

B.S.S. B.Ed. TRAINING COLLEGE

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NAAC ACCREDITED B++ GRADE WITH 2.85 CGPA

ALATHUR, PALAKKAD



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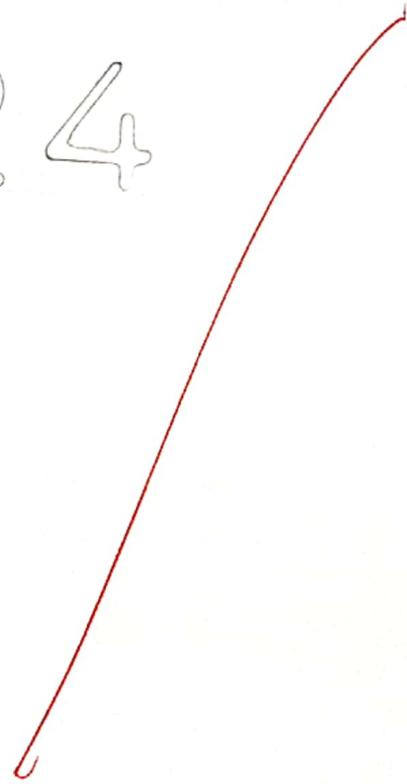
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COMMUNITY

LIVING CAMP

2022 - 2024



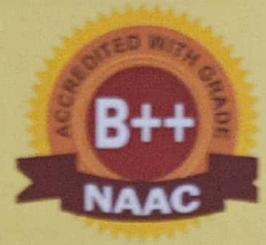
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B.S.S B.Ed. Training College

Alathur, Palakkad-678541, Kerala.



Community Living Camp

2023

Information Brochure

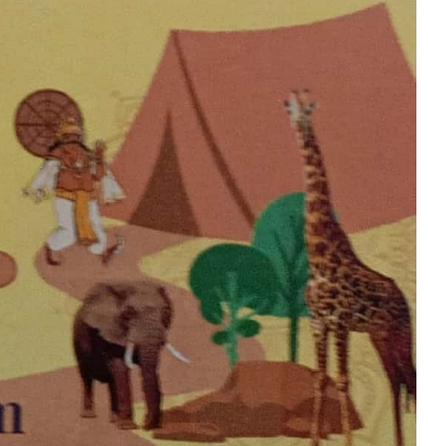
VIPASANA

INSIGHT INTO THE TRUE NATURE OF REALITY

19.12.2023 to 22.12.2023

2022 - 2024

Batch



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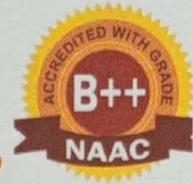
INTRODUCTION

A community living camp provides students with a community of caring adults, whose nature and experimental duration result in self-respect and appreciation of human values. The outcome being self-identity, self-worth, self-esteem, leadership and self-respect build personal competencies. These personal competencies are reflected in the five 'c's' of community camp: comparison, contribution, commitment and character. These qualities will help to build a successful nation and a civil society. The teacher-students have a sense of community, develop intergenerational relationships and learn through first-hand experiences.



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Alathur, Palakkad-678541, Kerala.



VIPASANA



INSIGHT INTO THE TRUE NATURE OF REALITY

Community Living Camp
19.12.2023 to 22.12.2023

COMMUNITY LIVING CAMP 2023 THEMES

DAY

1

THEME OF THE DAY : **MATHA**

19.12.2023



DAY

2

THEME OF THE DAY : **PITHA**

20.12.2023

DAY

3

THEME OF THE DAY : **GURU**

21.12.2023



DAY

4

THEME OF THE DAY : **DAIVAM**

22.12.2023

About the community living 2023

As a part of the Bachelor of Education programme under the University of Calicut's curriculum, our institution is organizing a four-day residential Community Living Camp (EDU 304) from 19.12.2023 to 22.12.2023.

