

COMMUNITY

LIVING CAMP

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

Recognised by NCTE & Affiliated to University of Calicut
NAAC ACCREDITED B++ GRADE WITH 2.85 CGPA

ALATHUR, PALAKKAD



Palakkad

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Certified that this is the bonafide record of

..... **K. ROSHINI**

Reg. No. **BAAWTE61004** for the year **2022-2024**



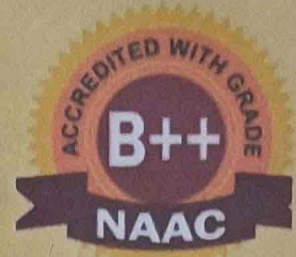
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PRINCIPAL,
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B.S.S B.Ed. Training College

Alathur, Palakkad-678541, Kerala.



Community Living Camp

2023



Information Brochure



VIPASANA

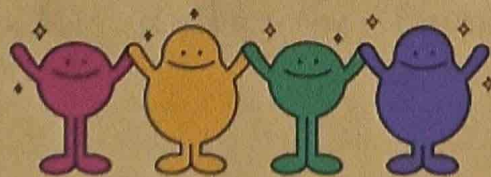


INSIGHT INTO THE TRUE NATURE OF REALITY

19.12.2023 to 22.12.2023

2022 - 2024

Batch



INTRODUCTION

Community Living Camp is a significant part of B. Ed Training Programme. Students live together along with teachers and they discuss socially relevant factors and issues. The camp helps the students to understand how to live together, share things and lead a sensible life. The effective practice of skills and communication process is ensured in the camp. The camp ensures to bring out the inner self of a person so as to create a sense of civic spirit in a person. In BSS B-Ed Training College, Alathur, the community living camp was held from 19th of December 2023, to 22nd of December 2023. Name of the camp was "VIPASANA : Insight into the true nature of reality."

NEED AND SIGNIFICANCE

Camp is a highly essential part of a B.Ed curriculum. It has got a greater importance in the B.Ed curriculum. Camp help oneself to relax and find out the true nature of oneself. It helps in unfolding the true sense inside a person. It acts as a binding force between different individuals and help in understanding how to adjust in situations, build one's self esteem and values. Interpersonal skills are developed as part of the camp. The feeling of being sensible, take responsibilities, sharpening of social and other skills all take place together in a community living camp.

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

THEME

Theme of our camp was "Vipassana - Insight into the true nature of reality." The camp was to invoke the inner self and inner self, of all B. Ed trainees, so as to instill the civic sense of oneself. The camp held from 19/12/2023 to 22/12/2023, had four different themes for each day. They were:

- 19/12/2023 - Day 1 - Matha
- 20/12/2023 - Day 2 - Putha
- 21/12/2023 - Day 3 - Gurusu
- 22/12/2023 - Day 4 - Daivam

The programmes for all these days were planned according to the theme of the day. The programmes were a resemblance of the days' theme as to invoke the true inner self of all.

PLANNING

Planning of a camp is highly essential for a successful implementation of all programmes. Under the guidance of Dr. K. S. Balambika ma'am, the Principal of our college and the camp co-ordinators Pijith Sir and Charles Sir the teachers, under their leadership several committees were formed and each committee had members of students who were assigned duty on each day. These committees were held responsible for each day's programme.

PROGRAMME CHART

19.12.2023 Theme of the Day: MATHA

08.00 am	Camp Registration
09:30am – 01:00pm	Camp Inauguration Camp Inauguration by Kalamandalam Sri Mohana Krishnan S P (Head of the Department, Thullal) Ottanthullal Performance Kalamandalam Sri Vishnu M (Gupta Famous Yuva Ottanthullal Artist)
01:00pm – 02:00pm	Lunch
02:00pm – 04:00pm	Art & Drama Practical Session Performance by Student-teachers
04:30pm – 05:00pm	Refreshment
05:00pm – 05:30pm	Camp Evaluation

20.12.2023 Theme of the Day: PITHA

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)
01:00pm – 02:00pm	Lunch
02:00pm – 03:00pm	Magic of Mentalism Resource Person Shri Pradeep Kunisseri (the President Kerala Sastra Sahitya Parishat Alathur Zone)
03:00pm – 04:30pm	Cultural Programme

06.00pm – 07.00pm	Refreshment
06:00pm – 07:00pm	Prayer
07:00pm – 08:30pm	Nath Creations' Folk Band
08:30pm – 09:00pm	Camp Fire
10:00pm – 10:30pm	Camp Evaluation

21.12.2023 Theme of the Day: GURU

06:00am - 06:30am	Prayer
06:30am – 07:00am	Embracing the Sun and Gandhi Darshan
07:30am – 08:00am	Breakfast
08:30am - 02:00pm	A Day with Masters Kalamandalam Visit
02:00pm - 03:00pm	Lunch
03:30pm - 06:00pm	Meeting the Legend 'Laletan' (Neeru movie)
06:30pm - 07:00pm	Saluting the Great Warriors of the Indian Army "Amar Jawan Jyothi" – Thrissur
07:00pm - 08:00pm	Dinner
09.30pm - 10.00pm	Camp Evaluation

22.12.2023 Theme of the Day: DAIVAM

06:00am - 07:00am	Aerobics Resource Person Sri Satheesh (Director Top Winners Dance & Fitness Studio)
08:00am - 09:00am	Breakfast
09:00am - 12:00pm	Enjoy the Vibe of Christmas - Santa is Here Lunch
12:00pm - 01:00pm	Lunch
01:00pm - 02:00pm	Camp Valediction
02:00pm - 03:00pm	Student-teachers' Feedback
03:00pm - 04:00pm	Group Photo Session

DAY 1 (19.12.2023)

Day 1 of the camp focused upon camp registration in the beginning. Instructions regarding the theme and programmes of the camp was already given. The program schedule gave an insight of the camp.

