# B.S.S B.Ed. Training College

NAAC Accredited B++ Grade with CGPA 2.85
Alathur, Palakkad-678541, Kerala.
Ph:04922-224415, e-mail: bssaltr@gmail.com





Awakening inner splendor



18th October 2023



PRINCAPAL.

8. S. B. Ed. Training College

Alathur (PO), Palakkad-Du

Kerala - 678 541.



# BSS B Ed TRAINING COLLEGE ALATHUR PALAKKAD

(NAAC ACCREDITED B++ GRADE WITH 2.85 CGPA)

#### **IQUE SESSION ON**

# **AWAKENING THE INNER SPLENDOR**

ORGANISED BY IQAC



TH OCTOBER, 2023 DNESDAY, 9.00AM

WISDOM HALL

MR. SAJU SWAMINATHAN
LIFE COACH & MOTIVATIONAL SPEAKER

लोकाः समस्ताः सुखिनो भवन्तु



#### BRAHMANANDA SWAMI SIVAYOGI B.Ed TRAINING COLLEGE

Recognised by NCTE & Affiliated to the University of Calicut NAAC Accredited B++ Grade with 2.85 CGPA (1st Cycle)

Date:	

Report on "Awakening the Inner Splendor".

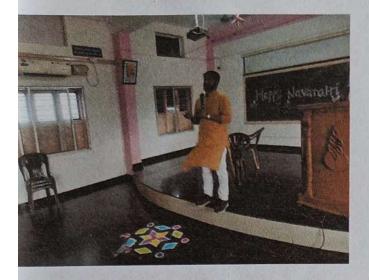
'It is not in the stars to hold our destiny, in ourselves".

#### William Shakespeare

Life is the existence of an individual human being or animal. On 18th October 2023, BSS B.Ed Training college conducted a lively session "Awakening the Inner Splendor" organized by IQAC. The host Mr.Saju Swaminathan, life coach and motivational speaker, was welcomed by Dr. K S Balambika, the principal, BSS B.Ed Training College Alathur. The session began with the prayer.

The session began with a wonderful start. As a source of inspiration and motivation, the presenter himself provided pupils with uplifting tales from his own life. He talked on changing one's mindset towards goals by adopting other perspectives on life, such as appreciating minor victories, respecting oneself, and practicing thankfulness, among other things. He talked about the value of having objectives in life because they foster optimism and show that making positive adjustments can lead to a successful and happier life. He imparted to us the wisdom to put our hundred percent into all we do, no matter how big or small. He split us up into groups and got us involved in activities that actually forced us to consider and respond appropriately. Overall the session gave us an insight into the deepest of our thoughts and made us ready to be ourselves, with full enthusiasm and optimism.

#### Photo gallery















PHINTING Colleges

Alathur (FO) Falakkad-Dij

Kerala-678 541.

BSS B.Ed. Training College

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(Recognized by NCTE and affiliated to the University of Calicut)

Alathur, Palakkad- 678541 Kerala

Students List - Batch 2022-2024

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### BSS B.Ed. Training College

NAAC Accredited B++ Grade with CGPA of 2.85 (Recognized by NCTE and affiliated to the University of Calicut) Alathur, Palakkad- 678541 Kerala

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#### BSS B.Ed. TRAINING COLLEGE

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(Recognized by NCTE Recognition No: FKL/SEC/M/136/SRO/NCTE/2004-2005/757 Affiliated to Calicut University No. G. A. I./D4/1929/05 dt.CU 23.06.2006)

**ALATHUR, PALAKKAD-678541** 

Ph:04922-224415, e-mail: <u>bssaltr@gmail.com</u>, website: www.<u>bsstcaltr.com</u>

Special Talk on

Catering to the needs of School Students



August 2023



PRINCIPAL,

B. S. B. Ed., Training College
Aletaur (PO), Palakkad-Bu
Kerala - 678 541.

# BSS B.Ed. Training College

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Special Talk on

Catering the needs of School Students

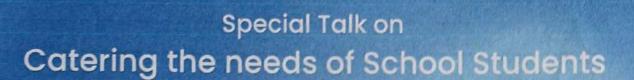


MR. PRAKASH PAUL C

STUDENT COUNSELLOR
BSS B.ED. TRAINING COLLEGE, ALATHUR

- DATE: 09.08.2023
- VENUE: WISDOM HALL
- TIME: 10:00 AM

All are welcome



On 9th August 2023, Mr. Prakash Paul C conducted an insightful session as part of a Sensitization rogramme on Teaching Internship for the 3rd semester Bed students. The session aimed to equip tudents with essential insights into effective teaching strategies, understanding student dynamics, and ddressing the evolving challenges posed by modern education.

