



CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE
चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कॉलेज
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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- 2015 Certified

Program:- Fit India Program (Yoga)

Date:- 30-08-2020


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



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Address: New Colony, Diwan Bazar Gorakhpur -273001

Circular Letter

Date: 28 August 2020

Subject: Fit India Program Yoga Participation

Dear students and faculty,

In line with our commitment to promoting health and wellness, we are excited to announce our participation in the Fit India Program, focusing on the benefits of yoga. This initiative aims to encourage everyone to incorporate physical fitness into their daily lives.

Details of the Program:

- **Date:** 30-08-2020
- **Time:** 10:00 am
- **Location:** Chandrakanti ramawati Devi Arya Mahila P.G. College ,Gorakhpur

We encourage all members to join this initiative and embrace yoga as a holistic approach to health. Whether you are a beginner or experienced, this program will cater to all levels.

Please confirm your participation by [Insert RSVP date]. Let's come together to promote a healthier lifestyle!

Best regards


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Gorakhpur



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Address: New Colony, Diwan Bazar Gorakhpur -273001

Report on Fit India Program (Yoga)

Report 4gbon Fit India Program (Yoga)

Date: 30 August 2020

Introduction

The Fit India Program is a national initiative aimed at encouraging individuals to integrate physical fitness into their daily lives. On [date of the event], our organization hosted a yoga session as part of this program.

Objectives

- To promote physical and mental well-being through yoga.
- To raise awareness about the importance of fitness in daily life.
- To encourage teamwork and community participation.

Event Details

- **Participants:** [Insert number of participants]
- **Facilitator:** [Insert name of yoga instructor/organization]
- **Activities:**
 - Introduction to yoga principles.
 - Guided yoga session (asana pranayama).
 - Discussion on the benefits of regular yoga practice.

Highlights

- **Participation:** The event saw enthusiastic participation from [describe the demographic, e.g., students, employees].
- **Feedback:** Participants expressed positive feedback regarding the session, particularly appreciating the stress-relief aspects of yoga.
- **Follow-Up:** A suggestion was made to conduct regular yoga sessions to foster a continuous wellness culture.

Conclusion

The Fit India Program Yoga was a resounding success, highlighting the need for physical fitness and mental clarity. We look forward to implementing more such initiatives and enhancing our community's well-being.


Principal
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4	Aliya Parveen
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6	Ku. Archana Yadav
7	Ku. Shivani Jaiswal
8	Ku.Madhuri Sahani
9	Ku. Shivangi Sonkar
10	Ku. Ragini Tripathi
11	ku. Mantasha Rahamani
12	Ku. Yachana Sahani
13	Ku. Sandhaya Nishad
14	Ku. Nisha Nishad
15	Ku. Garima Jaiswal
16	Ku. Muskan Kanujaiya
17	Ku. Shweta Verma
18	Ku. Anushaka Yadav
19	Ku. Aditi Shukla
20	Ku. Divya Gouund

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***Program:- Acupressure be healthy without medicine
(workshop)***

Date:- 22-10-2020 to 23-10-2020


Principal
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Address: New Colony, Diwan Bazar Gorakhpur -273001

Circular Letter

Date: 20 oct 2020

To: All Participants

Subject: Circular Letter for the Acupressure Workshop: "Be Healthy Without Medicine"

Dear Participants,

We are excited to announce the upcoming workshop titled "**Be Healthy Without Medicine: Acupressure Techniques for Wellness**," scheduled for **October 22-23, 2020**. This program aims to educate participants on the benefits of acupressure as a natural, drug-free approach to enhancing health and well-being.

Workshop Details:

- **Date:** October 22-23, 2020
- **Location:** [Insert Venue/Platform]
- **Time:** [Insert Time]
- **Facilitator:** [Insert Name and Qualifications]

Program Highlights:

- Introduction to acupressure and its health benefits
- Hands-on techniques for self-care and pain relief
- Tips for incorporating acupressure into daily life
- Q&A session for personalized advice

We encourage all participants to engage actively and bring any questions or specific health concerns to discuss.

