



DEEKSHARAMBH REPORT



ALL SAINTS' COLLEGE

THIRUVANANTHAPURAM-695007

Re-accredited with 'A+' Grade by NAAC

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2024-2025



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ALL SAINTS' COLLEGE

THIRUVANANTHAPURAM

DEEKSHARAMBH REPORT 2024

Organizing Committee

Dr Cinthya Christopher (Coordinator)

Dr Vidya Nair

Dr Margret Leena

Dr Beenakumari K S

Dr Nikita Ann Jacob

Dr Aparna Merin Mathew



Manager

Rev. Mother Molly Attully

Principal

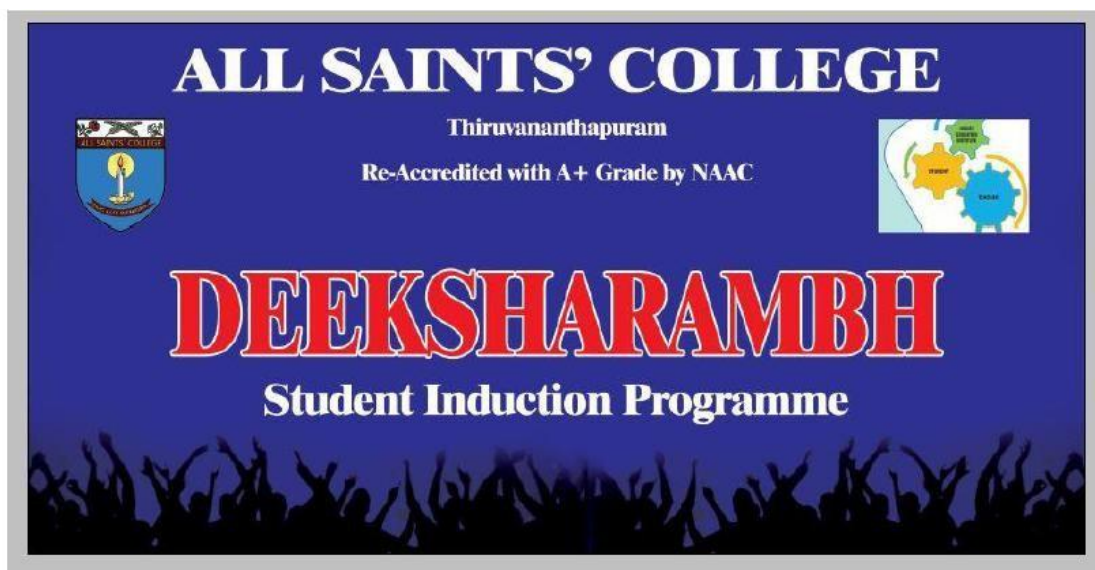
Prof. Dr Reshmi R Prasad

ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM

DEEKSHARAMBH 2024



BROCHURE



BANNER

ALL SAINTS' COLLEGE, THIRUVANANTHAPURAM

DEEKSHARAMBH 2024 – REPORT

Deeksharambh, the Student Induction Programme (SIP) is designed to help new students adjust to the higher education environment and prepare them for their academic journey ahead. This comprehensive orientation program helps students transition from their previous academic environment to the higher education institution.

The Deeksharambh Programme 2024 is a comprehensive five-day student induction program scheduled from July 29 to August 2, 2024. The program features a well-structured combination of invited talks, orientation sessions, and extracurricular activities designed to facilitate student integration into college life.

