



**CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE**  
**चन्द्रकान्ति रामावती देवी आर्य महिला पी.जी. कॉलेज**

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

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Address: New Colony, Diwan Bazar Gorakhpur -273001

**Chandrakanti Ramawati Devi**  
**Arya Mahila P.G College**  
**Diwan Bazar, Gorakhpur**  
**(Affiliated to D.D.U. Gorakhpur University,**  
**Gorakhpur)(Accredited by NAAC) ISO- 9001-**  
**2015Certified**

**Food Preservation Training and**  
**Enterpenuring Skills**  
**On 05-11-2018 to 19-11-2018**

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



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## Circular Letter

Chandrakanti Ramawati Devi Arya Mahila P.G. College, Gorakhpur

Date: 03-11-2018

To All Staff/Participants,

Subject: Food Preservation Training and Enterprising Skills Program - November 5-19, 2018

Dear Team,

We are excited to announce our upcoming program on Food Preservation Training and Enterprising Skills, scheduled from November 5 to November 19, 2018. This two-week training aims to equip participants with essential skills in food preservation and entrepreneurial techniques to foster self-sustainability.

### Key Activities Planned:

1. **Workshops:** Hands-on sessions covering various food preservation methods, including canning, pickling, and fermenting.
2. **Guest Speakers:** Experts in food science and entrepreneurship will share insights and best practices.
3. **Business Skills Training:** Sessions on marketing, packaging, and selling preserved foods.
4. **Practical Demonstrations:** Live demonstrations of food preservation techniques.
5. **Resource Materials:** Participants will receive guides and recipe booklets for future reference.

We encourage everyone to participate and enhance your knowledge and skills in food preservation and entrepreneurship. Let's work together to build a sustainable future!

Thank you for your support!

Best regards,

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



## Report on Program

### Report on Food Preservation Training and Enterprising Skills Program

Date: November 5-19, 2018

**Introduction:** The Food Preservation Training and Enterprising Skills Program, held from November 5 to 19, 2018, successfully engaged participants in learning essential techniques for food preservation and entrepreneurship. The program aimed to promote self-sustainability through practical skills and knowledge.

#### Objectives:

- To educate participants about various food preservation methods.
- To provide entrepreneurial skills necessary for starting a food-related business.
- To encourage sustainable practices in food consumption and preservation.

#### Activities Conducted:

1. **Workshops:**
  - Conducted hands-on workshops attended by over 50 participants.
  - Covered a range of preservation methods, including canning, pickling, dehydrating, and fermenting.
2. **Guest Speakers:**
  - Invited experts shared valuable insights on food science, safety standards, and business practices.
  - Participants engaged in discussions, enhancing their understanding of the food industry.
3. **Business Skills Training:**
  - Training sessions focused on marketing strategies, product packaging, and pricing for preserved foods.
  - Participants learned how to develop a business plan and identify target markets.
4. **Practical Demonstrations:**
  - Live demonstrations showcased food preservation techniques, allowing participants to practice hands-on.
  - Participants successfully prepared and preserved a variety of foods.
5. **Resource Materials:**
  - Each participant received comprehensive guides and recipe booklets for future reference.
  - Resources included tips on maintaining food quality and safety during preservation.

#### Outcomes:

- Successfully engaged participants from diverse backgrounds, promoting a strong interest in food preservation and entrepreneurship.
- Increased awareness of the benefits of preserving food and the potential for starting a small business.
- Positive feedback indicated a desire for ongoing support and additional training sessions.

**Conclusion:** The Food Preservation Training and Enterprising Skills Program was a significant success, achieving its objectives of promoting food preservation techniques and entrepreneurial skills. We look forward to offering more programs that support community sustainability and self-reliance.



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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Student List

1	Priya Jaiswal
2	Jyoti Yadav
3	Rinki Patel
4	Nandini Patel
5	Renu Vishwakarma
6	Anshi Gond
7	Sarita Dubey
8	Barkha Kumari
9	Sakshi Jaiswal
10	Alisha
11	Anjali Kumari
12	Savitri Rajbhar
13	Diksha Mishra
14	Shalini Kannajiya
15	Shristi Nishad
16	Pooja Manjher
17	Kajal Srivastava
18	Adiba Tanveer
19	Savita yadav
20	Saroj Prajapati

  
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**Diwan Bazar, Gorakhpur**

**(Affiliated to D.D.U. Gorakhpur University,  
Gorakhpur)**

**(Accredited by NAAC) ISO- 9001- 2015 Certified**

## **Health Care Camp** **On 14-09-2018**

  
**Principal**  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Circular Letter

Chandrakanti Ramawati Devi Arya Mahila P.G. College, Gorakhpur

Date: 11-09-2018

To All Staff/Participants,

Subject: Health Care Camp - September 14, 2018

Dear Team,

We are pleased to announce a Health Care Camp scheduled for September 14, 2018. This event aims to provide essential health services and promote awareness about preventive healthcare in our community.

### Key Activities Planned:

1. **Health Screenings:** Free health check-ups, including blood pressure, blood sugar, and cholesterol tests.
2. **Medical Consultations:** Access to qualified healthcare professionals for personalized advice.
3. **Nutritional Workshops:** Sessions on healthy eating and lifestyle choices.
4. **Fitness Demonstrations:** Activities to promote physical fitness and well-being.
5. **Information Booths:** Distribution of materials on various health topics.

We encourage everyone to participate and take advantage of the services offered at the camp. Let's work together to promote a healthier community!

Thank you for your support!

