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

NAAC Accredited B++ Grade with CGPA 2.8 Alathur, Palakkad-678541, Kerala. Ph:04922-224415, e-mail: bssaltr@gmail.com

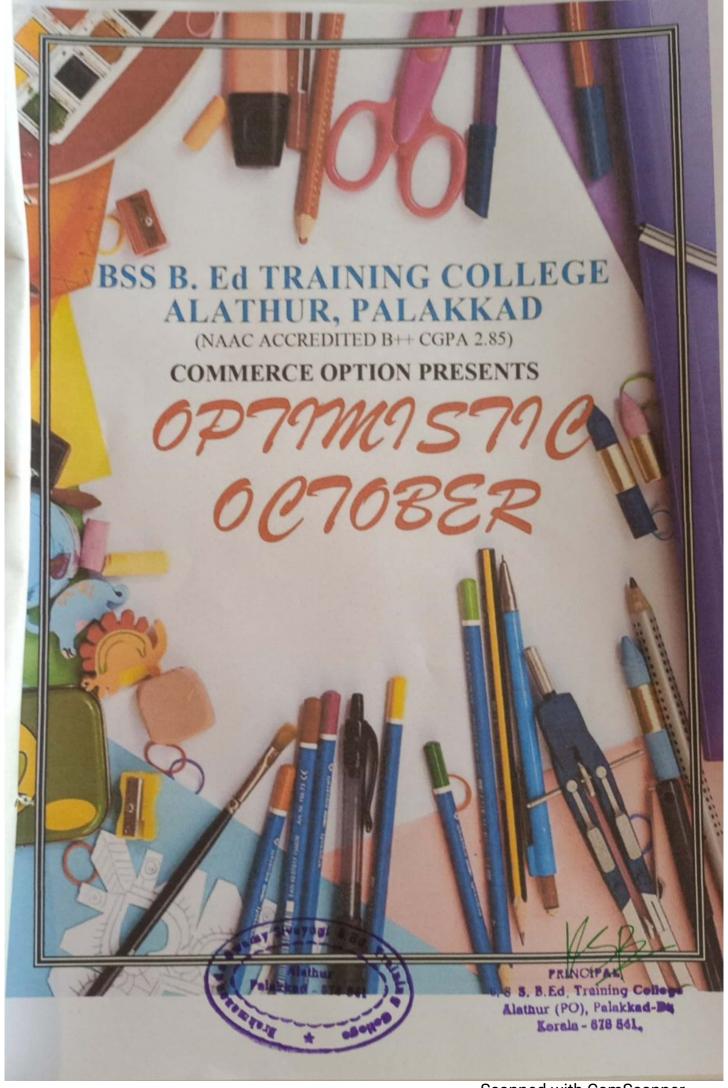




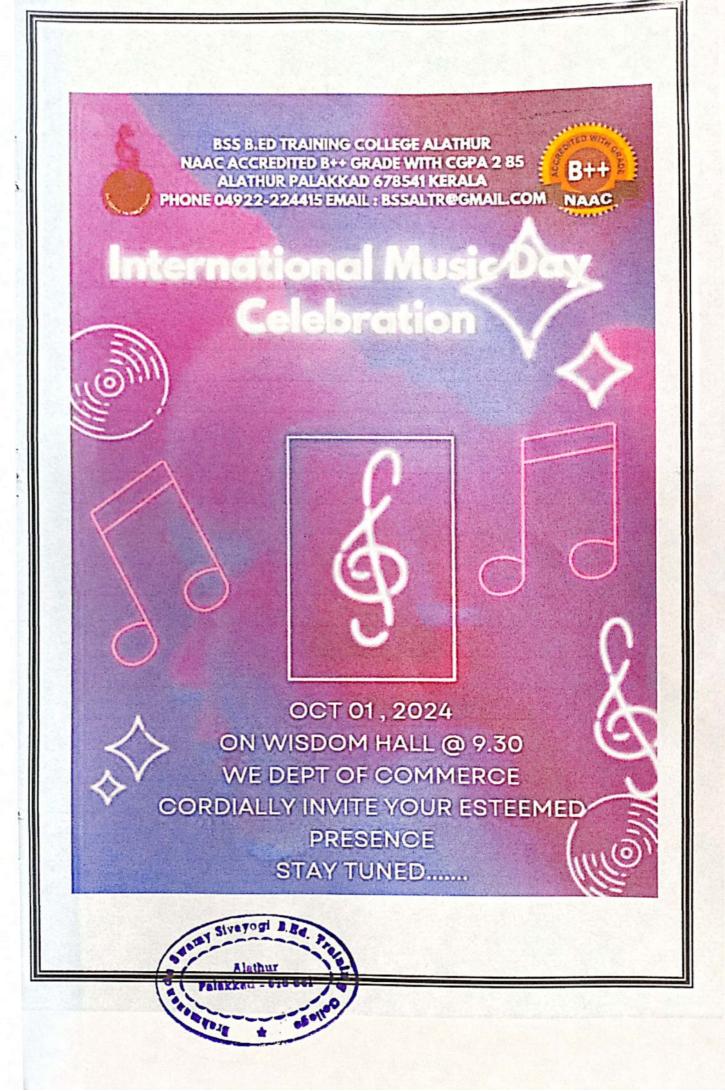
EXPLORING WISDOM
PRAYANA
Monthly Report

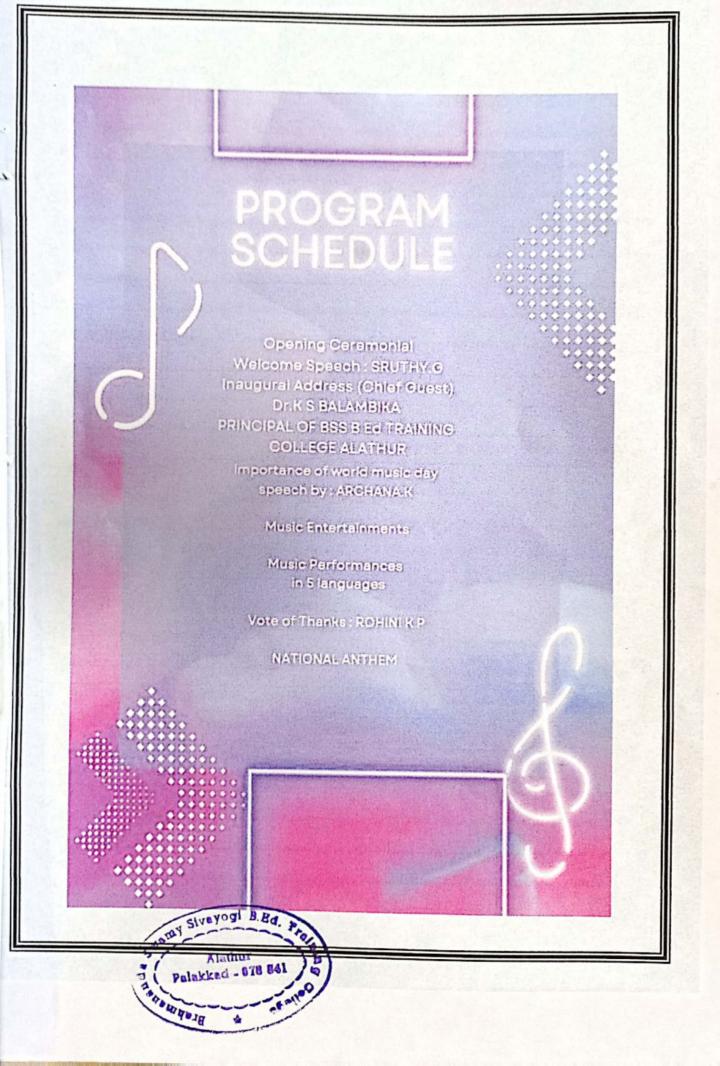
October 2024 Commerce Option





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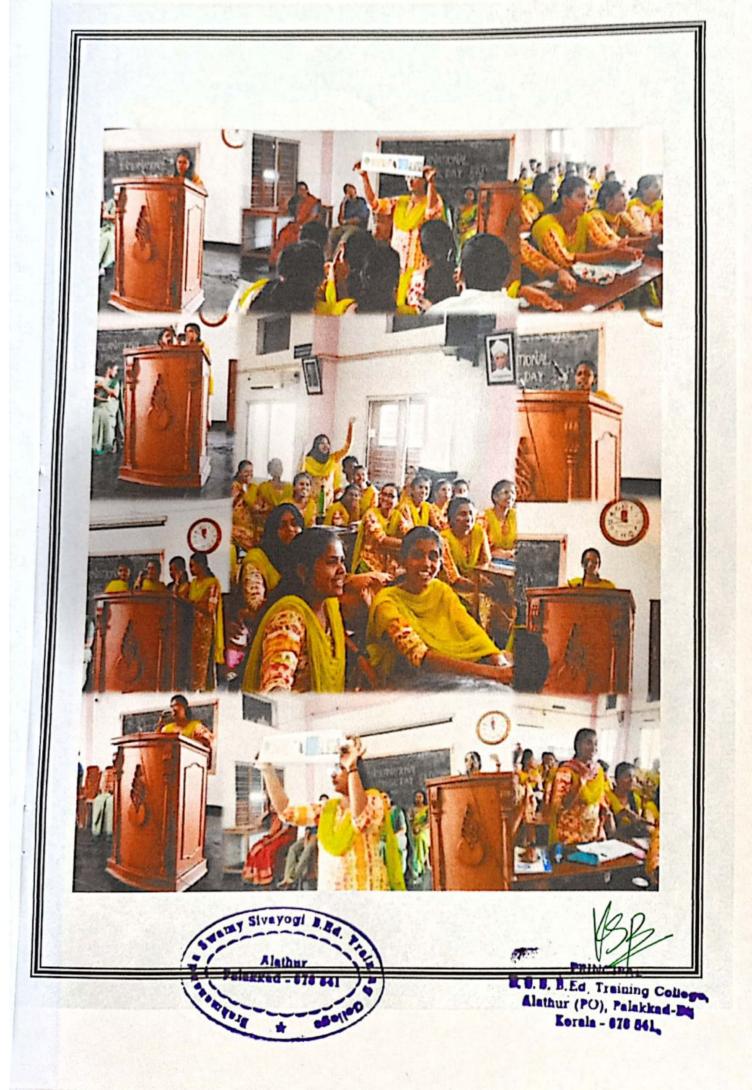
## INTERNATIONAL MUSIC DAY

On October 1<sup>st</sup>, BSS B. Ed Training College in Alathur celebrated International Music Day with enthusiasm and joy at 9 a.m. in Wisdom Hall. This event was organized by the Commerce Option to honour the universal language of music, which transcends cultural boundaries and unites people. This day promotes the importance of music in fostering understanding and co-operation among people worldwide.

The celebration commenced with a welcome speech delivered by Sruthy G Gupta from the Commerce Option setting a warm tone for the event. The inaugural address was given by Dr. K S Balambika Principal of BSS B.Ed Training College, Alathur who highlighted the significance and the theme of International Music Day. A speech highlighting the significance of International Music Day was delivered by Archana K from the Commerce Option, focusing on the importance of this global celebration.

Various music-related games were organized as part of this event. These programs were co-ordinated by Haritha N, Sruthy G Gupta and Jisha M from the Commerce Option. Following the musical entertainments, musical performances were conducted in five languages: English, Malayalam, Hindi, Tamil and Telugu. Participants from all options took part in these performances. After the musical performances, Rohini K P from the Commerce Option delivered a heartfelt vote of thanks to everyone.







## BSSB.Ed.Training college

NAAC accredited B++ Grade with CGPA 2.85 Alathur,palakkad-678541,kerala

Ph:04922 224415,email.basaltr@gmail.com



## **Gandhi Jayanti Celebration**



02 oct 2024

