

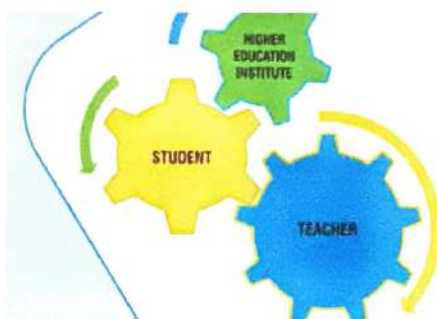


ALL SAINTS' COLLEGE
THIRUVANANTHAPURAM
Accredited by NAAC with A+ Grade

DEEKSHARAMBH

2023

REPORT



TEAM MEMBERS

DR. CINTHYA CHRISTOPHER (Coordinator)
DR. VIDYA NAIR
DR. BEENAKUMARI K. S.
DR. MARGRET LEENA V.
MS. NIKITA ANN JACOB
DR. APARNA MERIN MATHEW



Reshmi
Principal

All Saints' College
Thiruvananthapuram-2



ALL SAINTS' COLLEGE

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DEEKSHARAMBH 2023

Student Induction Programme



23/7/23 &
17th to 23rd AUGUST, 2023

09.30 AM-03.30 PM

SEMINAR HALL

ORGANIZING COMMITTEE

Dr. Cinthya Christopher (Co-ordinator)

Dr. Vidya Nair

Dr. Margrette Leena V

Dr. Beena Kumari K S

Ms. Nikita Ann Jacob

Dr. Aparna Merin Mathew

PATRON : REV. MOTHER MOLLY ATTULLY
PRINCIPAL : DR. RESHMI R. PRASAD



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DEEKSHARAMBH

Student Induction Programme



BANNER



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DEEKSHARAMBH 2023

REPORT

Day 1, 23rd July 2023

Deeksharambh the student Induction programme 2023 was Inaugurated on 23rd July 2023. The official meeting started with a prayer song sung by the college choir. Staff Secretary Dr. Reshma J K., welcomed the dignitaries and the gathering. Our Principal Prof. Dr. Reshmi R. Prasad addressed the gathering and inaugurated the programme. Staff advisor, Dr. Lekharani delivered the vote of thanks and the students were roll called. Class teachers and the student leaders of the respective departments for the introductory class.



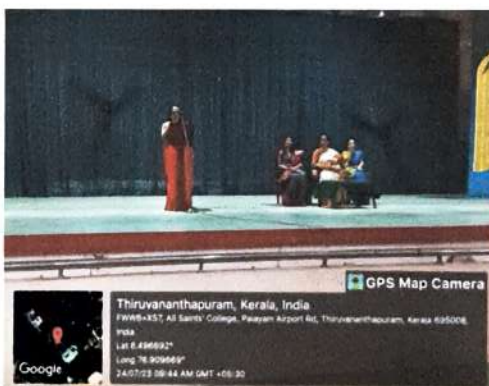
PRAYER SONG BY COLLEGE CHOIR



WELCOME SPEECH



INAUGURAL ADDRESS BY PRINCIPAL



COMPERING BY COORDINATOR



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VOTE OF THANKS BY STAFF ADVISOR

Day 2, 17th August 2023

The scheduled events for Deeksharambh resumed on 17th August 2023. Deeksharabh coordinator Dr. Cinthya Christopher welcomed the gathering. Principal Prof. Dr. Reshmi R. Prasad spoke about the message about the aims and objectives of Student Induction Programme. Dr. Cinthya Christopher, explained the various events planned for the day and invited Ice breaking session was handled by Dr. Sr. Carvalho Faustina Cicila, Head, Department of commerce. It was a session with games and action songs. Dr. Raj Sree, Asst. Professor of English, who is in charge of Career guidance and placement Cell introduced Mr. Sreejith Surendran, Faculty Member, KELTRON. He gave a thorough picture about the various certificate courses offered by KELTRON in association with NSDC and encouraged to join the same. Chingapiravi the opening of the Malayalam month Chingam was celebrated in association with the department of Malayalam, Dr. Udayakala, Head department of Malayalam welcomed the chief guest Dr. Gireesh Puliyoore, famous Poet and Teacher. The guest motivated the students expressing the importance of culture and language through his speech and recitation. Ms. Ananda lekshmi and Ms. Avani entertained the students by singing songs about onam greetings. The Forenoon session came to an end by 12.40 pm.



