



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



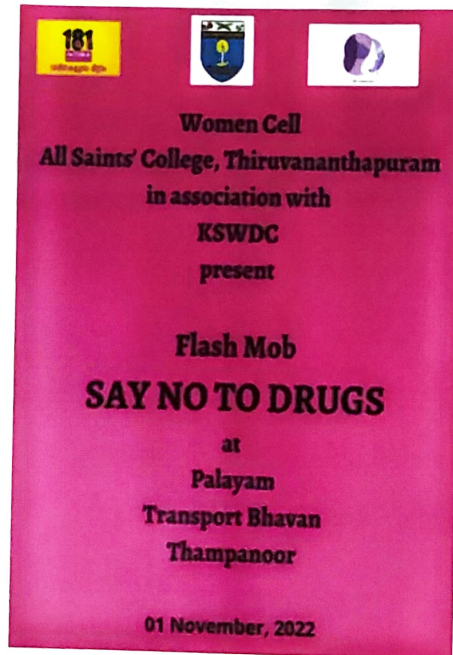
Reshmi
Principal
All Saints' College
Trivandrum



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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CARISMA In Association With Credence Hospital

Women's Day Celebration 2023



Rani Mohandas

(Alumna)
Chief Guest
President of
Maharaja's College 1981 employees



Dr. Reshmi R Prasad

Principal & Professor
All Saints College Trivandrum



Dr. Santhamma Mathew

Managing Director &
Chief Consultant
Credence Hospital



Dr. Sree Kumari R

Former Head Of The
Department & Senior
Consultant
Credence Hospital



Anugama Sandeep

(Alumna)
Founder Carisma

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



March 8th | 10 am



ZUMBA



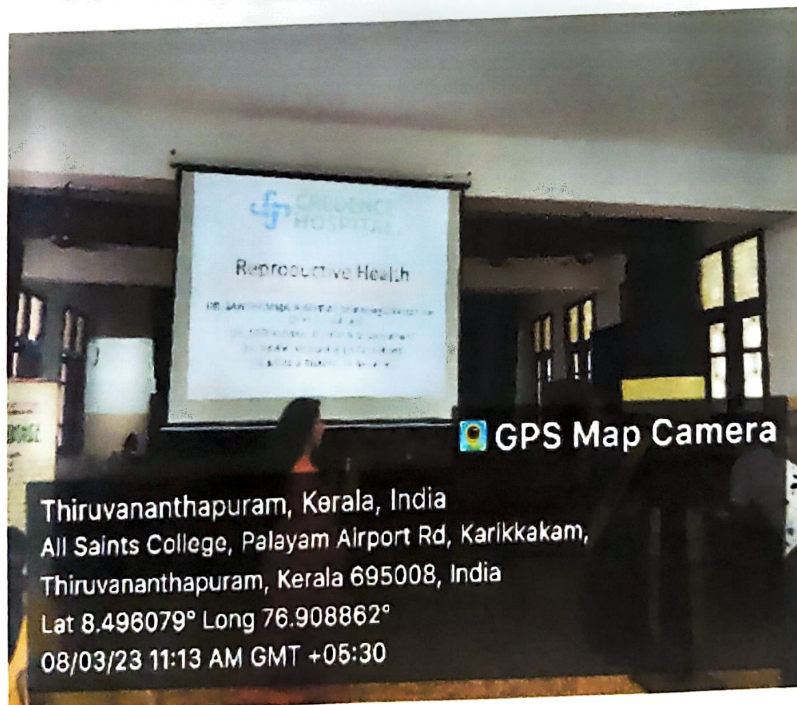
This was followed by an energizing session of Zumba led by professional trainers, that helped encourage youngsters to adopt a fit and healthy lifestyle as opposed to a sedentary one. the students thoroughly enjoyed the session.



