



All Saints' College
T r i v a n d r u m

5.1.3 CAPABILITY ENHANCEMENT INITIATIVES REPORT

2016-2021



3. Life skills (Yoga, physical fitness, health and hygiene)

Name of event	International Yoga Day Celebration
Date	21/6/2017
Organizer	Department of Physical Education

International Yoga was celebrated on June 21st 2017. Mrs Maheswari Yoga therapist inaugurated the day

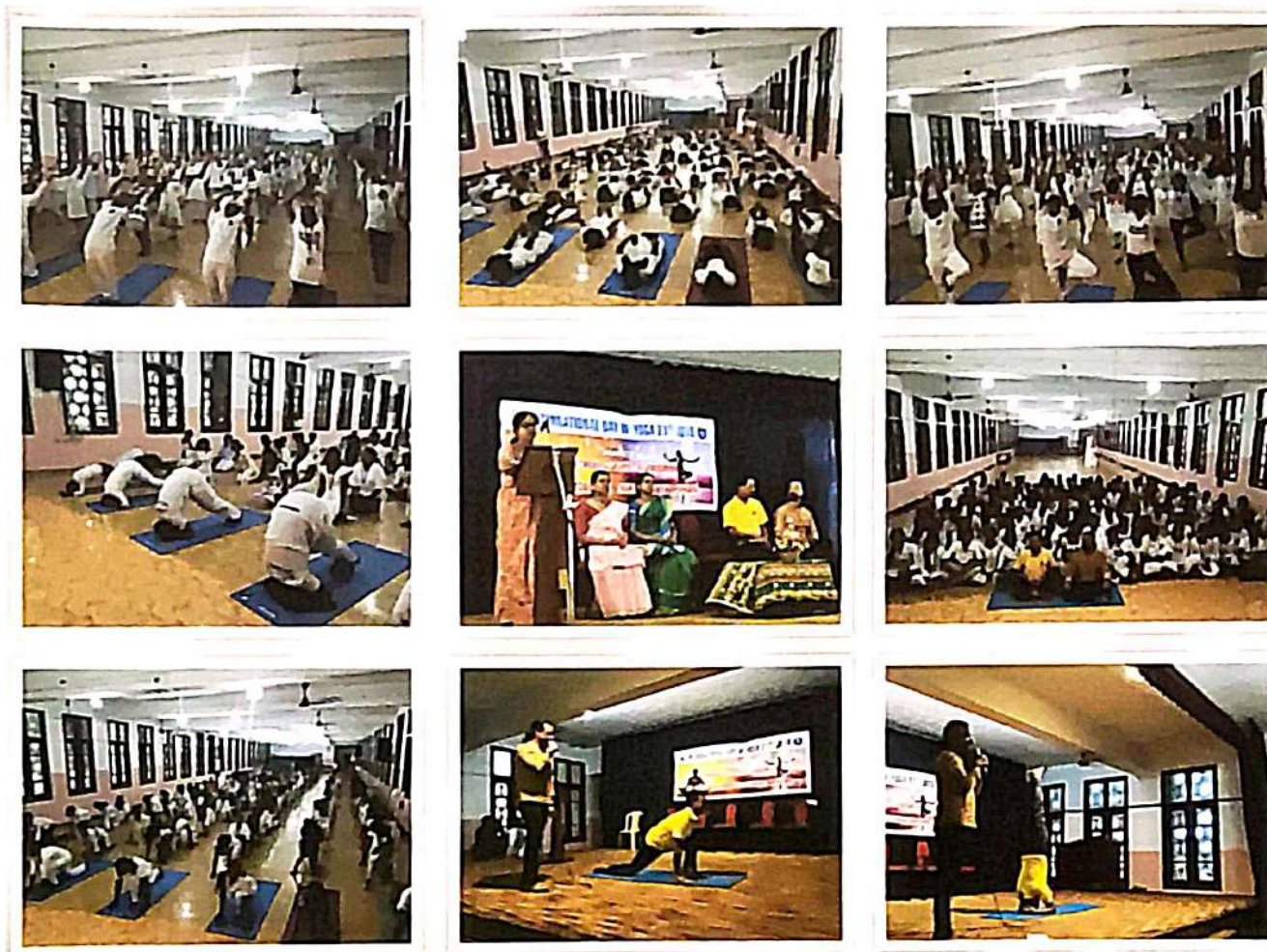


Name of event	International Yoga Day Celebration
Date	22/6/2018
Organizer	Department of Physical Education