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INTRODUCTION BY COORDINATOR



PRINCIPAL ADDRESSING THE STUDENTS



ICE BREAKING DR. SR. CICILA



STUDENTS ATTENDING DEEKSHARAMBHAM



DR. RAJ SREE



MR. SREEJITH SURENDRAN, KELTRON



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CHINGAPIRAVI PROGRAMME

The afternoon session began by 1.30 pm. Dr. Vidya Nair introduced the Resource persons for the session. Ms. Divya Grace Dilip, Dean of Student affairs explained about the various Addon and Certificate programmes offered by the departments of the college. She also gave a thorough picture on the importance of joining the courses and its relevance for increasing the value of their CV.



DR. VIDYA NAIR ADDRESSINGMS. DIVYA GRACE DILIP (DEAN, STUDENT AFFAIRS)

Next session was an invited lecture on 'Women Health and Fitness'. This lecture was delivered by Dr. Shyamala, Gynecologist, Yana Hospital, Trivandrum. She explained women health related issues during puberty and the solutions to handle the issues. Next session was on 'Make a Difference'. This is an NGO programme which aims to give special care to the students mentally, financially and academically. This session was handled by two students from College of Engineering, Thiruvananthapuram. They encourage the students to join this venture

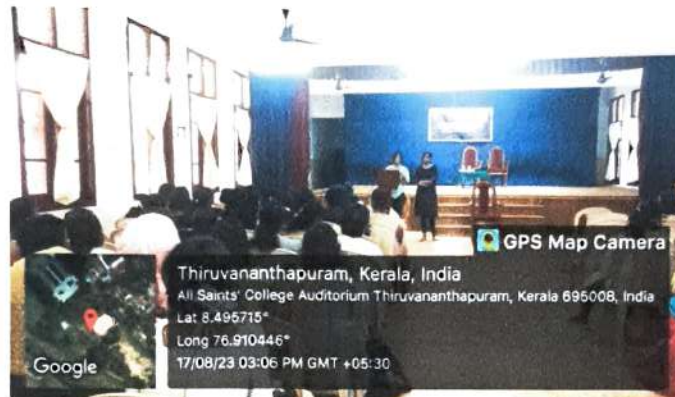


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as it gives a social outlook to the students. The programme for the day came to an end by 3.15pm.



DR. SHYAMALA, GYNECOLOGIST, YANA HOSPITAL, TRIVANDRUM



'MAKE A DIFFERENCE' SESSION

Day 3, 18th August 2023

The programmes for the day started by Ms. Nikita Ann Jacob, Asst. Prof, Department of English. She explained the schedule for the day and welcomed the speaker of the first session. A detailed session on 'Students' Aspirations & Expectations' was handled by Dr. Sr. Pascoela D'Souza Aldrich, Vice Principal. She explained the importance of goal setting, exams and scores etc. After an hour of lecture by the Vice Principal, Dr. Rajsree, Asst. Professor of English explained the various programmes conducted in connection with the Placement cell of



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the college. Following this Dr. Sonya J Nair, Head, Department of English, explained about the aims and objectives of Gender Equality & Women cell of the college. She also gave an idea on various courses offered by Skill India Digital, NSDC. After this session Dr. Liji Varghese, Dean of Academics, delivered a short lecture on the Outcome Based Education. She explained about the programme outcomes and course outcomes set for each programme and course. She also gave a picture about the Grievance Redressal Cell of the College and the proper channel through which the students should approach and put the complaints to ensure the necessary rectifications.



MS. NIKITA ANN JACOB



DR. SR. PASCOELA, VICE PRINCIPAL



DR. RAJSREE, ASST. PROFESSOR



DR. SONYA J NAIR, HEAD, DEPT. OF ENGLISH



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DR. LIJI VARGHESE, DEAN OF ACADEMICS

Dr. Siji V.L., CBCSS Coordinator gave a lecture on the Credit and semester system, the various steps to be followed for scoring Both in the external and continuous evaluation process. After a short break Sr. Nancy Waral, Librarian, All Saints' college gave a good picture about the facilities available in the college library, various E-resources, books and Journals, how to search a book from the catalogue etc.