#### ESSION HIGHLIGHTS:

- Brain Types: Mr. Prakash Paul C began by discussing the five types of brain, emphasizing that each individual learns differently based on their cognitive strengths. This concept laid the foundation for understanding diverse learning styles.
- Learner Types: The presenter delved into the various learner types, explaining how tailoring teaching methods to cater to different learning preferences can enhance the learning experience and engagement of students.
- Memory and Learning: The session then moved on to explore the relationship between memory and learning. Participants learned about effective memory techniques that could be incorporated into teaching strategies.

Implosive Nature of Students: Mr. Paul highlighted the implosive nature of students, drawing attention to their emotional vulnerabilities and the need for teachers to create a supportive environment that encourages open communication.

Impact of Technology: The changing nature of students due to the advent of technology was discussed. The increased screen time and its potential impact on children's aesthetic sense were explored, prompting educators to consider balancing technology with creative and aesthetic activities

IQ, EQ, and AQ: The presenter elucidated the importance of not only intellectual quotient (IQ) but also emotional quotient (EQ) and adversity quotient (AQ) in holistic student development. He stressed the need for nurturing emotional intelligence and resilience among students.

Power of Relearning: Participants were introduced to the concept of relearning, emphasizing that education is a continuous process. The presenter discussed the importance of updating teaching techniques to keep up with evolving educational paradigms.

# Special Talk on Catering the needs of School Students

#### SSION IMPACT:

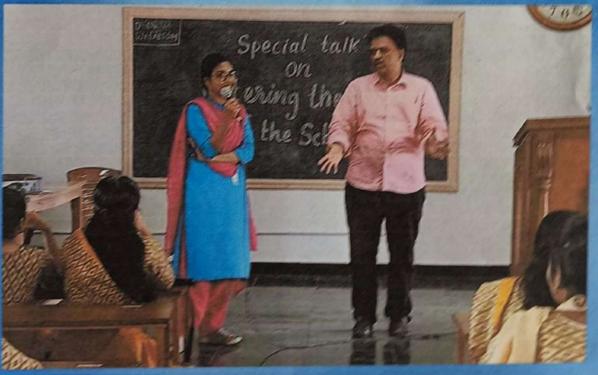
Prakash Paul C's session provided valuable insights into the multifaceted nature of effective teaching. students gained a deeper understanding of how to cater to diverse learning styles, create an otionally supportive classroom environment, and navigate the challenges of technology in education. highlighting the significance of EQ and AQ alongside traditional IQ, the session encouraged a more istic approach to student development. The emphasis on continuous relearning also inspired actors to stay updated with evolving teaching methodologies.

#### NCLUSION:

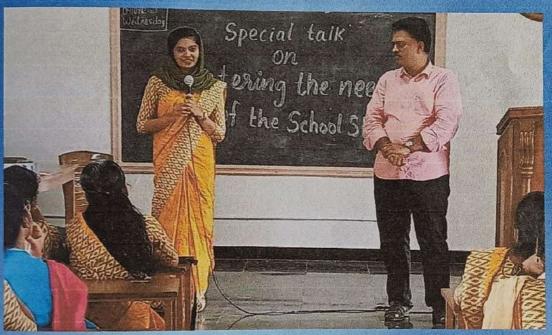
Sensitization Programme on Teaching Internship, led by Mr. Prakash Paul C, proved to be a thought-voking and enlightening session. The information shared and concepts discussed will undoubtedly atribute to the professional growth and teaching effectiveness of the participating Bed students as y embark on their teaching internships.

# Special Talk on Catering the needs of School Students PHOTO GALLERY



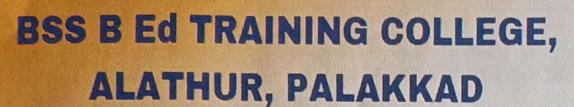








Thank You



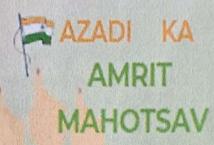
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**IQAC** organizes

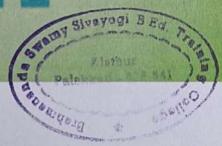




# Voting Awareness Campaign

1st April, 2024





8. S. S. B. Ed. Training College Alathur (PO), Falakkad-Dij Kerala - 678 541.



#### BRAHMANANDA SWAMI SIVAYOGI B.Ed TRAINING COLLEGE

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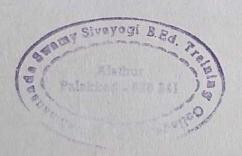
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#### REPORT ON VOTERS AWARENESS CAMPAIGN

Elections serve as the cornerstone of democracy, which provide people the power to select their representatives and hold them responsible for their deeds. People can actively participate in the decision-making process and influence the course of their society by casting ballots. Voting guarantees that a variety of viewpoints are represented in governance and gives voice to those who are marginalised.

