

All Saints' College, Thiruvananthapuram
Annual Gender Sensitisation Action Plan- 2022-2023

In order to instill a sense of pride and self-esteem through social outreach, the college collaborated with Women Cell, an initiative sponsored by the Kerala Women's Development Corporation to perform flash mobs for an anti-drugs campaign. The students also performed flash mobs for Thanal- an NGO to raise awareness against single use plastic.

The institution also ensured health and wellness initiatives were available to the students through fitness programmes and interactive sessions on menstrual and reproductive health. The college collaborated with reputed hospitals and NGOs for addressing the concerns of the students. Students were also given training in self-defence by officers of the Kerala Police. The three-day initiative was well received.

An interactive session on Cyber-security was deemed necessary and for this, yet again the officers of the Kerala Police were pressed into action. In order to inspire students towards greater action and to aspire for positions of power to good for society, students were taken on a visit to the Women's Safety Expo organized by the Kerala Police and they also met Ms Nishanthini IPS, DIG of Police.

To make the students prepared for any emergency and to render them responsible citizens, the college organized a session on First Aid and CPR Training in association with the Department of Emergency Medicine of Ananthapuri Hospitals.

To ensure that students develop a confident demeanour, the college organized a conditioning camp towards self-articulation.

The college also organised a Gender Sensitisation talk to encourage inclusivity and awareness on diversity among students.



Reshmi
PRINCIPAL
All Saint's College
Thiruvananthapuram.

INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

CRITERIA 7.1.1



7.1.1 Number of gender equity promotion Programmes organized by the institution during [2022-2023]

☎ 0471 250 1153

🌐 www.allsaintscollege.ac.in

📍 VKarikkakam, Thiruvananthapuram,
Kerala 695007



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All Saints' College
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HEALTH & WELLNESS



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



Students at the Thampanoor venue after the Flash Mob



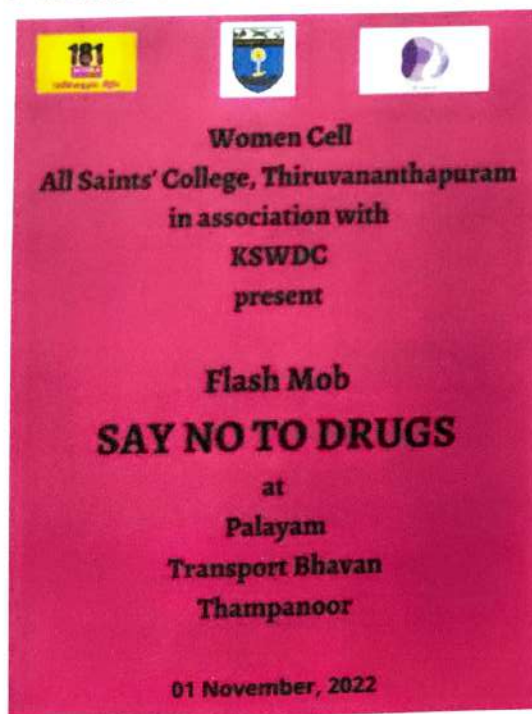
Reshmi
Principal
All Saints' College
Trivandrum



HEALTH & WELLNESS



Flash Mob at Palayam



The activities of the Cell for the academic year 2022-23 began with the Flash Mob on 01 November. 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.