DR. SIJI V.L., CBCSS COORDINATOR



SR. NANCY WARAL, LIBRARIAN

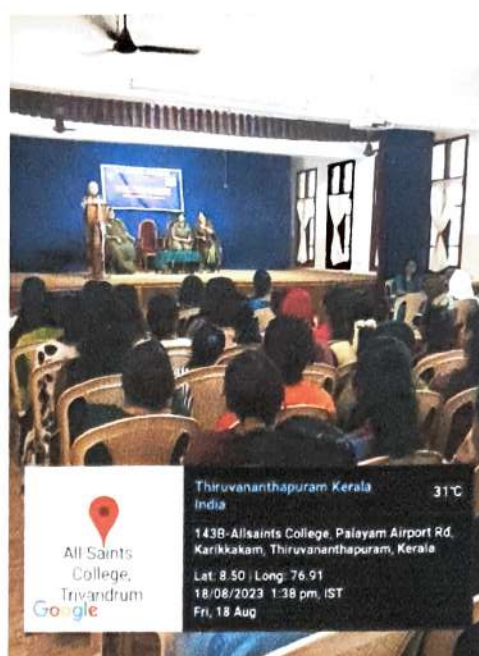
Afternoon The NCC officers, Col. Vinceth Midha and Maj. Rajitha Diwakaran of The Kerala Girls Battalion NCC inspired the students to take part in the selection process of NCC. They gave a clear idea about the duties of NCC cadets and the benefits the cadets can avail after becoming the NCC cadet.



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MAJ. RAJITHA DIWAKARAN



COL. VINEETH MIDHA

Last session of the day was a lecture on 'Re-aligning Schedule' by Ms. Rani Aby Oommen, Counselor, All Saints' College. She explained about the Emotional changes, Peer pressure, relationships, multiple intelligence etc. A psychological test was also conducted by distributing questionnaire. The session came to an end by 3.15pm.



MS. RANI ABY OOMMEN, COUNSELOR



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Day 4, 21st August 2023

The programmes of the day were introduced by Dr Beena Kumari, Deeksharambh team member. She introduced Dr Carvalho Faustina Cicila to the audience. Sister delivered a lecture on 'Institutional orientation' in which she discoursed the history of All Saints' College, the establishment of buildings and the great campus. She also motivated to aspire to mould themselves to be great Ascaites so that they can also hold the flag of the college to a greater height.



DR CARVALHO FAUSTINA CICILA, HEAD, DPT. OF COMMERCE

Next session was an Invited Talk on Cyber Law and Ethics delivered by Adv. Manoj Pillai, Supreme Court of India. It was an interactive session and the students were given ample time to clear the doubts regarding many legal rights that they need to be aware of.



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ADV. MANOJ PILLAI, SUPREME COURT OF INDIA

After a short break, Dr. Udayakala, gave an awareness about the ‘Unnath Bharath Abhayan’ activities of our college for the upliftment of the underprivileged community of Kerala. She also encouraged our students to associate with this programme



DR. UDAYAKALA, HEAD, DEPARTMENT OF MALAYALAM

An interdepartmental quiz on films titled “Movie Mania” was organised by the Sixth Sense Quiz Club on 3 from 11.00am to 12.30pm as part of the Deeksharambh Programme for the Freshers. The Quiz Master was Amina A S, an alumna of the college. A brochure was circulated in the class groups of the first-year degree and postgraduate students of the college. Teams of 2 members each were invited to participate in the competition. No restriction was placed on the number of teams from each department to ensure maximum participation. 27 teams of the First Semester Degree students participated in the competition.



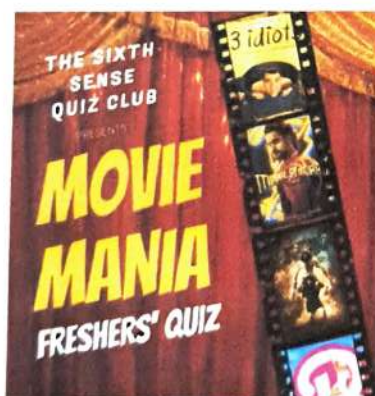
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A written prelims test was conducted to select the finalists. The Quiz, which had 3 rounds, focused on the history of films, famous films as well as key figures associated with films. The bounce system was followed. The finalists were Anaswara S and Aishwarya A S of S1 Physics (Team A), Michelle Maria Joseph and Amrutha P of S1 Communicative English (Team B), Adheena Sainulabdeen and Alcega R J of S1 English Literature (Team C), Lekshmi Cozina of S1 English Literature and Seethal B Sabu of S1 Botany (Team D), Abhirami R and Dona Xavier of S1 B. Com Finance (Team E) and Liya Lal U M and Sona S B of S1 English Literature (Team F).