On April 1, 2024, a Voters Awareness Campaign was held at BSS B.Ed Training College, Alathur organized by the IQAC department of the college. The Voting Awareness Campaign commenced with principal's speech highlighting the importance of exercising the right to vote in a democracy. The main highlight of the day was the collective rally led by the principal, teachers, and students around the college premises and Alathur town to raise awareness about voting, accompanied by the display of informative posters and placards. The campaign was led by Dr K S Balambika, Principal of BSS B Ed training College, Alathur. All the students and teachers took voters' pledge. The right to vote is a basic human right of every citizen. It gives people the ability to participate in national governance and is necessary for a free and just society to operate. Voting is a basic democratic right that allows people to directly influence government, shape policies, and hold elected officials accountable for their actions. This ensures a representative and equitable government that reflect the will of the people, so citizens should be aware of their right to vote.

Understanding the history of voting rights and the struggles for suffrage reminds citizens of the importance of protecting and exercising this hard-won privilege. Overall, voting is essential for upholding the principles of democracy, ensuring government accountability, promoting social justice, and empowering citizens to shape the future of their nation. The Voting Awareness Campaign at BSS B.Ed Training College, Alathur, proved to be a success with the support of the students, who actively participated in the rally.



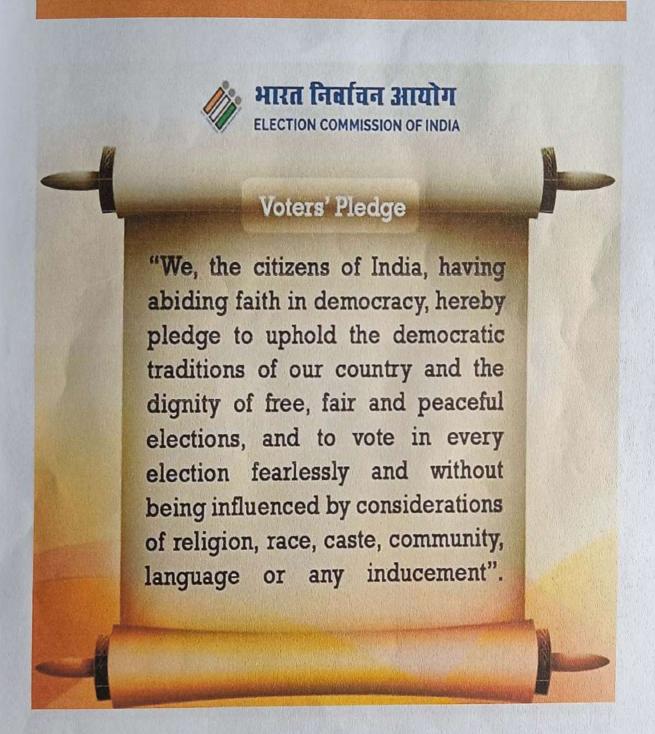


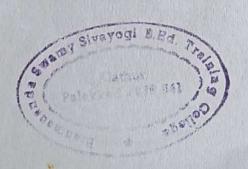


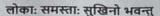
#### BSS B.Ed. Training College, Alathur

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Date:.....







BSS B.Ed. Training College

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Alathur, Palakkad- 678541 Kerala

#### **VOTERS AWAIRNESS CAMPAIGN** Attendance sheet - Batch 2022-2024 - 1st April 2024

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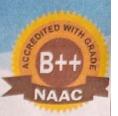
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# B.S.S B.Ed. Training College

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Alathur, Palakkad-678541, Kerala.
Ph:04922-224415, e-mail: bssaltr@gmail.com





**Breast Cancer Awareness Day 2023** 



November 2023

PRINCIPAL

PRINCIPAL, 8, S. S. B. Ed. Training College, Alathur (PO), Palakkad-Dij Kerala - 678 541.