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HEALTH & WELLNESS



CARISMA In Association With Credence Hospital

Women's Day Celebration 2023



Rani Mohandas
(Alumna)
Chief Guest



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



Dr. Sarithamma Mathew
Managing Director &
Chief Consultant
Credence Hospital



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



Anaguma Sandeep
(Alumna)
Founder Carisma

Session On Women's Health And Endometriosis Followed by Zumba

March 8th | 10 am



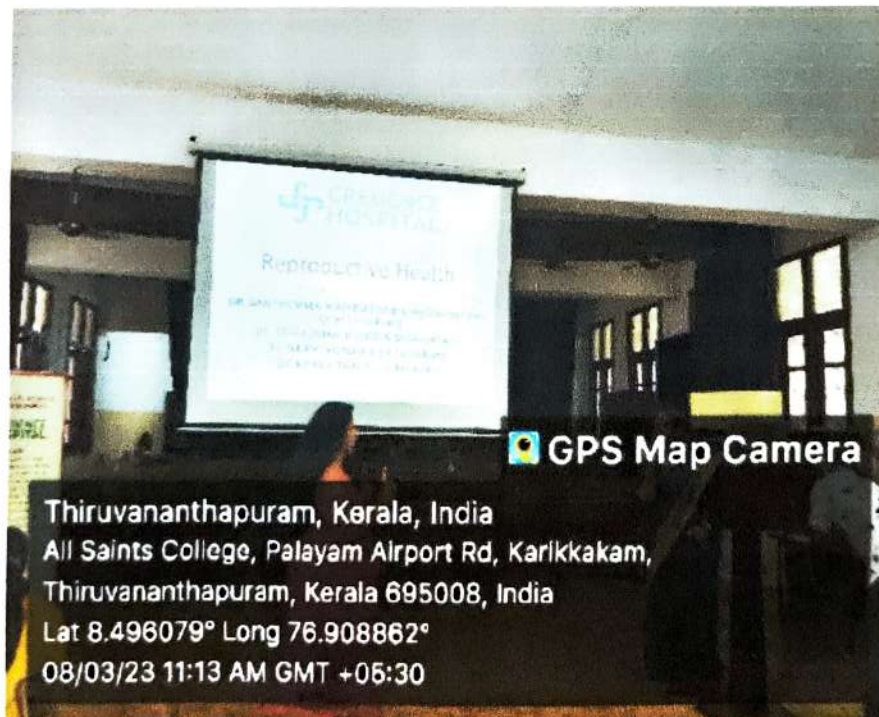
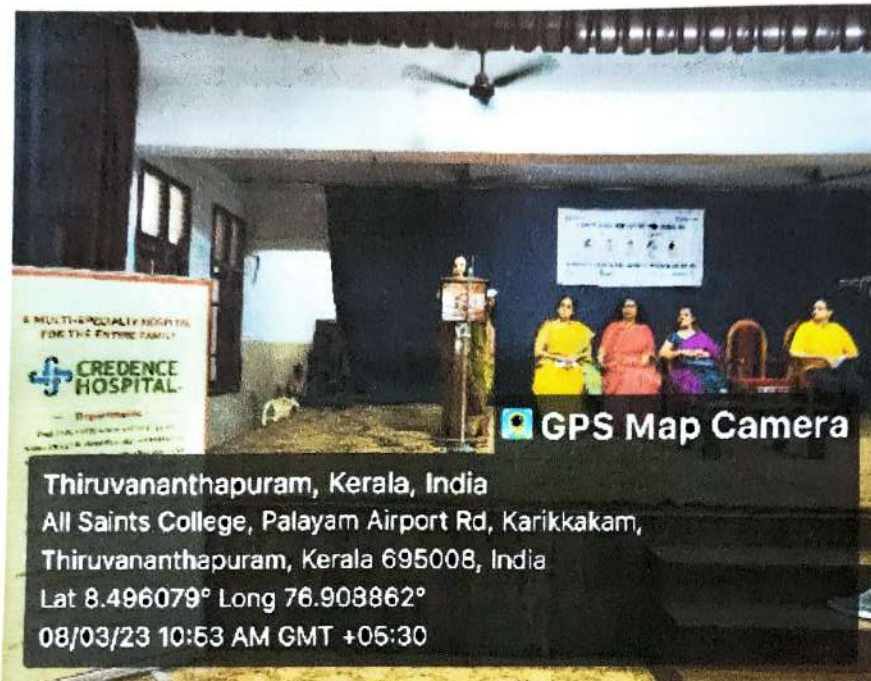
This was followed by an energizing session of Zumba led by professional trainers, that helped encourage youngsters to adopt a fit and healthy lifestyle as opposed to a sedentary one. the students thoroughly enjoyed the session.