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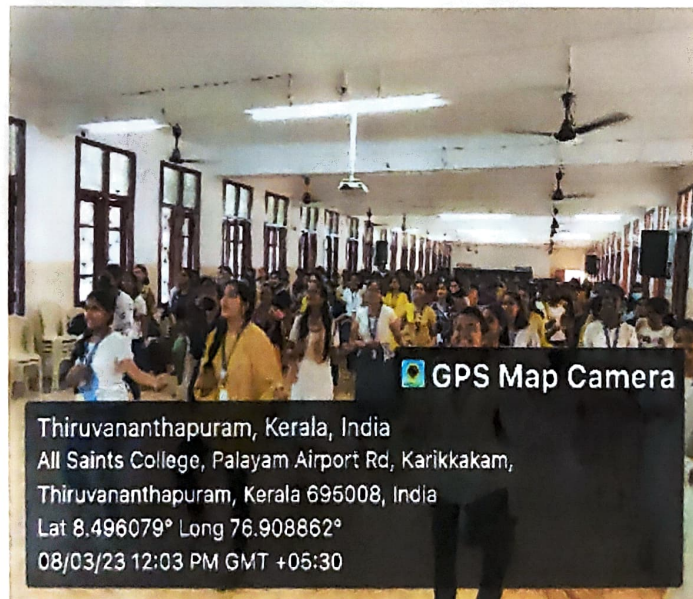
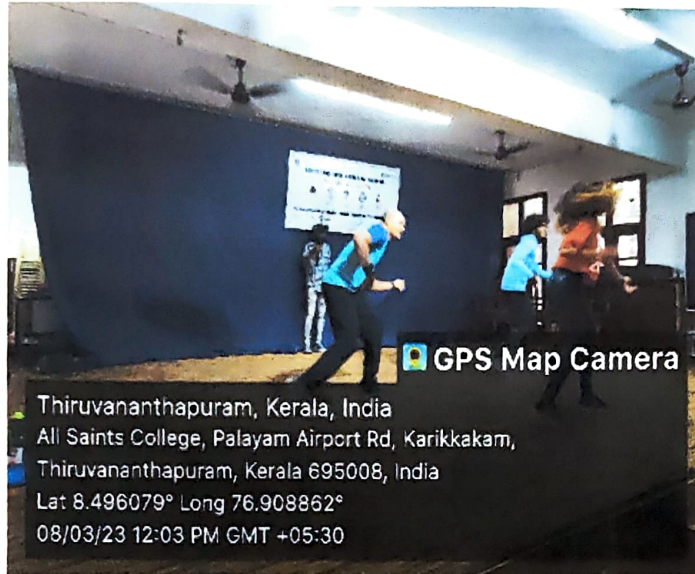
Session on Reproductive Health and Awareness on
Endometriosis in progress



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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

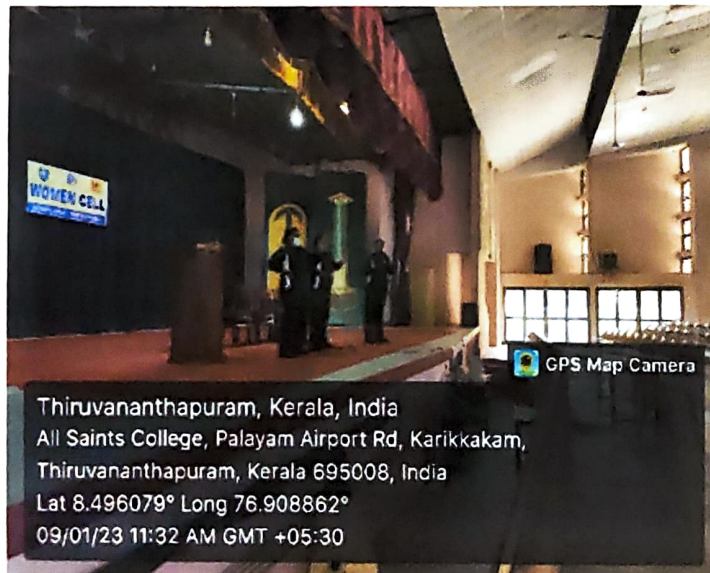
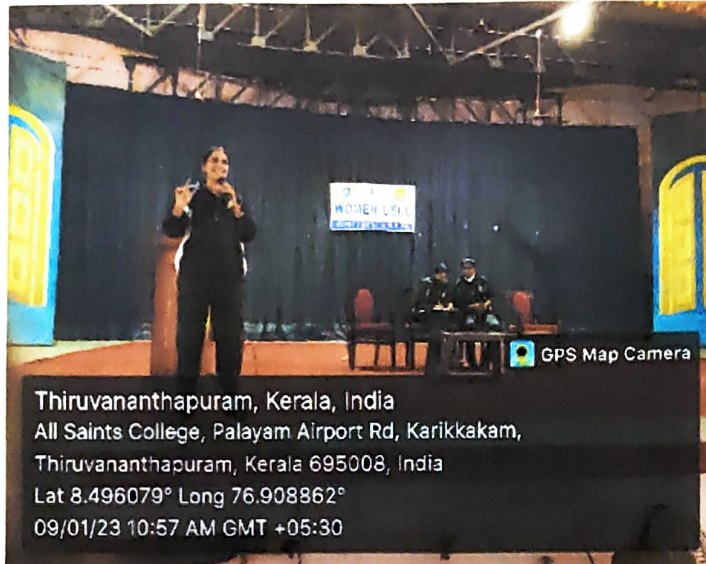
The police officers of the Kerala Police provided the students with an orientation on Self-Defense on 09 January, 2023. The preliminary concepts of Self-Defense were imparted.



