

Planning and Scheduling Academic, Cultural and Sports Events

Name of the School—

Duration—1st February to 28th February 2022

Day	Organizing Activity	Class	Period
Monday-Tuesday	Academic Activity	VI to IX	6 th & 7 th
Wednesday-Thursday	Cultural & Sports Activity	VI to IX	6 th & 7 th
Friday-Saturday	Community Work	VI to IX	3 rd & 4 th

Planning & Scheduling—1st week

Organizing & Executing—2nd & 3rd Week

Report writing—4th Week

Submission of the Report- 1st March to 5th March


22.01.22.
(DR. RAJAT DEY)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015

TRIPURA UNIVERSITY



(A CENTRAL UNIVERSITY)
**BHAVANS TRIPURA COLLEGE OF
TEACHER EDUCATION**

Course: Bachelor of Education (B.Ed)
Session: 2021-2023



Name : **MAMPI DEBNATH**
Roll No. : **39**
SEMESTER : **2ND**
Date: : **08/07/2022**
Submitted to : **SMT. RUNA GUHA**

Runa
12/07/22

Acknowledgement

I take the opportunity to record my sincere thanks to my project guide Smt. Runa Guha, Professors Bhavan's Tripura College of Teachers Education, for her innumerable suggestions and guidance. I would also like to express my special thanks of gratitude to HM of Mutanagar Girls A/S school Smt. Jhulan Halder, who gave me the golden opportunity to do this wonderful SDA project on the topic "Activity 6 (organizing cultural Activities) and Activity 7 (Sport activity / Co-curriculum activity)", which help me to know about so many new things. I am happy to acknowledge the invaluable help and moral support of my brilliant fellow mates. Finally would like to thank my teachers for their great encouragement and sharing their knowledge with me.

In spite of my honest effort, there may be some mistake, for which I apologize in advance.

Identifying Care of the trainee

I have done the SBA project work entitled "Activity 6 (Organizing cultural activity), Activity 7 (Sports activity / Co-curriculum activity) under Shri / Smt / Dr. Rana Guha, professors, Bhawan's Tripura College of Teachers Education, Narasingh and I am satisfied in my work.

Place:- Agartala

Date:- 08/07/2022.

Signature of the trainee

Mampi Debnath

Tree plantation

Activity 7 (Sport Activity / Co-Curriculum
activity)

Introduction :-

Tree planting is recognised as one of the most enjoyable and environmentally friendly activities that people can engage in to benefit the earth. Trees offer several long- and short-term advantages. They not only look good, but they help minimise the risk of floods, enhance air quality, and lessen the urban heat island effect by reflecting sunlight and giving shade.

Tree plantation on school grounds also provide opportunities for environmental education, getting young children thinking about environmental conservation early.

Children who have always had access to proper formal education are taught about how planting trees is going to create a better environment for them to live in. From a young age they know that greenery keeps the air pure and the soil fertile gives fruits and vegetables and adds to the beauty of the land. With proper education, children learn the good that trees do for us and the good that we can do for the planet by protecting them.

• Benefits of planting tree:-

1) Trees make life nice. It has been shown that spending time among trees and green spaces reduces the amount of stress that we carry around with us in our daily lives.

2) Trees give off oxygen that we need to breathe.

3) Trees improve our air quality by filtering harmful dust and pollutants such as ozone, carbon monoxide and sulfur dioxide from the air we breathe.

4) Trees reduce the urban heat island effect through evaporative cooling and reducing the amount of sunlight that reaches parking lots and buildings.

5) Many species of wildlife depend on trees for habitat.

6) Trees can be placed on screen unwanted views or noise from busy highways.

7) Trees and shrubs improve soil and water conservation, regulate temperature extremes and also act as air purifiers.



① plantation



② plantation

Organizational Activity

A properly organized cultural activities will be a valuable to the children for their teaching and also a means of motivating them to participate actively. Students of this school shows their interest for doing the activity.

