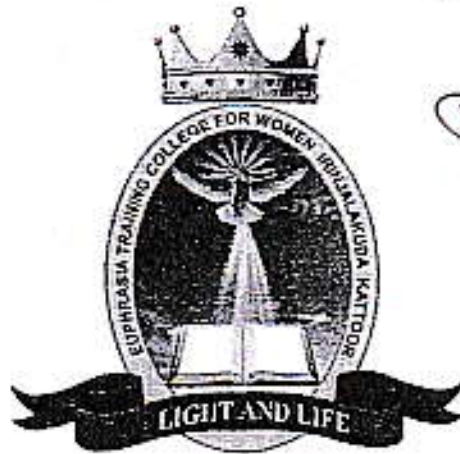


# EUPHRASIA TRAINING COLLEGE FOR WOMEN

KATTOOR

(Affiliated to the University of Calicut)



*Valued*  
*[Signature]*

## COMMUNITY LIVING CAMP

Name..... DELNA MARIA .....

Year..... 2021-2023 ..... Reg. No. EUAVTPN1005 .....

Optional Subject..... PHYSICAL SCIENCE .....

**CERTIFIED BONAFIDE RECORD**

*[Signature]*

**PRINCIPAL**  
Principal  
Euphrasia Training College

Faculty

*[Signature]*



*[Signature]*

# Introduction

As a part of our two year B-ed curriculum of university of calicut, our college Euphrasia training college kattoor organised a 4 day community living camp in our college. The camp was named 'Aaravam 2k21' and conducted for a period of 4 days from 20<sup>th</sup> december 2021 to 23<sup>rd</sup> december aimed at fostering qualities like discipline, co-operative living, fellow feeling, social responsibility, promoting dignity of labour etc. on the occasion of 4 day camp we were organized various programs like awareness and skill development programs, cultural programs, community services etc.

The community living camp provided us a platform for gathering information, sharing ideas, organizing co-curricular activities, acquiring skills, democratic and social values essential for an ideal teacher. We also celebrated christmas on the last day which also helped in improving the cooperation and love among us and our seniors as well as our teachers and non teaching staffs. The outcome brings in self identity, self worth, self esteem, leadership, and self respect build personal competencies. The teacher students have a sense of community, develop inter generational relationships, and learn through first

# Objectives

The common objectives of the camp were:

- > To promote social accommodation and broaden the mental abilities of the student-teachers
- To promote democratic nature and involvement of the student-teacher in planning and implementing educational activities
- To develop critical thinking about the issues related to the policies/approaches in Education
- To enquire into the cultural, social, scientific, educational and environmental aspects of community
- To develop an interest to train the body and mind for a well balanced personality
- To impart social values and skills like adjustment, sharing tolerance, empathy etc.



  
Principal  
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# Planning

In the planning session, the principal and the faculties decided to implement the programmes through the co-ordinated activities of different committees. Thus the first year and second year students were divided into committees and subcommittees assigning various duties with the participation of teachers and non-teaching staff. Each group was selected with leaders. For the smooth functioning of programmes committees are formed under the leadership of Hitha Miss, who was in-charge teacher. All other teachers helped in various duties. The committees formed were refreshment committee, programme committee, entertainment committee, cooking committee, cleaning committee, sewing committee, decoration committee. For each committee there was leaders. Whatsapp groups were created for further discussions under the concerned teacher. To coordinate all the programs, from the student side Rose many second year student of physical science option was selected as camp leader. Beside the whole committees all students were divided into 5 groups with 22 students. Groups were selected by mixing first years and second years from different options. The name of the community living camp was selected 'Aaravam 2k21'. Date was fixed from 20th december to 23rd december.

# Execution

The camp was named as 'Aaravaam 2K21'. The camp aimed at improving the feeling of togetherness, practicing sharing and caring and to grab knowledge. Objectives were also framed. All the remote and immediate preparations were done by the students with the guidance of their incharge teachers. The stage was beautifully decorated by the decoration committee which was under the leadership of sisters. Invitation cards were prepared. Program list, and other essential materials were prepared. Hall was beautifully decorated. All the committee members worked hard to make the camp a great success and super experience. Entertainment committee prepared cultural programs for refreshing the minds of children. From all sides there was great co-operation, coordination and planning.