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WOMEN EMPOWERMENT



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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.

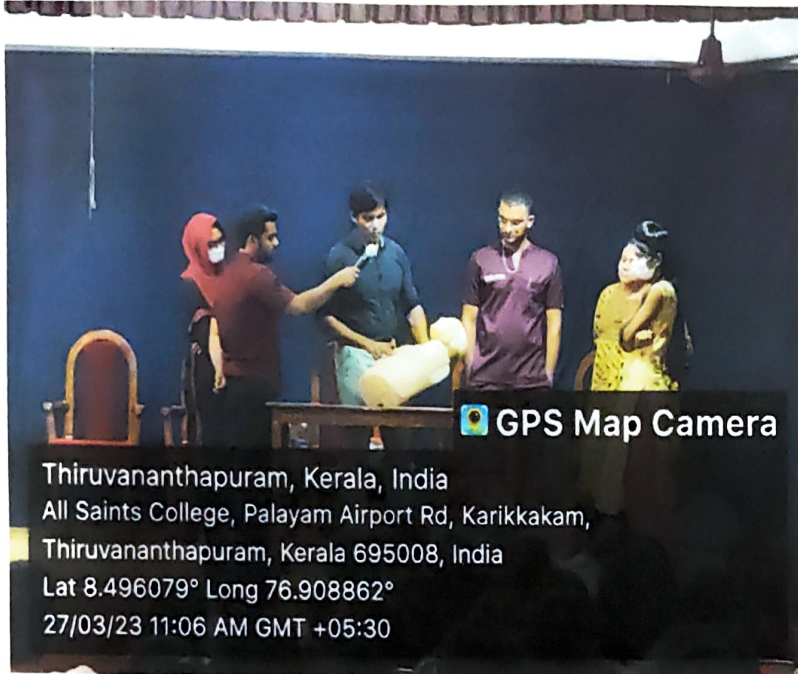


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CPR training sessions in progress