1) Throughout my observation period, I decided to organize a tree plantation program as the part of my activity.

2) Before the program, I get the permission from the AM Modern to plant trees.

3) My colleagues / other trainees helps me in ~~the~~ the preliminary activity of the program.

4) From 23 June - 25 June, this 3 days we goes to every classroom and told the students about the benefits of trees and create an awareness among them.

5) They realize that ~~their~~ tree plantation conserve environment and how it save our world.



③ planting mango tree in
the garden

Feedback and its Implementation

The overall activity was done very well and a positive awareness was spread among the student.

- ① A proper active NSS unit were must be set up in the school where all the members are actively and enthusiastically doing their work.
- ② The students have lack of awareness about how to conserve the environment. For growing awareness, the school authority have to arrange some ~~cleaning~~ program, celebration some special days such as Earth day, water day, Environment day, world forestry day, world wildlife day, world ozone day, world biodiversity day, National Science day ~~etc~~ world cleanup day etc.
- ③ Arranging parents-teacher meeting in every month.
- ④ The regular cleaning of classroom, garden, playing ^{ground} ~~field~~ was not done properly. For that, A proper school time table and class routine has to be set up where the students after their assembly



④ planting



⑤ planting

: Outcome of the activity :

The program was started after the 2nd period of class. Students from class VI, VII, VIII and some teachers participated in this program. The aim of the program is to plant at least 20 saplings on the school campus. We posted banners and posters in the area around our school. After this program, we noticed that the student showed very much interest to know how to conserve the environment and how to control pollution. The school authority arranged proper dustbin system and we taught them to throw plastics and garbage in proper place. We all know that spending time among trees and green spaces reduces the amount of stress that we carry around with us in our daily lives. The school environment looks more beautiful after planting the flowering plants. The principle of our school also appreciated for such activity. Our goal of planting trees and aware everyone is achieved.



⑥ planting



personal observation while
undertaking the activity.

While undertaking the activity some student shows their interest in how to dig the soil, how to watering the plant and how to take care of them. But some show less interest in this program. Students of class ix, & did not co-operate with us.

The NSS unit of this school have not much concern about cleanliness, garden maintenance, water the plant. Self-confidence level also increase who are activity participate in the activity. Overall the activity was organized very well and the teachers and the other trainee are very helpful.

Yoga Activities

Activity-7 (Sport activity / Co-Curriculum activity)



:- Introduction :-

Yoga is a way to learn and understand the spiritual India. Also, yoga is associated with the culture and heritage of India. In Sanskrit, yoga means 'to unite' and describes a way to live a healthy life. In Yoga, the mind is disciplined through meditation and the body is aligned and strengthened.

Participating in yoga and mindfulness activities at school helps relieve stress and anxiety in young children, improving their wellbeing and emotional health, a study has found.

Students attended the small group activities at the beginning of the school day. The sessions included breathing exercises, guided relaxation and several traditional yoga poses appropriate for children. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance. Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties.

∴ Brief Description of the Activity :-

Yoga education means teaching of Yoga postures or asanas and such other Yoga exercises as would promote the control of the body by bringing in flexibility, strength and endurance and of the mind by enhancing alertness and meditation. Through yoga practice student possess emotional stability. It is an ancient practice that beeds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas or poses that stretch and flex various muscle groups.

Yoga education can Supplement School and University education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Teachers and parents should acquaint themselves with Yoga; they could attend a short introductory course on Yoga.



Yoga practice



Yoga practice

Feedback and its implement

On the Occasion of World Yoga day, student performed some Yoga asanas. Teachers also appreciate them very much.

① Students are very good in doing Yoga. If proper training will be given, they will perform their level best.

② Some of the students does not have proper dress for doing Yoga. If school authority arrange some money and arrange dresses for them.

③ The practice room should be clean properly.

④ Arrangement of Yoga mat, water bottle, towel etc which is very useful during practice.

⑤ By giving proper training, their performance level will increase more.

⑥ Maintenance of hygiene is a most important things.