Reshmi
 ——— Principal
 All Saints College
 Thiruvananthapuram-7

The College observed the International Yoga day on 22nd June 2018 at the Recreation hall. instructors Brahmanandan and Sumesh of Sivananda Ashram Yoga Centre, Neyyar Dam, demonstrated the Asanas to students.

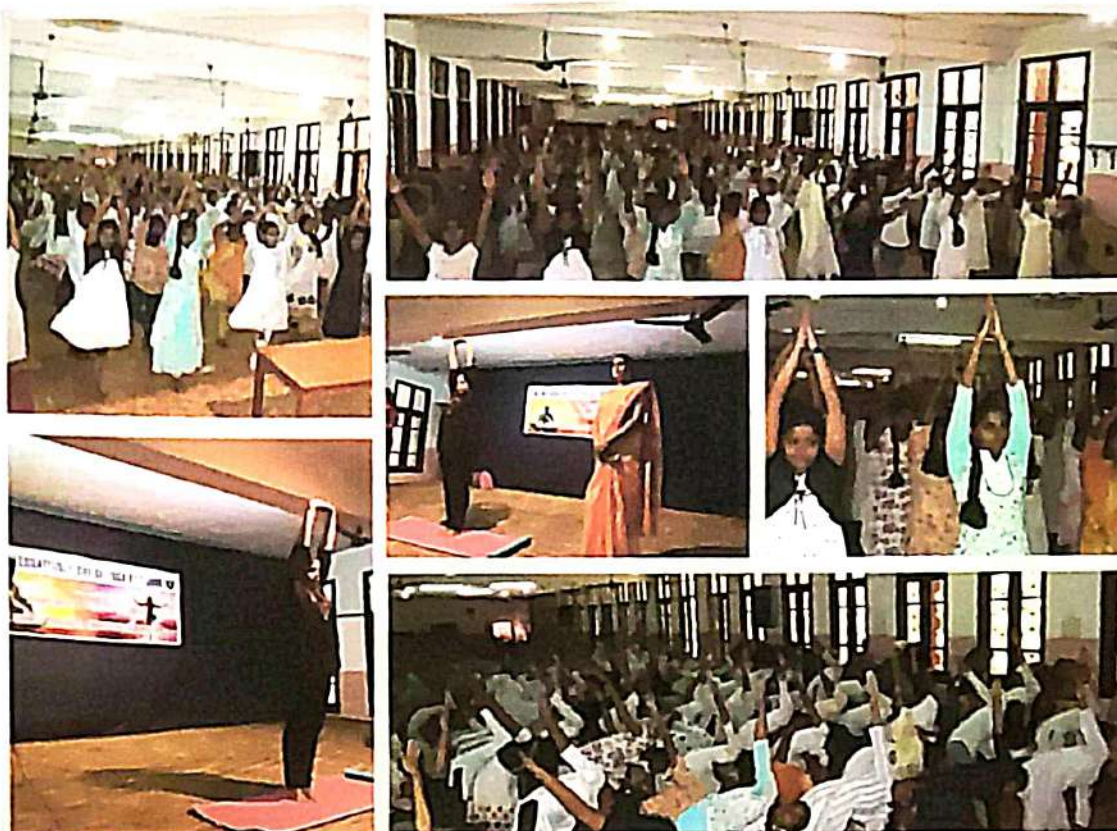


Name of event	International Yoga Day Celebration
Date	22/6/2019
Organizer	Department of Physical Education

The College observed the International Yoga day on 22nd June 2019 at the Recreation hall. Smt Manju L and Chinchu G yoga instructors demonstrated the Asanas to students.



