





TO BE THE EPITOME OF HUMANITY

BRAHMANANDA SWAMY SIVAYOGI (BSS) B Ed TRAINING COLLEGE



NAAC ACCREDITED B++ GRADE WITH CGPA 2.85 (1ST CYCLE)
KERALA INSTITUTIONAL RANKING FRAMEWORK (KIRF) RANK BAND-1
(RECOGNISED BY NCTE & AFFILIATED TO THE UNIVERSITY OF CALICUT)

ALATHUR P O, PALAKKAD- 678541 KERALA

MORNING ASSEMBLY PRAYANA

The daily morning assembly at BSS B.Ed. Training College serves as a cornerstone for fostering spiritual grounding, intellectual awareness, and physical wellness among future educators. Grounded in the college's core philosophy of holistic human transformation, the assembly functions as a vital training ground where teacher trainees develop public speaking skills, leadership qualities, and institutional discipline.

Standard Operating Procedure (SOP) & Sequential Flow

The daily assembly strictly adheres to a structured seven-step chronological sequence designed to mentally, intellectually, and physically prepare the students for the academic day.

1. **Meditation: 09:30 AM - 09:35 AM.**

The assembly commences in pin-drop silence with a dedicated session of silent meditation. This helps students center their minds, improve focus, and transition smoothly into a productive learning state.

2. **Guruvandanam (Prayer Session): 09:35 AM - 09:40 AM.**

Following meditation, the community joins in the Guruvandanam prayer. This devotional session instills ethical values, expresses gratitude toward educators, and invokes a positive spiritual energy across the campus.

3. **News Reading: 09:40 AM - 09:45 AM.**

A designated teacher trainee presents the daily news bulletin, covering international, national, regional, and educational updates. This ensures the student community remains well-informed and socially aware.

4. **Thoughts for the Day: 09:45 AM - 09:48 AM.**

An inspiring quote or value-based philosophical thought is presented to the assembly. The selected thoughts typically align with core educator ethics, personality development, or global peace.

5. **Reflection of Thoughts: 09:48 AM - 09:55 AM.**

To encourage critical thinking and peer perspective, five student representatives chosen from different optional subjects (English, Mathematics, Social Science, Commerce, and Physical Education) present brief reflections and personal interpretations of the day's thought.

6. **Principal's Keynotes: 09:55 AM - 10:02 AM.**

The Principal addresses the assembly, delivering essential instructions, academic guidance, and motivational keynotes. This segment sets the institutional tone, provides constructive feedback, and updates students on upcoming college activities.

7. **Morning Warm-Up Session: 10:02 AM - 10:10 AM.**

The assembly concludes dynamically with a physical revitalization segment. Led by Physical Education Lecturer Mr. Santhosh T., students engage in light morning warm-up exercises and rhythmic stretches to boost energy and promote physical fitness before regular classes begin.

8. **Assembly disperse with our National anthem**



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MORNING ASSEMBLY PRAYANA

Observance of Special Days & Monthly Activities

In alignment with the co-curricular calendar of the University of Calicut, the standard assembly framework scales up to celebrate national and international days of importance. If a designated "Special Day" falls within the monthly activity schedule, the routine is dynamically adjusted to accommodate:

- Special themed presentations or localized cultural performances.
- Pledge taking ceremonies (e.g., Environment Day, National Integration Day).
- Short commemorative speeches highlighting historical or socio-educational significance.

Key Outcomes & Value Additions

- Professional Confidence: The rotational duties of anchor, newsreader, and representative reflections ensure that every student teacher overcomes stage fear and builds vital command-of-the-classroom presence.
- Balanced Growth: By combining Meditation (mental), Guruvandanam (spiritual), News/Reflections (intellectual), and Physical Exercises (physical), the assembly operationalizes the true meaning of holistic teacher training.



