

7.2 Best Practices

Upload details of two best practices successfully implemented by the Institution as per NAAC format in your institution website, provide the link

Describe at least two institutional best practices

I Title of the Practice: Women Empowerment

Objectives of the Practice:

The constructive growth and sustainable development of any society requires an impartial and equal participation of both male and female genders in sharing the household duties as well as responsibilities of professional life. Keeping in view the gender bias and discrimination prevalent in our society in availing various opportunities like—attainment of education, health facilities, freedom of decision making and participation in social and political spheres of life, our college organises a number of programmes to empower the girl students of the college. Through these programmes, the college enlightens the girls about their specific rights and makes them aware of their equitable status in family, society, political, economic and cultural spheres. The objective is to enable them to face various challenges related to gender disparity at regional, national and international levels.

Context & Practice:

Keeping in view the lack of awareness among the females regarding the issues of health and hygiene the Women Cell and NSS unit of the college jointly organized a community visit to village Dhanora on 1st September, 2018 to aware the female villagers, specifically the deprived section of society, regarding the serious health hazards involved in the use of cloth instead of sanitary napkins and the value of maintaining hygiene for a healthy life. 21 girl students and 2 female staff members of the college had a personal discourse with the female residents of the village and satisfied their queries.

Concerning the issue of the safety of the girl students of the college and investing them with a sense of courage for self defence, the women cell of the college organised a *Durga Shakti App.* awareness program on 8th September, 2018. The police Deptt. Personnel of Haryana Government informed around 300 girl students of the college about the relevance of this mobile App. to seek instant police help at the moment of immediate crises. The objective of the program was to equip the females with an immediate facility of self defence on their mobile phones and help other female members of society by disseminating the knowledge of this App. After a thorough survey of the girl students of the college by the women cell it was found that a considerable number of girls do not possess the android phones and therefore, cannot avail the facility of Durga Shakti App. for self defence. To resolve the safety issues of these girls the women cell of the college organised a one day self defence physical training programme on 23rd October, 2018 in the college campus, in which about 150 students learned the tactics of self defence. During this programme, a qualified instructor trained the girl students about the use of various physical tactics to defend themselves in different situations of crisis like—cases of physical assault, eve teasing and looting etc.

Gender disparity has its roots in patriarchal social set up and the corresponding belief in the superiority of male gender over the female which results in a dumb acceptability of violence against women. Hence, to ensure the safety and security of female staff members and girl students at the work place and pertaining to the Constitutional doctrine of equality and personal liberty, I.G.N. College has constituted the various cells like— Anti-Sexual Harassment Cell, Legal Literacy and Women Cells etc. In order to give a congenial and

constructive atmosphere to its employees and students conducive to their holistic development, the college prefers to create an environment based on the principles of equality and impartial justice which is devoid of any gender bias and discrimination.

To create legal awareness among the girl students and sensitize the male students of the college to women's issues like preserving the dignity of female gender, the Anti-Sexual Harassment Cell, Legal Literacy Cell and Women Cell jointly organized an extension lecture for the students of the college on 25th October, 2018. Mrs. Savita Rana, District Women Protection officer, Kurukshetra, discussed the legal aspects and remedies regarding Sexual Harassment and domestic violence. More than 125 students attended this programme. Many students raised their queries and the resource person satisfied them amply.

Evidence of Success:

The women cell of the college discussed the relevance and advantages of the abovementioned programmes with the girl students and found that the execution of such awareness programmes invested the girl students with a sense of self confidence and moral courage to face the challenges of life. It was observed that acquainting them with the knowledge of their legal rights and duties helped them enhance their morale and instilled in them a strong sense of self esteem. The knowledge of the modern technological mobile applications for women security gave the girls, particularly commuting from rural areas, a strong sense of security. The utility of the *Durga Shakti App*, meant for providing instant help to women at a moment of crisis, was acknowledged by most of the girls using android phones. The girl students who belong to deprived sections of society and do not have android phones also benefited themselves by the physical training for self defence given to them by qualified trainer. It was also observed by the female staff members that a considerable number of girls felt inspired by the information about health and hygiene received through these programmes and enthusiastically adopted the requisite health measures suggested by the qualified professionals.

Problems Encountered and Resources Required:

During the process of executing these amendment programmes the women cell also faced certain problems. As most of the girl students belong to rural background and not accustomed to using modern technological facilities in their daily life, hence, creating their aptitude for the same was a real challenge. Another issue was to ensure the girl students about the successful execution of their rights, despite all their legal awareness, in a social setup still governed by the orthodox conventions of patriarchal psyche. Some of the girl students revealed that in their social setup the right to take decisions, to use freedom of thought and to exercise one's free will is still not granted to women. Another problem encountered by the women cell was the dearth of financial resources required to successfully execute the different amendment programmes related to female empowerment. Despite the enthusiastic involvement and absolute commitment of the college women cell while executing various tasks, the cell often faces the problem of scarcity of funds required for the successful completion of these programmes. The women cell of the college is always at the disposal of the institute to play a constructive role in the development of the college provided it receives the requisite help required to accomplish its objective.

