

# **ALL SAINTS' COLLEGE**

Thiruvananthapuram, KERALA



## **GENDER SENSITIZATION PROGRAMMES**

**ORGANISED AS PART OF  
CURRICULUM  
IN COLLEGE**

**2022-23**



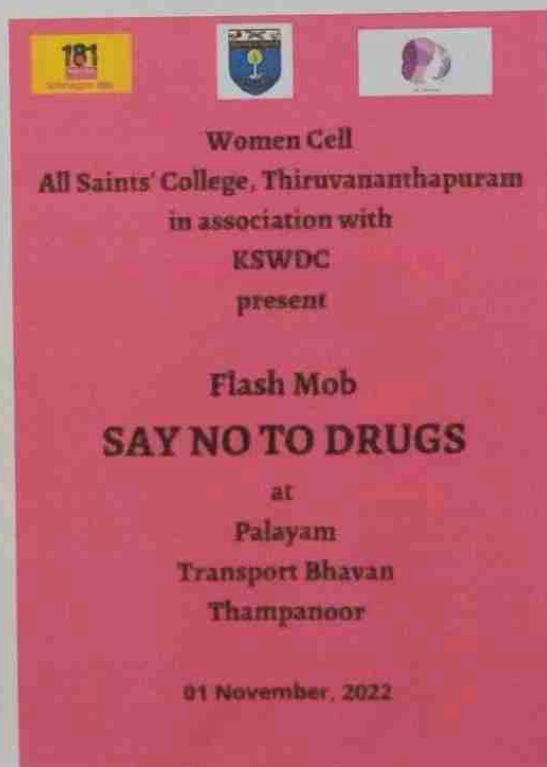
### Women Cell

All Saints' College, Thiruvananthapuram

Report 2022-2023

The activities of the Women Cell of All Saints' college, Thiruvananthapuram reflect the intentions with which the Cell has been instituted by the KSWDC in the college. The Cell worked with diligence to ensure an equitable and enabling atmosphere in the college and to help the students prepare themselves for the outside world.

The activities of the Cell for the academic year 2022-23 began with the Flash Mob on 01 November, 2022 on the occasion of Kerala Piravi. The Flash Mob was performed in three central locations of the city and drew widespread attention. The theme was **Say No to Drugs** and the students staged the same through a series of dance performances choreographed to create awareness regarding the harmful effects of drugs. The Flash Mob was funded by the KSWDC who also made the necessary logistical arrangements as well.



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Students at the Thampanoor venue after the Flash Mob