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HEALTH & WELLNESS



**Session on Reproductive Health and Awareness on
Endometriosis in progress**

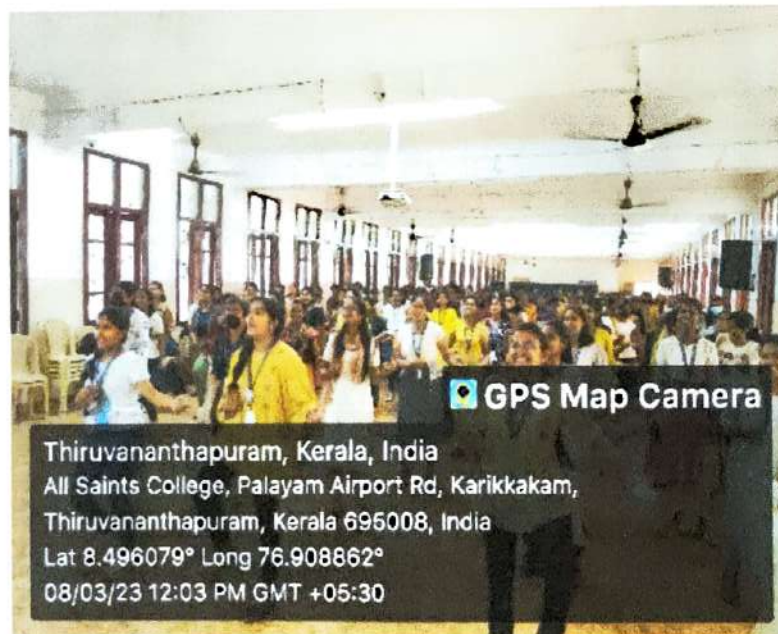
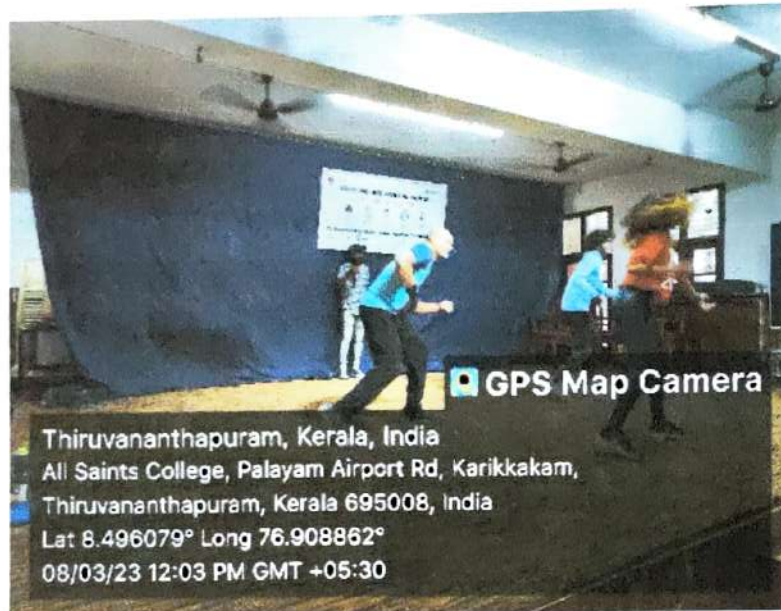


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Trivandrum

HEALTH & WELLNESS






Zumba session in progress.