⑦ Teacher's have to more concern about the timing of their practice.

⑧ A proper room with air passing, proper lighting system, drinking water will be very helpful for them.



practice time



performance

personal observation while undertaking the activity

① Hence are some points which I observed during the activity:-

- 1) Confidence level grew up very much. Lots of students showing their interest and also very concern about physical health.
- 2) One student from class 7 performed yoga in Delhi. An India Yoga Olympiad, and got gold medal. It's a proud moment for Tripura.
- 3) More and more practice sharpening their performance level.
- 4) During practice, they learn new things, about hygiene and health.
- 5) ~~The most important~~ which I observed that's the environment and the practice room was not good for their practice.
- 6) Some student wanted to practice yoga but they don't have proper dress.
- 7) Some students feel shy to perform in front of everyone.
- 8) Parents are not allowing their child for regular practice.
- 9) Teachers have less concern about the physical health of the students.

Dance
Activity 6 (Organizing Cultural Activity)

Introduction :

Today's education system is not just confined to academics but modern-day schools focus on imparting skills to students like personality development, confidence building, communication skills, etiquettes etc. Cultural activities come into play in instilling these skills in the students.

Encouraging students to participate in cultural activities is the most effective way to inculcate activities like dancing, singing, sports etc. Unfortunately, many parents and students find these activities enable students to gain confidence and understand their culture in a much better way.

When students get successful in cultural activities, it gives a boost to their self-esteem. This self-esteem helps them to face the outer world more confidently.

Some of the important cultural activities in schools are.

- Local festival celebration
- Parades
- Painting competitions
- Debates and Speeches
- Exhibition and workshop
- Dance and music competitions.
- Dramatics
- Recitations.

Objectives :

The Cultural activities has the following objectives :-

- i) To develop general interest of the students in cultural field.
- ii) To assimilate the cultural of her own community through its conservation, transmission and renewal. To grow in appreciation of all cultures, regional, national, natures etc.
- iii) To vanish stage fears, stage fear is a common problem faced by many students and even adults.
- iv) To develop the skills of Co-operation and dialogue, unity of the group members.
- v) Culture is to be a dynamic, challenging and independent force based on the freedom of expression. Everyone is to have the opportunity to participate in cultural life. Creativity, diversity and artistic quality core to be integral parts of society's development.

Need and Importance of Such report :-

On the occasion of World Yoga day, 21 June 2022 we organized a cultural activities in Nutan nagar Chit's H/S School. Students of class VI, VII and VIII are participated here actively. Many students performed song, dance, recitation, speech quiz etc. The teachers of this school also participate here. And our trainee teacher also performed a song and a dance.

• These cultural activities have various importance :-

- (i) Cultural activities enhance the confidence level of the students thereby allowing them to perform better.
- (ii) Through cultural activity students personality also developed.
- (iii) Students participating in cultural activities tend to score better. That is because their minds are refreshed and they do not suffer from the boredom of studying all the time.



Student's dance performance



Dance performance

Bhavan's Tripura College of Teacher Education

Narsingarh, Agartala, Tripura


Month: April, 2023.

Theme: Water.

Activity Chosen: S. No: Quiz on 'Famous Rivers, Oceans and other water bodies of the country'.

Quiz competitions are always interesting and informative, which provide excitement among the students. Today, on 28th April, 2023, BTCTE has conducted a Quiz contest taking the interested students of both B. Ed and D. El. Ed programme on the topic 'Famous Rivers, Oceans and other water bodies of the country'.

The main objective of this event was to make them aware of recent general knowledge related to water. The Quiz had three rounds and one bonus round. Rules and regulations of the Quiz were explained at the beginning. Three-round includes objectives, Direct answers and Audio-Visual Round, which engaged the students for one and half an hour. It was very informative and knowledge enriching competition for the participants. The programme ended with Prize giving ceremony.


- 28.04.23.