Session 1 : Camp Inauguration

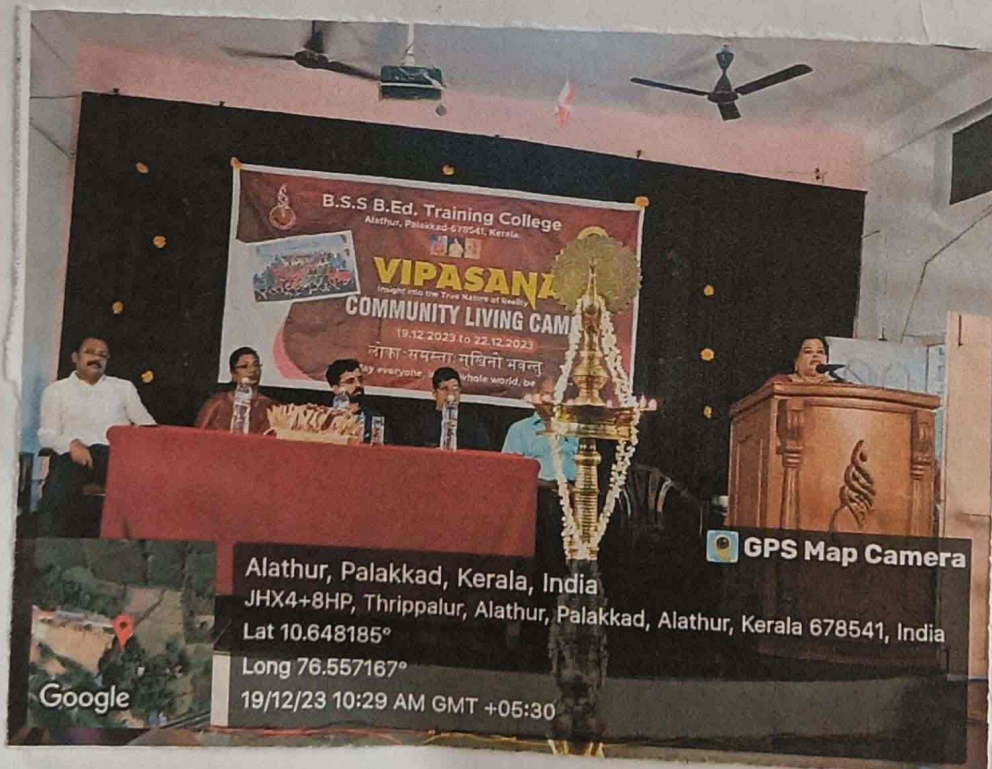
Objectives :

- To realise the importance of living together.
- To equip students to live cooperatively in a society.
- To inquire into the cultural, social, scientific, educational and environmental aspects of a community.
- To manage events of various dimensions.

Session Report :

Session 1 of the Day 1 camp began with registration. It started by 8-00 am. After the registration, all assembled in the Wisdom Hall. The session began with a prayer. It was followed by the welcome dance by Keerthylal. J. Then principal Balambika Ma'am gave the welcome address. The chief guest

of the session was Kelamendalam Sri Mohana Koushnan. S.P.; the Head of the Department of Thullal at Kerala Kelamendalam. Other honourable dignitaries were Dr. Vijayan .V. Anand Sir; C. Balachandran Sir, Renjusha. C. Unni malams, Sunil Kumar Prathep Sir. The lighting of the lamp was done. Then the honourable chief guest inaugurated the camp and it was followed by felicitation of chief guests. The dignitaries were honoured and then the chief guests gave their sincere words. The session ended with the initiation into the next session.



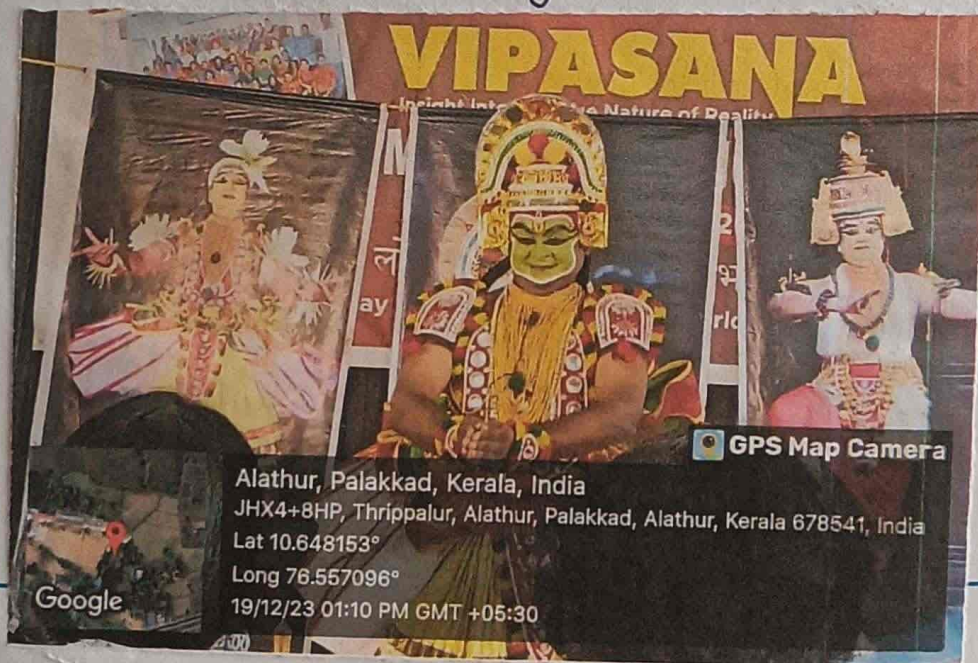
Session 2 : Ottanthullal

Objectives

- To understand the different cultures.
- To know more about Ottanthullal

Session report :

After the inauguration and felicitation, there was an Ottanthullal performance. Mohane Krishnan Sir and his disciple Dilsha gave an insight into different kinds of thullal and its history. He traced out the origin of the art form and its current relevance. It was followed by the performance of Ottanthullal by his disciple, Kelemandalam Sni. Vishnu .M. Gupta. The session came to an end with the vote of thanks by Ajila, Students chairman.