10.00AM

To participate
Join the group
https://meet.google.com/ece-usflucture

We Department of Commerce Cordially
Invite Your Esteemed Presence





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## PROGRAMME SCHEDULE

- Guruvandhanam
- Welcome speech:Akhila
- "Raghupathi Raghav Rajaram"
- Inauguration:Dr.KS Balambika,Principal. BSS B.Ed Training College, Alathur
- Gandhi Jayanti Speech:Rohini KP
- Quiz Competition
- Slogan Preparation
- Vote of Thanks: Aparna K
- · National Anthem

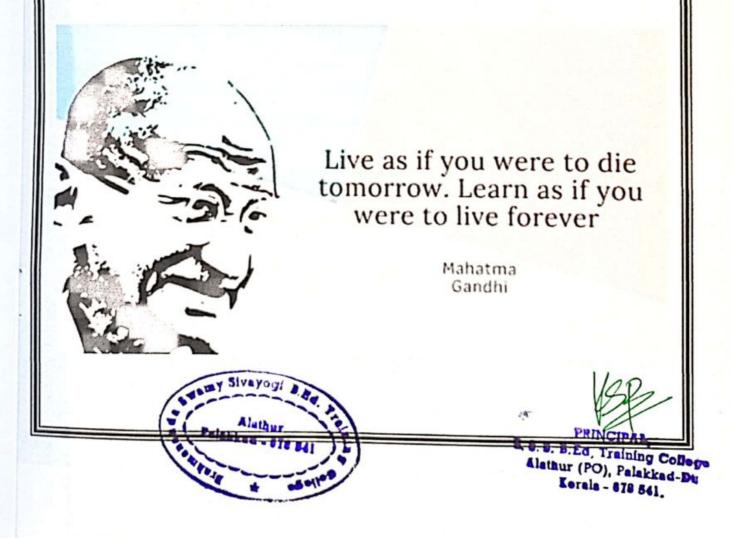


#### GANDHI JAYANTHI

In commemoration of Mahatma Gandhi's birth anniversary BSS B. Ed Training Collegeconducted Gandhi Jayanti celebration in online mode on October 2nd 2024. Despite the physical distancing the event aimed to spread Gandhi's message of non-violence truth andservice to humanity.

The program began with a divine prayer and we welcome our honorable principle

Dr. Bala Ambika ma'am to delivered and inspiring key notes address on Gandhi's relevance
in today's food and be presented a speech about Gandhi's life teaching and contributions to
India freedom struggle and we conducted a spot slogan presentation showcasing creative
sloganand inspired by Gandhi quotes and philosophy. The favourite song of Mahatma
Gandhi- "Raghupati Raghav" has sung by Ardhra Haridas and we concluded our program
with vote of thanks and last we sung national anthem.





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# National Poetry Day

Poetry is only proof of life. If your life is well lit, poetry is only the ashes





#### NATIONAL POETRY DAY

On National Poetry Day, B.S.S B. Ed Training College Alathur, Palakkad organized a program to encourage people of all ages and backgrounds to read, share, and write poetry, fostering a love for the art form. The event was held on October 3, 2024, under the title "Poetry is Only Proof of Life if Your Life is Well-Lived. Poetry is in the Ashes." By promoting literacy, language, and self-expression, the program aimed to inspire a deep appreciation for poetry.

