

**REPORT OF ACTIVITIES CONDUCTED AS PART OF THE MOU SIGNED BETWEEN ALL  
SAINTS' COLLEGE, THIRUVANANTHAPURAM AND ST. JOSEPH'S COLLEGE, ALAPPUZHA**

All Saints' College, Thiruvananthapuram, signed a Memorandum of Understanding (MoU) with St. Joseph's College, Alappuzha, to support underprivileged and economically, socially, and politically vulnerable communities within both institutions. This MoU aims to foster a collaborative framework to empower students, academics, and researchers by developing programs that promote learning, awareness, and capacity building across various areas. The partnership seeks to enhance the overall development of individuals, ensuring they are equipped to address various challenges in their personal and professional lives.

**Objectives of the MoU:**

1. To promote educational, cultural, and personal development through joint initiatives.
2. Conduct activities and programs that provide vulnerable communities with social, emotional, and psychological support.
3. Organize awareness sessions, workshops, and training programs focused on holistic well-being and academic enrichment.
4. To encourage the exchange of knowledge and best practices between the two institutions.

**Activities Conducted Under the MoU:**

**1. Yoga and Meditation Sessions:**

Yoga sessions were organized at St. Joseph's College for Women, Alappuzha, as a part of this collaborative initiative. These sessions aimed to integrate yoga and meditation into the lives of students and faculty members to help them manage stress, improve mental clarity, and maintain physical well-being. The sessions included:



*Reshmi*  
**PRINCIPAL**  
All Saint's-College  
Thiruvananthapuram

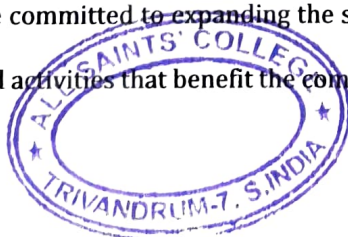
- **Introduction to Yoga and Its Benefits:** Students and faculty were educated about the physical, mental, and spiritual benefits of yoga.
- **Guided Meditation Practices:** Participants engaged in guided meditation techniques to promote mindfulness and emotional resilience.
- **Stress Management Techniques:** Sessions included practices designed to help individuals cope with stress and anxiety effectively.
- **Interactive Discussions:** Open discussions on how to integrate yoga and meditation into daily routines were conducted, allowing participants to share their experiences and learn from one another.

## **2. Awareness and Empowerment Programs (Proposed Activities):**

In addition to the yoga sessions, both institutions have proposed a series of future activities under the MoU to further its objectives. These include:

- Workshops on life skills development, career planning, and self-awareness.
- Academic exchange programs, including guest lectures and joint research projects.
- Community outreach programs focusing on health, hygiene, and environmental awareness.
- Counseling and mentorship programs for students facing personal or academic challenges.

The activities conducted as part of the MoU between All Saints' College, Thiruvananthapuram, and St. Joseph's College, Alappuzha, mark the beginning of a fruitful collaboration to address the holistic needs of students and faculty. These initiatives foster personal and professional growth and strengthen the ties between the two institutions, setting a strong foundation for future joint endeavors. Both colleges are committed to expanding the scope of this partnership to include a wider range of programs and activities that benefit the community at large.



*Reshma*  
PRINCIPAL  
All Saint's College  
Thiruvananthapuram



**St. Joseph's College for Women, Alappuzha**

*Affiliated to the University of Kerala*

*Ranked in NIRF (151-200)*

*Reaccredited with NAAC A+ Grade (IVth Cycle)*



## CERTIFICATE

OF APPRECIATION

THIS CERTIFICATE IS PRESENTED TO

*Dr Divya S R*

Associate Professor, Department of Physical Education, All Saints College,  
Trivandrum has served as Resource Person in the Session Yoga for Better Life  
organized at St. Joseph's College for Women, Alappuzha on November 25 2023

*Helency G.*

HELENCY. G.  
Assistant Professor,  
HOD, Physical Education  
St. Joseph's College for Women,  
Alappuzha

*Usha A. A.*

Dr. Sr. Usha A. A  
Principal



*Resham*  
PRINCIPAL  
All Saint's College  
Thiruvananthapuram