



Bhilai Mahila Mahavidyalaya

Affiliated to Hemchand Yadav Vishwavidyalaya, Durg

Education Department

Value Added Certificate Course on BASIC COMPUTER KNOWLEDGE

From 02-4-2024 to 16-04-2024

Convener

Dr. Mohana Sushant Pandit
HOD Education Department

Patron

Dr. Sandhya Madan Mohan
Principal, BMM, BHILAI

Coordinator

Mrs Kakoli Singha, , Mrs Shweta Puri,

Mentor

Dr. Hemlata Sidar, Mrs Bhavana,
Mrs Naazneen Baig, Mrs Asha Sahu,
Mrs Satyam Mishra

Permitted /
KSM
27/3/20

To,
The Principal
Bhilai Mahila Mahavidyalaya
Hospital Sector, Bhilai

Subject: - Permission letter to organize Value Added Course Basics Computer Knowledge.

Respected Madam,

We would like to inform you that Deptt of Education is going to organize Value Added Course "Basics Computer Knowledge" for B.Ed. Student.

Kindly permit us for the same and oblige

Thanking You

Dr. Mohana Sushant Pandit
HOD (Deptt. of Edu)

Meil
27/03/20

KSM
Principal
Bhilai Mahila Mahavidyalaya
Hospital Sector, Bhilai, Durg (C.G.)



BHILAI MAHILA MAHAVIDYALAYA, BHILAI

DEPARTMENT OF EDUCATION

NOTICE

Basic Course of Computer

27-3-2024

ALL B.Ed. STUDENT OF BHILAI MAHILA MAHAVIDYALAYA ARE HERE BY INFORMED THAT THE STARTED "VALUE ADDED CERTIFICATE COURSE ON 'BASICS COMPUTER KNOWLEDGE' ARE STARTED ON 01-04-2024

SO, INTRESTED STUDENT SHOULD REGISTRATED THEIR NAME.

THANK YOU

Mohana
27/03/24
Dr Mohana Sushant Pandit
HOD, Deptt.of Education

Sandhya
27/3/2024
Dr. Sandhya Madan Mohan
Principal
Bhilai Mahila Mahavidyalaya, Bhilai
Sandhya
Principal
Bhilai Mahila Mahavidyalaya
Hospital Sector, Bhilai, Durg (C.G.)



Introduction

Ø This computer class will get you started with all of the components you'll need to know to gain confidence in running several functions on your computer. Whether you're updating your technical or operational knowledge, this computer class will help you update modern computing to get you on track with your system!

Ø In this course you will know what operating system you're running will help you to determine how to open and use the programs you're seeking such as email, internet searches, Word and more!

Ø In this course you also know how to manage multiple windows: If you're new to computing, or new to the system you're working on, working on several things at once can seem overwhelming! Learn how to toggle between several different tasks on your computer with ease so that you can get to the most important task at hand in your career.

Syllabus

Days	Contents	Time
1 st Day	Introduction on Computer System	2.00hr
2 nd Day	Computer Component	2.00hr
3 rd Day	Shortcuts on Keyboards	2.00hr
4 th Day	Advance Feature of a Word Processor	2.00hr
5 th Day	Table Management	2.00hr
6 th Day	Introduction on Data Representation	2.00hr
7 th Day	Storage Devices	2.00hr
8 th Day	Internet Service	2.00hr
9 th Day	Multimedia/Practical Session	2.00hr
10 th Day	Advance Feature of an Excel	2.00hr
11 th Day	Introduction on software/Submission of Assignment	2.00hr
12 th Day	Type of Software/ Practical Session	2.00hr
13 th Day	Algorithmic	2.00hr
14 th Day	Presentation	2.00hr
15 th Day	Exam on Objective Type	2.00hr



BHILAI MAHILA MAHAVIDYALAYA

HOSPITAL SECTOR, BHILAI NAGAR (C.G.) 490 009

(Managed by Bhilai Education Trust)

(Affiliated to Hemchand Yadav Vishwavidyalaya, Durg)

