

## ANNUAL GENDER SENSITIZATION ACTION PLAN 2023- 24

The Gender sensitization cell is typically a unit within an organization dedicated to conducting yearly awareness and training sessions. Its primary role is to ensure that all members of the organization are up-to-date with relevant policies, regulations or practices, often related to compliance, safety or ethical standards. The goal is to keep everyone informed, engaged, and compliant with best practices of the institute.

The Gender Sensitization Cell is dedicated to fostering gender equality and addressing gender-based issues within the institution. Its primary role is to promote awareness and understanding of gender dynamics, biases and inequalities through targeted education and training. The cell organizes workshops, seminars, and discussions to educate employees, students or members about gender issues, such as harassment, discrimination, and stereotypes. It also develops and implements policies to ensure a safe and inclusive environment, addressing grievances related to gender discrimination and providing support for affected individuals. By fostering an understanding of gender diversity and advocating for respectful interactions, the cell aims to create a more equitable and supportive atmosphere. Additionally, it monitors and evaluates the effectiveness of gender-related initiatives, offering recommendations for improvements. Through its comprehensive approach, the Gender Sensitization Cell helps to challenge and change entrenched gender norms, ensuring that all individuals are treated with dignity and respect, thus contributing to a more inclusive and just environment.

Sl no.	Activity	Organizer	Date
	Time Management, Mind Management	B.Ed.	
1	World Breastfeeding Week	Home Sc. dept.	1-08-23 to 7-08-23
2	Guest Lecture/ Awareness on Cervical Cancer	B.Ed. and D.El.Ed.	15-04-24
3	Awareness of various mental and physical activities that help fight harassment	Grievance and Anti-Harassment cell	2023- 2024



4	Certificate course in Yoga and Aerobics	College	15-03-24
5	5 Days Ranger's Training Programme	College	21-07-23 to 25-07-23
6	National Girl Child Day	Pol. Sc. dept	24-01-24
7	International Women's Day Celebration and Honour Ceremony	College	09-03-24
8	4-day Skill development course in "Terracotta Pottery"	College	15-03-24 to 19-03-24
9	Educational Tour to CRC Rehabilitation Centre	Education Dept.	1-3-24
10	Annual Badminton Competition	College	1-11-23 to 11-11-23
11	Student Council Election	College	7/23 to 8/23
15	Annual Chess Competition	College	2-11-23 to 18-11-23
12	Annual Intercollegiate Athletics Meet	DDU	30-11-23 to 2-12-23
13	Yoga Competition	National Educational Society	15-12-23 to 16-12-23



Specific facilities provided for women in terms of: a. Safety and security b. Counselling c. Common Rooms d. Day care center for young children e. Any other relevant information

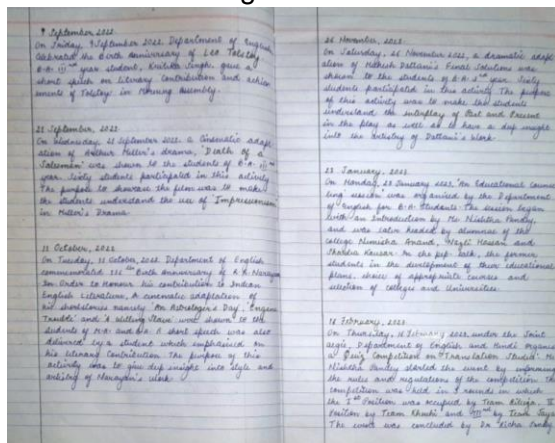
### a. Safety




### Security



### b. Counselling








**St. Joseph's College For Women**  
(A Catholic Christian Minority Institution run by the Diocese of Gorakhpur)  
 NAAC Accredited and 2(B) & 12(B) by UGC  
 Affiliated: DDU Gorakhpur University, Gorakhpur

Date: 18-07-2023


**The Team of Counsellors for the Academic Session 2023-24**

S. No.	Name	Qualification
1.	Fr Poly	M.Sc. in Counselling Psychology from MLCU, Shillong
2.	Dr. Nisha Kumari	M.A. (Specialization in Counselling Psychology) P.G. Diploma in Vocational Guidance and Counselling from Uttar Pradesh Rajarshi Tandon Open University, Prayagraj Ph.D. in Health Psychology from D.D.U. Gorakhpur University
3.	Ms. Akancha Pandey	M.A. (Specialization in Counselling Psychology) Ph.D. in Health Psychology (Pursuing) from D.D.U. Gorakhpur University

  
**Dr. Fr. Roger Augustine**  
 Principal




Available:-  
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 Gorakhpur - 273009, U.P.


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Date: 15 July 2023

**Mentors and Mentee for the Academic Session 2023-24**

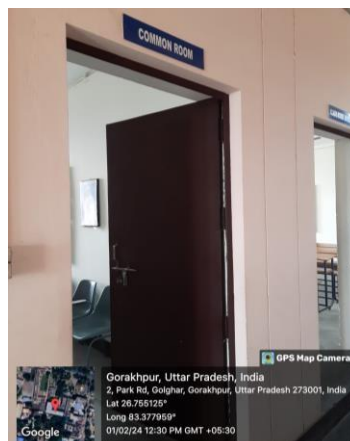
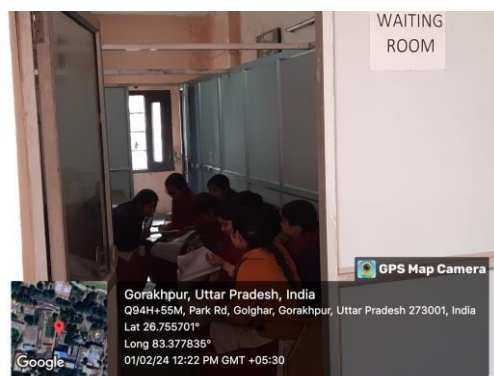
Class	Name	Registration No.
B.A.III	Dr Richa	Reg. No. 202301-202350
	Dr Aruna	Reg. No. 202351-2023100
	Dr Amrita	Reg. No. 2023101-2023140
B.A. II	Dr KanakLata	Reg. No. 202201-202250
	Dr Akancha	Reg. No. 202251-2022100
	Dr Meena	Reg. No. 2022101-2022135
B.A.III	Ms Taskeen	Reg. No. 202101-202150
	Dr Nisha	Reg. No. 202151-202100
	Ms Nishtha	Reg. No. 2021101-2021135
B. Sc. I	Ms Kirupa	Reg. No. 2023201-2023275
	Dr Vandana	Reg. No. 2023276-2023350
	Ms Shivani	Reg. No. 2023351-2030380
B. Sc. II	Dr K.K. Singh	Reg. No. 2022201-2022275
	Ms Kopal	Reg. No. 2022276-2022350
	Dr Pratima	Reg. No. 2022351-2022410
B. Sc. III	Ms Manya	Reg. No. 2021201-2021275
	Dr Ruhi	Reg. No. 2021276-2021350
	Dr Agnes	Reg. No. 2021351-2021402
D. EL Ed I	Ms Namita	Reg. No. 2023501-2023550
D.EL.Ed I	Ms Sushma	Reg. No. 2022501-2022550
B. Ed II	Dr Preety	Reg. No. 2023601-2023650
B. Ed I	Dr Mahima	Reg. No. 2022601-2022650
M. A. I	Ms Nidhi	Reg. No. 2023651-2023670
M. A. I	Dr Tulika	Reg. No. 2022651-2022670

