# Best Practice I: Women Empowerment

1. **Title of the Practice: Women Empowerment**
2. **Objectives of the Practice:** (100 words)

Gender discrimination remains a pressing issue in modern times, significantly impacting the holistic development of society and the nation. Historical evidence highlights the persistent underprivileged status of women compared to men. In traditional patriarchal family structures, women are often excluded from decision-making processes concerning important family matters. Recognizing this widespread gender bias and the unequal distribution of opportunities for women's empowerment, our college organizes various awareness programs and activities. These initiatives aim to educate students about their rights and provide them with the knowledge and opportunities needed to achieve equitable status across all spheres of life.

1. **The Context:** (150 words)

Gender discrimination remains a deeply sensitive issue in today’s world, hindering the overall progress of both society and the nation. Historical evidence reveals the long-standing disparity in the treatment of women, often positioning them as marginalized in comparison to men. In traditional patriarchal family structures, women are frequently excluded from key decision-making processes. Recognizing this widespread gender bias and the unequal distribution of resources and opportunities that hinder women's empowerment, our college organizes various awareness programs and activities aimed at educating students about their rights and the opportunities available to help them achieve equality in all aspects of life.

**The Practice**: (400 words)

To foster a positive and supportive environment that promotes the holistic development of both employees and students, the college is committed to creating a space grounded in equality and impartial justice, free from any form of gender bias or discrimination. To achieve this goal, the college organizes a variety of programs aimed at nurturing such an atmosphere. The Women Development Cell has organized several significant events throughout the year to promote women's health, empowerment, and awareness. On 5th October 2023, an Extension Lecture on Women’s Health Awareness was held, offering valuable insights into women's well-being. Later, on 22nd September 2023, the Department of Political Science hosted a session discussing the issues and challenges of women empowerment. On 2nd September 2023, the Anti-Sexual Harassment Cell and the Legal Literacy Cell collaborated for a screening of documentary films, shedding light on important social issues. In November, an Awareness Rally on Gender Equality was organized on 9th November 2023 by the Anti-Sexual Harassment Cell and the Legal Literacy Cell, which was aimed at spreading awareness on gender equality. The Women Development Cell also marked National Deworming Day on 15th February 2024, focusing on health and hygiene, followed by a Free Health Check-Up Camp on 19th February 2024, organized in collaboration with the Department of Physical Education and the Women’s Cell. Finally, International Women's Day will be celebrated on 3rd March 2024, further underscoring the commitment to women’s issues and advancement.

**Evidence of Success:** (200 words)

After a comprehensive discussion on the importance and benefits of programs focused on health and hygiene, self-defense, and women’s legal rights, it was noted by the conveners of various cells, including the Women Development Cell, Legal Literacy Cell, and Anti-Sexual Harassment Cell, that the implementation of such awareness programs empowered female students with increased self-confidence and moral courage to tackle life’s challenges. It was further observed that familiarizing them with their legal rights and responsibilities significantly boosted their morale and fostered a strong sense of self-esteem. Additionally, female staff members noted that a significant number of girls felt inspired and benefited from the health and hygiene information provided during these programs, with many eagerly adopting the recommended health practices.

1. **Problems Encountered and Resources Required:** (150 words).

The organizers of various programs faced certain challenges during their execution. One major issue was convincing female students to believe in the successful implementation of their rights, despite their legal awareness, in a social environment still influenced by deeply rooted patriarchal norms. Some students shared that, in their communities, women are often denied the freedom to think and act independently, especially when it comes to making important decisions for themselves and their families. Another significant challenge was the lack of financial resources. Despite the positive efforts and enthusiastic participation of the program organizers, the absence of adequate financial support jeopardized the successful completion of these initiatives. The various cells within the college play a crucial role in the institution's development, but they need the necessary resources and assistance to achieve their goals effectively.

