

WOMEN CELL

2025-2026

Report on Free Eye-Check up Camp

The Women Cell of St. Aloysius College in collaboration with Dada Virendra Puriji Institute (Dev ji Netralay) organized an **Free Eye Checkup Camp** on 12th September 2025. The objective of the camp was to educate the students about the importance of eye health, common eyes disease and preventive measures. Dr. Ayush Tandon, MBBS, DNS, Corneo fellowship (LVPEI) was the keynote speaker for the program. He spoke about the common causes and to prevent the different measures of Dry eyes syndrome. He suggested to stay away from smoking, resting eyes periodically and to use supplement to diet for the protection of the eyes. A total number of 251 students were benefited from the camp. Mr. Narendra Malviya and Dr. Priya Jain (Dada Virendra Puriji Netra Santhan) was present in the camp.



Report on Awareness Program of “Dhyan & Gyan”

Women Cell in collaboration with Pyramid Spiritual Societies Movement, Jabalpur organized an Awareness Program of “Dhyan & Gyan” at ‘Prerna Auditorium’ at St Aloysius’ College, Jabalpur on 17th January, 2026. The main aim of this program was to reducing stress, anxiety depression while improving physical strength, flexibility focus and emotional balance by combining physical postures (yoga) mindfulness (meditation) to calm the nervous system, enhance self-awareness, boost immunity and promote overall mental clarity and physical vitality. Mrs. Sangeeta Dodani, President, spoke on the importance of Yoga and Meditation. Mrs. Madhuri Manwani, secretary, Mr. Mahesh Kumar Singh and Smt. Suman Singh members of PSSM were present in the program. More than 150 students were benefited from this program.



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St Aloysius' awareness event of 'Dhyan & Gyan'



Students participating in 'Dhyan & Gyan' session.

■ **Staff Reporter**

ENSURING holistic health by reducing stress and anxiety, St Aloysius College in collaboration with Pyramid Spiritual Societies Movement organised an awareness programme of 'Dhyan & Gyan' at the college's Prema auditorium.

The programme offered reducing stress, anxiety depression while improving physical strength, flexibility focus and emotional balance by combining physical postures (yoga)

mindfulness (meditation) to calm the nervous system, enhance self-awareness, boost immunity and promote overall mental clarity and physical vitality. Sangeeta Dodani, President, spoke on the importance of yoga and Meditation. Madhuri Naniwari, Secretary, Mahesh Kumar Singh and Suman Singh members of PSM were present.

Rev. Dr. Ben Anton Rose, principal, appreciated the participation of around 150 students, coordinated by Dr. Anthonima Robin with her team.

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