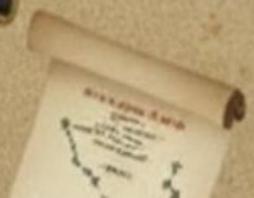


REPORT OF
COMMUNITY
LIVING CAMP

TRIKAAYA
2025

24th Aug - 28th Aug



Community Living Camp Report: Trikaaya 2025

Institution: BNV College of Teacher Education **Date:** August 24, 2025 – August 28, 2025 **Venue:** Grameena Patana Kendram, Karakulam

Introduction

The five-day residential community living camp, "Trikaaya 2025," was organized by BNV College of Teacher Education to provide B.Ed. students with a practical and immersive learning experience. Held from August 24th to August 28th, 2025, at the serene Grameena Patana Kendram in Karakulam, the camp aimed to instill values of cooperation, service, and responsibility. It was designed to foster essential skills in teamwork, leadership, and community living, moving beyond the traditional classroom setting.

The student body was divided into four distinct groups, each taking turns managing the daily responsibilities and activities. The schedule was thoughtfully curated to include a blend of physical exercises, educational sessions, cultural programs, and parliamentary proceedings, ensuring a holistic and enriching experience for every participant.

The four groups were constituted as follows:

- **Group 1 - Thathwa:** This group consisted of 13 members: Angel G. D'Cruz, Anakha R.S., Anjali, Aparna, Akshay, Bhagya, Krishna Priya, Namitha, Neena, Sharanya, Sneha, and Soorya.
- **Group 2 - Yukthawa:** This group was composed of 13 members: Gayathri S.S., Gayathri V.S., Anjana A.J., Sreekala, Shilpa, Mayoory, Anakha, Athira, Reshma, Annie, Gopika, Nisha, and Abhirami.
- **Group 3 - Mitrava:** Led by Captain Neha S. and Vice-Captain Neethu S.L., this group included 13 members: Thejas Krishna P., Devi Krishna A. S, Athira S.S. (Akhil), Fathima Ciyana, Anandhu Mohan, Anju S., Irfana Beegum, Shythy R. Suresh, Diya K., Sanika B., and Bindhya.
- **Group 4 - Sattva:** Under the leadership of Captain Sumi V.T. and Vice-Captain Naveen P., this group comprised 13 members from diverse academic backgrounds: Gayathri R.M., Anjana Krishnan K.S., Varsha J.S., Mary Dalia D., Sreethu E.K., Dhanya S.A., Arsha S., Lubina N., Karthika Vijayan B., Sajin Babu, and Varsha R.

Report

The camp commenced with great enthusiasm as students arrived, decorated the venue with a lively and welcoming atmosphere, and prepared for the days ahead. The official inauguration took place at 3:00 PM, with a welcome address by Dr. Roshna V. Gopal (Camp Coordinator) and a presidential address by Dr. Lakshmi S. (Principal). The ceremony was graced by dignitaries including Dr. J. Lidson Raj (Principal, St. Jacob's Training College) and Dr. G. Meera Kumari (Academic Director), who officially unveiled the camp's name, "Trikaaya."

Following the ceremony, Dr. Lidson Raj conducted an engaging and thought-provoking game session. The evening was packed with activities, starting with sports organized by **Group 4 (Sattva)**. Participants enjoyed a variety of indoor and outdoor games such as Ludo, UNO, cricket, and "Catching the Colour," which encouraged teamwork and friendly competition. Later, **Group 3 (Mithrava)** led a serene Sarva Matha Prarthana (all-faith prayer) and presented a vibrant cultural program featuring solo and duet dances, a tribal dance, Nandanpattu, and Oppana.

The day concluded with a structured Parliament Session organized by **Group 1 (Thathwa)**, allowing students to experience parliamentary procedures firsthand in a disciplined manner. Throughout the day, **Group 2 (Yukthawa)** diligently managed cleaning and hospitality duties, including serving refreshments to guests, ensuring the smooth running of the inaugural events.

Group 1 : Thathwa

Day 1

The Community Living Camp Trikaaya of BNV College of Teacher Education commenced in 2025 with the active participation of all groups. Group No. 1, named Thathwa, consisted of 13 members, though one member was unable to attend the first day due to health reasons.

On the inaugural day of the camp, Group Thathwa was entrusted with the Parliament Duties. The parliament session was conducted with great discipline and enthusiasm, providing a structured platform for coordination and responsibility-sharing. The proceedings of the parliament were carried out in a systematic and organized manner, ensuring the smooth functioning of the day's activities.

The experience was marked by active involvement, teamwork, and commitment from the members present. The successful execution of the parliament duties made the first day of the community living camp both remarkable and inspiring.



Day 2

The second day of our camp was a memorable and activity-filled day, with Group Thathwa entrusted with the responsibility of conducting both the morning exercise session and the evening sports activities. Our group members took up the duties with great enthusiasm and teamwork, ensuring that every program was lively, well-organized, and enjoyable for all the participants.

The day began with the morning exercise session, which set a cheerful and energetic tone for the camp. The exercises were conducted in a well-planned sequence to keep the participants engaged and active. The session opened with a vibrant dance exercise led by Bhagya and Sneha. Their lively steps and rhythmic movements created an atmosphere of joy and energy, motivating everyone to participate wholeheartedly. Following this, Neena and Angel led the participants through a series of aerobics exercises. This segment not only helped in improving flexibility and strength but also kept the spirit of the session high. The active participation of teachers alongside students added to the spirit of unity and encouragement. To ensure balance between activity and relaxation, the session was concluded with meditation and stretching exercises. These calming practices helped participants relax their muscles, focus their minds, and achieve a sense of peace and readiness for the day's upcoming activities.