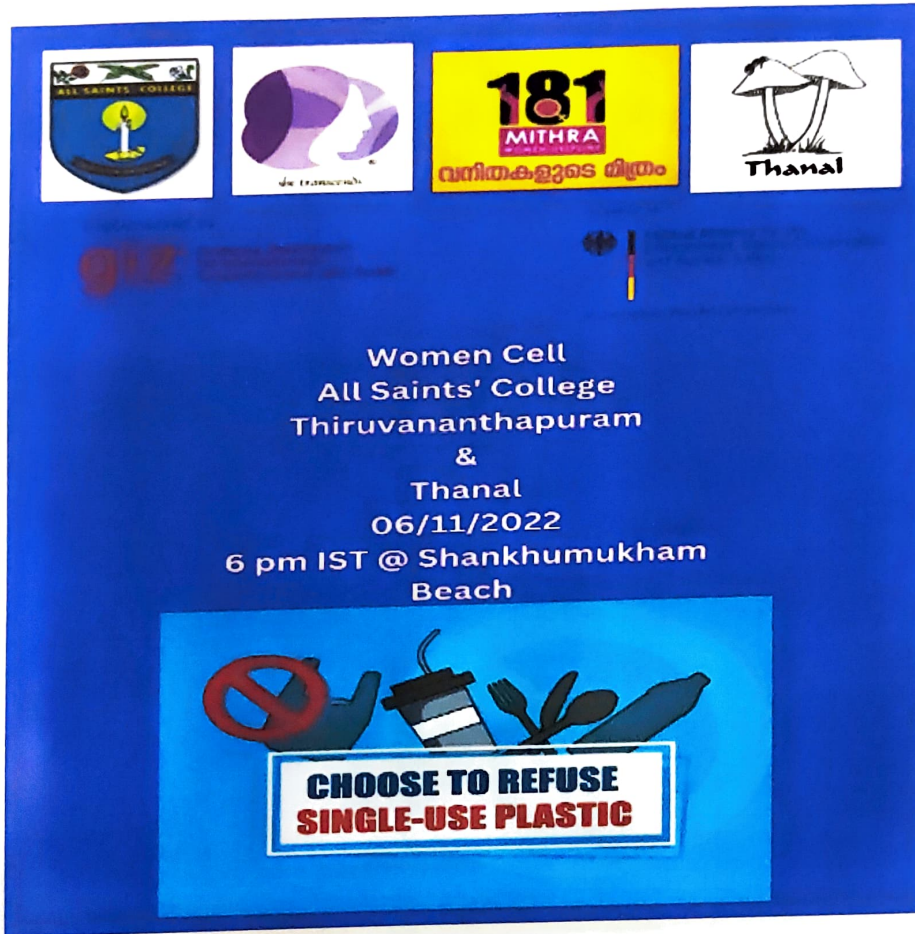


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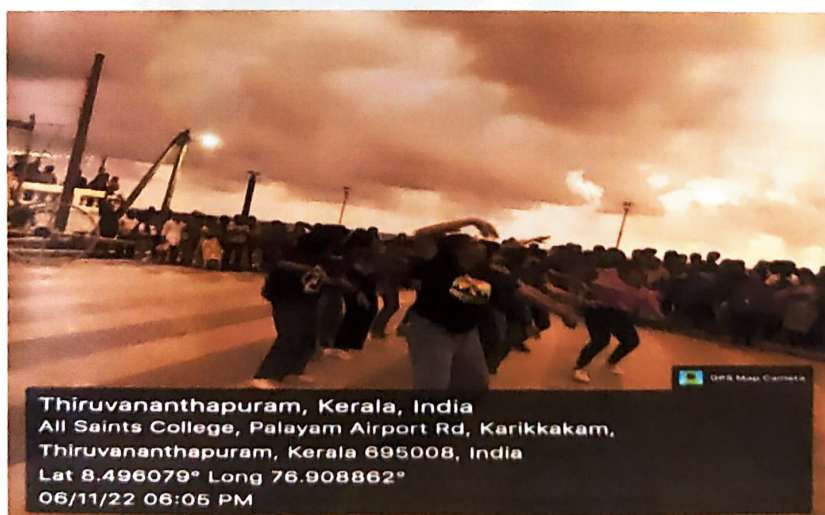
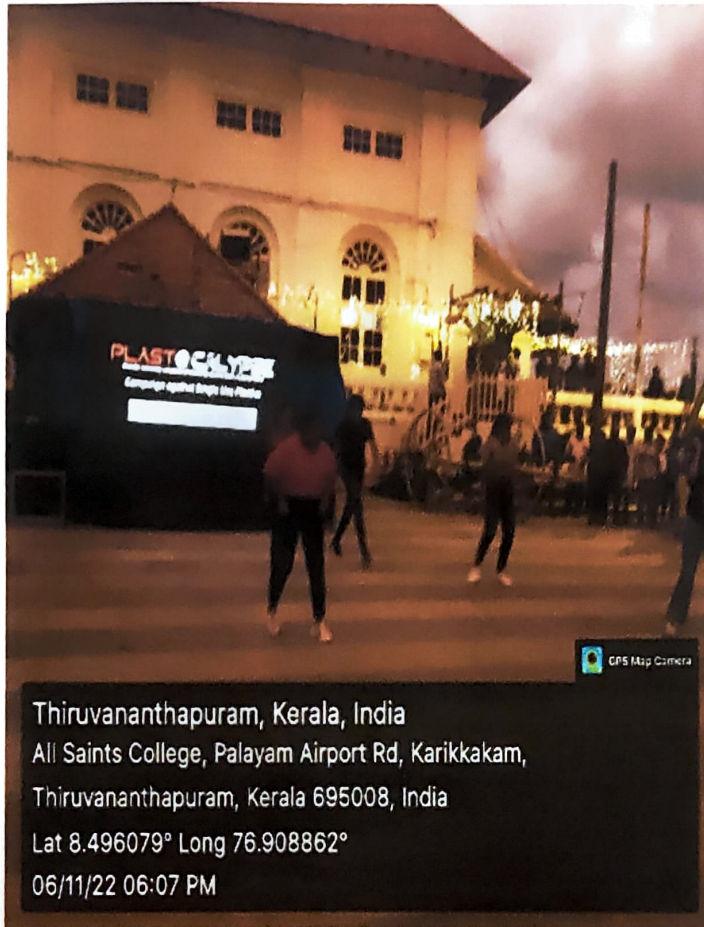
The Cell then went on to perform a Flash Mob in association with Thanal, a prominent NGO to raise awareness about preventing single use plastic on 06/11/2022 at 6 pm, at Shankhumukham Beach. The students of the Cell performed amidst the huge crowds at the Beach, thus helping the Cell actualize its intentions.