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WOMEN EMPOWERMENT



Women Cell
All Saints' College, Thiruvananthapuram

Self-Defense Orientation
Civil Police officers, Kerala Police



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

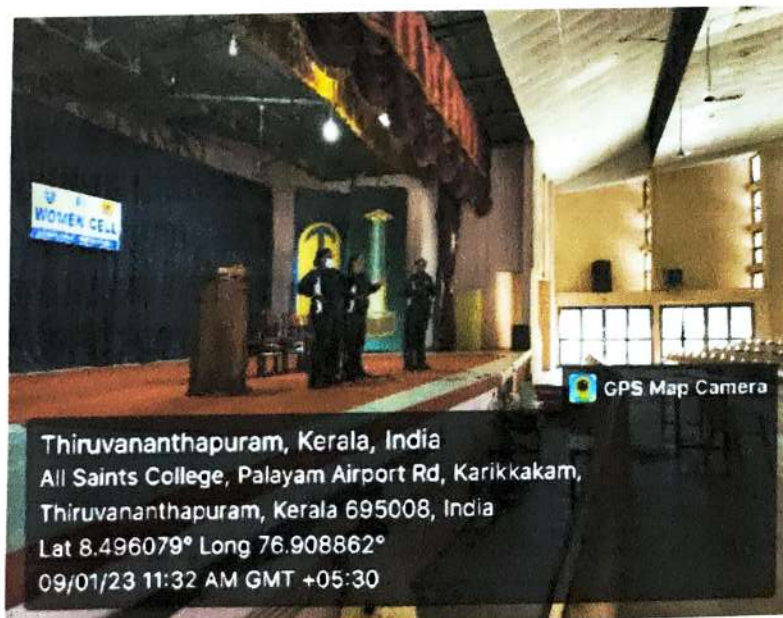
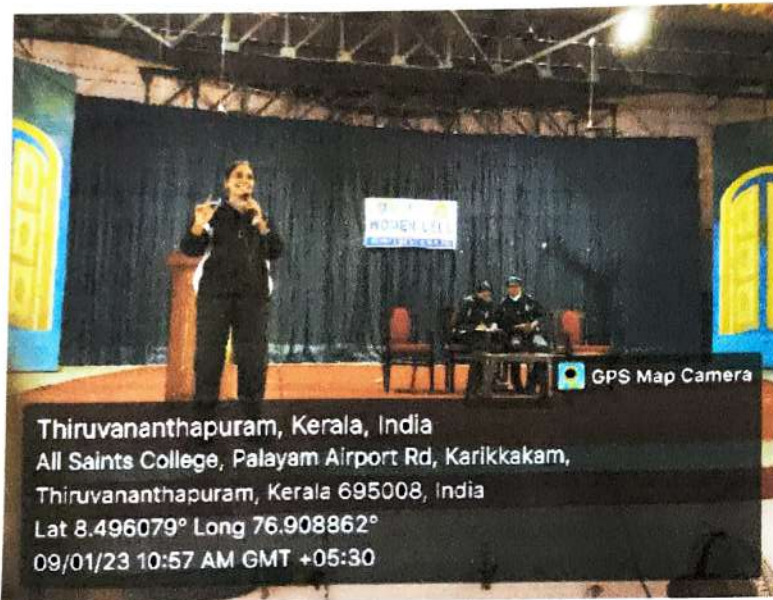
The police officers of the Kerala Police provided the students with an orientation on Self-Defense on 09 January, 2023. The preliminary concepts of Self-Defense were imparted.



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All Saints' College
Thiruvananthapuram



WOMEN EMPOWERMENT



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WOMEN EMPOWERMENT



Self-Defense orientation in progress



Students participating in the Self-Defense Training Camp.



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Thiruvananthapuram



WOMEN EMPOWERMENT



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

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.



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All Saints' College
Thiruvananthapuram



WOMEN EMPOWERMENT



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. 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.



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WOMEN EMPOWERMENT



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**

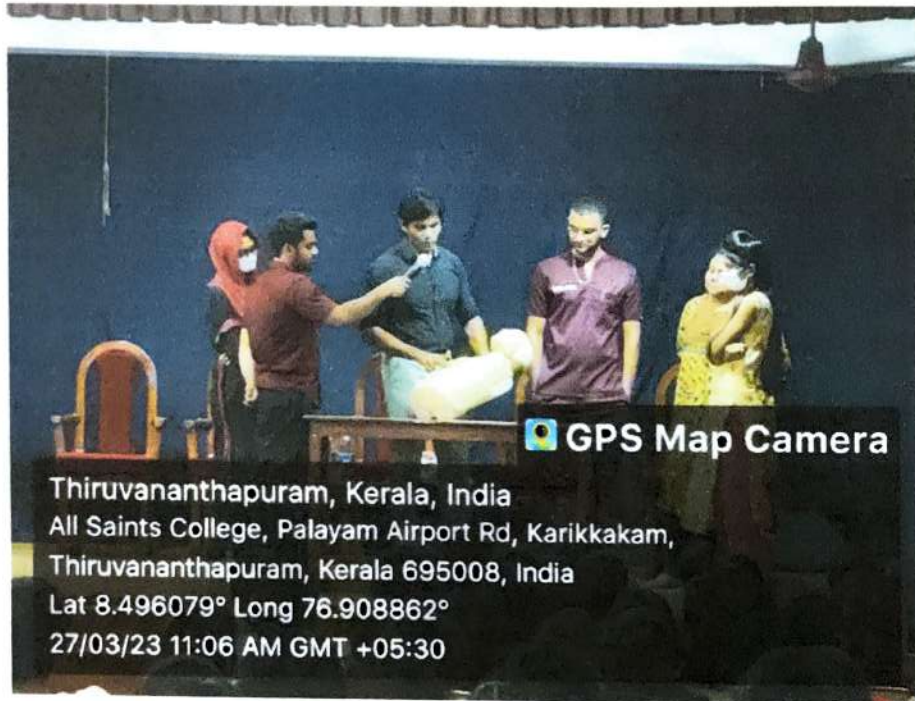
On 27 March, 2023 the Women Cell organised a training session on First Aid and CPR. Dr. Shiju Stanley, MD(Accident & Emergency Medicine), MEM, PGD – AP and his team of doctors addressed the students regarding the importance of administering First-Aid in a timely manner and also made students aware of the protocols of administering First Aid. This was followed by a demo and training session on CPR which the students found extremely useful.