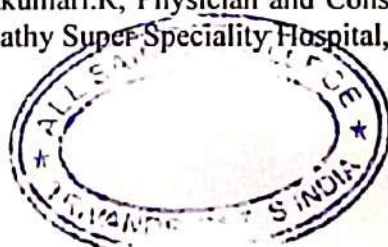
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Principal
All Saints College
Thiruvananthapuram



Name of event	A Fit India Movement Walkathon
Date	30/8/2019
Organizer	Department of Physical Education

Name of event	Talk on “Health Issues seen among the Adolescents and its Management”		
Resource Person	Dr. Lathakumari.R, Physician and Consultant of Prasuthi Thantra, KP Pathrose Vaidiyan's Kandamkulathy Super Speciality Hospital, Palayam, Trivandrum		
Date	10/10/2018	Venue	Recreation Hall
Organizer	Department of Zoology		

The Department of Zoology organised a talk on “Health Issues seen among the Adolescents and its Management” by Dr. Lathakumari.R, Physician and Consultant of Prasuthi Thantra, KP Pathrose Vaidiyan's Kandamkulathy Super Speciality Hospital, Palayam, Trivandrum.



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Name of event	Awareness against drug abuse		
Resource Person	Mr. Bijukumar and Mr. Anilkumar, Range Protective officers of Excise Department.		
Date	30/1/2019	Venue	College Auditorium
Organizer	Antinarcotic Cell and Anti Drug Cell		

The talk was led by Mr. Bijukumar and Mr. Anilkumar, Range Protective officers of the Excise Department. The talks envisaged to promote abstinence and create comprehensive awareness against drug abuse. They emphasized the importance of selfless love and open hearted discussion among family members to reduce the use of narcotics. The talk came to an end at 1:30 pm.



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As a part of extension activity students food exhibition was conducted with the theme 'Healthy Snacks for Healthy Living'.



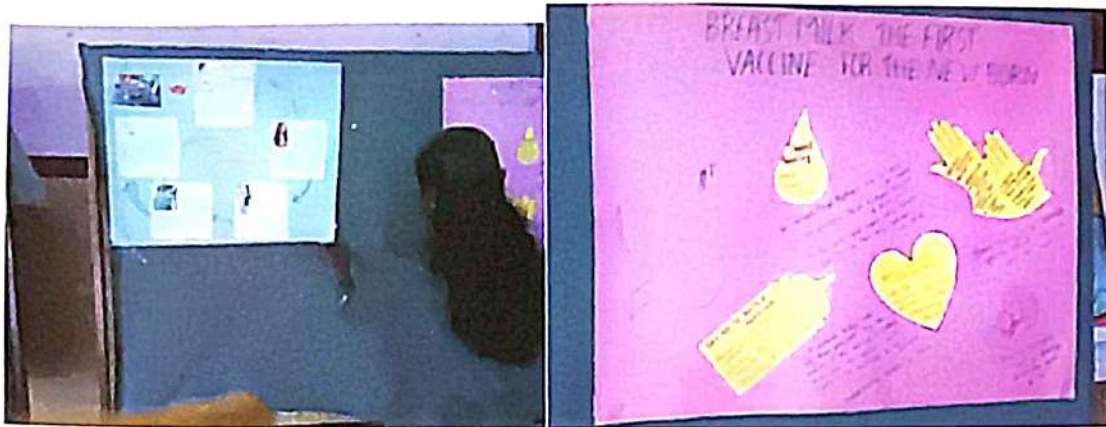
The participants proudly display an array of delicious and healthy snack options

A poster exhibition was also successfully conducted with the theme 'Nutrition from the Start'. The idea was to spread awareness about the importance of a healthy diet and right nutrition from the time of birth itself. The students did a commendable job and their efforts were well appreciated.