Programme Objectives

1. Welcome new students to higher education
2. Introduce them to the institutional culture
3. Help them adjust to the new environment
4. Build bonds with fellow students and faculty
5. Expose them to the holistic development approach
6. Instil universal human values

Expected Outcomes

1. Enhanced student awareness about college systems and procedures
2. Better understanding of academic requirements
3. Improved health and safety awareness

4. Development of extra-curricular interests
5. Building social connections and network
6. Understanding of institutional values and culture

Programme Highlights

Distinguished Speakers

- Healthcare professionals
- Law enforcement officials
- Academic experts
- Counseling professionals
- Environmental specialists

Key Focus Areas

- Women's health and wellness
- Cyber security awareness
- Environmental consciousness
- Personal development
- Academic orientation
- Extra-curricular activities

Daily Structure

- Consistent timing pattern
- Regular breaks
- Balanced mix of activities
- Lunch break: 12:30 - 1:30 daily

Special Features

- Interactive sessions
- Professional guidance
- Talent development
- Physical activities
- Cultural integration

Programme Management

- Well-structured coordination with designated teachers in charge for each day
- Multiple faculty members involved in various capacities

- Expert speakers from diverse fields
- Balanced distribution of academic and extra-curricular activities

Venue and Timing

- Seminar Hall, All Saints' College
- Regular session timing: 9:30 AM to 3:30 PM
- Morning break: 11:00 - 11:15 AM
- Lunch break: 12:30 - 1:30 PM

DAILY PROGRAMME DETAILS

Day 1 - July 29, 2024

Teachers in Charge: Dr Cinthya Christopher, Dr Vidya Nair

Session 1 – Ice Breaking Session - Sr.Carvalho Faustina Cicila, Assistant Professor & Head, Department of Commerce, All Saints' College, Thiruvananthapuram.

Dr Sr Cicila masterfully orchestrated the ice-breaking session, transforming what could have been a mundane introductory event into a captivating and memorable experience. With remarkable grace and infectious enthusiasm, she commanded the stage, microphone in hand, effortlessly connecting with the students through her dynamic presentation style.

The session was a thoughtfully crafted blend of educational content and interactive engagement. Informative lectures provided meaningful insights, while strategically incorporated fun games encouraged participation and broke down social barriers. The carefully designed activities fostered a sense of camaraderie and openness among the participants, creating an environment of comfort and mutual understanding.

The session reached its crescendo with an action song that perfectly embodied the spirit of the ice-breaking concept. True to its name, Sr Cicila metaphorically "broke the ice," dismantling initial reservations and creating a warm, inclusive atmosphere that set a positive tone for future interactions.



Session 2 – Rules & Regulations of the College - Ms. Divya Grace Dilip, Assistant Professor, Department of Zoology, All Saints' College, Thiruvananthapuram.

Ms. Divya delivered a compelling presentation that illuminated the core principles of discipline and institutional dignity at All Saints' College. With clarity and conviction, she emphasized the critical importance of maintaining the college's reputation both within the campus and in the broader community.

Her address went beyond mere rule recitation, transforming into an interactive session that engaged students actively in understanding institutional

expectations. Ms. Divya methodically outlined the college's regulations, strategically interspersing her explanation with thought-provoking questions that challenged students to reflect deeply on their role as representatives of the institution.

The presentation was designed to instill a sense of pride and responsibility among students, encouraging them to recognize that their individual conduct directly reflects on the college's collective identity. By fostering an environment of mutual understanding and accountability, Ms. Divya sought to cultivate a culture of excellence and respect that extends far beyond the physical boundaries of the campus.



Session 3 – Invited Talk - Women Health and Fitness - Dr. Lekshmi S Mohan, Homeopathic Consultant & Counseling Psychologist, Koranappallil, RVRA-B2, Vazhayila, Karakulam, Thiruvananthapuram

Dr. Lekshmi delivered a profound and critically important lecture on health and fitness, positioning these elements as fundamental pillars of human well-being. Her presentation transcended typical health discussions, providing a nuanced and deeply informative exploration of women's health challenges.

The lecture meticulously addressed several crucial health topics, with particular emphasis on reproductive health. Dr. Lekshmi offered detailed insights into the menstrual cycle, providing essential guidance on health precautions and self-care strategies for women approaching and beyond twenty years of age.

A significant portion of her presentation was dedicated to raising awareness about critical health issues disproportionately affecting Indian women. She provided an in-depth overview of breast cancer, highlighting its prevalence, early detection methods, and preventive strategies. Equally important was her discussion on anemia, a pervasive yet often overlooked health condition that significantly impacts women's mortality rates.