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WOMEN EMPOWERMENT






CPR training sessions in progress




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WOMEN EMPOWERMENT



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

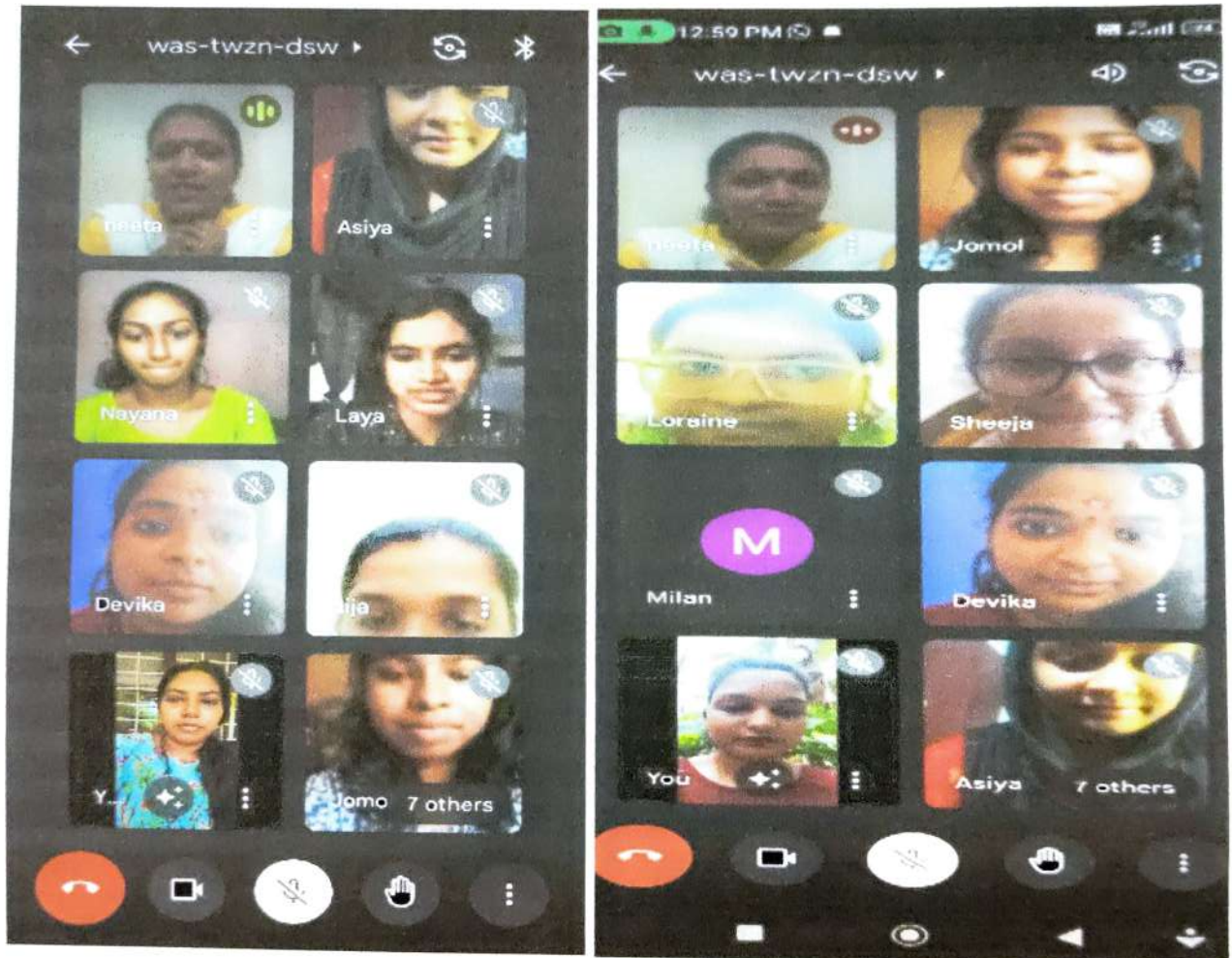
The Women Cell conducted an Online Conditioning Camp for Life Skills, Mental Wellness and Team Building from 12 to 13 May, 2023. Ms. Neeta K C, who is a professional trainer was the resource person taught the students the art of cognitive skills management, introspection, encouragement for self-expression and articulation.