Looking forward to seeing you there!

Best regards,


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Report on the Workshop

Report on Acupressure Workshop: "Be Healthy Without Medicine"

Date: October 22-23, 2020

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

Introduction: The workshop aimed to provide participants with practical knowledge and skills in acupressure, a holistic technique that promotes wellness without the use of medication.

Attendance: The workshop attracted [insert number] participants from diverse backgrounds, including health professionals, wellness enthusiasts, and individuals seeking alternative health solutions.

Day 1: Overview of Acupressure The first day focused on introducing acupressure, its history, and its benefits. Participants learned about key pressure points and how they relate to different health conditions. The facilitator provided demonstrations and encouraged participants to practice techniques on each other.

Day 2: Application and Techniques The second day involved more hands-on practice, where participants learned specific acupressure techniques for common ailments such as headaches, stress, and digestive issues. A dedicated Q&A session allowed participants to seek advice on personal health concerns, making the experience more interactive.

Feedback: Participants expressed appreciation for the practical approach and found the techniques easy to incorporate into their daily routines. Many reported feeling more empowered to manage their health without relying solely on medication.

Conclusion: The "Be Healthy Without Medicine" workshop successfully introduced participants to the benefits of acupressure, fostering a greater understanding of holistic health practices. Plans for future workshops are underway, given the positive feedback and demand for further training.

Recommendations:

- Consider follow-up sessions for deeper learning.
- Provide additional resources and reading materials on acupressure techniques.

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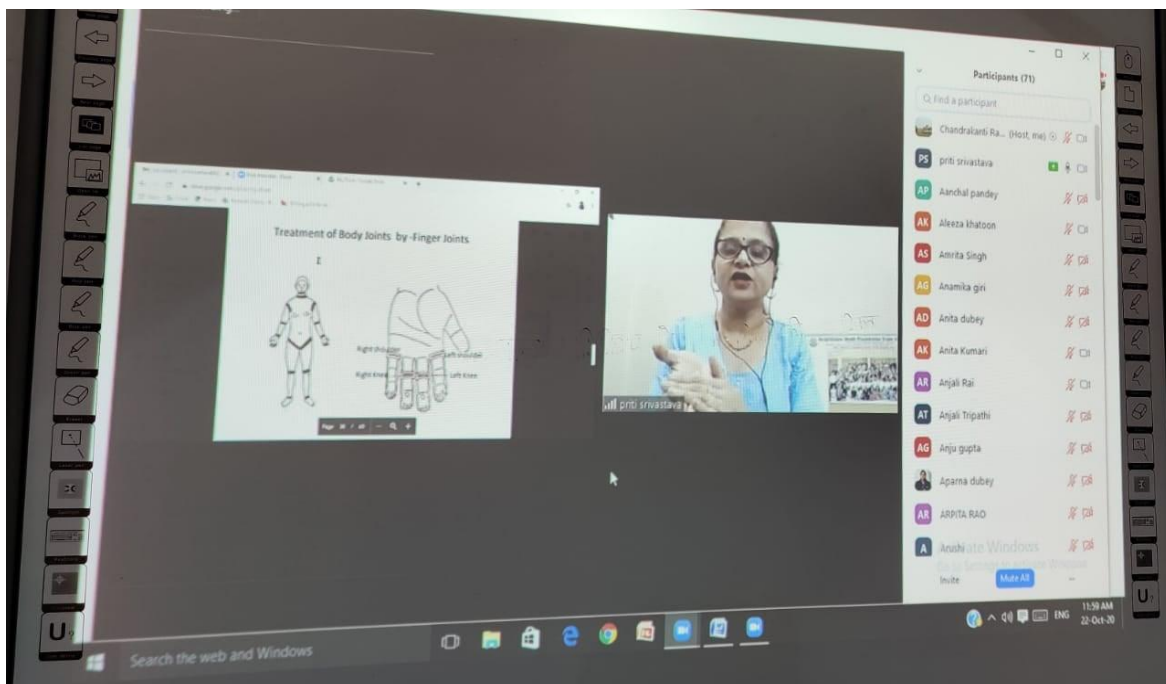
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5	Ku. Shilpi
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7	Ku. Nisha Gupta
8	Ku. Ritika Verma
9	Ku. Karishma Chaurisaya
10	Ku. Neha Bharti
11	Ku. Paradhi Srivastava
12	Ku. Priyanka Sahani
13	Ku. Anjum Nisha
14	Ku. Jyoti Sharma
15	Anupriya Sahani
16	Ku. Anjali
17	Ku. Kushi
18	Ku. Pooja Pathak
19	Ku. Harshita Agarwal
20	Ku. Shivani Kanuajiya