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### Flash Mob at Palayam

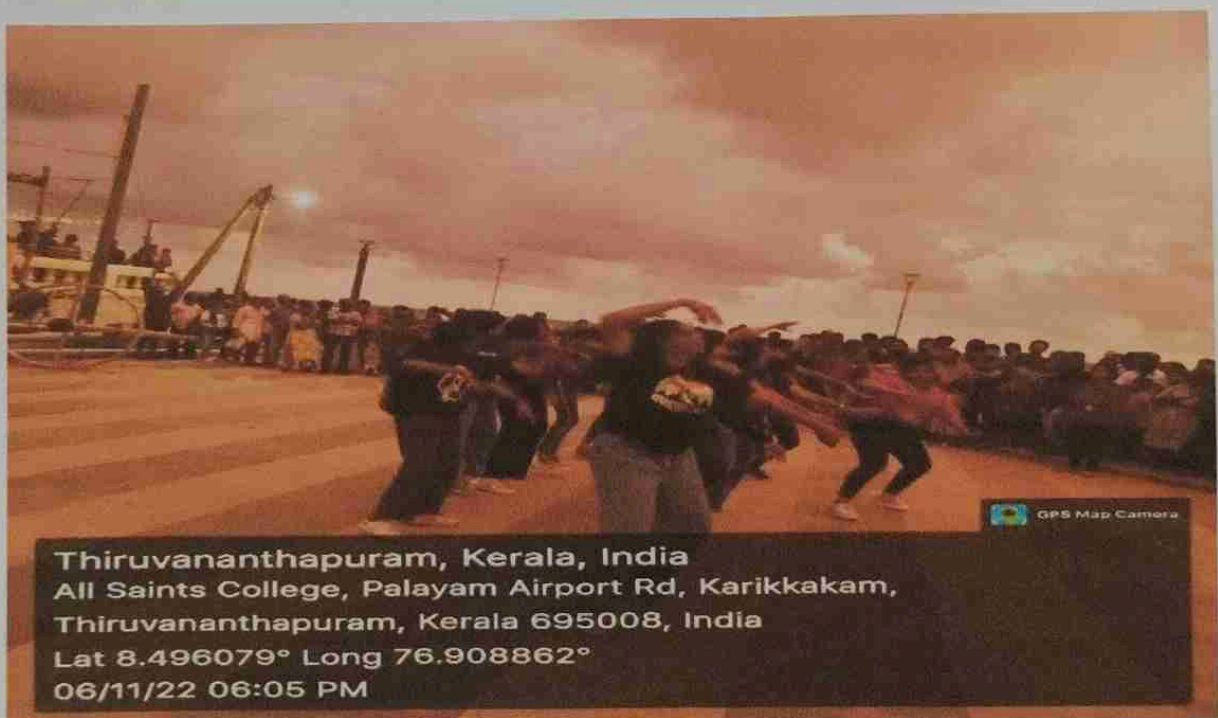
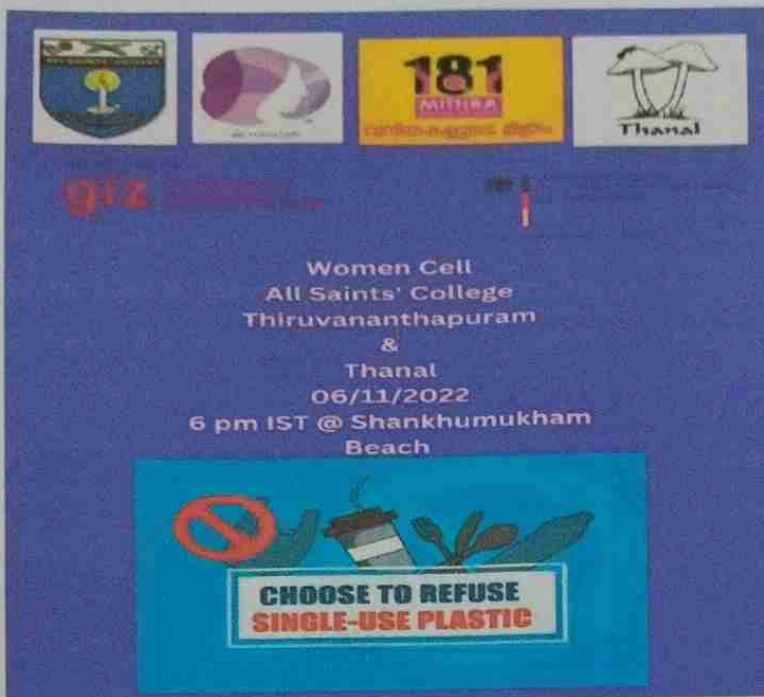


Hon. Minister for Health and Woman and Child Development Ms. Veena George at the Flash Mob "Say No to Drugs"

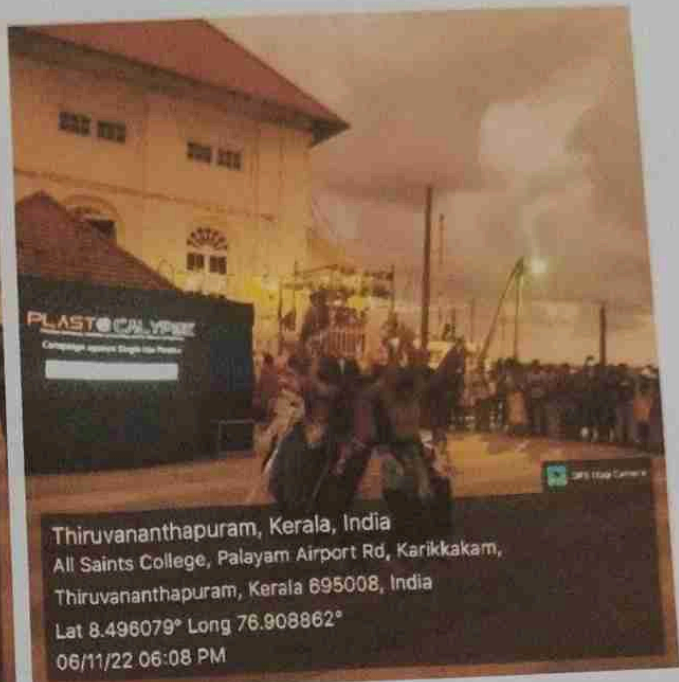
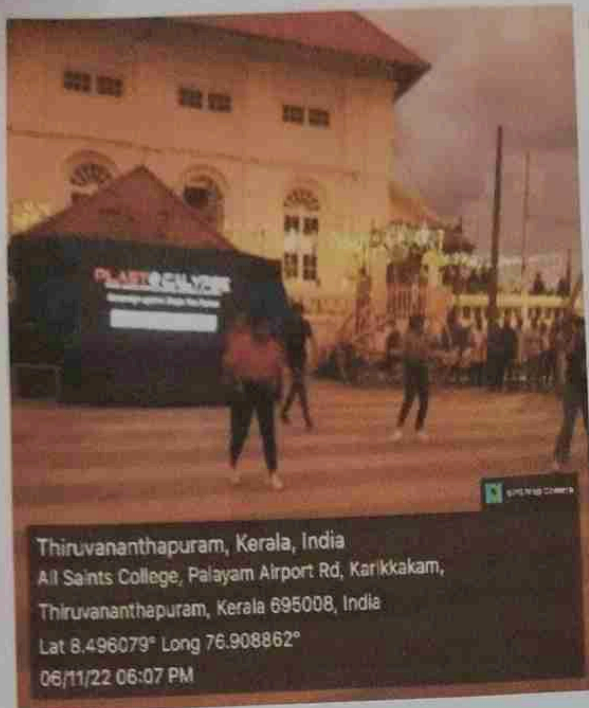
The Cell then went on to perform a Flash Mob in association with Thanal, a prominent NGO to raise awareness about preventing single use plastic on 06/11/2022 at 6 pm, at Shankhumukham Beach. The students of the Cell performed amidst the huge crowds at the Beach, thus helping the Cell actualize its intentions.



