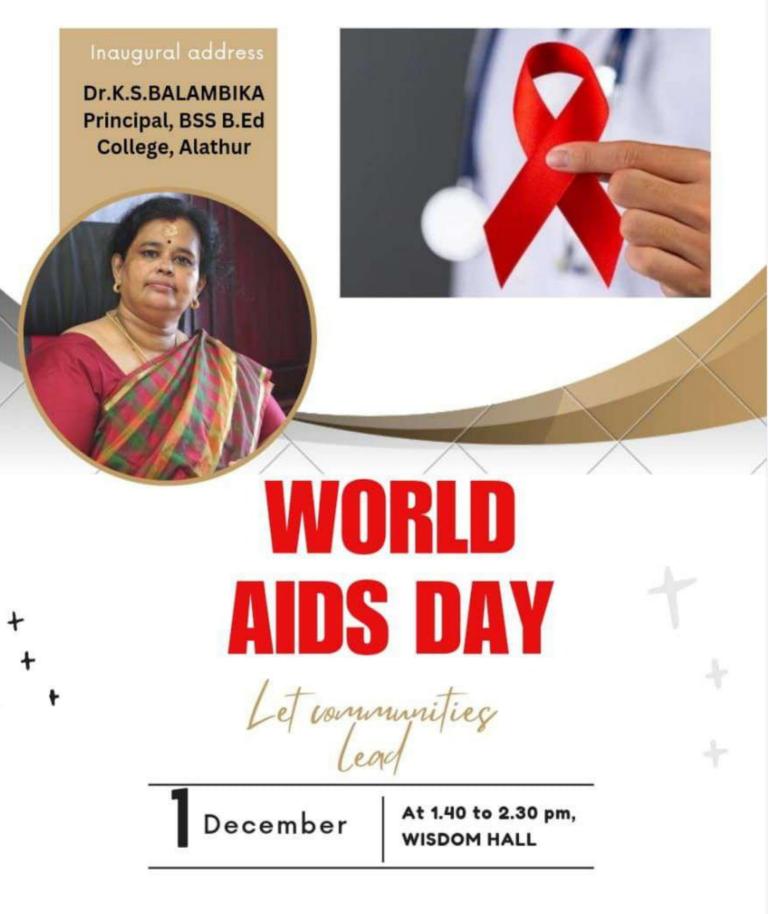
BSS B.Ed Training College, Alathur NAAC Credited B++ grade with CGPA 2.85



A SIMPLE WISH THAT BRINGS SPECTACULAR MOMENTS

Department of Physical Science

BSS B.Ed TRAINING COLLEGE, ALATHUR NAAC ACCREDITED B++ WITH CGPA 2.85



Programme char

Guruvandhanam

Welcome speech : ANSARA.A.R

Inaugural address : Dr.K.S.BALAMBIKA (Principal, BSS B.Ed College, Alathur)

Interactive session : ARCHANA.R & ANSARA.A.R

MIME : Physical science optional students

Vote of Thanks : HELEN ANTONY

Report on WORLD AIDS DAY awarness programme at BSS B.Ed College, Alathur

WORLD AIDS DAY

Date : December 1, 2023 World AIDS day, observed annually on December 1st, stands as a powerful reminder of the ongoing fight against HIV/AIDs. This day serves to raise awareness, commemorate those who have lost their Venue: lives to the disease, show support for those living Wisdom hall with HIV, and celebrate the progress made in preven on and treatment.On the 1st December 2023, the students of BSS B.Ed training college Time : Alathur, came together to commemorate World AIDS Day, acknowledging the importance of 1.45-3.00 pm awareness and solidarity in the fight against HIV/AIDS. The event commenced with a warm welcome speech delivered by Ansara A R, a student of physical science, se ng the tone for the day's proceedings. Dr. K S Balambika, the esteemed principal of the college, graced the occasion with her inaugural address, emphasizing the significance of spreading awareness about HIV/AIDS.An interac ve session, skillfully conducted by Archana R, engaged the audience, fostering a deeper understanding of the challenges and impact of AIDS, adding an ar s c touch, students of physical science presented a poignant mime performance, conveying the message of empathy and support for those affected by AIDS. The program culminated with a hear elt vote of thanks delivered by Helan Antony, expressing gra tude to everyone who contributed to the success of the event and urging con nuous efforts n spreading awareness and

comba ng the s gma surrounding AIDS.The World AIDS Day celebra on at BSS B Ed training college, Alathur, served as a pla orm for educa on, reflec on and a collec ve commitment to support individuals affected by this global health issue.