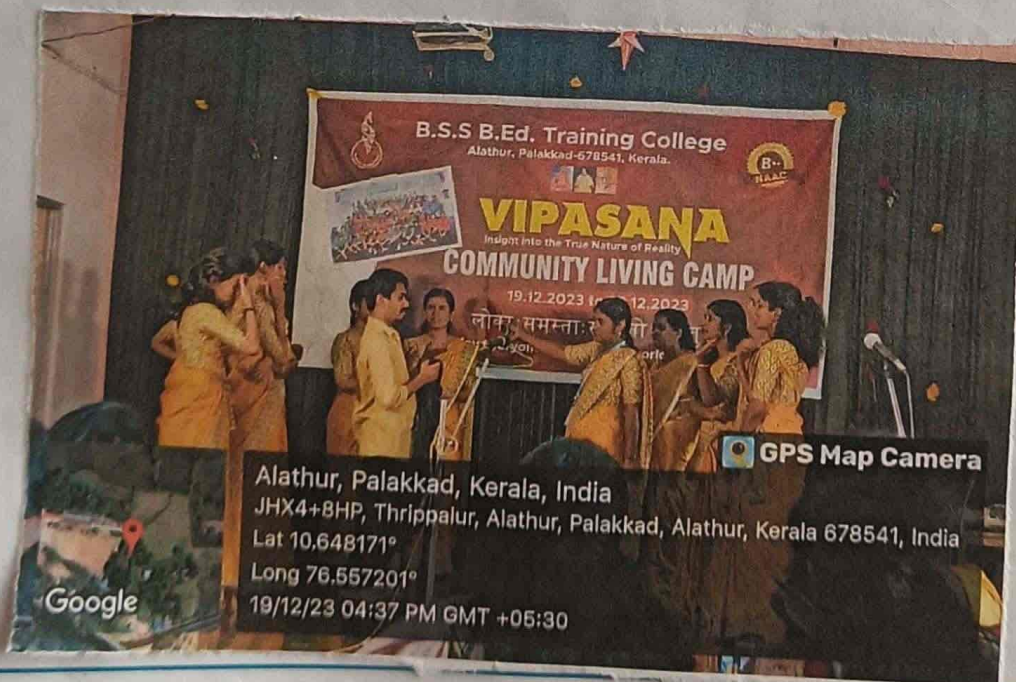
Session - 3 : Thirashheela Uyanumbol

Objectives

- To promote cultural activities.
- To develop critical thinking
- To manage events of various dimensions.

Session report

The session of the Day 7 camp was "Thirashheela Uyanumbol." Here the students were already divided into different groups. They were given topics and asked to perform. The students in their groups erected in the front and the performance was mesmerizing. Students gave their own message to the audience. The session concluded with the Principal making honouring the artists Athulii and Ajith. They gave their insights of the performance.



DAY 2 (20.12.2023)

Day 2 of the camp began around 6.00 am. The program chart of the day included Yoga and various sessions from different spokespersons.

Session 1

Objectives :

- To realise the aim of learning to live together.
- To understand the importance of Yoga in one's life.
- To develop the healthy body, mind and spirit.

Session Report

The session began at 6 am with prayer. 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 am. The session helped in understanding the importance of yoga in one's life.



