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“Feel the Sense of Togetherness and Harmony”

Residential Community Living Camp

2K19



Kerala University
College of Teacher Education
Kumarapuram, Thiruvananthapuram



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“Feel the Sense of Togetherness and Harmony”

Report on
Residential Community Living Camp
23 - 27 September 2019



Kerala University
College of Teacher Education

Kumarapuram, Thiruvananthapuram
www.kuctekumarapuram.org

NAMMAL 2k19

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This is the only authorized, complete and unabridged edition specially published in connection with the Residential Community Living Camp 2019 organized by Kerala University College of Teacher Education during 23-27 September, 2019, at KUCTE campus, Kumarapuram, Kerala, India.

September, 2019

Published by: Dr. Sunith Kumar G.N.
for Kerala University College of Teacher Education,
Kumarapuram, Thiruvananthapuram- 695011, Kerala, India

Designed & Printed at

Print Arts

No. of copies printed: 100

For Private circulation only



Alone we can do so little; together we can do so much.

-Helen Keller



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University of Kerala

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From the Editor's desk...

In our fast-paced world of technology, camps expose young people to a different kind of environment - a community-based atmosphere in which campers learn about living, working, and playing together. In addition, campers typically learn a healthy respect for nature. The life skills that many youth experience at camp help to form thinking patterns that impact the type of adults they will become. Residential Community Living Camp prepares youth to be a positive contributors to their communities. Working with Community helps to understand and appreciate the problems of the community and gives the chance to think about possible solutions. The camp provides ample opportunities to fine tune the interpersonal relationship skills of the campers through the process of group dynamics.



Through this assignment they try to explore the models of group work and community organization, the types, principles, values, skills and techniques used during the camp. There are opportunities to spread awareness, information, interact, and organize programmes for the community during the camp. The five-day community living camp organized during 23-27 September 2019, as part of the restructured B. Ed. curriculum was an experience in all sense, which was enough to fulfil the set aims of developing special skills in our future teachers to interact with different community and to spread awareness in the people. The notion of “working with community” way of socializing with an unknown community is essential for a good teacher for preparing him/her to work in any setting. This was taken care of while scheduling the programmes for the camp. The community living camp (NAMMAL 2k19) was organized in KUCTE, Kumarapuram campus. The camp had a wonderful start with the presence and deliberations of the Chief Guest Sri.Jairaj.j (Member Syndicate, UoK). The special educationally relevant sessions were effectively handled by Adv. Suresh Thonnakkal (Dr. FDRG, Family Psychologist and Counselling Hypnotherapist), and Dr.Pramod Dinakar (ICSSR Post-Doctoral Fellow, Central University of Kerala, Kasargod). Dr. S. Geetha (Asst. Professor, Dept of Physical Education; MMNSS College, Kottiyam) and Sri. KottayamSubhash (Performing artist) were handled the entertaining sessions. The socially significant sessions were made lively by Sri. Sunil Kumar (Superintendent of Prisons and Correctional Service, South Zone), Sri. Brahma NayakamMahadevan, (Chairman of Athma Ability Foundation) and Dr. Joy Philip (Dean of SUT, Medical College).The gracious presence of Dr. M.Vijayan Pillai (Member Syndicate, UoK) made the camp to its complete sense. There was a visit to Central Institute of Mental Retardation (CIMR), Murinjapalam, Kovalam beach, light house and Niyamasabha Mandiram. Other programmes like Agriculture, Cleaning, Cultural activities etc. were made exemplary by our student teachers. The totality of the camp would require the publication of the report rendering the complete camp programmes with the generated outputs.

I feel honoured to present before you the report of the Residential Community Living Camp (NAMMAL 2k19) covering all the sessions of the five days. I hope the readers also enjoy and appreciate our efforts in the effective conduct of such a living camp surmounting various challenges which came across.

At this juncture, I would like to express my sincere gratitude to University authorities for their encouragement and support. I express my heartfelt gratitude to Sri. Shibu C. (CDC Vice-President) and all other CDC members and executives for their continuous support, guidance and valuable presence throughout the camp. I am grateful to Smt. Lilly M.S., Head mistress, Govt. Medical College H.S.S. Kumarapuram and the School PTA for permitting us to use their campus for cleaning activities. The support rendered by the office bearers of Kerala Tennis Academy, Kumarapuram is greatly appreciated. My special thanks to the experts who handled various sessions effectively and also Rev. Fr. Thomas Felix, Founder of CIMR, who gave us an opportunity to visit their institution. I whole heartedly thank my colleagues (teaching and non-teaching staff of KUCTE, Kumarapuram) who stood in the forefront to make this event a grand success. My special thanks to the student teachers of KUCTE, Kumarapuram for their wonderful participation and for making the camp a memorable event.



Dr. Sunith Kumar G.N.
Principal, KUCTE, Kumarapuram
Chairman, Organising Committee
Nammal 2k19

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2019

“Feel the Sense of Togetherness and Harmony”