BSS B.Ed. Training College

NAAC Accredited B++ Grade with CGPA of 2.85

R++

EDU 302 Course on EPC 2: Drama and Art in Education "Improvised play making"

ART () is every where

Ajith Chandran (Theatre Artist)

Athuliii (Theatre Artist) 18th and 19th(Afternoon)

Wisdom Hall

OBJECTIVES:

On the successful completion of the course, the learner will be able to;

- Help in understanding the self
- Self expression for enhancing creativity
- develop esthetic sensibilities
- Learn the use of art in teaching learning
- Understand local culture and art forms and interpret art works, movies and other media
- Build trust and cooperation, the seance of responsibilities, perusing task collectively and exploring varied perspectives.
- Experiencing and communicate subtle, diverse and unfamiliar territories, from human to the larger conciseness of nature.

Report on "Art and Drama in Education" at BSS B.Ed College, Alathur

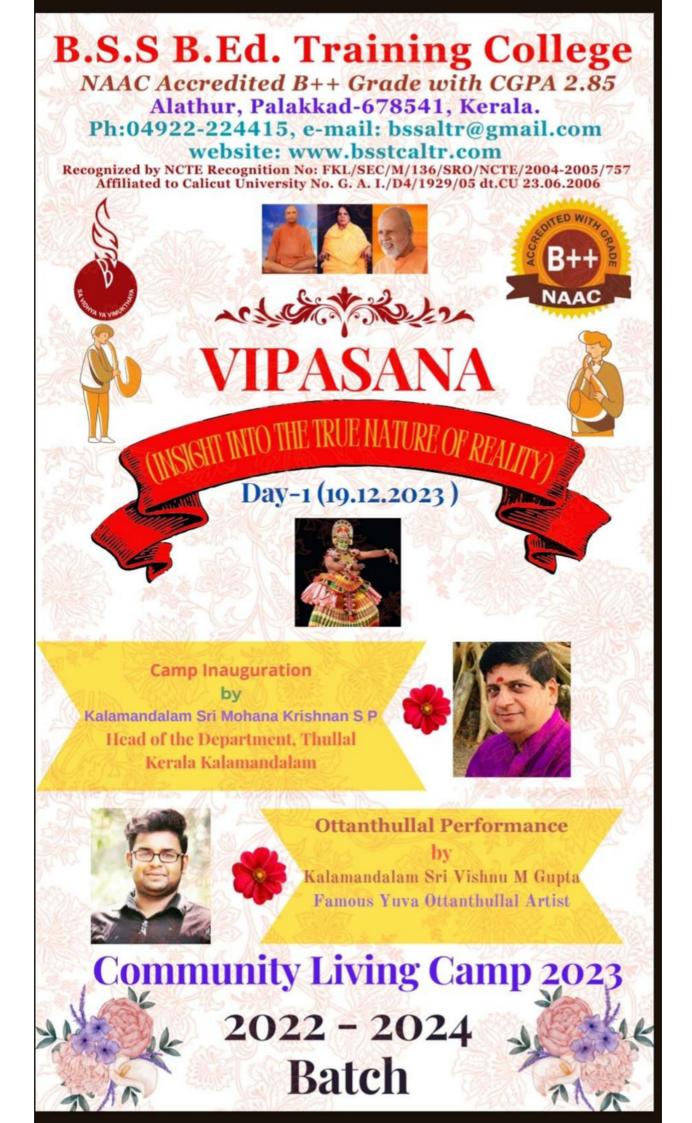
Art and Drama in Educa on

Date : December 18,19, 2023

Venue:

Wisdom hall

On December 18th and 19th, 2023, B.S.S. B.Ed Training College, Alathur, organized a program on "ART & DRAMA IN EDUCATION" in Wisdom Hall. The event commenced with the arrival of Principal Dr. K. S. Balambika, followed by a speech from her. The program was guided by two proficient theatre ar sts, Ajith Chandran and Athul. The objec ve of the program was to provide students with a comprehensive and enriching experience in crea ve expression, performance, and cultural apprecia on. Regular drama workshops and rehearsals were conducted, leading to theatrical produc ons and performances that received posi ve feedback. Students reported increased confidence, self-esteem, and emo onal well-being through their par cipa on in arts and drama ac vi es.Beyond nurturing crea vity, the program contributed to the holis c development of par cipants by fostering cri cal thinking, communica on skills, and cultural awareness. Par cipa on in drama and arts ac vi es helped students develop effec ve communica on skills, both verbally and non-verbally. Many of these ac vi es required collabora on and teamwork, facilita ng the development of important social skills such as coopera on, compromise, and leadership. This underscores the value of arts and drama in educa on and emphasizes the importance of con nued investment in crea ve programs for the benefit of students and the broader school community.