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WOMEN EMPOWERMENT



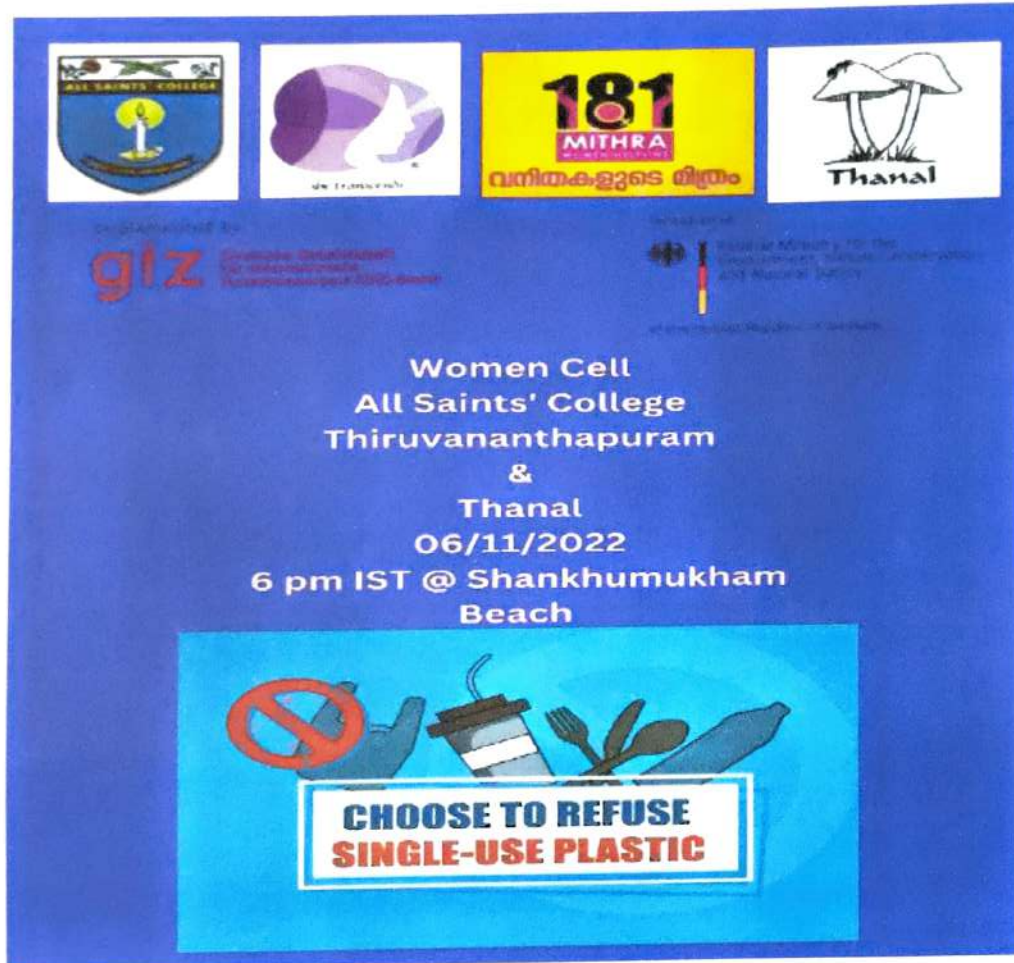
Conditioning camp in progress



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WOMEN EMPOWERMENT



Organized by
giz Gender Initiative for Women

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വനിതകളുടെ മിത്രം

Thanal

Women Cell
All Saints' College
Thiruvananthapuram
&
Thanal
06/11/2022
6 pm IST @ Shankhumukham