THEME OF 4 DAYS ARE: - MATHA, PITHA, GURU, DAIVAM

"VIPASANA - insight into the true nature of reality"

Camp Objectives: -

1. To realize the aim of _learning to live together.
2. To equip the students to live cooperatively in a society.
3. To impart social values and skills (adjustment, sharing, tolerance, empathy etc.)
4. To impart personal values and skills (leadership, initiative, self-confidence, positive attitude, creativity) etc.
5. To provide chances for democratic living, managing events, division of Labour and dignity of labour.
6. To promote social accommodation and broaden the mental abilities of the student-teachers.
7. To develop critical thinking about the issues related to the policies/approaches in Education.
8. To inquire in to the cultural, social, scientific, educational and environmental aspects of a community.
9. To manage events of various dimensions.

Camp Co-Ordinator

Mr. Prijith E P Assistant Professor Physical Science Education

Mr. Charles F Assistant Professor Mathematics Education

NEED AND SIGNIFICANCE

Camp help us to create to free and friendly atmosphere to build up self-esteem values and decisions. Friendship skills, social comfort, peer relationships and so on. Living in a camp community helps prepare youth to be future contributions to their community. working with community helps to understand and appreciate the problem of community and gives the chance to think about possible situations.



THEME

The theme of the community living camp conducted by the BSS B.Ed Training college is "VIPASANA" which means the insight into the True Nature of Reality. It is simply everything that we see, feel and over all, what we perceive. It is a way of self-transformation through self-observation.

PLANNING

The planning and designing of the camp was a collaborative endeavour of the teaching staff of the college under the supervision of the principal of the college, our principle ma'am Dr Balambika was in charge of several sittings by teachers. They are in charge of different activities helped in drafting an activity oriented Program Schedule which helped to achieve the objectives.

For the smooth conduct of the camp, several committees were formed like discipline, committee, reception committee, food committee and Registration committee.

our teachers Mrs. Meera, Mrs. Neema, Mrs Rasmi, Mr Charles, Mr Prajith, Mrs. Jini, Mr. Santhosh, Miss Salabha and Mrs. Priganka Raj also lead a Supervisory roles.

Community Living Camp 2023 Day-1 [19-12-2023]

Day 1 of the camp focused on the effective implementation of art and cultural aspects in education. The day started with the blessings of almighty. Group attendance was taken and our principalmam explained about the different sessions in the day. The registration started at 8.00 am to 8.30 am. Then programme schedule was given to us which made a clear idea about the different sessions and Programmes in advance.