Dr. Rajat Dey
Principal

(DR. RAJAT DEY)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala - 799015



Bharatiya Vidya
Bhavan

BHAVAN'S TRIPURA COLLEGE OF TEACHER EDUCATION

Recognized by N.C.T.E. & Affiliated to Tripura University (A Central University)

UGC recognition under section 2(f) & 12(B) of UGC Act, 1956

P.O - Bimangarh (Narsingarh), Agartala, West Tripura, Pin - 799015

Ph.No: 6033322532. E-mail: bhavanbedc_trip@rediffmail.com

Website: www.btcte.in

Report **of** **The Events Organized During Teaching Internship Period**

Bhavan's Tripura College of Teacher Education (BTCTE) organizes an internship programme in two segments. The first one is of four weeks' 'School Based Activity' that occurs during the 2nd semester and the second segment is of sixteen weeks' "Internship Programme" that is done in the 3rd semester. During the first four weeks of the programme, the trainees plan and schedule different academic, cultural and sports events in schools to engage their students. The trainees also plan and execute different community related events. They teach and help the students to build teams and help them to participate in different kinds of activities. The trainees also get involved in some preparatory arrangements like creation of wall magazine, art competition, dance/drama etc. and conduct or execute the events successfully.


(Dr. Rajat Dey)

Principal
(DR. RAJAT DEY)

Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015

Copy to:

1. Bhavan's Tripura Vidya Mandir
2. Narsingarh Higher Secondary School
3. Sukhamoy H/S School
4. Nutan Nagar Girls' H/S School
5. Barjala H/S School
6. Ramnagar Boys' H/S School
7. Bijoykumar Girls' H/S School
8. B.R Ambedkar High School
9. Henry Derozio Academy
10. East Durjoynagar High School


Signature 09/22

(Principal/Headmaster/Headmistress)

LARANTA DEBBARMA
Headmistress,
B.K. Girls' H.S. School
Agartala Tripura



Bhavan's Tripura College of Teacher Education

Recognized by N.C.T.E & Affiliated to Tripura University (A Central University)

UGC recognition under section 2(f) & 12 (B) of UGC Act, 1956

P.O.-Bimangarh (Narsingarh), Agartala, West Tripura, Pin-799015

IQAC

List of College Activities **Academic Year: 2022-2023**

List of activities held in the Year 2022-2023

1. Induction Programme – 5th August, 2022
2. Readiness Programme on Teacher Education Course– 5th – 12th August 2022
3. Azadi Ka Amrit Mahotsav Celebration by Rally & Cultural Programme– 13th – 15th August 2022
4. Workshop on preparing Teaching Learning Materials – 29th, 30th, 31st August 2022
5. Educational Tour at Tripura State Museum – 4th November 2022
6. Language Workshop – 7th – 11th November 2022
7. Two Day's National Workshop on Physical and Mental Wellness through Yogic Traditional Culture – 23rd & 24th November 2022

Experts –Prof. Tarak Nath Pramanik, (Indira Gandhi Institute of Physical Education and Sports Science, University of Delhi).

Dr. Sudip Das, Associate Professor, Dept. Of Physical Science, Tripura University (A Central University)

8. Alumni Formation – 20th December 2022
9. Visit to Juvenile Correction Home – 20th December 2022
10. NSS Special Camp – 3rd – 6th January 2023
11. Special Lecture on Sanskrit Language – 5th January 2023

Expert- Dr. Nandadulal Mandal, Assistant Professor, Central Sanskrit University, Ekalavya Campus, Agartala.

12. Visit to Villages – 4th (Narsingarh) & 5th (Narayanpur) January 2023
13. Awareness Programme on Drug Addiction & Health Issues at two adopted Villages – 4th & 5th January, 2023.(Title of the Drama- Haay! Nisha)
14. Blood Donation Camp – 6th January 2023

Guests–Swami Budhirupananda Maharaj, Vice-Principal, Ramkrishna Mission Vidyalaya viveknagar, Agartala.