  
**Dr. Fr. Roger Augustine**  
 Principal



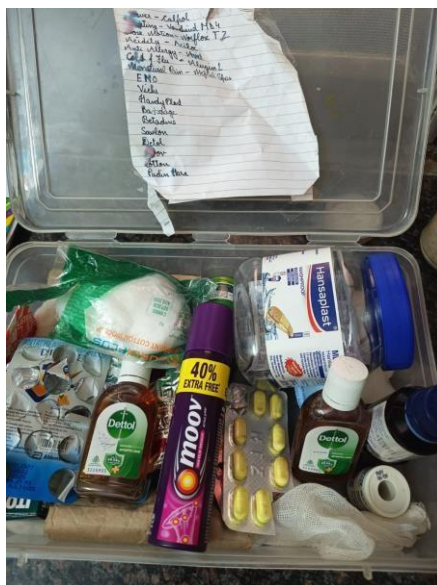
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 ✉ : sjcwkgkp@rediffmail.com  
 🌐 : sjcwkgkp.in  
 📍 Civil Lines, University PO,  
 Gorakhpur - 273009, U.P.

### c. Common room, Waiting room



### d. First Aid



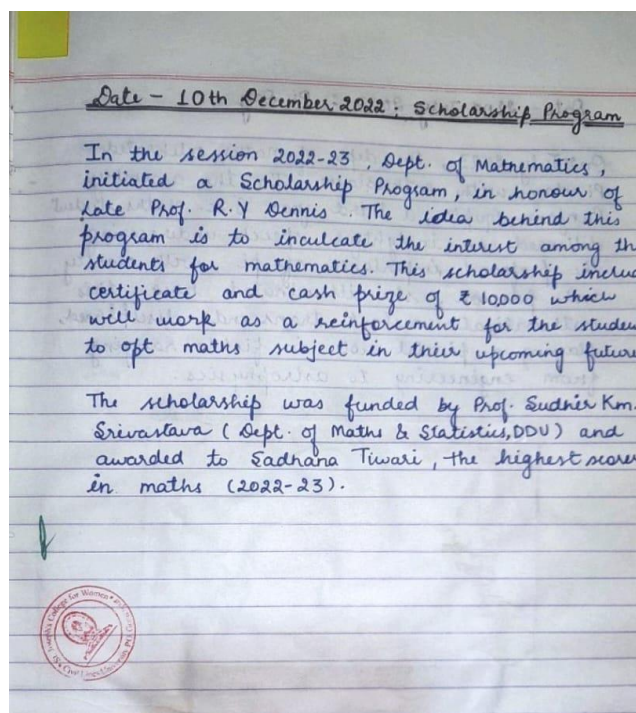


e. Girl's hostel





### Reports on Gender Equity programmes:





## SESSION 2023-24

2nd February 2023

On this day, the Economics Department discussed about the budget session with the students. Students were made aware about the annual financial statement of India. They were also sensitized about the process of making or preparing budget. Several data and schemes were discussed with the students in order to know about the beneficiaries. They were told about the history of the budget and the current policies and schemes.



Reported by  
Shweta Gupta

17 October 2023

The Entrepreneurship Club, with the Department of Economics organised a valuable session on "Starting a START-UP" on 17 October 2023. The session started to guide the students about how to open a Startup, covering essential topics such as planning, funding, legal set up team building, Product Development, Marketing and launch. Students were also made aware about the importance of creating a website and social media presence to promote products. The session provided a valuable learning experience for students, offering practical insights and expert advice on navigating the Startup ecosystem.



Reported by  
Shweta Gupta



On this day, Department of Economics hosted an engaging discussion and presentation on the topic of G-20. The event witnessed enthusiastic participation from students of both B.A. II and B.A. III who eloquently elaborated on the ideas and significance of G-20.



7 March 2024

On 7th March 2024, students were made aware about the share market. The students were told about the Zerodha application and were made clear about how to initiate the investment with the help of the app. We also discussed about 'Color theory' which is related to share market. Boards, debentures, mutual funds were introduced to the students and they were made clear about this difference.



Reported by  
Shweta Gupta

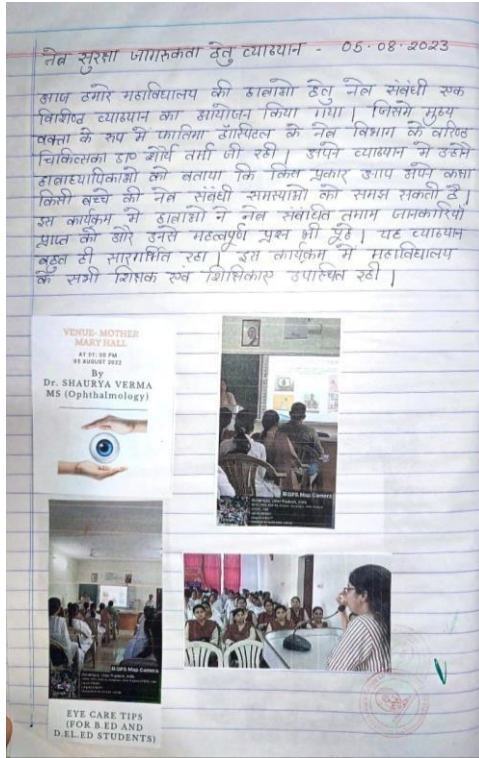
‘नेत्र ज्ञान्य शिविर’

महाविद्यालय बरह लोकेधम कालिका पौर विभन शिविष्य सायन गिरि  
 को सत्यमेव जयते संस्था स्थापित तथा सायन गिरि सत्यमेव जयते  
 को समर्थन तथा प्रचार के माध्यम से सायन गिरि को  
 ३००० छात्रों के विद्यार्थी के माध्यम से किया गया। विभिन्न जगह  
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 ३००० छात्रों के विद्यार्थी के माध्यम से किया गया। विभिन्न जगह  
 ३००० छात्रों के विद्यार्थी के माध्यम से किया गया। विभिन्न जगह