In the evening session, Group Thathwa took charge of organizing sports and recreational activities, which turned out to be one of the highlights of the day. To cater to the interests of all participants, we arranged both indoor and outdoor games, ensuring inclusivity and variety. The outdoor games were filled with excitement and friendly competition. Games such as dodge ball, hot and cold, ice and water, kulam kara, colour touch, and bursting balloons kept the participants actively engaged and filled the campgrounds with laughter and cheer. These activities encouraged not only physical agility but also teamwork and cooperation. Meanwhile, the indoor games, including snake and ladder, Uno, and Ludo

which offered participants a chance to enjoy lighter, recreational fun in a relaxed setting. These games provided a perfect balance to the more physically demanding outdoor activities. Teachers also participated with enthusiasm, which further strengthened the bond between students and mentors, making the activities more enjoyable and memorable.

Overall, the second day of the camp, morning exercise and evening sports was under the leadership of Group Thathwa, was marked by energy, discipline, and enjoyment. The well-coordinated combination of dance, aerobics, meditation, and engaging games created a vibrant experience that left every participant refreshed, motivated, and filled with a spirit of togetherness. The day truly reflected the values of teamwork, cooperation, and holistic development, making it a significant and rewarding part of the camp journey.



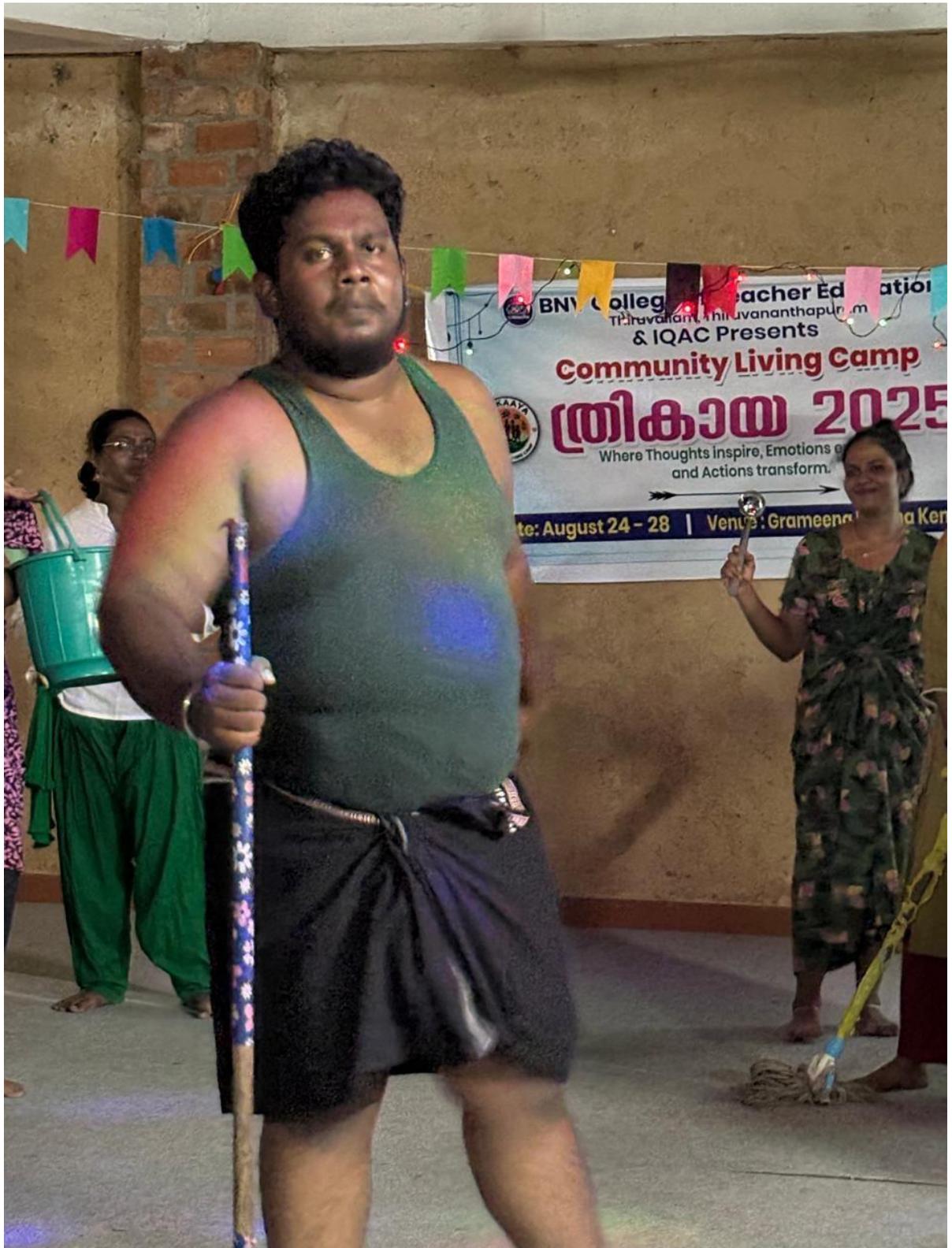


Day 3

The day kicked off right on time at 6:00 AM with the morning exercise session, thoughtfully organized by Group 2. We eased into the routine with gentle stretches and warm-ups, slowly awakening our bodies for the day ahead. Soon, the pace picked up with more dynamic exercises that filled everyone with energy and enthusiasm. The activities highlighted the importance of coordination, flexibility, and fitness, and the lively participation of all members made the session both refreshing and inspiring. It truly set a positive tone for the day, boosting not only physical health but also a sense of unity and team spirit. By 8:00 AM, Group 3 had gathered for breakfast. Sharing the breakfast together added to the sense of community, and soon after, we came together once again for the morning assembly, ready to carry the positive energy into the rest of the day. The morning assembly for the day was led by Group 3 and began at 8:10 AM, right after breakfast. Their presentation stood out for its creativity, making the assembly both engaging and enjoyable. One of the highlights was the newspaper segment, which was presented with a touch of humor and originality, keeping everyone attentive and entertained.