The session stood out as the most comprehensive and enlightening of the day, earning widespread acclaim for its frank, educational, and potentially life-saving information. Dr. Lekshmi's approach combined medical expertise with compassionate communication, ensuring that complex health information was both accessible and engaging.



Session 4 – All Saints’ College Library - Dr Sr Nancy. Warel, Librarian, All Saints’ College, Thiruvananthapuram.

Sr. Nancy, the librarian of All Saints College, orchestrated an illuminating session that transported students into the expansive world of academic resources and digital research. Her presentation was meticulously designed to empower students with critical research skills and knowledge of the library's comprehensive digital infrastructure.

With remarkable pedagogical expertise, Sr. Nancy guided students through the intricacies of navigating the library's website, demonstrating advanced search techniques and resource discovery methods. A particularly valuable segment of her presentation involved showcasing previous students' projects, providing a practical reference point for academic research and inspiration.

The librarian transparently discussed the significant institutional investment in digital resources, highlighting the college's commitment to

academic excellence. She elaborated on the substantial financial allocation for e-books and academic journals, emphasizing these resources as strategic tools to support student learning and academic achievement.

A distinctive feature of the session was Sr. Nancy's bilingual approach, seamlessly switching between English and Malayalam to ensure maximum comprehension and accessibility for all students. This linguistic flexibility, combined with her engaging presentation style, transformed the library orientation into an interactive and applause-worthy experience.



Session 5 – Introduction on Harmony Club and SPICMACAY - Dr. Parvathy Menon(Assistant Professor, Department of History) and Dr. Gayathri S Nair (Assistant Professor, Department of Commerce).

The session commenced with a stirring patriotic performance by Dr. Parvathy, Assistant Professor from the Department of History, whose melodious voice immediately transported the students into a captivating world of musical

expression. Her performance transcended mere entertainment, eloquently exploring the profound interconnections between music and academic pursuits.

The Harmony Club members elevated the session's energy with an ingenious musical mashup that emerged as the event's crowning moment. Their performance showcased remarkable creativity and collective musical talent, drawing enthusiastic appreciation from the audience.

A pivotal segment of the session involved collective learning, as students were guided through the college and national anthems. This segment transformed the seminar hall into a vibrant space of patriotic sentiment, fostering a sense of institutional and national pride. The open mic opportunity further democratized the musical experience, inviting students to share their own artistic expressions.

By the session's conclusion, the seminar hall had metamorphosed into a jubilant ecosystem of musical celebration. Melodious voices, shared rhythms, and radiant smiles created an atmosphere of pure, unbridled joy—a testament to music's extraordinary power to unite, inspire, and uplift.



Day 2 - July 30, 2024

Teachers in Charge: Dr. Aparna Merin Mathew, Ms. Nikita Ann Jacob, Dr. Margret Leena

Session 1 – FYUGP Structure & ABC - Dr. Sangeeta (Assistant Professor, Department of Commerce).

Dr. Sangeeta delivered a comprehensive and meticulous presentation elucidating the intricacies of the Four-Year Undergraduate Programme (FYUGP) structure. Her detailed exposition provided students with a clear roadmap of the academic framework, addressing critical components that shape their educational journey.

The presentation systematically explored the nuanced credit system, offering in-depth guidance on selecting Discipline-Specific Courses (DSCs), Ability Enhancement Courses (AECs), and Mandatory Descriptive Courses (MDCs). Dr. Sangeeta went beyond mere technical explanation, providing students with strategic insights into course selection and academic planning.

A significant highlight of her presentation was the detailed exploration of various exit options within the program. She meticulously outlined the potential academic pathways, empowering students to make informed decisions about their educational trajectory. The session transformed complex academic structures into an accessible and comprehensible narrative, ensuring students could confidently navigate the multifaceted FYUGP system.



Session 2 – Ability Enhancement Courses - Dr. Liji Varghese Assistant Professor, Departments of English, Dr. Jesny Assistant Professor, Departments of Malayalam, Dr. Prathyusha Assistant Professor, Departments of Hindi, and Ms. Mira Joshy Assistant Professor, Departments of French.

