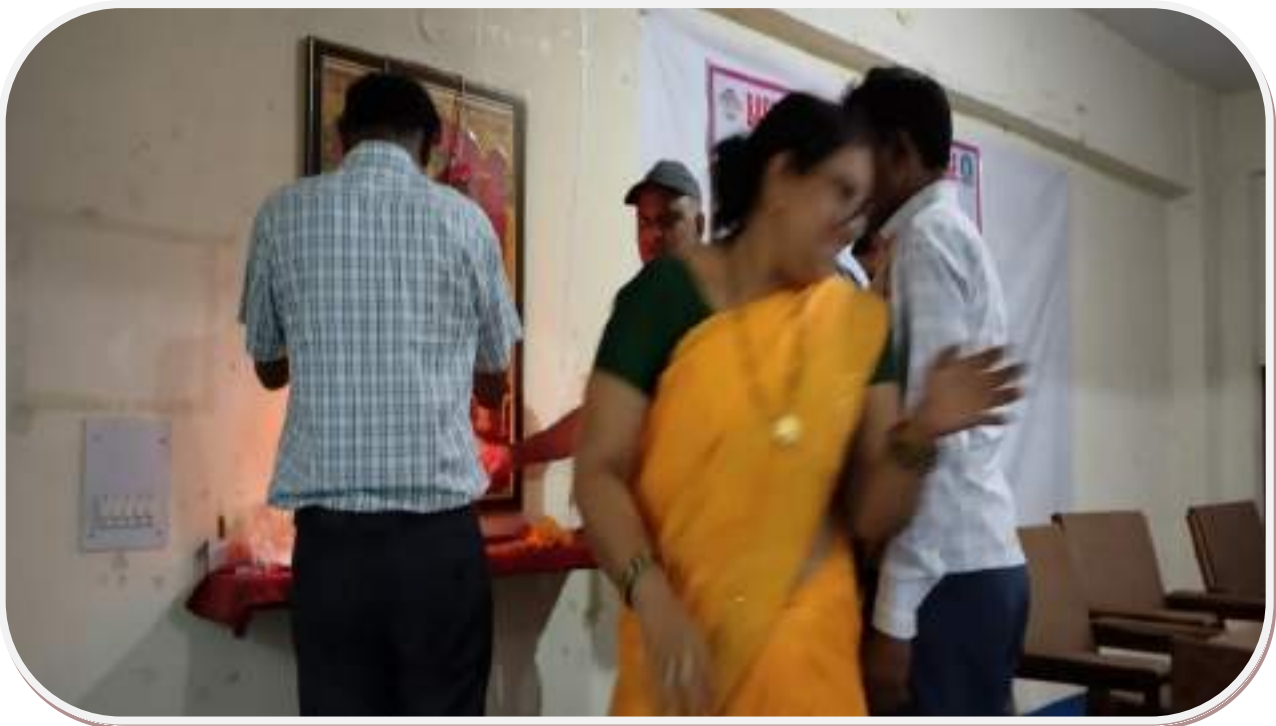
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Cultural Program Report on **Jay Prakash Narayan Jayanti** **Desh Bhakti Song Competition**

Date: 11th Oct - 2019

Palace: BTTC, Muzaffarpur

Today On October 11, 2019, the Jai Prakash Narayan Jayanti, a grand Desh bhakti (patriotic) song competition was held at the city's central auditorium to commemorate the legacy of the revered freedom fighter and social reformer, Jai Prakash Narayan. The event, organized by the local cultural committee, drew participation from various schools and colleges, showcasing the young generation's love and respect for their country.



Principal Dr. S.P. Dwivedi lightening the auspicious lamp (11/10/2019)

The auditorium was adorned with the national flag and portraits of Jai Prakash Narayan, creating an atmosphere of patriotism and reverence. The competition began with a brief introduction about the life and contributions of Jai Prakash Narayan, highlighting his role in India's freedom struggle and his efforts towards social justice and political reform.



Students presented patriotic song on Jay Praskash Narayan. (11/10/2019)

Participants, divided into four categories of four houses, performed a diverse range of patriotic songs that echoed the spirit of unity and national pride. The songs included traditional folk tunes, classical renditions, and contemporary compositions, all celebrating India's rich cultural heritage and its journey towards independence.



This events was both informative and motivational leaving a lasting impact on the audience.
(11/10/2019)

Judges for the event were esteemed musicians and academicians, who evaluated the performances based on criteria such as vocal quality, stage presence, and emotional impact. The audience, comprising students, teachers, parents, and local dignitaries, enthusiastically cheered for the participants, adding to the vibrant and spirited atmosphere of the competition.





The melodious added a soulful dimension to the celebration (11/10/2019)

several desh bhakti songs, infusing the atmosphere with a sense of national pride and reverence for the sacrifices made by leaders like Jai Prakash Narayan. The musical performances were met with enthusiastic applause from the audience, further enhancing the spirit of the occasion.