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Program:- T.B Disease Symptoms, Causes and
Prevention
Date:-08-03-2021


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Address: New Colony, Diwan Bazar Gorakhpur -273001

Circular Letter

Date: March 10, 2021

To: All Participants and Staff

Subject: Circular Letter Regarding T.B Disease Awareness Program - March 8, 2021

Dear Participants,

I hope this message finds you well. I would like to extend my sincere gratitude to everyone who attended the T.B Disease Symptoms, Causes, and Prevention program on March 8, 2021. Your participation and engagement made this event impactful and informative.

Event Overview

The program aimed to raise awareness about tuberculosis (T.B.), focusing on its symptoms, causes, and prevention methods. Key components included:

- Informative presentations by health experts
- Interactive discussions and Q&A sessions
- Distribution of educational materials

Key Highlights

- **Expert Insights:** Our guest speakers provided valuable information on the latest research and guidelines for T.B. prevention and treatment.
- **Interactive Sessions:** Participants actively engaged in discussions, sharing their experiences and concerns.
- **Educational Materials:** Handouts were distributed, including brochures and fact sheets for further reference.

Next Steps

Based on participant interest, we are considering organizing additional workshops focusing on T.B. awareness and related health issues. Your suggestions are welcomed, so please feel free to share any ideas.

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

Best regards,


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Address: New Colony, Diwan Bazar Gorakhpur -273001

Report on T.B Disease Awareness Program

Event Title: T.B Disease Symptoms, Causes, and Prevention

Date: March 8, 2021

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

Introduction

The T.B. Disease Awareness Program conducted on March 8, 2021, aimed to educate participants about tuberculosis, including its symptoms, causes, and prevention strategies. This report summarizes the event structure, participant engagement, and feedback received.

Objectives

- To raise awareness about the symptoms and causes of T.B.
- To educate participants on effective prevention methods.
- To encourage open discussion about T.B. and related health concerns.

Program Structure

1. **Opening Remarks (10 minutes)**
 - Welcoming participants and introducing the topic.
2. **Presentation on T.B. (40 minutes)**
 - Delivered by [Expert's Name], covering:
 - Symptoms of T.B.
 - Causes and risk factors.
 - Prevention and treatment options.
3. **Interactive Discussion (30 minutes)**
 - Participants shared their experiences and asked questions.
 - Facilitated by [Moderator's Name], encouraging an open dialogue.
4. **Distribution of Educational Materials (20 minutes)**
 - Brochures and fact sheets on T.B. prevention and treatment provided to all attendees.
5. **Closing Remarks (10 minutes)**
 - Summary of key points and encouragement to spread awareness.

Participant Engagement

- **Attendance:** [Number of participants] attended, including community members and health professionals.
- **Interaction:** High levels of engagement during discussions, with many participants asking questions and sharing insights.

Conclusion


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The T.B. Disease Awareness Program successfully met its objectives, providing participants with crucial information about tuberculosis and fostering a supportive environment for discussion. The positive feedback indicates a strong interest in continued education on health issues.



