



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

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- [crdpgcollege.gkp@gmail.com](mailto:crdpgcollege.gkp@gmail.com)

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- 2015 Certified***

***Program:- World Breast Feeding Week***

***Date:-01-08-2019- to 07-08-2019***

  
Principal

Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
Gorakhpur



# CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Circular Letter

**Date:** 30july, 2019

**To:** All Participants and Staff

**From:** Chandrakanti Ramawati Devi Arya Mahila P.G. College , Gorakhpur

**Subject:** Circular Letter Regarding World Breastfeeding Week Celebration - August 1-7, 2019

Dear Participants,

I hope this message finds you in good health. I would like to extend my heartfelt thanks to everyone who participated in our World Breastfeeding Week activities from August 1 to August 7, 2019. Your enthusiasm and commitment to promoting breastfeeding made the event a resounding success!

### Event Overview

World Breastfeeding Week aimed to raise awareness about the importance of breastfeeding for infants and mothers. The program included:

- Informative workshops and presentations
- Interactive discussions and Q&A sessions
- Distribution of educational materials

### Key Highlights

- **Expert Talks:** Our speakers shared valuable insights on the benefits of breastfeeding and best practices.
- **Supportive Environment:** Participants engaged actively in discussions, sharing their experiences and challenges.
- **Resource Distribution:** Educational materials were provided to support mothers and caregivers.

### Next Steps

In response to the interest shown, we are considering organizing follow-up sessions and support groups for breastfeeding mothers. Your suggestions for future programs are always welcome!

Thank you once again for your participation. We look forward to seeing you at our future events!

Warm regards,

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



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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Report on World Breastfeeding Week Activities

**Event Title:** World Breastfeeding Week

**Date:** August 1-7, 2019

**Location:** Chandrakanti Ramawati Devi Arya Mahila P.G. College , Gorakhpur

**Introduction:-**World Breastfeeding Week, held from August 1 to August 7, 2019, aimed to promote the benefits of breastfeeding for infants and mothers while providing support to families. This report summarizes the activities conducted, participant engagement, and feedback received.

### Objectives

- To educate participants about the importance of breastfeeding.
- To provide practical support and resources for breastfeeding mothers.
- To foster a community of support around breastfeeding.

### Program Structure

1. **Workshops and Presentations (3 sessions)**
  - Conducted by [Expert Names], covering:
    - Benefits of breastfeeding for both mother and child
    - Techniques for successful breastfeeding
    - Addressing common challenges faced by breastfeeding mothers
2. **Interactive Discussions (2 sessions)**
  - Open forums where participants shared their experiences, tips, and questions regarding breastfeeding.
3. **Resource Distribution**
  - Handouts, brochures, and contact information for local support groups and lactation consultants.

### Participant Engagement

- **Attendance:** [Number of participants] attended throughout the week, including expectant mothers, new mothers, and healthcare professionals.
- **Interaction:** High levels of engagement in discussions, with many participants sharing their stories and seeking advice.
- **Suggestions:** Participants expressed interest in ongoing support groups and additional workshops on related topics.

**Conclusion:-**The World Breastfeeding Week activities successfully met their objectives, raising awareness about breastfeeding and providing practical support to participants. The positive feedback indicates a strong community interest in continuing this initiative.

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



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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Student List

1	Samiksha Singh
2	Km. Rimpi Kumari Yadav
3	Jaishree Agrawal
4	Neha Srivastav
5	Riti Chaudhary
6	Saifi
7	Draksha Khatoon
8	Ayasha Khatton
9	Akriti Gupta
10	Madhubala Ghaulat
11	ANURADHA VISHWAKARNA
12	CHANDANE KUNWAR
13	KM. DIVYA
14	JAGVI JAISWAL
15	PRACHI SRIVASTAVA
16	MONIKA GUPTA
17	SUJATA BHARTI
18	RUCHI SINGH
19	KM. SUSHAMA
20	KIRAN CHAUDHARY

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





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***Gorakhpur)***

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

***Program:- Nutrition week***

***Theme:- Har Ghar Tiranga***

***Date:- 01-09-2019 to 07-09-2019***

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: 30-08-2019**

**To All Staff/Participants,**

Subject: Nutrition Week Celebration - "HarGharTiranga" (01-09-2019 to 07-09-2019)

Dear Team,

We are excited to announce our upcoming Nutrition Week, themed "HarGharTiranga," from September 1 to September 7, 2019. This initiative aims to promote awareness about nutrition and healthy eating habits while celebrating our national pride.