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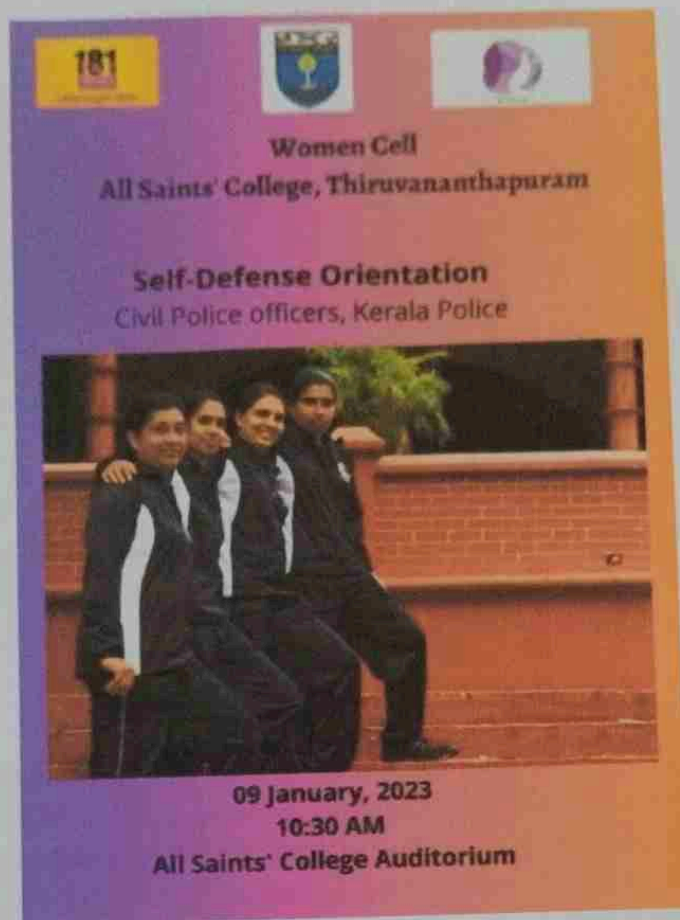
Students performing at Shankumugham Beach.

The police officers of the Kerala Police provided the students with an orientation on Self-Defense on 09 January, 2023. The preliminary concepts of Self-Defense were imparted.



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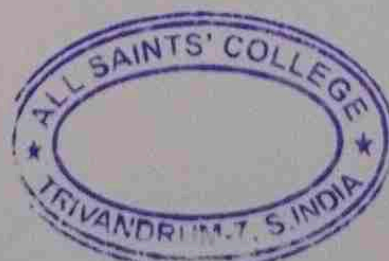
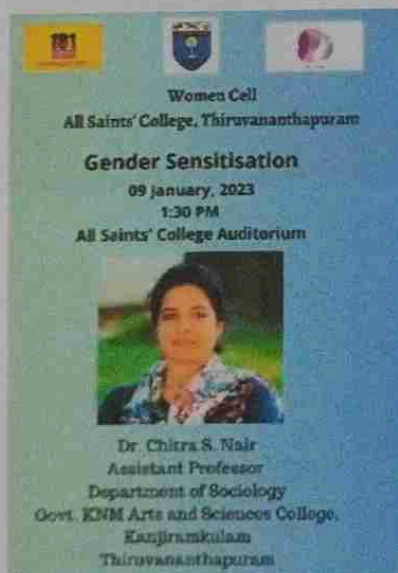


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Self-Defense orientation in progress

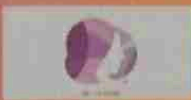


On the afternoon of 09 January, 2023, the students were provided a session on Gender Sensitisation by Dr. Chitra S. Nair, Assistant Professor of Sociology, Govt. KNM Arts and Science College, Kanjiramkulam, Thiruvananthapuram. In a participative session, the students discussed issues of gendered discrimination, self-pride, body-shaming and rights of women.