Best regards,

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



## Report on Program

### Report on Health Care Camp

Date: September 14, 2018

**Introduction:** The Health Care Camp held on September 14, 2018, aimed to provide vital health services and raise awareness about preventive healthcare. The event successfully attracted community members and offered valuable resources for improving health.

### Objectives:

- To provide free health screenings and medical consultations.
- To educate the community about healthy lifestyle choices.
- To promote awareness of preventive healthcare measures.

### Activities Conducted:

1. **Health Screenings:**
  - Conducted over 150 health screenings, including blood pressure, blood sugar, and cholesterol tests.
  - Participants received immediate feedback on their health status and recommendations for follow-up care.
2. **Medical Consultations:**
  - Healthcare professionals provided one-on-one consultations, allowing participants to discuss their health concerns.
  - Many participants reported gaining valuable insights into managing their health.
3. **Nutritional Workshops:**
  - Conducted workshops focused on healthy eating and lifestyle modifications.
  - Participants learned practical tips for incorporating nutritious foods into their daily routines.
4. **Fitness Demonstrations:**
  - Organized fitness sessions highlighting the importance of physical activity.
  - Participants engaged in various activities, promoting a fun approach to fitness.
5. **Information Booths:**
  - Distributed informational materials covering topics such as diabetes management, heart health, and nutrition.
  - Participants appreciated the accessibility of resources for maintaining a healthy lifestyle.

### Outcomes:

- Successfully reached over 200 community members, providing essential health services and information.
- Increased awareness about preventive healthcare and healthy lifestyle choices.
- Positive feedback indicated a strong desire for future health initiatives.

**Conclusion:** The Health Care Camp was a resounding success, effectively meeting its objectives of promoting health awareness and providing critical services to the community. We look forward to continuing our efforts to support community health through similar initiatives in the future.





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## Student List

1	Vandana Prajapati
2	Anjali Yadav
3	Preeti Gupta
4	Arti Gond
5	Sneha Srivastava
6	Tanvi Singh
7	Shraddha Sharma
8	Jyoti Gupta
9	Seema Gupta
10	Yashika
11	Siksha Pathak
12	Bushra Parveen
13	Rekha Sahani
14	Satya Bharti
15	Panchi Singh
16	Bhavna
17	Preeti Sahani
18	Prachi Srivastav
19	Supriya Verma
20	Shalini Singh

  
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**Health Care Camp**

**On 24-09-2018**

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
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## Circular Letter

Chandrakanti Ramawati Devi Arya Mahila P.G. College, Gorakhpur

Date: 21-09-2018

To All Staff/Participants,

Subject: Health Care Camp - September 24, 2018

Dear Team,

We are pleased to announce our upcoming Health Care Camp, scheduled for September 24, 2018. This initiative aims to provide essential health services and promote awareness about preventive healthcare within our community.

### Key Activities Planned:

1. **Free Health Screenings:** Including blood pressure, blood sugar, and cholesterol checks.
2. **Medical Consultations:** Access to healthcare professionals for personalized health advice.
3. **Nutritional Workshops:** Educational sessions focused on healthy eating habits and lifestyle choices.
4. **Fitness Activities:** Group sessions promoting physical fitness and well-being.
5. **Health Awareness Materials:** Distribution of brochures and resources on various health topics.

We encourage everyone to participate and take advantage of this opportunity to improve your health and wellness. Together, let's work towards a healthier community!

Thank you for your support!

Best regards,

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



## Report on Program

### Report on Health Care Camp

Date: September 24, 2018

**Introduction:** The Health Care Camp held on September 24, 2018, was designed to provide vital health services and raise awareness about preventive healthcare. The event attracted a significant number of community members, offering them valuable resources for improving their health.

### Objectives:

- To provide free health screenings and consultations.
- To educate the community about healthy lifestyle choices.
- To promote awareness of preventive health measures.

### Activities Conducted:

- 1. Health Screenings:**
  - Conducted over 180 health screenings, including checks for blood pressure, blood sugar, and cholesterol levels.
  - Participants received immediate results and personalized health advice based on their screenings.
- 2. Medical Consultations:**
  - Qualified healthcare professionals were available for one-on-one consultations.
  - Many participants expressed gratitude for the insights they received regarding their health concerns.
- 3. Nutritional Workshops:**
  - Conducted engaging workshops on healthy eating and meal planning.
  - Participants learned practical tips for incorporating nutritious foods into their diets.
- 4. Fitness Activities:**
  - Organized group fitness sessions, including yoga and aerobics, to encourage physical activity.
  - Participants enjoyed these activities and reported feeling more motivated to maintain a fitness routine.
- 5. Health Awareness Materials:**
  - Distributed brochures and educational materials covering topics such as nutrition, exercise, and disease prevention.
  - Participants appreciated the resources for their ongoing health education.

### Outcomes:

- Successfully reached over 250 community members, providing essential health services and information.
- Increased awareness about preventive healthcare and healthy lifestyle choices.
- Positive feedback indicated a strong interest in future health initiatives.





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## Student List

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2	Sukriti Aghrahri
3	Ritu Singh
4	Neetu Gupta
5	Kushboo Naaz
6	Neha
7	Pallavi Srivastav
8	Faiza parveen
9	Ranjni Yadav
10	Karishma Singh
11	Ranjana Sahani
12	Pranjali Gupta
13	Kushboo Gupta
14	Sama Parveen
15	Nikita Maurya
16	Sama Parveen
17	Priya Sharma
18	Ana Sarif
19	Vinita Prajapati
20	Riyanka Gupta

  
Principal  
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