  
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Day 1: 20/12/2021

## Inaugral ceremony

The inaugural ceremony of the camp was started with a prayer dance. Mrs. Shimi Joshy presented the welcome speech. The presidential address was given by respected principal Salim Kumar sir. He had given a brief introduction to the programmes. The chief guest, Dr. Asha O.S principal S NM Training College Moothukammam inaugurated the community living camp 'Aaravam 2K21'. Teacher pointed out that community living camps helps in identifying the innate abilities of students and develop our skills and knowledge through different activities. She explained of three perspectives of learning. Learner perspective, teacher perspective and teacher professional perspectives. She remembered us with the importance of moving from knowledge to discernment through reinforcing our skills. She facilitated not to reduce the aaravam for these 4 days. Assistant professor smt. Hitha and the camp leader Mr. Rosemary Antony said facilitation. Vote of thanks was said by Mr. Amjitha Joshy for the official pre-inaugural programme.



*[Signature]*

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S NM Training College For Women

# Jeevitham thanne lahari

In the afternoon section there was a class led by Mr. Raphael M.L., preventive officer excise range office Irimjalakuda. Mrs. Arsha welcomed all to the session. He enriched our mind with his powerful talk against alcohol and drugs. He lead the class very interestingly. He pointed out that alcohol and drugs are not only the addictions, there are other addictions like family, love, celebrations, Mobile phones, Fashion etc. He aware us with the bad effects caused by alcohols and drugs to society and families. As a teacher student we should be aware of different forms of drugs, the characteristics of those using drugs and methods to save them. He mentioned several experiences, cases that small children those who get trapped in alcoholism and drug addiction.

## Waste product material making competition.

After the class as planned earlier there was waste product material competition by making whole students into groups of three. We had given the place in upper floor with the materials collected from home each groups made products of different kinds. one hour was given for

making the products. In our group we made a cloth mat. It was very interesting to watch the products kalam displayed at the end. Products using coconut leaf, coconut shells, coco peat, straw, bottles, tins, glasses, papers are made by the students.

## News paper reading

In that whole day the most interesting and enjoyed program was newspaper reading. Each groups presented the news report of the day in an humorous way. Students made it as a chance to troll every one and each event. It helped to know many events that happened in that day which was unknown to many. Two of the students from each group presented the report. The name they given to their channel was even laugh provoking.

The first day ended by 4:30 pm. The session concluded with national anthem.

The time gaps between today program was filled by various entertainment programs coordinated by the entertainment committee and tea and snacks was distributed by refreshment committee members.



*[Signature]*  
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Day 2: 21/12/21

## Sir Sippi pallipuram

The second day of the camp was started with a class led by renowned teacher and writer, poet Sir Sippi pallipuram. He inspired our minds and uplifted our hearts to the world of literature through his words. He started the session by telling that every one can become a teacher but it is difficult to remove darkness. It is only possible by a Guru. He said stories, recited poems and shared his experiences. He was able to make the class live through singing folk songs in between the class. The famous writers like Thakazhi shiva shakana pilla, Joseph mundasseri, etc came in his speech. He enlightened us to become good readers and through that we can end to good teachers.

The class was ended with publishing the magazine of our college. The first copy was handed over to the resource person. Rincy sister said welcome speech and Hiba said vote of thanks for the session.



  
Principal  
Euphrasia Training College For Women  
Kattur

# Nadhamayam - Musical performance.

In the after noon section the beauty of the day was enhanced through integration of arts - Nadhamayam coordinated by Krishnaraj strand team. Due to technical reasons there was some delay in the program. The program was started with a prayer song by Krishnaraj sir. The members of the team include Sabitha - percussionist, Remjith - flutist, Siju - flutist. The performances was really mesmerising. It filled our hearts. It made the 'Annavam 2k21' a real celebration.

## Puppetry show

As prepared earlier each option of the students presented a puppetry show which was based on their own subject. Commerce, English, physical science, Maths social all options presented puppetry show. The commerce option presented puppetry show on influence of advertisements. English option humorously presented the topic pollution control. Social relationships was portrayed by social option in their play. Gravitation and ozone depletion was presented by physical science option. Maths option presented a love story of geometry and trigonometry. It

Day-3: 22/12/21

## Delicious meal preparation.

On the third day all students actively involved in the college ground. As planned before students in each committee involved in their concerned works. I was in serving committee so I reached college early and helped in cutting vegetables. The camp days was memorable by the task of the food that we prepared on that day under the guidance of our committee in charge shalini miss. Preparations was started by 8:30 itself. It was a good experience to work in that committee. By 12:30 the bhriyani was ready. The main cooks were Aswathy and Ashim. I helped in serving food. We enjoyed the meal by sitting on the floor.