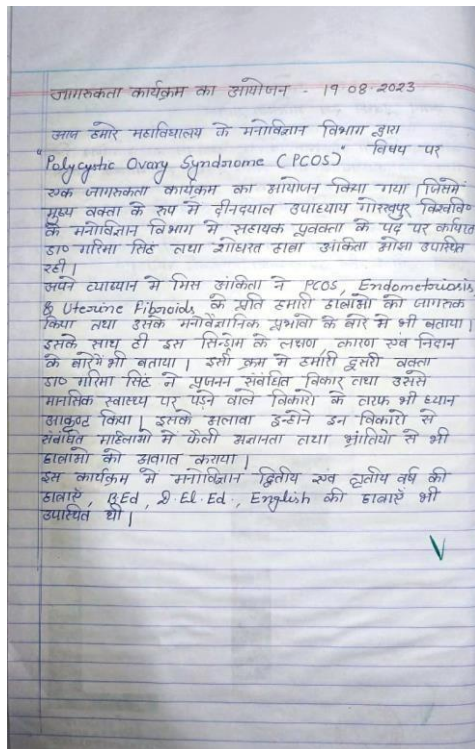


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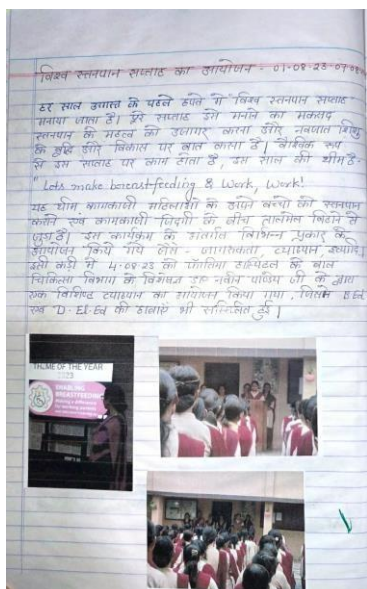
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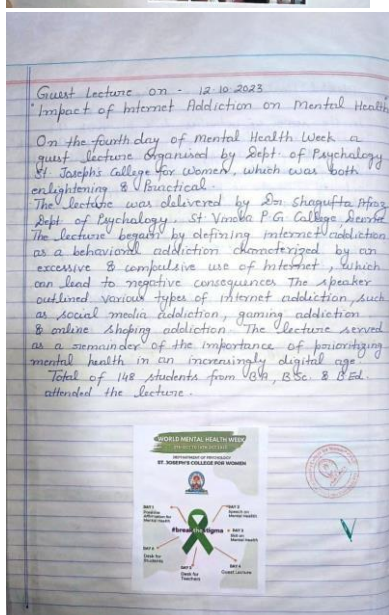




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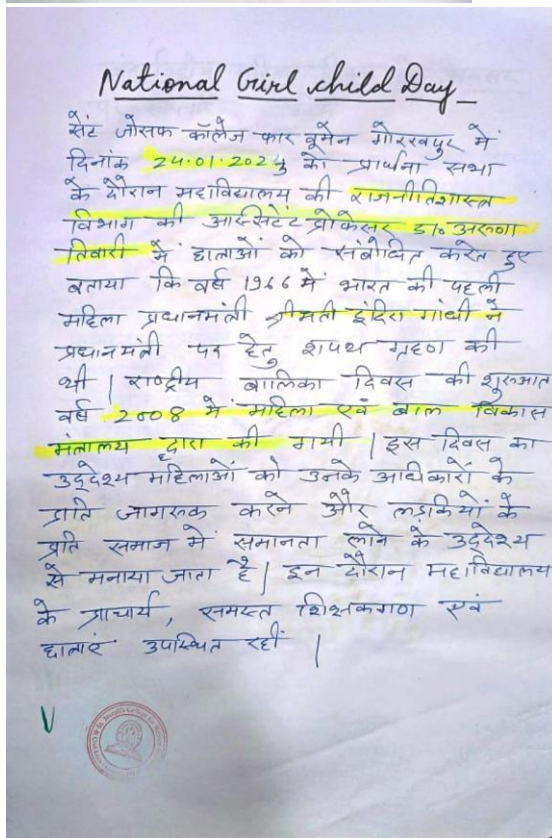


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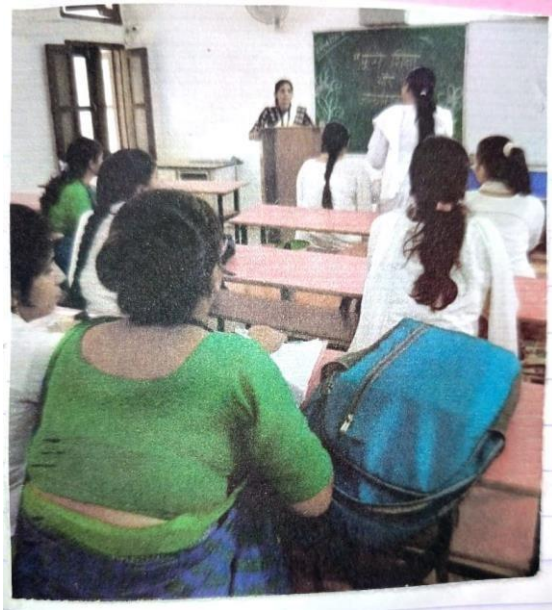






16)

Date	Batch	No. of students	Programme detail
27/04/2024	4 <sup>th</sup> Semester	15	"मूल्य शिक्षा और आमविश्वस" विषय पर सुश्री प्रतिष्ठा ने स्कूल व्याख्यान प्रस्तुत किया।
14/05/2024	2 <sup>nd</sup> & 4 <sup>th</sup> Semester	33	"Your Career and Your Values" विषय पर सुश्री मूल्य शिक्षा आधारित एके कारपोरेशन का आयोजन हुआ जिसका संचालन श्री राजीव कुमार मिश्रा ने किया।



17)

09<sup>th</sup> November, 2023

On the Fourth day of Intellectual workshop for students on ICW-2023, a Quiz Competition was organized for the students in Activity Hall from 09:15 to 10:00 am in which three groups of students from B.Sc - I, II & III (Maths and Bio) participated.

Group A: Shreya Dwivedi } B.Sc III  
Vishal  
Rishi Singh  
Kripa Vishwakarma

Group B: Akshita Singh } B.Sc II  
Isha Adlakha  
Mrida Aftab  
Akshita Mani Tripathi

Group C: Rishi, Shreya, Vishal } B.Sc - I  
Shreya Dwivedi  
Kripa Dwivedi

2. Ankita Tripathi presented a skit on the topic of "The Power of the Mind" for the students of B.Sc - I. The skit was well received by the students and the teacher.

III. Location: Group A - Shreya Dwivedi and V. (B.Sc - III)

IV. Location: Group B - Akshita Singh and Mrida Aftab (B.Sc - II)

V. Location: Group C - Rishi, Shreya, Vishal and Kripa Dwivedi (B.Sc - I)



07<sup>th</sup> November, 2023

On the second day of Intellectual Workshop for students on International Chemistry Week (ICW-2023), a Powerpoint presentation was organized by the students in activity hall from 12:30 to 2:30 p.m. in which 10 students gave their presentation on following topics:-

- 1) Jagriti Shukla - Indian Chemists
- 2) Sukriti Singh - Food Adulteration
- 3) Mansi Verma - Analgesics
- 4) Aditi Singh (I) - Chemistry in daily life
- 5) Anshita Verma - Oxygen discovery
- 6) Smriti Gupta - Artificial diamond
- 7) Palak Kashaudhan - Uses of polymers
- 8) Sukshi Kumari - Medicinal Chemistry
- 9) Anjali Mishra - Chemistry in daily life
- 10) Ranjima Gupta - How soft drinks affect human body.

