

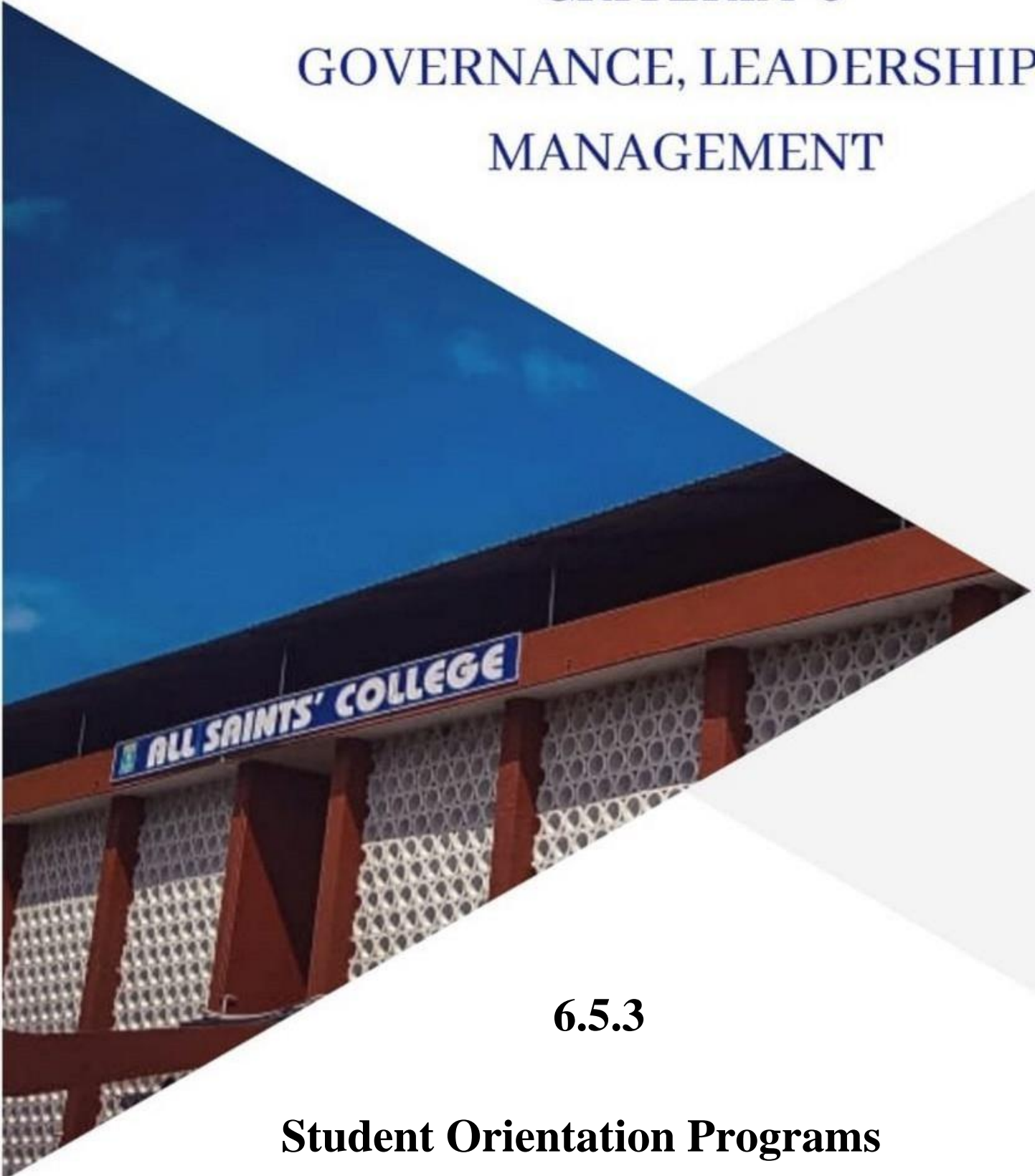


ALL SAINTS' COLLEGE

Affiliated to University of Kerala, Thiruvananthapuram

<https://www.allsaintscollege.ac.in>

CRITERIA-6 GOVERNANCE, LEADERSHIP & MANAGEMENT






6.5.3

Student Orientation Programs

Orientation Program 1


ORIENTATION ON SELF-DEFENSE

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.