## Beautification of campus

Under the guidance of Suresh sir and other teachers other students participated in beautifying the campus and its surroundings. Students and teachers dedicatedly participated in cleaning using different tools. They are provided with refreshment, drinks.

Day-4 23/12/21

## Christmas celebration

It was the last day of camp. All students and teachers wore red and white dress. The decorations committee received praise by their variety in setting stage. Christmas crib was decorated beautifully. At sharp 10.00 clock the celebration program was started. Program started with prayer. Respected principal Dr. Salim Kumar Sir said the presidential address. College manager Dr. Sri Vimala CMC inaugurated the celebrations. She conveyed a Christmas message to all of us. Then there was Christmas cake cutting ceremony. Aunty was present there. There was skit by Sumi and team. I also had a role in that skit. After that there was gift exchange ceremony. I got Sr. Namitha our vice principal as Christmas friend. It was good experience. After lunch break there was carol song competition. Shrinuraj Sir and Krishnara Raj Sir were the judges of the competition. After that results were also published. Altogether Christmas celebration of that day was really memorable, by the coordinated efforts of principal, teachers, non-teaching staffs and students.



*[Signature]*

Principal  
Training College For Women

# Prize distribution

In that section the winners of competitions conducted in several occasions was distributed with certificates and prizes. Winners of waste material product competition, carol song competition and dodge ball competition was also distributed with prizes. Badriya was selected as best camper.

# Camp Overview

In the concluding section the overall performances and activities of the 4 days was evaluated.

Student representatives, teachers and principle recognised and evaluated the 'Aaravam 2k21'. Miss Hitha and the camp leader Rosemary expressed their gratitude for the coordinated efforts. Representatives from each option shared their memories and experiences.

Thus by National anthem the living camp 'Aaravam 2k21' was came to an end.



  
-Principal  
Euphrasia Training College For Women  
Kattoor

# Conclusion

The community living camp named 'Aaravam 2k21' became a great success by the coordination and great efforts of teachers, non teaching staffs and whole students. The planning of the program was good that the camp became ever memorable. It was a nice experience and different experience. It helped in improving coordination and fellow feeling among students and teachers. It helped in exhibiting the innate and hidden abilities in students. It helped in becoming responsible teachers through the experiences received through activities of each day. The objectives like Learning to live together co-operatively, development of personal and social skills through participation in programs, changes of divisions of labour, community works has achieved fruitfully by these 4 days camp from 20th december to 23rd december.



*[Signature]*  
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# EUPHRASIA TRAINING COLLEGE FOR WOMEN

KATTOOR

(Affiliated to the University of Calicut)



*Valery*  
*15/2/2023*

## YOGA-HEALTH & PHYSICAL EDUCATION

Name... DELNA MARIA

Year... 2021-2023 Reg. No... EUAVTPN005

Optional Subject... PHYSICAL SCIENCE

CERTIFIED BONAFIDE RECORD

Faculty



PRINCIPAL

Principal  
Euphrasia Training College  
Kattoor



*Principal*  
Euphrasia Training College For Women  
Kattoor

SEMESTER - 1

# Task and Assignment

Topic: Practicing and recording  
of health related physical fitness  
activities (Walking)

Submitted to,  
Suresh sir

submitted by,  
Delma Maria  
Physical science

submitted date  
16/2/22

*A. S. K.*

Principal  
College For Women





# INTRODUCTION

As a part of B.Ed curriculum I have practiced and recorded the health related physical fitness activity, walking.

Walking is one of the most popular forms of exercise world wide. It doesn't require expensive equipment or special skills and it provides a wide range of health benefits. Whether we choose an outdoor solitary path in nature, a busy route on city sidewalks, a treadmill workout, or a few rounds around your office building, walking is a relatively accessible way to stay active.