The entire program reflected careful planning, teamwork, and enthusiasm, blending education with entertainment in a refreshing way. The session wrapped up smoothly by 8:50 AM, leaving everyone inspired and in high spirits for the rest of the day. Following the morning assembly, the camp moved into a much-awaited session titled “Rustic Rhythms.” Beginning at 10:30 AM in the Grameena Patana Kendram, the program was skillfully led by Mr. Sidhik Subair, HSA, Govt. HSS Kulathoor. The session wove together the magic of poetry and song, filling the hall with energy and reflection. It offered participants a chance to experience the beauty of words and melodies, highlighting the richness of literature and rhythm. With its blend of humor, creativity, and thoughtful insights, the session not only entertained but also left everyone with a deeper appreciation for art and expression, adding a vibrant cultural touch to the camp day. The session came to an end at 12:50 PM, and we then gathered for a refreshing lunch. Energized after the meal, we set out for a field survey in the surroundings of Grameena Patana Kendram. Divided into groups, we engaged actively in the task, and the survey was carried out successfully. The experience was not only productive but also enjoyable, fostering teamwork and a spirit of exploration. In the evening, Group 2 took the reins to orchestrate a lively mix of sports and recreational activities, which quickly became the day’s standout moment. They thoughtfully curated a blend of indoor and outdoor games, ensuring everyone could join in the fun. The outdoor events buzzed with energy and friendly rivalry, adding an extra spark that made the experience both delightful and unforgettable. At 6 pm, the prayer session was conducted by Group 1 – Thathwa. The Hindu prayer was sung by Anakha, Aparna, and Soorya; the Christian prayer by Angel and Bhagya; and the Muslim prayer by Namitha. The session concluded with a final prayer sung by all the group members, ending at 7 pm. After the prayer session, at 8 pm we conducted the cultural programme. Our programme was unique compared to the other groups, and everyone enjoyed it thoroughly. The events included a fashion show, kitchen orchestra, solo dance, group dance, group songs, poetry recitation, and more. Then we went for dinner, while the members of Group 3 gave instructions for the next session, the parliament. Group 3 took the lead in organizing and managing the parliament session, with Neha S. as Speaker, Bindhya as Prime Minister, and Athira SS as Opposition Leader. Even though everyone was a bit weary, the participants enthusiastically carried out their roles, ensuring the session ran smoothly while also enjoying the lively and engaging experience. The parliament session ended at 10:15 pm. By 10:30 pm, everyone had retired to their own rooms, ready to rest and recharge for the next day.





Day 4

Morning Yoga/Zumba

The morning exercise session commenced at 6:00 AM as scheduled. The session was organized by Group 3 – Mithrawa. We began with a warm-up, including stretching exercises to prepare our bodies. This was followed by more intensive exercises, which energized and refreshed all participants. The session emphasized coordination, flexibility, and fitness, and everyone actively participated. Overall, it was a motivating and enjoyable start to the day, promoting physical well-being and team spirit among all members. We were asked to assemble by 8:00 AM for breakfast and after breakfast we had the morning assembly. The morning assembly on the day was conducted by Group 4 – Sattva and commenced at 8:20 AM after breakfast. The group presented the assembly in a highly creative courtroom theme, making it both engaging and memorable. The prayer was beautifully rendered by the king's choir group, while the pledge was administered by the minister, giving a formal and thematic touch. The news presentation by the court messenger was informative and creatively executed, keeping the audience attentive throughout. The newspaper segment was particularly interesting, incorporating humor and innovation, which made the assembly lively. Overall, the assembly was well-organized, entertaining, and educational, demonstrating the group's planning and teamwork skills. The session concluded smoothly by 8:45 AM, leaving a positive impression on all participants.

After the assembly, we went to the Psychopark. The visit to Psychopark was organized and managed by Group 3 – Mithrava. Transportation was arranged through a KSRTC bus, and we reached the park by 9:30 AM. The day began with an introductory session, which provided an overview of the park and its activities. Following this, we had a short ice-breaking session,

where everyone participated in dance and enjoyed themselves, creating a lively and energetic start. Afterward, we began our guided exploration of the park. The guides explained the various psychology-related sculptures and interactive exhibits, helping us understand concepts in a fun and engaging manner. We also played several interactive games that reinforced learning through experience. A tea break was provided midway, after which we continued exploring. Lunch was arranged at 1:00 PM, and some students felt tired after the activities. In the evening, we had tea and snacks before returning to the camp by 6:00 PM. Overall, the visit was educational, enjoyable, and highly informative, giving students' practical exposure to psychology concepts.

After getting freshen up, we had the parliament. The parliament session was organized and managed by Group 4 – Sattva. The key positions were held as follows: Speaker – Sumi, Watch and Ward – Arsha and Karthika, Prime Minister – Dhanya S A, Chief Marshal – Varsha R, Media – Mary, Gayathri R M, Anjana Krishnan, Advocate General – Sreethu, Minister of Health – Angel (Group 1 – Thathwa), Minister of Cultural Affairs – Anakha R S (Group 2), Minister of Finance – Varsha J S, Minister of Sports – Devi Krishnan A S, and Opposition Leader – Neethu S L.