### Key Activities:

1. **Nutrition Workshops:** Daily sessions on balanced diets, meal planning, and the importance of nutrition.
2. **Cooking Demonstrations:** Live demonstrations of healthy recipes featuring local ingredients.
3. **Health Check-ups:** Free health assessments and nutritional consultations.
4. **Awareness Campaigns:** Distribution of informative pamphlets and posters around the organization.
5. **Competitions:** Engage in fun quizzes and challenges related to nutrition.

We encourage everyone to participate actively and contribute to the success of this initiative. Let's work together to spread awareness and make healthy choices a priority in our community.

Thank you for your support.

Best regards,

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



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## Report on Nutrition Week: "HarGharTiranga"

### Report on Nutrition Week Celebrations

Theme: HarGharTiranga

Duration: 01-09-2019 to 07-09-2019

**Introduction:** Nutrition Week, celebrated from September 1 to September 7, 2019, under the theme "HarGharTiranga," successfully raised awareness about the importance of nutrition and healthy living. This year's theme emphasized national pride and collective responsibility towards health.

### Objectives:

- To educate participants about nutritional practices.
- To encourage healthy eating habits.
- To foster community spirit and national pride.


### Activities Conducted:

1. **Nutrition Workshops:**
  - Conducted daily sessions attended by over 100 participants.
  - Topics included balanced diets, the significance of local foods, and tips for healthy meal planning.
2. **Cooking Demonstrations:**
  - Hosted by local chefs and nutritionists.
  - Participants learned to prepare nutritious recipes using seasonal ingredients.
  - Engaged families in interactive cooking sessions.
3. **Health Check-ups:**
  - Collaborated with local health practitioners for free health assessments.
  - Over 150 individuals received consultations and dietary advice.
4. **Awareness Campaigns:**
  - Distributed informative pamphlets and posters highlighting key nutritional facts.
  - Social media campaigns reached a broader audience, promoting healthy lifestyle choices.
5. **Competitions:**
  - Fun quizzes and cooking competitions encouraged participation and engagement.
  - Winners received prizes, promoting enthusiasm for healthy living.

### Outcomes:

- Increased awareness about the significance of nutrition in daily life.
- Enhanced community engagement and participation.
- Positive feedback from participants regarding the quality and relevance of workshops and activities.

**Conclusion:** The Nutrition Week under the theme "HarGharTiranga" was a significant success, achieving its objectives of promoting health awareness and encouraging community participation. We look forward to continuing these efforts in the future and fostering a culture of health and wellness.

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





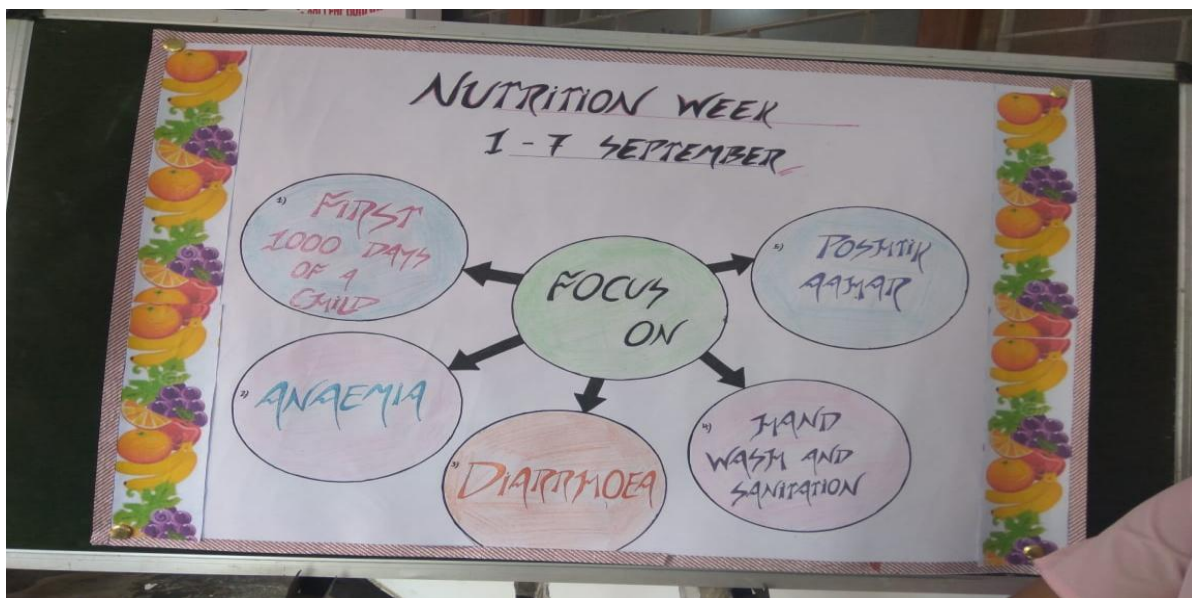
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## Student List