Recognized Under Section 2(f) and 12(B) of the UGC Act 1956

NAAC Accredited with B Grade

Ph. : 0788-2242699

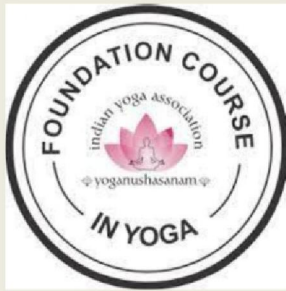
0788-2242078

website : www.bmmbhilai.com

Email : bmmprinci19@gmail.com

bmahila@rediffmail.com

Unique id :IYA/CCY/CYA/025



Indian Yoga Association



Certificate Course

Foundation Course of Yoga Organized By Bhilai Mahila Mahavidyalaya for B.Ed Student Through Indian Yoga Association

Dr. Mohana Sushant Pandit
HOD(Deptt. Of Edu.)

Shailendra Vishi,
President
Chhattisgarh Yog Association

Dr. Sandhya Madan Mohan
Principal, BMM, BHILAI



Foundation Course of Yoga

(FCY)
Syllabus

1. **Name Of The Certification :** Foundation Course Of Yoga (Fcy)
2. **Eligibility Criteria :**
 - (A) Open For All Candidates There Is No Eligibility Criteria.
 - (B) For Admission In The Course It Is Suggested That Candidate Should Have Passed 10th Standard Or Equivalent.
3. **Minimum Age :** There Is No Age Limit.
4. **Course Duration :** Not Less Than 50 Hrs. Or Not Less Than 1 Month As Full Time Course.
5. **Mark Distribution :**
Total Marks : 200 (Theory - 60 + Practical - 140)

Theory :

S. No.	Unit Name	Marks
1.	Introduction To Yoga And Yoga Practices	20
2.	Introduction To Yoga Texts	20
3.	Yoga For Health Promotion	20
	Total	60

Practical :

S. No.	Unit Name	Marks
1.	Demonstration Skill	60
2.	Knowledge And Teaching Skill	30
3.	Assignment	30
4.	Field Experience	20
	Total	140

Total Marks : 200 (Theory - 60 + Practical - 140)



UNIT -1 : Introduction Of Yoga & Yogic Practices

- Yoga - Defination, Objectives.
- Yoga - Its Origin, History & Developments.
- Introduction To Veda's And Its Components.
- Darshanas, Name Of Darsanas (Aastika&nastika) And Their Originators.
- Stress Management, With Special Reference To School & College Students.
- Salient Features Of Indian Vedic Culture & Sanatan Dharm.
- Study Of India's Pioneer Saints Maharishi Dayanand Saraswati, Maharishi Aurobindo,
- Maharishi Raman, Swami Vivekananda And Modern Saints.

UNIT -2 : Introduction To Yoga Texts

- Basics Of Patanjali Yoga Sutra.
- Basics Of Bhagavad Gita.
- Basics Of Upnishads.
- Introduction Of Hathyogpradipika.
- Basics Of Gheranda Samhita.

UNIT -3 : Yoga For Health Promotion

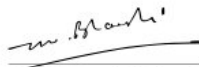
- Brief Introduction To Human Body.
- Ayurvedic Diet And Nutrition For Healthy Lifestyle.
- Importance Of Nidra And Bramhcharya In Well Being .
- Health Brief Of Suryanamaskar, Shatkarma, Asana, Pranayam And Importance Of Yoga In Family With Special Reference Of Modern Era.