The results of the quiz are as follows:

Team	Points Scored	Winners
Team A	36	II
Team B	30	
Team C	35	III
Team D	11.5	
Team E	2.5	
Team F	38.5	I

Ms. Sapna Srinivas, teacher in charge of the Sixth Sense Quiz Club congratulated the winners, thanked the participants, volunteers and audience. She also presented the Quiz Master with a memento.



BROCHURE



QUIZ IN PROGRESS



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FINALISTS



WINNERS OF THE QUIZ COMPETITION

After the lunch break an awareness programme on NSS activities of the college was given by Dr Prathyusha S. Nair. She interacted with the students by explaining about the theme song of NSS and also presented the recognitions received by the College and the students based on NSS activities. Four students also shared their experiences they had as part of NSS activities and the importance of becoming an empowered person. Dr. Lissy Bennet and Dr. Gayathri Nair, Assistant Professors of Commerce and who are in charge of the Arts Club presented the activities of our college in connection with the extracurricular and motivated the students to take part in all the activities of the college. The last session of the day was handled by Dr. Smitha Asok and Dr. Diana V. Prakash who were in charge of the Nrithya Club. The importance of being a part of this club especially the dance talented students were well expressed in their presentation. The students of the club presented a Flash Mob and they also ensured the participation of the audience in their dance presentation. The programme for the day came to an end by 3.15pm.



DR PRATHYUSHA S. NAIR NSS COORDINATOR & STUDENTS



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DR. LISSY BENNET AND DR. GAYATHRI NAIR, ARTS CLUB



DR. SMITHA ASOK AND DR. DIANA V. PRAKASH, NRITHYA CLUB

Day 5, 22nd August 2023

The programmes scheduled for the day was introduced by Ms. Nikita Ann Jacob, Deeksharambh team member. She also invited the first speaker of the day Dr. Nishel prem Elias, Assistant Professor, Department of English. She delivered a lecture on 'How to prepare a CV', in which she motivated the students to improve their CV or Resume. she also gave a thorough idea about the strategies that can be adopted as a student to improve their resume.



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DR. NISHEL PREM ELIAS, ASSISTANT PROFESSOR, DEPARTMENT OF ENGLISH

The second session of the day was handled by Ms. Mareet Paul in which she explained about the aims, objectives and activities of Ek Bharath Sreshta Bharath and how the students can be a part of the programme. Dr. Lissy Bennet then explained about the IEDC & ED Club of the college. She encouraged the students to come up with new ideas that can be turned up to startups. The entrepreneurship skill acquisition of the students was also discussed in this session.



MS. MAREET PAUL
EK BHARATH SRESHTA BHARATH



DR. LISSY BENNET
IEDC & ED CLUB



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After a short break Ms. Nikitha Ann Jacob, who is also the teacher in charge of Young Innovators Programme (YIP) explained about this platform which helps the creative thinkers to spread their ideas and present before the experts for execution. Dr Cinthya Christopher who is the IGNOU Coordinator of the College, gave a clear idea about the courses and the mode of admission of the various courses running in the study centre of the college. She explained about the relevance of acquisition of dual degree envisaged by UGC.



MS. NIKITHA ANN JACOB (YIP)



DR CINTHYA CHRISTOPHER IGNOU

Dr. Parvathy Menon, teacher in charge of Harmony club handled the next session where she demonstrated the method of singing of the College Anthem and National Anthem. She also made plain the meanings and the way of presentation of these anthems. Following this session, the college Union Members presented their activities through ppts and videos and encouraged the students to take part in all the events of the college to sharpen the talents of each and every students.



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DR. PARVATHY MENON, HARMONY CLUB

Dr Carvalho Faustina Cicila then explained about the AICUF activities and encouraged the students to be part of the extension activities conducted by AICUF.



COLLEGE UNION MEMBERS



DR CARVALHO FAUSTINA CICILA, AICUF



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The afternoon session began at 1.30 with an Invited Talk on 'Awareness of the Narcotics and its Usage among College Students' organized by the Anti-Narcotic Cell Dr Ayona Jayadev and Dr Siji V.L. The talk was delivered by Mr. Rajaram N.R., CRO Janamaithri police Station, Pettah.



