

## **Best Practice-I**

### **1. Title of the Practice**

*Extension and Outreach Programmes*

### **2. Objectives of the Practice**

- To sensitize the students about burning social issues like illiteracy, child labour, drug addiction, caste system, Communalism, Violence against women/ underprivileged, dowry, female feticide etc.

### **3. The Context**

Young students possess immense power to change the society in right direction. Since our society is facing many issues like environmental pollution, gender and caste discrimination, communal hatred, youth need to be prepared for better future.

### **4. The Practice**

The college has institutionalized the practice of extension and outreach programs by making it mandatory for all the subject associations to include extension & outreach programmes as major activity along with other co-curricular & curriculum enrichment activities. The students are encouraged to opt for at least two such activities along with their study.

Major activities of the session 2023-24 includes:

- Blood Donation Camps
- Sensitization about Environmental Issues/Gender equity
- Plantation Drives
- Awareness on Legal Rights/ Drugs De-Addiction Campaign
- Road Safety & Traffic Rules Awareness Drive
- Awareness on "Right to Vote".
- National Integrity.
- International Yoga Day.
- Albandazole Medicine Distribution.

### **5. Evidence of Success**

- Maximum students are groomed and motivated to work for society.
- Staff and students sensitized for energy and environment conservation.
  - College's volunteer Ms. Ritu participated in NSS Republic Day Camp.
  - Two NSS Programm officers got **NSS STATE AWARD**.

### **6. Problems Encountered and Resources Required**

- Lack of funds/ motivation
- Involving girls students for outreach programs is challenging
- Increasing use of mobile and social media distract them.
- Lack of awareness amongst students about social issues.

## **1. Title of the Practice**

*Extension and Outreach Programmes*

## **2. Objectives of the Practice**

- To sensitize the students about burning social issues like illiteracy, child labour, drug addiction, caste system, Communalism, Violence against women/ underprivileged, dowry, female feticide etc.
- To inculcate leadership and mutual understanding amongst students.
- To acquaint students with social issues and finding solutions at their own.
- To inculcate feeling of social accountability and service.
- Sensitizing people from marginalized section about their rights.
- Making society aware of environmental and general hygiene.
- Sensitizing about digital literacy and cybercrimes.

## **3. The Context**

Young students possess immense power to change the society in right direction. Since our society is facing many issues like environmental pollution, gender and caste discrimination, communal hatred, youth need to be prepared for better future. Along with study they need to be aware about problems around them and their possible solutions. A feeling of mutual understanding and humanistic value is fundamental in modern context. They not only need to know their own rights but to make aware others too. The practice of extension and outreach activities enable them to think beyond their own self to society which is in the tradition of *Vasudheiv Kutumbkama*- universal brotherhood.

## **4. The Practice**

The college has institutionalized the practice of extension and outreach programs by making it mandatory for all the subject associations to include extension & outreach programmes as major activity along with other co-curricular & curriculum enrichment activities. The students are encouraged to opt for at least two such activities along with their study. The subject societies and cells vigorously contribute in awareness drive to fulfil the aim of social accountability and serving mankind as a whole. Voluntary involvement of the students from NSS, NCC, YRC, Red Ribbon Club strive to provide selfless service to the society. Under the practice of extension & outreach programs, the college has adopted slum areas which will be extended to five villages in future for the upliftment of thinking and living conditions in rural area.

The NSS volunteers conducted a survey to get an overview & understanding of demographic status, services like adhar cards, Bank Accounts , Government Schemes (PM Ujjwala Yojna, PM Awas Yojna, Fasal bima Yojna, Krishi Sinchai Yojna, Soil Health card, Kisan Credit Card, Swachh Bharat Mission Toilet, Jan Aushadi Yojna) availed by households, Government Schemes availed by Individuals, Status of Literacy rate, Status of migration of villagers to city, provision of Health Services, Drinking Water

facilities, Drainage facility & sanitation, Compost pits, Status of availability of toilets to households, types of houses they own(kutchha, semi-pucca, pucca, homeless), Village connectivity & transport facilities, Basic amenities, status of land and agriculture resources, lighting sources usage, Cooking chullah usage etc. As per the needs identified through the analysis of survey students conducted various activities in their respective villages like awareness programs, cleanliness drives, counselling sessions, distributions of food, clothes, medicines, masks, paper bags etc for the development & sensitization of the people of the villages.

