

Best Practices

2019-2020

The Institution operating in context of global relevance has to be responsive to the emerging challenges and pressing issues. Meaningful practices are evolved internally by the Institution towards innovative best practices.

BEST PRACTICE – 1

TITLE: Women Empowerment and Gender Equity.

OBJECTIVES:

- To develop a spirit of gender sensitisation among College students so as to empower them with that precept and practice of equity.
- To create awareness among the girls about their civic rights, self-worth and capability enhancement.
- To enable the students develop a sense of morality ethics, culture, values, self-esteem and inculcate sense of social responsibilities.
- To educate students about hygiene practices, empowerment and gender equity importance.

THE CONTEXT :

The Contextual issues pertaining to foundational aspects of Women Empowerment and Gender Equity are being focused committedly by our college so as to generate awareness about the girl students. The College staff in co-ordination with the students effort at formulation as well as executing plans and programmes to be initiated at the forefront so as to relate to their self-worth and decisiveness. Activities like Self-defense techniques, Lecture series on Health and Hygiene, Workshops on Gender Sensitization, Social equity services and Fire Fighting Training are transformative efforts undertaken by the College towards activation of contributory capabilities among girl students.

THE PRACTICE :

- Motivating the students towards welfare commitments towards themselves, home, community and society.
- Educating young girls and women about the ill practice of gender discrimination and female violence.
- Imparting physical training to girls through NSS, NCC and Campaigns by team of Rovers Rangers about self-defense, Fire Fighting, Medical aid and Road Safety - so that they can help victims in times of need or casualty.
- Presentations and On-Line sessions counselling the important female segment regarding focusing on holistic approach towards gender non-discrimination as well as women entrepreneurship.
- Seminars as well as On-site Visits to local communities and adopted villages on "Health and Hygiene Practices among Girls" to develop a strong linkage between the providers and seekers.

EVIDENCE OF SUCCESS:

- Programmes on legal awareness, physical training, self-defense, etc. play a major role in developing personal social and professional skills – an exigent move for girls.
- The evidence of success is reflected both in the on and off-campus placement of students – displaying their entrepreneurial skills.
- The Lecture and Counselling sessions of the students regarding empowering themselves and society at large ensure their holistic development as a Compulsory measure.
- By instilling morality, family and social values, holistic development & ethical work culture, the students realize their self-worth.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED :

It is often seen that the intake of student participants poses a hindrance in execution of related activities. This being so as students from minority communities – although willing – are not usually granted permission for outreach activities or for visits to nearby villages; if yes, then with great difficulty after convincing their guardians. Also, resource crunch works as a constraint in implementing policies and programmes.

Motivating students to stay extra time for their holistic development and welfare by participating in huge numbers is also a challenging issue cum problems encountered – which we are always at the forefront of solving. Also time schedule poses a constraint as regards managing academic work sessions and classes, simultaneously, with spreading awareness towards gender sensitive and empowerment issues is difficult to be balanced but the College do keeps timely track of its solution.

BEST PRACTICE – 2

TITLE: Holistic Development of students in Context of Health Initiatives and Well-Being.

OBJECTIVES:

- To provide a platform to the students to exhibit their talent and gain exposure to various concerns mandatory for holistic development.
- To focus on Health Benefits on all counts - Physical health, Mental Health, Fitness Campaigns, Nutrition, Hygienic Practices, Health and Self-defense Camps, Stress Management and effective Counselling towards healthy lifestyle.
- To reinforce positive behaviors so that students can not only empower themselves with the truth of good health but also start influencing social norms.
- To focus on proactive participation of girls not merely in college but also in nearby localities and adopted villages in health camps organized very often as a best practice of our Institution.
- To lay emphasis on a coordinated balance between health, mental well-being, work productivity with resilience and hygienic practices.