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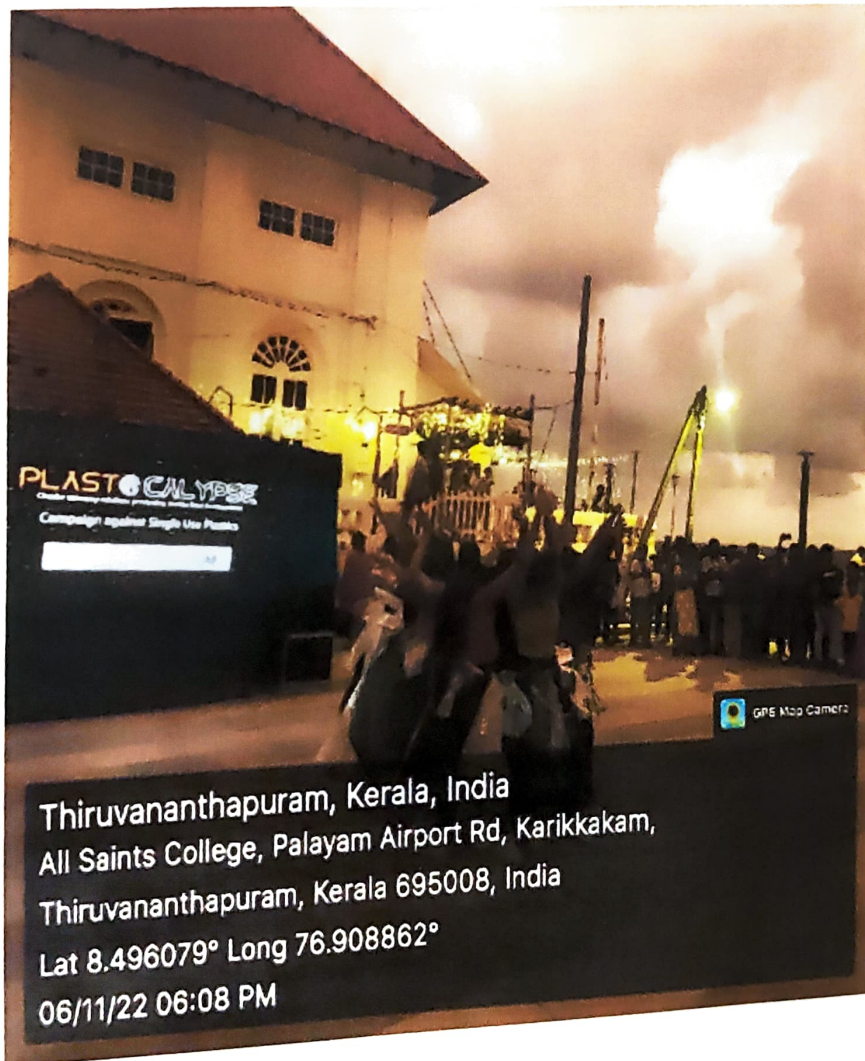
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WOMEN EMPOWERMENT



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