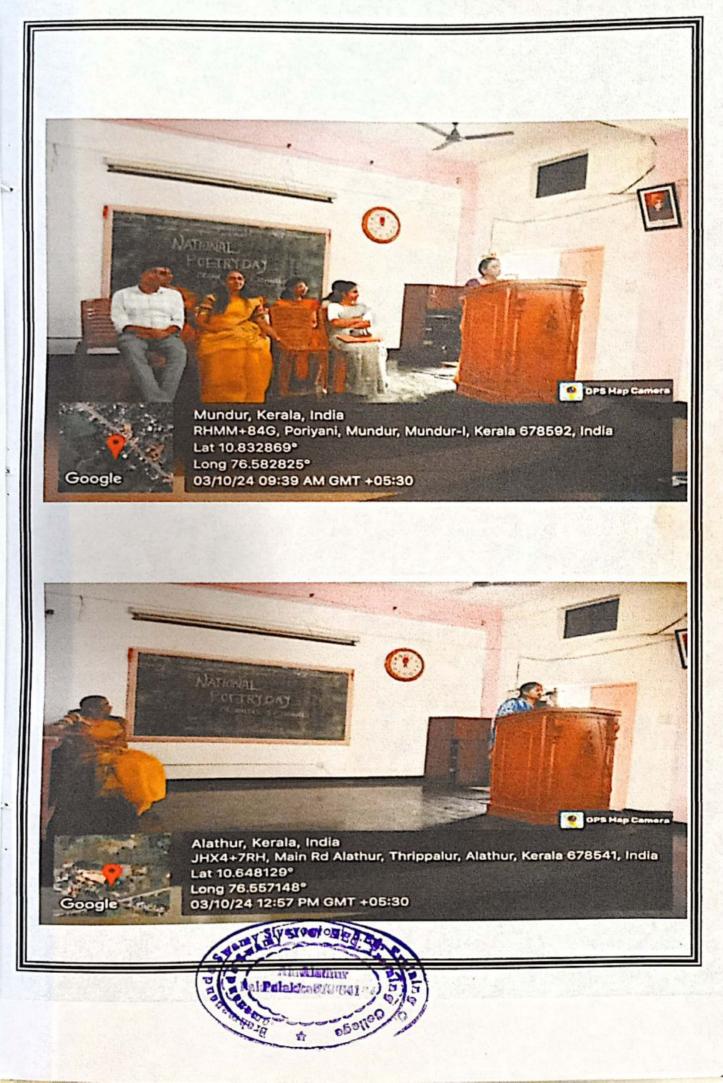
The program commenced at 9:30 AM in Wisdom Hall, the main auditorium of the college. The highlight of the event was Assistant Professor Meera, (Assistant Professor in Social Science, B.S.S B. Ed Training College, Alathur) who recited a alayalam poem on this day. The poem was wonderful to hear. Ardra Haridas from the English option also recited a poem.

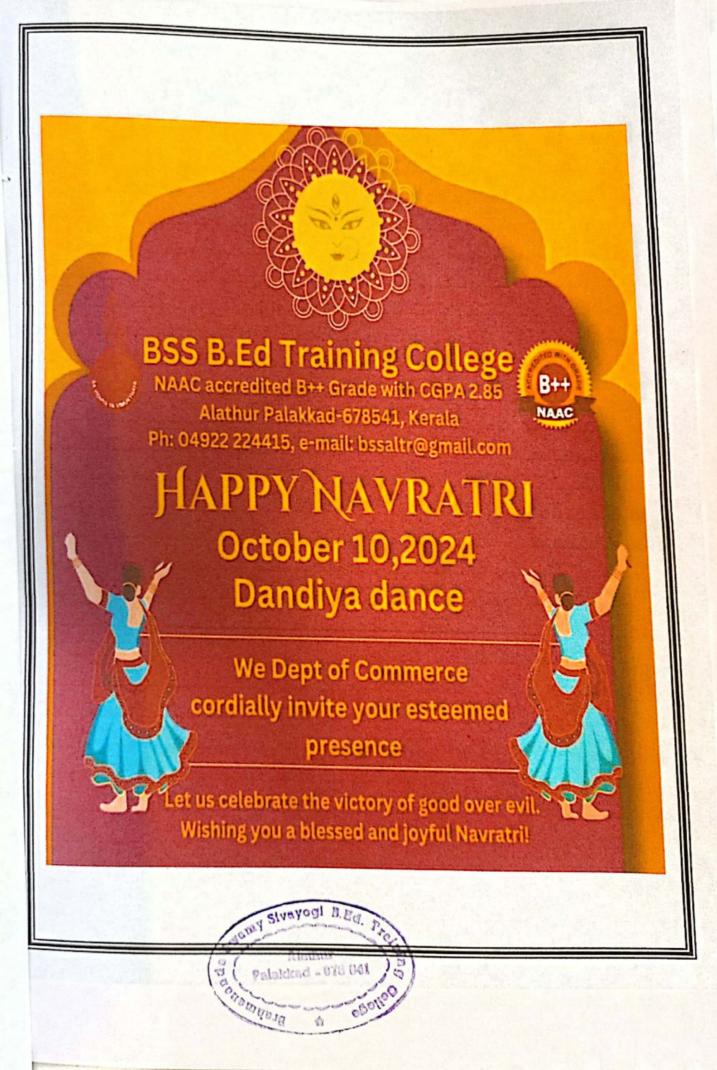
On that day, in the afternoon at 2 PM, a poetry competition was conducted for students. The title of the poem was given by Assistant Professor Rasmi (Assistant Professor in Commerce, B.S.S B. Ed Training College, Alathur) and one hour was allotted to teacher trainees to write the poem. All the students were engaged in the competition.

Through open expression and shared reflections, National Poetry Day offered students a unique space to explore complex emotions, fostering understanding and empathy within the college. By integrating poetry into these vital conversations, the day not only celebrated the art of words but also emphasized the importance of mental well-being and connection. This approach highlighted the role of poetry in creating a compassionate community, making it an impactful event for all involved.



Alathur (PO), Palakkad-Bu Kerala - 678 541,





#### NAVARATHRI

The Navratri celebration at BSS B Ed Training College was a grand affair, bringing together students, faculty, and staff in a vibrant showcase of culture and tradition. The event kicked off with Dr. Balambika's welcome speech, which not only highlighted the significance of Navratri as a time for reflection and devotion but also emphasized the importance of preserving cultural heritage.

Following her address, the atmosphere transformed as students dressed in colourful traditional attire prepared for the mega dandiya dance. This lively performance was characterized by rhythmic beats, bright costumes, and the clashing of sticks, creating an engaging and festive environment. Participants, filled with enthusiasm, danced in synchrony, promoting a sense of unity and joy among all attendees. The dance not only celebrated the spirit of Navratri but also encouraged physical activity and teamwork.