Dr. Chitrajit Bhowmik, Associate Professor, Tripura State NSS officer, Dte. Of Youth Affairs & Sports.

15. Cloth Distribution at Mental Asylum - 9th January 2023
16. Language Lab Opening – 15th February 2023
17. Two days workshop on Health & Wellness Programme-9th & 10th February 2023
18. International Mother Language Day-21st February 2023.
19. Demonstration on Preparation of Vermi Compost – 24th February 2023
20. Workshop on Inclusive Education – 27th February 2023

Expert- Mr. Saikat Das, Assistant Professor (Special Education), CRC, Tripura, Narsingarh, Agartala.

21. Women's Day Celebration, Competition on Debate, Quiz, Group song, Solo Dance, Recitation, Art, Yoga-15th & 16th March 2023
22. Essay Writing competition on 'Tribal Freedom Fighters'-21st March 2023

23. 'Workshop On Career Counseling' Organized by IQAC & A Joint venture with ICFAI University Tripura-27th March 2023.

24. Basanta Utsav-30st March 2023.

25. Inauguration of 'Language Lab'-31st March 2023.

26. Campus Bazar & Alumni Meet:-Organized by IQAC & Alumni-26th April 2023.

27. Quiz competition on 'Famous Rivers, Oceans and other water bodies of India'-28th April 2023

28. Awareness Campaign On 'Vocal for Local'-12th may 2023.

29. Rabindra jayanti Celebration & Farewell Programme of Bed 4th sem-13th May 2023.

30. Webinar on 'Nipun Bharat'-13th June 2023.

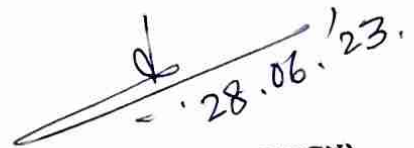
Expert-Dr Savita Mishra

Principal, Vidyasagar College of Education,

Phansidewa, Darjeeling, West Bengal

31. Webinar on Artificial Intelligence in Education-14th June 2023

32. One day Book Fair- 23rd June 2023.

 28.06.23.

(DR. RAJAT DEY)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015

Photos of Different Activities

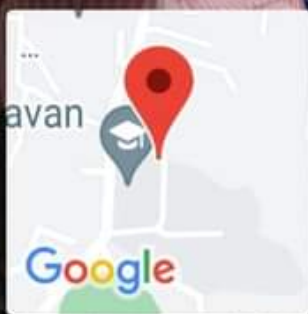




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Singarbil, Tripura, India
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793009, India
Lat: 23.90 | Long: 91.35
05/08/2022 11:56 am, IST
Fri, 5 Aug

Shovan
Singarbil
Play Ground





Singarbil, Tripura, India

W63X+VPF, Narsingarh, Singarbil, Tripura 799009, India

Lat 23.90442°

Long 91.249281°

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GPS Map Camera





Singarbil, Tripura, India

W63X+VPF, Narsingarh, Singarbil, Tripura 799009, India

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Singarbil, Tripura, India

Unnamed Road, Narsingarh, Agartala, Tripura 799009, India

Lat 23.908706°

Long 91.251484°

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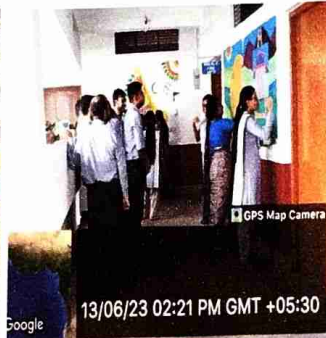
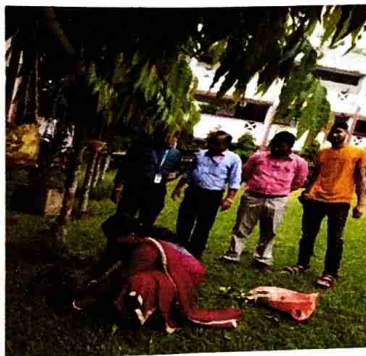
Beautification Committee


Teacher in-charge—Mr. Debasish Roy Bhowmik, Dr. Suprasad Lodh, Mrs. Runa Guha, Dr. Mridul Chakraborty

Non-Teaching Staff—Bimal Chandra Das, Dipak Debnath, Pradip Dey

Activities—

- Taking necessary steps for beautification of the college campus
- Taking initiative for cleaning the campus
- Preparing budget for beautification of college campus and taking necessary steps for its approval
- Enhancing the quality of life in the college campus
- Maintaining the beauty of the college.




