



ST. ALOYSIUS' COLLEGE

AUTONOMOUS
JABALPUR- 482001
MADHYA PRADESH, INDIA

CRITERION-7

INSTITUTIONAL VALUES AND BEST PRACTICES

Key Indicator – 7.1

Institutional Values and Social Responsibilities



Metric No.: 7.1.1

Promotion of Gender Equity



Document Name

Women Cell Activities 2023-24





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(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.

Promotion of Gender Equity

7.1.1 Institution has initiated the Gender Audit and measures for the promotion of gender equity.

Gender equity & sensitization in curricular and co- curricular activities, facilities for women on campus

Women Cell Activities 2023-24

S.No	Objective of the Activity	Name of the Event/Activity	Outcome of the Activity	No. of Participants
1	Gender Sensitization	Awareness Program on "Role and Status of Women in Society"	Students get the awareness on the role and status of women in society	469
2	Gender Equity	Training Program on Self-Defense	Girls get awareness of their surroundings and be prepared for the unexpected situations at any time	74
3	Gender Sensitization	Rastriya Krumimukti Diwas Program	Girls get aware about proper nutritional diet	2352
4	Skill Development Program	Training Program on Website Designing	Students get skills on website designing	110
5	Awareness Program on Health and Hygiene	Yoga and Meditation	Students get aware about how to maintain good health using yoga.	66
6	Gender Equality	Online Guest Lecture on "Women Empowerment: Challenges and Solutions"	Students get awareness about the personal and social development in the society.	156
7	Health and Hygiene	Eye Checkup Camp	awareness about the importance of regular eye checkup for overall health and well-being.	279



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Awareness Program on Role and Status of Women in Society

Objective: To aware the students about the problems faced by women

Date: 24th to 26th August, 2023

Report: 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.



Impact: Women become more confident and capable of making decisions about their lives, health, and careers. Economic empowerment of women can lead to increased household incomes and broader economic development.



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Awareness Program on Health and Hygiene: Yoga and Meditation

Objective: to maintain the harmony between body and mind

Date: 7th October 2023

Report: 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.



Impact: An awareness program focused on health and hygiene through yoga and meditation can have a far-reaching and multifaceted impact. It enhances physical and mental health, fosters social cohesion, promotes personal growth, and encourages a holistic approach to well-being.



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Training Program on Self-Defense

Date: 26th August, 2023

Objective: to aware the girls about any unexpected situations

Report: Women Cell organized the one-day Program on “**Training Program on Self Defense**” 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.



Impact: Self-defense programs tailored for women can significantly reduce the risk of violence and harassment, empowering them to assert their rights and protect themselves. The impact is multifaceted, contributing positively to physical health, mental well-being, and overall quality of life.



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Rastriya Krumimukti Diwas Program

Date: 12th to 15th September 2023

Objective: to aware the girl's about nutritional diet.

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 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.



Impact: An awareness program on nutritional diet for women can have extensive and far-reaching benefits, improving physical health, mental well-being, and overall quality of life. It empowers women to make informed dietary choices, promotes healthy lifestyles, and can lead to significant community health improvements.



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Skill Enhancement Training Program on “Website Designing”

Objective: Equip women with the knowledge and skills necessary to design, develop, and maintain websites

Date: 17th and 18th December 2023

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 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.



St. Aloysius College, Pentinaka Sadar, Sadar Main
Rd, Cantt, Jabalpur, Madhya Pradesh 482001, India
Latitude 23.153852530
Longitude 79.952895360
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Impact: A web design training program for women can have a transformative impact providing valuable technical skills, enhancing career opportunities, and promoting diversity in the tech industry.



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Online Guest Lecture on “Women Empowerment”

Objective: to empower women to take responsibilities for their personal and social development.

Date: 13th January 2024

Report: 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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Eye Checkup Camp

Objective: To aware about the importance of eye checkup

Date:20th January 2024

Report: 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 organizer), 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.