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The officers of the Kerala Police Force, Ms. Jayamary A, ASI of Police. Ms. Aneesban A, Civil Police Officer, Ms. Athulya VJ, Civil Police Officer provided a three-day training camp for self-Defense from 23-25 January, 2023. The students were extremely appreciative of the session and participated whole-heartedly in the learning the techniques. In order to provide inspiration for a healthy lifestyle, the students were given fresh fruit as refreshments on the days of the camp.



**Women Cell**  
**All Saints' College, Thiruvananthapuram**

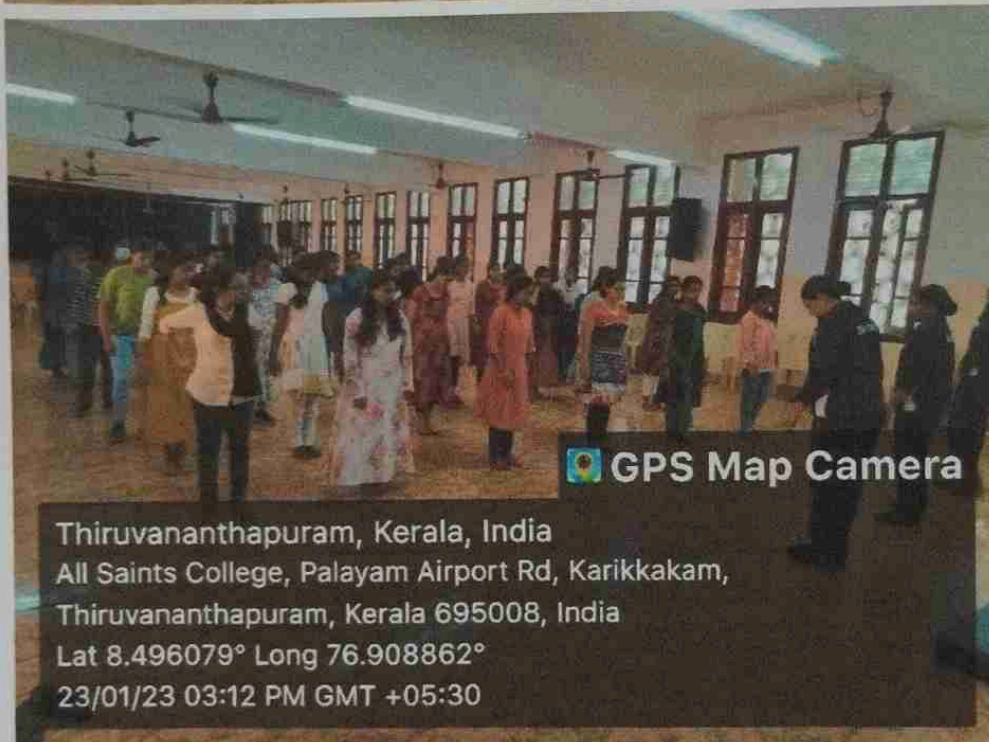
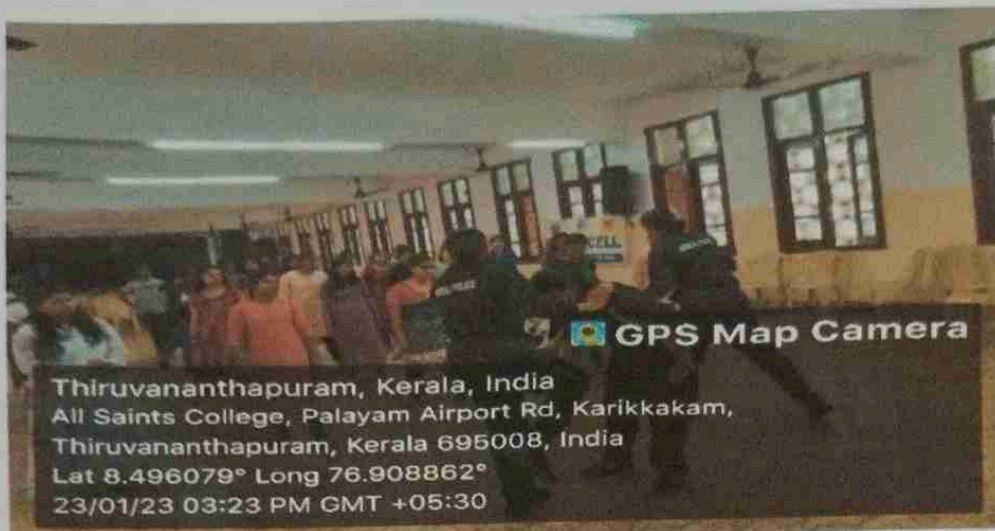
**Self-Defense - Training Camp**  
Civil Police officers, Kerala Police