Vote of thanks given by Mr. Pankaj Kumar (11/10/2019)

Participants delivered stirring speeches, recited poems, and performed skits centered around themes of patriotism, national unity, and the life and ideals of Jaiprakash Narayan. The performances were a powerful reminder of the sacrifices made by freedom fighters and the importance of maintaining the spirit of patriotism in contemporary times.

The event concluded with a heartfelt vote of thanks from the chief organizer, who expressed gratitude to all participants, judges, and attendees for making the competition a grand success. The winners were awarded trophies and certificates, and all participants received mementos as a token of appreciation for their efforts.



Presence of students in auditorium. (11/10/2019)

Overall, The Desh bhakti song competition on Jai Prakash Narayan Jayanti was not just a celebration of patriotism but also a tribute to the enduring legacy of a great leader who dedicated his life to the service of the nation. The event served as an inspiration for the younger generation to carry forward the values of freedom, justice, and unity that Jai Prakash Narayan stood for.


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Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



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Report on Sports Day

Date: 16-12-2019

Palace: BTTC, Muzaffarpur



BTTC's Annual Sports Day was a grand success this year, with an enthusiastic turnout from students, faculty, and staff. The event celebrated athletic prowess, team spirit, and the college's commitment to fostering a healthy and active lifestyle.

The day began with an energizing opening ceremony. The college's marching band played the national anthem, and the principal delivered an inspiring speech encouraging students to participate with zeal and sportsmanship.



Students during the game session with Principal Dr. S.P. Dwivedi & faculties
16-12-2019

Typically held annually, Sports Day begins with an opening ceremony, which includes a parade of participants, often grouped by teams or houses. Each group displays their colors and cheers, setting an enthusiastic tone for the day. The event may start with a formal introduction, speeches, or a national anthem, fostering a sense of unity and excitement.

The core of Sports Day revolves around the various athletic events. These can include traditional track and field events such as sprints, long-distance runs, relays, and jumps. In addition, there may be team sports like soccer, basketball, or volleyball. Non-traditional or novelty events, such as sack races, three-legged races, or egg-and-spoon races, add an element of fun and inclusivity. These events encourage participants of all skill levels to engage, often with humorous or light-hearted outcomes.

Sports Day, a celebration of athleticism and community spirit, often results in several positive outcomes:

1. **Enhanced Team Spirit:** Participants, whether students, employees, or community members, often experience a boost in team spirit and camaraderie. Working together in teams, cheering for each other, and sharing the highs and lows of the day foster a stronger sense of unity and collaboration.
2. **Physical Fitness:** Engaging in a variety of physical activities helps promote overall health and fitness. Participants get an opportunity to exercise, which can lead to improved physical well-being and encourage a more active lifestyle.
3. **Increased Motivation:** The competitive aspect of Sports Day can motivate participants to push their limits and strive for personal and team goals. This motivation often extends beyond the event, influencing other areas of their lives.
4. **Improved Morale:** For workplaces or educational institutions, Sports Day can significantly boost morale. It provides a break from the routine, a chance for relaxation and fun, and an opportunity to connect with colleagues or peers in a different setting.
5. **Development of Skills:** Participants can develop various skills such as teamwork, communication, leadership, and time management. Events that require coordination and strategy help enhance these abilities, which are valuable both in and out of the competitive environment.
6. **Recognition and Achievement:** Winning awards and receiving recognition can boost self-esteem and confidence. However, even for those who do not win, the sense of achievement from participating and doing one's best is rewarding.
7. **Community Building:** Sports Day often brings together people from different backgrounds, fostering a sense of community and shared experience. It can strengthen bonds between individuals, groups, and the larger community, enhancing social cohesion.
8. **Promotion of Fair Play:** Emphasizing rules, respect for others, and sportsmanship encourages participants to understand and value fair play. This mindset often carries over into other areas of life, promoting ethical behavior and mutual respect.
9. **Memorable Experiences:** The fun, excitement, and sometimes humorous moments of Sports Day create lasting memories. These shared experiences contribute to a positive culture and can be cherished long after the event.

10.Encouragement of Future Participation: The enjoyment and benefits of Sports Day can inspire participants to engage in regular physical activity or participate in future events. This ongoing involvement supports a healthier, more active lifestyle.



Students having photo shot before beginning the event in the play ground 16-12-2019

One of the highlights of Sports Day is the relay race, which emphasizes teamwork and coordination. Each team member runs a segment of the race, passing a baton to the next runner. The excitement of the relay race often brings the crowd to its feet, as the outcome can be decided by mere seconds.