(Recognized by NCTE & Affiliated to the University of Calicut)

Alathur, Palakkad

**IQAC & WOMEN EMPOWERMENT CELL ORGANISES** 

# BREAST CANCER AWARENESS PROGRAM

in association with Thangam Hospital of PMRC, Palakkad



07-11-2023, TUESDAY 2.30 PM @ Wisdom Hall

The Team



Resource Person
DR.(MAJ. GEN. RETD.) P. SUBHAS
VSM, MS MNAMS (ONCO- SURGERY)
Medical Director
Thangam Hospital, Palakkad

Feedback Session



Resource Person
DR. PONRAJ
MBBS MD DM(JIPMER) ECMO
Consultant Medical Oncologist
Thangam Hospital, Palakkad



Co-Ordinator
MR. MUHAMMED KASSIM
DYSP. RETD
G M
Thangam Hospital, Palakkad

#### Schedule of the Program



- Welcome Address : Ms. Aparna Anilkumar
   (Chairperson , College Union)
- Presidential Address
   : Dr K S Balambika
   (Principal, BSS B Ed Training College)
- Prefacing & Experience Sharing : MR. Muhammed Kassim
   (DYSP, RETD, G M, Thangam Hospital)
- - (Consultant Oncologist, Thangam Hospital)

(BSS B Ed Training College)

All are cordially invited

Dr K S Balambika Principal

#### BREAST CANCER AWARENESS DAY

(7 - 11 - 2023)

#### EVENT DETAILS

Event Title :BREAST CANCER AWARENESS PROGRAM in association with Thangam Hospital of PMRC, Palakkad.

Date

:7-11-2023

Venue

: Wisdom Hall

Duration

: 2.30 to 3.30

Organizer

: Mrs Jini. M. George

**Participants** 

: 1st Semester B.Ed students & Students from BSS

Vanitha College

Breast cancer awareness was first established with the intention of empowering women to take control of their breast health by educating them about the disease and early detection testing. The promotion of mammography as a crucial instrument in the battle against breast cancer was one of their main objectives. Our institute also conducted an awareness program on Breast Cancer. The program's efficacy is in raising participant knowledge about breast cancer and the level of awareness among female students regarding the disease.

Before the event i.e., Monday October 6<sup>th</sup>, 2023. The Principal of BSS B.Ed Training College Alathur Dr. K.S Balambika Ma'am introduced to the faculty and the students to conduct Breast Cancer Awareness Program. All the faculty welcomed the idea and students considered it as an apprehension event.

The event was organized by IQAC & Women Empowerment Cell of the BSS B.Ed Training College, Alathur. Teacher in charge, Women Empowerment Cell, Mrs. Jini . M. George was guided to conduct the event keeping the objectives of the event in consideration. The members of the Women Empowerment Cell were informed and guided to organize the event with the inclusion of related activities where participation and apprehension was the major consideration.

During the event i.e., Tuesday October 7<sup>th</sup>, 2023 the event commenced at 2.30 pm at Wisdom Hall with an initial opening by the Anchor. The program included welcome speech by Ms. Aparna Anilkumar (Chairperson, College Union), Presidential Address by Dr.K.S. Balambika (Principal, BSS B.Ed Training College, Alathur).

Prefacing and experience sharing was done by Mr. Muhammed Kassim (DYSP, RETD, G.M, Thangam Hospital) there was much to be gained from his experience sharing and information; followed by awareness session which was handled by Dr. P. Subas (Medical Director, Thangam Hospital) and Dr. Ponraj (Consultant Oncologist, Thangam Hospital) they gave awareness about breast cancer, the stigma linked to the symptoms of breast cancer and cited treatments related to breast cancer. After that, there was a feedback session to address the concerns and queries of the students and this insightful session provide clarity and guidance to the students.





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#### Students List - Batch 2023-2025

#### **Breast Cancer Awareness Program**

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7	SMRUTHI M	Emaulti
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9	VINEETHA K R	\ Cuseth-
	PHYSICAL SCIENCE	- Anti-
1	AKHILA A	Kniler
2	ANILA ELIZABATH JOSEPH	Elizabeth
3	ANJALI C	
4	ANJALI G	Stefan
5	ANSARA A R	A
6	ARCHANA R	
7	ARDHRYA K P	Andh_ng
8	FARHANA F	and a
9	HELAN ANTONY	<u>Cha</u>
10	JISHNU M R	Estatu-
11	SMRITHI VINAYAN	Dh.
	SOCIAL SCIENCE	11/
1	AISWARYA R	Ainte
2	ANJANA S	Anga
3	ANUSHA R	Anistic
4	HARISHMA C	H
5	MANISHA M	Meinisha
6	MUHSINA KABEERA	Meinstra Listani Sistan
7	SISIRA R	0.75190
8	SRUTHY S	S
9	SUCHITHRA S	duch
10		P. M. D.
11	SUHILA S	Thejasuykt
	THEJASWY K R	hejasuy ko