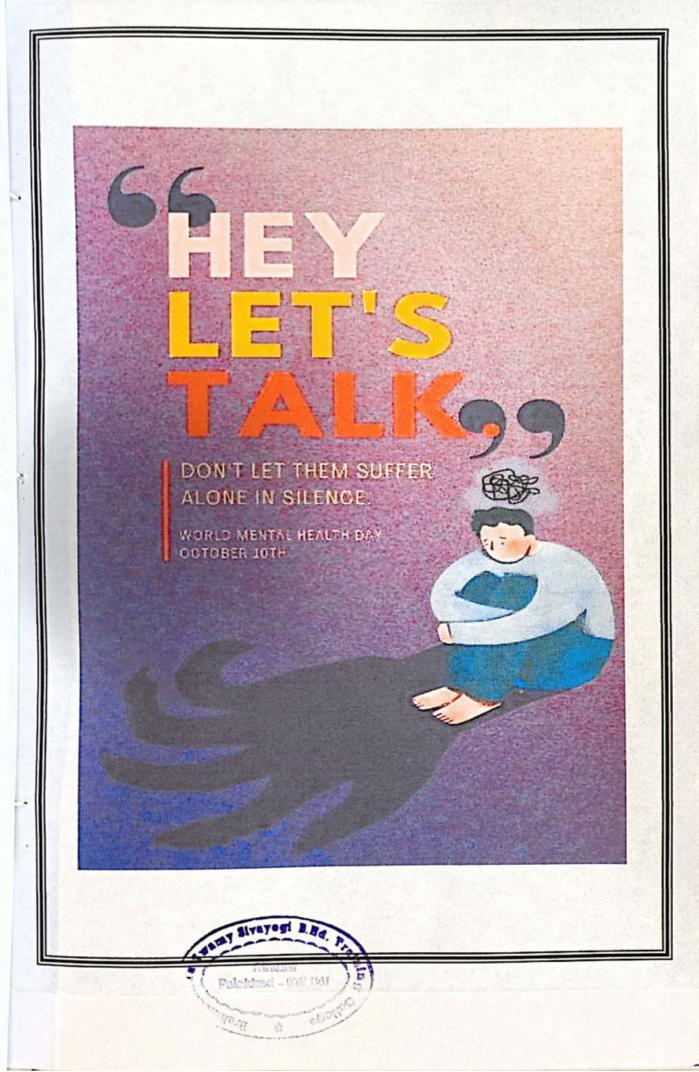
In addition to the dandiya dance, the college showcased the bommakollu, an artistic arrangement of dolls that represent various gods, goddesses, and cultural stories. This display served as both a decorative center piece and a conversation starter, inviting students and visitors to learn about the significance of each figure. The bommakollu encouraged participation and creativity, as students contributed their own dolls and decorations, fostering a deeper appreciation for their cultural roots.

Throughout the event, the college emphasized values such as respect for tradition, community spirit, and the importance of festivals in fostering social bonds. The celebration concluded with joyful interactions among students and faculty, reflecting the success of the event in creating a warm and inclusive atmosphere.

Overall, the Navratri celebration at BSS B Ed Training College was a memorable event that reinforced the importance of cultural traditions while promoting a sense of belonging and camaraderie among the college community







#### WORLD MENTAL HEALTH DAY

On October 10, 2024, the Women Cell, in collaboration with the Commerce Department, organized an impactful event to celebrate World Mental Health Day. This year's theme, "Mental Health is a Universal Human Right," emphasized the importance of mental well-being and the need for accessible mental health care for everyone. The event aimed to raise awareness about mental health issues and promote a culture of support and understanding within the institution.

The program was skilfully anchored by Haritha N, an executive member of the Women Cell and a student in the Commerce Department. Her warm and engaging approach set a positive tone for the day, guiding the audience through various segments of the program. Haritha introduced the significance of World Mental Health Day and provided an overview of the activities planned for the day.

The highlight of the event was a compelling speech delivered by Ardra Haridas, another executive member of the Women Cell. Ardra addressed the audience on the importance of mental health, sharing personal insights and statistics that underscored the prevalence of mental health issues among young people. She emphasized the need for open discussions about mental health, encouraging students to seek help and support when needed. Her passionate delivery resonated with many, inspiring attendees to prioritize their mental well-being.

Following Ardra's speech, Dr. Balambika, the principal of the institution, addressed the pupils with a message focused on the power of positive affirmations. She highlighted how cultivating a positive mindset can significantly impact mental health and overall well-being. Dr. Balambika encouraged students to incorporate positive affirmations into their daily routines, fostering resilience and self-acceptance in the face of challenges.

To further engage the attendees, the Women Cell organized an interactive activity called the "Happy Box." This game involved participants writing down positive thoughts and encouraging messages, which were then placed into a beautifully decorated box. The contents of the Happy Box were shared among teacher trainees and teachers, creating an atmosphere of positivity and support. This activity aimed to remind everyone of the importance of kindness and uplifting one another, reinforcing the idea that collective mental wellness is essential for a healthy community.

The event concluded on a high note, with participants feeling inspired and equipped with new insights about mental health. The Women Cell's efforts to create awareness and foster a supportive environment were commendable, highlighting the institution's commitment to mental well-being. Overall, World Mental Health Day 2024 served as a vital reminder of the importance of mental health as a universal right and the collective responsibility to nurture it within our communities.







## BSS B.Ed. Training college Alathur, Palakkad



Commerce department in association with W.O.W and IQAC

Organizing

" Educate a Girl, Empower a Nation "



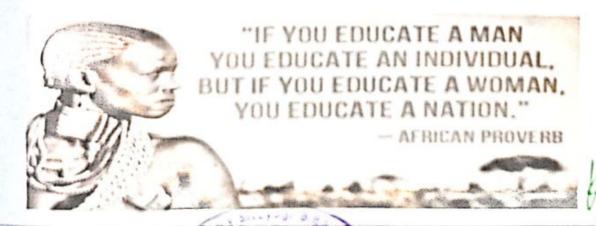
11th October 2024

Theme for 2024: Girls' Vision for the Future

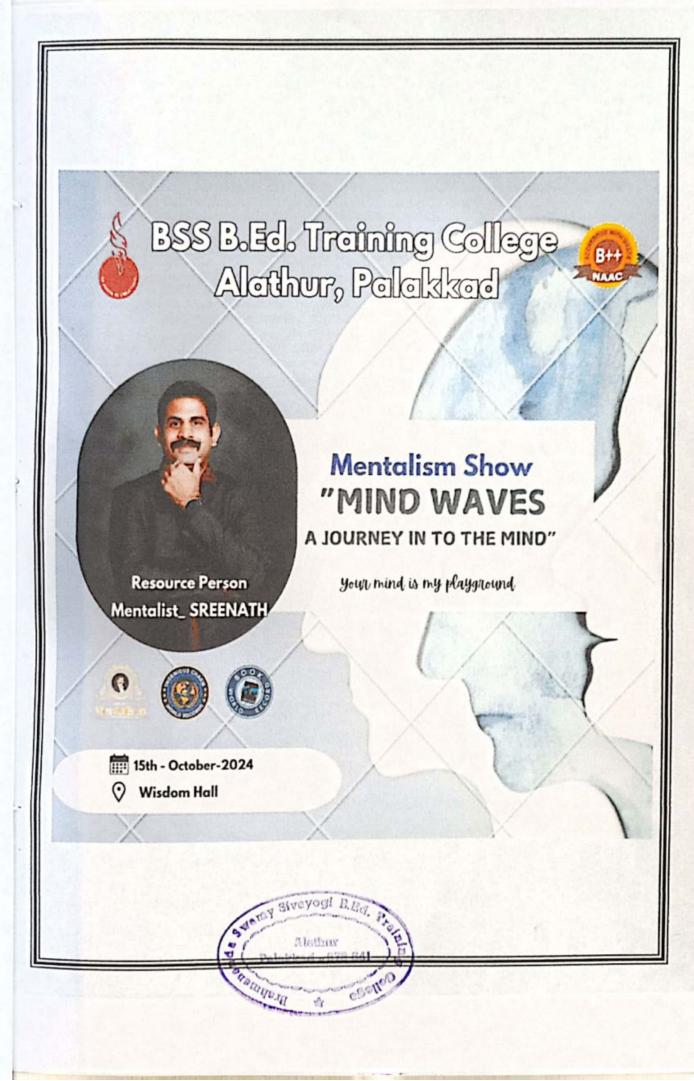


#### INTERNATIONAL GIRL CHILD DAY

On the auspicious occasion of International Girl Child Day, BSS B. Ed Teacher Training College orchestrated a multifaceted event designed to resonate with the ethos of empowerment, equity, and enlightenment for the girl child. This significant day was marked by a convergence of erudite discussions. fervent orations, and interactive segments that underscored the essentiality of fostering an environment where girls can thrive uninhibited by societal constraints. The event was inaugurated with an eloquent address that delineated the myriad challenges faced by girls worldwide, interwoven with accounts of triumphs that exemplify resilience and ambition. Notably, an intellectually stimulating online quiz competition was interspersed within the celebration to infuse an element of scholarly engagement and competitive spirit. This quiz, meticulously curated to encompass topics spanning the historical and contemporary contributions of women to global progress and the persistent struggles they endure, attracted enthusiastic participation from the student body. It is with great pride that the college recognized Sayanthara Jayan, an exemplar of academic prowess from the Physical Science option, who secured the coveted first place. Her commendable performance not only demonstrated an in-depth understanding of the subject matter but also mirrored the very principles of determination and empowerment celebrated on this day. The event concluded with an acknowledgment of the importance of educating and uplifting future generations to perpetuate a culture of equality and opportunity, reaffirming the college's unwavering commitment to nurturing educators who will champion these values in their professional journeys.