Despite being tired, all participants actively engaged in conducting the parliament, ensuring smooth proceedings and enjoying the experience. The session provided an opportunity to practice leadership, teamwork, and decision-making in a structured setting.

Following the parliament, a DJ session was planned; however, it could not take place as scheduled due to fatigue and the preparation required for the next day's activities.

Overall, the parliament was successful, educational, and enjoyable, giving students a

practical experience of parliamentary procedures and collaborative management.

After this we went to sleep by 10:00PM.



Day 5

The fifth day of our camp began in the early hours of the morning with everyone waking up to a fresh and lively atmosphere. Since it was the final day, there was a special spirit of responsibility and enthusiasm among us. The morning started with the food duty team serving coffee and tea to all. The duty was performed with sincerity and joy, as everyone gathered with cheerful faces to begin the day. Soon after this, all participants assembled for the morning prayer session. The prayer was beautifully led by Soorya, followed by the pledge presented confidently by Neena. The daily news update was given in two parts: Krishna Priya presented the general news, and Bhagya delivered the BNV news. The angel duty of the day was carried out by Namitha and Soorya, who spread positivity through their presence. A thoughtful message was shared by Sharanya, which inspired us to stay disciplined and motivated. Finally, the assembly concluded with the national anthem,

sung by Anakha, Aparna, Soorya, Bhagya, and Sneha*, filling the atmosphere with a sense of unity and patriotism.

After the assembly, the camp members proceeded to the dining area where breakfast was served. The duty of serving breakfast was taken up by Namitha, Aparna, Anakha, Anjali, Sharanya, and Bhagya. They ensured that food was distributed on time and that everyone was taken care of. Soon after breakfast, participants returned to different camp activities. As part of the cleanliness drive, Aparna, Akshay, Soorya, and Anakha cleaned the yard diligently, while Angel and Bhagya swept the floor to keep the surroundings neat and tidy. The act of cleaning together created a sense of cooperation and teamwork, and everyone felt proud to contribute in maintaining the camp environment.

By midday, preparations for lunch were in progress. The lunch duty was carried out by Akshay, Namitha, Soorya, Sharanya, Anakha, Aparna, and Anjali. They coordinated well with one another and made sure that all members were served without delay. The meal time was filled with chatter, laughter, and sharing of experiences from the camp days. It was evident that the bond among the participants had grown stronger with each passing day. After lunch, some of us relaxed for a short while, while others continued with light duties. The afternoon hours moved at a calm pace as everyone awaited the concluding session of the camp.

As the day drew closer to the evening, the final program of the camp was arranged. The Director of BNV College of Teacher Education, Meera Ma'am, along with the Principal Dr Lakshmi ma'am and teachers, graced the occasion. The valedictory session was filled with gratitude and reflection. The dignitaries addressed the gathering, appreciating the efforts, discipline, and teamwork displayed by the participants during the camp. Their words of encouragement reminded us of the true purpose of such experiences—to instill values of cooperation, service, and responsibility in each of us.

At around 4:30 pm, the official conclusion of the camp was marked. The teachers and the director bid farewell, leaving us with words of wisdom and encouragement. The atmosphere was filled with a mixture of joy and a little sadness, as it was difficult to say goodbye to the wonderful days we had spent together. We realized that the camp had not only given us duties to perform but had also taught us the importance of unity, hard work, and sharing responsibilities.

The fifth day, being the last, was truly special as it captured the spirit of service, discipline, and friendship. From the morning food duty to the evening closing ceremony, every moment was meaningful and memorable. As we left the camp, we carried with us valuable lessons and cherished memories that will remain with us for years to come.







Group 2 - Yukthawa

Day 1 - 24/08/2025 (Cleaning)

On the first day, the captains and vice captains from each of the four groups has reached the premises at 11am to decorate the venue. By afternoon, all students arrived and at 4pm the inauguration ceremony was held. The function was graced by Dr. Lidson Raj, Principal of St. Jacobs Training College, along with our Academic Director Dr. Meera Kumari, our Principal Dr. Lakshmi, Vice Principal Ms. Suni Kumari and camp coordinator Dr. Roshna V Gopal.

Our group 2 Yukthawa, had 13 members. Gayathri SS, Gayathri VS, Anjana AJ, Sreekala, Shilpa, Mayoory, Anakha, Athira, Reshma, Annie, Gopika, Nisha and Abhirami. As our group Yukthawa have the cleaning duty on the first day, we served the guests with water and snacks. The yukthawa group was allocated to 3 rooms (2,3 & 4) each containing 5 members.

Following the inauguration, we had a tea break which was served by our group members. Then we had a mock parliament from our group in which Anjana was the speaker, Gayathri VS was the prime minister. The day concluded with dinner which was served by our group members and students retired to bed by 10pm.



Day 2 – 25/08/2025 (Parliament & Assembly)

On the second day, Group 2 was responsible for Parliament and Assembly duties. In the morning, we organized the assembly, ensuring participants gathered on time, maintaining order, and assisting in smooth conduct. Later, in the evening, we conducted the parliament session, helping with arrangements and coordination so discussions could proceed efficiently. Our teamwork ensured discipline and active participation.



Day 3 - 26/08/2025 (yoga and sports)

The third day of Trikaaya 2025 was vibrant and eventful, filled with energetic and engaging activities throughout the day. The day began at 5:00 a.m. with the wake-up call, followed by Yoga, Zumba, and Aerobics sessions at 6:00 a.m.