Reshmi

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All Saints College
The Hyderabad, India



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-Principal
All Saints' College
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Department organized an online National Seminar on 17-01-2021 in the topic **“Build your Physique Build your Nation”**. Resource person Dr C Durai Assistant Professor Department of Physical Education and Sports, MSU, Tamilnadu delivered the talk.

A National Webinar on
'BUILD YOUR PHYSIQUE BUILD YOUR NATION'
 10.30 AM; DATE 17 FEB 2021, WEDNESDAY
<https://meet.google.com/jdm-ykhv-dmb>

Dr. C. DURAI
 M.Sc., B.P.E., M.P.Ed., Ph.D.
 Assistant Professor
 Head of Department of Physical Education and Sports, MSU
 Director of Centre for Physical Education, MSU

SPECIAL INTERESTS
 Ph.D. Sports Technology
 M.Phil. Sports Psychology

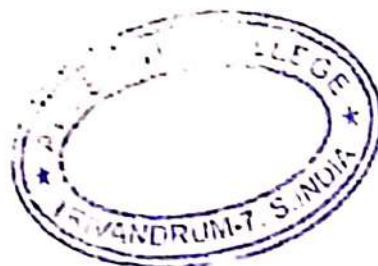
SPECIALISATION
 Applied Sports and Exercise Psychology, Olympics and Injuries

Department of Physical Education
All Saints' College
Trivandrum

Patron : Mother Mary Francis
 Director : Sr. Belinda
 Principal : Dr. Deepa M
 Organizing Secretary : Dr. Margaret Leema V
 with Department of Physical Education
 Convener : Dr. Dilipa S R
 Department of Physical Education



College observed the **International yoga day** on 21 st June 2020 in online mode. Our sports students demonstrated various Yoga asanas with the help of a video. Department also conducted a National – E sports Quiz related to Yoga on the same day. A yoga competition for teachers was also conducted



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 All Saints' College
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INTER-DEPARTMENTAL YOGA COMPETITION

Organized by
**Department of Physical Education,
 All Saints College,
 TVM**

ON
**INTERNATIONAL YOGA
 DAY 21 JUNE 2021**

How to participate?

- VIDEOS PERFORMING YOGA TWO POSES WITHIN A MINUTE
- EACH YOGA POSE SHOULD BE HELD ATLEAST FOR 8 SECONDS
- TWO PHOTOS OF PERFORMING YOGA
- WHATS APP TO 6282448134
- LAST DATE OF ENTRIES 19.06.2021

DEPARTMENT OF PHYSICAL EDUCATION
 ALL SAINTS' COLLEGE, TVM
 INTER COLLEGIATE YOGA COMPETITION 2021 ON INTERNATIONAL YOGA DAY

WINNERS

FIRST PRIZE
 KALYANI U
 DC I B Com Fin

SECOND PRIZE
 ATHIRA S KUMAR
 DCIII ENG. LIT

THIRD PRIZE
 SREE LEKSHMI G R
 DCIII ENG. LIT

THIRD PRIZE
 GOPIKA KRISHNA S S
 DCI PHYSICS

CONGRATULATIONS



YOGA COMPETITION FOR TEACHERS

ORGANIZED BY
**DEPARTMENT OF PHYSICAL EDUCATION,
 ALL SAINTS' COLLEGE, TVM**

ON
**International yoga day
 21 JUNE 2021**

HOW TO PARTICIPATE?

- VIDEOS PERFORMING YOGA (ANY TWO POSES)
- TWO PHOTOS OF PERFORMING YOGA
- WHATSAPP TO 6282448134
- LAST DATE OF ENTRIES 20.06.2021

DEPARTMENT OF PHYSICAL EDUCATION
 ALL SAINTS' COLLEGE, TVM

YOGA COMPETITION FOR TEACHERS ON INTERNATIONAL YOGA DAY

WINNERS

FIRST PRIZE
 Dr. JAYALAKSHMI

SECOND PRIZE
 Dr. LEKSHMI M I

THIRD PRIZE
 Dr. VEDHA SURESHKANTH



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 All Saints' College
 Thiruvananthapuram-7**