A. S. B. Ed. Training College Alataur (PO), Palakind-De Korala - 678 54)



#### MENTALISM DAY

On October 15 BSS B ed training college Alathur, celebrated mentalism day with great enthusiasm and reverence at wisdom hall at 10.00 am.

The event was conducted on behalf of the wow and the department of commerce to give an insight in to the minds of young generation.

The program was commenced with prayer followed by a welcome speech. Welcome speech was delivered by Nasiya from the maths department, giving a warm welcome to the event.

The inaugural address was given by DR.K.S Balambika, principal of BSS B ed training college, Alathur who highlighted the significance of a healthy mind in collaboration with IQAC and emphasised the importance of keeping mind balanced and about mental health.

Mentalist Sreenath was our resource person for the event, he is a wonderful person of making the audients mind as a playground.

His mentalism show was a fabulous event for all the audients. Not only students teachers were also part of the event.

Mentalism Day was organized to celebrate and showcase the art of mentalism, aiming to intrigue, entertain, and create a sense of wonder for the audience.

The show was centred on feats of mind-reading, mind control, and psychological illusion, captivated attendees through various activities and performances including teachers.

He performed live mind-reading tricks, involving audience members to guess hidden objects, personal memories, or chosen numbers. made predictions about choices the audience would make, revealing them in surprising ways.

The event successfully engaged the audience, who were both amazed and intrigued by the mentalists' abilities. Participants were frequently invited on stage, leading to high levels of



excitement and curiosity. Many expressed surprise and enjoyment, and some were eager to learn the techniques behind the illusions.

The event highlighted how much of mentalism relies on psychology, body language, and keen observation.

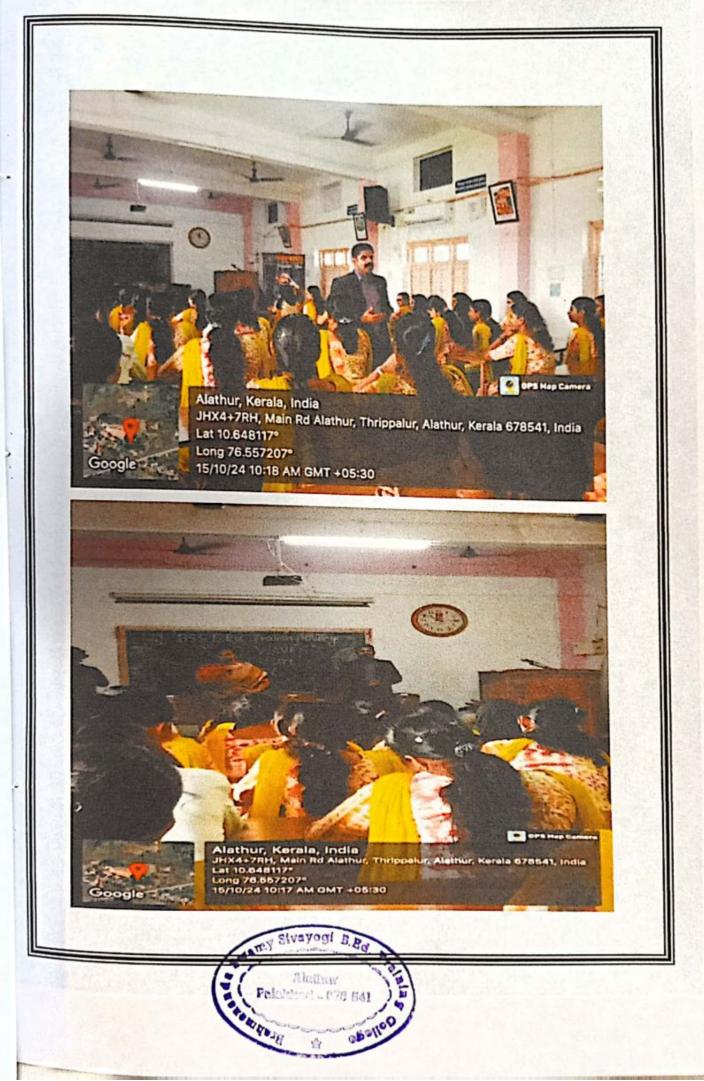
Mentalism Day was a successful event that provided attendees with a memorable experience filled with intrigue, education, and entertainment. It effectively demonstrated the power of mentalism as both an art form and a tool for understanding human psychology, leaving participants inspired and curious about the mysteries of the mind.

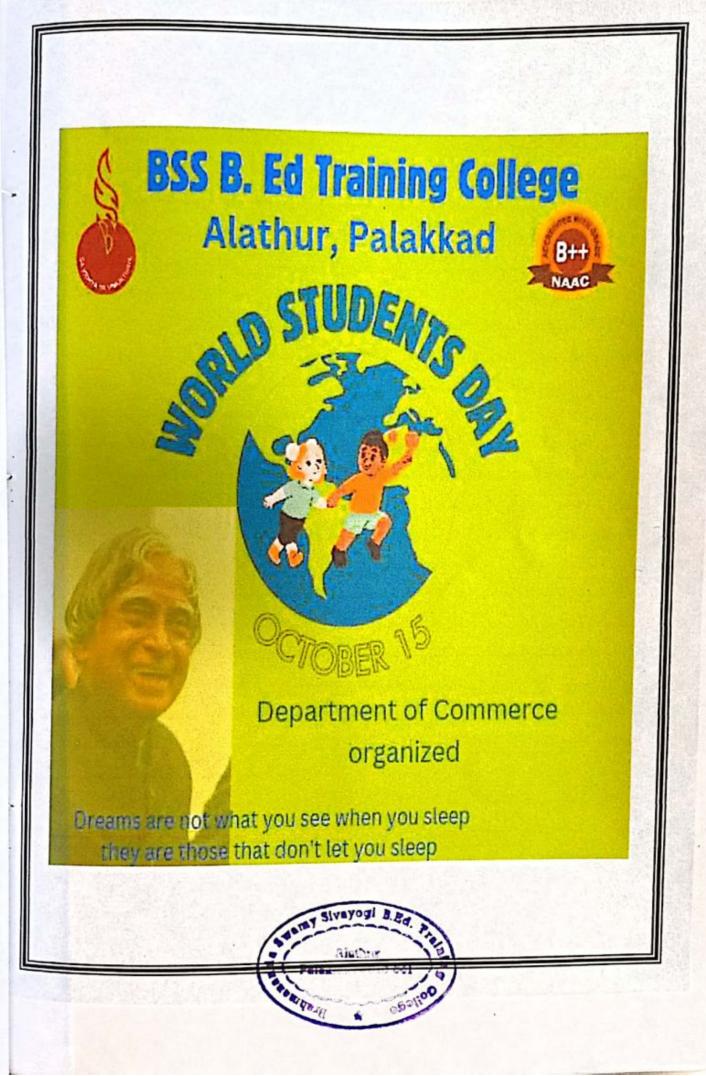
As a token of gratitude our respected principal DR K.S Balambika mam honoured by presenting him golden shawl and all teachers and students expressed heart felt appreciation, thankfulness for his magical presentation.