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11	Priya Prajapati
12	Ku. Shweta Yadav
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14	Ku. Pooja Gautam
15	Ku. Neha Singh
16	Ku. Sivangi Yadav
17	Ku. Aradhana
18	Ku. Suhani Nishad
19	Ku. Shneha Rawat
20	Ku. Neha Sharma

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Program:- world No Tobacco Day Online Lecture

Date:- 31-06-2021


Principal
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Address: New Colony, Diwan Bazar Gorakhpur -273001

Circular Letter

Date: June 2, 2021

To: All Participants and Staff

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

Subject: Circular Letter Regarding World No Tobacco Day Online Lecture - May 31, 2021

Dear Participants,

I hope this message finds you well. I would like to extend my heartfelt thanks to everyone who participated in the World No Tobacco Day online lecture on May 31, 2021. Your engagement and interest in this vital topic made the event a success!

Event Overview

The lecture aimed to raise awareness about the dangers of tobacco use and promote cessation strategies. Key components of the program included:

- Informative presentations by health experts
- Personal stories from former smokers
- Interactive Q&A session

Key Highlights

- **Expert Insights:** Our speakers provided valuable information on the health risks associated with tobacco use and effective quitting strategies.
- **Personal Experiences:** Sharing of real-life stories added a powerful dimension to the discussions, highlighting the impact of tobacco on individuals and families.
- **Interactive Engagement:** The Q&A session allowed participants to ask questions and seek advice from experts.

Next Steps

Based on participant interest, we are considering organizing additional workshops and support groups for those looking to quit smoking. Your suggestions are always welcome, so please feel free to share any ideas.

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


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Address: New Colony, Diwan Bazar Gorakhpur -273001

Best regards,

Report on World No Tobacco Day Online Lecture

Event Title: World No Tobacco Day Online Lecture

Date: May 31, 2021

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

Introduction

The World No Tobacco Day online lecture held on May 31, 2021, aimed to educate participants about the dangers of tobacco use and to promote cessation methods. This report summarizes the event's structure, participant engagement, and feedback received.

Objectives

- To raise awareness about the health risks associated with tobacco use.
- To provide resources and strategies for quitting tobacco.
- To encourage community support for tobacco cessation.

Program Structure

1. **Opening Remarks (10 minutes)**
 - Welcoming participants and introducing the significance of World No Tobacco Day.
2. **Presentation on Tobacco Risks (30 minutes)**
 - Delivered by [Expert's Name], covering:
 - Health risks of tobacco use.
 - Statistics on tobacco-related diseases.
3. **Personal Stories (20 minutes)**
 - Testimonials from former smokers discussing their journeys to quit.
4. **Q&A Session (30 minutes)**
 - Participants engaged in a lively discussion, asking questions and seeking advice.
5. **Closing Remarks and Resources (10 minutes)**
 - Summary of key points and distribution of online resources for quitting tobacco.

Participant Engagement

- **Attendance:** [Number of participants] attended, including community members, health professionals, and individuals seeking support.
- **Interaction:** Active participation during the Q&A session, with numerous questions and discussions.

Conclusion


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The World No Tobacco Day online lecture effectively raised awareness about the dangers of tobacco use and provided valuable resources for participants. The positive feedback indicates a strong interest in continued education and support.




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9	Swati Gound
10	Shivani Vishakarma
11	Shania Khan
12	Sakshi Gupta
13	Pinki Patel
14	Neha Prajapati
15	Aditi Yadav
16	Tassmilee Kaynath
17	Nandani Modanwal
18	Rupali Sahani
19	Riya Tiwari
20	Sudha Yadav


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***Program:- Psychosocial support for covid-19 pandemic
condition (online workshop)***

Date:-12-06-2021


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Circular Letter

Date: June 10, 2021

To: All Participants and Staff

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

Subject: Circular Letter Regarding Online Workshop on Psychosocial Support for COVID-19 - June 12, 2021

Dear Participants,

I hope this message finds you well. I want to express my sincere gratitude to everyone who participated in the online workshop on Psychosocial Support for COVID-19, held on June 12, 2021. Your involvement and commitment to this important topic contributed significantly to the workshop's success.