Walking is a type of cardiovascular physical activity, which increase your heart rate. It improve blood flow & can lower blood pressure. It help to boost energy levels by releasing certain hormones like endorphins & delivering oxygen throughout body.

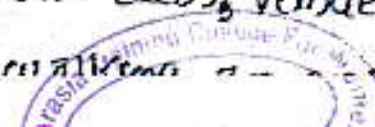
Walking speed, duration, and frequency can be adjusted depending on ones starting fitness level, so that almost everyone can practice in walking as exercise.

# Walking

Walking is a great way to improve or maintain your overall health. Just 30 min. every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other exercise, walking is free and doesn't require any special equipment or training. Physical activity does not have to be vigorous or done for long periods in order to improve your health.

Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about the risks associated with some more vigorous forms of exercise. Walking is also a great form of physical activity for people who are overweight, elderly, or who haven't exercised in a long time.

Walking for fun and fitness isn't limited to strolling by yourself around local neighbourhood streets. There are various clubs, venues and strategies you can use to make walking a fun and social part of your



# HOW to Walk properly with good Posture

Walking with right technique and good posture can help

- Keep your bones and joints aligned properly
- decrease wear and tear on your joints, muscles, and ligaments
- prevent back, hip, neck, and leg pain
- reduce muscles aches & fatigue
- reduce the risk of injuries
- improve your balance and stability

Tips for walking properly

- Keep your head up
- Lengthen your back
- Keep your shoulders down and back
- Engage your core
- Swing your arms
- Step from heel to toe

What not to do while walking:-

- Don't look down
- Don't take v. long strides
- Don't roll your hips
- Don't slouch
- Don't walk in wrong shoes.

SEMESTER-1

# Task and Assignment

Topic: Practicing 15 yogasanas

Submitted to,

Suresh sir

Submitted by,

Delma maria

Physical science

Submitted on

16/2/22



*Delma maria*

Principal

College For Women

# SITTING YOGAS

## Yogamudra

Yogamudra Yogamudra; the symbol of yoga. (cultural Asanas - for forward bending of the spine)

Yogamudra represents the symbol of yoga. It recreates the human form in its role of being a part of the divine. It brings about humility in the presence of achievement; grace & modesty within greatness. It is the emblem of great understanding & wisdom which knows the frailty of human nature & also its boundless potential.

## Steps

1. Exhaling, in 3 seconds, bend forward arching the spine to touch the forehead to the ground. Tuck in the abdomen & relax the shoulders (no exaggerated drooping) Ensure no movement below the waist
2. Maintain this position for 6 seconds, suspending the breath
3. Inhaling, in 3 sec, gently raise the head & straighten the back to return to the starting position
4. Exhaling, in 3 sec, twist the body (waist above) to the right & bend forward to touch the right & bend with the forehead
5. Maintain this position for 6 sec. suspending the breath

# Paschimottasana

Paschimottasana, seated forward Bend, or intense dorsal stretch is a seated forward-bending asana in hatha yoga and modern yoga as exercise. The pose is entered from Dandasana by bending forward from the hips without straining & grasping the feet or lower legs. A strap may be placed around the feet & grasped in the hands if the back is stiff. The head may be rested on a folded blanket or bolster, which may be raised on a small stool if necessary.

## Steps

- Sit up with the legs stretched out straight in front of you, keeping the spine erect & toes flexed towards you
- Breathing in, raise both arms above your head & stretch up
- Breathing out, bend forward from the hip joints, chin moving toward the toes. Keep the spine erect focusing on moving forwards towards the toes, rather than down towards the knees
- Place your hands on your legs, wherever they reach, without forcing, if you can, take hold of your toes & pull on them to help you go forward
- Breathing in, lift your head slightly & lengthen your spine

*H. Lakshmi*

Principal

College For Women



# Shashankasana (Moon pose)

The word shashankasana has been derived from the Sanskrit word shashank means moon? Hence it is named as moon pose. on the other hand, shash means hare & ank means tap, therefore its called hare pose or rabbit pose. Shashankasana or moon pose indicates calmness therefore it is one of the best yoga poses to control anger, tension, anxiety & stress. Rabbit pose has other benefits too including some precautions