1	PRAGYA MISHRA
2	KM. SHIVANI YADAV
3	ARPITA PASAWAN
4	GEETA
5	SATYA TRIPATHI
6	AKANKASHA VERMA
7	LALI GOND
8	MENKA NISHAD
9	HARSHYA BHATIYA
10	NAMRTA CHOUDHARY
11	SHWETA
12	SHEFALI SHARMA
13	KM. SHIVANGI YADAV
14	DIVYA KUMARI
15	SONAL SRIVASTAVA
16	SHRUTI YADAV
17	SWETA DUBEY
18	RADHA GUPTA
19	SHWETA SINNGH
20	SRISTEE GUPTA

  
Principal  
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***Gorakhpur)***

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***Program:- World Diabetes Awareness***

***Date:- 14-11-2019***

  
Principal

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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: 11-11-2019**

**To All Staff/Participants,**

Subject: World Diabetes Awareness Day - November 14, 2019

Dear Team,

We are pleased to announce our observance of World Diabetes Awareness Day on November 14, 2019. This day is dedicated to raising awareness about diabetes, its prevention, and management strategies.

### **Key Activities Planned:**

1. **Awareness Workshops:** Educational sessions covering diabetes risk factors, symptoms, and lifestyle management.
2. **Health Screenings:** Free blood sugar testing and consultations with healthcare professionals.
3. **Nutritional Guidance:** Workshops focused on healthy eating habits for diabetes management.
4. **Community Outreach:** Distribution of informative materials to raise awareness about diabetes in our community.
5. **Fitness Activities:** Group activities promoting physical fitness as a key to diabetes prevention.

We encourage everyone to participate actively in these initiatives and help us spread awareness about diabetes. Together, we can make a difference in our community.

Thank you for your support!

Best regards,

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





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## Report on World Diabetes Awareness Day

### Report on World Diabetes Awareness Day

Date: November 14, 2019

**Introduction:** World Diabetes Awareness Day was observed on November 14, 2019, with the aim of raising awareness about diabetes, its prevention, and management. The event successfully engaged participants and provided valuable information about this prevalent health issue.

### Objectives:

- To educate the community about diabetes and its risk factors.
- To promote healthy lifestyle choices to prevent diabetes.
- To provide resources for diabetes management.

### Activities Conducted:

1. **Awareness Workshops:**
  - Conducted multiple sessions attended by over 150 participants.
  - Topics included understanding diabetes, recognizing symptoms, and managing blood sugar levels effectively.
2. **Health Screenings:**
  - Offered free blood glucose testing, with over 100 individuals screened.
  - Health professionals provided personalized consultations and advice on lifestyle changes.
3. **Nutritional Guidance:**
  - Conducted workshops focused on meal planning and nutrition tailored for diabetes management.
  - Participants received resources on healthy eating habits and recipe ideas.
4. **Community Outreach:**
  - Distributed pamphlets and informational materials throughout the community.
  - Engaged local media to raise awareness about the importance of diabetes education.
5. **Fitness Activities:**
  - Organized group exercise sessions to highlight the importance of physical activity.
  - Participants enjoyed a variety of activities aimed at promoting a healthy lifestyle.

### Outcomes:

- Increased awareness about diabetes and its risk factors among participants.
- Positive feedback on the workshops and health screenings, with many expressing a desire for more educational events.
- Enhanced community engagement, with many individuals committing to healthier lifestyle choices.

**Conclusion:** World Diabetes Awareness Day was a resounding success, fulfilling its objectives of educating the community and promoting preventive measures against diabetes. We look forward to continuing our efforts in diabetes awareness and management in the future.