18)

सत्र- 2023-2024

### "अन्तराष्ट्रीय युवा दिवस"

दिनांक 12 अगस्त 2023 को अन्तराष्ट्रीय युवा दिवस के अवसर पर प्राथमिक स्तर के दौरान B.A. तृतीय वर्ष की छात्रा मारिया उरुडीन द्वारा अन्तराष्ट्रीय युवा दिवस के महत्व पर प्रकाश डालते हुए महाविद्यालय में उपस्थित छात्रों को यह संदेश दिया कि हमें विद्यार्थी जीवन में अध्ययन शील संयमी तथा क्षात्रमानुषासित होकर अपने अविवेक को उज्ज्वल बनाने का प्रयास करना चाहिए क्योंकि एक सशक्त युवा ही अपनी भूमिका के द्वारा सशक्त विश्व का निर्माण कर सकता है।



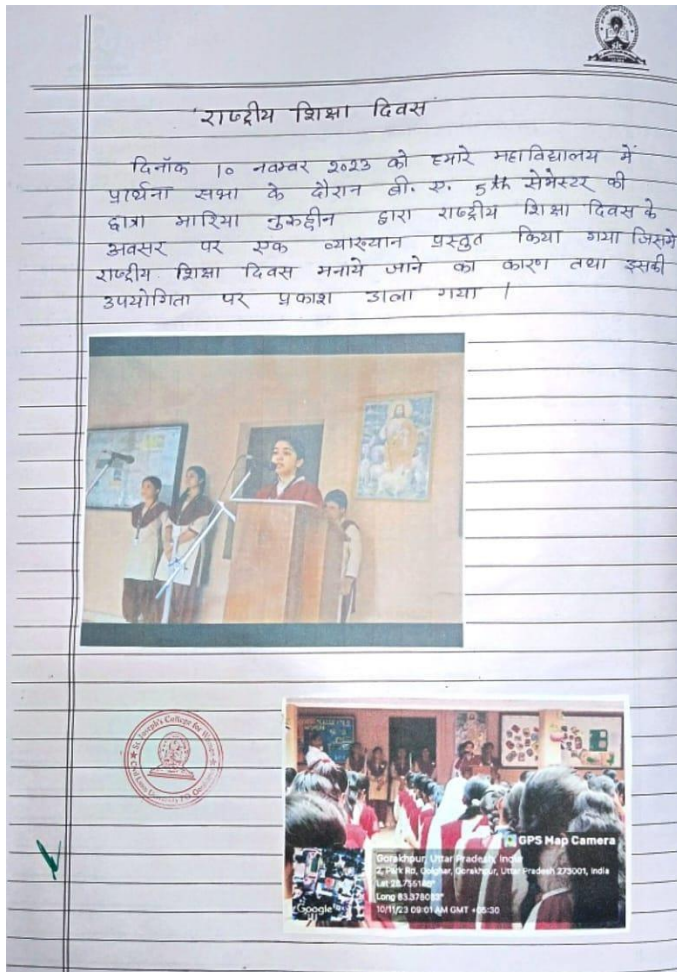
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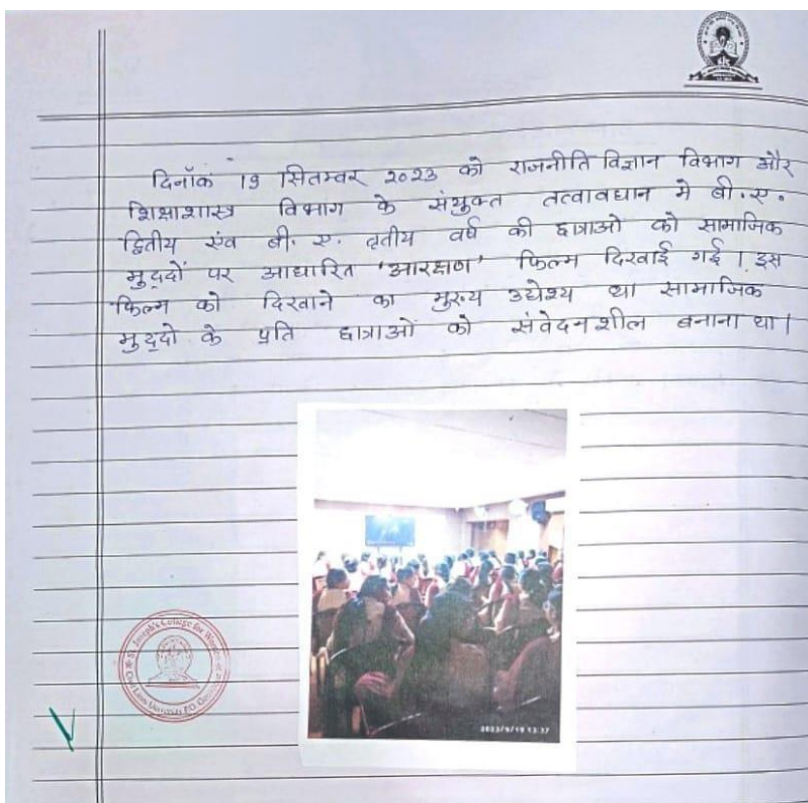




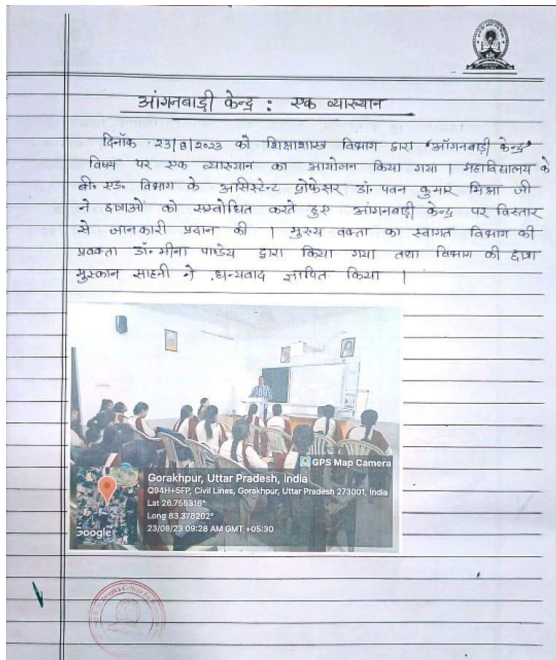
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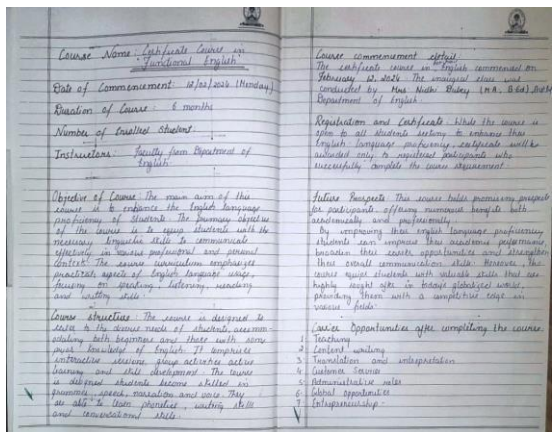
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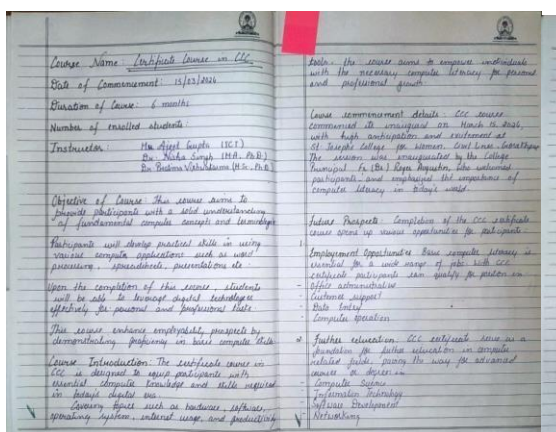




