

Best Practice 1:

1. Title of the Practice:

Women Empowerment through Holistic Education

2. Objectives of the Practice

- a) To develop a culture where girls can acknowledge the real world problems and learn to overcome them. To boost their self-esteem & confidence.
- b) To develop in them essential traits like compassion for humanity & love for nature.
- c) Encourage them to excel in Academics, Sports & Co curricular activities.
- d) To develop value oriented leadership in female students and enhance their personality.

3. The Context

Women have been a marginalized class in educational sector. In spite of efforts to reduce gender gap in education, there continue to be significant barriers to girl education. Still colleges are out of reach of many Indian women and it becomes imperative that those who manage to cross the social hurdles and reach the institution of higher learning must be empowered enough to realize their true essence.

4. The Practice

In keeping with its professed objective of Women Empowerment, the college encourages the girls to spread their wings in all dimensions of healthy college life. Projects, Seminars, Discussions and Extension Lectures provide a forum for them to think. Organization of multifarious competitions like Rangoli, Mehendi, Best out of Waste, Nutrition Contest etches out their awe inspiring creativity. Regular Health Awareness Lectures by leading doctors, Workshops on Self-defence, Personality Development Courses, Rallies, Debates, Letter Writing & Poster Making on gender issues are regularly conducted to equip the girls fully to face the real world. To inculcate entrepreneurial attitude among young girls, they are encouraged to plan start-ups so that they become job givers instead of job seekers. Career guidance is also provided to facilitate economic security and financial independence of women. Ample opportunities are thrown open to girls to participate in Inter-college Competitions and Youth Festival. Placards, Slogans, Quotes in favour of respect for woman are installed in key areas of college. An altruistic attitude is energized in them through Value Education. They are motivated to join NSS & NCC to engrave in them the sentiment of service towards society & nation. The college is equipped to enable the students to develop their athletic skill in indoor & outdoor games. Scholarships and other freeships are given to deserving and needy girls. Ace performers in Sports, CCA and Academics Excelsior are felicitated with Awards & Prizes. Coaching assistance and Remedial classes are organized to stretch the weak students at par with others. We help the girls to find their own footing, write their own story and fight their own battles after they move out from this institution. All our meaningful efforts have proved to be a game changer enabling us to accomplish the goal of women empowerment successfully.

5. Evidence of Success

Stupendous results in academics in all classes speak volumes of our success in sharpening the intellect of girls. We have been able to grab considerable number of prizes in co-curricular activities in Inter College Competitions and Youth Festivals. Our girls excelled in

sports arena & roped home several medals in Inter College, and Intervarsity sports competitions. Our students remain worthy of degrees conferred upon them and have become our brand ambassadors in various fields.

6. Problems Encountered and Resources Required

The first barrier in the way of efforts of college to foster women empowerment is ingrained in cultural norms. The girls feel the pressure as they have to swim against the system and socially constructed gender biases to enter the college. A majority of girls have low level of self-confidence and insufficient family support. Most of the girls discontinue their education after graduation and embrace matrimony. Parents still perceive marriage as priority over education. This limitation dwindles a number of girl students in post-graduation.

Best practice -2:

Humanitarian Assistance for Social welfare

Objectives:

- To develop democratic leadership among the students through social service.
- To create awareness about health and hygiene.
- To create awareness against superstition among rural people.
- To create a sense of social and civic responsibility.
- To develop mutual understanding, love and goodwill between the students and the teachers.
- To solve social problems prevailing in the society.

Context:

Basically, Government College for Women Karnal is located in centre of the district Karnal and we target the nearby villages and localities for admissions. Along with education, economic backwardness is seen among the people. The main occupation of the people is agriculture. Though there is a primary health centre in the village, there had been a practice of getting cure by Vaaidh/Hakeem etc. The effort of the college has strengthened the people's belief in medicine and science. Through rallies during various awareness programs, street play and other activities, the students and teachers of the college make the people aware of using safe drinking water.

Practice: Government College for Women, Karnal has developed new dimensions in the works of rural development and public awareness. The students have been trying to bring awareness among the people about the social problems and superstitions prevailing in the society by organizing various activities in nearby villages. During Covid -19 pandemic, the students and teachers of Government College for Women, Karnal continuously took out rallies to make the people aware about Covid -19. Masks were also distributed in the villages. Vaccination of Covid was encouraged in village Bal Rangran and others and as a result of this 90% vaccination was completed in the 1st cycle of vaccination very soon and our staff was also vaccinated to the tune of 100%.

Evidence of Success:

The students of the college are actively organizing various activities from time to time. Swachh Bharat Campaign for cleanliness. Rallies on World AIDS day, Swachhta Pakhwada, Voter's awareness, Sashakt Naari Sashakt Haryana, Home Nursing Training, Shramdaan, Water conservation, Environment cleanliness and awareness programs are carried out in nearby localities and adopted villages. The role of the Red-Ribbon Club, Red-Cross Society, Women Cell, and NCC/NSS Units of Girls in our institution has been very instrumental in achieving the objectives of spreading awareness in neighbourhood and sensitizing students with regard to social issues.

The Red-Ribbon Club was established to create awareness among the students regarding HIV/AIDS and to promote voluntary blood donation. The impact of the Red-Ribbon Club can be seen in the increase in the number of voluntary blood donors and the decrease in the number of HIV/AIDS cases reported in the community. During the COVID-19 pandemic, students served the community as the corona volunteers and supplied food/clothes to the needy people in the vicinal slum areas and also distributed masks and sanitizers.

The Red-Cross Society is a humanitarian organization that works towards providing assistance to those in needs. The society has been actively involved in organizing blood donation camps, first-aid

training, and disaster management drills. The impact of the Red-Cross Society can be seen in the number of people who have benefited from the services provided by the society. The society has also created a sense of responsibility among the students towards the community.

The NSS Units of Girls have been actively involved in extension activities such as tree plantation program, Fit India awareness campaign, Road safety campaign, Blood donation camp, Cleanliness drives, Rally against use of Polyethylene, participated in COVID-19 awareness programs as directed by the Govt. time to time. NSS unit has adopted five nearby villages and organized various awareness programs during each year.

Problems Encountered: The major problem that is seen while conducting awareness programs related to cleanliness and health is that, most of the people are out of home for agricultural work. The attendance of women is relatively less. Due to financial problems, many of the villagers go out of the village for their livelihood. Despite of all these problems, our college has been successful in cleanliness, health awareness and other campaigns.