Women Cell
All Saints' College, Thiruvananthapuram

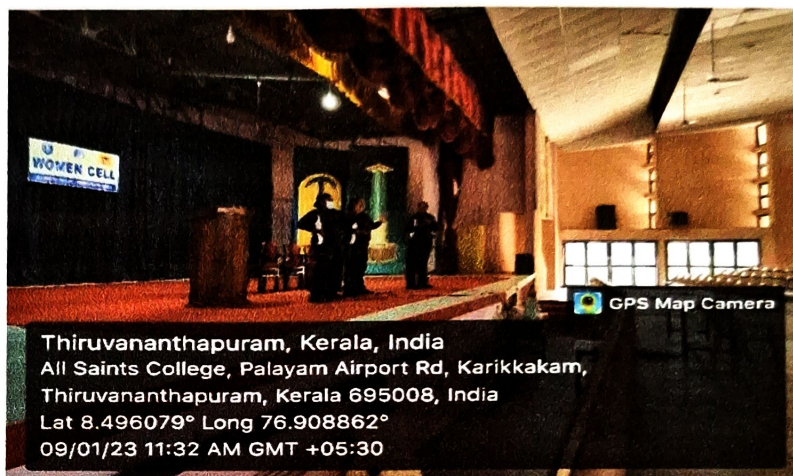
Self-Defense Orientation
Civil Police officers, Kerala Police



09 January, 2023
10:30 AM
All Saints' College Auditorium



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7



Self-Defense orientation in progress



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7

Orientation Program 2

A SESSION ON GENDER SENSITISATION

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.



Women Cell

All Saints' College, Thiruvananthapuram

Gender Sensitisation

09 January, 2023

1:30 PM

All Saints' College Auditorium



Dr. Chitra S. Nair

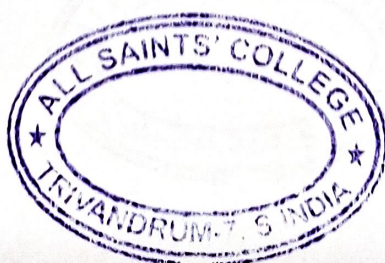
Assistant Professor

Department of Sociology

Govt. KNM Arts and Sciences College,

Kanjiramkulam

Thiruvananthapuram



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7

Orientation Program 3

AN AWARENESS TALK ON CYBER SECURITY AND SAFETY

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.



Women Cell

All Saints' College, Thiruvananthapuram

Cyber Security and Safety

Mr. Kannan S P

Sub Inspector

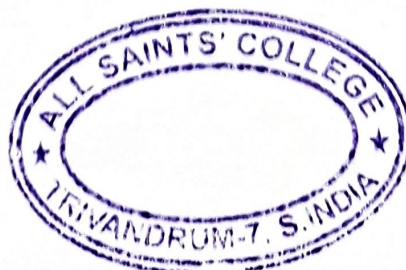
Hi-Tech Crime Enquiry Cell, Crime Branch
Police Headquarters, Thiruvananthapuram



31 January, 2023


1:30 pm

All Saints' College Auditorium



Reshmi
Principal,
All Saints' College
Thiruvananthapuram-7



 **GPS Map Camera**

Thiruvananthapuram, Kerala, India
All Saints College, Palayam Airport Rd, Karikkakam,
Thiruvananthapuram, Kerala 695008, India
Lat 8.496079° Long 76.908862°
31/01/23 01:55 PM GMT +05:30



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7

Orientation Program 4

SESSION ON WOMEN'S HEALTH AND ENDOMETRIOSIS

A session was held 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

Director
Mohandas Group Of Companies



Dr. Reshmi R Prasad

Principal & Professor
All Saints' College, Trivandrum



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

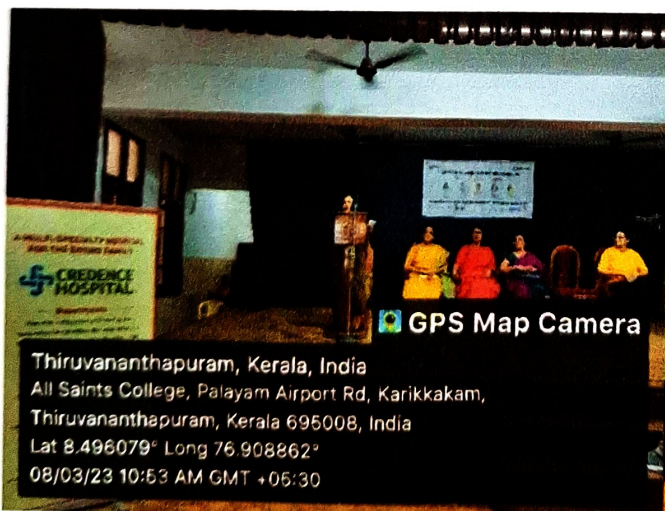
Session On Women's Health And Endometriosis Followed by Zumba