## steps

- \* Sit in vajrasana
- \* straighten the back
- \* Inhale & slowly raise the arms, keeping them straight.
- \* Now, exhale & bend forwards
- \* The arms, trunk and head should remain in one line
- \* the forehead and arms should rest on the floor in front of the knees
- \* Relax the whole body
- \* Inhale & exhale slowly
- \* Inhale and raise your arms up & slowly bring it down

## Shashankasana breathing

- \* Inhale while raising the arms

*Ahale*  
Principal

Exhale bends forwards

Breathing should be deep and slow in the final position

Now, inhale and raise your arms & come to the original position

## Benefits

Shashankasana is a very simple asana with so many important benefits

Relaxing posture

Tones the pelvic muscles

stimulates the abdominal organs

Massages the abdominal muscles

The Rabbit pose can help in sexual disorders

Shashankasana gives a good relaxing stretch to the spine



*Prashastha*

Principal

Prashastha Training College For Women



# Vajrasana (Diamond pose)

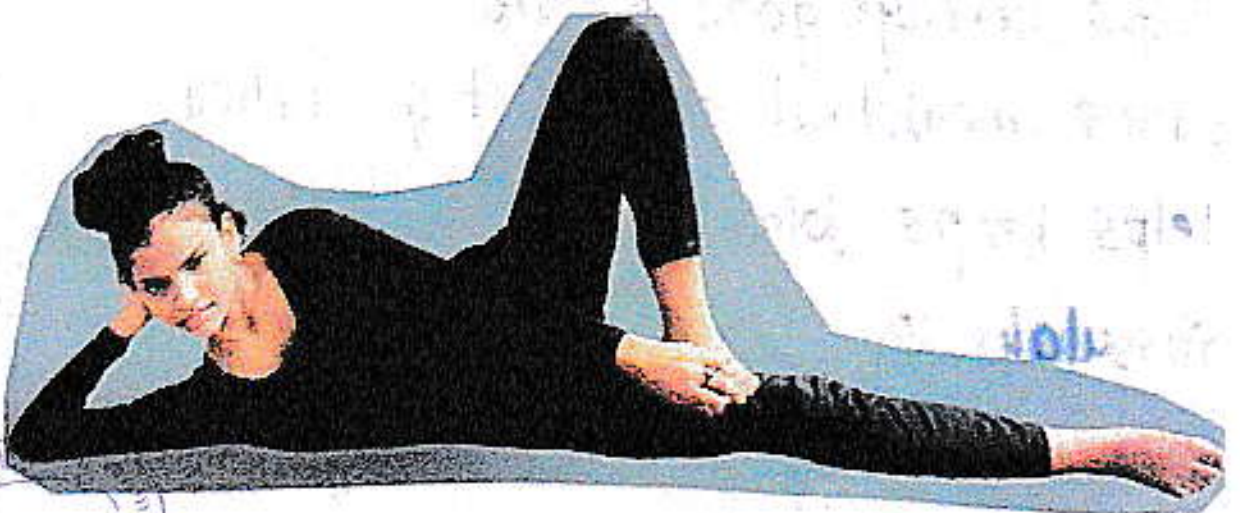
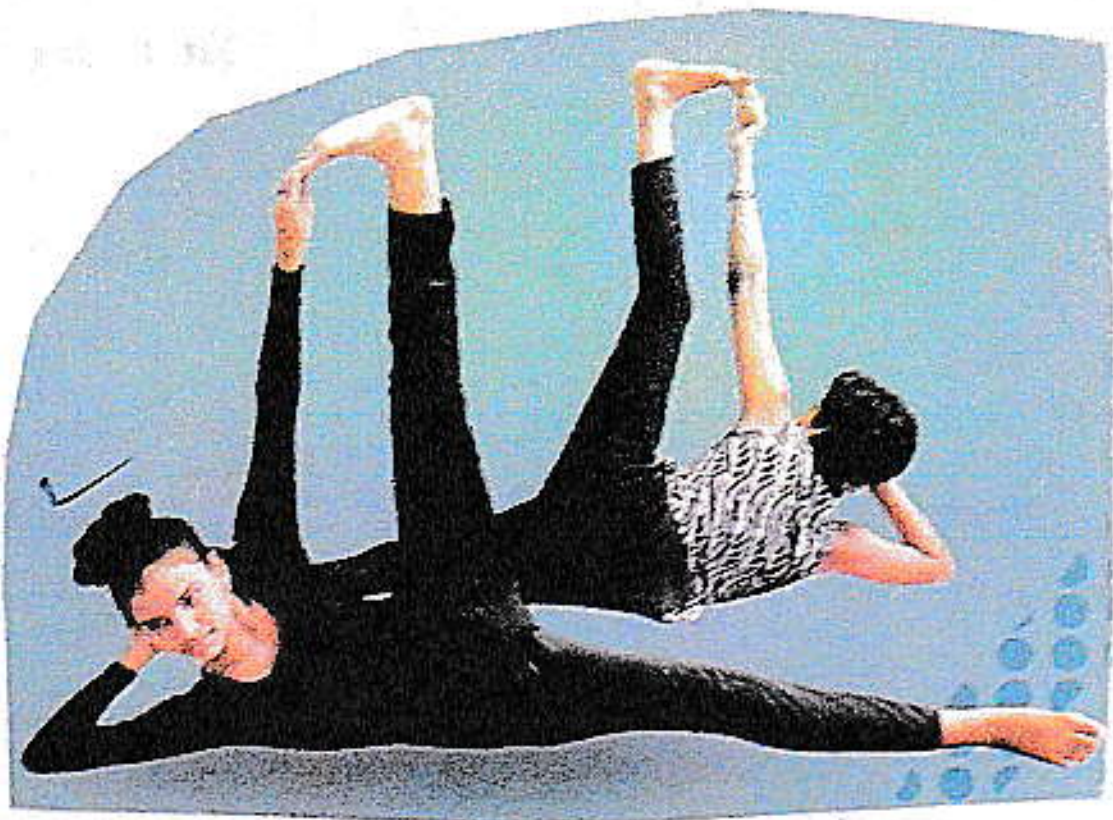
Vajrasana, Thunderbolt pose, or diamond pose is a kneeling asana in hatha yoga and modern yoga as exercise. Medieval texts describe a variety of poses under this name

