

School of Pedagogical Sciences, Mahatma Gandhi University **Report of the *Retreat 2024* of MEd 2024-26 Batch dated 10th September, 2024**

Retreat 2024 was organized by the School of Pedagogical Sciences (SPS) at Casa Maria Auditorium, Carithas. This event aimed to enhance participants' understanding and social skills using different types of programmes. The retreat included a variety of sessions, such as dance, songs, interesting games, icebreaking sessions etc.

Agenda Overview: The retreat programme is crafted to celebrate cultural diversity and student talent through various engaging activities. The day begins with a fun icebreaker to set a lively tone, followed by a vibrant dance where participants learn new routines. The afternoon is dedicated to cultural performances by students, featuring traditional and contemporary dances representing different regions, captivating music ensembles, and soulful singing performances. A special segment highlights instrumental performances and short skits, allowing students to showcase their creativity and cultural heritage. The retreat culminates with a group dance finale and a closing ceremony to acknowledge the outstanding contributions of all participants, making it a day of artistic expression and shared joy.

Schedule:

- Prayer: Dona Mariya Joy and Team
- Welcome Address: Dr Vipin Thomas
- Presidential & Inaugural Address: Prof. Asha J V, Head of Department, SPS MGU
- Felicitations: Prof. Sajna Jaleel, Professor
 - Dr. Sibu G. Netto, Associate professor
 - Dr. Ismail Thamarasseri, Assistant professor
 - Dr. Muhammed K.V, Assistant professor
 - Dr. Smitha S, Assistant Professor

Cultural Programmes

Vote of thanks: Anjana M (5:00 pm)

- Anchor: Sneha K & Ruth J Thomas
- Programme Coordinator: Gowri Nandana M
- Photography: Akshay Harshan
- Food & Refreshment: Fr. Binu Joseph, John Panicker K G
- Logistics: Mr. Gokul K & Nandu K Pramod
- Programme Convener: Muhammed Ashik, Bella Dona Varghese
- Transportation: Sujith P.S, Nicholas Kiptisha Chesaro
- Rapporteur: Jerald Thomas

Opening Ceremony: The workshop began with a prayer led by Dona Mariya Joy and Team. The prayer set a respectful and focused tone for the day, emphasizing the importance of learning and personal growth.

Welcome Address: Dr. Vipin Thomas welcomed all the attendees, including distinguished guests, participants, and speakers. He highlighted the significance of the retreat and expressed gratitude to everyone involved in organizing the event. His address also underscored the importance of retreat in educational settings and how this retreat aimed to bridge gaps in communication skills and relationships.

Presidential & Inaugural Address: Prof. Asha JV, Head of Department at SPS MGU, delivered the presidential and inaugural address. The Address began with a warm welcome to students, faculty, and guests, setting a positive and enthusiastic tone for the retreat programme. Prof. Asha JV highlighted the importance of taking a break from academic stress, emphasizing the retreat as a valuable opportunity for relaxation, enjoyment, and personal growth. The speech acknowledged the diverse backgrounds of the

students and celebrated the retreat as a platform to foster unity and cultural exchange. Prof. Asha JV praised the organizing committee for their efforts in creating an inclusive, vibrant event and encouraged students to participate fully in the cultural performances, games, and workshops, noting that such activities build teamwork, leadership, and creativity.

Felicitations: Prof. Sajna Jaleel, delivered a powerful speech on the significance of mental health, particularly in high-stress academic environments. She underscored the importance of taking regular breaks, like this retreat, to de-stress and re-energize. Prof. Sajna Jaleel talked about how socializing, enjoying music, games, and creative activities can improve mental health and enhance overall academic performance. She also encouraged students to seek help when they feel overwhelmed. Dr. Muhammed KV, shared his personal experiences of student life and how such retreats had helped him create lasting friendships and memories. He fondly remembered participating in similar events and stressed how important they were in shaping his social skills, confidence, and overall development. He encouraged students to cherish these moments, as they contribute to both personal and professional growth. Dr. Siby G. Netto focused on how the retreat provides an excellent opportunity for students to build teamwork and leadership skills. He emphasized that group activities such as games, workshops, and performances help enhance collaboration among students. Dr. Siby G. Netto also linked these skills to future career success, stressing that working well in teams and leading others are vital competencies for personal and professional development. Dr. Ismail Thamarasseri, opened the retreat with a warm and enthusiastic welcome to all attendees. His speech highlighted the importance of creating a balanced environment that not only focuses on academic excellence but also fosters creativity and relaxation. He praised the student body for organizing such a vibrant event and reminded everyone that education goes beyond textbooks—it's about building character, friendships, and well-being. Dr. Ismail Thamarasseri acknowledged the efforts of the organizing committee and students in bringing the retreat to life, expressing appreciation for the hard work behind the event. The importance of such programmes in promoting mental well-being, creativity, and collaboration was highlighted, as well as the role of the retreat in fostering unity within the diverse student body. Dr. Smitha S in her felicitation address, emphasised on the cultural diversity and unity within the student community. She said that the retreat is not only a time for fun but also an opportunity to learn from each other's cultural backgrounds. She reflected on how different cultural performances, games, and interactions helps to break barriers and build stronger bonds. The significance of these programmes in enhancing mental health, encouraging creativity, and fostering collaboration was emphasized, along with the retreat's role in promoting unity among the diverse student community.

Cultural Programmes Overview: A series of vibrant cultural programmes were conducted, showcasing the diverse talents of the participants. A total of 46 students actively participated, performing across a variety of items, including yoga, music, dance, drama, and other creative expressions. The event highlighted the students' artistic skills and contributed to the cultural richness of the occasion.

Closing Ceremony: The retreat concluded with a vote of thanks delivered by Deputy Class leader Ms Anjana M. She expressed appreciation to all the speakers, organizers, and participants for their contributions. Ms Anjana M has highlighted the success of the retreat and its impact on the attendees, noting the positive feedback received.

The retreat programme was a transformative experience that exceeded expectations. Icebreaker activities created a welcoming atmosphere, while engaging team-building exercises fostered trust and collaboration. Problem-solving and trust-building challenges pushed students out of their comfort zones, enhancing creativity and teamwork. Creative group projects added a fun, productive element, and reflective discussions during the closing ceremony allowed students to share their personal growth. Overall, the retreat strengthened group bonds and equipped participants with valuable life skills, leaving a sense of unity and accomplishment.