UNIT -4 : Practical

1. Prayer - Concept Of Pranav Om Chanting, Mahamrityumanjay Mantra, Universal Prayers.
2. Yogic Sukshmavyayama
 - (a) Nack Movement
 - (b) Shoulder Movement
 - (c) Trunk Movement
 - (d) Knee Movement
 - (e) Ankle Movement



3. **Suddhikriya :**
 - (a) Jalaneti
 - (b) Trataka
 - (c) Trataka
4. **Suryanamaskar, Traditional Suryanamaskar And Mantra's.**
5. **Four Meditative Asanas :**
 - (a) Padmasana
 - (b) Svastikasana
 - (c) Vajrasana
 - (d) Veerasana
6. **Five Standing Asanas :**
 - (a) Tadasana
 - (b) Ekpadasana
 - (c) Vrikshasana
 - (d) Utkatasana
 - (e) Trikonasana
7. **Four Kneeling Asanas :**
 - (a) Ushtrasana
 - (b) Marjarasana
 - (c) Vyahgrasana
 - (d) Shashankhasana
8. **Five Sitting Asanas :**
 - (a) Bhadrasana
 - (b) Simhasana
 - (c) Vakrasana
 - (d) Parvatasana
 - (e) Paschimottanasana
9. **Four Prone Asanas :**
 - (a) Bhujangasana
 - (b) Shalabhasana
 - (c) Dhanurasana
 - (d) Naukasana
10. **Five Supine Asanas :**
 - (a) Pavanmuktasana
 - (b) Setubandhasana
 - (c) Matsyasana
 - (d) Uthitapadhasana
 - (e) Shavasana
11. **Sarvangasana :**
12. **Pranayama :**
 - (a) Basic Yogic Breathing Practice
 - (b) 1.Bhastrika
2.Kapalbhati
3.Anulom - Vilom
4.Ujjaiyi
5.Bhramari
6.Uddgithh
13. **Om Meditation :**
14. **Shanti Mantra :**


Goswami Jayant Vishnu Bharti
State In-Charge - Patanjali Yuva Bharat
Secretary - Chhattisgarh Yog Association



Contact : 93004-44743, 97520-94804

 Gaushala Parisar, Beside Maharashtra Mangal Bhawan, Jevra-sirsa Road, Arya Nagar, Kohka, Bhilai

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CHHATTISGARH YOG ASSOCIATION

☎ 93004-44743 | 70006-31938 ✉ chhattisgarhyogassociation@gmail.com

Ref. No. - FCY/2024/-----

Date - 18/07/2024-----

Student List Selected Candidate For Foundation Course Of Yog (FCY)

Sr. No.	Name	Fathers/husband Name	District
1	Reshma Sarkar	Manoranjan Sarkar	Kanker
2	Aakriti Verma	Ashok Verma	Durg
3	Poonam Mandale	Nandkumar Mandale	Balod
4	Namrata Chaturvedi	Virendra Chaturvedi	Durg
5	Karuna Thakur	Om Prakash Thakur	Durg
6	Pushpanjali	Gopeshwar	Balod
7	Sana Parveen Qureshi	Qayyum Mohammad Qureshi	Khairagarh
8	Deepali Dhurve	Late Naresh Kumar Dhurve	Khairagarh
9	Neha Chelak	Girdhar Lal Chelak	Durg
10	Monika Sahu	Late Sundar Lal Sahu	Durg
11	Rashmi Dewangan	Harish Kumar Dewangan	Durg
12	Anjani Kumari	Ashok Kumar Sharma	Durg
13	Gunja Thakur	Jairam Thakur	Durg
14	Pragati Mohbe	Devendra Kumar Mohbe	Durg
15	Ameesha Sharma	Late Ravindra Kumar Sharma	Durg
16	Vaishali Taram	Heera Ram	Balod
17	Ragini Taram	Heera Ram Taram	Balod
18	Jyoti Uike	Birjhu Ram	Kanker
19	Shweta Nishad	Late Shatrughan Nishad	Durg
20	Kumudni Yadav	Santosh Yadav	Balod
21	Dharana	Ajay Kumar	Dhamtari
22	Deepika	Mohan Lal	Durg
23	Purnima	Rajkumar	Kabirdham
24	Mamta Sahu	Ankalu Ram Sahu	Rajnandgaon
25	Saumyata Netam	N. R.Netam	Kanker
26	Ritika Taram	Pancham Ram Taram	Kanker
27	Sheetal	Durga Prasad	Dhamtari
28	Arunima Sahu	Rajneesh Sahu	Durg
29	Sana Qureshi	Ishaq Qureshi	Bilaspur
30	Damini	Nem Singh	Durg
31	Rampyari	Likhanlal	Balod
32	Jyotima Banjare	Jagmohan Lal	Durg
33	Priyanka Banjare	Mohan Das Banjare	Durg
34	Sandhya Banjare	Shersingh Banjare	Mungeli
35	Deepshikha	Manmohan Sharma	Balod
36	Rupali Dewangan	Khilendra Kumar Dewangan	Durg
37	Monika	Ashok Kumar	Bemetra
38	Sunita	Bangali	Durg
39	Durgeshwari	Devkumar Thakur	Ambagarh
40	Prabha Kumari Saav	Sudhir Saav	Durg
41	Princi Prajapati	Tirathraj Prajapati	Durg

