

WOMEN CELL

Annual Report 2025-2026

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.



Workshop on Vedic Mathematics

Women's Cell in collaboration with Department of Mathematics, at St. Aloysius' College (Autonomous) Jabalpur Organized A Workshop On "Vedic Mathematics" On 9th October, 2025 in St. Aloysius' College (Autonomous), Jabalpur. The main aim of this Session was to focus on Unlocking Mathematical Shortcuts and Ancient Techniques to make Complex Calculations Simple and Engaging. participants learned various methods, Including: Lightning-Fast Techniques, Simple, Elegant Ways Strategies To Boost Calculation Speed And Accuracy In Competitive And Academic Settings. 50 Students were benefitted from this Workshop.



Awareness Program of “Dhyan & Gyan”

Women Cell in collaboration with Pyramid Spiritual Societies Movement, Jabalpur organized an Awareness Program of “*Dhyan & Gyan*” at ‘Perna 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.



Awareness Programm on ‘Smile Effect’

Women Cell in collaboration with Department of English, St. Aloysius College, organized an impactful Health Awareness Program titled **“THE SMILE EFFECT”- Where Health, Beauty and Confidence Meet!**” on 10th February, 2026. Dr. Neha Asrani, Director, SMILEOGRAPHY- the Smile Studio delivered an enlightening talk on a smile care to enhance personality and body language. She spoke on digital smile designing, veneers root canals and teeth whitening to aware the students to groom themselves. Dr. Neelanjana Pathak, Head, Dept. of English, Dr. Anthonima Robin (In charge of Women Cell), Dr. Archana Pasari and Dr. Soma Guha Das contributed their ideas to make the program successful. With a focus on student’s health, the event successfully educated and benefitted 156 learners, showcasing the collective commitment of the college fostering an all-round development of every student.



International Women's Day

On the occasion of International Women's Day, a Special Lecture was organized by the Women Cell in Collaboration with the Department of Economics at St. Aloysius College, Jabalpur on 9th March 2026. The program aimed to raise awareness about women's empowerment, equality, and their important role in society. Dr. Rita Chauhan and Dr. Nilanjana Pathak were the keynote speakers. Expressing her views, she said that today, women are making significant contributions to education, society, administration, and various other fields. She encouraged women to become self-reliant, prioritize education, and be aware of their rights. In her speech, she also emphasized that the overall development of society and the nation is possible only through women's empowerment. Her inspiring words energized and motivated the students and teachers present. 263 Students were benefitted by this program.