In BTTC, Sports Day serves as an opportunity for students to showcase their athletic abilities, build school spirit, and foster a sense of fair play. Awards and medals are often given to winners and participants, celebrating not just the top performers but also those who demonstrate effort, sportsmanship, and improvement.

Sports Day can be a great team-building exercise. It breaks down barriers, encourages physical fitness, and allows colleagues or neighbors to interact in a relaxed and enjoyable environment. The day's activities help strengthen relationships and promote a sense of belonging and collective achievement.



Students during indoor game session (table tennis) 16-12-2019

BTTC's Sports Day was a testament to the college's vibrant community and commitment to holistic development. The day not only highlighted the athletic talents of our students but also fostered a sense of unity and school spirit. We look forward to next year's event with the hope of even greater participation and excitement.


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
In-House Committee
BTTC, Muzaffarpur



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Report **Republic - Day**

Date: 26th Jan - 2020

Palace: BTTC, Muzaffarpur



The patriotic song competition was held on 26th January, 2022 at **Basundhara Teachers Training College** as part of the Republic Day celebrations. Organized by Co-Curricular committee, the event aimed to install a sense of national pride and unity among participants and the audience. Students from four houses participated, showcasing their musical talents and love for the country through stirring renditions of patriotic songs.



Chairman Dr. U.S. Roy unfurled the national flag followed by national anthem by all faculty members and students. 26th Jan - 2020

The competition featured participants from different houses, with each student from houses performing a patriotic song of their choice. The panel of judges included distinguished musicians and educators, who have extensive experience in music and cultural activities.



Lighting the auspicious lamp by Principal Dr. Dwivedi, and pay homage to Maa Saraswati & our freedom fighters. 26th Jan - 2020

Participants chose from a wide array of patriotic songs, reflecting the diverse musical heritage of India. Popular choices included: "Vande Mataram", "Saare Jahan Se Achha", "Ae Watan", "MaaTujhe Salaam", "Hum Honge Kamyab".



Students presented dance on the occasion of Republic day. 26th Jan - 2020

Each song was chosen for its emotional resonance and ability to evoke feelings of patriotism and national pride.



Our talented student presenting speech . 26th Jan - 2020

The participants delivered heartfelt performances, with notable mentions including:

- Saloni from Aryabhata house gave a powerful rendition of "Vande Mataram," captivating the audience with their vocal prowess and emotional delivery.



All the students presented on Republic day Celebration 26th Jan - 2020.


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Co-Curricular Committee
BTTC, Muzaffarpur



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Cultural Programme Report on **“Independence Day” (Patriotic Song)**

Date: 15th Aug - 2018

Palace: Premises of BTTC, Muzaffarpur



On August 15, 2018 in celebration of Independence Day, a patriotic song competition was held at the city's central auditorium. Organized by the co-collicular committee. The event aimed to instill a sense of patriotism and national pride among participants and attendees.



Chairman Dr. U.S. Roy hosting the national flag at BTTC Campus. (15/08/2018)

The auditorium was decorated with the national tricolor, and the event began with the hoisting of the Indian flag and the singing of the national anthem. This was followed by a welcome speech from the principal, who spoke about the significance of Independence Day and the importance of such cultural events in keeping the spirit of patriotism alive.

A total of eight teams from different houses participated in the competition. Each team performed a patriotic song that celebrated India's freedom struggle, its cultural heritage, and the unity and diversity of the nation. The songs ranged from classical renditions and folk tunes to contemporary compositions, all reflecting the deep love for the motherland.



*Everyone saluted the national flag, demonstrating their respect and devotion to the nation.
(15/08/2018)*

The participants showed their talent through melodious and heartfelt performances that resonated with the audience. Each performance was unique, highlighting the rich musical heritage of India and the enduring spirit of patriotism. The audience, comprising students, teachers, parents, and local dignitaries, cheered enthusiastically, adding to the vibrant and spirited atmosphere of the event.

The judges, who evaluated the performances based on criteria such as vocal quality, stage presence, song selection, and emotional impact. Their feedback highlighted the high level of talent and preparation displayed by all the participants.



Dr. Dwivedi spoke about the role of the youth in promoting India on the global stage through education. (15/08/2018)

The first prize was awarded to Aryabhata House for their soul-stirring rendition of "Vande Mataram." The Chanakya House got the second spot with their performance of "Ae Mere Watan Ke Logon," which left many in the audience visibly moved.

The event concluded with a heartfelt vote of thanks from the chief co-curricular committee who expressed gratitude to all participants, judges, and attendees for making the competition a grand success. The winners were awarded trophies and certificates, and all participants received mementos as a token of appreciation for their efforts.



The renditions of these songs created a wondrous and moving atmosphere.
(15/08/2018)

The patriotic song competition on Independence Day was a resounding success, celebrating the spirit of freedom and unity that defines India. The event not only provided a platform for young talents to showcase their musical abilities but also fostered a deep sense of national pride and belonging among everyone present.