The event was concluded with excitement and curiosity. Nasiya shared her happiness and gratitude representing the whole class to Srinath sir.



Alathur (PO), Falakkad-Di







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ORGANIZED BY COMMERCE DEPARTMENT



WORLD POVERTY ERADICATION DAY

17/10/2024



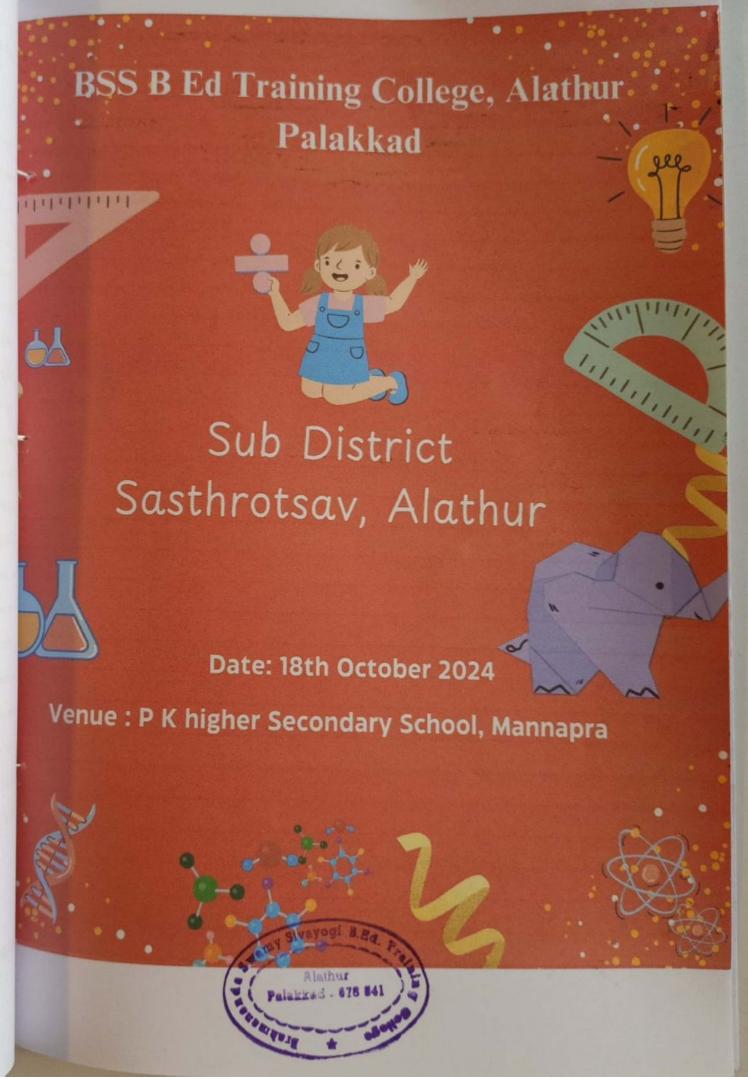
Give something to those who have nothing



#### WORLD POVERTY ERADICATION DAY

On October 17, 2024, the Internal Quality Assurance Cell (IQAC) of our institution, in collaboration with the Commerce Department, observed World Poverty Eradication Day with a series of engaging activities aimed at raising awareness about poverty and its implications globally. This initiative was marked by a special video presentation created by Haritha N, a student from the Commerce Department, which focused on the theme of world poverty awareness. The presentation effectively combined impactful visuals and statistics to shed light on the current state of poverty worldwide, illustrating both the progress made and the challenges that remain. The video included critical data, such as the alarming number of people living below the poverty line and the disproportionate impact of poverty on vulnerable populations, particularly women and children. The event commenced with an introductory speech emphasizing the importance of addressing poverty as a fundamental human right and a shared global responsibility. Following the speech, the video presentation captivated the audience, prompting discussions on the root causes of poverty, the role of education, and the need for sustainable development initiatives. The statistics showcased in the video served to highlight the stark reality faced by millions, with a call to action for students and faculty alike to engage in community service and advocacy efforts aimed at poverty alleviation. Additionally, the program included interactive sessions where participants shared their thoughts on potential solutions to combat poverty, reflecting the spirit of collaboration and innovation that is essential in this fight. The day concluded with a commitment from the Commerce Department to integrate discussions on poverty and sustainable development into the curriculum, ensuring that students are not only aware of these pressing issues but also equipped to contribute to meaningful change. Overall, the observance of World Poverty Eradication Day 2024 was a significant step towards fostering a socially conscious community, inspired by the insights shared during the presentation.













## BRAHMANANDA SWAMI SIVAYOGI B.Ed TRAINING COLLEGE

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

#### Report on Sub District Sasthrotsav

On October 18, 2024, students from BSS b. Ed Training College, Alathur, participated as duty officials in the Alathur sub-district Shasthramela 2024. The students started their journey from the college campus at 8:45 am and arrived at the venue P K H S S, Mannapra by 9:15 am. They promptly took up their assigned duties of various events and reported to the event hall by 10:00 am, where they actively engaged in their responsibilities. This experience provided the student teachers with invaluable exposure, enabling them to comprehend the procedures involved in organizing a science fair. Through their active participation, they developed essential skills in event management, including coordination, communication, and teamwork. The event proved to be a rewarding learning experience, preparing them for future endeavors as educators and event organizers. There are number of students and teachers participating and collaborating hand in hand to make the event successful.





तोकाः समस्ताः सुश्चिनी भवन्तु

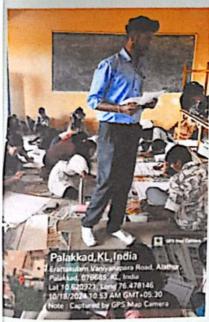
## BRAHMANANDA SWAMI SIVAYOGI B.Ed TRAINING COLLEGE

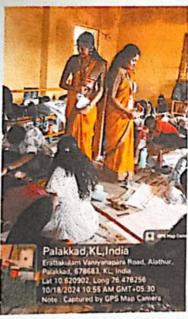
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## **PHOTO GALLARY**



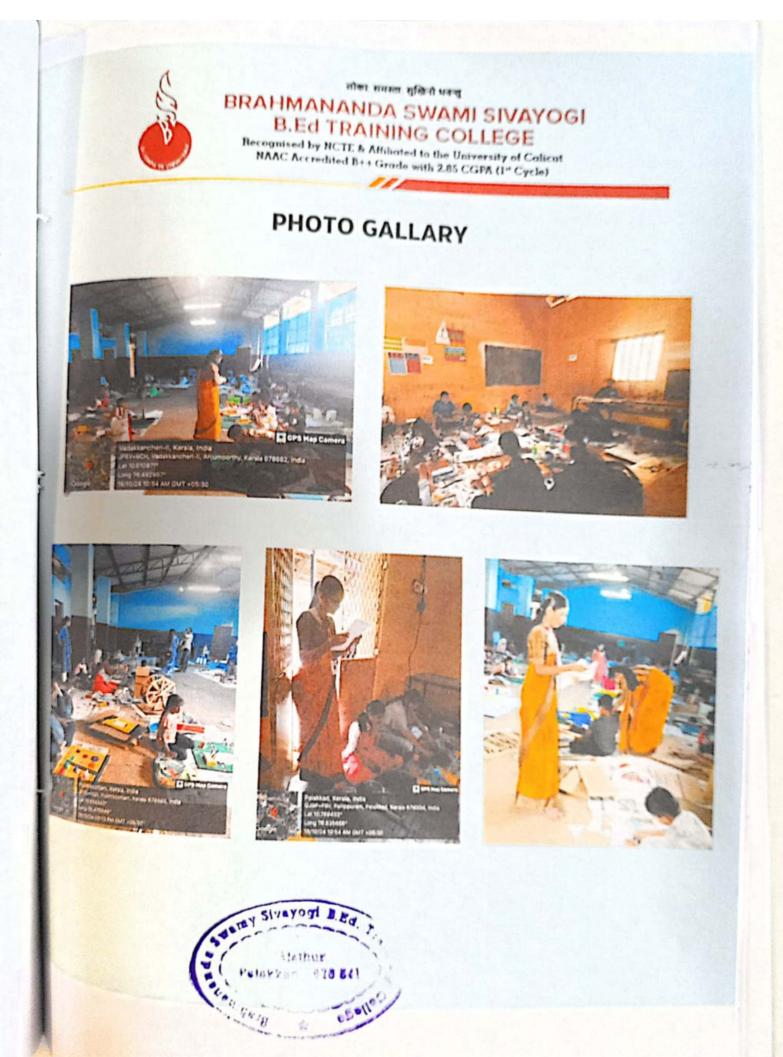














B.S.S B.Ed Training College

ALATHUR, PALAKKAD-678541 Ph:04922-224415, e-mail: bssaltr@gmail.com, website: www.bsstcaltr.com (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)



