



ST. ALOYSIUS' COLLEGE

(AUTONOMOUS), JABALPUR (M.P)

Reaccredited 'A+' Grade by NAAC (CGPA 3.68/4.00)

College with Potential for Excellence (CPE) by UGC

DST-FIST SUPPORTED & STAR COLLEGE SCHEME BY DBT

Women Cell

2023-24

Highlights of the activities of the Women cell:

The Women's Cell of St. Aloysius (Auto.) College, Jabalpur consistently strives to create a better, just and equitable society through various lectures and programmes. The following activities were conducted in the year 2023-24:

- **Awareness Program:** Women Cell organized Awareness Program on 24th to 26th



August, 2023. The main objective of this program was aware the students about the problems faced by women in the society, encourage them to gain empowerment and motivate the students to establish an egalitarian society. This awareness program highlighted the role and status of women in the developmental process of the Indian society. The numbers of students benefitted were 469.



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- **Training Program on Self Defence:** Women Cell organized the one day Program on “Training Program on Self Defence” for girl students in collaboration with Department of Sports on 26th August, 2023. The trainer was Mr. Divyansh Manoj Gupta and Mr. Jayraj Choudhary. The aim of the training program was to help the girls’ students to be more aware of their surroundings and be prepared for the unexpected situations at any time. 74 students were benefitted by this training program.



- **Rastriya Krumimukti Diwas Program:** The Women Cell of St. Aloysius College, Jabalpur organized Rastriya Kramimukti Diwas under the Office of Chief Medical and Health Office, Jabalpur on 12th to 15th September 2023. The purpose of this activity was to spread awareness among the girls’ students about living a healthy life by taking proper nutrition’s. Albendazole Chewable tablets that have been distributed among the girls



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students of all the classes. 2352 girls' students were benefitted by this program. The Guests were Dr. Rajesh Ahirwar MO Officer, UPHC, Kajarwara, Ms. Nisha Raphael, Nursing Officer, UPHC, Kajarwara, Mrs. Jayshree George, ANM, UPHC, Kajarwara.





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- **Program on Yoga:** Women Cell organized the one day Program on “Yoga” for girl students in collaboration with Department of Sports on 7th October, 2023. The trainer was Ms. Anjali Singh and Ms. Sakshi Chouksey. The aim of the program was to identify the importance of Yoga in their life & how to maintain the harmony between body and mind. The students knew the importance of yoga postures and promised to introduce this activity in their daily lives. 66 students were benefitted.





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- **Training Program:** Women Cell organized the two days Training Program on “**Website Design**” for girl students in collaboration with Computer Science Department 17th & 18th November, 2023. The Speakers were Mr. Swapnil Justin and Mr. Yohan Johan Yadav. The aim of the program was to make the students aware about computer website design, so that they become techno-friendly. To make the student capable of identifying the Website and detecting the defects and faults occurred in them. 35 students were benefitted by this training program.





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- **Online Guest Lecture:** Online Guest Lecture was organized by Women Cell in Collaboration with Department of Political Science, St. Aloysius College (Autonomous), Jabalpur, M.P. on “**Women Empowerment: Challenges and Solutions**” on 13th January, 2024. The Resource person was Prof. Melody R Arandela Ambangan, Dean, Southern Christian College of Social Work, Philippines. The objective of the lecture was to empower women to take responsibilities for their personal and social development in the society. It was very interesting session. The numbers of students benefitted were 110. The names of the student’s coordinator were Aditi Agrawal, Anushka Soni, Simran and Malvika Agrawal.