Mrs. Saraswati to students as a reminder of our duties as citizens and the collective efforts required to build a better nation. (15/08/2018)

In the end sweet were distributed among the students, bringing a sweet conclusion to the day's festivities.


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


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Co-Curricular Committee
BTTC, Muzaffarpur



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Report on Sports Day

Date: 29-08-2018

Place: BTTC, Muzaffarpur



BTTC's Annual Sports Day was a grand success this year, with an enthusiastic turnout from students, faculty, and staff. The event celebrated athletic prowess, team spirit, and the college's commitment to fostering a healthy and active lifestyle.

The day began with an energizing opening ceremony. The college's marching band played the national anthem, and the principal delivered an inspiring speech encouraging students to participate with zeal and sportsmanship.



Students during chess game session 29-08-2023

Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The committee of Physical Education and Sports marks itself as one amongst the most efficacious Department of College. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field.

Considering the concept of “SPORTS FOR ALL” throughout the entire session we organized Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one’s physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them. The following events have been organized for the inter-class sports tournaments for students:

- CRICKET
- VOLLEY BALL
- TABLE TENNIS
- CHESS
- ATHLETICS



Students having photo shot before beginning the event in the play ground 29-08-2023

Benefits of Sports

1. Physical Health:

- ❖ **Improved Fitness:** Regular participation in sports enhances cardiovascular health, strength, flexibility, and overall fitness.
- ❖ **Weight Management:** Engaging in physical activity helps control body weight and reduces the risk of obesity.
- ❖ **Disease Prevention:** Sports reduce the risk of chronic conditions such as diabetes, heart disease, and hypertension.

2. Mental Health:

- ❖ **Stress Relief:** Physical activity stimulates the release of endorphins, which help reduce stress and improve mood.
- ❖ **Enhanced Cognitive Function:** Regular exercise can improve concentration, memory, and overall cognitive function.
- ❖ **Emotional Well-being:** Participation in sports can boost self-esteem and confidence, and provide a sense of achievement.

Social Benefits:

- ❖ **Teamwork and Collaboration:** Sports often require teamwork, which fosters cooperation, communication, and relationship-building.
- ❖ **Community and Belonging:** Being part of a team or sports group creates a sense of community and belonging, which can enhance social interactions and support networks.
- ❖ **Leadership Skills:** Sports provide opportunities to develop leadership skills and take on roles that require responsibility and decision-making.

3. Personal Development:

- ❖ **Discipline and Commitment:** Regular practice and training instill discipline and a strong work ethic.
- ❖ **Time Management:** Balancing sports with other responsibilities teaches valuable time management skills.
- ❖ **Goal Setting:** Setting and achieving goals in sports translates to improved goal-setting skills in other areas of life.

4. Academic Performance:

- ❖ **Enhanced Academic Focus:** Regular physical activity is linked to better concentration and academic performance.
- ❖ **Improved Attendance:** Engaging in sports can positively affect school attendance and participation.



Students during outdoor game session (volley ball) 29-08-2023

BTTC's Sports Day was a testament to the college's vibrant community and commitment to holistic development. The day not only highlighted the athletic talents of our students but also fostered a sense of unity and school spirit. We look forward to next year's event with the hope of even greater participation and excitement.


Principal
Basundhara Teachers
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13-House Committee
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Cultural Program Report on **TEACHER'S DAY (Natak)**

Date: 05/09/2018

Palace: Multipurpose Hall, BTTC, Muzaffarpur



On September 5, 2018 in celebration of Teachers' Day, a vibrant natak (drama) competition was held at multipurpose hall in Basundhara Teachers Training College Muzaffarpur. Organized by Co-curricular committee, the event aimed to honor the contributions of teachers and highlight the pivotal role they play in shaping society.



Teachers were honored with small token of appreciation from the students 05/09/2018

The auditorium was festively decorated with banners and posters paying tribute to educators, setting a joyful and respectful tone for the occasion. The event began with a welcoming speech by principal, who emphasized the importance of Teachers' Day and the profound impact teachers have on students' lives.



*Teachers offering garland on the photo of Dr. Sarvpalli Radha Krishnan
05/09/2018*

A total of four teams from four houses participated in the competition. Each team presented a play that explored themes related to teaching, learning, and the unique bond between teachers and students. The performances ranged from historical depictions of famous educators to contemporary stories illustrating the challenges and triumphs in modern classrooms.