The Zumba session was organized and led by Group 3, which received an enthusiastic response from all participants. The group performed exceptionally well, spreading energy and cheer among everyone and setting a lively tone for the rest of the day. After breakfast at 8:00 a.m., participants assembled for the morning assembly at 9:30 a.m. The forenoon session titled “Rustic Rhythms” began at 10:30 a.m., led by Mr. Sidheek Subair (HAS, Govt. HSS Kulathoor). His inspiring session captured the audience’s attention and provided valuable insights.

Following lunch at 12:45 p.m., the session “Society Speaks – Teachers Listen” at 1:30 p.m. encouraged meaningful discussions between students and teachers. In the afternoon, tea and snacks were served at 3:30 p.m., followed by sports events at 4:30 p.m., which were successfully organized and coordinated by Group 3. We showed excellent teamwork and spirit, ensuring smooth conduct of the events. Our effort and enthusiasm made the sports session one of the most enjoyable parts of the day.

The evening prayer was held at 6:15 p.m., creating a calm and reflective atmosphere, followed by a cultural programme at 7:00 p.m., where participants showcased their artistic talents. After dinner at 8:15 p.m., the Parliament session at 9:00 p.m. provided a space for reflection and discussion. The day ended with bedtime at 10:00 p.m., marking the close of a memorable and fulfilling day.

Overall, the third day of Trikaaya 2025 was a great success. We can give an excellent performance in Zumba and Sports stood out as the highlight of the day, earning appreciation from both participants and organizers.



Day 4 - 27/08/2025

A visit to psychopath. There was no duty assigned for our group.



Day 5 - 28/08/2025 (Cultural programme)

The final day of the five-day Community Living Camp for B.Ed. students was dedicated to a vibrant Cultural Programme, with the group Yukthawa taking the lead. This was a fantastic opportunity to celebrate the end of the camp and showcase the talents within our group.

Programme Highlights

The evening's events were structured to provide maximum entertainment, incorporating themes and inside jokes related to our B.Ed. experience, which resonated strongly with the audience.

* **Comic Bhajans:** We kicked off the programme with an unconventional and hilarious start—a set of comic bhajans. The lyrics were custom-written by the group to poke fun at the relatable struggles of B.Ed. life, which was a huge hit and set a lighthearted tone for the evening.

* **Group Performances:** This segment included energetic group songs and group dances, showcasing the collective coordination and enthusiasm of the Yukthawa members.

* **Solo Performances:**

* Anjana captivated the audience with a beautiful solo song.

* Gayathri S.S. delivered a standout performance with a unique variety art piece. She performed Ottamthullal, using a self-made comic script and costumes that were specifically crafted to humorously reference our college and teachers. This performance was highly original and exceptionally well-received.

* **The Grand Finale - 'Big Boss' Drama:** The concluding event was a major crowd- pleaser—a drama adapted from the popular reality show "Big Boss," but creatively changed to revolve around the theme of our college. It was filled with funny situations, relatable characters, and witty dialogue, proving to be an absolute blast for the audience.

Reception and Conclusion

The entire cultural programme was a massive success. The teachers thoroughly enjoyed the performances, especially the comic elements and the originality of the scripts. We were delighted to receive many compliments from them, acknowledging our creativity, effort, and execution.

This cultural extravaganza provided a perfect, fun-filled end to our five days of community living.



Group3: Mitrava



Captain: Neha S

Vice-Captain: Neethu S. L.

Members: Thejas Krishna P.

Devi Krishna A.

Athira S. S. (Akhil)

Fathima Ciyana

Anandhu Mohan

Anju S

Irfana Beegum

Shythya R. Suresh

Diya K

Sanika B

Bindhya

Day1–Inauguration Day

24/08/2025

The much-awaited Thrikaya Camp commenced on 24th August 2025 at Grameena Patana Kendram, Karakulam, with participants arriving enthusiastically and joining hands to prepare and decorate the venue for the inaugural event. The decorations brought a lively and welcoming atmosphere, reflecting the excitement of the campers.

At 3:00 PM, the formal inauguration function began. The ceremony was graced by Dr. J. Lidson Raj, Principal of St. Jacob’s Training College, Menamkulam, along with Principal Dr. Lakshmi S., Academic Director Dr. G. Meera Kumari, teachers, and students. During the session, the camp name “Thrikaya” was officially revealed by Dr. G. Meera Kumari, marking the official start of the camp activities.



Following the inauguration, Lidson Sir conducted an engaging game session that was both entertaining and thought-provoking. After a brief tea break, sports activities were held at 5:00 PM under the leadership of Group 4. All participants actively took part in indoor and outdoor games, fostering teamwork, sportsmanship, and friendly competition. At 6:30 PM, our group, Group 3 – Mitrava, conducted the Sarva Matha Prarthana (prayer session), which refreshed participants both spiritually and mentally. Later in the evening, our group presented a variety of cultural programs:

Solo dance – Sanika

Dance duet – Sanika and Shythy

Tribal dance – Group performance

Nadanpatt

Oppana

Couple dance – Neethu and Anandhu

Solo song – Neha

Although some performances did not go perfectly, the audience cheered and supported all participants, making the cultural session highly entertaining and memorable. The program concluded at 8:00 PM, followed by dinner. Refreshments and kitchen duties were handled by Group 2.