Report on Inaugural Ceremony of Camp 'VIPASANA' at BSS B.Ed College, Alathur

Date : December19, 2023

Venue:

Wisdom hall

VIPASANA 2023 - Day 1 - MATHA

The inaugural ceremony of our camp VIPASANA held at BSS B.Ed Training College,Alathur marked the commencement of a journey filled with camaraderie, learning, and unforge able experiences. Like the rising sun, it brought new energy, enthusiasm, and a sense of purpose to all the par cipants gathered on this vibrant occasion.

Under the overarching theme of MATHA , the camp promises a diverse array of ac vi es and opportuni es for personal and collec ve growth. This theme was scened by a ravishing performance by Keerthylal .J which not only encapsulates the spirit of the camp but also serves as a guiding force for the myriad of experiences awai ng each par cipants.

The tradi onal lamp-ligh ng ceremony symbolized the illumina on of knowledge and the spirit of togetherness which was done by our honorable principal Dr.K.S.Balambika . As the flames flickered, it echoed our collec ve aspira on to learn, share, and build las ng memories in the days ahead. Dis nguished Guests Balachandran sir President BSSb Educa onal society and Dr. Vijayan.V.Anand, Director of BSS Ins tu ons has added pres ge to the Occasion.

The presence of our esteemed guest of honor Kalamandalam Dr. Mohanakrishnan . HOD Thullal Department, Kerala Kalamandalam added a touch of pres ge to the event. His words of wisdom and encouragement set a tone of inspira on, mo va ng all of us to make the most of the camp's diverse offerings. Along with him the camp has also witnessed in the honoring of the suppor ng system for our BSS B.Ed family ,Sri. Sunilkumar Prathap ,faculty, BVN B.Ed Training College Kallekkad and Smt Ranjusha, f aculty Holt Family B.Ed college Koduvayur. The college camp witnessed a mesmerizing cultural performance in the form of O amthullal, a tradi onal art form origina ng from Kerala.For many a endees unfamiliar with O amthullal, the ini a on by the chief guest Kalamandalam Dr.Mohanakrishnan sir served as an enlightening introduc on to a lesser- known art form. The immersive experience le a las ng impact, sparking an interest in exploring more facets of Indian classical arts.

The performance commenced with a tradi onal lamp- ligh ng ceremony, symbolizing the dispelling of darkness through art. The O amthullal ar st, Kalamandalam Sri Vishnu.M.Gupta ,disciple of Kalamandalam Mohanakrishnan adorned in colorful tradi onal a re, and the instrumental support by Kalamandalam Yadukrishnan captured the audience's a en on with energe c movements and expressive facial gestures The themes of the performance ranged f rom social issues to mythological narra ves, providing both entertainment and thought-provoking content. The audience was treated to a blend of humor, wit, and ar s c finesse, crea ng an engaging and enjoyable experience. The programme was having the essence, where the inaugural ceremony set the tone for what promises to be an enriching, transforma ve, and joyous camp experience for all as it was hosted by our colleagues . PS.Meenakshi and Aparna Anilkumar and the session was winded up by sharing the vision of whole programme by Ajila ,the representa ve from senior batch. As we stood together at the threshold of this exci ng adventure, we have carried out the spirit of u nity, curiosity, and openness. The camp was not just a des na on; it's a journey of self-discovery, friendship, and crea ng memories that will last a life me.