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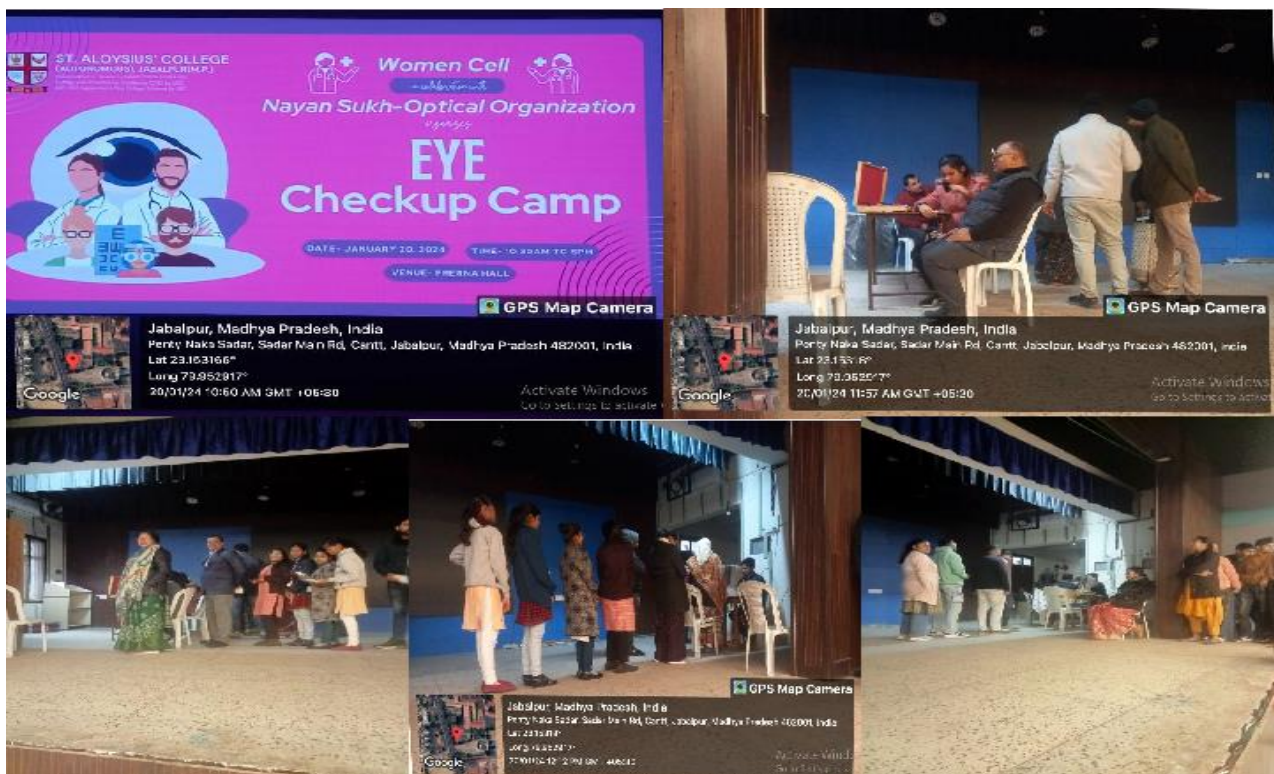
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- **Eye Checkup Camp:** The Women Cell of St. Aloysius (Auto.) College, Jabalpur in collaboration with Nayan Sukh Optical, Jabalpur has organized Free Eye Checkup Camp on 20th January, 2024. The initiative aimed to provide essential eye care services and raise awareness about the importance of regular eye checkup for overall health and well-being. The event was led by Faraz Alam (Optometrist & Camp organiser), Sheshdar Yadav (Sr. Optometrist), Priya Chauhan (Optometrist) and Sujay Neekhare (EWC) from the Nayan Sukh Organisation. The event supported by Students volunteers including Anushree Soni, Aditi Agarwal, Anushka Soni, Malvika Agrawal and Simran. 270 Students were successfully benefited.





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- **Health Awareness Program:** On the occasion of International Women's Day, the Women Cell and Department of Economics of St. Aloysius College, in collaboration with the Ahamikshana Foundation, organized a impactful Health Awareness Program focusing on women's issues on 9th March, 2024. Ms. Shreya Kulhara, Founder of Ahamikshana Foundation, delivered an enlightening talk on Women Health Issues. The program, spearheaded by teachers Dr. Anthonima Robin (In charge of Women Cell), Dr. Archana Pasari and Ms. Yashica Choudhary, received support from dedicated student volunteers including Anushree Soni, Aditi Agarwal, Simran, Anushka Soni and Malvika Agrawal. With a focus on women's health, the event successfully educated and benefitted 156 individuals, showcasing the collective commitment of the college and Ahamikshana Foundation towards promoting well-being and addressing women's issues.