*The symbolic gesture was a moment of joy & unity signifying the bond
between teachers and students. (05/09/2018)*

The participants showcased their talent through engaging scripts, expressive acting, and thoughtful storytelling. Each play highlighted various aspects of the teaching profession, such as the dedication, patience, and inspiration teachers provide. The audience was treated to a mix of humor, drama, and poignant moments that underscored the significance of educators. The judges, evaluated the performances based on criteria such as originality, acting skills, stage presence, and overall impact. Their feedback highlighted the creativity and effort of all the participants, making the competition a learning experience in itself. The first prize was awarded to AZAD HOUSE for their play "The Inspiring Teacher," which depicted the story of a dedicated teacher transforming the lives of her students through innovative teaching methods and second spot awarded to CHANAKYA HOUSE for their emotionally charged performance of "Lessons Beyond the Classroom," which focused on a teacher's lifelong influence on his students and the values he imparted.



Senior faculty expressing gratitude to all those to contribute to making the day memorable (05/09/2018)

The students also arrange some fun games for teachers to entertain them. All the teachers enjoyed and appreciated the program.

At the end of the speech by principal the students performed a drama “AKBAR BIRBAL” that everyone enjoyed a lot; students also presented joke which create laughter in whole environment.

Prizes were distributed to the winning teams, and all participants received certificates of appreciation. The chief organizer expressed heartfelt thanks to everyone involved, including the sponsors, volunteers, and the audience, for their support and participation.



Students performed Natak on iconic theme of Akbar & Birbal (05/09/2018)

The natak competition on Teachers' Day was a resounding success, providing a platform for students to express their gratitude and admiration for their teachers. It not only celebrated the spirit of Teachers' Day but also reinforced the value of education and the lasting impact of dedicated educators.

In the end, the audience was addressed by professor Vinod Yadav where he appreciated the efforts done by the students to celebrate teachers day making the teachers feels special by showing their respect and love towards their teachers.


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

Cultural Programme Report on **Hindi Diwas (Kavita Path)**

Date: 14th Sep - 2018

Palace: BTTC, Muzaffarpurs



On September 14, in celebration of Hindi Diwas, a Kavita Path (poetry recitation) competition was held at the multipurpose hall of Basundhara Teachers Training College Muzaffarpur. Organized by the cultural committee. The event aimed to promote the Hindi language and celebrate its rich literary heritage.



Dr. Dwivedi, highlighted the significance of Hindi Diwas.14/09/2018

The auditorium was decorated with posters and banners celebrating Hindi literature and its eminent poets. The event began with a welcome speech by the principal, who emphasized the importance of Hindi Diwas and the need to preserve and promote the Hindi language.



Mrs. Pratibha Kumari encouraging a renewed appreciation for the language.
14/09/2018

A total of eight participants from different houses participated in the competition. Each participant recited a Hindi poem of their choice, ranging from classical works by renowned poets like Harivansh Rai Bachchan and Mahadevi Verma to contemporary pieces by emerging poets. The poems covered a variety of themes, including patriotism, nature, social issues, and human emotions.



Students during the Kavita Path event in multipurpose hall. 14/09/2018

Kavita path competition students showcased their literary talent through a poetry recital competition bringing forth the beauty and depth of Hindi Poetry.

The participants received huge applause for their performances. Students sang patriotic songs that stirred feelings of national pride and unity among the audience.



Students performing Kavita Path during the event . 14/09/2018

Celebration concluded with a vote of thanks delivered by Mr. Bhavesh Kumar. He expressed gratitude to all the participants,organizing and attendees for making the event a grand success.



Mr. Kumar's heartfelt thanks acknowledge the efforts of everyone involved ensuring the perfect end of a memorable day. 14/09/2018

Hindi Diwas celebration at Basundhara Teachers' Training College was a well coordinated and vibrant event that successfully highlighted the beauty and significance of Hindi Language.