Beach

**CHOOSE TO REFUSE
SINGLE-USE PLASTIC**

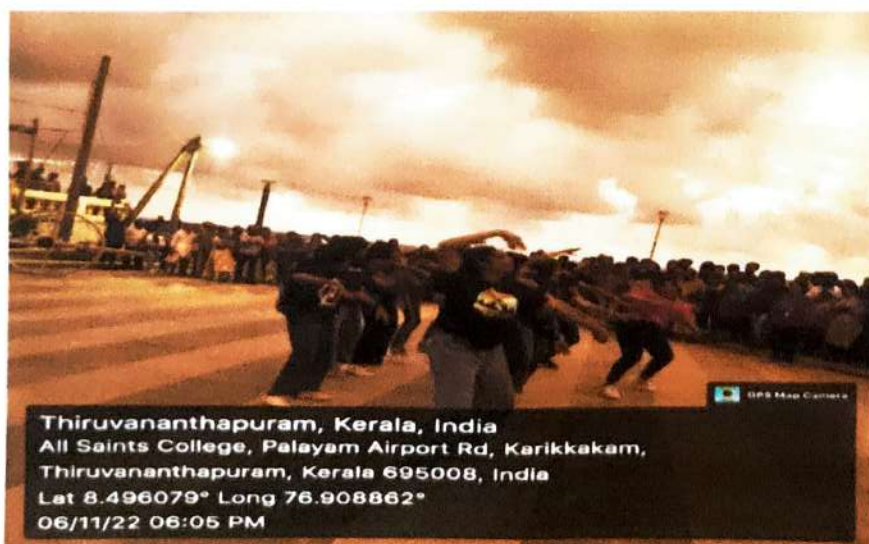
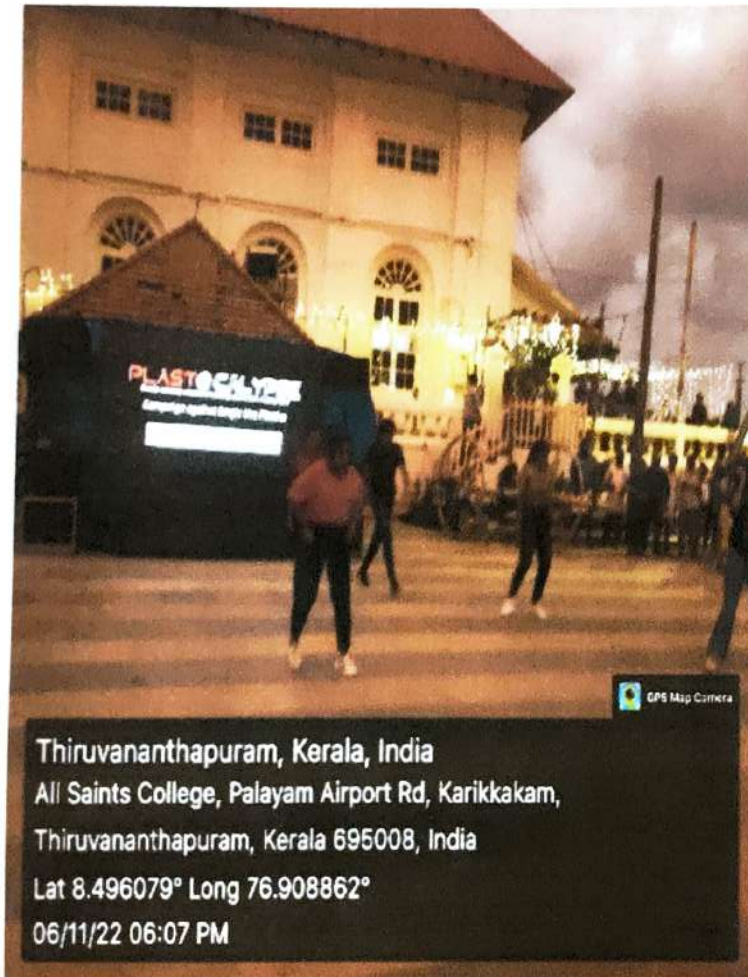
The Cell then went on to perform a Flash Mob in association with Thanal, a prominent NGO to raise awareness about preventing single use plastic on 06/11/2022 at 6 pm, at Shankhumukham Beach. The students of the Cell performed amidst the huge crowds at the Beach, thus helping the Cell actualize its intentions.