Event Overview

The workshop aimed to provide participants with the tools and strategies needed to cope with the psychosocial challenges arising from the COVID-19 pandemic. Key components included:

- Informative presentations by mental health professionals
- Interactive discussions and group activities
- Resources for ongoing support

Key Highlights

- **Expert Insights:** Our speakers shared valuable information on mental health issues related to the pandemic, including anxiety, depression, and coping strategies.
- **Interactive Engagement:** Participants engaged in group discussions and activities that fostered a sense of community and support.
- **Resource Distribution:** Attendees received handouts and resources for further reading and support.

Next Steps

Given the interest shown, we are considering organizing follow-up sessions and support groups to continue the conversation around mental health during and after the pandemic. Your suggestions are encouraged!

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


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Address: New Colony, Diwan Bazar Gorakhpur -273001

Report on Online Workshop: Psychosocial Support for COVID-19

Event Title: Online Workshop on Psychosocial Support for COVID-19

Date: June 12, 2021

Location: Online (Zoom/Webinar)

Introduction

The online workshop on Psychosocial Support for COVID-19, held on June 12, 2021, aimed to address the mental health challenges faced by individuals during the pandemic. This report summarizes the event structure, participant engagement, and feedback received.

Objectives

- To provide strategies for coping with mental health challenges during the pandemic.
- To foster community support and connection among participants.
- To share resources for ongoing mental health support.

Program Structure

1. **Opening Remarks (10 minutes)**
 - Welcome and introduction to the workshop's objectives.
2. **Presentation on Mental Health During COVID-19 (30 minutes)**
 - Delivered by [Expert's Name], covering:
 - Common mental health issues during the pandemic.
 - Coping strategies and self-care techniques.
3. **Group Activities (30 minutes)**
 - Interactive breakout sessions where participants shared experiences and discussed coping strategies.
4. **Q&A Session (30 minutes)**
 - Participants asked questions and received guidance from mental health professionals.
5. **Closing Remarks and Resources (20 minutes)**
 - Summary of key points and distribution of mental health resources.

Participant Engagement

- **Attendance:** [Number of participants] attended, including community members and mental health advocates.
- **Interaction:** High levels of engagement during discussions, with participants actively sharing their thoughts and experiences.