Residential Community Living Camp 2019

Day I 23.09.2019 Monday

Inaugural Session

10.00 AM - 12.30 PM

Prayer	College Choir
Welcome	Dr. Sunith Kumar G.N. (Principal, KUCTE, Kumarapuram)
Presidential Address	Sri. Varun J.S. (College Union Chairman - 2018-19)
Lightning the Lamp & Inaugural Address	Sri. Jairaj J. (Member Syndicate, University of Kerala)
Keynote Address	Smt. Sindhu S.S. (Standing Committee Chairperson, Councillor, Medical College Ward)
Felicitations	Smt. Lilly M.S. (Headmistress, Govt. MCHSS, Kumarapuram)
	Sri. Sanal Kumaran Nair (Principal, Govt. MCHSS, Kumarapuram)
	Smt. Hemalatha T. (Principal in charge, KUCTE, Kayamkulam)
	Sri. Jayamohan K. (Asst.Prof. in Physical Education, KUCTE, Nedumangad)
	Smt. Leshia M.S. (Asst.Prof. in Natural Science, KUCTE, Karyavattom)
	Sri. Shibu C. (CDC, Vice President, 2018-19)
	Sri. Vineeth N. (CDC, Vice President, 2019-20)
	Sri. Govind S. Potty (College Union Chairman - 2019-20)
	Smt. Latha K.G. (Staff Secretary)
	Smt. Vanaja M. (Asst.Prof. in Perspective in Education, KUCTE, Kumarapuram)
Vote of thanks	Sri. Afsal Shahid A. (General Secretary, College Union 2018-19)
12.00 am - 1.00 pm	Resting Time
1.00 pm - 2.00 pm	Lunch Break
2.00 pm - 4.00 pm	SESSION - I

“Classroom Psychology & Emotional Management”

Adv. Suresh Thonnakkal (Dr. FDRS
Psycholegal Family Psychologist and
Counselling Hypnotherapist, Kerala State
Legal Service Authority Panel, Lawyer, State
Resource Trainer, Life Skill STP Motivating
Trainer)

Tea Break

4.00 pm - 4.30 pm

SESSION - II

4.30 pm - 5.30 pm

5.30 pm - 6.30 pm

6.30 pm - 7.00 pm

7.00 pm - 8.30 pm

8.30 pm - 9.30 pm

9.30 pm - 10.00 pm

Sports and Games

Resting Time

Prayer

“A Fun way to Get Fit”

Dr. S.Geetha (Assistant Professor, Department of
Physical Education, MMNSS College, Kottiyam)

Dinner

Innathe Avalokanam

Day II 24.09.2019 Tuesday

SESSION - I

5.00 am - 5.30 am

5.30 am - 6.00 am

6.00 am - 7.00 am

7.00 am - 8.00 am

8.00 am - 9.00 am

9.00 am - 9.30 am

10.00 am - 12.00 am

12.00 pm - 1.00 pm

1.00 pm - 2.00 pm

SESSION - II

2.00 pm - 6.00 pm

6.00 pm - 6.30 pm

6.30 pm - 7.00 pm

7.00 pm - 8.30 pm

8.30 pm - 9.30 pm

9.30 pm - 10.00 pm

Unarthupattu

Time to get ready

Yoga & Meditation

Campus Cleaning

Time to get ready

Break Fast

“The Role of Teachers in Prevention of
Crime in Society”

Sri.S.Santhosh (DIG of Prisons and Correctional
Service, South Zone, Director, State Institute of
Correctional Administration, Trivandrum)

Resting time

Lunch Break

Kovalath Poyivaram...

Resting Time

Prayer

Aadaam Paadaam...

Dinner

Innathe Avalokanam



Day III 25.09.2019 Wednesday

SESSION - I

5.00 am -6.00 am Unarthupattu
6.00 am - 7.00 am Yoga & Meditation
7.00 am -8.00 am Trainees as Farmers
8.00 am - 9.00 am Break - Time to Get Ready
9.00 am - 9.30 am Break Fast

SESSION - II

9.30 am - 3.30 pm Visit to **Central Institute on Mental Retardation (CIMR)**, Murinjapalam, Medical College. P.O., Thiruvananthapuram.
3.30 pm - 4.30 pm Tea Break
4.30 pm - 5.30 pm **Anukaranakala**
Sri. Kottayam Subhash (Performing Artist)
5.30 pm - 6.00 pm Resting Time
6.00 pm -6.30 pm Prayer
6.30 pm - 9.00 pm **Cinema Kottaka**
9.00 pm - 9.30 pm Dinner
9.30 pm - 10.00 pm Innathe Avalokanam

Day IV 26.09.2019 Thursday

SESSION - I

5.00 am -6.00 am Unarthupattu
6.00 am - 7.00 am Yoga & Meditation
7.00 am - 8.00 am Udyanam Nirmikkam (Campus Beautification)
8.00 am - 9.00 am Resting Time
9.00 am - 9.30 am Break Fast
9.30 am - 10.00 am Time to get Ready
10.00 am - 12.00 am **“ Health Problems Of Special Interest for Teachers”**
Dr. Joy Philip (Rheumatologist,
Dean, SUT, Medical College, Trivandrum)

12.00 am - 1.00 pm Break
1.00 pm - 2.00 pm Lunch Break

SESSION - II

2.00 pm - 4.00 pm **Niyamasabha Sandarsanam**
4.00 pm - 4.30 pm Tea Break
4.30 pm - 5.30 pm Sports and Games
5.30 pm - 6.00 pm Resting Time
6.00 pm -8.00 pm **Talk by Sri. Brahma Nayakam Mahadevan**
(Chairman, Athma Ability Foundation)
8.00 pm - 9.00 pm Dinner
9.00 pm - 10.00 pm **Camp Fire - “Minnaminunge...”**

Day V 27.09.2019 Friday

5.00 am -6.00 am Unarthupattu
6.00 am - 7.00 am Yoga & Meditation
7.00 am -8.00 am Sports and Games
Break
9.00 am - 9.30 am Break Fast
“Rewire Your Brain”
Dr. Pramod Dinakar (ICSSR - Post Doctoral
Fellow, Central University of Kerala, Kasargod)
12.00 am - 1.00 pm Reflection of Community Living Camp
1.00 pm - 2.00 pm Lunch Break

