



Case Studies





Himanshu Shekhar

English/ Hindi poetry

Teaching experience	10 years
Students' age(s)	13-19 years
Formal training obtained	BEd, MEd, MPhil in English, Post Graduate Diploma in translation

Himanshu has been involved in a range of BLISS activities including participating in group B training, being observed, delivering training himself and attending IATEFL in the UK. His motivation to take part in the BLISS training was for improving job satisfaction and his desire to communicate with his students in a better way. Himanshu has taught in two different schools; five years at a private school and five years at his current school in Mushari in the district of Muzaffarpur. It has 25 teachers and 1500 students in total. There are between 40 and 100 students in each of his classes. Since the training, Himanshu has tried to make his classes learner-centred – reducing his ‘talk time’ but increasing that of his students.

In terms of the training, Himanshu said that he was aware of some of the content beforehand but not how to implement it in the classroom. About 70-80% was said to be relevant to his job role. After the training, his score on Aptis went up a level on CEFR from B1 to B2. Having tried almost everything he learnt from the training, he said his teaching was very different now – it was teacher-centred before but now it is learner-centred. “Before that, I was a traditional teacher who used to teach anyhow. I wrote ‘noun’ on the board and asked students to write it down and memorise it,” he says, “but now I ask them to look around inside and outside the classroom for one minute and ask them to close their eyes and tell me what they have seen. I write down these words on the board. When they open their eyes, I tell them these words are ‘nouns’.” Students are enthusiastic and more interested in the class because of the change. One of his students said that now Himanshu “teaches the lesson like a game. He is friendlier.” His head teacher also believes the BLISS training was useful and interesting and that Himanshu is inspiring his students. The Head wants the training for all subjects. He says that some of Himanshu’s colleagues have also been inspired. Himanshu has recommended and will recommend others to the BLISS training, telling them they will find a positive change afterwards.

Himanshu also took part in the pilot to train other teachers because he wanted more students to receive from their teachers the same thing as he was able to provide. The pilot was carried out in BB Collegiate School in Muzaffarpur and 45 teachers were trained in his group. Himanshu shared with the teachers the ideas of pairing, grouping, games and how to give useful instructions. He also gave practical examples from his own experience of implementing the new techniques to help them understand. Four of his trainees said “he was a good motivator and convincing”. If he was given the chance to train again, he said, he would elicit more from teachers’ own experience and after every session ask them to think about how they would apply and adapt what they’d learnt to their own contexts. According to Himanshu, the pilot was well-organised by the DPO, and, everything required was available to him.



Regarding the improvement of the school generally, Himanshu thought they needed more audio visual aids, and books for the library that were more related to students' lives. In the future, inspired by his participation in BLISS, Himanshu will spend more time doing action research in his class to get all problems solved. Of his own volition, he has also observed one of his trainees. She said she found the observations very useful and that he helped her improve her methods. He would like to observe more teachers in the future not only to consolidate their learning, but also as feedback on his own training.

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The training gave us techniques to teach English in an easy way. Now we have the confidence we can do something ... even with a lack of resources.

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Nand Kishore

English/ Geography

Teaching experience	22 years
Student age(s)	12-15 years
Formal training obtained	BEd

Nand Kishore is taking part in BLISS for a brighter future and career and as access to a world outside Bihar. He has 22 years of experience working in three different schools. Currently he is based in RSS High School, Bishnupur in the district of Muzaffapur, and is acting head as the previous head teacher has just retired. The school has 500 students and 5 teachers, and each of his classes has around 75-100 students.

The content of the Group B BLISS training was 100% new to Nand Kishore, though he said some recent BEd graduates were familiar with some of the topics. After the training, his score on Aptis went up a level on CEFR from A2 to B1. Nand Kishore has applied all the methods learnt and about 80% were relevant to his classes. He is the first to establish an English Club in his school. He's also used warmers and adopted a more child-centred approach to his teaching. Now, he divides the class into groups, makes students responsible for their own learning and has taken on the role of 'monitor'. All the changes have been successful. His students are interested in the new approaches and parents have also praised the results of the training. His head teacher gave him support from the beginning. In return, after each phase of the training, he shared the new ideas he learnt with both the Head and other teachers. When asked by colleagues for his advice on whether to participate in BLISS, he told them to attend if they had noticed positive changes in him; all of them went for training!