THE CONTEXT :

Adhering to the underlying principle of "Living a Healthier Life is the key to success", the College seeks pride in the fact that it has commendably endeavored to focus on Holistic Health concerns so as to provide not only just Physical Fitness to its students but also mental health, counselling, Lectures sessions, Self-defense activities, Health Camps (Blood Donation, Eye Testing, Lecture by IMA doctors and health Experts on preventive health cum nutrition and hygienic practices for empowering students and women of adopted villages to understand the essentialities of the challenging contextual issue of holistic development as correlated with Well-being. There is no chance of even thinking about special commitments, gender equity and empowerment unless we lay focus on holistic development and a non-sedentary healthy lifestyle – believing, and as a follow-up, imparting this Mantra to our students who enthusiastically participate in diverse aspects of well-

being, viz- Physical cum mental fitness campaigns, Camps, Demos, Presentations, Literary and Cultural modes, Counselling on stress management so as to influence behavioral norms, Yoga and Meditation.

THE PRACTICE :

The College conducts its activities regarding its commitment to the best practices in the domain of ensuring holistic development of students by the active co-operation and involvement of students and staff in formulating as well as executing plans cum programmes pertaining to health initiatives and well-being. Motivating the students to build a healthier lifestyle by health initiatives which can establish a strong linkage with social transformation.

- Active participation of our students at both levels of our College and Outreach areas considering the diverse aspects of wellness, viz. Physical Health, Mental Health, Diet cum Nutrition, Stress Management, Stay Fit Campaigns, Self-Defense Camps, Yoga and Meditation.
- Empowering girls to proactively participate in various health Camps- related to hygienic practices (special mention to installing incinerators), blood donation, eye testing and stress management discourses both in Campus, slum areas and adopted villages under Unnat Bharat Abhiyaan.
- Road Safety Campaigns generating awareness towards compulsion of wearing helmets and clear understanding of traffic logos as a precautionary measure for prevention of accidents/casualties.
- As an initiating practice, Self-Defense camps and Fire Fighting Camps are being often organised for the students as a step towards Fitness and boosting of self-confidence among the female segment.
- With the intended outcome of promoting self-help initiatives like meditation and mindfulness sessions and yoga cum health camps activities for destressing helps in coping with challenges in every situation.
- Students are also made digitally aware (social media campaigns and information) about fitness apps, health nutrition, well-being for accomplishing every programme related necessity so that they are enabled to track their productivity and progress count.
- Health Communication (in Campus, nearby localities and adopted Villages under Unnat Bharat Abhiyaan) is considered an effective tool to inform and influence decisions towards inculcating healthy lifestyles and commitment to holistic development.

EVIDENCE OF SUCCESS:

- ❖ Learners will and to a large extent have developed increasing awareness towards improving their qualitative living standards and empowering themselves with 'Stay Fit Stay Healthy' attitude.
- ❖ We have sincerely catered to health needs of the students and communities at large to apprise them about a holistic development and necessary health initiatives to be taken at large incorporating fitness training programmes, mental well-being, camps cum campaigns and relevant information as a move towards self-empowerment.
- ❖ The willingness of students evidently in contributing to rallies, campaigns, presentations, poster cum slogan writing, plays and Camps in devoting time towards healthy initiatives as a priority has been quite astounding.
- ❖ By our efforts in instilling spiritual values, Yoga and meditation as per our knowledge system, ethics and cultural values, healthy lifestyles and holistic development pursuits, the students have, undoubtedly gained recognition in their journey of progression and self-worth.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

Holistic centric activities regarding health initiatives and well-being are often encountered with certain challenges and problems which take time to be dealt with. In this pretext shortage of funds towards contributory activities poses some constraint in carrying outreach programmes. Addingly, problem lies in convincing those girls who hail from minority community and less educated backgrounds.

But such challenging issues and resource requirement are constantly been dealt with proficiently by the College Committees and Counselling Cell; to a great extent solutions have been met also owing to the healthy and frequent interactions with adequate health communication modes cum rapport with the students, parents and faculty.

Time schedule regarding academics balanced with On-Site visits poses a constraint; but our Institution is committed on war footing basis to come with solutions for their overall personality development and healthy lifestyle.