**23-25 January, 2023**  
**2:30 pm onwards**  
**Recreation Hall**



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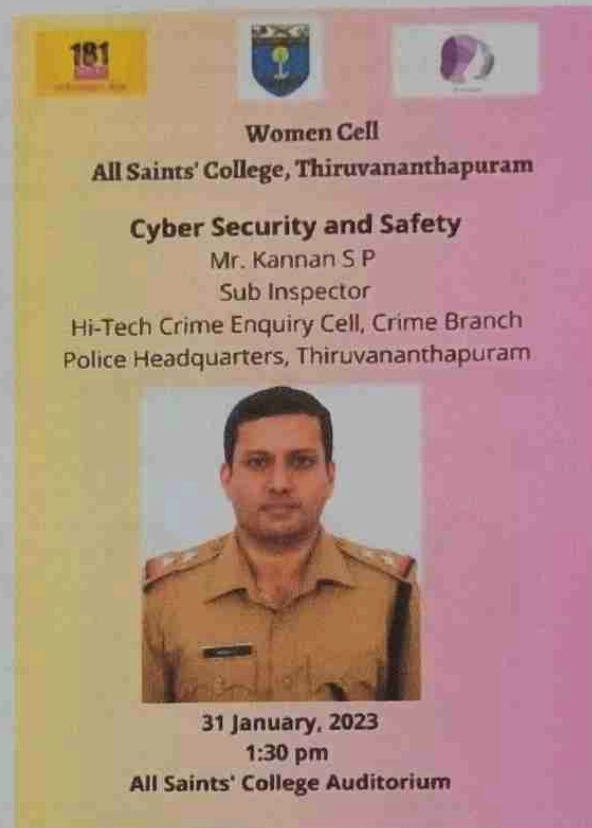
Students participating in the Self-Defense Training Camp.

In order to ensure safe cyber practices, the Women Cell organised an awareness talk on Cyber Security and Safety on 31 January, 2023. The interactive session was attended by all the students of the college. Mr. Kannan S P, Sub-Inspector, Hi-Tech Crime Enquiry Cell, Crime Branch, Police Headquarter, Thiruvananthapuram spoke to the students about the perils of unsafe cyber-practices and the measures to be taken to prevent cyber-bullying and possible cyber-attacks. The students also clarified their doubts and sought advice from the resource person, thus making it a very fruitful session.



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The Women Cell celebrated International Women's Day on 08 March, 2023 through a slew of programmes aimed at creating a healthy and happy generation of women. This was done by collaborating with CARISMA- an organisation instituted by our Alumni, Ms. Anupama Sandeep, Credence Hospital and Decathlon- a prominent sporting goods chain.



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Two sessions were held- one on Endometriosis, in which prominent gynecologists spoke about the importance of reproductive health and preventive measures to avoid endometriosis related issues. The interactive session with the gynecologists helped many students find the right direction in terms of caring for themselves. they were also urged to carry the message from this session home as well, so that those around them could also seek timely help.



## CARISMA In Association With Credence Hospital

### Women's Day Celebration 2023



Rani Mohandas  
(Alumna)  
Chief Guest  
Thiruvananthapuram



Dr. Reshmi R Prasad  
Principal & Professor  
All Saints' College Thiruvananthapuram



Dr. Santhamma Mathew  
Managing Director &  
Chief Consultant  
Credence Hospital



Dr. Sreekumari R  
Former Head Of The  
Department & Senior  
Consultant  
Credence Hospital



Anupama Sandeep  
(Alumna)  
Founder Carisma

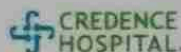
### Session On Women's Health And Endometriosis Followed by Zumba



