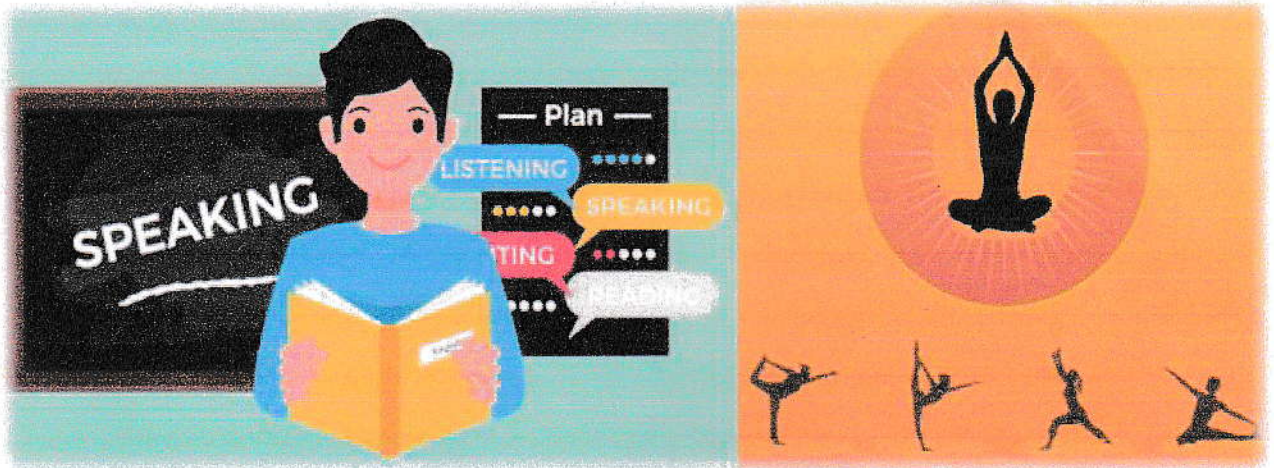




B.B.M. B.Ed. College, Sardaha, Chas, Bokaro

Approved by NCTE, New Delhi & Recognized by B.B.M.K.U Dhanbad

VALUE AIDED COURSES & CERTIFICATE COURSE ON YOGA/SPOKEN ENGLISH



Jayanta Halab

Course Co-Ordinator
(Spoken English)

Kumud Ranjan

Principal
B. B. M. B.Ed College
Sardaha, Chas, Bokaro

Prata

Course Co-Ordinator
(Yoga)

B.B.M. B.ED. COLLEGE, SARDAHA, CHAS, BOKARO

Value added course name:- Spoken English

Days:- Tuesday & Friday

Time:- 4 PM to 4:45 PM

Introduction:-

It is a way of communication. The dialogue or conversation between two person or among group, is spoken English. Now a days , English communication or spoken English has become very important in business or client dealing. To speak English fluently, you need to read, listen and speak.

CLO of spoken English:-

1. Pronounce English correctly and intelligibly.
2. Use appropriate word stress, sentence stress and elementary intonation patters.
3. Speak intelligibly while making statements asking questions, giving instructions and commands and reporting events.
4. To speak English fluently one need to follow following steps:-
 - Speak a little English Everyday
 - Train yourself to think in English.
 - Don't be afraid to make mistakes.
 - Talk yourself
 - Listen English sentence and repeat it.
 - Improve English Pronunciation.
 - Be motivated
 - Maintain a diary in English
 - Practice speaking daily

Course of fee: - free of cost

Eligibility: - Only the students of B.Ed session 2022-2024

Registration: - Direct contact before 25th March, 2022

Course structure: - The course will be theoretical.

Certification: - Certificate will be provided after the successfully completion of the course.

Kumud Rayan
Principal
B. B. M. B.Ed College
Sardaha, Chas, Bokaro

Course Content:-

1. Vocabulary
2. Verb
3. Tense
4. Group Discussion & Interaction

Kumar Rajan

Principal
B. B. M. B.Ed College
Sardaha, Chas, Bokaro

B.B.M. B.ED. COLLEGE, SARDAHA, CHAS, BOKARO

Value added course name:- Yoga
Days:- Tuesday & Friday
Time:- 9 AM to 10 AM

Introduction:-

The Practice of Yoga is believed to have started with the very dawn of civilization. The Science of Yoga has its origin thousands of years ago, long before the first religious or belief system were born. In the yogic lore Shiva is seen as the first yogic or adiyogi and the first guru or Adi guru. An ancient system of practices used to balance the mind and the body through exercise, Meditation (focusing thoughts) and control of breathing and emotions.

Meditation is a practice in which an individual uses a technique-such as mindfulness or focusing the mind on a particular object, thought or activity-to train attention and awareness and achieve mentally clear and emotionally calm and stable state.

CLO of Yoga:-

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To Process emotional stability.
4. To integrate moral values.

Course of fee: - free of cost

Eligibility: - Only the students of B.Ed session 2022-2024

Registration: - Direct contact before 10th April, 2023

Course structure: - The course will be Practical.

Certification: - Certificate will be provided after the successful completion of the course.

Kumud Payon
Principal
B. B. M. B.Ed College
Sardaha, Chas, Bokaro


Course Content:-

- Suryanamaskar
 - a. Standing Position
 - i. Ardhashandrasana
 - ii. Ardhashakrasana
 - iii. Padabstasana
 - iv. Brikshasana
 - b. Sitting Position
 - i. Paschimothasana
 - ii. Gomukhasana
 - iii. Ustrasana
 - iv. Supta Vajrasana
 - c. Supine Position
 - i. Halasana
 - ii. Matsyasana
 - iii. Setubandhasana
 - iv. Nankasana
 - d. Prone Position
 - i. Bhujangasana
 - ii. Salavasana
 - iii. Dhanurasana
 - e. Inverted Position
 - i. Sarbangasana
 - ii. Bhagrasana

Kriya

- i. Pranayama
- ii. Awalom Vilom

Meditation


Principal
B. B. M. B.Ed College
Sardaha, Chas, Bokaro

Course Co-Ordinator

B.B.M. B.Ed. COLLEGE

Sardaha, Chas, Bokaro, Jharkhand

Approved By N.C.T.E. & Affiliated to B.B.M.K.U Dhanbad & JAC Ranchi, Jharkhand



Certificate

Date: ___/___/___

This is to Certify that Mr./Mrs/Miss _____ of B.B.M B.Ed. College, Sardaha, B.Ed. Session _____ has completed successfully the 30 hours Value Added Course on Spoken English/Yoga organized by our College from ___/___/___ to ___/___/___.

Principal

Kumud Ranjan

Principal

**B. B. M. B.Ed College
Sardaha, Chas, Bokaro**

Course Coordinator