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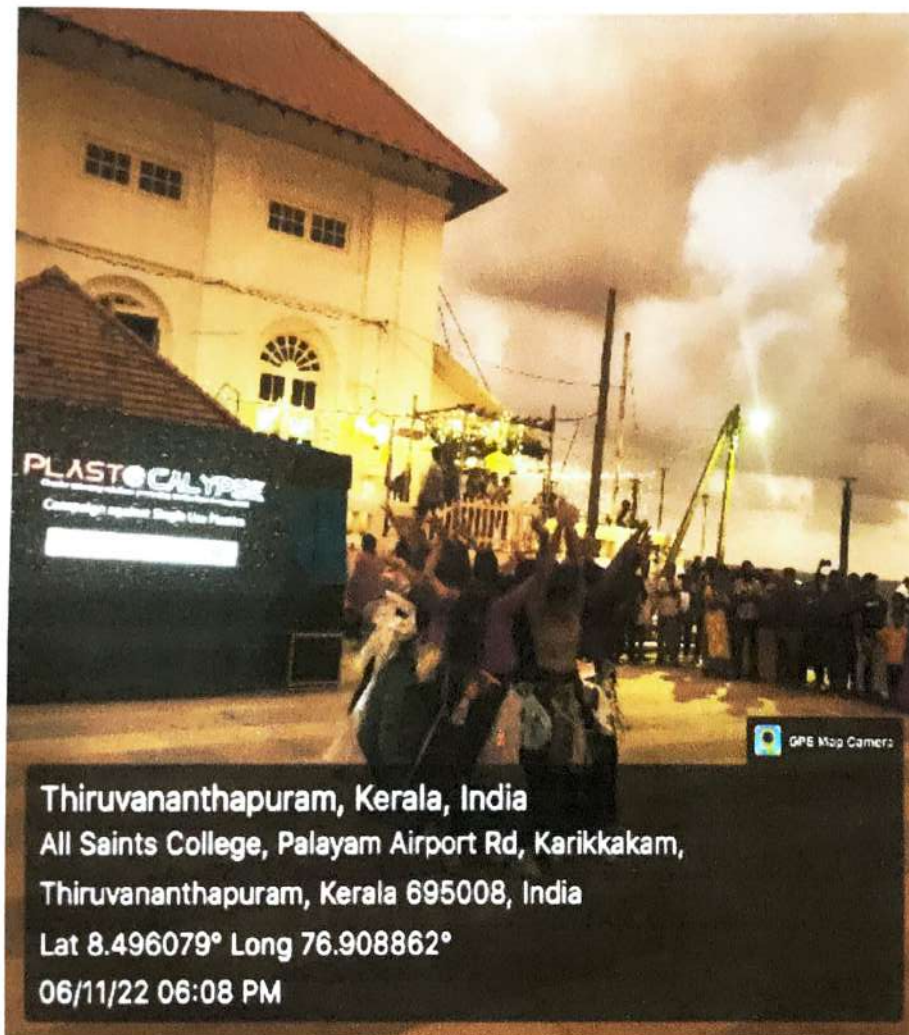
WOMEN EMPOWERMENT



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WOMEN EMPOWERMENT






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GENDER SENSITISATION PROGRAM



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

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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