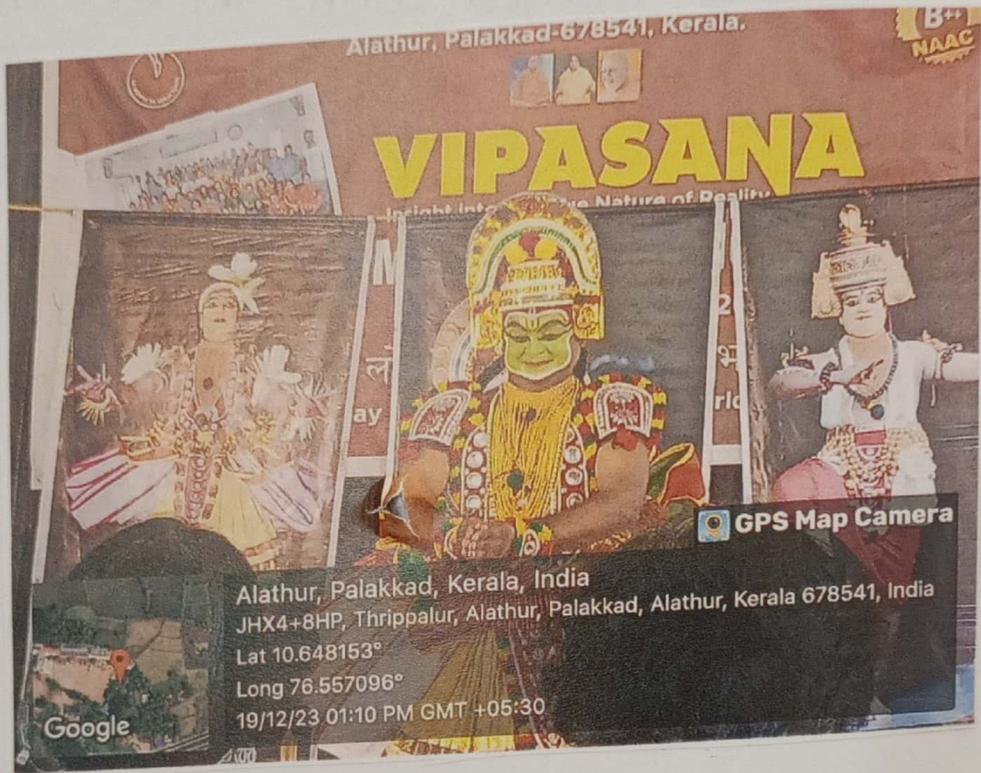
Session 1

Objectives of the Session

- To realize the aim of learning to live together.
- To promote social accommodation.
- To Promote and broaden mental abilities.
- To manage events of various dimensions.
- To acquire the competency of implementation of art in education.

Session Report

The session-1 of Day-1 camp was started with



Guruvandanam. It was followed by the welcome dance by Keerthylal. J. Then principal Badambika ma'am gave the welcome address. The chief guest of the session was Kalamandalam Sri Mohana Krishna S.P the head of the department of Thullal of Kerala Kalamandalam. Other honourable dignitaries were Dr. Vijayan. V. Anand sir, the Director of BSS Institutions, C. Balachandran sir: The president, BSS Education Society, Renjitha C unni ma'am: Assistant professor in ICT from Holy Family B. Ed Training college and Sunil Kumar Pradeep sir: Assistant professor in Sanskrit from BVN B. Ed Training college, Kallekkad. The lighting of the camp was done. Then the honourable chief guest inaugurated the camp and it was followed by felicitation of chief guest. The dignitaries were honoured and then it was followed by the Ottanthullal Performance by Kalamandalam Sri. Vishnu. M. Gupta, a famous Yuva Ottanthullal Artist and disciple of Kalamandalam

Community Living Camp 2023 Day 2 [20-12-23]

Day 2 of the camp began around 6.00am.

The program chart of the day included Yoga and various session from different spoke persons.

Session 1

Objectives

- To realise the aim of learning to live together.
- To equip the students to live cooperatively in a society.
- To provide chance for democratic living, managing events, division of labour and dignity of labour.

Session Report

The session began at 6.00am with Prayers. The teacher made the students assemble on the top of the building. The students were made to do yoga as instructed by the teacher. The teacher gave necessary instructions to the students regarding -

how to do and the importance of different yoga techniques. The session ended by 8.00am.