Session 2 : Fire Safety

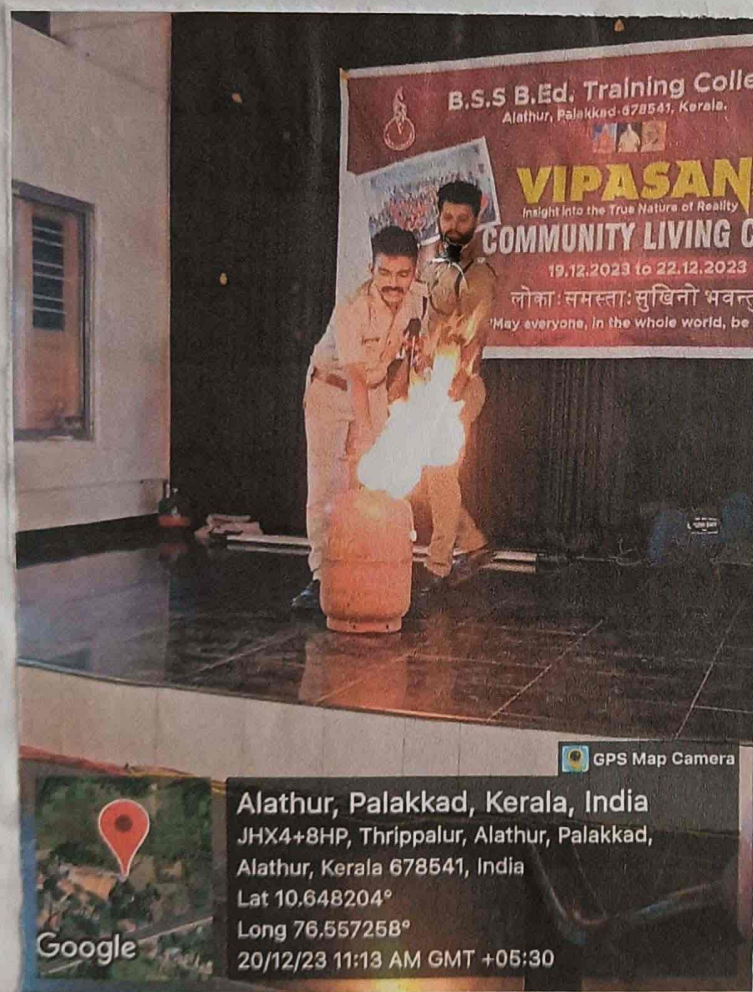
objectives

- To equip the students to live cooperatively in a society.
- To understand the importance of fire safety.

Session Report

The session began after the morning breakfast. It was a talk from the fire and safety department, on the topic "Effective Fire Safety Techniques". The resource person for the session was Sri. Sudarsanans Fire and Safety officer and his colleagues, Sri Deep. 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. Then they showed how CPR, bandages need to be done. Students were called and asked to do the same. Then they lively showed how to rescue a person by tying ropes in chair knot and it was actually encouraging to witness the same. The session ended with the honouring of the dignitaries by Balambika Me'am, the principal and vote of thanks.



Session 3 : Raksha - Self defence

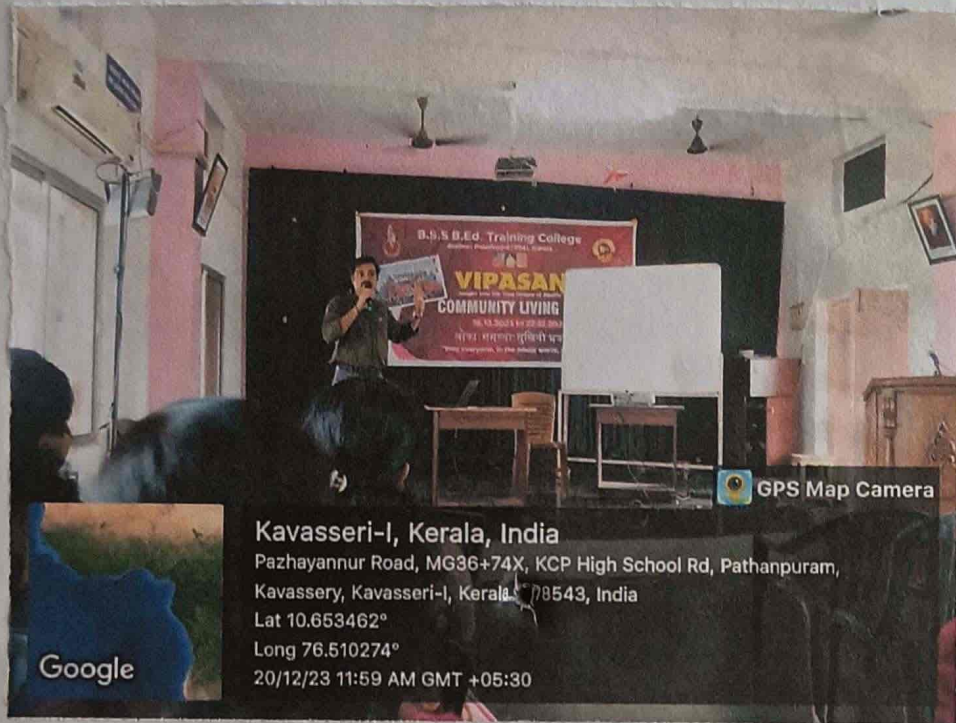
Objectives

- To understand the importance of self-defence
- To inquire into the cultural, social, scientific, educational and environmental aspects of a community.

Session Report

The session began by 11.30 am. The resource person for the session was Sri Jayadeep. A; Senior strategist and Martial Artist. The session was informative and effective. He worked as a corporate employee for 10 yrs, and turned towards the "nunchets" recently. He shared insightful thoughts and the basic steps that we need to take towards one of the personal safety and for the safety of one's own family members. He made a small presentation on the nature of the attacks and how to defend. He also demonstrated a few easy and powerful techniques of self defence. After the lively interactive session, we were given chances to share our experiences and then for the feedback.

The session was really an eye opening session. It was informative as well as gripping as a few shared their experiences from their life. The whole session was very engaging and made an impact in our minds.