Shailendra Vishi
President
Chhattisgarh Yog Association



CHHATTISGARH YOG ASSOCIATION

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Ref. No. - FCY/2024/-----

Date - 18/07/2024-----

Student List Selected Candidate For Foundation Course Of Yog (FCY)

Sr. No.	Name	Fathers/husband Name	District
42	Shrishti Chandrakar	Chandrakishore Chandrakar	Durg
43	Kala Pali	Kanwal Ram Pali	Kabirdham
44	Sakshi Singh	Krishna Kumar Singh	Kanker
45	Priti Tai Nandeshwar	Shreekant Ambade	Durg
46	Vandana Gajendra	R. S. Gajendra	Balod
47	Kanchan Thakur	Bhagwat Ram Thakur	Durg
48	Shivangi Thakur	Tribhuvan Thakur	Durg
49	Nazima	Jagarnath Ram	Jashpur
50	Safia Noori	Zahid Hussain	Durg
51	Tripti Sahu	Suraj Gopal Sahu	Balod
52	Pooja Kujur	Ajay Kujur	Jashpur
53	Manisha	Dinesh Prasad Shah	Durg
54	Reena Podoti	Narayan Singh Padoti	Balod
55	Renuka	Kushal Ram	Durg
56	A. Kumari	Late A. Mohan Rao	Durg
57	Shweta Banjare	Murali Banjare	Durg
58	Kavita Verma	Madhav Verma	Durg
59	Sushila Manhar	Phuleshwar Manhar	Durg
60	Divya Mandavi	Shyam Lal Mandavi	Balod
61	Renuka	Late Netram Rawat	Durg
62	Manisha	Kheluram	Durg
63	Sunita Manikpuri	Sukrit Das Manikpuri	Ambagarh
64	Manju Mandavi	Ramadhin Mandavi	Dhamtari
65	Neetushree. S. Nair	P. Sethukumar	Durg
66	Ambalika	Ashwini	Durg
67	Sudha	Mohit Ram	Durg
68	Sanjana Solomon	Late Shashikant Solomon	Durg
69	Chanchal	Mukesh Kumar	Durg
70	Pooja Chandrakar	Omkar Chandrakar	Durg
71	Bhanupriya Bhandari	Ramkaran Bhandari	Durg
72	Anupama Sonwani	Vijay Sonwani	Durg
73	Sarvapreet Kaur Bhatia	Surendar Bhatiya	Rajnandgoan
74	Shweta	Ram Avadh Singh	Durg
75	Priyanka Bagmariya	Hardev Bagmariya	Kanker
76	Vanshika Govardhan	Rahul Kumar Govardhan	Durg
77	Shradha Tiwari	Pravin Kumar Tiwari	Durg
78	Mukta Arya	Shyam Kumar Arya	Durg
79	Shubhangi Verma	Shivkumar Verma	Durg
80	Anju Singh	Harendra Kumar	Balod

Shailendra Vishi
President
Chhattisgarh Yog Association



Bhilai Mahila Mahavidyalaya

Affiliated to Hemchand Yadav Vishwavidyalaya, Durg

INAUGURATION

06-12-2023 Wednesday

Education Department

Organized

15 DAYS SKILL DEVELOPMENT WORKSHOP

(From 06-12-2023 to 20-12-2023)

Venue-Education Department

Time -12pm

CONVENER

Dr.Mohana Sushant Pandit
HOD(Deptt. Of Edu.)