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



CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA P.G. COLLEGE

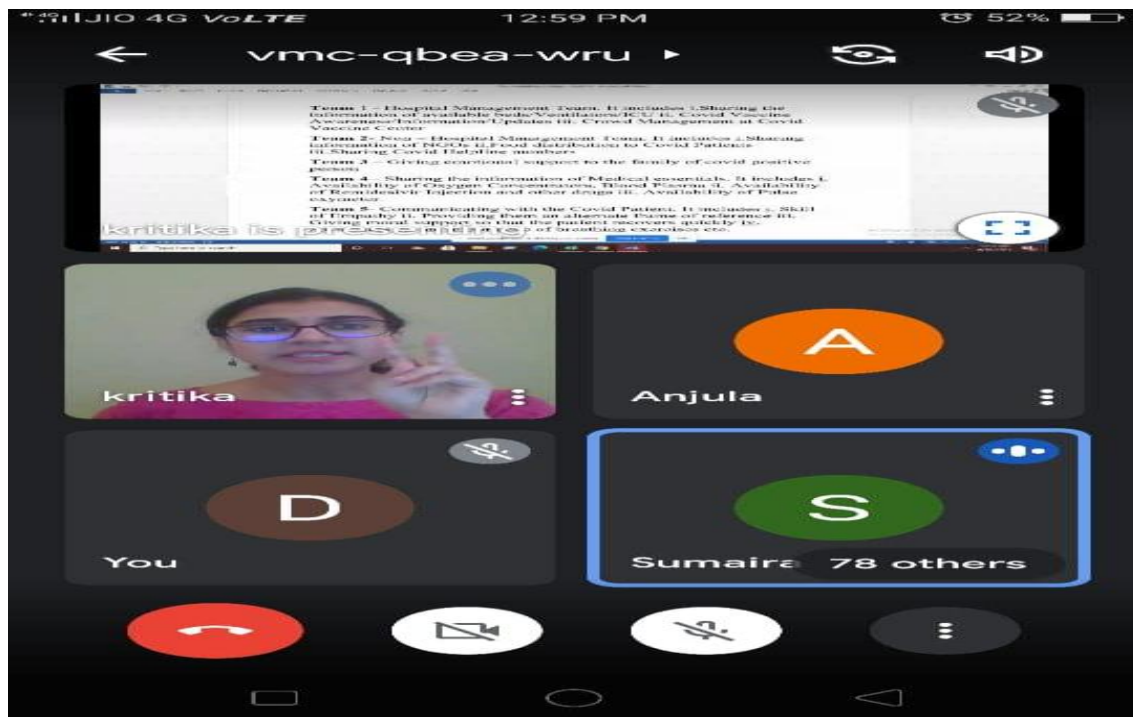
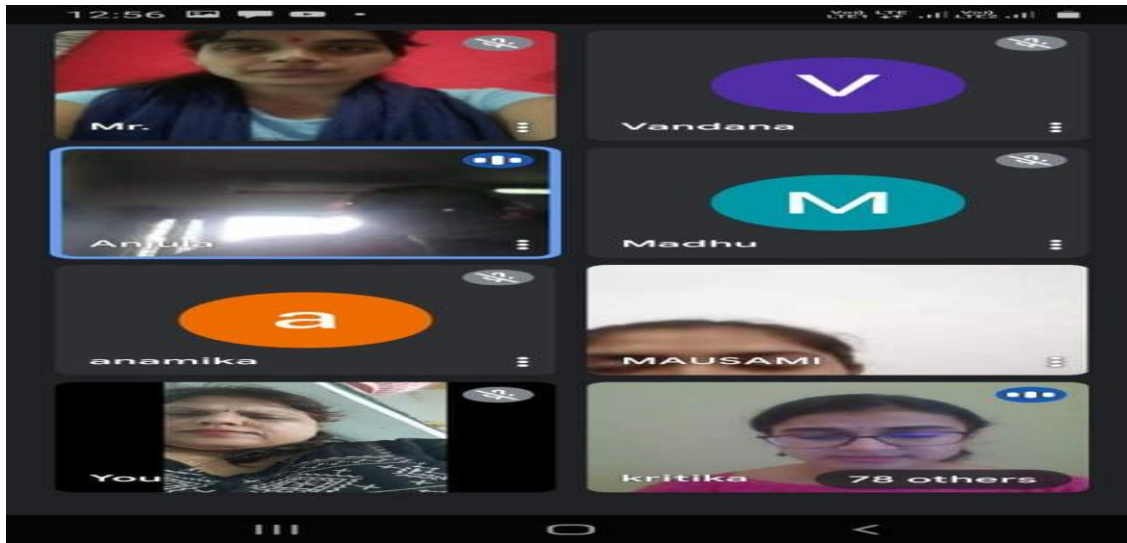
चन्द्रकान्ति रमावती देवी आर्य महिला पी.जी. कॉलेज

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1	Neelam Kushwaha
2	Sapna Gound
3	Shrutti Gupta
4	Renu Kanaujiya
5	Najiya Parveen
6	Jagratie Chaudhary
7	Swikriti Srivastav
8	Shivani Nigam
9	Neha Majawar
10	Disha Yadav
11	Tripti Gupta
12	Swati Gupta
13	Sonia Verma
14	Atiya Parveen
15	Shrutti Rai
16	Mahima Sharma
17	Shilpi Kumari
18	Juhi Kushwaha
19	Jagratie Tripathi
20	Sahyma Khatoon

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