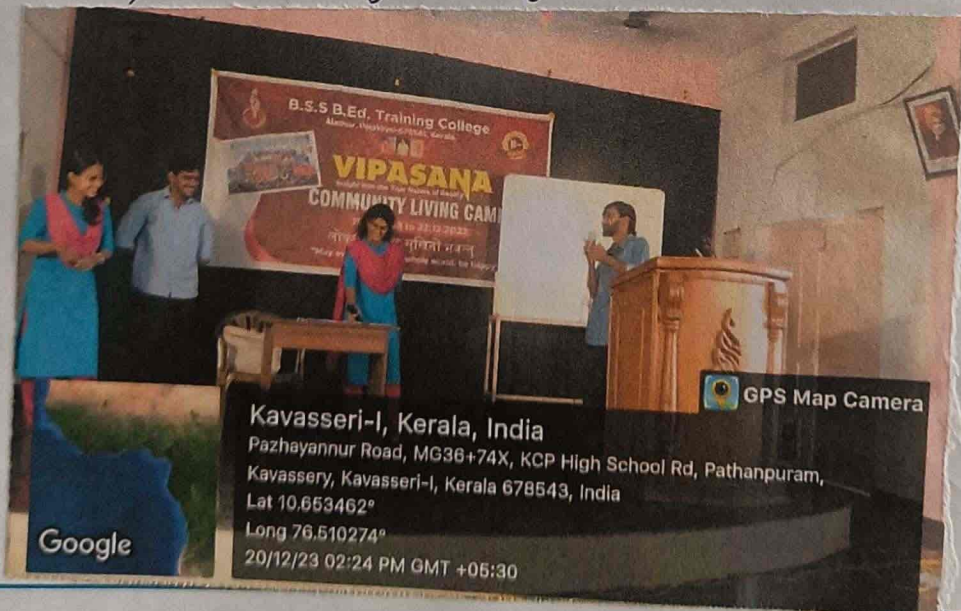
Session 4 : Magic of Mentalism

Objectives :

- creates an illusion of mind reading or psychic abilities.
- To create a sense of wonder and mystery, showing the abilities of the performer's skill.
- To create a sense of interest and unravel the power of concentration.

Session Report :

The session began at 2pm with prayer. After the welcome address, the principal Dr. Balambika Malam delivered the inaugural address. Then began the session where the chief guest Pradeep Kunissery delved into the magic of mind. He is actually the President of Kerala Sahitya Parishat, Alathur. It was an interesting session. The psychic wonders of mind was slowly shown. He called upon students and even guessed their mind. The manner in which he hypnotised the students were nice. Principal malam even called upon and he guessed her mind. Students were thrilled. He gave a brief note on how to control the mind. Then after the feedback session, the dignitary was honoured.



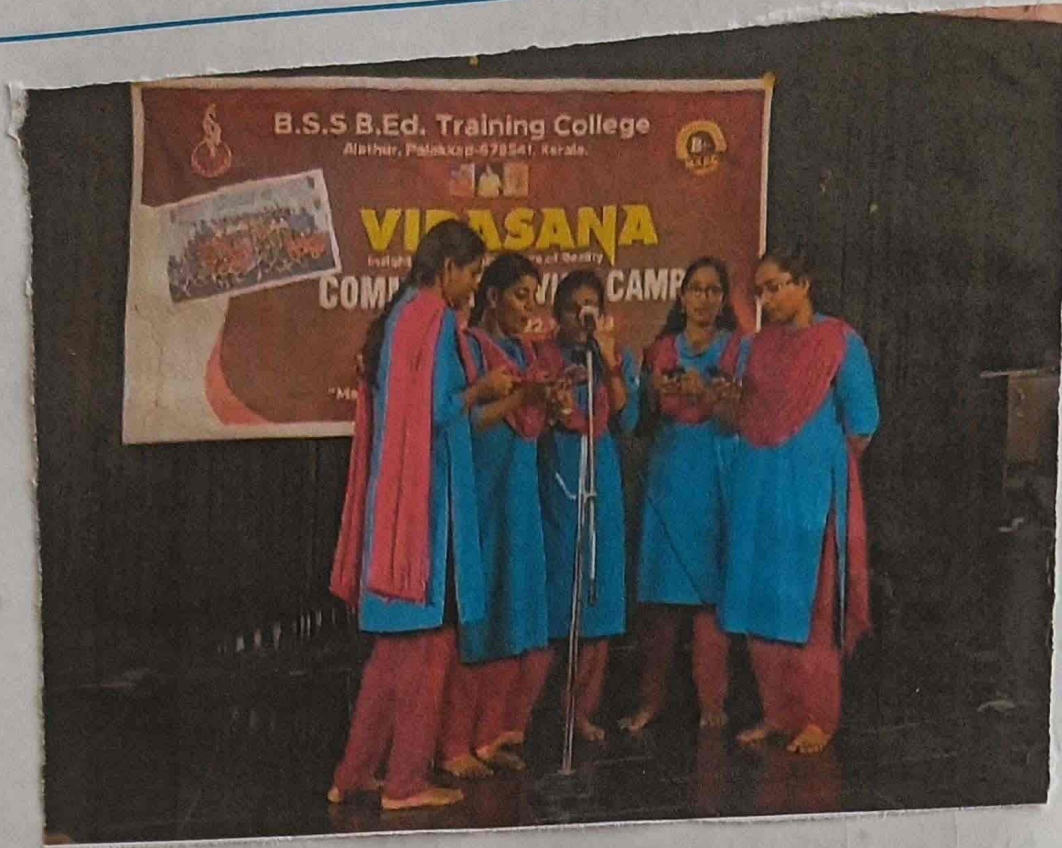
Session 5 : Cultural Programmes

Objectives :

- To impart personal values and skills.
- To inquire into the cultural aspects of a community.

Session Report

The session began at 3.00 pm and was till 4.30 pm. Principal ma'am Dr. Balambika, inaugurated the session. The session was to portray the skills we possessed and show case our talents. Anchoring was done by physical science students and students from different departments both seniors and juniors showcased marvellous performances. To heighten the effect, the teachers also participated and enthralled the students with their stunning performances. Principal ma'am, Sirs' also danced well and the performance was mesmerizing. The session helped in understanding how to work together and bring out the potential in oneself. The session ended by 4.30 pm.