A distinguished panel of educators from the Ability Enhancement Course (AEC) Departments—Dr. Liji Varghese, Dr. Jesny, Dr. Prathyusha, and Ms. Mira Joshy—conducted an illuminating session dedicated to providing students with comprehensive insights into their respective academic domains.

The presentation was meticulously structured to offer students a holistic understanding of the available subjects and course offerings. Each faculty member expertly navigated through the nuances of their departmental curriculum, presenting a detailed overview of the papers and potential academic pathways.

What distinguished this session was the interactive approach adopted by the educators. Beyond mere information dissemination, they created an open forum that encouraged students to articulate their academic uncertainties. The panel responded with patience and precision, systematically addressing and clarifying doubts related to their departments, thus empowering students to make informed academic choices.

Through their collective expertise and collaborative presentation, the faculty transformed a potentially overwhelming academic selection process into an accessible and supportive educational experience.



Session 3 – Students Aspirations and Expectations - Dr Sr Pascoela Alderich D’Souza, Vice Principal, All Saints’ College, Thiruvananthapuram

Dr Sr Pascoela Alderich D’Souza, Vice Principal delivered a profound and transformative lecture that masterfully wove together guidance, motivation, and constructive critique. Her presentation was a carefully crafted narrative designed to illuminate the path to success for students, balancing moments of gentle encouragement with uncompromising clarity.

With remarkable pedagogical skill, she addressed the complex landscape of contemporary challenges, particularly focusing on the detrimental impacts of social media. Her discourse on digital distractions was nuanced and insightful, highlighting the potential pitfalls that can derail academic and personal growth while offering strategic perspectives on mindful technology use.

The lecture's core strength lay in its exploration of institutional expectations. The Vice Principal articulated the college's vision with remarkable precision, establishing a clear framework of academic and personal excellence. Her message transcended traditional administrative guidance, instead presenting a holistic vision of student development that encompassed intellectual, ethical, and personal dimensions.

The session's dynamic blend of strictness and inspirational moments created a powerful emotional resonance. Students were not merely lectured but motivated—challenged to recognize their potential and commit to extraordinary

performance. By the conclusion, a palpable sense of collective aspiration filled the room, with students enthusiastically pledging to represent the institution's values both within the campus and throughout their future endeavors.



Session 4 – Capacity Building, Swayam NPTEL Courses - Dr. Sonya J Nair, Head, Department of English

Dr. Sonya J Nair, Head of the English Department, delivered an illuminating presentation focusing on the National Programme on Technology Enhanced Learning (NPTEL) courses as a strategic tool for student skill development. Her comprehensive overview went beyond mere course introduction, presenting NPTEL as a critical pathway for academic and professional enhancement.

The session meticulously unpacked the significance of supplementary learning platforms in today's competitive academic and professional landscape. Dr. Nair emphasized that excellence in academic subjects must be complemented by acquiring versatile skills that prepare students for the dynamic job market. Her

discourse positioned NPTEL courses as a strategic mechanism for bridging theoretical knowledge with practical employability requirements.

With remarkable precision, she outlined the diverse range of courses offered through NPTEL, providing students with a comprehensive understanding of available opportunities. Her presentation demystified the enrollment process, offering clear, actionable guidance on course selection and registration. By highlighting the potential of these courses to augment students' skill sets, Dr. Nair transformed what could have been a technical presentation into an inspiring call for proactive professional development.

The session concluded with a powerful encouragement for students to explore and engage with NPTEL courses aligned with their individual academic and career aspirations, emphasizing the platform's potential to unlock significant professional opportunities.



Day 3 - July 31, 2024

Teachers in Charge: Dr. Beenakumari, Dr. Aparna Merin Mathew

Session 1 –Invited Talk - Sister Sunitha CCR, Counselling Psychotherapist, All Saints' College

Sister Sunita, a Counselling Psychotherapist from All Saints' College, conducted an engaging session for the students on maintaining a positive and focused mindset. She began with an interactive action song, *"I am Unique, and You are Unique,"* which immediately captivated the students. Enthusiastically participating, they sang and danced along, making the session both enjoyable and memorable. Beyond the fun, the students absorbed valuable life lessons that will stay with them for years to come.