Principal
Basundhara Teachers
Training College, Silout
Muzaffarpur, Bihar


Coordinator
Co-Curricular Committee
BTTC, Muzaffarpur



TM

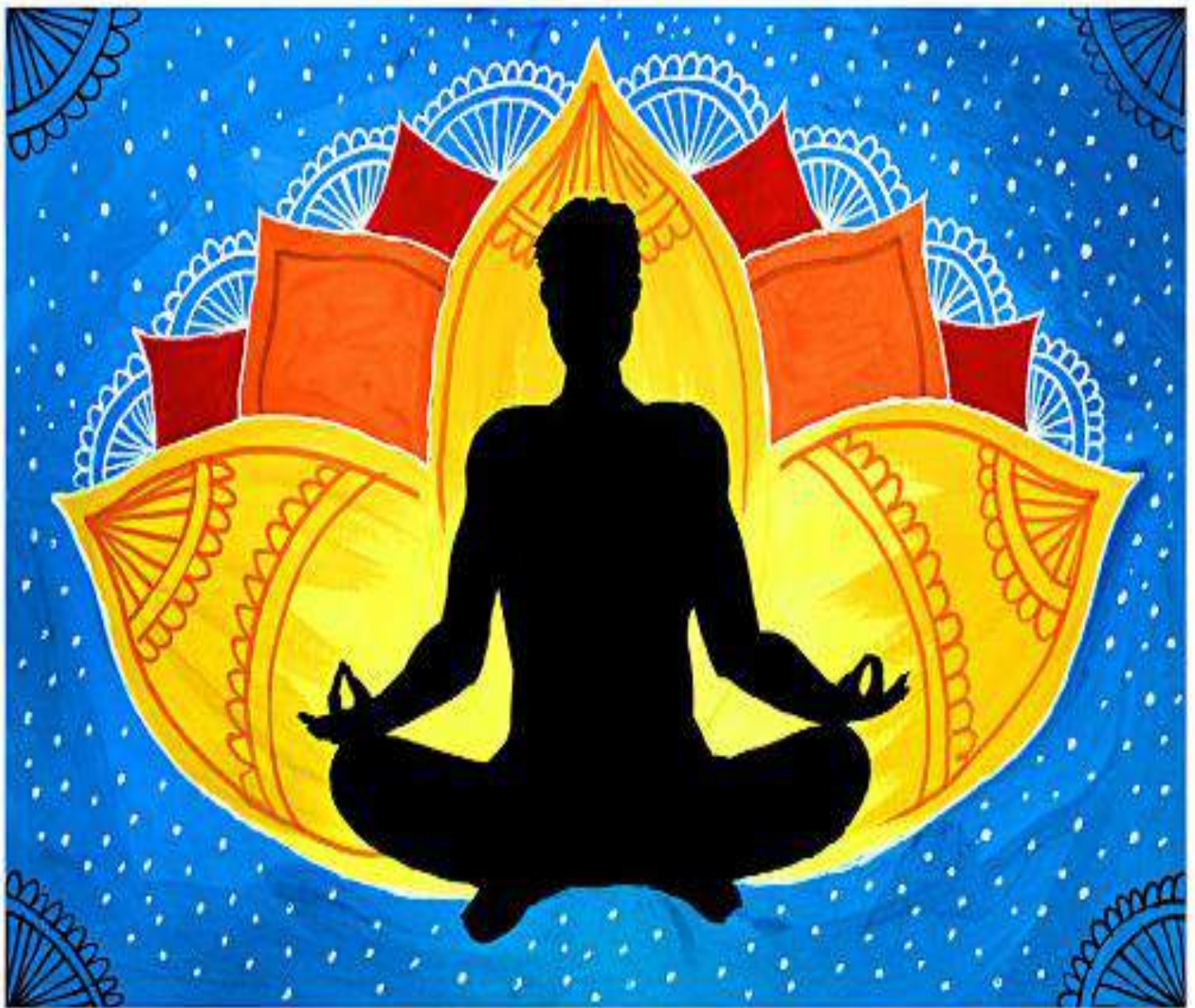
BASUNDHARA TEACHERS' TRAINING COLLEGE **(A UNIT OF NORTH BIHAR EDUCATIONAL TRUST)**

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Report on Yoga Day

Date: 03-10-2018 to 13-10-2018

Palace: BTTC, Muzaffarpur



Physical Education is an integral part of the total education system. It helps in the attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigour of life. Along with bookish learning, a student should spend his time on games and sports also. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Education without sports is incomplete. The Department of Physical Education and Sports marks itself as one amongst the most efficacious Department of College. It strives to excel at all levels and bring laurels to the college. With the help of college faculty we are continuously improving in sports field.

Name of Activity	Yoga Day
Venue	BTTC Muzaffarpur
Type of Activity	Practice of Yoga
Date	03-10-2018 to 13-10-2018
Organised by	Yoga Instructor
Participated by	45 Students and staff



Students performing Yoga in College multipurpose hall during the event 03-10-2018

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

Goal: To inculcate the practice of meditation in the everyday life

To enable the people experience a deep awareness about Godliness

To boost up one's energy, dynamism, skills and values

To perform and deliver selfless service to the humanity

Scope: Meditation is a charismatic movement with specific activities to inculcate meditation, awareness, values and concern for the students- the future of the nation. Outcome: Students experience attitudinal change and transformation to enhance holistic development of mind, body and soul.

The Beginning: Dr. S.P. Dwivedi addressed the students explaining what Meditation and Action Movement was and its usefulness in one's life. He stressed on mindfulness "a technique when we train the mind to be thoughtless- all the above helps are to lead to self-awareness and a deep concentration and silence. The sessions of Yoga and meditation are conducted regularly. The practice helps a lot to refine the students and make them realize the importance of mental and spiritual health and stress free life.