Session-6 : Prayer

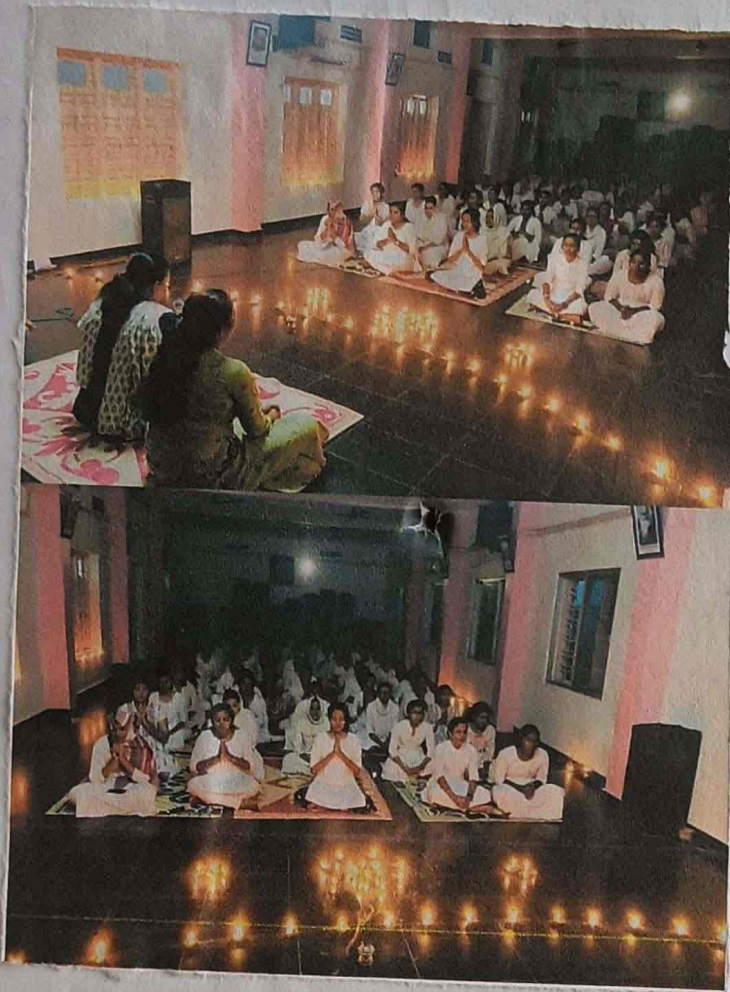
Objectives :

- To inculcate moral values in students.
- To develop qualities such as self confidence, positive attitude etc.
- To impart personal values.

Session Report

The session began by 6 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 verses from holy scriptures and bhajans were

sung. The room was well lit with diyas and incense sticks added fragrance to it. There was complete silence and the students got an idea regarding the importance of prayer and creating a connection with the almighty. The session ended by 7.00 pm.



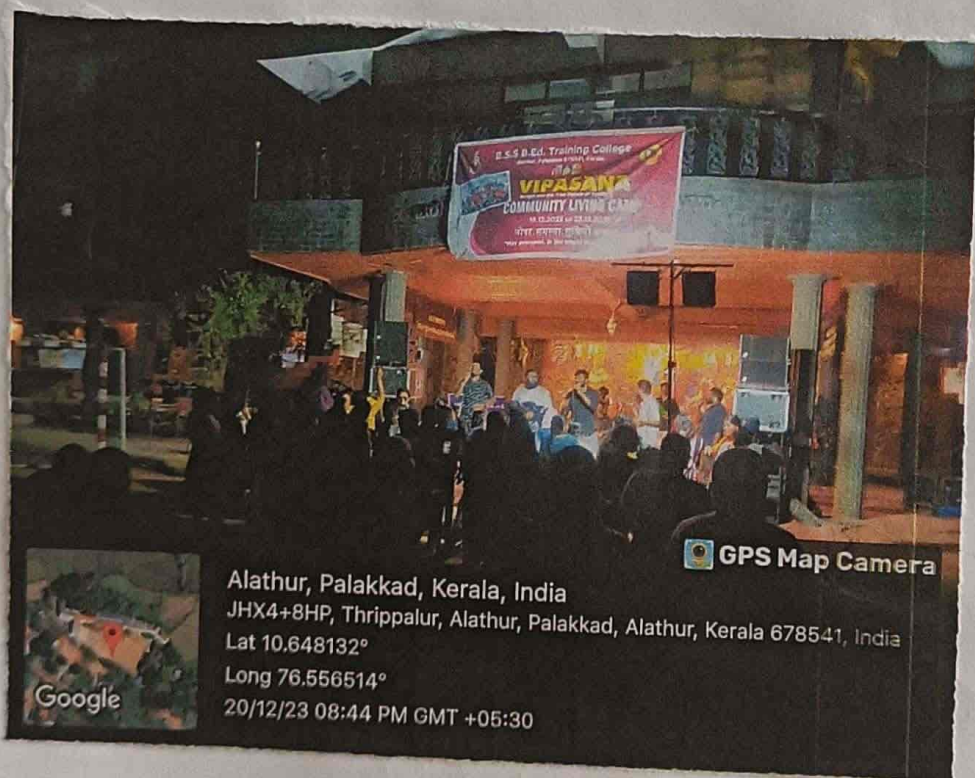
Session 7 : An Evening with Natch Creations

Objectives :

- To understand the importance of songs.
- To develop aesthetic sense among themselves.
- To impart values in students.

~~The~~
Session report :

This was an evening session that began by 7:00 pm at night. The session was inaugurated by the Principal Dr. Balammbika ma'am. The band was Nath Creations and they were a folk band. They did stunning performances in front of us and the students were dancing to their song. One of the fellow student Mubeena was asked to ring and it boosted the spirit. It was an enthralling session with them and boosted the energy level of the students. It was a wonderful session.



