



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

Address: New Colony, Dewan Bazar Gorakhpur -273001

YOGA, FITNESS PROGRAM, HEALTH & HYGIENE, SELF EMPLOYMENT & INTERPRINURSHIP PROGRAM



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**CHANDRAKANTI RAMAWATI DEVI ARYA MAHILA
P.G.COLLEGE, GORAKHPUR**



Health Care Camp



Organised By

Health care committee & IQAC

+ Date - 12/07/2018

Time- 11:00 AM

**Venue- Chandrakanti ramawati devi arya mahila pg
college, Gorakhpur**

प्राचार्य

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REPORT OF PROGRAM

1. Introduction

- **Purpose of the Report:** To provide an overview and evaluation of the healthcare program offered at CRD PG College.
- **Background Information:** Brief description of CRD PG College, including its location, mission, and academic focus.

2. Program Overview

- **Program Description:** Outline the healthcare program's objectives, structure, and key components.
- **Course Offerings:** List and describe the core courses, electives, and any specialized modules within the program.
- **Duration and Degree:** State the length of the program and the degree or certification awarded upon completion.

3. Curriculum and Training

- **Curriculum Design:** Detail the structure of the curriculum, including theoretical and practical components.
- **Clinical Training:** Describe any practical training, internships, or clinical experiences required.
- **Faculty and Expertise:** Provide information about the faculty involved in the program, including their qualifications and areas of expertise.

4. Facilities and Resources

- **Healthcare Facilities:** List and describe the healthcare facilities available to students, such as laboratories, clinics, and simulation centers.
- **Technological Resources:** Highlight any advanced technologies or resources used in the program (e.g., electronic health records, simulation software).

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**HEALTH CARE
CHECKUP**



Prakash
प्राचार्य

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Chandrakanti Ramavati Devi Arya Mahila P.G. College
Diwan Bazar, Gorakhpur



Certificate Course
in
YOGA & MEDITATION



Course Duration : 3 Months

Programme Offered by B.Ed Department

YOGA PROGRAM


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REPORT PROGRAM

1. Introduction

- **Purpose of the Report:** To provide an overview and evaluation of the Yoga and Meditation program at CRD PG College.
- **Institution Background:** Briefly describe CRD PG College, including its location, academic focus, and any relevant details about its commitment to wellness and holistic education.

2. Program Overview

- **Program Description:** Outline the objectives and goals of the Yoga and Meditation program.
- **Program Structure:** Describe the program's structure, including the duration, frequency of classes, and overall format.
- **Degrees or Certifications:** Mention any certifications or qualifications awarded upon successful completion of the program.

3. Curriculum and Activities

- **Yoga Practices:** Detail the types of yoga practices included in the program (e.g., Hatha Yoga, Vinyasa, Ashtanga).
- **Meditation Techniques:** Describe the meditation techniques taught (e.g., mindfulness, guided meditation, transcendental meditation).
- **Course Modules:** List and describe any specific modules or workshops offered within the program, such as stress management, breathing techniques, or advanced yoga practices.

4. Instruction and Faculty

- **Instructor Qualifications:** Provide information about the instructors leading the program, including their qualifications, certifications, and experience in yoga and meditation.
- **Teaching Methods:** Describe the teaching methods and styles used in the program, including any unique approaches or tools.

5. Facilities and Resources

- **Yoga Studios:** Describe the facilities available for yoga practice, including any dedicated yoga studios or spaces.
- **Equipment and Resources:** List the equipment and resources available to students, such as mats, blocks, and meditation cushions.


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YOGA PROGRAM




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YOGA PROGRAM DONE BY STUDENTS





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CLEANESS PROGRAM BY NSS STUDENTS



CLEANESS PROGRAM BY NSS STUDENTS



Signature
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NCC CADETS CLEANING NEAR RAPTI RIVER



Pranav
प्राचार्य

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REPORT OF PROGRAM

Report on Cleanliness at CRD PG College

1. Introduction

- **Purpose of the Report:** To assess the current state of cleanliness at CRD PG College and identify areas for improvement.
- **Institution Background:** Brief overview of CRD PG College, including its location and general facilities.

2. Scope of the Report

- **Areas Assessed:** Outline the specific areas of the college covered in the assessment, such as classrooms, laboratories, libraries, restrooms, common areas, and outdoor spaces.
- **Methodology:** Describe the methods used for assessing cleanliness, including inspections, surveys, and feedback collection.

3. Current Cleanliness Standards

- **Cleaning Schedule:** Detail the existing cleaning schedule and frequency for various areas of the college.
- **Cleaning Protocols:** Describe the protocols and procedures followed for maintaining cleanliness, including the types of cleaning agents used and methods employed.

4. Assessment Findings

- **Classrooms and Laboratories:** Evaluate the cleanliness of classrooms and laboratories, noting any issues such as dust, spills, or clutter.
- **Libraries:** Assess the cleanliness of library spaces, including book stacks, study areas, and furniture.
- **Restrooms:** Report on the cleanliness and maintenance of restrooms, including the availability of supplies and the condition of fixtures.
- **Common Areas:** Examine the cleanliness of common areas such as lounges, cafeterias, and hallways.
- **Outdoor Spaces:** Review the state of outdoor areas, including gardens, walkways, and parking lots.

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EMPLOYMENT & INTERPRINURSHIP PROGRAM





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REPORT OF PROGRAM

1.1. Background:

- Define women empowerment and entrepreneurship.
- Discuss the importance of these concepts in contemporary society and their impact on socio-economic development.

1.2. Objective of the Report:

- To evaluate the state of women empowerment and entrepreneurship at CRDPG College.
- To highlight initiatives and programs aimed at supporting female students in entrepreneurial endeavors.
- **2. Women Empowerment at CRDPG College**

2.1. Institutional Framework:

- Outline the college's policies and programs related to women's rights and empowerment.
- Mention any committees, workshops, or counseling services dedicated to supporting women.

2.2. Academic and Extracurricular Support:

- Detail the academic programs, seminars, or guest lectures that focus on women's issues and empowerment.
- Discuss extracurricular activities like women's clubs, leadership training, and mentorship programs.

2.3. Success Stories:

- Provide examples of female students or alumni who have achieved notable success in their fields due to the support of the college.

3. Entrepreneurship Among Women at CRDPG College

3.1. Current Landscape:

- Describe the level of entrepreneurial activity among female students.
- Highlight any notable startups or businesses founded by female students or alumni.

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