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
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## Student List

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2	MUSKAN GUPTA
3	EKTA PASWAN
4	VAMIKA PASWAN
5	CHANDANI JAISWAL
6	SHIVANI GUPTA
7	ANITA
8	JANAKI RAJBHAR
9	SHABANAM KHATOON
10	KIRTI GUPTA
11	MAHIMA KUSHWAHA
12	RUCHIKA SINGH
13	PREETI SHARMA
14	AANNCHAL PATEL
15	KM. VANDANA
16	KM. SANGEETA NISHAD
17	KM. SNEHA KANNAUJIYA
18	KAVITA YADAV
19	KM. JULI NISHAD
20	KM. SUSHMITA NISHAD



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***Diwan Bazar, Gorakhpur***

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***Program:- Annual Yoga Festival***

***Date:-20-12-2019 to 21-12-2019***

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: 17-12-2019**

**To All Staff/Participants,**

Subject: Annual Yoga Festival - December 20-21, 2019

Dear Team,

We are excited to announce our Annual Yoga Festival, taking place on December 20 and 21, 2019. This two-day event aims to promote physical and mental well-being through yoga practices, workshops, and community engagement.

### **Key Activities Planned:**

1. **Yoga Sessions:** Daily yoga classes led by experienced instructors, suitable for all levels.
2. **Workshops:** Interactive sessions on various yoga styles, meditation techniques, and holistic wellness.
3. **Guest Speakers:** Inspiring talks from yoga experts and wellness coaches.
4. **Community Activities:** Group activities to foster connection and promote a healthy lifestyle.
5. **Health and Wellness Stalls:** Information on nutrition, fitness, and holistic health resources.

We encourage everyone to participate and embrace the benefits of yoga. Let's come together to enhance our well-being and foster a spirit of community.

Thank you for your support!

Best regards,

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





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Address: New Colony, Diwan Bazar Gorakhpur -273001

## Report on Annual Yoga Festival

### Report on Annual Yoga Festival

Date: December 20-21, 2019

**Introduction:** The Annual Yoga Festival held on December 20 and 21, 2019, successfully promoted health, wellness, and community engagement through yoga. Participants of all ages enjoyed a variety of activities designed to enhance physical and mental well-being.

### Objectives:

- To promote the practice of yoga and its benefits.
- To provide educational resources on holistic health and wellness.
- To foster community spirit through group activities.

### Activities Conducted:

1. **Yoga Sessions:**
  - Conducted multiple yoga classes over the two days, with participation from over 150 individuals.
  - Classes catered to various levels, including beginners and advanced practitioners.
2. **Workshops:**
  - Interactive workshops focused on different yoga styles (Hatha, Vinyasa, etc.), meditation, and breathing techniques.
  - Participants reported increased knowledge and appreciation for diverse yoga practices.
3. **Guest Speakers:**
  - Inspiring talks from renowned yoga instructors and wellness coaches highlighted the importance of mindfulness and holistic health.
  - Participants engaged in Q&A sessions, gaining valuable insights into their wellness journeys.
4. **Community Activities:**
  - Group activities such as partner yoga and mindfulness exercises fostered connection and camaraderie among participants.
  - Many participants expressed a desire to continue these practices beyond the festival.
5. **Health and Wellness Stalls:**
  - Stalls provided information on nutrition, fitness, and holistic health resources.
  - Participants appreciated the accessibility of resources for maintaining a healthy lifestyle.

### Outcomes:

- Successfully engaged over 200 community members, promoting the importance of yoga and wellness.
- Positive feedback indicated increased interest in ongoing yoga classes and health programs.
- Strengthened community ties through shared experiences and activities.

**Conclusion:** The Annual Yoga Festival was a tremendous success, achieving its objectives of promoting health and wellness within the community. We look forward to hosting similar events in the future to continue inspiring healthy living.

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





# CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कालेज

(Accredited by NAAC)

दीवान बाजार, गोरखपुर (उत्तर प्रदेश)

Mobile No-+91-9076651662 Mail ID- [crdpgcollege.gkp@gmail.com](mailto:crdpgcollege.gkp@gmail.com)

Address: New Colony, Diwan Bazar Gorakhpur -273001



  
Principal

Chandrakanti Ramawati Devi  
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## Student List

1	KM. SHIWANI CHAUDHARTY
2	SHALINI PRAJAPATI
3	ANNU YADAV
4	ARPITA MISHRA
5	VIDHYAVASINI PANDAY
6	ALISHA GIRI
7	NIDHI GOND
8	SHIVANGI KUMARI
9	RIMJHIM SHAH
10	SIMRAN SINGH
11	KUSHBOO CHAUHAN
12	KM. SHIVANI GAUTAM
13	RICHA GUPTA
14	KM. NISHU SHARMA
15	KM. PRAGATI
16	SHREYA RASTOGI
17	KM. JYOTI SAHANI
18	KM. ANJALI SINGH
19	KM. KAVITA NISHAD
20	MANEESHA CHAURASIYA