March 8<sup>th</sup> | 10 am



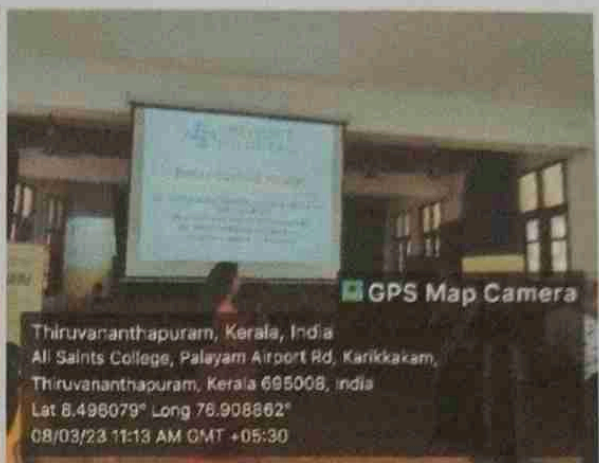
# ZUMBA



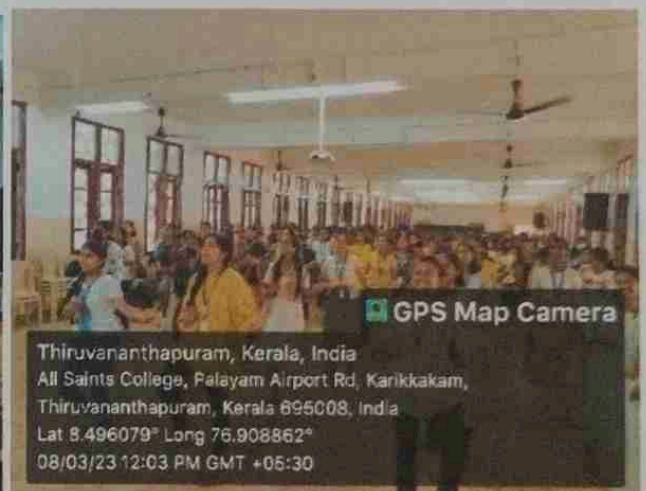
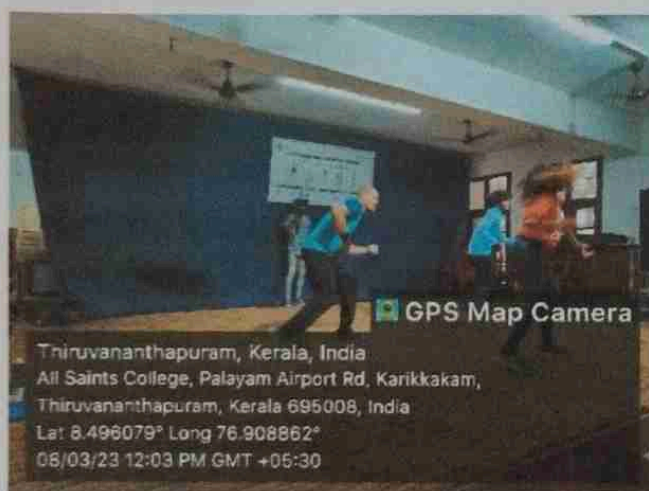
This was followed by an energizing session of Zumba led by professional trainers, that helped encourage youngsters to adopt a fit and healthy lifestyle as opposed to a sedentary one. the students thoroughly enjoyed the session.



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Session on Reproductive Health and Awareness on Endometriosis in progress.