Students during Yoga session performing yoga as guided by instructor 03-10-2018

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 03-10-2018


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In-House Committee
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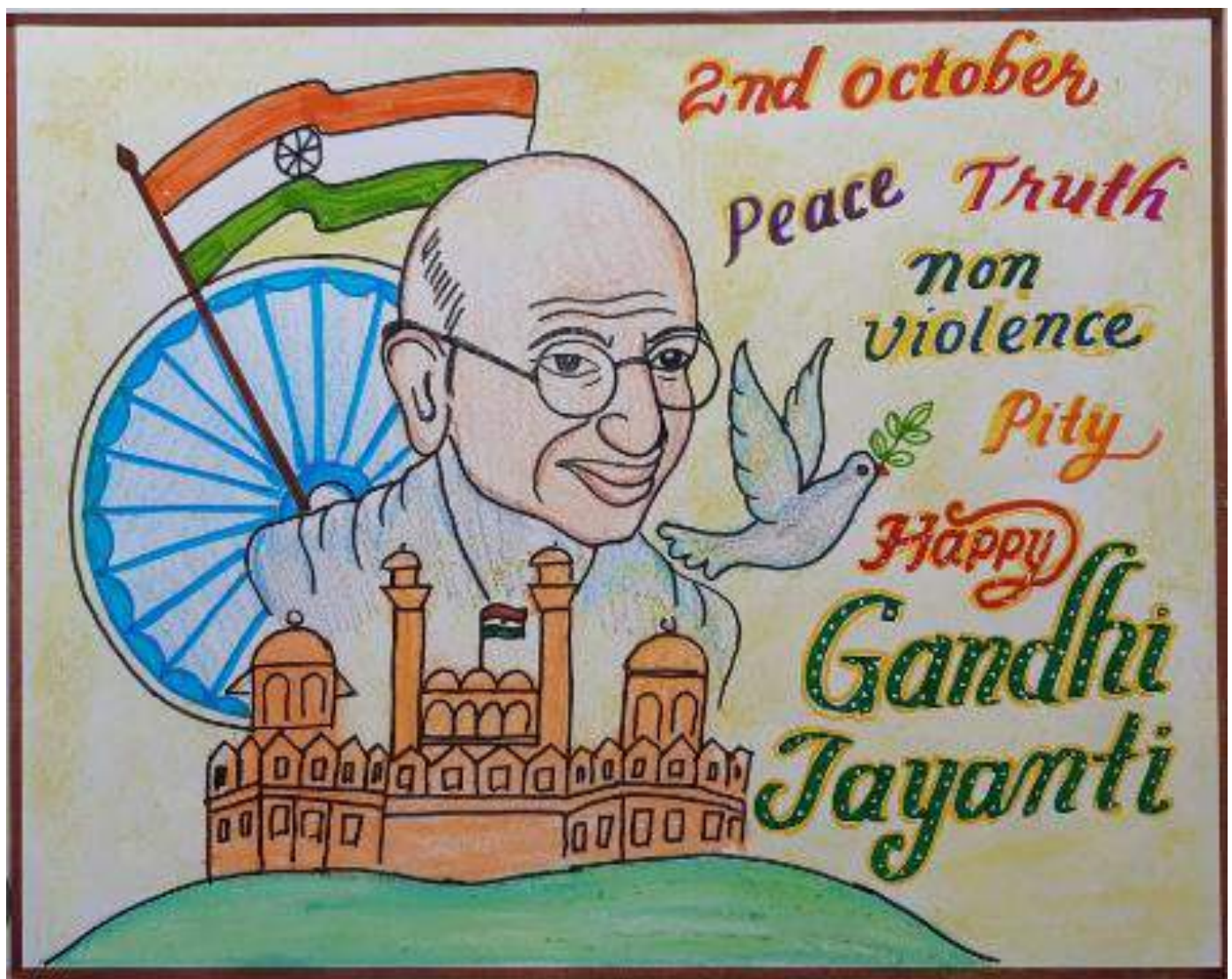
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Cultural Report on **Gandhi Jayanti (Natak on life of Gandhi Jee)**

Date: 02nd Oct - 2018

Palace: BTTC, Muzaffarpur



On October 2, 2018, in celebration of Gandhi Jayanti, a vibrant natak (drama) competition was held in the multipurpose hall at Basundhara Teacher Training College organized by the college co-curricular committee. The competition aimed to honor the life and legacy of Mahatma Gandhi, encouraging participants to explore and present his ideals through theatrical performances.



*Principal Dr. Dwivedi garlanded Mahatma Gandhi, Bharat Mata & Goddess Saraswati
Photo. (02/10/2018)*

The auditorium was filled with anticipation as students from different 4 houses prepared to showcase their interpretations of Gandhi's life. The stage was decorated with minimalist yet impactful props, including khadi fabric, spinning wheels, and portraits of Gandhi, creating a fitting backdrop for the event.