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

***Diwan Bazar, Gorakhpur***

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

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

***Program:- Therapeutic and Nutritive rich recipe  
preservation***

***Date:- 20-12-2019 to 21-12-2019***

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## Circular Letter

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

Date: 22-02-2020

To All Staff/Participants,

Subject: Therapeutic and Nutritive Rich Recipe Preservation Program - February 24-25, 2020

Dear Team,

We are excited to announce a special program on Therapeutic and Nutritive Rich Recipe Preservation taking place on February 24 and 25, 2020. This two-day event aims to educate participants about the benefits of preserving nutritious recipes that promote health and wellness.

### Key Activities Planned:

1. **Workshops:** Hands-on sessions on preparing and preserving therapeutic recipes.
2. **Guest Speakers:** Nutritionists and culinary experts will discuss the health benefits of various ingredients.
3. **Demonstrations:** Live cooking demonstrations showcasing preservation techniques.
4. **Tasting Sessions:** Opportunities to sample preserved recipes and learn about their health benefits.
5. **Resource Materials:** Participants will receive recipe booklets and preservation tips.

We encourage everyone to participate and learn how to incorporate nutritious recipes into daily life. Let's work together to promote healthy eating habits!

Thank you for your support!

Best regards,

  
Principal  
Chandrakanti Ramawati Devi  
Arya Mahila P.G. College  
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## Report on Program

### Report on Therapeutic and Nutritive Rich Recipe Preservation Program

Date: February 24-25, 2020

**Introduction:** The Therapeutic and Nutritive Rich Recipe Preservation Program held on February 24 and 25, 2020, successfully engaged participants in learning how to prepare and preserve healthy recipes. The event aimed to promote the importance of nutrition and the benefits of preserving traditional recipes for better health.

#### Objectives:

- To educate participants about the nutritional value of various ingredients.
- To demonstrate effective preservation techniques for nutritious recipes.
- To encourage the adoption of healthy eating habits through recipe preservation.

#### Activities Conducted:

1. **Workshops:**
  - Conducted hands-on workshops attended by over 80 participants.
  - Participants learned to prepare and preserve various therapeutic recipes, including herbal infusions and nutrient-dense snacks.
2. **Guest Speakers:**
  - Nutritionists and culinary experts presented on the health benefits of key ingredients used in therapeutic recipes.
  - Engaging discussions allowed participants to ask questions and gain deeper insights into nutrition.
3. **Demonstrations:**
  - Live cooking demonstrations showcased preservation techniques, such as pickling and fermenting.
  - Participants actively engaged, practicing preservation methods under expert guidance.
4. **Tasting Sessions:**
  - Tasting sessions allowed participants to sample preserved recipes, promoting discussion about flavors and health benefits.
  - Feedback from participants was overwhelmingly positive, with many expressing enthusiasm for the recipes.
5. **Resource Materials:**
  - Each participant received a booklet containing recipes, preservation tips, and nutritional information.
  - Resources were well-received, with participants eager to try the recipes at home.

#### Outcomes:

- Successfully engaged a diverse group of participants, fostering a community interest in healthy cooking and preservation.
- Increased awareness of the nutritional benefits of traditional recipes and preservation methods.
- Positive feedback indicated a strong desire for future programs focusing on health and nutrition.

**Conclusion:** The Therapeutic and Nutritive Rich Recipe Preservation Program was a resounding success, meeting its objectives of educating participants and promoting healthy eating habits. We look forward to hosting more events that support nutritional education and community health.

  
Principal  
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3	NAGMA KHATOON
4	SEEMA KUMARI GUPTA
5	NISHA GUPTA
6	NEHA GUPTA
7	ANSHIKA DUBEY
8	JAGRITE RAUNIYAR
9	NEERMLA PARAJAPII
10	SANA SHAHZAD
11	SONIKA PRAJAPATI
12	RANJANI NISHAD
13	NAYBA KHATOON
14	ROUSHAN JAHAAAN
15	DIVYA MADDHESHIYA
16	KM. NEHA YADAV
17	RAMAVATI MOURYA
18	PRIYANKA
19	PRATIMA PRAJAPATI
20	MAMTA MISHRA

  
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