join hands with



## THE EYE FOUNDATION

Super Speciality Hospital Palakkad

# Free Eye Checkup Camp



Get your vision assessed this day

25 th October 2024 , Friday B.S.S B.Ed TRAINING COLLEGE CAMPUS

@ 10:30 am-12:30 pm





Don't miss this opportunity to ensure your vision is at its Destining College





# Program Schedule Session 1 Inauguration Welcome Speech Mrs. Janitha S (Asst. Prof. in Mathematics Education) Inaugural Address Dr K S Balambika (Principal, BSS B.Ed Training College) Special Speech Mrs Jyothi, Optometrists (The Eye Foundation, Palakkad) Vote of Thanks Mrs. Meera T N (Asst. Prof. in Social Science Education) Session 2 Eye checkup camp

## Nethra

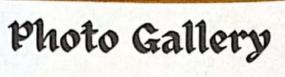
#### Eye camp Report

We B.S.S B.Ed Training College, Alathur Joint hands with "The Eye Foundation", Super Speciality Hospital, Palakkad, has organized a free eye check-up camp on the campus on 25th October 2024. The event was titled "Nethra" signifying the importance of keeping healthy vision among children.

The chief Optometrists Mrs. Jyothi and Mr. Shiva Prasad along with their team from Super Speciality Hospital, Palakkad visited the College as part of their exceptional service in the field of vision-health. They offered free eye check-up to all the students from B.S.S B.Ed College and Vanitha College, Alathur along with the teachers and non-teaching staff.

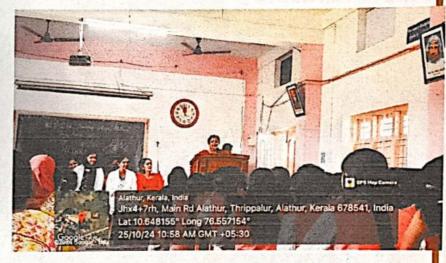
The event was scheduled in two sessions. In the first session, the program commenced with a welcome note by the respected principal Dr.K S Balambika Ma'am with an inspiring speech that overwhelmed in the hearts of everyone gathered in the College Wisdom Hall. Mrs Jyothi, Optometrists was invited for the inaugural speech, which was quite informative and motivational and provided instructions to maintain a healthy vision, especially among the children who constitute the next generation. The event was facilitated by Mrs. Meera T N (Asst. Prof. in social science Education) with her gentle words which reflected in the hearts of the children. The program was hosted by Nasiya N from the Department of Mathematics. This event was co-ordinated by Mrs. Janitha S(Asst. Prof. in Mathematics Education) & Ms Salbha B(Asst. Prof. in ICT).

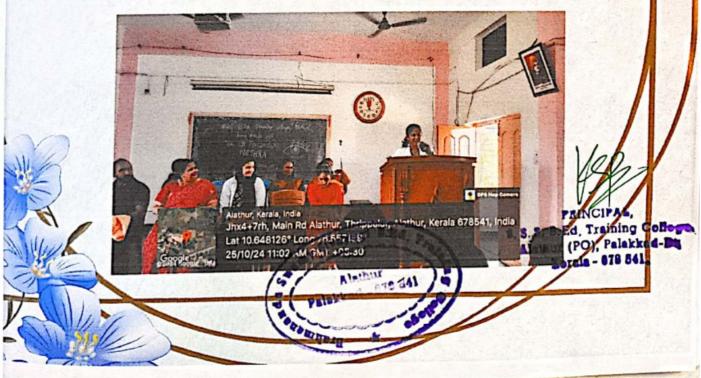
In the second session, the Eye Check-up was held in the Department of Physical Science and was volunteered by the Union members of the college. Around 250 members were participated in this event. A thorough eye check-up was escorted by the Optometry team to ensure accurate results in all aspects. Children with low vision were monitored and guided to the clinical treatment in their this spitalical.