Session 2 – Institutional Orientation - Dr. Sr Carvalho Faustina Cicila, Head, Department of Commerce.

Sister Cicilia delivered an informative and engaging presentation to the students, delving into the rich history of All Saints' College. She highlighted

the contributions of pivotal figures, including Mother Veronica and the college's founder, Rev. Mother Mary Louise, CRR.

Additionally, Sister Cicilia introduced the students to the college's affiliated organizations, namely the All India Catholic University Federation (AICUF) and the Jesus Youth. Utilizing informative videos, she elaborated on the organizations' objectives, programs, and activities, providing a comprehensive overview.



Session 3 – Arts Club Orientation - Dr. Nishel Prem Elias & Dr. Diana V Prakash, Assistant Professors in English and Teachers in charge of Arts club.

Dr. Nishel enthusiastically introduced the Arts Club of the college, showcasing the diverse range of events and activities that students can participate

in. She presented an exciting lineup of upcoming events, encouraging students to get involved and strive for excellence.

To inspire the students, Dr. Nishel shared images of the college's vibrant cultural festivals, which have been proudly celebrated by senior students in the past. By doing so, she ignited a sense of excitement and anticipation among the students, preparing them for the thrilling experiences that await them in the coming years.



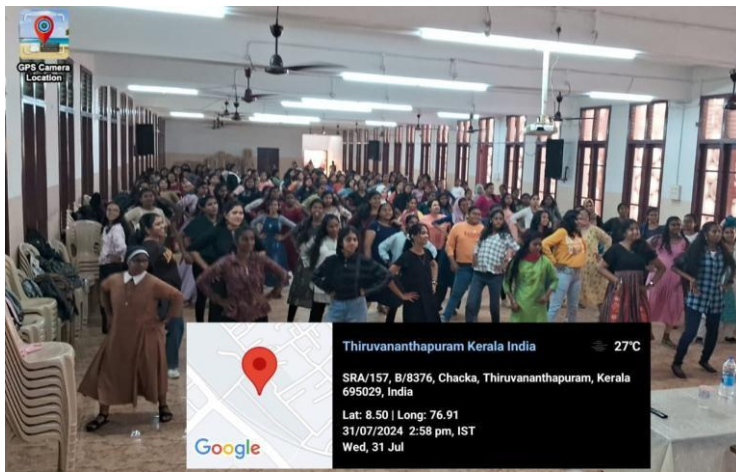
Session 4 – Placement Cell and ASAP - Dr. Rajsree, Assistant Professor, Department of English.

Dr. Rajsree provided an insightful presentation about the college's placement cell. She showcased video testimonials from successful alumni who had secured jobs through the college's placement program. The videos highlighted the effectiveness of pre-interview grooming sessions, which not only boosted students' confidence but also equipped them with essential skills for preparing professional resumes and navigating job interviews.



Session 5 – Dance & Fitness Club - Dr. Margret Leena, Head, Department of Physical Education & Dr. Diana V Prakash Assistant Professor, Department of English.

The final session of the day was undoubtedly the highlight—the Dance and Fitness Club. A senior student, Liya, led an energetic exercise routine, guiding participants through movements synchronized with upbeat DJ music. Dr. Margret Leena then delivered an informative talk, emphasizing the critical roles of a nutritious breakfast and proper hydration in maintaining overall health and wellness. The session culminated in an exciting group dance, where students enthusiastically joined the Dance & Fitness Club coordinators, creating a vibrant and engaging atmosphere of physical activity and team spirit.



Day 4 - August 1, 2024

Teachers in Charge: Dr. Margret Leena, Dr. Beenakumari

Session 1 – Invited Talk – Cyber Security - N.Vijayakumar, Rtd. Police Officer.