ALL SAINTS' COLLEGE THIRUVANATHAPURAM

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INTERNATIONAL YOGA DAY CELEBRATION

Department of History & Pol. H. Inst. & Centre



ONLINE YOGA TRAINING



Resource Person
Sobha Haridas

Yoga Shilmani
Certificate Holder of Yoga & Naturopathy,
MG University, Kottayam



Date | 21-06-2021
Time | 5:00 pm
Online Platform | Google Meet

Patron: Rev. Mother Mary Frances
Director: Sr. Belinda Pereria
Principal: Dr. Reshmi K. Prasad

Organising committee
Dr. Lekha Rani M.L. (Coordinator)
Dr. Parvathy Menon
Dr. Vijayakumar K.
Dr. Vidya Nair

All Saints' College
Thiruvananthapuram
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ANTI NARCOTIC CELL

Organiser
**NATIONAL SEMINAR ON
AWARENESS ON
CYBER CRIME & DRUG ABUSE**

24/02/2021 11:00 AM

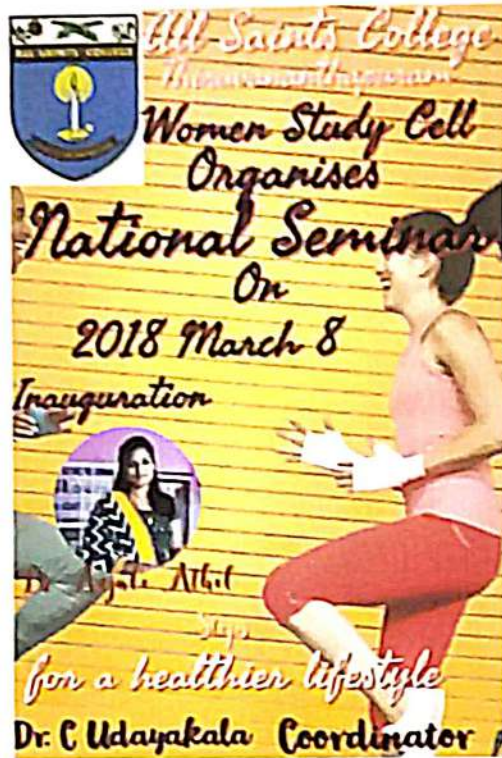
MEETING LINK
<http://meet.google.com/pro-ranc-nue>

Organizing Committee
Rev. Mother Mary Frances (Manager & Patron)
Sr. Belinda Pereria (Director)
Dr. Deepa M (Pharm.)
Dr. Caroline Parvathy Menon (Head, Department of Physical Edu. (Students Affairs))
Dr. Reshmi K (Head, PG Department of Environmental Sciences)
Dr. Santhi Kumar (Head, Department of Chemistry)
Dr. Deepa S R (Department of Physical Education)
Dr. Vimala Suresh Babu (Department of Physics)

NO DRUGS
NO TO DRUGS
WE NEED A LIFE TO LIVE, NOT DRUGS



Reshmi
Principal
All Saints'