VALEDICTORY SESSION

2.00 PM - 3.00 PM

Prayer College Choir
Welcome Dr. Sunith Kumar G.N. (Principal)
Presidential Address Sri. Varun J.S.
(College Union Chairman - 2018-19)
Valedictory Address Dr. M. Vijayan Pillai (Member Syndicate, University of Kerala)
Felicitation Smt. Jayasree (Member, CDC 2018-19)
Sri. Govind S. Potty (College Union Chairman - 2019-20)
Smt. Lekshmi Pushkaran
(Academic Co-ordinator, KUCTE, Kumarapuram)
Dr. Somarajan P.K.
(Asst. Prof. in Sanskrit)
Smt. Sheeja B. (Asst. Prof. in Mathematics)
Smt. Sinimol V.M. (Asst. Prof. in Perspective in Education)
Smt. Shymija M.Z. (Asst. Prof. in Physical Science)
Smt. Seenu G. (Asst. Prof. in Physical Education)
Dr. Aparna Sudheer (Asst. Prof. in Performing Arts)
Vote of thanks Miss. Aswathy Nair. M.S.
(Vice Chairperson, College Union 2018-19)

National Anthem



PROLOGUE

In today's pressure-oriented society, camp provides a non-threatening environment for the future teachers to be active, to develop competence in life skills, to learn about and enhance their own abilities and to benefit from meaningful participation in a community designed just for them. Yes! Camp is for everyone!

The positive outcomes of the camp focused on relationships between staffs and campers, appreciation of diversity, teamwork, role modelling, technical and administrative skill development and interpersonal skills.

This residential camp prepares the future teachers to face many challenges in life including how to budget time and money, how to deal with all types of people and how to become a stronger leader.

Camp can provide an excellent experience for the future teachers to learn and develop. According to the Search Institute, people have seven developmental needs –

1. Physical activity
2. Competence and achievement
3. Self-definition
4. Creative self-expression
5. Positive social interaction
6. Structure and clear limits
7. Meaningful participation

The camp experience is uniquely positioned to provide all of these developmental needs for the future teachers. Consider camp as the perfect partner to family, school and community youth activities in helping our children learn independence, decision making, social and emotional skills, character building and values all in an atmosphere of creativity and enrichment under the supervision of positive adult role models.

The five-day residential community living camp organised during 2019, as part of the revised B.Ed. curriculum '**NAMMAL 2k19**' at the campus of our college – KUCTE Kumarapuram.

A five day community living camp with an allotment of 50 marks was included as part of the practical work of the B.Ed. course.

AIM AND SIGNIFICANCE OF THE CAMP

- To promote social accommodation and broaden the mental abilities of the student teachers.
- To promote the democratic nature and involvement of the student teachers in planning and implementing educational activities.
- To develop critical thinking about the issues related to the policies in education.
- To inquire into the cultural, social, scientific, educational and entertainment aspects of the community.
- To develop an interest to train the body and mind for a well-balanced personality.

The camp activities provides scope for developing both social and communicative skills. Residential camps help to create a free and friendly atmosphere and the campers get an opportunity to share happiness and sorrows.

SET THE STAGE

Committees: Staff

Several committees were formed for the smooth conduct of the camp. Dr. Sunith Kumar G.N., the Principal was the chairman of the camp. Smt. Beena .O was appointed as the convenor of the camp.

Planning: Staff

The planning and designing of the camp was a collaborative endeavour of the teaching faculties of the college under the supervision of the Principal of the college. Different activities and programmes were planned in order to achieve the following objectives –

- Familiarise trainees the value of togetherness.
- Familiarise trainees with the organisation of co-curricular activities.
- To develop positive social interaction.
- To understand the health problems.

Planning: Students

A committee was selected in advance to discuss, plan and decide the venue, dates and the various programmes related to the camp. After the discussion, the college campus was selected as the venue.

Day 1





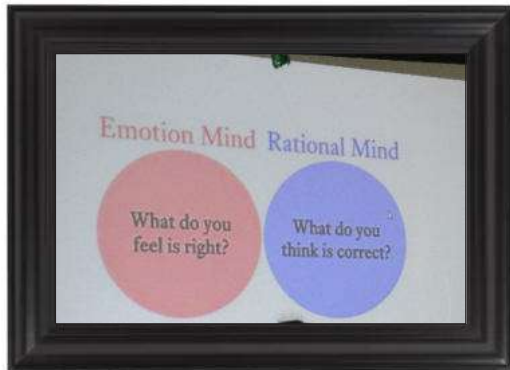
INAUGURAL SESSION

Inaugural session began at 10.00 am with a prayer.

AaathmaNivedanam.... Abhiramharee..... The college choir team sought the blessings of the Almighty.

Dr. Sunith Kumar G.N, Principal, KUCTE Kumarapuram; delivered the welcome speech. He emphasized about the importance of residential community living camp and aimed at developing teacher's personality through community service. In the presidential address **Sri.Varun J.S**, College Union Chairman (2018-19); pointed the appropriateness of title given to the camp and stressed about the role of teachers in promoting social values in students. Sri. Jairaj. J, Member Syndicate, University of Kerala; lighted the lamp. In the inaugural address, he elucidated the necessity of social commitment in teachers and the dignity of teaching profession. He also stated the core objectives of the residential community living camp that included in the restructured B.Ed curriculum.