Nand Kishore says real improvement in teaching would happen if English were made a compulsory subject. Regarding his own future, he plans to take some further training to enrich his personality and his skills to deliver lessons and help students solve problems. He also expects to train other teachers on what he has learnt from BLISS.

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BLISS is the simplest way to have a brighter future and career.

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Yatindra Kumar | **English**

Teaching experience 28 years

Student age(s) 14-17 years

Formal training obtained BEd

Yatindra is participating in BLISS as he wants to encourage access to and use of English in his community. Besides attending training in group B, he also attended the Teacher Education conference in Hyderabad as part of the BLISS programme. He has 28 years and 7 months' experience as an English teacher, and will shortly be appointed as a head teacher. Currently he is working in a high school in Murho in the district of Medhepur with 10 teachers and 1200 students, and his class size varies from around 60-70 students to over a hundred. Yatindra feels he has become a real English teacher after the training, and would like to develop a BLISS programme in his own town.

From the training, Yatindra has learnt how to make students interested in learning, and many other new techniques including how to use pair and group work, warmers, and encouraging learning through play. He believes all the other TEs also found the training content new, and are trying to utilise what they've learnt. His head teacher also supported him in the training, saying it was 'luck' for their school that Yatindra had been selected. The head was also interested in what Yatindra had learnt and thought the training was beneficial for students, especially in terms of creating an environment for English.

Having applied the new methods learnt from the training, Yatindra can see a change in his students. They are now eager to speak: they can greet him and say a few words and sentences. Parents have also seen changes in their children and they are now eager to ensure they attend English classes. To make the results even better, Yatindra thinks the size of the classes should be reduced and the classrooms made more spacious. In this way, it would be easier to implement the new techniques.

On attending the Hyderabad conference, Yatindra says, "it made the whole world into one platform... we got the opportunity to talk face to face... to make friends and exchange stories." He now plans to establish an English club with around 100 members in 15 days. He would like to create an English environment for intellectual pursuits. He says, "it is the gift from my BLISS training."

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Nice training – after that, I am a real English teacher now.

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**Amarnath****English**

Teaching experience	7 years
Student age(s)	14-16 years
Formal training obtained	BEd and MA in English, almost completed a PhD

Amarnath attended the Group B training because he thinks that English is necessary for students “to cope with the world” and because he feels that if he improves himself, his students will certainly improve. He has been teaching for 7 years in a school located in the centre of Bhagalpur. The school accommodates 26 teachers and 400 students. Though normally the class size is around 60 students, there are 20-25 students in his English classes.

Amarnath thinks learning is a process. Though much of the content of the training was familiar, the way it was delivered was new and he appreciated the opportunity to discuss the content. He says that the BLISS training has helped him to make it easier for his students to understand the textbook. He now tries to get them involved and make texts relevant to their own lives, using pictures and mime to teach vocabulary. Before the training, he gave lessons in the form of lectures, now he encourages his students to speak, starting with short sentences which they are familiar with. His head teacher is also supportive of his participation in BLISS and encourages him to implement what he has learnt. “I must improve myself and help students speak English clearly and accurately, helping them to prepare themselves for life in an international world”, says Amarnath. After the training, he persuaded two of his juniors to get trained in cohort C, telling them “to go and feel and enjoy”.

In the future, Amarnath plans to complete his PhD and do an ELT course. He also expects to train other teachers. He participated in the pilot to train other teachers in February 2014 in Bhagalpur as an observer. From observing, he saw that teachers were all eager to learn and asked for more opportunities in the future. “Everything is in the hands of the teacher...” he says having participated in the Hornby School in Nepal¹, part of the BLISS package of interventions in CPD, “... he can do the best in any environment and any situation.”

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The BLISS training was very interesting. We play and learn, and it was also very enlightening for my students.

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¹ The school was on “Teaching with minimal resources”.