Inaugural Ceremony









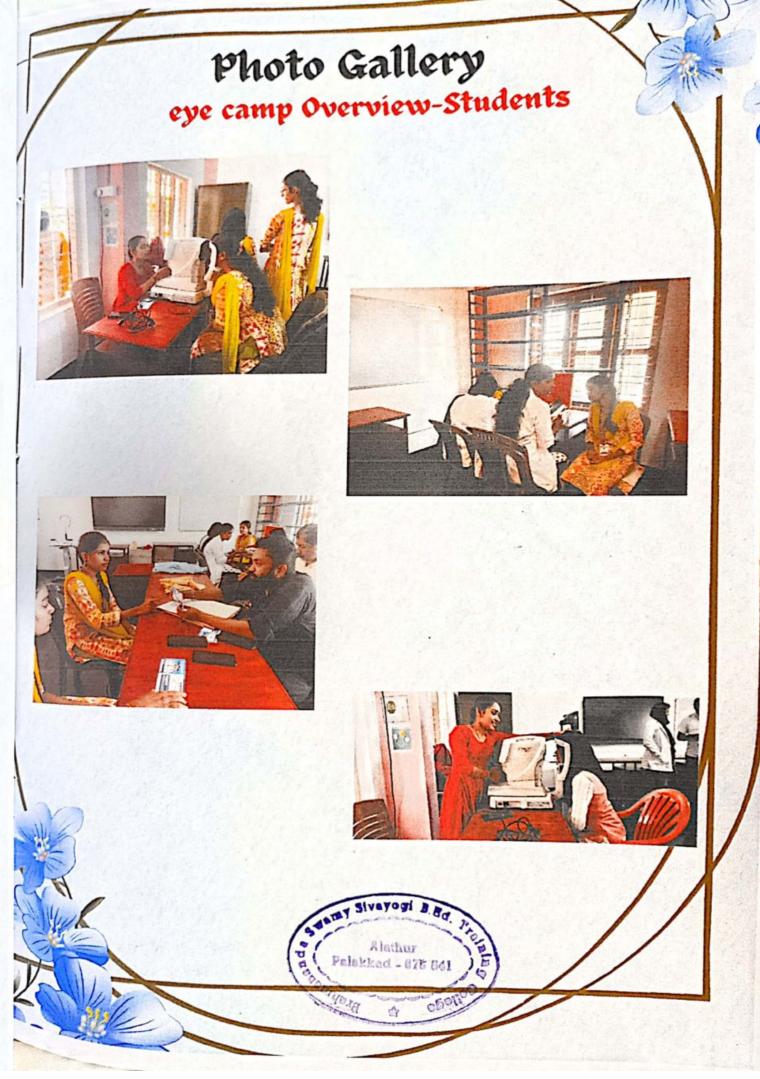


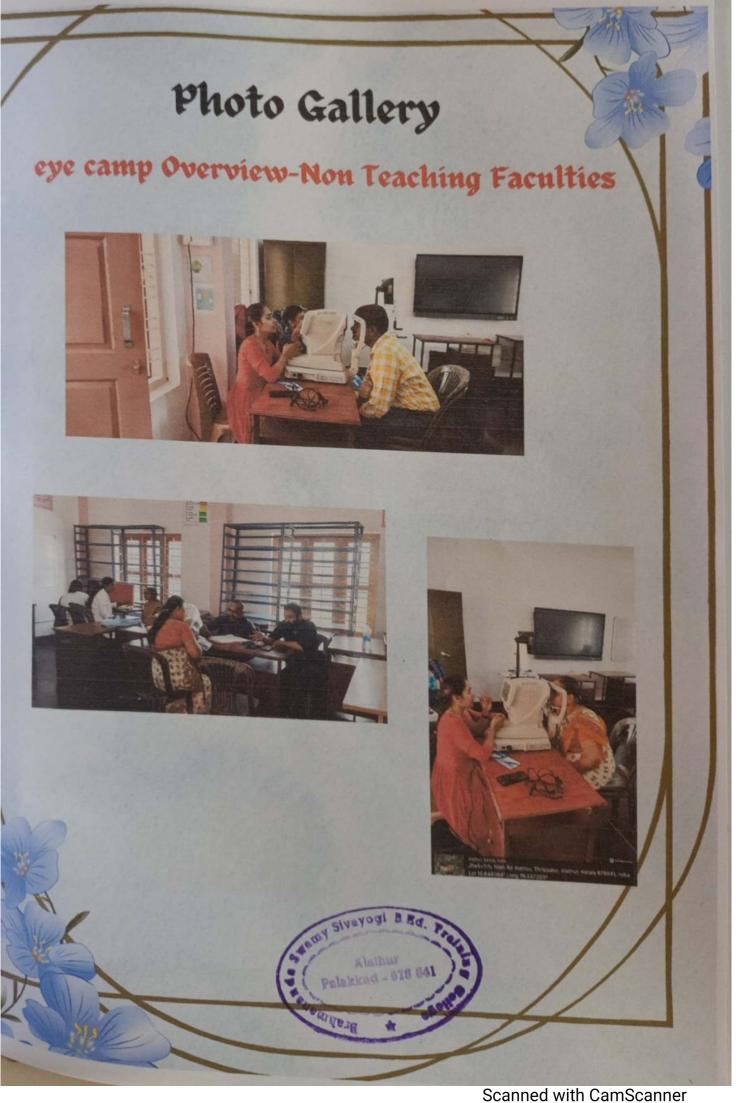


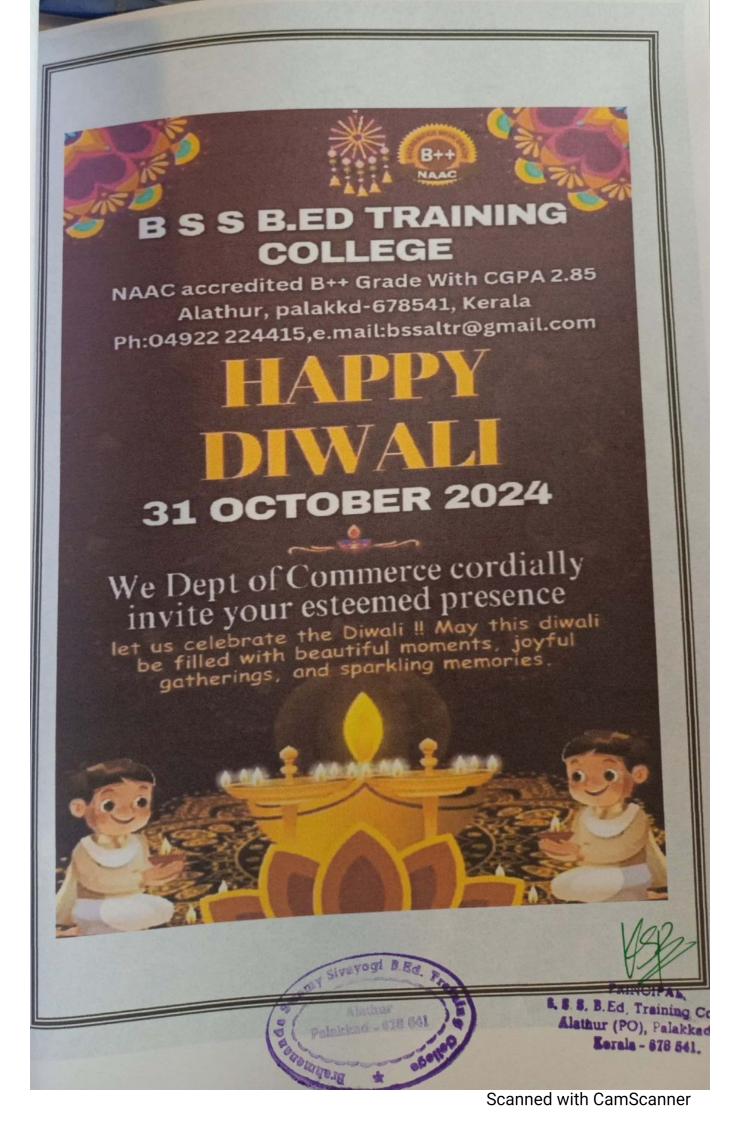
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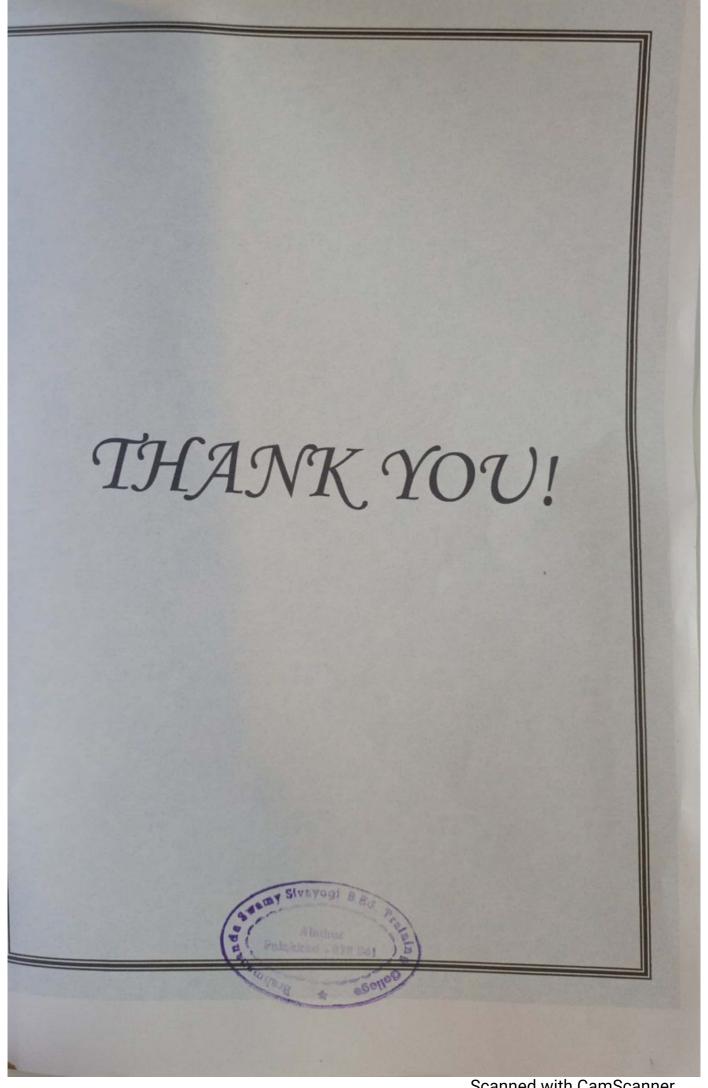


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