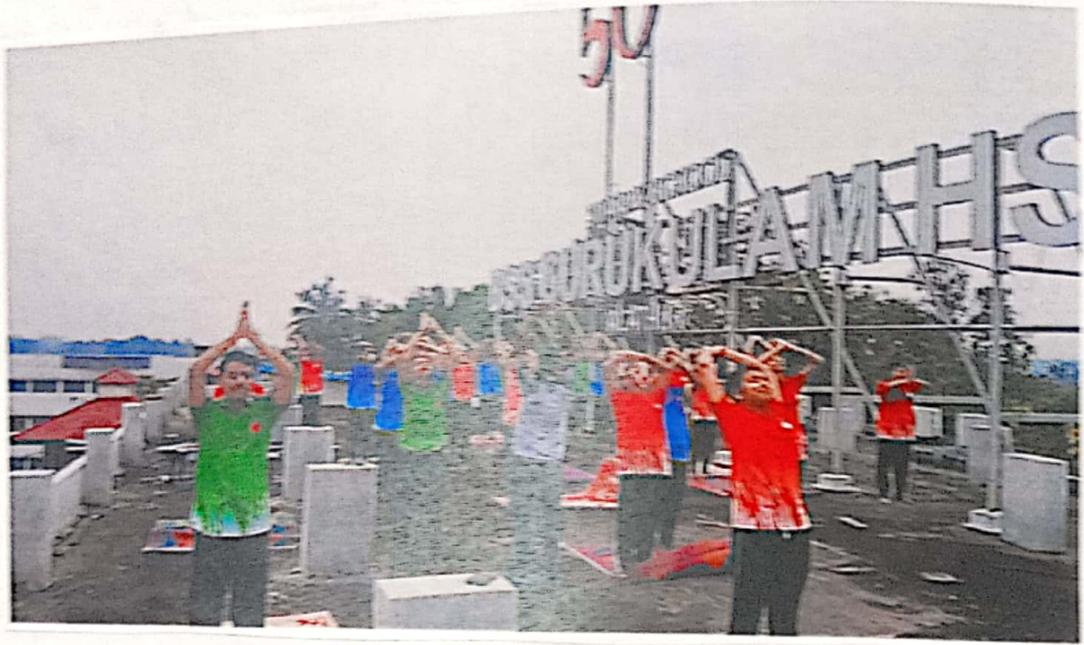
Session 2 Fire and Safety Techniques

Objectives of the session

- * To give awareness about safety protocols.
- * To provide insight to fire prevention.
- * To give knowledge about first aid techniques
- * To give valuable knowledge about emergency responses.

Session Report

The session began after the morning breakfast. It was a talk from the fire and safety department, on the topic "Effective Fire and Safety Techniques". The resource person for the session was Sri. Sudarshan. Fire and safety officers and his colleague, Sri Jayadev. They gave knowledge regarding different kinds of fire and cause of it. They gave tips regarding how to control the fire. Students were called upon to the stage and they were shown how to



take precautions and immediate measures. Information regarding how to take necessary actions wisely were given. They they showed how CPR, bandage need to be done students were called and asked to do the same. Then they lively showed how to rescue a person by being ropes in chair knot and it was actually encouraging to witness the same. The session ended with the honouring of the dignitaries by Balambika ma'am, the principal and Vote of Thanks.

Session 3 RAKSHA-self-defence Technique

Objectives of the session

- To building the mindset and Attitude.
- To develop discipline
- To develop practice of self care
- Increase one's positive self-image.

Session Report

The session began by 11.30 am. The resource person for the session was Sri Jayadeep. A,



Session 4 Magic of Mentalism

Objectives

- creates an illusion of mind reading or psychic abilities.
- To create a sense of interest and unravel the power of concentration.

Session Report

The session began at 2.00 Pm, with Prayers. After the welcome address, the principal Dr. Balambika Ma'am delivered the inaugural address. Then began the session where the chief guest Poadeep Kunussery delved into the magic of mind. He is actually the President of Kerala Sahithya Parishat, Alathur. It was a interesting session. The psychic wonders of mind was slowly began. He called upon students and even guessed their mind. The menter in which he hyponoticed the student



Students and Students from different department both Senior and Juniors Performed. To heighten the effect, the teachers also participated and enthralled the students with their Stunning performance. Principal ma'am, sir also danced well and the Performance was massmazing. The session ended by 4.30 pm. After the session we had Tea and Snacks.

Prayer

Objective

- To inculcate moral values in Students.
- To impart personal values.
- To develop qualities such as self confidence Positive attitude etc.

Session Report

The session began by 6.00 pm and all the students after the refreshment assembled in the hall. The teachers and Principal ma'am were present. Principal ma'am began the session by addressing.



the students. All sat silently and they listened to her. The students recited the verses from holy scriptures and hymns were sung. The room was well lit with diyas and incense sticks added fragrance to it. The students got an idea regarding the importance of prayer. The session ended by 7.00 pm

An Evening With 'Karimpanakkattu'

Objectives

- * To promote mental harmony
- * To manage events of various dimensions.
- * To acquire the competency of implementation of art in education.