The highlight of the day was the Parliament Session, organized by Group 1 at 9:00 PM. Every participant played their role with dedication — Speaker, Prime Minister, Opposition Party Ministers — creating an authentic and engaging parliamentary experience. The day concluded at 10:00 PM, as everyone retired for the night, excited for the days ahead.



Day 2 25/08/2025

The second day of the camp was filled with energy and teamwork as Group 3 took responsibility for Cleaning, Guest Hospitality, Refreshment, and Food. We, Mitrava members began our duties early in the morning, ensuring that the entire camp area was clean and well arranged before the day's events started.

We warmly welcomed the guests and teachers, showing true hospitality and respect. We also helped in serving refreshments and food for all participants, maintaining discipline and cooperation throughout the process.

Everyone worked together with great enthusiasm, sharing tasks and supporting one another. Our dedication brought a positive and refreshing atmosphere to the camp.

By the end of the day, the surroundings looked neat, the guests were pleased, and the team spirit of Group 3 shone brightly. The day's experience taught us the value of service, cleanliness, and collective effort.



Day 3

26-08-2025

On Day 3, Group 3 was assigned the duties of conducting the Parliament and Assembly sessions. The students took on various leadership roles and responsibilities to organize and manage the events effectively.

Our assembly was at 9:30 PM . Bindhya was in command as the assembly started with a prayer by Neha ,Shythy and Neethu. Then the thought for the day was presented by Irfana ,News by Diya ,pledge was by Ananthu ,book review was by Anju and the day importance was by Athira Akhil. Later BNV news was read and presented by Neha and Neethu. And also Neha recited a poem on Equality of Women. At last the assembly was ended by reciting the National Anthem.



In day 3 we Mitrava was in charge of parliament. The students were divided into opposition. And ruling party along with speaker ,Media Group , Adv General and Marshal.

The ruling party leader was Bindhya and Opposition party leader was Sajin. Speaker was Neha, media group comprised of Sanika, Anjanakrishnan and Athira Deepu. Adv General was Anju and Marshal was Thejas. The watch and guard were Neethu and Diya.

Along with the ruling party there were four ministers with respective posts .Health Minister was Naveen ,Sports Minister was Gopika ,Finance Minister was Athira Akhil and Ministry of Culture was Namitha.

Group 3 showed excellent teamwork and leadership skills during both the Parliament and Assembly activities. Their preparation, discipline, and confident presentation made the day's sessions meaningful and well-organized.



Day 4 27/08/2025

The fourth day of the camp began at 6:00 a.m. with a refreshing warm-up session organized by Group 3 – Mithrava. The morning air was filled with enthusiasm as all campers gathered on time to begin the day's activities.



The initial exercises were conducted by Ananthu Mohan, who led the group through a series of stretching and physical movements that energized everyone for the day ahead. Following this, a yoga session was handled by Shithya, focusing on relaxation, breathing, and balance. The yoga exercises helped create a calm and focused mindset among the participants.

After the warm-up and yoga sessions, the morning assembly was conducted, followed by breakfast.

At 9:00 a.m., the campers departed for an educational and recreational visit to the Psycho Park at Vellanad. The visit provided both learning and entertainment, offering valuable experiences related to mental wellness, psychology-based exhibits, and interactive activities. Everyone actively participated and enjoyed the trip, gaining insights and sharing joyful moments together.

Day 5

28-08-2025

The last day of the camp began with the same discipline and enthusiasm as the previous days. Early in the morning, all participants assembled on the hall for the warm-up session, which helped to energize everyone for the day's proceedings. Following this, the usual routines such as prayer, assembly, and refreshment were carried out with great spirit. The cultural committee presented a short programme to mark the conclusion of the camp, creating a festive and emotional atmosphere as everyone cherished the memories of the past days.

As per the duty rotation, our group was exempted from responsibilities on the final day, since we had already taken charge of coordinating the field trip to Psychopark on the previous day.

As the evening approached, the camp's valedictory ceremony was held. The program was honored by the presence of Meera Ma'am, Director of BNV College of Teacher Education,

Principal Dr. Lakshmi Ma'am, and the faculty members joined us for the valedictory ceremony. The session was a heartfelt tribute to our collective efforts, with the dignitaries applauding our teamwork, discipline, and dedication. Their inspiring words highlighted the camp's true essence: fostering cooperation, service, and responsibility. During the valedictory session, Angel presented the camp report, summarizing the events, activities, and learnings of the past five days. Following this, Devi presented the financial expense report, detailing the expenditures and acknowledging the efficient management of resources. Reflection of the camp shared by Anju and Fathima from our team.

The camp officially wrapped up at 4:30 pm, with the teachers and director imparting final words of wisdom as they bid us farewell. Emotions ran high as we said goodbye to the bonds forged over the past few days.

The camp's impact went beyond assigned duties, teaching us invaluable lessons on unity, perseverance, and shared responsibility. The final day was a beautiful culmination of service, discipline, making every moment from dawn till dusk unforgettable. As we departed, the memories and life lessons we gathered would forever hold a special place in our hearts.



GROUP 4 : SATTVA

Group 4, named Sattva, reflects balance and harmony, which is evident in its diverse subject representation—English, Social Science, Malayalam, Mathematics, Commerce, and Physical Science. With strong leadership under Captain Sumi V. T. and Vice-Captain Naveen P., the group is entrusted with dynamic responsibilities such as leading sports and cultural programs, organizing assemblies, managing hospitality, and participating in parliamentary activities. This variety ensures that every member contributes actively to the camp's success, fostering teamwork, responsibility, and creative expression.