(Dr. Rajaraj Dey)
Principal
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Narsingarh, Agartala-799015

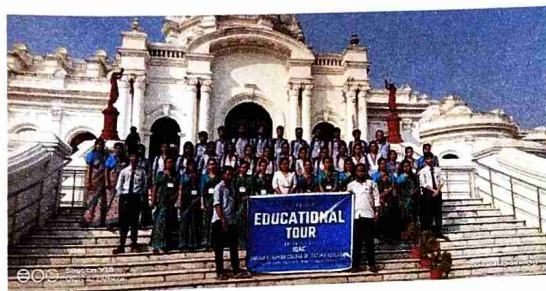
Study Tour Committee

Teacher in Charge—Mr. Susanta Sarkar, Mr. Chandan Maji, Mr. Debasish Roy Bhowmik, Ms. Tama Debnath

Members of Students—Tanishq Basak, Banti Rudra Paul

Activities—

- Developing the spirit of observation of different life styles and cultures of people living in areas of the country.
- Inculcating the significance of relation between human life and nature in different forms
- Organizing tours, field trips and field visits at different departments
- Seeking necessary permissions for tour/ field visits.
- Maintaining safety and security of students at the time of tour/trips etc.
- Maintaining the necessary records and prepare the report of tour.



[Signature]
18/01/23
(Dr. Rajat Dey)
Principal
Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-795012

Games & Sports Committee

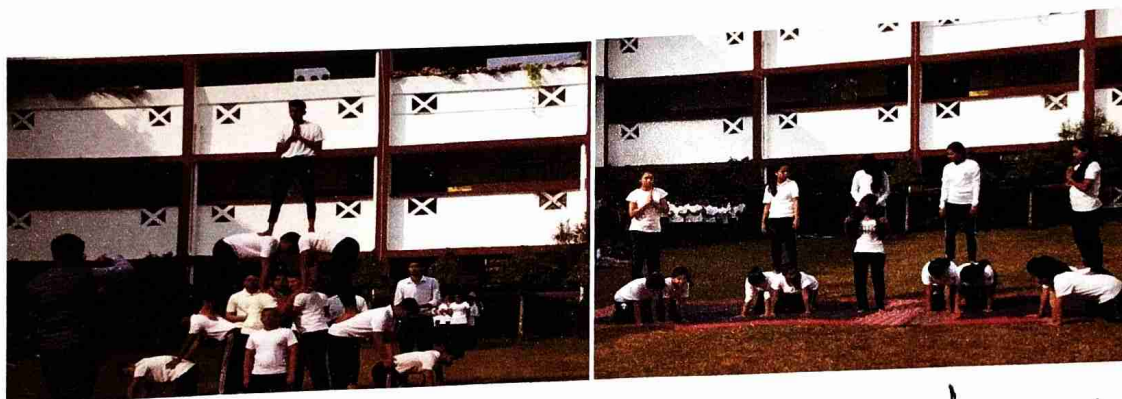
Teachers in Charge---

Dr. Sandip Saha, Mr. Debasish Roy Bhowmik, Mrs. Madhurima Choudhury, Mr. Susanta Sarkar

Members of Student—Papiya Das, Subhranil Chakraborty, Jhuma Debnath, Diptanu Deb

Activities –

- Planning and scheduling games and sports events for the academic year.
- Preparing budget for games and sports and take necessary steps for its approval.
- Practicing all games and sports
- Organizing annual sports
- Preparing the practice sessions for all games
- Encouraging the students for indoor and outdoor games
- Purchasing the sports' item according to requirement.