Session Report

This was an evening session that began by 7.00 pm at night. The session was inaugurated by the Principal Dr. Balambika ma'am. The band was Nath Creations and they are a folk band. They did a stunning performance in front of us and the students were dancing to their song. It boosted the energy level of the students. It was a



wonderful session.

Camp Fire

Objectives

- To realize the aim of learning to live together.
- To promote oneness among the students.

Session Report

The session began by 8.30 pm and the camp fire was ignited. There was a blend of North Country music and the camp fire. Students danced around the camp fire, and teachers too joined with students. It was a nice session. The students enjoyed the camp fire a lot and it helped the students in understanding each other more and enjoy the session happily.





Community Living Camp 2023 Day 3 [21-12-2023]

Page No.

Day 3 of the camp began around 6.00 am. The programme chart of the day included morning walk, Kalamandalam visit, Nenu movie time and 'Amar Jawan Jothi' visit.

Session 1

Objectives

- To equip the students to live cooperatively in a society.
- To impart social values and skills.
- To promote social accommodation.

Session Report

The session began at 6.00 am with prayers in front of Mahatma Gandhi statue. Then the students assembled and made 3 lines. Then we started walking around the ground. The walking session was lead by Viswam and Vijesh. The session ended by two rounds and the break fast ready at 7.30 am.

Report on Kalamandalam Visit

The Kalamandalam visit was an outstanding experience. We started our journey at 8.30 am from college. We reached there at 9.15 am. Then the art museum was visited and various arts forms and costume were on display. Then the coordinator of Kalamandalam was visited and he explained the working of the institution and showed Koothambalam. Then the house of famous poet Vallathol was visited. It was a nice experience. Then the food from the canteen related to the visit. They all returned by 2.00 pm.

Meeting the Legend 'Lalettan'

Objectives

- To inquire into the cultural, social, scientific, educational & environmental aspects of a community.
- To educate or raise awareness about specific issues, historical events or cultural topics.

Session Report

The second session of Day-3 camp was titled as





Community Living Camp 2023 Day 4 [22-12-2023]

It was the last day of the camp. The first session was Aerobics with Sri Satheesh, Director of Top winner Dance of Fitness studio

Session 1

Objectives

- To promote Physical Fitness and well being among the camp participants.
- To provide an opportunity an opportunity for the participants to learn new dance moves and have fun.
- To create a sense of community and bonding among the Participants.

Report on Aerobics

The Aerobics session was held on the 4th day of the community living camp. The session was led by Sri. Satheesh, Director of Top winner Dance by Fitness studio. The participants enjoyed the energetic and fun filled session, which helped them to stay active and healthy. The session also-

helped to create a sense of community and bonding among the participants.

Session 2: Christmas celebration & Camp Valediction

The session was full of Christmas celebration. The juniors were in charge of the programme. Following a tough camp celebration session led by Principal Dr. K.S. Balambika ma'am, the community living camp administered in the joyous Christmas celebration. Festive cheer soared with carols filling the air, colourful decorations sparkling and Santa. Juniors enthralled everyone with a vibrant cultural fiesta of dance and music. The icing on the cake was a sweet cake cutting ceremony solidifying the spirit of community and shared joy. This heartwarming finale was a fitting conclusion to a camp filled with meaningful experiences and lasting memories.



CONCLUSION

The four day of community living camp provided different learning experience to student teachers. The camp strengthened its meaning through the programmes arranged. For us the Fourth days were meaningful increasing our co-operation, community feeling, love and care. Many creative teaching techniques were learned from this camp and it enhanced teaching skills, explanation skill and presentation skill.

During these days we learn to adjust to various environment and people along the with that provide us opportunity to calm down in situations which were chaotic. Beyond all that we learned to embrace the vulnerability around us.