Vijayakumar Sir delivered an enlightening lecture on the nuanced landscape of social media and digital technology, providing students with a balanced perspective on its potential risks and benefits. He meticulously outlined the dangers associated with excessive mobile phone usage, highlighting critical threats such as financial fraud and privacy breaches involving personal videos.

The presentation delved deep into cyber security, emphasizing a crucial point that digital footprints are permanent—even deleted content remains traceable. Sir explained cyber security as the intricate relationship between

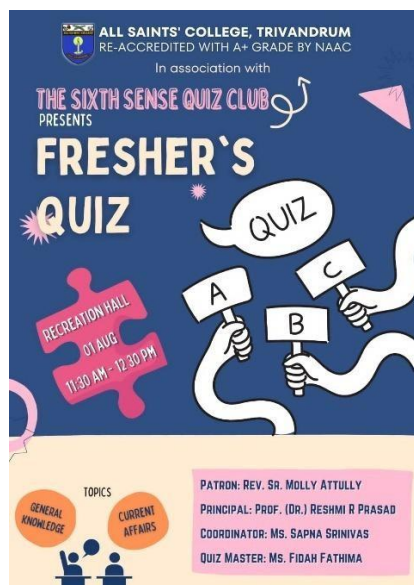
humans and technology, illustrating this concept through practical examples of system hacking and digital vulnerabilities.

Addressing the role of artificial intelligence, he explored both constructive and destructive applications. On the positive side, he showcased AI tools'

Session 2 – Quiz Club– The Sixth Sense - Ms. Sapna Srinivas, Assistant Professor, Department of English

The quiz club of All saints' College under the guidance of Ms. Sapna Srinivas conducted a quiz session. The quiz session emerged as the most electrifying event of the day, characterized by intense student participation and dynamic interaction. Spanning a diverse range of topics including current affairs, literature, cinema, sports, and general knowledge, the competition was designed to challenge and engage participants intellectually. The format was particularly innovative, incorporating audience participation that allowed attendees to actively contribute and answer questions, transforming the traditional quiz structure into an interactive experience.

The competitive spirit was palpable, with teams showcasing their breadth of knowledge and quick thinking. As the session concluded, a winning group emerged triumphant, their collective expertise celebrated by their peers. The event culminated in a memorable group photograph, capturing the camaraderie, excitement, and intellectual energy of the moment—a visual memento of a stimulating and collaborative academic experience.



The Sixth Sense Quiz Club conducted the Fresher's Quiz on 1 August 2024

Seven groups of 5 members each participated in the GK and Current Affairs Quiz.

The winners are as follows

I Prize- 27.5pts

Vrinda K, Akshaya A, Athira K (S1 Botany), Fathima Shirin (S1 Chemistry)

II Prize-25 pts

Astami A, Meenakshi S, Jomol J, Niranjana B R, Midhu P V (S1 English Literature)

III Prize-15 pts

Janaki S S, Catharine S Wellington, Aleena Joy (S1 B. Com Finance) Shiva Priya G, Anakha Nath (S1 B. Com IBO)



Session 3 – Invited Talk on NCC- Col. Vineeth Midha and Ambili Jobz, Sr.
GCI, 1 Kerala Girls Battalion NCC

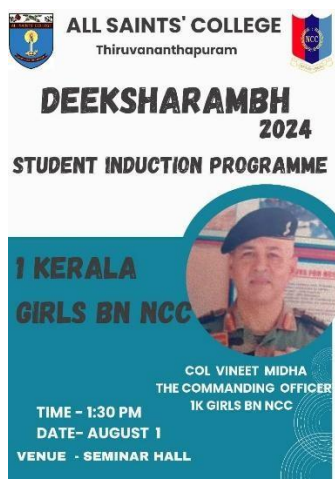
The post-lunch session featured an impactful presentation by the National Cadet Corps (NCC), which proved to be both informative and inspiring. The session began with an energetic introduction to the NCC clap, a symbolic gesture of unity and discipline.

Colonel Vineeth Midha provided a comprehensive overview of NCC rules and regulations, establishing the foundational framework of the organization.

Major Rajitha Divakaran complemented this presentation by elaborating on the NCC's role and significance in India, delivering a motivational discourse that encouraged student participation.