Sri. Jayamohan. K, Asst. Prof. in Physical Education KUCTE Nedumangad; mentioned about the significance of community living camp and he motivated all students to actively participate in the camp to get benefited. Smt. Leshya M.S., Asst. Prof. in Natural science, KUCTE Kariyavattom; in her felicitation depicted about the educational, social, moral, and cultural values that should be uphold in the community. Smt. Letha K.G, Asst. Prof. in Natural Science, Smt. Vanaja M., Asst. Prof. in Perspectives in Education, Sri. Govind S. Potty, College Union Chairman (2019-20), Smt. Jayasree C. , CDC member, gave felicitation and covered multidimensional perspectives and benefits of the community living camp. Sri. Afsal Shahid.A, General Secretary; thanked all the invited guests and participants for gracing the occasion by their solemn presence.



Classroom Psychology and Emotional Management

In the afternoon session, from 2.00pm to 4.00pm **Adv. Suresh Thonnakkal**;

Dr. FDRG, Family Psychologist and Counselling Hypnotherapist, conducted a class

on “Classroom Psychology and Emotional Management”. He detailed about the

basic ideas of emotional management and how to apply psychological tips in

handling classrooms. He covered areas like changes in brain, hormones involved

in managing emotions, the reasons for causes of addictions like drugs, sexual

abuse, smoking, alcoholism etc. among school students. He stressed about the

role of teachers for making the students get rid of such problems and reframing the

student's behaviour. He narrated some stories and examples for explaining the activities of the brain and pointed

about the action, pathways of the hormones like dopamine, oxytocin and serotonin etc. Students clarified their doubts

about emotional management by interacting with him and this made the session more interesting and effective one.





Sports and Games

Sports can help an individual to work in team spirit and also develops a problem solving attitude towards life. The teacher trainees were engaged in sports and games from 4.30pm to 5.30pm

Prayer

Prayer is an act of worship that glorifies the god and the power of prayer is undeniable those who pray regularly. The prayer session was headed by Dr. Aparna Sudheer, Asst. Prof. in Performing Arts. She chanted certain keerthanas and some students explained different quotes from holy books like Bhagavatgeetha, Bible and Quran.





A Fun Way to get Fit

A regular fitness regime helps in improving the overall health of an individual. Dancing is a great way to get fit and Aerobics is a fast pace dancing style with music. In the next session, from 7.00 to 8.30pm Dr. S. Geetha; Asst. Professor, Dept. of Physical Education; MMNSS College, Kottiyam, conducted an aerobics class – “A Fun Way to get Fit”. She started the session with simple warm up and stretching exercises. She practiced some steps according to the beats of the music. She mentioned about the benefits that gained by practicing aerobic exercise like increases the efficiency of respiration, reducing stress, regulating blood sugar etc. This session improves all elements of one's fitness such as flexibility, muscular strength and cardiovascular fitness. It was one of fantastic session in the community living camp and students enjoyed it very well.

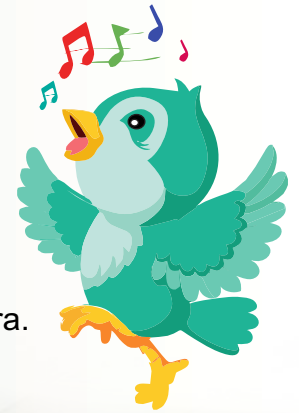


Day
2



UNARTHUPATTU

The Second day of our residential community living camp Nammal 2k19 started with Unarthupattu- the Suprabhatham song. The steam blowing black tea warmed the shrilling morning.



YOGA AND MEDITATION

Students conducted yoga and meditation. The section comprised of Ardhakati Chakrasana and Yoganidhra.

Benefits of Ardhakati Chakrasana

- Elasticity of lateral region increases.
- Lateral thoracic muscles are stretched and blood supply to them increases.
- Hip joints become flexible and excess fat around the waist reduces.
- Relieves from back pain and good for flat foot



Yoga Nidhra (Relaxation technique)

Yoga nidhra promotes deep rest and relaxation that isn't found in your average meditation practice. The stages of body scan and breath awareness are practiced to calm the nervous system, leading to less stress and better health.



CAMPUS CLEANING AT GOVT. MEDICAL COLLEGE H.S.S. KUMARAPURAM

The teacher trainees went to our mother institution Govt. Medical College H.S.S., Kumarapuram for cleaning the school surroundings. The school authority gave a warm welcome to the teacher trainees. The trainees collected maximum number of equipments like spade, pick axe, brooms, carry bags for the cleaning purpose and joined to clean the ground of high school students. They cleared the unwanted bushes, grass and wastes that dumped on the ground and also cleared the area of the vegetable garden of school. The school authority give us a big heart full of gratitude for the activities, that our students have done for the school. Smt. Lilly M.S., Head mistress, Govt. Medical College H.S.S. Kumarapuram and Smt. Sreelatha, PTA member; acknowledged us for the sincere effort.







THE ROLE OF TEACHERS IN PREVENTION OF CRIME IN SOCIETY

The next part of the session were a talk about The Role of Teachers in Prevention of Crime in Society by Sri. Sunil Kumar, Superintendent of Prisons and Correctional Service, South Zone, Thiruvananthapuram. Actually Sri. Santhosh, DIG of Prisons and Correctional Service, South Zone, Thiruvananthapuram conceded to deliver the talk; as he had some inconvenience for attending the class, Sunil Kumar sir joined us with his motivational tips and suggestions about the prevention of crime in our society as teacher trainees. He narrated some Buddha stories, some crime incidents in his service etc. Students cleared some doubts regarding the working and events in jails. The session went on like an interactive class. The trainees asked and cleared the doubts about juvenile jail and rules, education system in jail, crimes among children, the food menu in jail etc. Also he explained about the staff and prisoners in jail. He cleared most of our misunderstanding about the jail, its authorities and functions. Also he explained about the infrastructure of the Central Jail, Poojapura. We gave him a heart full of gratitude for giving us such a wonderful experience.