II Title of the Practice: Value inculcation and Environmental Protection Initiatives

Objectives of the Practice:

Our College takes various initiatives to create awareness among students regarding their responsibilities towards society and environmental protection. The objective is to make the students realise their significant role in the formation of a strong and healthy society and nation. To develop the students as caring and committed individuals contributing to the holistic growth of their society, it is very important to acquaint them with an acute awareness and understanding of the communities and surrounding environment they reside in. The knowledge of their environment and delimiting socio-economic conditions of society leads the students to a strong sense of belongingness with their surrounding atmosphere as well as fellow members and enables them to give the required assistance to their community.

The Context and Practice:

As it has been observed that the advent of technology in education, considered as one of the requisite skills in modern scenario, has also posed some challenges to the educationists. Although skill development is an essential requirement to ensure the job placement of students, skills are of less value in the absence of appropriate value systems. While the advantages of using modern tools and technological innovations in the modern life are well recognized, the corresponding need to balance the Intelligence quotient and emotion quotient of man has also become imperative. It is sometimes observed that an excessive dependence on technology which should be harnessed to improve the involvement and efficacy of students in the classroom leads to various distractions from mobile phones and laptops resulting in a lack of the personal interaction between the teacher and students. Hence, seeing the things in right perspective, I.G.N. College gives special consideration to the worth of inculcating ethical values among students by engaging them in various social activities:

- A *Swachta Pakhwada Abhiyan* was conducted in the college premises from 01st to 15th August 2018 to make the college clean and plastic free.
- A door to door sanitation campaign was conducted at Village-Dhanora on 01st September, 2018 to create awareness of hygiene among female villagers.
- A cleanliness drive for cleaning the statues of famous personalities was organized on 20th September, 2018, in which the college students cleaned the statues of Philanthropists like Dr. B.R. Ambedkar at Indri Chowk, Sh. O.P. Jindal at Jindal Park and statues of Shaheed Bhagat Singh, Maharaja Aggarsen at various places in Ladwa.
- A card making competition was organized to celebrate the surgical strike day on 29th Sep. 2018 to inculcate patriotic spirit in the students.
- An Anti tobacco pledge was taken by the students on 10th December, 2018, in which the students vowed not to smoke or use any tobacco product in life. Students were encouraged to disseminate this message in society and encourage the tobacco users to quit this addiction.
- The NSS Volunteers created awareness among the villagers regarding the ill effects of using polythene and plastic products during the seven days NSS Camp from 03rd January to 09th January, 2019 at Village- Dhanora. The villagers were also informed about the preventive and corrective measures of various diseases like dengue and cancer.
- Our college organizes blood donation camps yearly to create awareness among the students about health benefits of blood donation for the donors as well as the recipients. This kind of endeavour motivates the students to develop an altruistic concern for others and makes them realise the value of being a responsible human being. In this year the college organized a blood donation camp on 23rd January, 2019.
- In order to revive the Haryanvi Culture among the society a four days folk theatre Saang Mahotsav was organized at Village-Mathana and Budha from 27th February to 02nd March, 2019. A considerable number of villagers participated, relished and appreciated the programme.

- Deptt. Of Commerce organized a programme on World Consumer Day on 15th March, 2018, to create awareness among the students about the rights and duties of the consumer. The students were directed to educate the rural consumers regarding their rights.
- A *Daane Paani* programme was organized in the month of May 2019 to help birds with food and water for their survival during summer season. Artificial nests and hanging water containers were installed on trees at different locations of the college campus.

Evidence of Success:

A thorough discussion with the students regarding the relevance and advantages of the abovementioned activities revealed that most of the students felt enriched and enthralled by the valuable information and knowledge they received through these programmes. Sharing their views about the misconceptions and mythical views about blood donation, the blood donors said that many of their doubts cleared away by the knowledge they received through the blood donation programme. They felt really enlightened to know the advantages of blood donation for both the donor and the recipients. The students who participated in the door to door sanitation campaign regarding the value of health and hygiene acknowledged the relevance and effectiveness of this programme in creating health awareness among female villagers. It also helped the girls realise their social responsibility towards their fellow citizens. The programmes related to environmental protection created awareness among the students about the environmental hazards and safety measures required to create an eco-friendly environment. Acquainting the students with the renowned Indian personalities, who contributed to the upliftment of the country through its various stages of development, created in the students a sense of pride and encouragement and inspired them to play their respective role in the progress of the country. In addition to the abovementioned activities the college gave its students ample opportunity for recreation by organising a four days folk theatre Saang Mahotsav in rural vicinity. The programme was truly relished by the students.

Problems Encountered and Resources Required:

During the process of executing the various reformative tasks the concerned activity in charges also encountered certain problems. A major challenge was to remove the psychological apprehensions of the students regarding the donation of blood. Most of the students were of the view that the donation of blood may cause physical weakness, dizziness, nausea and various sorts of infections. It was observed that most of the volunteer girl donors were anaemic due to malnutrition and hence, could not donate blood. Another problem faced by the activity in charges was to confront the psychological traits imbibed by the students from a society divided on the basis of gender bias, caste, creed and culture. It was conceived by the respective in charges that a collective participation of students from different sections of society in various activities may lead them to a strong sense of unity and togetherness. Another significant problem faced by various committees was the dearth of financial resources to execute the various tasks. The requisite financial support for the successful completion of these programmes is a real challenge.