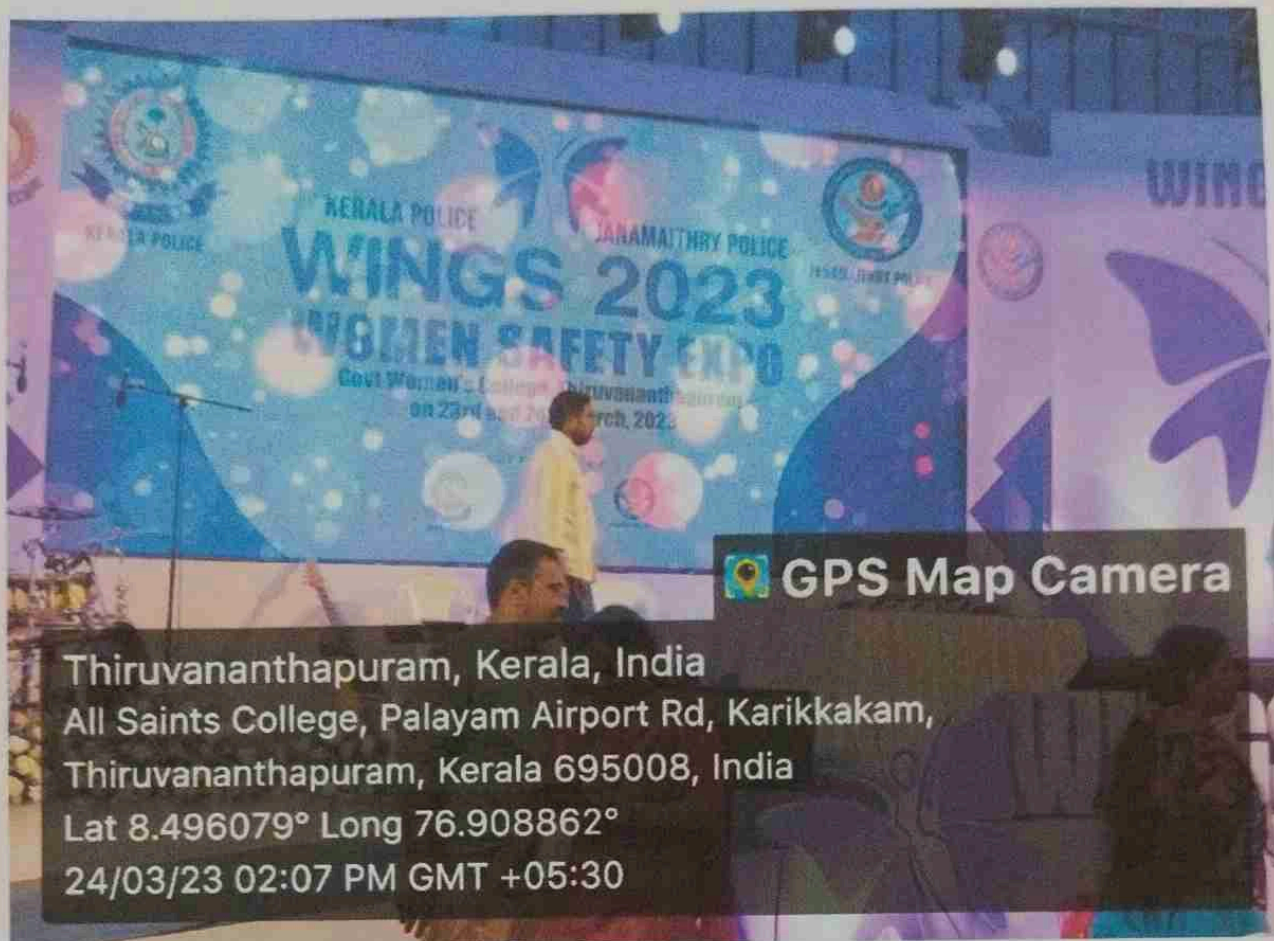
Zumba session in progress.

The Womens Cell organised a visit to the Wings 2023 Women's Safety Expo, organised by the Kerala Police at Women's College, Thiruvananthapuram on 24 March, 2023. The students were given pamphlets and useful information about various aspects of redress available to women and the ways that they can have their issues addressed. They also interacted with various officials of the arms of the government who are in-charge of these initiatives and also interacted with Ms. R. Nishanthini IPS - Deputy Inspector General of Police. It was an inspirational moment for the students.



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Students with Ms. R. Nishanthini IPS




On 27 March, 2023 the Women Cell organised a training session on First Aid and CPR. Dr. Shiju Stanley, MD(Accident & Emergency Medicine), MEM, PGD – AP and his team of doctors addressed the students regarding the importance of administering First-Aid in a timely manner




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and also made students aware of the protocols of administering First Aid. This was followed by a demo and training session on CPR which the students found extremely useful. The session was deemed vital by the students and every student who attended the session was supervised by a doctor as she administered CPR.