A highlight of the session was the distribution of detailed informational pamphlets to all attendees. These materials comprehensively outlined the benefits of NCC membership and included a complete dress code specification, complete with the names of the presenting officials.

The session concluded with a ceremonial prize distribution for the painting competition, conducted by Colonel Vineeth Midha and Ambili Jobz, Senior Group Cadet Instructor from the 1 Kerala Girls Battalion NCC. This gesture not only recognized student achievements but also reinforced the NCC's commitment to nurturing young talent and potential.



Day 5 - August 2, 2024

Teachers in Charge: Dr. Vidya Nair, Dr. Cinthya Christopher

Session 1 – Invited Talk - Antinarcotics - Mr. Abdul Bassith Preventive Office, Kerala Excise Department Palakkad Division.

Dr. Siji, Assistant Professor, Department of Chemistry welcomed the Speaker of the session.

Mr. Abdul Bassith delivered a profound and emotionally charged speech addressing the critical issue of narcotics and social challenges facing contemporary society. His presentation delved deep into the psychological and social roots of substance addiction, highlighting the fundamental role of family relationships in preventing such destructive paths.

Central to his discourse was the observation that the current generation's emotional disconnection from family structures creates vulnerability to harmful addictions. He argued that when young individuals feel emotionally distanced from their parents, they become susceptible to seeking solace and escape through dangerous alternatives like drug abuse.

To underscore the devastating consequences of these social issues, Mr. Bassith shared two deeply troubling case studies that illustrated the human cost of societal breakdown. The first narrative involved the horrific kidnapping and sexual assault of a five-year-old girl by a foreigner, while the second recounted the heart-wrenching story of a 19-year-old boy consumed by drug addiction and the profound anguish experienced by his parents.

Concluding his powerful presentation with a poignant acronym, Mr. Bassith reminded the audience that "FAMILY" represents "Father And Mother I Love You"—a simple yet profound message emphasizing the importance of familial bonds, mutual understanding, and emotional connection in preventing social vulnerabilities.

Ms. Jovita, Assistant Professor, Department of English, delivered the vote of thanks



Session 2 – Invited Talk – Man & Environment - Vinod P, Asst. Professor, Department of Zoology, NSS College, Pandalam.

Dr Vinod delivered an insightful lecture exploring the intricate relationship between humanity and the environment, providing a multifaceted perspective on

ecological challenges. He began with a comprehensive presentation that integrated geographical and statistical data about Kerala and India, establishing a contextual foundation for his environmental discourse.

The lecture specifically focused on the Wayanad tragedy, meticulously unpacking the complex environmental factors contributing to the ecological disaster. Sir elucidated how human interventions have systematically undermined natural ecological balance through destructive practices such as:

- Extensive deforestation, stripping away critical forest cover
- Indiscriminate removal of water-absorbing vegetation, including vital mangrove ecosystems
- Persistent environmental pollution across multiple domains:
 - Air pollution compromising atmospheric quality
 - Water pollution degrading aquatic systems
 - Noise pollution disrupting natural habitats and wildlife patterns

By presenting these interconnected environmental challenges, Vinod Sir offered students a profound understanding of human-induced ecological disruptions. His presentation transcended mere information delivery, serving as a powerful call to environmental consciousness and responsible ecological stewardship.