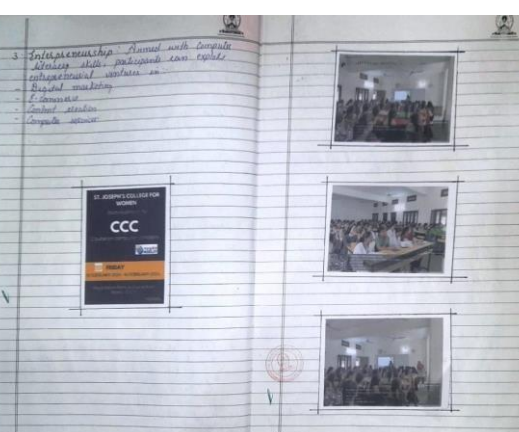
24)



25)



26)





Course Name: Certificate Course in Yoga and Aerobics

Date of Commencement: 15/03/2024

Duration of Course: 6 months

Number of enrolled students:

Instructor: Mr. Amar Singh (M.P.Ed. N.P.H.T., P.B. pursuing)

Objective of Course: The course aims to encourage a healthy lifestyle through the practices of Yoga and Aerobics, fostering overall wellness and productivity among participants.

Report:

On March 15, 2024, our College, St. Joseph's College for women, Civil Lines, Gorakhpur, commenced a Certificate course in Yoga and Aerobics aimed at promoting physical fitness and mental well-being among students. Mr. Amar Singh has been appointed as the instructor for the course. He is a seasoned instructor with expertise in Yoga and Aerobics, which will lead the course, guiding participants towards physical transformation and overall wellness.

Session will cover Yoga fundamentals, asana, pranayama, mindful practices, and wellness education conducted daily.

Benefits of certificate course in Yoga and Aerobics

1. Health and Fitness: Students can improve their physical health and fitness level through regular practice of Yoga and Aerobics, leading to increased energy, flexibility, and overall well-being.
2. Stress reduction: To manage their stress effectively by promoting relaxation, mindfulness and mental clarity.
3. Lifestyle management: Help to maintain healthy lifestyle, including proper nutrition.
4. Improved concentration and focus: Yoga practices such as meditation and breathing exercises such as pranayama and breathing exercises can enhance students' concentration, focus and mental clarity.

Future prospects:

1. Career Opportunities:
2. Industry growth
3. Global demand
4. Personal branding

Overall, completing a certificate course in Yoga and Aerobics equips students with skills, knowledge, and opportunities to thrive in a growing industry focused on health, fitness and well-being.

27)

Course Name: Skill development program "Ternacotta Pottery"

Date of commencement: 15 March 2024

Duration of course: From March 15 to March 19, 2024 (No class on Sunday)

Number of enrolled students: 56 (B.P. 202)

Instructor: Mr. Anil Prajapati (M.A. Fine art)

Objective: At the completion of course, students gain insight into various clay modeling and pottery techniques, understanding their applicability in careers such as art, architecture, interior design and pottery. They learn the Ternacotta technique, learn to create architectural and interior design projects, and explore methods for creating ceramic objects in product design and models.

Day 1: 15/03/2024 - Sunday

Commencing with enthusiasm, the Ternacotta Pottery program, under the guidance of Instructor Mr. Anil Prajapati, initiated its journey. Day 1 witnessed students immersing themselves in the intricacies of crafting pots on the pottery wheel, showcasing their dedication to mastering this ancient art form. With each spin of the wheel, participants embarked on a journey of skill enhancement, laying the groundwork for future creative endeavors.

Day 2: 16/03/2024 - Saturday

On March 16, 2024, during Ternacotta Day 2, students enthusiastically engaged in embellishing clay pots, showcasing their creativity and passion for the craft. This hands-on activity not only allowed them to express their artistic talents but also laid the foundation for continued exploration and learning in the realm of Ternacotta pottery and design.

Day 3: 17/03/2024 - Monday

On day 3 (17/03/2024) of the Ternacotta activity, students delved into creating jewelry and landscapes from clay. Their creativity flourished as they learned advanced techniques, molding clay into wearable art and picturesque scenes, guided by their instructor Mr. Anil Prajapati. They explored the versatility of clay, shaping it into unique pieces reflecting their imagination. By the end of the session, students showcased their newly acquired skills.

Day 4: 18/03/2024 - Tuesday

On March 18, 2024, the concluding session of the Ternacotta pottery course highlighted the students' adaptability in creating vibrant pottery, landscapes and jewelry. The college principal (Mr. K. Anil Prajapati) visited and witnessed the commendable

quality of their work. In a ceremonial gesture, instructor Mr. Anil Prajapati bestowed a certificate and memento upon the graduates, symbolizing their full potential for his support throughout the skillful journey in mastering the art of Ternacotta pottery.

Day 1

28)

Day 2

Day 3

Day 4



29)

An EXPO - In Science Week Celebration  
Date : 21-02-2024

The Botany dept. of St. Joseph's College for women, Quilimes, Coimbatore organized an Expo - In Science week celebration Organized by Science faculty.

On 24th February the college campus buzzed with excitement for the Botany expo unfolded during Science Week celebration. This year's theme, " Gates of Knowledge India", set the tone for showcasing the pivotal role of botanical sciences in the nation's progress.


College Principal Dr. C. J. Roger Augustine<sup>14</sup> presided over the inauguration, offering words of encouragement to the participating students. He emphasized the collective support of all teachers in further enlivening the atmosphere of appreciation & encouragement.

Students exhibited a wide array of botanical specimens, emphasizing preservation & sustainability. Healed to witness revolution in field of Life Science.

30)



31)




Field trip of Botanical Garden, Nainital, Uttarakhand  
Date: 17.10.2023

On 17<sup>th</sup> October 2023, under the guidance of college principal Dr. Fa. Roger Augustine, B.Sc. III (Bio) students along with Dr. Pankaj Vishwakarma (Dept. of Botany), Dr. Rishi Agrawal & Dr. I. Agnes Flora (Dept. of Zoology), M.Sc. Kopal Kashyap (Dept. of Chemistry) & 72 enthusiastic students embarked on an enlightening field trip to the "Himalayan Botanical Garden" near Nainital.