| Alathur, I Alathur, I Alathur, I Alathur, I Alathur, I Alathur, I Alathur, I Alathur, I | A RANGE CHARTS CONTACT. |
|--|---|
| | GRAMME CHART |
| 06:00am - 08:00am | Yoga |
| 08:00am - 09:00pm | Breakfast |
| 09:30am - 11:30pm | Effective Fire Safety Techniques Resource Person Sri Sudarsanan S Fire & Safety Officer |
| 11:30pm – 01:00pm | RAKSHA - "Self-defence" Technique Resource Person Sri Jayadeep A |
| | Senior Strategist & Martial Artist |
| or:oopm - o2:oopm | Lunch |
| 02:00pm - 03:00pm | Magic of Mentalism Resource Person Shri Pradeep Kunisseri The President Kerala Sasthra Sahitya Parishat Alathur Zone |
| 03:00pm - 04:30pm | "ആടുന്നോരാടട്ടെ പാടുന്നോർ പാടട്ടെ " Cultural Programme |
| 04:30pm - 05:00pm | Refreshment |
| 06:00pm - 07:00pm | Prayer |
| 07:00pm - 08:30pm | An Evening with "കരിമ്പനക്കാറ്റ് " Nath Creations' Folk Band |
| 08:30pm - 09:00pm | Camp Fire |
| 10:00pm - 10:30pm | Camp Evaluation |
| | |

Report on Yoga at BSS B.Ed Training College, Alathur

VENUE

College terrace

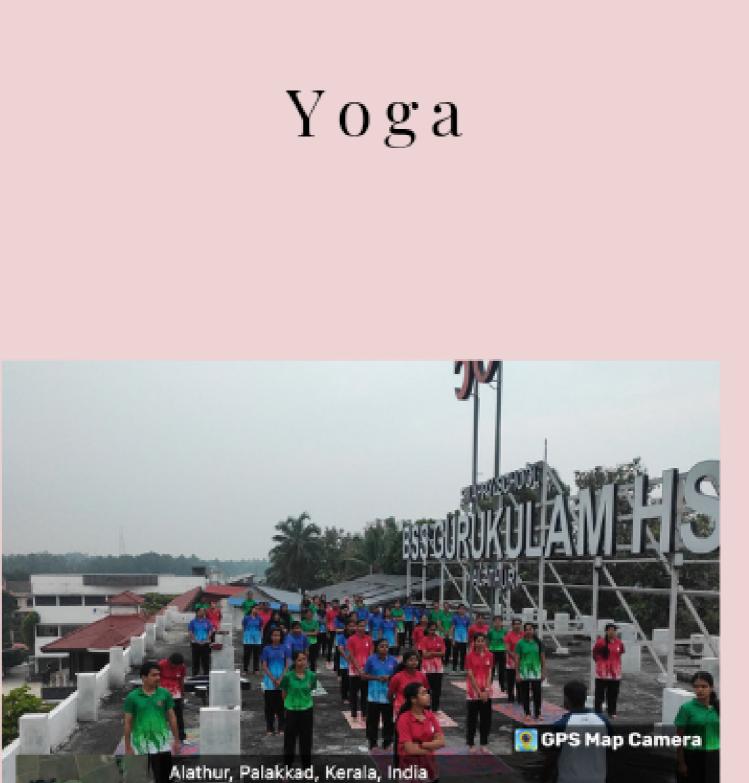
Time : 06:00AM- 07:30AM

DATE

20/12/2023

YOGA

Yoga which is combination of physical postures, breathing exercises and meditation techniques. Yoga is not only a great way to improve flexibility and strength, but it also promotes relaxation, mindfulness and overall well-being. It's a wonderful practice for reducing stress, increasing body awareness and finding inner peace. On the 2nd day (20/12/2023) of Community living Camp 'VIPASANA' the session begins with yoga. Our physical education Santhosh sir guide us to do yoga in a systematic way. The session starts from morning 6:00 am to 8:00 am. The yoga was held on the open area of the campus which provides a pure breathing facilities. All the students wear track suit for the session which make everyone more comfortable. Sir give instructions and all the students follow the practice. The session contains different postures, asanas, etc. For refreshment we do meditation at the end of the programme.