KOVALATH POYIVARAM

The trip mode was on at second session of the day. The destination spots were Kovalam Lighthouse and Kovalam Beach and a bus was arranged to reach there. It was doubtlessly seizes one of the topmost positions in regard of visual awesomeness and tourist inflow. This was a falcate shaped beach bordered with coconut trees and it keeps ways gently by the breeze blowing softly in the region. That was really a suitable place to enjoy the nature's bliss and one of a finest beach to feel the harmony of the nature. We enjoyed a panoramic visual of Kovalam Beach from the top of the Lighthouse tower. The moments that we spend at the beach blended us with nature.

PRAYER

In the evening, all went for the prayer. Smt. Aparna Sudheer & Smt. Beena O. chanted some lines from the Bhagavad Gita. After that students quoted some divine quotes from Bhagavad Gita, Holy Bible and Holy Quran and explained the meaning of the quotes.





AADAAM.. PAADAAM...

Cultural events added flavour to the camp activities which enhanced confidence, team work and humility among the trainees and gave them opportunities to showcase their hidden talents and explore new innovative ideas. As the programmes presented were group oriented, it gave a chance for the students to blend with others. The programme was hybridised by including various programmes like fusion dance, songs, staging of the poem- Mambazham and various entertainment programmes.





Day
3

UNARTHUPATTU

The Third day of our residential community living camp Nammal 2k19 started with Unarthupattu- the Suprabhatham song. The steam blowing black tea warmed the shrilling morning.

YOGA AND MEDITATION

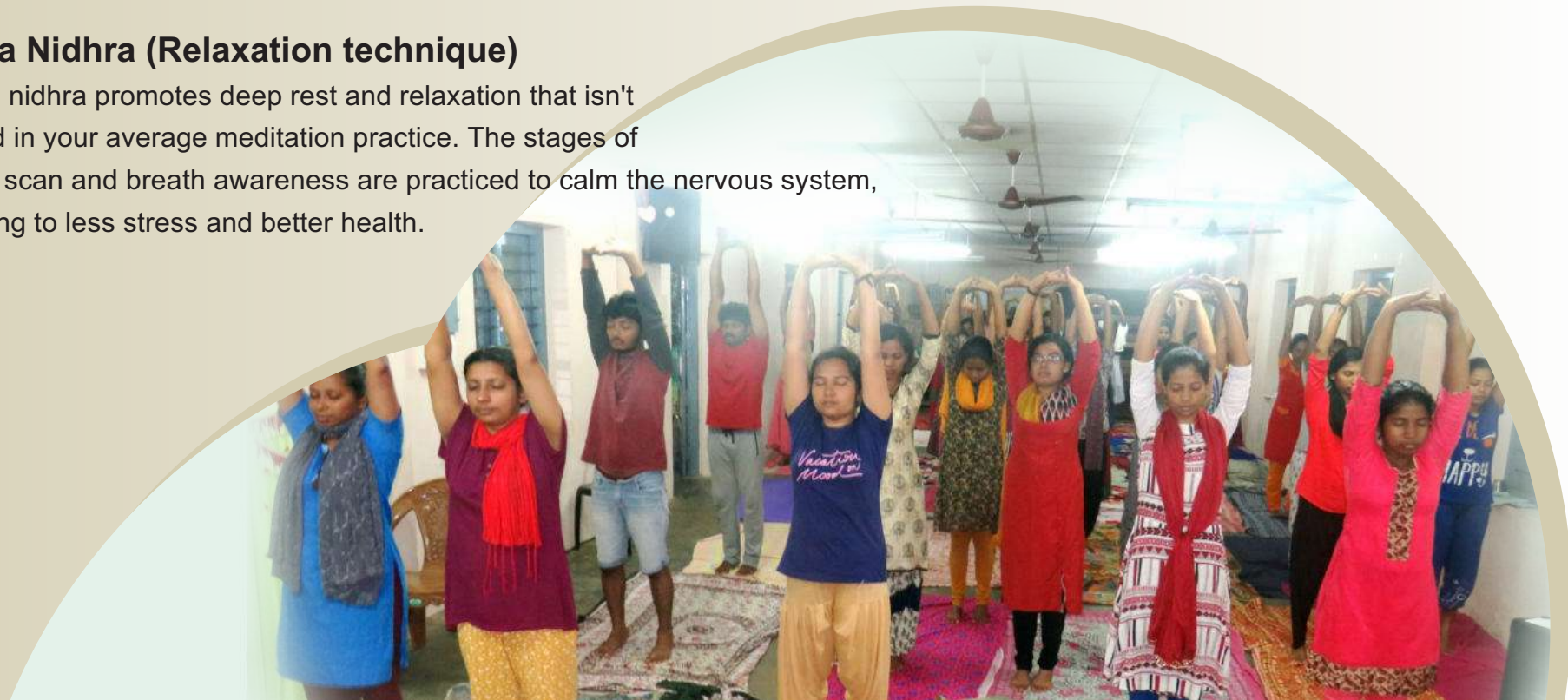
Students conducted yoga and meditation. The section comprised of Thadasana and Yoganidhra.

Benefits of Thadasana

- ❖ Improves posture.
- ❖ Strengthens thighs, knees, and ankles.
- ❖ Steadies breathing.
- ❖ Increases strength, power, and mobility in the feet, legs, and hips.
- ❖ Reduces flat feet.

Yoga Nidhra (Relaxation technique)

Yoga nidhra promotes deep rest and relaxation that isn't found in your average meditation practice. The stages of body scan and breath awareness are practiced to calm the nervous system, leading to less stress and better health.