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MORNING ASSEMBLY - PRAYANA



Morning Warm up and Yoga session



Guruvandanam



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Meditation



Presentation of thought,news and reflections



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MORNING ASSEMBLY - PRAYANA



Talk with Principal

Special Programms





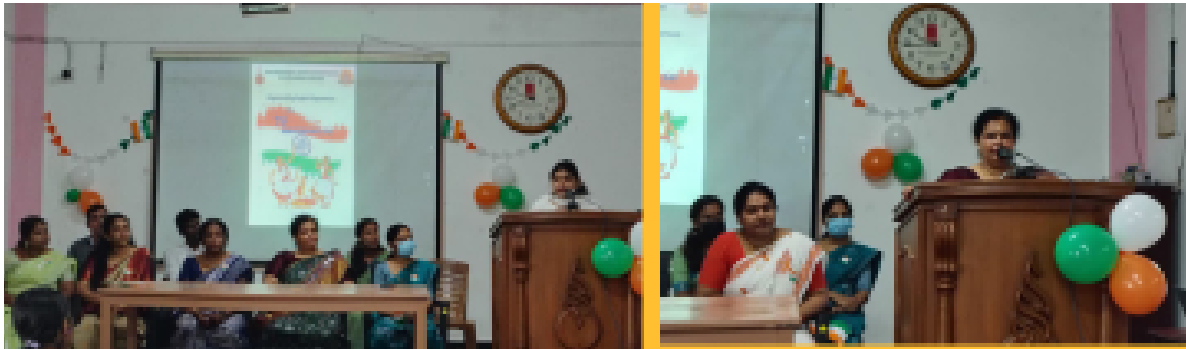
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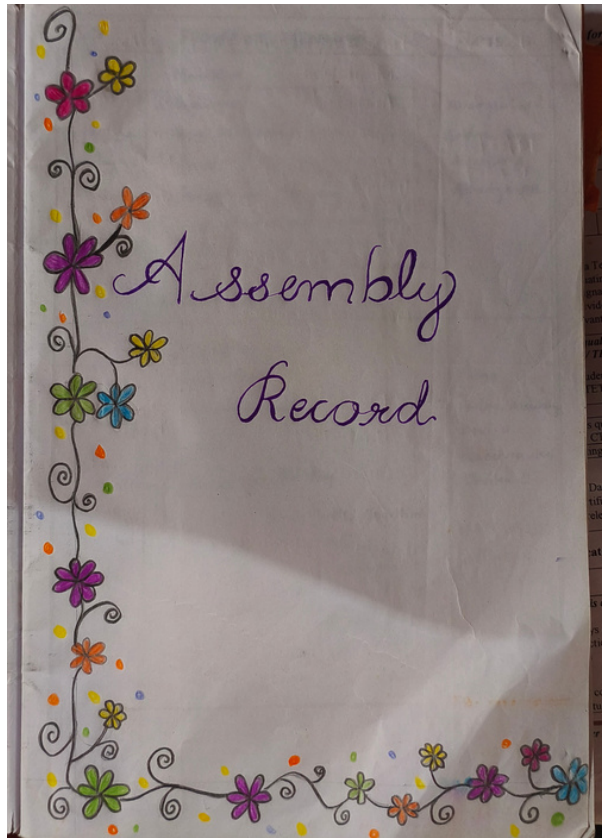
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DATE	PROGRAMME (Commerce)	NAMES
01/10/2024 Tuesday	Meditation Anchoring Guruvandhanam	Bruthy M Bruthy M Shikha Anuradha Tisha Bruthy M
<u>International music day celebration</u>		
	Welcome speech	
	Speech (Inaugural) principal	
	Speech on International music day	Anchana L
	Music performances in 5 different languages	
	(i) Commerce (Telugu Song)	Alhula
	(ii) English (English Song)	Andra
	(iii) Mathematics (Hindi Song)	Hindya
	(iv) Physical Science (Tamil Song)	Aparna Dayana Sayantana Vinda
	(v) Social Science (Malayalam Song)	Usmaan
	Games related to music	Hanitha N Jisha
	Vote of Thanks	Rohini K P
	National Anthem	

DATE	PROGRAMME [PHYSICAL SCIENCE]	NAMES
24/02/2025 Monday	Meditation Anchoring Guruvandhanam News Thought for the day "The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart" — Helen Keller National Anthem	Gayathri Sooraj Aparna B E Rekha Navya K M Sayanthara Jayan Shamjeena K V
25/02/2025 Tuesday	Meditation Anchoring Guruvandhanam News Thought for the day "Accept your past without regret, handle your present with confidence, and face your future without fear" — Dr. A P J Abdul Kalam National Anthem	Navya K M Dayana P Aiswarya M Aparna B Simi R

DATE	PROGRAMME [MATHEMATICS]	NAMES
21/02/2025 വെള്ളി	പ്രാർത്ഥന അവതരണം ഉദ്ദേശ്യം ഉത്തരവ് : അർത്ഥശൂന്യമായ ആയിരം വാക്കുകളെക്കാൾ വിശുദ്ധതയുള്ള ആശ്വാസം നൽകുന്നു ഈ വാക്ക് — ശ്രീ ശങ്കരൻ വാർത്തകൾ മാതൃഭൂമി ദിനം അവതരണം പ്രശ്നം പ്രശ്നം പ്രശ്നം പ്രശ്നം പ്രശ്നം	നീതി ജിജി, നന്ദന നന്ദന — ശ്രീ ശങ്കരൻ ജിജി ആർദ്ര ജിജി അനന്ദ അനന്ദ അനന്ദ