LEADERSHIP: Captain: Sumi V. T. (Physical Science) Vice-Captain: Naveen P. (Physical Science)

MEMBERS AND SUBJECTS: 1. Gayathri R. M. – English 2. Anjana Krishnan K. S. – English 3. Varsha J. S. – Social Science 4. Mary Dalia D. – Social Science 5. Sreethu E. K. – Malayalam 6. Dhanya S. A. – Malayalam 7. Arsha S. – Mathematics 8. Lubina N. – Mathematics 9. Karthika Vijayan B. – Commerce 10. Sajin Babu – Commerce 11. Naveen P. – Physical Science 12. Sumi V. T. – Physical Science 13. Varsha R. – Physical Science



DAY 1

The Trikaaya 2025 Camp commenced on 24th August 2025 with much enthusiasm and spirit of togetherness. The day began by a highly insightful inaugural session at 3:00 p.m. The

welcome address was delivered by Dr. Roshan V. Gopal (Camp Co-ordinator), and the presidential address by Dr. Lakshmi S. (Principal, BNVC T.E.). The keynote address was given by Dr. G. Meera Kumari (Academic Director), followed by the inaugural speech of Dr. J. Lidson Raj (Principal, St. Jacobs Training College). Good wishes were also shared by Dr. Sunikumari (Vice Principal). The inaugural session concluded with a vote of thanks by Angel G. D'Cruz (Student Co-ordinator). On the first day of Trikaaya 2025 Camp, Group 4 (Sattva) took charge of conducting the sports activities. The members of the group, under the leadership of Captain Sumi V. T. and Vice-Captain Naveen P., planned and executed the events with efficiency and enthusiasm. The sports session began at 4:30 p.m., bringing together participants from all groups. Group 4 organized a variety of games such as Ludo, Catching the stick, Cricket, Catching the Colour, UNO and Catch n Catch that emphasized teamwork, coordination, and physical fitness. The events were designed to ensure maximum participation, providing opportunities for both competitive spirit and enjoyment. With well-assigned roles among members, the group managed arrangements such as preparing the playground, setting rules, and coordinating participants smoothly. Their leadership and unity helped maintain discipline while also keeping the atmosphere lively and motivating. The sports activities not only tested the energy and stamina of the participants but also strengthened the bond of friendship and cooperation among all campers. The dedicated effort of Group 4 in conducting sports made Day 1 vibrant and successful, leaving a lasting impact on the spirit of the camp.



DAY 2

The second day of the Trikaaya 2025 Camp unfolded with renewed enthusiasm and active participation from all campers. The day began at 5:00 a.m. with wake up call, followed by the energizing “Boom Boom Dumbbells” session (Yoga, Zumba, Aerobics) at 6:00 a.m. This morning routine instilled freshness, discipline, and vitality among participants. After breakfast at 8:00 a.m., everyone assembled for the Morning Assembly at 9:30 a.m., which fostered unity and reflection. The forenoon sessions featured highly interactive and meaningful programs. At 10:30 a.m., a Road Safety Awareness session was conducted by Mr. Yathy Prakash N. L. (Senior Civil Police Officer). The session enlightened participants on traffic rules, safety measures, and the responsibility of individuals in ensuring road discipline. After lunch at 12:45 p.m., another engaging talk was delivered by Mr. Vasanth Krishnan S. (Deputy Director, NaITER – Facilitating Minds). This session focused on youth empowerment, mental well-being, and the importance of making responsible life choices under the theme “One Life, One Chance.” On the second day of Trikaaya 2025 Camp, Group 4 (Sattva) played a leading role in conducting the Prayer and Cultural Activities. The day’s schedule reached a serene moment at 6:15 p.m., when the group led the evening prayer session. Following the prayer, at 7:00 p.m., Group 4 presented a unique Cultural Programme based on the theme “An Evening at a Home.” The performance creatively portrayed a family scene where a television set was played, and as the channels were shifted, different cultural items came alive. Each channel showcased a different performance—songs, dances, skits, and humorous acts—seamlessly woven into the central theme. The imaginative presentation not only entertained but also highlighted the group’s coordination, creativity, and ability to think outside the box. The program received enthusiastic appreciation from fellow campers and teachers for its originality and execution. By blending humor and creativity into a single storyline, Group 4 (Sattva) succeeded in making their cultural programme one of the most memorable highlights of Day 2.



DAY 3

The third day of Trikaaya 2025 Camp was marked by diversity in experiences, learning, and cultural enrichment. The day began at 5:00 a.m. with the wake-up call, followed by the refreshing Boom Boom Dumbbells session (Yoga, Zumba, Aerobics) at 6:00 a.m., which energized participants for the day ahead. After breakfast at 8:00 a.m., all campers assembled for the Morning Assembly at 9:30 a.m., which set a tone of discipline, reflection, and togetherness. At 10:30 a.m., an engaging session was led by Mr. Sidheek Subair (HSA, Govt. HSS Kulathoor). After lunch at 12:45 p.m., the afternoon was devoted to Social Survey under the theme "Society Speaks – Teachers Listen". Group 4 efficiently managed the camp's essential support duties: cleaning, guest hospitality, refreshments, and food services for over 40 participants. Starting at wake-up around 5:00 AM, the team conducted thorough cleaning of seminar hall, exercise zones, and common areas. They then served breakfast at 8:00 AM with Kerala staples like idli and sambar, accommodating dietary needs while maintaining portion control. During the 9:30 AM assembly and 10:30 AM "Rustic Rhythms" session by guest Mr. Sidheek Subair (HSA, Govt HSS Kulathoor), members like Anjana Krishnan extended warm hospitality, escorting the speaker and providing water and snacks, alongside spot-cleaning to uphold a welcoming atmosphere. Lunch at 12:45 PM featured balanced meals served promptly with queue management by Karthika Vijayan B. and Sajin Babu. In the afternoon, the group handled the 3:30 PM tea and snacks break with hot beverages and banana fritters, tracked inventory meticulously by Arsha S. and Lubina N., and sanitized sports fields post the 4:30 PM session before the 6:15 PM prayer. Evening duties included setup for the 7:00 PM cultural programme, dinner service at 8:15 PM with chapati and curry emphasizing communal dining, and final cleanup after the 9:00 PM parliament, wrapping up by bedtime at 10:00 PM with waste segregation.