TRAINEES AS FARMERS

Farmers are an important part of the survival of our societies because they provide food and fiber that nourishes and cloths us and they not only grow crops but their love to the land. Our trainees are aware about the role of farmers and so we already have a vegetable garden in our campus. On the day they harvested the grown ones, planted more plants and removed the weeds in the garden. Students also planted some plantain saplings at the campus.

VISIT TO CENTRAL INSTITUTE ON MENTAL RETARDATION (CIMR)

Actually it was not a 'visit to CIMR' but it was a 'visit to Heaven', it is a heaven with most realistic people. It was a voluntary, social service organisation, one of rehabilitation of mentally challenged pupils. Rev.Fr. Thomas Felix, a Catholic priest, who devoted his life for the cause of mentally disabled children has initiated the organisation. The aim of the institution was to work for the total development of the mentally challenged persons in India by acquiring and disseminating information on methods of normalising them and to promote awareness of this problem among the parents and to the public. When Fr. Felix explained about the institution and the activities going on there. He stressed on the quote “Less ability does not make a lesser human being”. He introduced the 3C concept and also focused that all the things in this nature can be defined based on the four fundamental shapes- circle, rectangle, triangle and square. The faculties explained the pre-diagnosis of the condition in children through Vojta therapy and Montessori therapy. The four classes in the institute are- Knowing the shapes, Making the shapes, Selecting the shapes and Combining the shapes. The students are not only trained vocationally and to learn from books. Several sports sections were included for developing the mental ability of the children. Classical dance forms and instrumental music were included for developing the aesthetic sense in children. By visiting CIMR, we must not be sympathetic to them but feel proud to get a chance to meet them.





ANUKARANAKALA

The evening of the day was fully for entertainment. Sri. Kottayam Subhash, Performing artist, staged for the section. Mimicry items, fancy dress and imitation of film stars were the main programmes which he presented before us. He also incorporated our students to be the part of the programme by including their dance and music in it. The programme was made colourful by the massive support of our team.

PRAYER

All the students were assembled for the prayer and quotes from the Holy books made the moment divine.

CINEMA KOTTAKA

The evening was entertained by playing the movie- Ambili. It was a movie with social importance. Guileless like a child and ever so full in life, Ambili is beloved by everyone in his village. The story traces Ambili's outlook towards life and of challenges surrounding him that faced by him on an everyday basis.





KERALA UNIVERSITY COLLEGE OF
TEACHER EDUCATION
THIRUVANANTHAPURAM

KERALA UNIVERSITY
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TEACHER EDUCATION

KERALA UNIVERSITY COLLEGE OF
TEACHER EDUCATION
KUMARAPURAM, THIRUVANANTHAPURAM
നമ്മൾ 2k19
Sense of Togetherness & Harmony
23/09/2019 to 27/09/2019
Venue: College Campus

KERALA UNIVERSITY COLLEGE OF
TEACHER EDUCATION
KUMARAPURAM, THIRUVANANTHAPURAM
നമ്മൾ 2k19
Feel the Sense of Togetherness & Harmony
23/09/2019 to 27/09/2019
Venue: College Campus

KERALA UNIVERSITY COLLEGE OF
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നമ്മൾ 2k19
Sense of Togetherness & Harmony

നമ്മൾ 2k19
Sense of Togetherness & Harmony

Day
4



UNARTHUPATTU

The fourth day, a beautiful rainy day of Nammal 2k19, started with unarthupattu.

YOGA & MEDITATION

The students, all reached the assembly hall for doing yoga and meditation, with the guidance of Smt. Seenu. G, Faculty in Physical Education. The yogasana done for this day was Bhujangasana. In Sanskrit, "bhujanga" means snake and "asana" means pose, that's why this yoga pose is referred to as the 'Cobra Pose'. This pose mimics the posture of a cobra that has its hood raised. It is the eighth pose in the 12 poses of the Surya Namaskar or Sun Salutation yoga routine.

Benefits

- It stimulates the digestive system and relieves constipation
- It makes the spine stronger and more flexible
- It improves blood circulation
- It decreases menstrual irregularities in women
- It strengthens muscles of chest, shoulders, arms and abdomen

YogaNidhra (Relaxation technique)

Yoga nidhra promotes deep rest and relaxation that isn't found in your average meditation practice.

The stages of body scan and breath awareness are practiced to calm the nervous system, leading to less stress and better health.





A CLASS ON HEALTH PROBLEMS OF SPECIAL INTEREST FOR TEACHERS

Dr. Joy Philip, Rheumatologist, Dean of SUT, Medical College, handled the class on health problems of special interest for teachers. The class was to be started at 10 am, but Joy Philip sir was late due to heavy traffic in medical college area and he apologized for that. He started and ended the class with silent prayer. Also, we all memorized and prayed for Sr. Lini, who lost her life from Nipah attack. The class was mostly interactive. He explained about most of the hormones in human body which helps in the emotions and feelings. “Constipation cockroach” was a new term introduced by him to students and the interesting story of “laws of motion” by Issac Newton and how it is related to it. The Dean also made a vast awareness about some daily life diseases and some others which are seen mostly in teachers. Those are osteoporosis, infection in eyes, asthma, joint pain, blood pressure, stress and strain. etc. Some tips and suggestions were given by him. Another thing introduced by him was teaching through demonstration. He bought an apple and a pear with him to explain two types of obesity; apple shaped body and a pear-shaped body. Also, the discussion went through some doubts about food habits and eatable. After the class finished everyone asked and cleared their doubts and interacted with Dr. Joy Philip, through a friendly and cool manner.