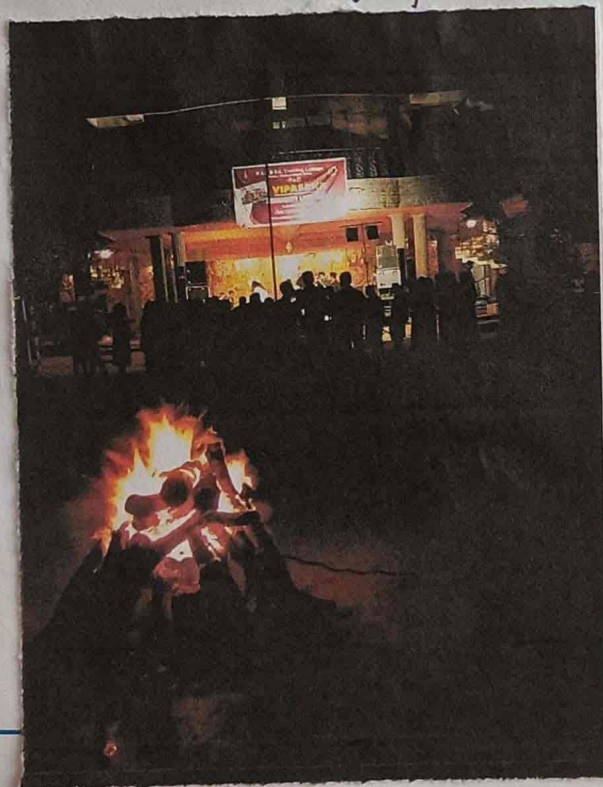
Session 8 : Camp Fire

Objectives

- To realise the aim of learning to live together.
- To equip the students to live cooperatively in a society.
- 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 Natch creations music and the camp fire. Students danced around the camp fire and teachers too joined the 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.



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, Kalamandalem Visit, Nenu Movie time and 'Amar Jawan Jyothi' visit.

Session 1

Objectives :

- To equip the students to live cooperatively in a society.
- To impart social values and skills.
- To understand more about Kalamandalam.

Session Report :

The session began at 6 am with prayer 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 led by Viswans. The session ended by two rounds and the breakfast was ready at 7.30 am.

Session 2 : Kalamandalam

Objectives :

- To understand more about Kalamandalam.
- To impart personal values
- To know more about the culture of Kerala.

Session Report :

The Kalamandalam visit was an outstanding experience. We started our journey at 8.30 am from college. We reached there at 9.15. Then the art museum was visited and various art forms and costumes 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 added effect to the visit. Then all returned by 2.00 pm.



Session 3 : Meeting the Legend "Lalattan"

Objectives

- To inquire into the cultural, social, scientific educational and environmental aspects of a community.
- To develop critical thinking about the issues related to the policies / approaches in education.
- To educate or raise awareness about specific issues, historical events or cultural topics.

Session Report :

The second session of Day 3 camp was billed as a meeting with the legend Lalattan - "Neeriloode oru Ethinottam", following the Kelamandalam visit and the lunch, we were taken to watch the movie "Nenu" at Rajam Theatres, Thirissur. The movie was scheduled between 3.30 pm to 6 pm. All of us

were excited as we were seeing it on the first day of release. It is an Indian, Malayalam courtroom drama directed by Jeethu Joseph and co-written by Santhu Mayadevi. The film has Mohanlal, Priyamani and Anaswara Rajan as lead roles and Siddique, Sankar, Jagadish in the supporting role. The story revolves around Sara, a blind girl sexually molested who fights for her justice. It was an undeniably satisfying and enjoyable. The film was over by 6.30 pm. Then all moved towards the next destination.



Session 4 : Saluting the Great Warriors of Indian Army Amar Jawan Jyothi - Thriessur

Objectives

- To remember the brave soldiers who sacrificed lives for the country and pay them a tribute.
- To pay homage to the brave soldiers who sacrificed their lives for the country.
- To experience the solemnity and respect that the memorial commands.

Session Report

We reached the "Amar Jawan Jyothi" by 7:00 pm. It was all closed. But still we assembled in front of it and remembered the great struggles of the brave soldiers and we paid homage to them. We sang the National Anthem and paid tribute to the soldiers, who sacrificed their lives for the country. The visit made us remember the heroes of our country and made us feel proud to be an Indian. We also prayed for the families of the soldiers who lost their lives on war. We left the place by 7:30 pm.

and had dinner at Vridhavan Inn.



DAY 4 (22.12.2023)

It was the last day of the camp. The session was of Aerobics with Sri Sathesh, Director of Top Winners Dance and Fitness Studio.