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Google

Report on E ective Fire and Saftey Techniques at BSS B.Ed College, Alathur

Program Overview

| Date : December20, 2023 | The "Fire and Safety" program was conducted as a part of the VIPASANA community living camp, held on 20th December 2023. The objec ve of the session was to impart essen al fireb safety techniques to enhance the safety awareness of the par cipants. |
|-------------------------------|---|
| Venue: | Organizers |
| Wisdom hall | Teacher in Charge: Jini M George (Asst. Prof in General |
| Time: | Educa on) |
| 930-11.30 am | Welcome Speech: Akhila U |
| | Inaugural address: Dr. K S Balambika Mam (Principal, BSS B.Ed Training college Alathur) |
| | Resource person: Sri Sudarsanan S |
| | Feedback Team: Aiswarya P K, Shahidha Y |
| | Vote of Thanks:Navya |
| | Program Highlights |
| | 1. Welcome Speech by Akhila U |
| | Akhila U commenced the program with a warm welcome, se ng a posi ve tone for thesession. She emphasized the importance of fire safety in communal living environments. |
| | 2. Fire and Safety Techniques: |
| | Sudarsanan Sir conducted an effec ve session on fire safety. Prac cal demonstra ons and interac ve discussions were |

incorporated to ensure ac ve par cipa on.

3. Feedback Session:

Aiswarya P K and Shahidha Y facilitated the bfeedback session. Par cipants shared their thoughts on the program, providing valuable insights and sugges ons.

4. Audience Engagement:

The session encouraged ac ve par cipa on, fostering a sense of responsibility among the community members regarding fire safety measures.

5. Interac ve Demonstra ons:

Sudarsanan Sir employed interac ve demonstra ons, ensuring that par cipants gained prac cal knowledge on using fire safety equipment and execu ng emergency procedures.

Feedback:

Aiswarya P K and Shahidha Y collected feedback from the par cipants, gauging the effec veness of the program. Posi ve responses highlighted the informa ve content and the engaging delivery style of Jini M George. Vote of Thanks by Navya:

Navya expressed gra tude to the organizers, the teacher in charge, and par cipants for their ac ve involvement. She emphasized the importance of applying the learned fire safety techniques in daily life. *Conclusion*:

The "Fire and Safety" program in the VIPASANA community living camp proved to be a valuable and informa ve session. The collabora ve efforts of the organizers, engaging demonstra ons and par cipant feedback.



Report on RAKSHA-Self Defence Technique at BSS B.Ed College, Alathur

RAKSHA – self defense technique

Date : December20, 2023

Venue:

Wisdom hall

Time:

11.30-1.00 pm

As part of the community living camp VIPASANA, a self awareness class was organized on 20th december 2023 at wisdom hall ,BSS B.Ed college, Alathur. Resource person was shri Jayadeep A, who is specialized in mar al arts and a senior strategist. The session begin with a warm welcome speech by SURYA of english department addressed to everyone who were present on the hall, inaugural address was given by Dr. K S Balambika ma'am (principal ,BSS B.Ed training college, Alathur). The objec ve of the session was to spread awareness about the growing insecureness for people who gets abused mentally and physically and to make everyone able to defend themselves. Jayadeep sir gave us many tac cs and preven ve measures to use in case of danger.He made audience realise that the greatest weapon is our voice. The session was indeed impressive, quality ensured and worthy that influenced the audience a lot. Then sir did a brief presenta on about certain mar al arts and made it understood that it is performed and prac ced for self-defense, sport, self expression, discipline, confidence, fitness etc. At the end of the session students were asked to share their experience if they had any and many of the students shared their heartwrenching and brave experiences. K ROSHINI from english department and JAMSHEE P J fromphysical science department gave their valuable feedback on behalf of all the students. Finally the session end with vote of thanks

by SOWMYA C S from commerce department who expressed gra tude to Jayadeep sir, organizers of the bprogram,teachers incharge,principal ma'am,and all the par cipants who were all present and made the program a succesfull one.



Report on Magic of Mentalism at BSS B.Ed College, Alathur

Date : December 20, 2023

Venue:

Wisdom hall

Time :

2.00-3.00 pm

Mentalism

Mentalism is a form of entertainment or performance art that involves the performer, o en called a mentalist, using skills such as mind reading, telepathy, precogni on or psychokinesis to create the illusion of having supernatural abili es. On 20th December 2023, College has organised a programme that is Magic of Mentalism by Sri. Pradeep Kunisseri (Thepresident, Kerala Sasthra Sahitya Parishath Alathur Zone). Programme started with Guruvandhanam. One of the students welcomed everyone to the programme, our respected principal Dr.K.S.Balambika gave the inaugural address. Resource person has taught us about Mentalism. The mentalist uses cards, hypno sm to show his talents. Students par cipated in that session. The programme ended with vote of thanks.