VISIT OF Dr. M. VIJAYAN PILLAI IN NAMMAL 2K19

It was one of the honorable moments in Nammal 2k19, residential community living camp, through the visit of Dr. M. Vijayan Pillai, Member Syndicate, University of Kerala. He was actually to be the guest of valedictory session. But due to his commitment in other programmes he visited on this day. Principal, teachers and all other students gave him a warm welcome and he delivered a nice speech about the importance and quality of being worthy of such residential community living camps.

NIYAMASABHA SANDARSHANAM

Niyamasabha Mandiram is one of the prominent mansions of Ananthapuri. It was another place of visit at the time of Nammal 2K19 residential community living camp. Students were split into groups for transportation from college to the Legislative assembly building. The place was full under high security system. Neither cameras nor mobile phones were allowed to bring inside. A staff from there was with KUCTE, Kumarapuram group for explain about the building and what's going inside. The architecture, building functioning, staff, security system, VVIP residents inside etc. were given in detailed. Students as well as the teacher asked and cleared many doubts from the staff.







TALK BY Sri. BRAHMA NAYAKAM MAHADEVAN

It was a cool climate and a fabulous class happened ever in Nammal 2k19. Sri. Brahma Nayakam Mahadevan, Chairman of Athma Ability Foundation, handled and helped every one to reach the full meaning of NAMMAL. The main four factors and chapters he concentrated are smile, flexibility of mind, soft skills and self-appraisal. He said to everyone to not only use these in teaching field but also at every nook and corner in life. Everyone enjoyed the class very well and the flowing of time was not noticed by anyone. Another point he highlighted through the class was the generation gap and difference before and after 1985. He also taught the students, how to present ourselves with a peak level confidence. Students gave a feedback from the bottom of their heart. The main specialty of the class was he used only his words, sound, body language, facial expression etc. to convey his ideas and thoughts.

CAMP FIRE- MINNANINUNGE

Camp fire is always a must thing to a residential community living camp, like adding some masala to the dish. Camp fire was conducted at college ground. Everyone stood around the fire and danced. All enjoyed a lot as fire fly in the night. On the last stage of the Minnaminunge students played Anthakshari to wind up the programme. All went to settled down after camp fire.





Day
5

UNARTHUPATTU

The fifth day of our residential community living camp Nammal 2k19 started with Unarthupattu- the Suprabhatham song. The steam blowing black tea warmed the shrilling morning.

YOGA AND MEDITATION

Students conducted yoga and meditation. The section comprised of Ardhakati Chakrasana and Yoganidhra.

Benefits of Ardhakati Chakrasana

- °Elasticity of lateral region increases.
- °Lateral thoracic muscles are stretched and blood supply to them increases.
- °Hip joints become flexible and excess fat around the waist reduces.
- °Relieves from back pain and good for flat foot.

Yoga Nidra (Relaxation technique)

Yoga nidhra promotes deep rest and relaxation that isn't found in your average meditation practice. The stages of body scan and breath awareness are practiced to calm the nervous system, leading to less stress and better health.



REWIRE YOUR BRAIN

The last session of Nammal 2k19 was Rewire your Brain by, Dr.Pramod Dinakar, ICSSR – Post Doctoral Fellow, Central University of Kerala. In the class he correlated the structure of human brain to an electric circuit in which a lot of connections are held together and its ability to rewire is termed as Neuroplasticity. He made the students evident that both kinesthetic action and thoughts are interdependent and emphasized the effectiveness of meditation to keep a tender mind. Another area which he concentrated was Mindfulness i.e. the state of being conscious of something which helps to complete a task effectively. Within the duration of the class, he practiced us Brain hijacking through various games and activities. The class was concluded with a meditation to make our mind calm and relaxed.



REFLECTION OF NAMMAL 2k19

Reflecting helps one to develop our skills and review its effectiveness. It helps to develop critical thinking skills and improve on future performance by analysing what we have achieved and how far we have come. Every union members and one representative from each class shared their experiences, both positive and negative they gained from the five day residential camp.



Valedictory Session

The session commenced at 2.00 pm with a prayer by the college choir team. Smt. Sinimol V.M., Asst. Prof. in Perspectives in Education, delivered the welcome speech. College Union Chairman Sri. Varun J.S. presided over the function. The session was inaugurated by **Dr.Sunith Kumar G.N**, Principal, KUCTE Kumarapuram.

In the inaugural address, the Principal pointed about the events that make the residential community living camp a great success. All the teaching faculties gave the felicitation along with their reflection of the camp. Miss. Aswathy Nair M.S, College Union Vice Chairperson extended gratitude to all.



The Feast



REFLECTION

“Nammal 2k19” residential community camp held at 23 September 2019 to 27 September 2019 was a complete success and was very effective for everyone those who participated in it. Principal Dr. Sunith Kumar G.N. was very particular and keen for planning and organising the camp. He co-ordinated full KUCTE, Kumarapuram team for the success of “Nammal 2k19”. Smt. Beena. O was the convenor of organising committee. She suggested the name “Nammal” and it was accepted by all, along with the theme “feel the sense of togetherness and harmony”. The whole class was divided into different groups under each faculty of KUCTE, Kumapuram for forming the sub committees. The Principal assured the involvement of all teachers, non-teaching staff and students in each of the committees. The role of CDC members, PTA members and Union members was worthy in the smooth conducting of camp. For the first time in college history the college was illuminated with colourful lights.