MR. RAJARAM N.R., CRO JANAMAITHRI POLICE STATION, PETTAH.

Day 6, 23rd August 2023

The programmes for the last day of Deeksharabh started by an Invited lecture on 'Man & Environment' by Dr Vinod P, Asst. Prof., NSS College, Pandalam. This session gave a clear picture on the importance of nature and the necessity for sustainable development. After a short break a talk on the Literary & Debate Club of the college was presented by Dr. Kukku Xavier. This session was followed by a lecture on the various Scholarships that can be availed by the students from the government and other agencies. This session was handled by Dr. Sr. Shaina

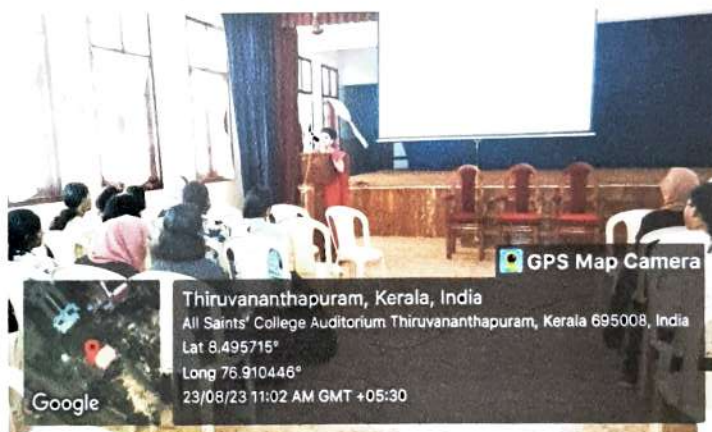


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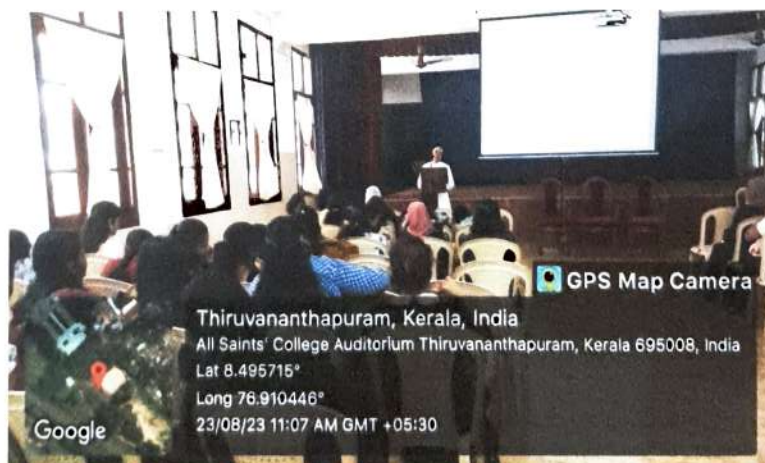
T. J., Assistant Professor of Botany. She also explained the code and conduct that a student should follow in and off the campus and also the ethics to be adopted as a fellow human being.



DR VINOD P, ASST. PROF., NSS COLLEGE, PANDALAM



DR. KUKKU XAVIER, LITERARY & DEBATE CLUB



DR. SR. SHAINA T. J., ASSISTANT PROFESSOR OF BOTANY



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During the afternoon session, the students were encouraged to present their talents on the stage. This was a session that the students enjoyed tremendously as they got an opportunity to get to know their peers on a better and deeper level and at the same time have a lot of fun.



This was followed by an interactive session between the Deekshrambh team members and the students. Dr. Cinthya Christopher, Deekshrambh Convenor delivered the Vote of thanks and the programme came to an end by taking a group photo of the members with the students.