Report on Cultural Fest at BSS B.Ed College, Alathur

Date : December 20, 2023

Venue:

Wisdom hall

Time :

3.0-4.30 pm

Cultural fest

The college cultural fest was an electrifying extravaganza showcasing a myriad of talents and cultures. From mesmerizing dance performances represen ng diverse tradi ons to soul s rring musical rendi ons spanning various genres, the fest was a vibrant blend of crea vity. On 20th December 2023, a colourful and memorable cultural fest "aadunnor ada e paadunnor pada e" was organised in BSS B.Ed training college, Alathur. This event was held in wisdom hall at 3 pm. In this amazing event students from various op on took part. The program commenced by the arrival of our beloved principal Dr. K S Balambika and all the teaching and non teaching staff. It was accompanied by guruvandhanam impar ng knowledge and wisdom. It was followed by a welcome speech by arts secretary Smrithi Vinayan. The event commenced with a vibrant dance performance by the junior commerce students. displaying grace and crea vity. Senior mathema cs students mesmerized the audience with a harmonious group song and an energe c group dance, highligh ng their versa lity. The junior students of Physical science enthralled the audience with a cap vang dance performance, blending skillful movements with ar s c expressions. The fusion song presented by junior social science students showcased a harmonious blend of diverse musical styles. Senior students from physical science department showed their unity and talent through a

synchronized group dance and a melodious group sog. The junior mathema cs students presented a soulful group song. Senior students from the English op on added a flair to the evening with a cap vang group song and dance. The junior English students stole the show with a mesmerising music drama combining theatrical elements with musical finesse. The senior commerce students performed group dance made the audience in high spirits. Social science senior students showcased their talent by a heartwarming group song. Dance performance by teachers can be incredibly entertaining and inspiring! Teachers par cipa ng in cultural fest through dance performance add an exci ng dimension to the event. Watching teachers take the stage with their choreographed rou nes fosters a sense of community and celebra on within college. The cultural programs at BSS B.Ed training college not only showcased the diverse talents of the students but also fostered a sense of unity and community spirit. The performances were testament to the colleges commitment to nurturing both academic and ar s c excellence among its students.











Report on Nadanpattu at BSS B.Ed Training College, Alathur

VENUE College ground

DATE

20/12/2023

Folk songs were originated from the philosophies of forefathers which was their casual talks to each other. It is deeply rooted with their lives. Most lyrics of these songs were made out of their social life. They sung only to reduce their burden and to discover the joy of life.

On December 20, 2023 as a part of "VIPASANA", the community living camp, we the students of B. S. S. B.Ed Training College we had a session of Nadanpattu full of folk songs by Nath creations. It filled the camp with joy and musical fun. Our principal ma'am Dr. K S Balambika inaugurated the session by delivering a welcome address to the artists. Later the session was handed over to the artists. They performed many folk songs with a full orchestra. All folk songs

were very rhythmic and energy booster for us. Our fellow student Mubeena Department of Social Science got an opportunity to perform with the band. The raw, uninhibited way of singing the rustic charm of the lyrics, indigenous instruments and the astonishing variety made it quite an experience both for ears and eyes. We all enjoyed the session by dancing with our friends and teachers. Camp fire arranged during the same day also ignited an air of entertainment. Rohini from Department of Commerce shared her feedback and our principal ma'am delivered the vote of







Report on Kalamandalam visit at BSS B.Ed College Alathur

Direct experience with the reality provides an excellent opportunity for sensory learning. Field trip can help to make learning more engaging and memorable. As a part of our four day community living Camp VIPASANA on the third day 21 / 12 /2023 we get a chance to visit Kerala kalamandalam and Vallathol Museum. That sounds like a wonderful field trip! Kerala Kalamandalam in Thrissur is a renowned institution for learning and promoting traditional Indian performing arts, especially Kathakali and Mohiniyattam. It is a great place to experience the rich cultural heritage of Kerala. We visited their koothambalam and principal gives proper guidance. They also provide lunch. After that we visited Vallathol Museum both this places are great places to experience rich cultural heritage of Kerala.