PATRON

Dr. Sandhya Madan Mohan
Principal, BMM,BHILAI

BREAKING भिलाई महिला महाविद्यालय में शिक्षा <



भिलाई-दुर्ग विद्या

भिलाई महिला महाविद्यालय के शिक्षा विभाग में "राष्ट्रीय शिक्षा नीति 2020" की मंशानुरूप "कला संगम" वर्कशॉप का हुआ आयोजन

उद्घाटन अवसर पर आयोजित कार्यक्रम का शुभारंभ भिलाई महिला महाविद्यालय की प्राचार्या डॉ.संध्या मदन मोहन व शिक्षा विभाग की विभागाध्यक्ष डॉ मोहना सुशांत पंडित द्वारा दीप प्रज्वलित कर किया गया। इस अवसर पर महाविद्यालय की प्राचार्या डॉ संध्या मदन मोहन ने अपने सम्बोधन में कहा कि इस प्रकार के वर्कशॉप के आयोजन से हमें आपस में मिल-जुल कर सहयोगात्मक भावना से कार्य करने की प्रेरणा जागृत होती है, जिससे हमारे व्यक्तित्व का सर्वांगीण विकास होता है। शिक्षा विभाग की विभागाध्यक्ष ने अपने उद्बोधन में कहा कि "कला संगम" कार्यक्रम की इस 15-दिवसीय कार्यशाला में विभिन्न कलाओं का एक अनोखा संगम होगा।

आयोजित 15-दिवसीय कार्यशाला के दौरान पिडिलाइट कंपनी की आर्ट ट्रेनर विनीता गुप्ता, सुरेखा यादव एवं मीमांशु चंद्राकर द्वारा छात्राओं को डोकरा आर्ट, ग्लास पेंटिंग, फ़ैब्रिक पेंटिंग, टाई एण्ड डाई का प्रशिक्षण प्रदान किया गया। शिक्षा विभाग की विभागाध्यक्ष डॉ. मोहना सुशांत पंडित द्वारा छात्राओं को रंगोली प्रशिक्षण प्रदान करते हुए इसकी बायीकियां

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भिलाई। भिलाई एजुकेशन ट्रस्ट द्वारा संचालित भिलाई महिला महाविद्यालय के शिक्षा विभाग में एनईपी 2020 में उल्लेखित स्किल डेवलपमेंट के उद्देश्यनुरूप महाविद्यालय के बीएड कोर्स की छात्राओं के लिये 15-दिवसीय "कला संगम" वर्कशॉप का आयोजन किया गया।



10:24

15 DAYS WORK - SHOP

Sl. No.	Name of Student	Class	Feedback
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Bhilai Mahila Mahavidyalaya, Bhilai
Department of Education
Notice

Fifteen Days Skill Development Workshop
On **Kala Sangam** According to NEP
(2023-2024)

Department of education will be organizing 15 days skill development workshop Kala Sangam according to NEP 2020 from 6/12/23-20/12/23

ALL students should attend this Workshop.

Thank You

Mou
05/12/23

Dr Mohana Sushant Pandit
HOD, Deptt. Of Education

Son
5/12/23

Dr. Sandhya Madan Mohan
Principal

To,
The Principal
Bhilai Mahila Mahavidyalaya
Hospital Sector, Bhilai

Permitted!
Son
5/12/23

Subject: - **Permission letter to organize Fifteen Days Skill Development Workshop**

Respected Madam,

We would like to inform you that the department of education will be conducting 15 days skill development workshop according to NEP 2020 for B.Ed student from 6 /12/ 23 to 20 /12/23

Kindly permit us for the same and oblige

Thanking You

Mou
05/12/23

Dr. Mohana Sushant Pandit
HOD (Deptt. of Education)