# Best Practice II: Value inculcation and Environmental Protection Initiatives

1. **Title of the Practice: Value inculcation and Environmental Protection Initiatives**
2. **Objectives of the Practice** (100 words)**:**
3. The primary objective of this best practice is to instill values such as equality, brotherhood, patriotism, tolerance, respect for elders, non-violence, national integrity, and universal fraternity among students. It also educates them about the significance of maintaining a clean and green environment in our lives and encourages them to take responsibility in safeguarding the environment. This practice helps students become responsible individuals who contribute to creating a healthy, hygienic, and positive environment. Consequently, it is crucial to nurture social and ethical values in students to build a better society.
4. **The Context:** (150 words)

In today’s world, the need for value inculcation and environmental protection initiatives is more urgent than ever. A key aspect of education is to instill human values that support the sustainable growth of humanity. As we live in an era marked by economic, industrial, and technological progress, it is crucial to educate the younger generation about environmental sustainability and ethical values for a balanced life. The ongoing decline in human values and the growing environmental challenges cannot be ignored. In this age of globalization and a multicultural, multi-racial society, it is vital to prepare youth to understand the importance of environmental preservation and ethical conduct. Given these concerns, higher education institutions can play a critical role in raising awareness among students about these crucial issues.

1. **The Practice:** (400 words)

The College took the following initiatives during the session 2023-24 for Value inculcation and Environmental Protection.

Throughout the academic year, various programs and events were organized to promote awareness, education, and community engagement. On 5th June 2023, the Eco Club/Green Environment Cell celebrated World Environment Day, emphasizing the importance of environmental sustainability. The NSS held a variety of impactful initiatives, including the World Earth Day Lecture on 22nd April 2024, the Martyrdom Day Commemoration and Cleanliness Drive on 23rd March 2024, and a Student Awareness Program on Crop Residue Management on 23rd February 2024. In addition, a District-Level Neighbourhood Youth Parliament Program took place on 27th February 2024, in collaboration with Nehru Yuva Kendra.

The Eco Club also organized an Oath Ceremony on 14th December 2023, highlighting environmental responsibility, while the Green Environment Cell hosted a Voter Awareness Oath Ceremony on 25th January 2024. The Electoral Literacy Club marked National Voter’s Day and held a Voter Awareness Oath Ceremony on the same day. Further promoting civic engagement, the club conducted a Voter Awareness Campaign on 4th November 2023.

The NCC and NSS contributed to cultural and social awareness with events like the Lohri Festival Celebration on 13th January 2024 and the National Youth Day Celebration on 12th January 2024. The Red Ribbon Club commemorated World AIDS Day on 1st December 2023, while the Road Safety Club organized several events, including the Road Safety Awareness Quiz on 13th October 2023, and lectures on traffic rules and road safety throughout September 2023.

Other notable initiatives included the celebration of Mother Tongue Language Day by the NCC on 21st February 2024, the 49th Annual Athletic Meet organized by the Department of Physical Education on 2nd February 2024, and the Blood Donation and Health Checkup Camp held on 26th January 2024. Additionally, the college participated in the 75th Republic Day Parade, and the Department of Physical Education celebrated World Students’ Day and Global Hand Washing Day on 14th October 2023. Various programs, such as the Intra-College Poster and Slogan Making Competition on Drug Awareness on 23rd March 2024, and the Anti-Drug Awareness Movie Screening on 25th September 2023, were designed to promote social well-being and community engagement.

1. **Evidence of Success** (200 words):

# At the end of the year, structured feedback was collected from the students regarding the various activities and programs conducted throughout the year. The results of this feedback were as follows: Over 93 percent of students agreed that the programs organized to raise awareness about environmental protection in the college significantly enhanced their knowledge of environmental issues. More than 84 percent of students felt that the cleanliness programs increased their awareness of cleanliness and hygiene. Over 78 percent of students stated that the workshop on drug addiction made them more aware of the side effects and severity of drug abuse. Additionally, more than 80 percent of students shared that they passed on the information received from programs on environmental protection, cleanliness, and drug addiction to their friends, family, and communities. More than 84 percent of students agreed that the programs focusing on the personalities and works of renowned national leaders inspired and motivated them. Finally, over 84 percent of students expressed that programs on value inculcation and environmental protection initiatives should be organized regularly.

# Problems Encountered and Resources required (150 words):

Organizing the planned programs for value inculcation and environmental protection initiatives proved challenging due to financial constraints. While the college dedicates significant time and effort to raising awareness about these important issues, students are also influenced by the factors surrounding their local environment. Additionally, fitting these activities into the busy academic schedule posed a logistical challenge. Engaging a substantial number of students in some of these initiatives was also difficult. As the college is located in a rural area, many students rely on public transportation or bicycles to commute, and some are not allowed by their parents to stay on campus after academic hours. Moreover, there is a general lack of awareness about the detrimental effects of single-use plastics. These plastics are easily accessible and inexpensive, making them a common choice despite their environmental impact.