"Neriloode Orethinottam" Report on watching the movie NERU – SEEKING JUSTICE

VENUE Raagam theatre

Time : 3:30pm - 6:00pm

DATE

21/12/2023

Movies can calm us down and soothe us. It is something different when we watch movies with our special ones. On 21 Dec 2023, as a part of VIPASANA - the community living camp, we the students and teachers of BSS B.Ed Training College had watched the movie NERU from Raagam theatre, Thrissur. The movie is directed by Jeethu Joseph. The movie portrays about the life of Sara a blind sculptor, who seeks justice after suffering trauma. She contends with the legal system and her own resilience to find resolution. It is an emotional courtroom drama. It was an amazing experience on watching NERU.

Neru - Seeking Justice





PROGRAMME CHART

| 06:00am - 07:00am | Aerobics |
|-------------------|---|
| | Resource Person |
| | Sri Satheesh Director |
| | Top Winners Dance & Fitness Studio |
| 8:00am - 09:00am | Breakfast |
| 9:00am - 12:00pm | Enjoy the Vibe of Christmas - Santa is Here |
| 2:00pm - 01:00pm | Lunch |
| 01:00pm - 02:00pm | Camp Valediction |
| 02:00pm - 03:00pm | Student-teachers' Feedback |
| 03:00pm - 04:00pm | Group Photo Session |





Report on Aerobics workshop at BSS B.Ed Training College, Alathur

VENUE

Wisdom Hall

DATE

23/12/2023

AEROBICS

Aerobics workshop took place at morning 06:00 AM at wisdom Hall .The program was handled by Sri Satheesh ,Director of Top winners dance and fitness studio.

It was a one hour workshop where the first half was aerobics and the second half was zumba. Trainer used energetic music in order to bring the best out of students, he clearly demonstrated each and every movement so that the students could easily understand things. After half an hour he gave 10 minutes break and then the session started off with zumba, it was a tad bit more rigorous than the earlier one. Overall the session was extremely rejuvenating. Ajila Raj from Physical Science option

delivered the vote of thanks.

Aerobics



BSS B.Ed training college, Alathur (NAAC Accredited B++ with CGPA 2.85)

FA LA LA FIESTA christmas celebration

22nd December 2023



VENUE: WISDOM HALL @ 9.30 AM



Guruvandhanam

A song from heaven

Welcome Speech : Ansara.A.R

Inaugural Address : Dr.K.S.Balambika Mam (Principal, BSS B.Ed Training College, Alathur)

Choir

Dance

Vote of Thanks : Keerthi Lal

Report on Christmas Celebration at BSS B.Ed College, Alathur

CHRISTMAS CELEBRATION

Date : December 22, 2023

Venue:

Wisdom hall

Time: 9.30 -11.30 am

Christmas, a fes val at its core, is a me to celebrate the birth of Jesus Christ, However, the beauty of Christmas lies in its universality – people from all walks of life partake in the fes vi es, making it a season of love, compassion, and goodwill. The spirit of giving and sharing is emphasised during Christmas, to encourage a sense of community and togetherness.

BSS B.Ed training college celebrated christmas on 22nd december 2023,that brought everyone under an umberella.The session began with vibrant and resonant enlightening by Archana and Helen from physical science who were there to guide us throughout with their lively anchoring. A warm welcoming speech was given by Ansara from physical science and our Principal Bala ma'am graced the session with her Inaugural address.

Then a special occassion where some of our students presented a tablo showing the image of christams crib ; newborn baby jesus with mary: mother of jesus,joseph :father of jesus,shepherds,angels and three kings .Some of the students also performed choir with their graceful voice along with this and a candle ligh ng session which created a peaceful, soulwarming and special moment for everyone. A twelve membered choir graced the occasion, serenading hearts with their soulful rendi ons of three Christmas carols. With joyful exuberance, the Christmas Santa , Aparna Anilkumar from English took center stage , regaling all with a lively dance, infusing the air with merriment . In a moment of warmth and unity, the esteemed principal Dr KS Balambika ma'am presided over the cake cu ng ceremony, sharing the sweet indulgence among the dedicated teachers and the spirited Christmas Santa , weaving a tapestry of joyous celebra on.

Christmas is the fes val which inspires the spirit of sharing and caring.Christmas celebra on was held on 22nd December 2023, in the wisdom hall. The hall was beau fully decorated and everybody was dressed in red and white.

There was dance from the physical science op on and everybody enjoyed it. The hall was filled with joy and energy. Santa was dancing to the beats and students followed.

Atlast principal and teachers wished everyone a merry Christmas and a happy new year. The program was concluded with the vote of thanks from Keerthy J.







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Thank You