March 8th | 10 am

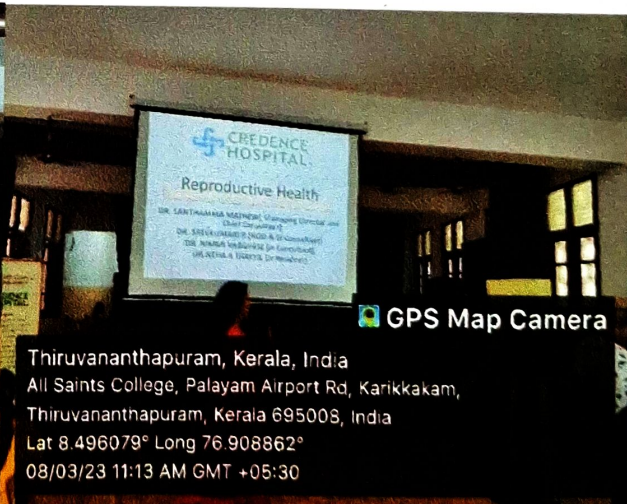


ZUMBA



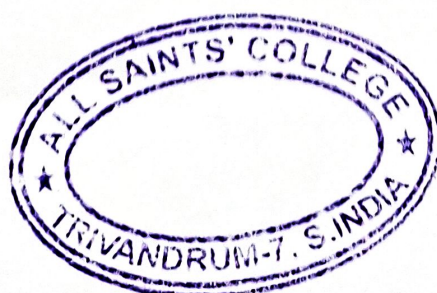
GPS Map Camera

Thiruvananthapuram, Kerala, India
All Saints College, Palayam Airport Rd, Karikkakam,
Thiruvananthapuram, Kerala 695008, India
Lat 8.496079° Long 76.908862°
08/03/23 10:53 AM GMT +05:30



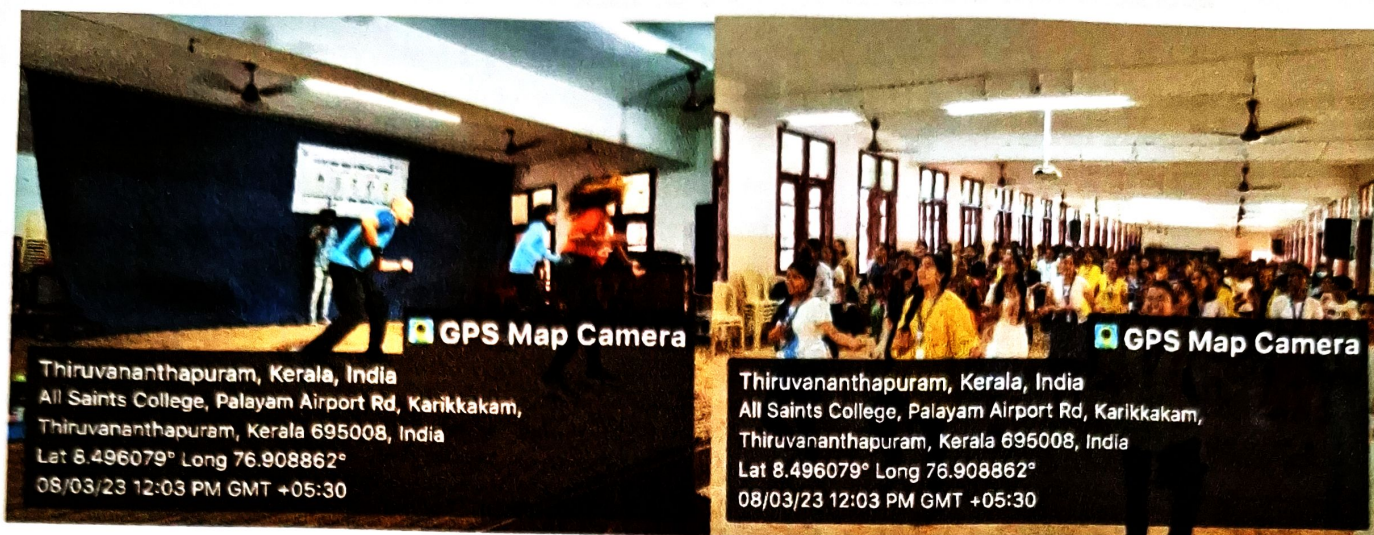
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All Saints College, Palayam Airport Rd, Karikkakam,
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Lat 8.496079° Long 76.908862°
08/03/23 11:13 AM GMT +05:30



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7

Session on Reproductive Health and Awareness on Endometriosis in progress.



Zumba session in progress.




Reshmi
Principal
All Saints' College
Thiruvananthapuram-7


Orientation Program 5

A TRAINING SESSION ON FIRST AID AND CPR

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 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



Reshmi
Principal
All Saints' College
Thiruvananthapuram.



CPR training sessions in progress.