[Handwritten signature]
- 17/02/23

(Dr. Rajat Dey)
Principal

Bhavan's Tripura College of
Teacher Education
Narsingarh, Agartala-799015

Magazine Committee

Teachers in Charge—Dr. Mridul Chakraborty, Mr. Chandan Maji, Mrs. Sanchita Mazumder, Mr. Debasish Roy Bhowmik

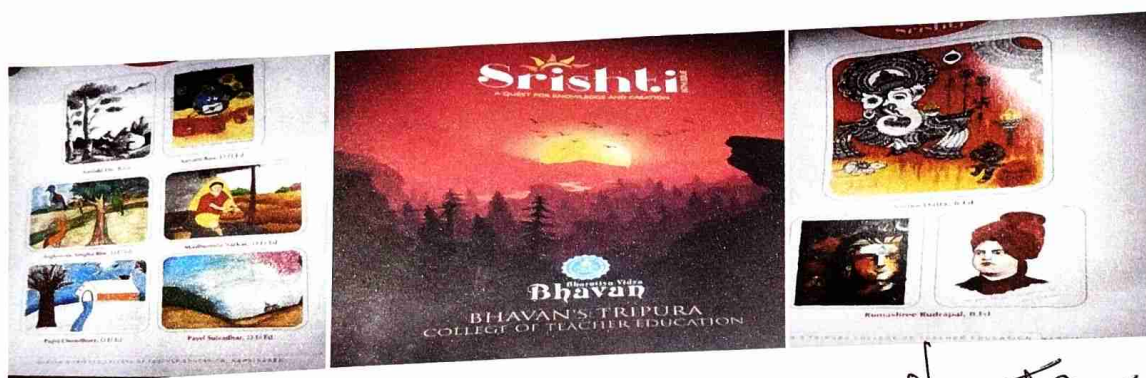
Students Members— Sikriti Paul, Raktim Sen

Objectives--

- To provide a platform for students or teachers to express themselves through various forms of writing like current topics, creative writing, articles etc.
- To encourage freedom of expression
- To provide a medium for exchange of thought and information.

Activities—

- Inviting the students by putting a notice for the publication of magazine
- Fix a date for the submission of articles, drawing or any kind of creative writing
- Selection and short listing of the article, drawings etc.
- Collecting and editing the submitted articles and others by the student staffs and the concerned faculty members.
- Finalizing the materials for publication.



[Signature]
22/03/23

(DR. RAJAT DEY)
Principal
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Narsingarh, Agartala-799015

Performing Art Committee

Teacher in-charge—

Chairperson- Dr. Rajat Dey, Principal

Convener- Ms. Tama Debnath, Asst. Prof

Joint Convener— Dr. Mridul Chakraborty, Asst. Prof.

Members-

1. Mr. Debasish Roy Bhowmik, Asst. Prof.
2. Mrs. Sarmistha Singha, Asst. Prof.

Members of students—

1. Mr. Debjit Debnath, Trainee
2. Ms. Shreya Roy, Trainee

Activities---

- The cultural committee is responsible for all cultural programme of the college.
- The committee prepares budget for all cultural events and takes necessary steps for this
- The committee plans and schedules cultural events for the academic year

Cultural Programme Organized-

- Induction Programme—5th August,2022
- Independence Day—15th August,2022
- Teachers' Day Celebration—5th September,2022
- Agamani Programme—28th September,2022
- Gandhi Jayanti (online)—2nd October,2022
- National Youth Day—12th January,2023
- Republic Day—26th January,2023
- Matribhasha Dibosh—21st February,2023
- Women's Day(Week)—15/03/23—17/03/23
- Basanta Utsav—31st March,2023
- Rabindra Jayanti and Farewell Programme—12th May,2023



23.06.23
(Dr. Rajat Dey)
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