Mrs. Khushboo Kumari addressed the students about the life journey of great philosopher, leader & freedom fighter Mahatma Gandhi (02/10/2018)

The competition began with an introductory speech by the principal, Dr.Dwivedi, who highlighted the significance of Gandhi Jayanti and the importance of understanding Gandhi's philosophy of non-violence and truth. This set the tone for the performances that followed, each aiming to capture the essence of Gandhi's contributions to India's independence and his moral teachings.



Students performed play on life of Gandhi Jee, memory to uphold his values and principals in our daily lives (02/10/2018)

The event concluded with a vote of thanks by Mr. Anil Kumar, who expressed his gratitude to everyone who contributed to the program's success. He encouraged the students to emulate Gandhi's ideals in their own lives for achieving great success.



Mr. Anil Kumar on Gandhi Jyanti to embrace diversity & inclusivity. (02/10/2018)

A total of four teams participated in the competition, presenting various episodes from Gandhi's life. The performances ranged from his early years in Porbandar to his transformative experiences in South Africa, and his leadership in the Indian freedom struggle. Each play uniquely depicted significant events such as the Salt March, the Quit India Movement, and Gandhi's assassination, emphasizing his principles of non-violence (ahimsa) and civil disobedience (satyagraha).

All house teams delivered compelling performances, showcasing their dedication and understanding of Gandhi's ideals. The use of dialogue, music, and choreography brought depth and emotion to the narratives, engaging the audience and earning enthusiastic applause. The judges, comprising experienced theater artists and academicians, evaluated the performances based on criteria such as historical accuracy, creativity, acting skills, and overall presentation.

The first prize was awarded to CHANAKYA HOUSE team for their play "Gandhi in South Africa," which effectively highlighted Gandhi's fight against racial discrimination and his development of satyagraha. The BHAGAT SINGH HOUSE team saw a tie for the second spot between AZAD HOUSE team rendition of "The Dandi March" and AZAD HOUSE "Gandhi and the Quit India Movement," both praised for their powerful storytelling and strong ensemble performances.

The audience, which included students, teachers, parents, and local dignitaries, responded with standing ovations and cheers, reflecting the impact of the performances. The event concluded with a speech by Mr. Anil kumar, who commended the participants for their hard work and emphasized the relevance of Gandhi's teachings in today's world.



Students participated in multipurpose hall on Gandhi Jyanti (02/10/2018)

Prizes were distributed to the winning teams, and all participants received certificates of appreciation. The event wrapped up with a vote of thanks from the chief organizer, who expressed gratitude to everyone involved in making the competition a success, including the sponsors, volunteers, and the audience.

The natak competition on the life of Mahatma Gandhi was a resounding success, providing a platform for young talents to honor and learn from one of India's greatest leaders. It not only commemorated Gandhi Jayanti but also reinforced the timeless values of non-violence, truth, and justice that Gandhi championed.



Students participated in multipurpose hall on Gandhi Jyanti (02/10/2018)


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Cultural Program Report on **Republic Day (Natak & Rangoli)**

Date: 26th Jan - 2019

Palace: BTTC, Muzaffarpurs

On January 26, 2018 in honor of Republic Day, a combined event featuring a natak (drama) competition and a rangoli competition was held in multipurpose hall. Organized by the co-curricular committee. The event aimed to celebrate India's rich cultural heritage and a sense of patriotism among participants and attendees.



Rangoli Made by Students during the event. 26/01/2019

The natak competition began in the morning, with the auditorium decorated in the national tricolor, creating a vibrant and patriotic atmosphere. The event started with a brief speech by the chief guest, a distinguished local politician, who emphasized the significance of Republic Day and the importance of cultural activities in fostering national pride.



Students showcasing their beautiful rangoli 26/01/2019

A total of eight teams from different four houses participated in the natak competition. Each team presented a play centered around themes of patriotism, national unity, and the struggles and triumphs of India's journey to becoming a republic. The performances included historical depictions, inspiring stories of freedom fighters, and contemporary narratives highlighting the values enshrined in the Indian Constitution.



Rangoli made by won first position. 26/01/2019

The participants delivered powerful performances, captivating the audience with their talent and dedication. The judges, comprising experienced theater artists and educators, evaluated the performances based on criteria such as script originality, acting skills, stage presence, and overall impact.



Students During Natak in Multi purpose Hall for the event 26/01/2019

The first prize was awarded to BHAGAT SINGH HOUSE for their compelling play "The Unsung Heroes," which paid tribute to lesser-known freedom fighters and their contributions to India's independence. The second prize went to CHANAKYA HOUSE for their thought-provoking performance titled "The Constitution Speaks," which creatively illustrated the principles of justice, liberty, and equality.



The Rashtriya Ekta Diwas pledge was taken by the students and the teachers to with stand the greatest threat to the unity, integrity and security of our nation. 26/01/2019


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