Session 1 : Aerobics

Objectives

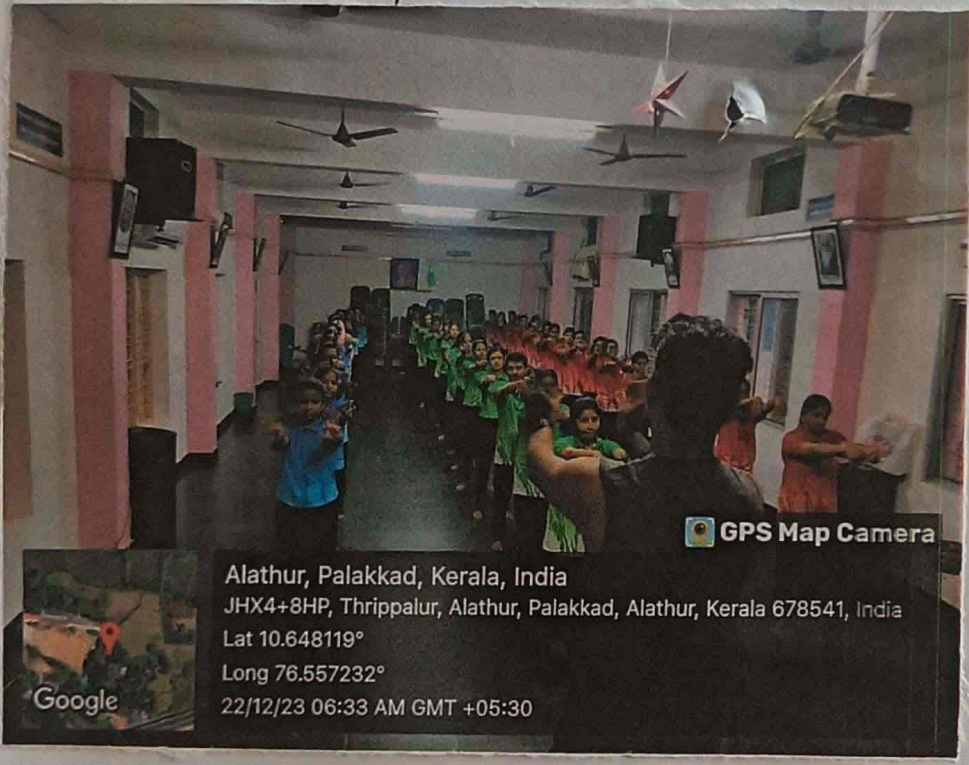
- To promote physical fitness and well-being among the camp participants.
- To provide an opportunity for the participants to learn new dance moves and have fun.
- To create a sense of community and bonding

among participants.

Session report :

The aerobics session was held on the 4th day of the camp. The session was led by Sri. Sathneesh, Director of Top Winners Dance & 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.



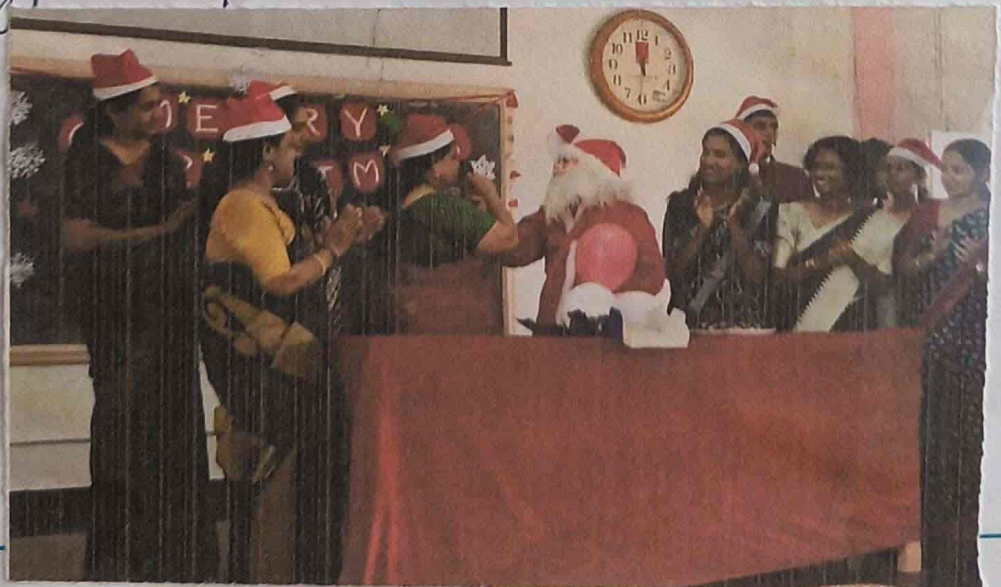
Session 2 : Christmas Celebration

Objectives :

- To understand the importance of celebration.
- To celebrate christmas

Session report :

The session was handled by juniors. It was a joyous christmas celebration. Festive cheers soared with carols filling the air, colourful decorations sparkling and Santa spreading smiles. Juniors enthralled everyone with a vibrant cultural fiesta of dance and music. The ring on the cake was a sweet cake cutting ceremony solidifying the spirit of community and shared joy. This heart warming fiesta was a fitting conclusion to the camp filled with meaningful experiences and lasting memories.



Session 2 : Camp Valediction

Objectives :

- To evaluate the camp
- To understand whether the objectives of camp have been achieved.

Session report :

The camp valediction session was inaugurated by the Principal ma'am. The teachers and students were congratulated for the successful completion of the camp. Camp co-ordinator Charles Sir, read the camp report and evaluated whether the camp was fruitful. The session helped in understanding the eminence of camp in B.Ed programme.



Session 3: Student-Teachers' Feedback

Objectives:

- To understand the impact of the camp.
- To evaluate the effect of camp on student teachers.

Session report:

The session saw the giving of feedback by student teachers. Students from different options gave their valuable insight and experience regarding the community living camp. It was a grand success.

Session 4: Group Photo Session

Objectives:

- To keep memories of the camp
- To remember the importance of camp in B.Ed.

Session report:

The session was about taking photos with the teachers and others. The student teachers and the teachers along with the principal took photos as a memory of the four day community camp. It was a memorable session.

CONCLUSION

The camp held from 19/12/2023 to 22/12/2023 was an interesting one. It helped each and every person to know more about themselves and others. It really was a thought provoking and it helped in bringing out the true qualities of oneself from inside. The camp had beautiful sermons and it was nice and interesting. Getting to know more about the sermons and each person by living together was good. The camp was a grand success. It helped mainly on ~~forming~~ how to build social relationships. The ~~community living~~ camp had an eminent role in bringing out the best in us.

Summa