Spanning 30 hectares at an altitude of 1900 meters, this botanical gem showcases a diverse collection of plants & herbs native to the Himalayan region. The garden's captivating attractions include a vibrant Butterfly Park, a sanctuary of rare orchids in the Ophioglossum, a herbarium of preserved plant specimens, a tranquil fernery, a futuristic Geodesic Dome housing tropical plants, Zenia points offering panoramic views & a spacious library.

This immersive learning experience, supported by the dedicated faculty & college principal, fostered a deeper appreciation for Himalayan flora among the students.



32)

WORLD BREASTFEEDING WEEK - 2023 CELEBRATION

1st JULY - 1st DAY CELEBRATION - A SHORT SPEECH

"Breastfeeding is a mother's gift to herself, her baby, and the earth."  
 - Pamela K. Niggin


World Breastfeeding Week is celebrated every year from 1 to 7 August to encourage breastfeeding and improve the health of babies around the world. Breastfeeding is recognized as an important public health issue with enormous social and economic implications. Infants who do not receive breast milk are likely to experience poorer health outcomes than breastfed infants. Mothers who do not breastfeed increase their own health risk.


This year 2023 the World Breastfeeding week theme is "Let's make breastfeeding and work, work!"


In this context, to aware the people about breastfeeding, the home science department of St. Joseph's college for women has organized a short speech in morning assembly. This speech is given by a student of home science department.

**Let's make breastfeeding and work, work**

A call to stakeholders and policymakers in adapting optimal breastfeeding policies thereby supporting nursing working mothers.







WORLD BREASTFEEDING WEEK - 2023 CELEBRATIONS


2nd JULY - 2nd DAY CELEBRATION - A SPECIAL LECTURE


TOPIC: 'Importance and Obstacles of Breastfeeding'


On the second day of Breastfeeding Week a special lecture on the topic, 'Importance and Obstacles of Breastfeeding' was organized by the Department of Home Science, St. Joseph's college for women. The lecture was delivered by Dr. Lata K. Department of Home Science, St. Joseph's college for women, Gorakhpur.

The lecture began by giving informative knowledge about breastfeeding. The various factors of breastfeeding have come to light mainly including, the need for breastfeeding and the way to through which breastfeeding is done.

On the other hand the importance of basic nutrition required of basic nutrition required for breastfeeding mother has been spoken about too. During lecture, the speaker also shed some light on the theme of world breastfeeding week 2023 i.e. "Let's make breastfeeding and work, work" making everyone aware about all the information and facilities for working women and their children, provided by the government.









## World Breast Feeding Week - 2023 Celebration

5<sup>th</sup> August: 5<sup>th</sup> Day Celebration

Activity: An Exhibition

कवि स्तनपान सप्ताह कार्यक्रम के अन्तर्गत होने वाली डिजाइनरों की मुरबला में आषाढ़ दिनांक 5 अगस्त 2023 को गृह विज्ञान विभाग के द्वारा महाविद्यालय परिसर में एक प्रदर्शनी का आयोजन किया गया जिसमें शालाशो के द्वारा स्वनिर्भर इश्यु अल्प सामग्री का प्रदर्शन करते हुए स्तनपान के महत्व को रेखांकित करने का प्रयास किया।



## WORLD BREASTFEEDING WEEK - 2023 CELEBRATION

3<sup>rd</sup> JULY - 3<sup>rd</sup> DAY CELEBRATION

'A BENIGN GESTURE'

"Where there is clarity and wisdom, there is neither fear nor ignorance."

FRANCES OF ASSISI

Following the above quote on the third day of breast

## World Breastfeeding Week - 2023 Celebration

4<sup>th</sup> August - 4<sup>th</sup> day Celebration

A Special Lecture on Breastfeeding By Dr. Naveen Pandey

The next in the line of the breastfeeding week was a special lecture by Dr. Naveen Pandey (Child specialist in Patna Hospital) organised on August 4, 2023.

This lecture was attended by the students of B.Ed. and D.El.Ed. department along with the Home science students.

Dr. Naveen Pandey emphasised the importance and necessity of breastfeeding for a mother and her child in his address and



## Anti Harassment Committee

उत्पादन निगम समिति का उत्प्रेक्षण है। सुरक्षा, ज्वत्ता एवं निवारण। प्रमाण नंतर- रक्षा माहौल प्रदान करना है। जो पूर्ण सुरक्षित हो पहले से ही सुरक्षा के पक्ष को लेकर माहौलवाला स्थिति रहे। द्वारा नंतर है ज्वत्ता का

शारीरिक स्वास्थ्य के प्रति न्योत करना  
मोग, निर्भिन्न खेलों का आयोजन कराया जाता है जिससे कि  
दात्रण, शारीरिक और मनसिक दोनों दृष्टि से सुख, मंगल और  
निर्भिन्न बनती है जिससे कि उनके दात्रजीवन में तथा  
अंगों के बमपूर्ण जीवन में कोई उन्हे उत्पीड़ित न  
कर सके।

33)

### 34) Anti-harassment

अटिस

शिक्षण एवं अधीक्षण निवास, समीति की बैठक

Students Guidance and Anti Harassment Committee  
Meeting

संविन के कभी सदस्य को चुनित किया जाता है कि  
33-34-35 को लगाने के लिए सविन के लोग को  
बैठक हेतु उपस्थित होने का बल देते हैं।  
इस बैठक के विचारणीय बिन्दु  
इस प्रकार हैं।

- 1- छात्रों द्वारा विद्यालय कार्य दिवस परचम लाना
- 2- छात्रों द्वारा छात्रों विद्युत् चर्क प्रयोगशाला
- 3- शिक्षक द्वारा सम्मेलन की सुदृढता
- 4- महाविद्यालय कार्यक्रमों के प्रति नरवान की समस्या