VOTE OF THANKS BY DR. CINTHYA CHRISTOPHER



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STUDENTS WITH FACULTY MEMBERS



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DEEKSHARAMBH TEAM MEMBERS

DR. BEENAKUMARI KS., DR. MARGRET LEENA V, DR. VIDYA NAIR, DR. CINTHYA CHRISTOPHER, DR APARNA MERIN MATHEW, MS. NIKITA ANN JACOB



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DEEKSHARAMBH PROGRAMME SCHEDULE - 2023

DATE	TIME	PROGRAMME	FACULTY
17/08/2023 Teachers in Charge Dr. Cinthya Christopher Dr. Vidya Nair	FN 9.30 -10.00	Ice breaking Session	Dr Sr. Carvalho Faustina Cicila
	10-10.15	Principal's Address	Prof. Dr. Reshmi R. Prasad
	10.15 -10.45	KELTRON	Dr. Rajsree Mr. Sreejith Surendran
	10.45-11.00		
	11.00 – 12.30	Chingam Programme	Chief Guest: Sri. Gireesh Puliur Dr. Udayakala
	AN 1.30 – 2.00	Addon and Certificate courses - College	Ms. Divya Grace Dilip
	2.00 – 3.00	Invited Talk- 1 Women Health and Fitness	Dr. Shyamala, Gynaecologist, Yana Hospital, TVM
		Make a difference	Ms. Ahala & Ms. Ananya
18/08/2023 Teachers in Charge Dr. Vidya Nair Dr. Ms. Nikitha Ann Jacob	FN 9. 30 -10.30	Students Aspirations, Expectations	Sr. Pascoela Alderich D'Souza
	10.30 – 10.45	Placement Cell	Dr. Rajsree
	11.00 – 11.30	CBCSS	Dr. Siji V. L
		Skill India, Gender Equality & Women cell	Dr. Soniya J Nair
	11.30 – 12.00	Programme Outcome & Course Outcome Grievance Redressal cell	Dr. Liji Varghese
	12.00 – 12.30	Library	Sr. Nancy
	AN 1.30	The Kerala Girls Battalion NCC	Col. Vineeth Midha and Maj. Rajitha Diwakaran The Kerala Girls Battalion NCC
	1.30-3.15	Invited Talk- 2 Re-aligning Schedules	Ms. Rani Aby Oommen Counselor All Saints' College Thiruvananthapuram
21/08/2023 Teachers in Charge Dr. Beena Dr. Aparna Merin Mathew	FN 9.30 -10.30	Institutional Orientation	Dr Sr. Carvalho Faustina Cicila
	10.30-11.30	Invited Talk - 3 Cyber Ethics & Cyber Laws	Adv. Manoj Pillai Supreme Court of India
	11.30-11.45	Unnath Bharath Abhayan	Dr. C. Udayakala &




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			Dr. Lekharani
	11.30-12.30	Sixth Sense	Ms. Sapna Srinivas
	AN 1.30-2.30	NSS Presentation	Dr. Prathyusha
	2.30 – 2.45	Extra curricular Activities	Dr. Lissy Bennet & Dr. Gayathri Nair
	2.45 – 3.15	Dance & Fitness Club Flashmob	Dr. Smitha Asok & Dr. Diana V. Prakash
22/08/2023 Dr. Beena Dr. Vidya Nair	FN 9.30 – 10.30	How to prepare a CV	Dr. Nishel Prem Elias
	10.30 – 10.45	Ek Bharath Sreshta Bharath	Ms. Mareet Paul
	10.45 – 11.00	IEDC & ED Club	Dr. Lissy Bennet
	11.00 – 11.15	YIP	Ms. Nikitha Ann Jacob & Ms. Joveeta James
	11.15 – 11.30	IGNOU	Dr. Cinthya Christopher
	11.30 – 12.00	Harmony Club	Dr. Parvathy Menon
	12.00 - 12.15	Union Activities	Union Members
	12.15 – 12.30	AICUF	Dr Sr. Carvalho Faustina Cicila
	AN 1.30 -3.15	Invited Talk- 4 Antinarcotics Awareness Programme	Mr. Rajaram N R CRO, Janamaithri Police Station Anti-Narcotic Cell Dr. Siji V L & Dr. Ayona Jayadev
23/08/2023 Teachers in Charge Dr. Margret Leena Dr. Cinthya Christopher	FN 9.30 -10.30	Invited Talk - 5 Man & Environment	Dr Vinod P, Asst. Prof., NSS College, Pandalam
	10.30 – 10.45	Break	
	10.45 – 11.00	Literary & Debate Club	Dr. Kukku Xavier
	11.00 – 12.15	Scholarships & Ethics	Dr. Sr. Shaina T. J.
	AN 1.30 – 3.15	Talent Presentation	



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