## Steps

1. Kneel down on a flat surface on a yoga mat & sit down on your legs
2. Keep your knees close & your big toes touching each other but keep your heels apart
3. Your heels must be touching sides of your hips
4. Then keep your palms on your thighs & your back/spine straight
5. Keep your head straight, eyes closed and keep deep breaths
6. Hold this position for a minute & as long as you can

## Benefits

- Improves digestion
- Helps with losing belly fat
- Combats acidity & constipation
- Makes your lower body flexible & tones body muscles
- It corrects rounded back & drooping shoulders
- Improves blood circulation in the body



# LYING YOGA

## Anantasana

Ananta means infinite, one of the many nicknames of Lord Vishnu. So the name derived from this Anantasana. Anantasana is also known by many other names, those being Vishnu's couch pose, Eternal one's pose, or side Reclining leg lift.

### Steps

- Lie down straight on your back.
- Turn towards your left.
- Lift your right leg up at a 90 degree angle. Now, place your left hand below your head to support it.
- Now, raise your right & try to grab the toes of your right leg with right hand.
- Hold on in this position for about 20 sec.
- Try to stay stable & maintain balance.
- Stretch right leg towards the ceiling as much as you can while exhaling.
- Ensure that your right arm & leg is straight.
- Turn towards the other side & repeat the same sequence of movements.
- Lie in shavasana & relax.

### Benefits

- This asana helps to tone your abdominal muscles.
- It gives a good stretch to the entire body.

3. Breathe in again and as you exhale, lift your head & chest off floor & touch your chin to your right knee
4. Hold it there, as you take deep, long breaths in & out
5. On an exhale, tighten the grip of your hands around your knee & increase the pressure against your chest
6. As you inhale, loosen your grip, come back to the ground and relax
7. Repeat this pose with the left leg & then with both the legs together
8. To complete the pose, you may rock up & down or roll from side to side while clasping both knees to the chest, 3-5 times & then relax

## Benefits

- Strengthens the back & abdominal muscles
- Tones the leg and arm muscles
- Massages the intestines and other abdominal organs
- Helps relieve constipation & gas
- Enhances blood circulation & in hip joints
- Eases tension in lower back.

## Cobra pose (Bhujangasana)

Cobra pose is a very powerful pose. Bhujangasana provides immense benefits for mental, physical and spiritual growth.