10-11-2019  
 10-11-2019  
 10-11-2019

समन्वयक  
डॉ० महिमा प्रियानी

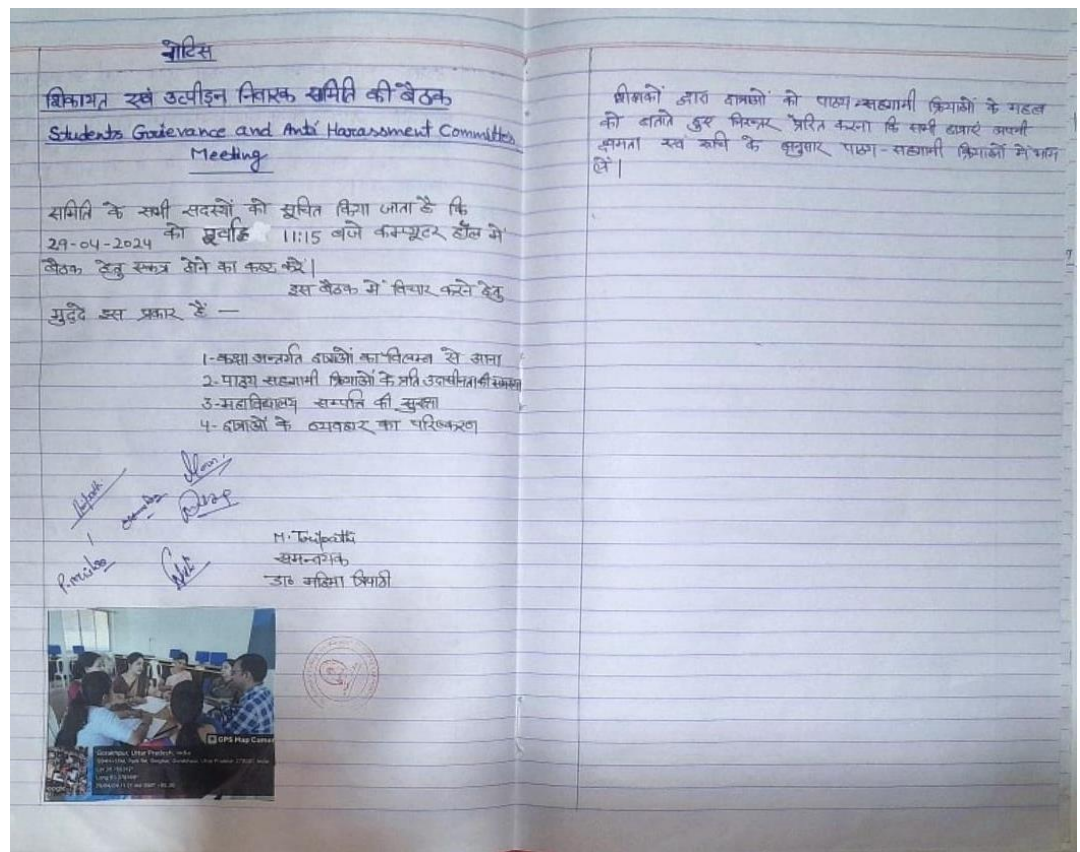


हमारे कार्य विश्व पर हमारी जमीन है हम अपनी  
का पस लगाकर मेधावश्वर की दूर दूरी का प्रयत्न  
होकर ही बना लिया जाए। महाविद्यालय के माध्यम  
क्रियाशील में बना ही है सबका काम है ही दूर दूरी  
है। सभी क्रियाशील का जीवन में सबक बनते हुए ही  
लिया जाए।





35)



36)



### स्मृतदान शिविर (26-04-2023)

26 अप्रैल 2023 को आयोजित स्मृतदान शिविर में हलाकों ने बहुरंगर डर रहिरहा दिया। बुधवार को आयोजित इस शिविर में फालिमा होस्पल की बस डेड की टीम ने स्मृत संग्रह का कार्य किया। फालिमा होस्पल मेसिटर रजमा तथा डा. गिरण राम जी का साथी सदस्यों में अपना तथा सहयोग करने सहानीय रहता है। इस अवसर पर सेंट जोसेफ अस्पताल के अनाथ फादर डा. डेजल आगस्टीन जी ने हलाकों का मनोबल बढ़ाया। स्मृतदान करने वालों में स्वाति, सखी बेस, छिंका, अमिता फालिमा, अलि सिन्धु, रंजु मोमो, निरुता तन्नु, डेवान्नीवाल, डेवेल सिंह, योगा पासवान, शेखानी, श्री ज्ञानसवाल, डेवला रोरीम, अरुण बिबारी, कोमल गाद, अमिका श्रीवास्तव, नून + इरशा अरुण, अजली, शिवा निषाद, अमिता भाव, अमिता चौहान, अजली मोहन तल 44 हलाकों ने स्मृतदान किया।



37)

### 21 जून विश्व योग दिवस

बड़े विश्व में 21 जून को मनाए जाने वाले विश्व योग दिवस पर बड़े से बड़े कार्यक्रम डर होल्डिंग्स के सेंट जोसेफ अस्पताल फादर सिमन, गोरखपुर में विश्व योग दिवस मनाया गया। इसी रोज के बावजूद युबल रात बजि के ही हलाकों का आयोजन शुरू हो गया। जो लगभग 3 बजे तक योगाभ्यास का कार्यक्रम चला। सेंट जोसेफ अस्पताल फादर सिमन गोरखपुर के अलि. जी. अमर सिंह ने सभी को योगाभ्यास का कार्यक्रम सम्पन्न कराया। विश्वमैतानाक ओषा लन, लकालन, खड़ासन, आसन, ऊपातंगीति, सर्वांगसन, पद्मासन, अर्धवृष्णिकासन, पवनमुचलासन, शवासन और आसने को लोगो ने अभ्यास किया। इस अवसर पर डा. राजीव कुमार मिश्र, डा. अरुण कुमार, डा. पवन कुमार मिश्र लीट्ट हलाकों और बड़ा योगाभ्यास कार्यक्रम में सहभागिकता। 85 लोगों ने प्रतिभाग किया।

### - योगासन छितयेगिता -

21 जून, विश्व योगासन दिवस, आयोजित योगासन छितयेगिता में सेंट जोसेफ अस्पताल की बी. एड. प्रथम वर्ष की हलाकदशापन्ना छितयेगिता ने अपने आपुर्वा में प्रथम स्थान प्राप्त किया। छिड़ा भारती गोरखपुर में आयोजित एली.एम. स्टेडमी रानी होम (जी.) इस अवसर पर में प्रह्लाद खिलरन कार्यक्रम को अलि. जी. अमर सिंह ने किया। इस कार्यक्रम में छिड़ा भारती गोरखपुर के सभी पदाधिकारी तथा एली.एम. स्टेडमी के छितयेगिता ने सफल संपादन में अपनी प्रतिभागिता की।



38)



## मेर दिवस (29-अगस्त) रस्सी कूद प्रतियोगिता

29 अगस्त गैर मंगलवार को कलेज परिसर में मेर दिवस का आयोजन किया गया जिसमें रस्सी कूद प्रतियोगिता का आयोजन किया गया। जिसमें बी. ए., बी. एस. सी., एम. ए., डी. एल. एड., तथा बी. एड. की इकाओं ने प्रतिभाग किया। इसमें कुल 44 इकाओं ने प्रतिभाग किया जिसमें कलेज की सभी इकाओं के साथ साथ सभी मित्रों का सहभाग रहा व सभी ने हार्दिक उत्साह बढ़ाया। प्रतियोगिता का परिणाम इस प्रकार है-

- |    |              |                            |
|----|--------------|----------------------------|
| 1- | शालिनी       | बी. ए. (प्रथम वर्ष)        |
|    |              | (ए. ए. विभाग)              |
| 2- | विष्णु निषाद | बी. एस. सी. (द्वितीय वर्ष) |
|    |              | (बी. एस. विभाग)            |
| 3- | सुमी         | बी. एस. सी. (द्वितीय वर्ष) |
|    |              | (बी. एस. विभाग)            |

मेर दिवस के मौके पर रस्सी कूद प्रतियोगिता में भाग लेकर इकाओं ने अपनी उत्कृष्ट प्रतिभा का प्रमोण किया।



39)

