



## Report on Extension Activities



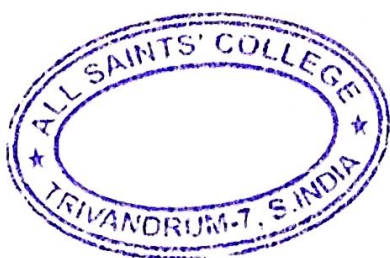
**ALL SAINTS' COLLEGE**

**THIRUVANANTHAPURAM-695007**

**Re-accredited with 'A+' Grade by NAAC**

[www.allsaintscollege.ac.in](http://www.allsaintscollege.ac.in), [allsaintscollegeasc@gmail.com](mailto:allsaintscollegeasc@gmail.com)

**2024-2025**



*Reshmi*  
PRINCIPAL  
All Saints' College  
Thiruvananthapuram



# ALL SAINTS' COLLEGE

*Re-accredited with 'A+' - Grade by NAAC*

Thiruvananthapuram - 695 007, Kerala - South India

Phone: 0471-2501153, 8304841778, 8281334337

E-mail: [allsaintscollegeasc@gmail.com](mailto:allsaintscollegeasc@gmail.com), [www.allsaintscollege.com](http://www.allsaintscollege.com)

## Report on Extension Activities - All Saints College, Trivandrum (March 2024- 25)

The extension activities for Semester 3 students at All Saints College, Trivandrum, commenced in August 2024 and have been conducted regularly every Wednesday. These activities aim to provide students with experiential learning opportunities, fostering their social responsibility and personal growth beyond the academic curriculum.

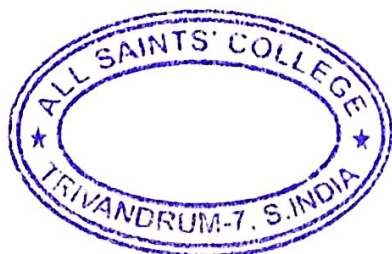
A total of 15 extension activities have been introduced, covering diverse areas such as environmental conservation, community service, skill development, health and wellness, and women's empowerment. Each activity is designed to enhance students' practical knowledge while engaging with local communities.

Some of the key activities include:

- **Environmental Awareness Drives** - Tree planting, beach clean-up campaigns, and awareness programs on sustainable living.
- **Community Engagement** - Volunteering at old age homes, orphanages, and conducting literacy programs for underprivileged children.
- **Skill Development Workshops** - Sessions on public speaking, leadership, digital literacy, and entrepreneurship.
- **Health and Wellness Programs** - Yoga and fitness workshops, mental health awareness campaigns, and first-aid training.
- **Women Empowerment Initiatives** - Self-defense training, legal awareness sessions, and skill-building programs for women.

These activities continue to be conducted every Wednesday, ensuring consistency in student participation and impact on society. The response from students has been overwhelmingly positive, with active engagement and enthusiasm. The initiative has also helped build a strong bond between students and the community, reinforcing the values of empathy and service.

The extension activities will continue in the upcoming months, with plans to expand the scope and reach. The college remains committed to holistic education, equipping students with the knowledge and skills to contribute meaningfully to society.



*Reshmi*  
PRINCIPAL  
All Saints' College  
Thiruvananthapuram