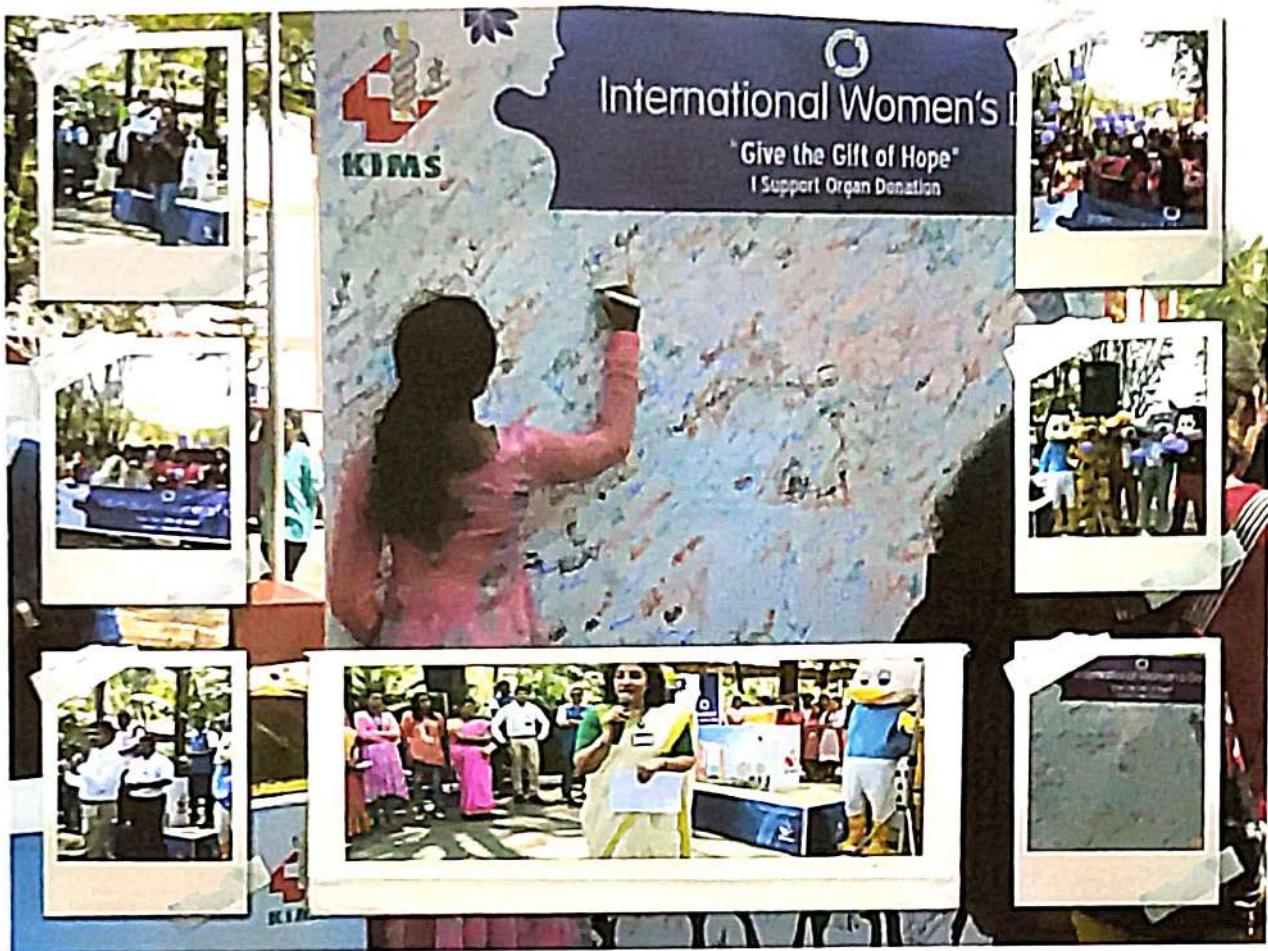
Name of event	An organ donation campaign in collaboration with KIMS Hospital
Date	8/3/2017
Organizer	Women's Study Cell

An organ donation campaign in collaboration with KIMS Hospital was conducted on 8/3/2017 on International Women's Day. Students and the staff participated in the signature campaign in support of organ donation. The students greeted others with Coloured Balloons and Cartoon characters.



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Name of event	A kidney donation campaign in collaboration with KIMS Hospital
Date	8/3/2017
Organizer	Human rights forum and Women's Study Cell

A program to commemorate International Women's Day and World Kidney Day was jointly organized by the Human Rights Forum & Women's Studies Cell in association with KIMS Hospital & CLUB FM. On 8th March, 2018, Dr. Praveen Muraleedharan, Nephrologist, Dr Prameela Joji, Paediatrician, Dr Satheesh , Nephrologist , were present.



Reshmi

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