The camp started with inauguration by Sri. Jairaj. J. (Member Syndicate, UoK). Many of the famous personalities like Adv. Suresh Thonnakal (Dr. FDR, Family Psychologist and Counselling Hypnotherapist), Sri. Sunil Kumar (Superintendent of Prisons and Correctional Service, South Zone, Thiruvananthapuram), Dr. S. Geetha (Asst. Professor, Dept. of Physical Education; MMNSS College, Kottiyam), Sri. Kottayam Subash (Performing Artist), Sri. Brahma Nayakam Mahadevan (Chairman of Athma Ability Foundation), Dr. Pramod Dinakar (ICSSR – Post Doctoral Fellow, Central University of Kerala) Dr. M. Vijayan Pillai (Member Syndicate, UoK). Visited and took classes in Nammal 2k19. Also there were different places of visit like Kovalam beach and light house, Central Institute for Mentally Retarded, Murinjapalam and Niyama Sabha Mandiram, which increased the matte of camp. At the fourth day there was camp fire, like the name everyone were dancing like fireflies. The camp ended with valedictory session.

Everyone those who participated in the camp attained all the values needed for their whole life and a bag full of good memories.

GRATITUDE

We express our sincere gratitude to all those who participated and actively involved in Nammal 2k19, residential community living camp. We express our heart full of gratitude and gratefulness to each institution nearby KUCTE, Kumarapuram especially our neighbour institution, Kerala Tennis Academy for their help and support. Expressing great acknowledgement to the CDC members, PTA members and faculties of Govt. HSS. Medical College, for their kind co-operation and support. To the non-teaching staff of KUCTE, Kumarapuram, we are expressing our sincere thanks for providing the proper security. Also expressing gratefulness for media, electricity office, catering service, water authority, Medical College Police Station and the Public. Last but not the least, thanking The Almighty, for his presence and blessing to “Nammal 2k19”.

COMMITTEES THAT SHARED THE RESPONSIBILITIES TO ORGANISE NAMMAL 2k19

Organising Committee

Dr.Sunith Kumar G.N.

Chairman, Principal KUCTE
Kumarapuram

Sri. Shibu C.

Co - Chairman, CDC
Vice - President 2018-19

Smt. Beena O.

Convenor
Asst. Professor in Malayalam

Smt. Lekshmi Pushkaran

Co-convenor
Academic Co-ordinator

Smt. Jayasree C.

Co-convenor
CDC Executive Member

Sri. Harish A.J.

Co-convenor
CDC Executive Member

Finance Committee

Smt. Vanaja M.

Convenor
Asst. Professor in Perspectives
in Education

Sri. Ratheesh R.

Co-convenor, CDC Auditor

Sri. Varun J.S.

Co-convenor
Chairman, College Union 2018-19

Registration , Reception & Certificate Committee

Smt. Shymija M.Z.

Convenor
Asst. Professor in Physical Science

Miss. Aswathy Nair M.S.

Co-Convenor
Vice-Chairperson
College Union 2018-19

Smt. Reena Jean

Co-Convenor
Office Staff

Venue Arrangement, First Aid & Evaluation Committee

Smt. Seenu G.

Convenor
Asst. Professor in
Physical Education

Sri. Afsal Shahid A.

Co - Convenor
General Secretary
College Union 2018-19

Smt. Latha Devi S.

Co - Convenor
Library Assistant

Dr. Lakshmi B. Pillai

Medical Supporter
Consultant Physician &
Diabetologist

Lecture/Technical Session & Discipline Committee

Smt. Sheeja B.

Convenor
Asst. Professor in
Mathematics

Sri. Nidhin B.

Co - Convenor
II year, Sanskrit

Sri. Rajesh Kumar V.

Co - Convenor
Office Staff

Publication/Press/Video & Photographic Coverage Committee

Smt. Sinimol V.M.

Convenor
Asst. Professor in Perspectives
in Education

Sri. Simson R.M.

Co-convenor
Sports Club Secretary
College Union 2018-19

Accommodation, Transportation & Monitoring Committee

Dr.Somarajan P.K.

Convenor
Asst. Professor in Sanskrit

Smt. Anu P.S.

Co-Convenor
Literary Club Secretary
College Union 2018-19

Sri. Asari M.

Co-Convenor
Office Staff

Entertainment Committee

Dr.Aparna Sudheer

Convenor
Asst. Professor in
Performing Arts

Smt. Aneeshya Natrajan

Co-Convenor
Arts Club Secretary
College Union 2018-19

Smt. Soshamma M

Co-Convenor
Office Staff

Food & Refreshment Committee

Smt. Letha K.G.

Convenor
Asst. Professor in
Natural Science

Smt. Sheeba L.

Co-Convenor
Joint Secretary
College Union 2018-19

Smt. Mini George

Co-Convenor
Magazine Editor
College Union 2018-19

Smt. P. SanthaKumari

Co-Convenor
Office Staff

Smt. P. Soudhamma

Co-Convenor
Office Staff



ABOUT THE INSTITUTION

The Kerala University College of Teacher Education (KUCTE), Thiruvananthapuram is one of the pioneering teacher education colleges of University of Kerala which came into existence in 1990. The college offers Bachelor of Education (B.Ed.) degree course in five disciplines. Since its establishment;it has been making a steady progress in the field of teacher education. The outstanding achievements in co-scholastic activities and the academic excellence of this college are highly admirable. Students of this college have won consecutive first ranks for several years in the University examinations. Every year, a set of well trained students come out of this college with triumphant colours.The team work of the principal, the teaching and the non-teaching staffs is the source of inspiration to the students to fulfil their scoring ambition.

We believe that the central task of education is to implant will for learning;and it should produce not learned but learning people and our motto is

"Quality Education for Life"



**Kerala University
College of Teacher Education**

Kumarapuram, Thiruvananthapuram

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