## 5 किमी. फेनी मैराथन

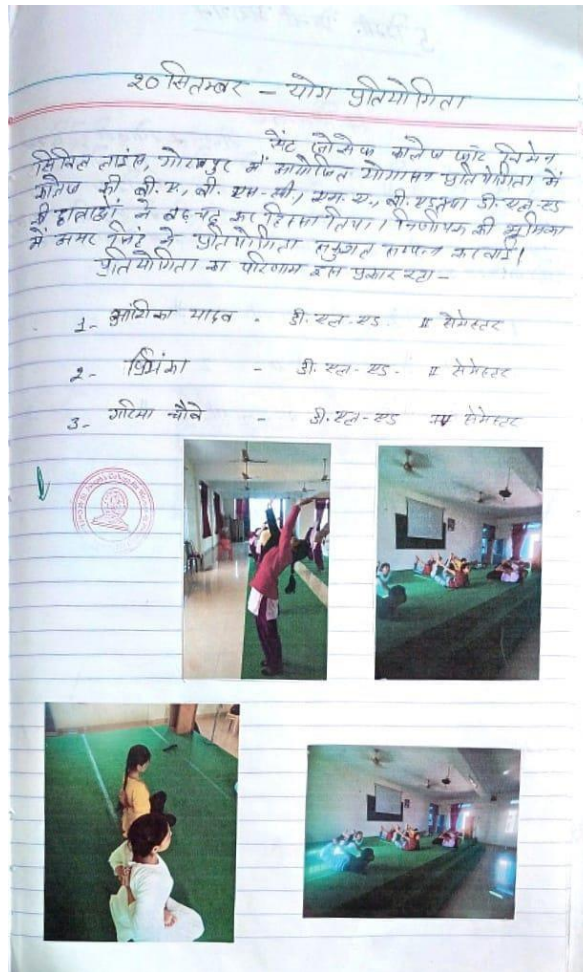
24 सितम्बर शिवाजी स्पोर्ट्स स्टेडियम गोरखपुर में 24 सितम्बर 2023 को (रविवार) आयोजित 5 किमी. फेनी मैराथन रेस का आयोजन किया गया। मेर दिवस के आयोजन परिसर, गोरखपुर की बी. ए., बी. एस. सी. तथा एम. ए. की इकाओं ने प्रतिभाग किया। इस प्रतियोगिता का परिणाम इस प्रकार रहा-

- |    |             |                    |
|----|-------------|--------------------|
| 1- | सिद्धि सिंह | बी. एस. सी. II मैग |
| 2- | शानी चौहान  | बी. ए. I           |
| 3- | रूचि चौहान  | बी. एस. सी. II मैग |

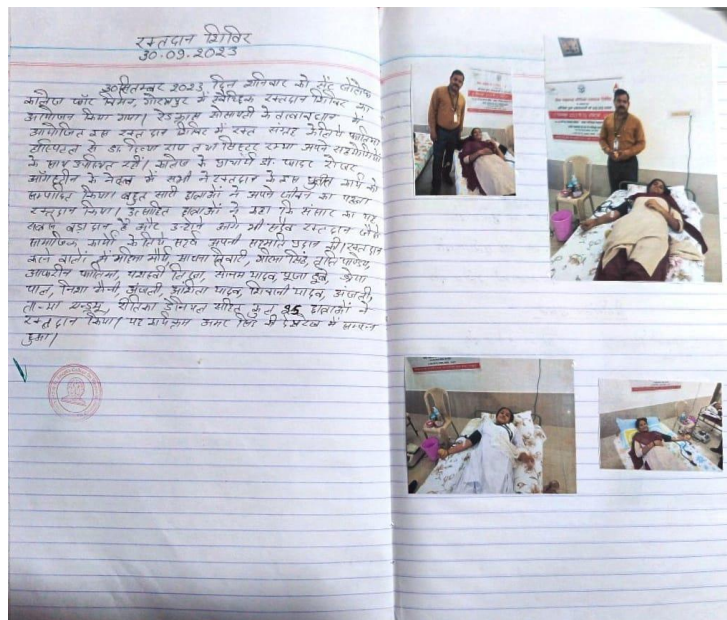


40)





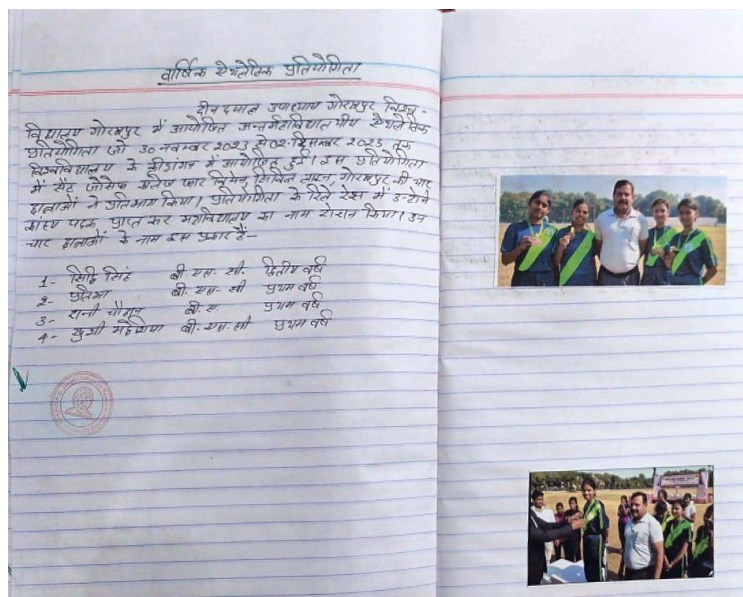
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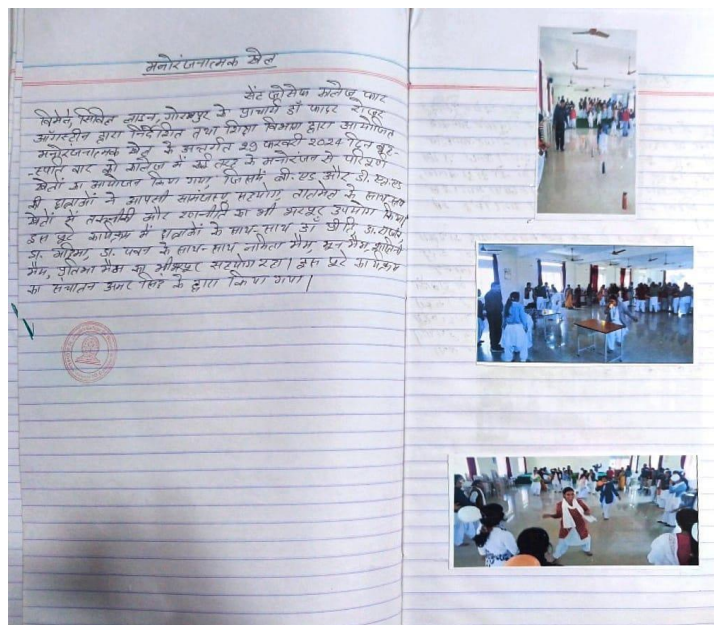
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43)



44)



45)