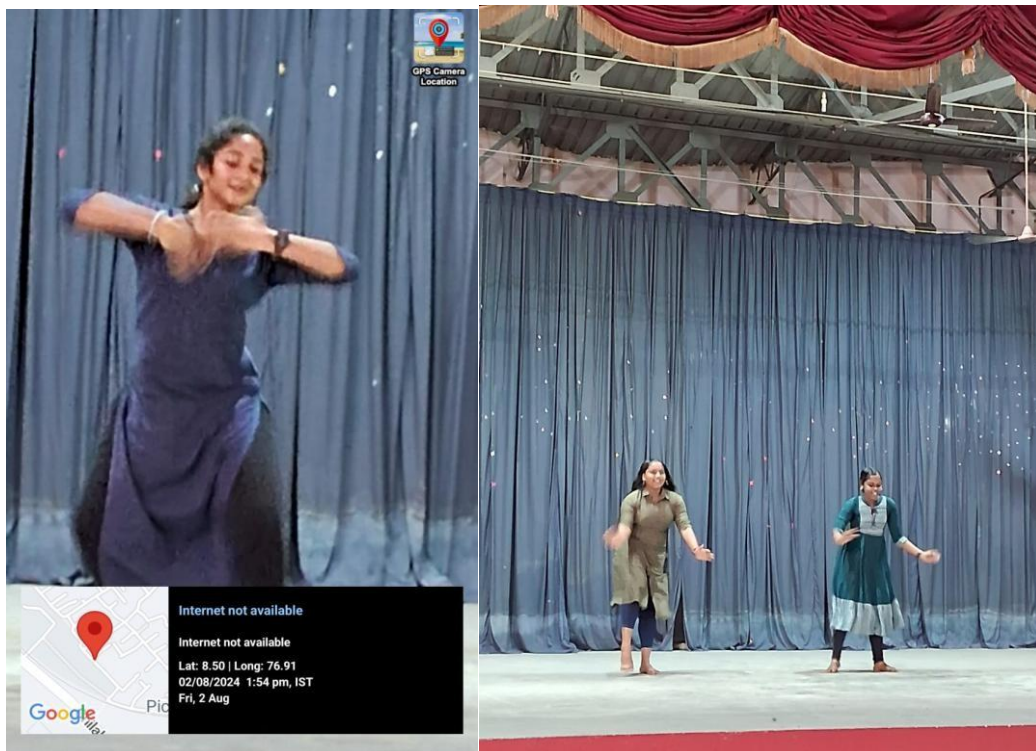
Session 3 – Talent Hunt

The final session of Deeksharambh 2024 culminated in an electrifying "Talent Hunt" that transformed the auditorium into a vibrant stage of creativity and self-expression. Students seized the opportunity to showcase their diverse talents, presenting a dynamic array of performances that celebrated individual and collective artistic prowess.

The event featured an impressive lineup of performances, with group songs and dance routines taking center stage. The atmosphere buzzed with energy and enthusiasm as participants demonstrated their artistic skills, each act revealing the unique talents within the student community. As the event's emcee, I had the

privilege of guiding the audience through this remarkable display of creativity, introducing each performance and maintaining the event's momentum.

The Talent Hunt not only provided a platform for artistic expression but also fostered a sense of camaraderie and mutual appreciation among students. The students' enjoyment was palpable, reflecting the event's success in creating a memorable and inspiring conclusion to the Deeksharambh program.





Conclusion

The Deeksharambh Programme 2024 successfully achieved its objective of providing a comprehensive and engaging induction experience for incoming students. Through its well-crafted blend of academic, cultural, and social activities, the program facilitated a seamless transition for students into college life. With its emphasis on community building, inclusivity, and student empowerment, the Deeksharambh Programme 2024 has set the stage for a promising academic year.

DEEKSHARAMBH TEAM 2024

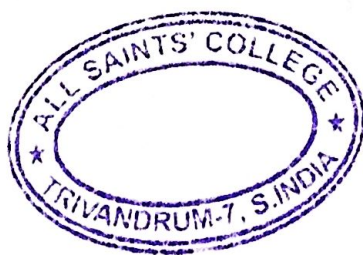


DEEKSHARAMBH TEACHERS IN CHARGE



ORGANIZING COMMITTEE

- **Dr Cinthya Christopher** (Coordinator), Assistant Professor & Head, Department of Botany
- **Dr Vidya Nair**, Assistant Professor, Department of Political Science
- **Dr Margret Leena**, Assistant Professor & Head, Department of Physical Education
- **Dr Beenakumari K S**, Assistant Professor, Department of Chemistry
- **Dr Nikita Ann Jacob**, Assistant Professor, Department of English
- **Dr Aparna Merin Mathew**, Assistant Professor, Department of Commerce



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