DAY 4

Day 4 of the TRIKAAYA 2025 Community Living Camp was titled '□□□□□□□□' (Vibration/Pulse) and was held on Wednesday, 27/08/25. The morning commenced with the Wake up call at 5:00 am, followed by the Boom Boom Dumbbells (Yoga/Zumba/Aerobics) session at 6:00 am, and Breakfast at 8:00 am. Group 4 (Sattva) efficiently managed their morning duty by conducting the Assembly. Karthika anchored the session, while Sajin led the Prayer, and Lubina delivered the Pledge. The news segment was handled by Sumi V T, with Anjana Krishnan presenting the Thought of the Day and Dhanya concluding with a Book Review. The main activity planned for the day was the field trip, as scheduled the visit to Pyschopark occupying the main part of the late morning and afternoon. In the evening, Group 4 was again active, taking charge of the Parliament session (□□□□□□□□□□) held at 7:30 pm. Captain Sumi served as the Speaker for the session. The cabinet and key positions were managed by Dhanya S. A. (Prime Minister), Varsha R. (Chief Marshal), and Sreethu (Advocate General). Arsha and Karthika handled Watch n Ward duties, with Mary, Gayathri R. M., and Anjana Krishnan managing Media responsibilities. Following the formal session, participants had Dinner at 8:15 pm. The long day concluded with Bed Time at 10:00 pm



DAY 5

On August 28, 2025, Thursday, the final day of Trikaaya 2025 unfolded under the poignant theme of Smrithi. The morning stirred gently at 5:00 AM with wake-up calls blending nostalgia and renewal, leading into the 6:00 AM "Boom Boom Dumbals" session of yoga, zumba, and aerobics, dynamically led by Group 4 (Sattva), who infused the warm-up with reflective stretches and group chants, ensuring an energizing yet introspective start amid the dewy rural lawns. Breakfast at 8:00 AM featured heartfelt favorites such as steamed idlis and coconut chutney, shared in circles of reminiscence, before Group 1 (Thathva) orchestrated the 9:30 AM assembly. This flowed into the 10:00 AM cultural programme, a nostalgic medley of farewell skits, folk songs, and talent showcases curated by Group 2 (Yukthawa), evoking laughter and tears as participants honored interdependence and tolerance. The 11:30 AM "FUNtastic 4" video presentation, a collaborative reel of candid moments compiled by individual groups, captured the essence of Vaibhavam to Spandanam, prompting applause and quiet reflections before lunch at 12:45 PM. The Sattva team also handed over the Newspaper "Tattvamas" to the camp coordinator. The afternoon's 2:00 PM valedictory session marked a tender closure in the shaded pavilion, graced by Principal Dr. Lakshmi S., Co-Coordinator Dr. Roshna V. Gopal, and Treasurer Devi Krishna A. S., who presented transparent accounts of the eco-friendly event's logistics, underscoring fiscal wisdom in fostering holistic growth. Angel G. D'Cruz delivered a stirring camp report, highlighting skill enhancements in fraternity and empathy, while Dr. Gopal's review delved into experience-sharing circles, with voices from Group 4 like Mary Dalia articulating profound shifts in their individuality through the camp participation. As the sun dipped, informal farewells lingered over post-lunch chats, with feedback lauding the blend of joy and depth. This day encapsulated Trikaaya's legacy, dispersing participants not as individuals, but as a networked tapestry of empowered educators, ready to inspire beyond the verdant gates



Conclusion

Trikaaya 2025 was a resounding success, providing students with an invaluable platform for holistic development. The final day was filled with a spirit of nostalgia and reflection. The morning began with a warm-up session dynamically led by **Group 4 (Sattva)**, which included reflective stretches and group chants. The final assembly was conducted by **Group 1 (Thathwa)**, who performed their duties with sincerity.

A highlight of the day was the cultural program curated by **Group 2 (Yukthawa)**. They presented a series of entertaining farewell performances, including comic bhajans with custom lyrics about B.Ed. life, a solo song, and a unique Ottamthullal performance with a self-made comic script. The grand finale was a highly amusing drama based on the "Big Boss" reality show, creatively adapted to the college theme. A collaborative video presentation, "FUNtastic 4," compiled candid moments from the camp, evoking both laughter and fond memories.

The camp concluded with a valedictory session attended by the college Director, Principal, and teachers. The session included a stirring camp report by Angel G. D'Cruz, a transparent financial report by Devi Krishna A. S., and heartfelt reflections from students. The dignitaries praised the participants for their discipline, teamwork, and enthusiasm, officially concluding the camp at 4:30 PM.

The camp effectively fostered a strong sense of community, cooperation, and shared responsibility. Through the diverse range of activities, participants honed their leadership skills, embraced teamwork, and learned the importance of discipline and service. The five days were filled with learning, laughter, and friendship, leaving every student with cherished memories and life lessons on unity and perseverance that will undoubtedly contribute to their growth as future educators.