Reshmi
Principal
All Saints' College
Thiruvananthapuram - 7


Orientation Program 6

ONLINE CONDITIONING CAMP FOR LIFE SKILLS, MENTAL WELLNESS AND TEAM BUILDING

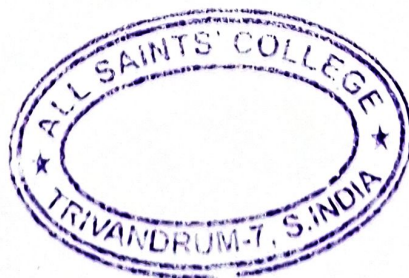
The Women Cell conducted an Online Conditioning Camp for Life Skills, Mental Wellness and Team Building from 12 to 13 May, 2023. Ms. Neeta K C, who is a professional trainer was the resource person. Using cognitive skills management, introspection, encouragement for self-expression and articulation,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



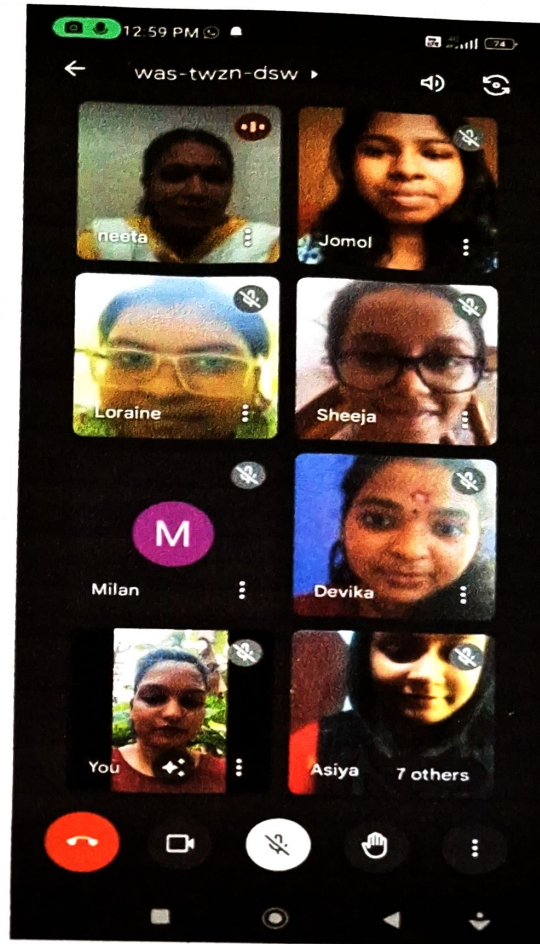
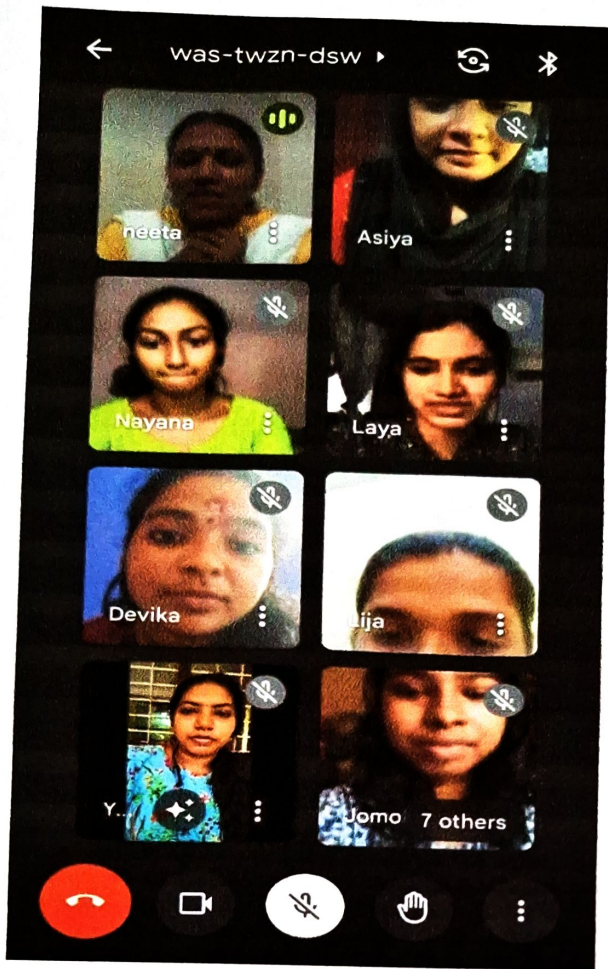
Women Cell
All Saints' College, Thiruvananthapuram
organises an
Online Conditioning Camp
for
Life skills
Mental Wellness
Team building



Training offered by Ms. Neeta K.C,
Professional Trainer
12-13 May, 2023



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7



Conditioning camp in progress



Reshmi
Principal
All Saints' College
Thiruvananthapuram-7