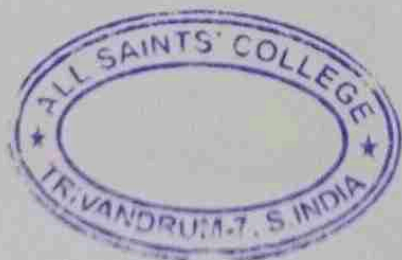
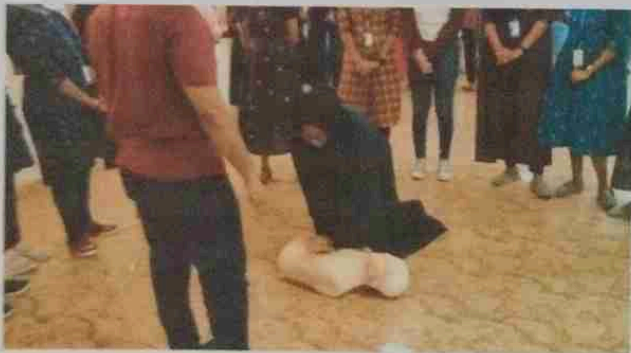
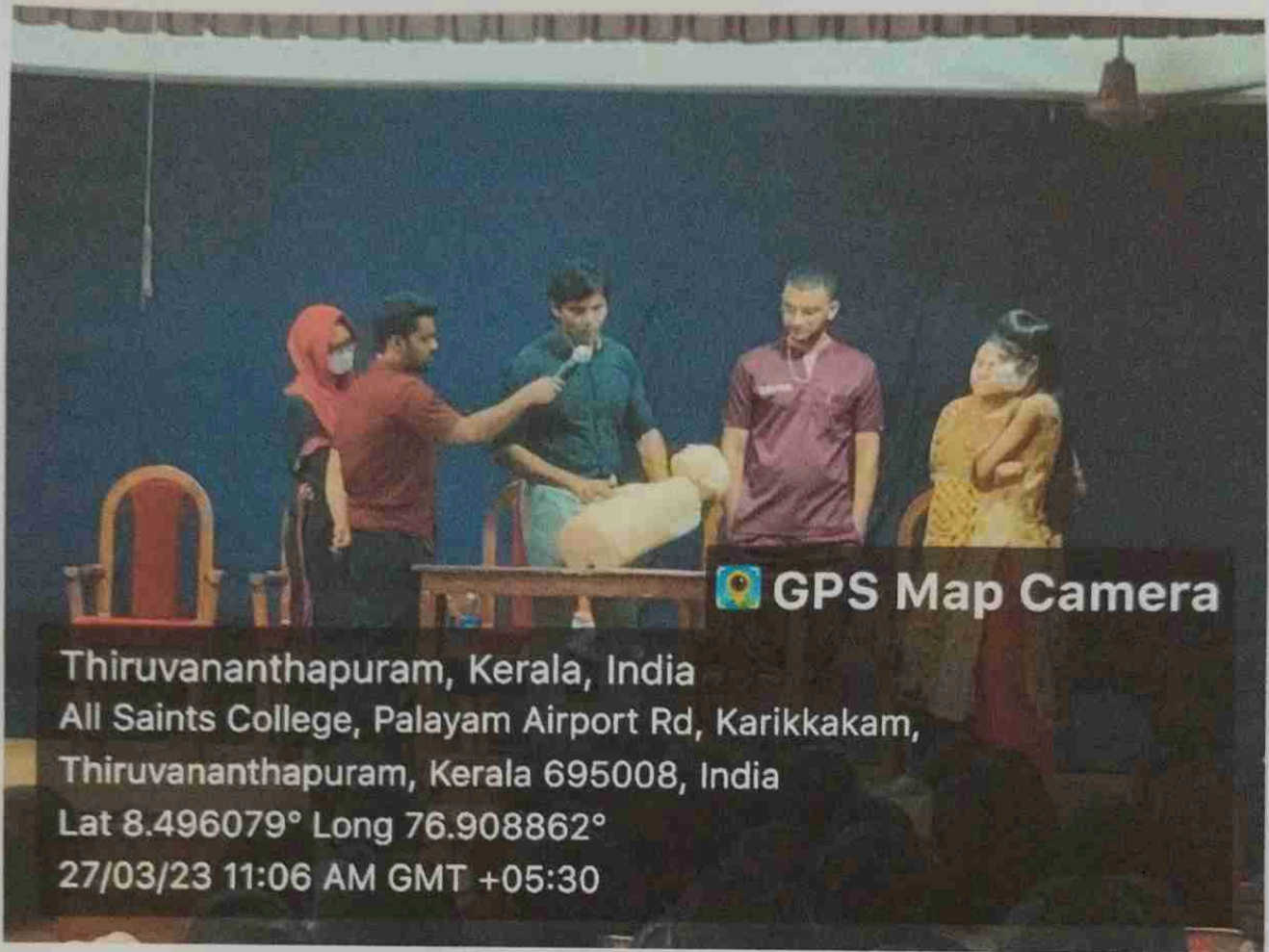
**Women Cell**  
**All Saints' College, Thiruvananthapuram**  
**First Aid and CPR Training**  
**27 March, 2023**  
**09:30 AM-1:30 PM**  
**Recreation Hall**



**Dr. Shiju Stanley MD (Accident & Emergency Medicine), MEM, PGD - AP & Team**  
**Department of Emergency Medicine**  
**Ananthapuri Hospital**  
**Thiruvananthapuram**



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CPR training sessions in progress.

The Women Cell conducted an Online Conditioning Camp for Life Skills, Mental Wellness and Team Building from 12 to 13 May, 2023. Ms. Neeta K C, who is a professional trainer was the resource person. Using cognitive skills management, introspection, encouragement for self-expression and articulation, the camp enabled the students to truly get in touch with their own selves and enabled them to gain essential skill sets.



Conditioning camp in progress



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