Apart from village adoption NSS, NCC, YRC, Red Ribbon Club, Women Cell, Environment Club & Subject societies individually or in collaboration with Govt/Non Govt Agencies have conducted about different programs in which maximum students of the college participated during the session 2022-23.

Major activities of the session 2022-23 includes:

- Blood Donation Camps
- Vaccination Camps for the local community
- Sensitization about Environmental Issues
- Plantation Drives
- Camps on Health, Hygiene & Sanitation
- Awareness on Legal Rights
- Rallies on Theme
- Gender Equity Programmes
- Distribution of Sanitizer & Masks
- Road Safety & Traffic Rules Awareness Drive
- Workshop on “Psychosocial Counselling and Helper Skills”
- Drugs De-Addiction Campaign
- Workshop on Stress Management
- Digital Literacy Programs in rural areas.
- Celebration of *Azadi ka Amrit Mahotsava*
- Celebration of *Har Ghar Tiranga*

## 6. Evidence of Success

- Students of the college sensitized about the social issues & environmental issues.
- Maximum students are groomed and motivated to work for society.
- The students are trained and prepared to encounter and solve social issues.
- Staff and students sensitized for energy and environment conservation.
- Students were sensitized about campus beautification
- College’s volunteer Ms. Ritu participated in NSS Republic Day Camp.
- Two NSS Programm officers got NSS STATE AWARD.

## 6. Problems Encountered and Resources Required

- Lack of funds
- Involving girls students for outreach programs is challenging
- Increasing use of mobile and social media distract them.
- Lack of awareness amongst students about social issues.
- Scarcity of time along with study
- Motivation amongst youth to work for society.
- Connecting with rural population especially females
- Lack of incentives for the volunteers
- People expect quick desired results
- Lack of good leadership
- Attitude of Local Govt representatives

## **Best Practice-II**

### **1. Title of the Practice**

*Promote Gender Equity*

### **2. Objectives of the Practice**

- To sensitize the students about Gender discrimination, Good Touch- Bad Touch Domestic violence, women illiteracy, child labour, drug addiction, caste system, Communalism, dowry system, female feticide etc.
- To inculcate leadership and mutual understanding.
- To acquaint girls students with social issues and finding solutions at their own.
- To inculcate feeling of self-confidence and empowerment.
- Sensitizing girls about their rights and due place in the society.
- Making students aware about menstrual and general hygiene.
- Sensitizing and equipping girls with self-defense and security.
- Making aware about employability.
- Improving their living standards.
- Overcoming obsolete social customs
- Making them politically conscious

### **3. The Context**

The status of women in the state is not so encouraging which portrays a picture of plight laden with shackles and injustice. This resulted in skewed sex ratio in the state where people prefer male baby over the female. The government initiation of *Beti Bacha Beti Padhao* is indispensable for the state. Since our daughters are facing many difficulties at every stage of life, their grievances need to be redressed. Hence, along with study they need to be aware about the problems around them and their best possible solutions. A feeling of self-consciousness and protest against all types of injustice

is fundamental in asserting their identity. They not only need to know their own rights but to sensitize others too. The practice of promoting gender equity enable them to be more confident, bold and progressive.

#### **4. The Practice**

The college has institutionalized the practice of Gender Equity by making it a part of the curriculum and extra-curricular activities. The college has made mandatory for all the subject associations to include gender equity programmes as major activity along with other activities. The Women Cell, NCC/ NSS units, subject societies and other cells vigorously contribute in awareness drive against gender bias and crime against women. The college strives hard to empower girls students by making them conscious about their legal rights. The voluntary involvement of the administration and students from NSS, NCC, YRC, Red Ribbon Club strive to ensure safe and secure educational environment for girls.

The college has initiated various measures to promote gender equity during the year in involving curricular, co-curricular and facility generation at campus like:

1. Curricular initiatives: Curriculum courses on human rights, governance and gender equality.
2. Co-curricular initiatives:
3. Gender sensitizations programmes organized by the Women Cell during the session 2023-24 enclosed in the link.
  - a. The cell addresses issues directly related to girls such as menstrual hygiene, gender discrimination, safety and security in society and amicable environment in the campus.
  - b. NSS/ NCC units and Legal Literacy Cell also focus on gender sensitization through different competitions, extension lectures, workshops, seminars and awareness rallies.
1. Facility Generation:
  - Career Counseling/Psychological Counseling
  - Health and hygiene counseling
  - Girls' Hostel, furnished Girls' Common Room
  - Gym and a hygienic canteen
  - Regular redress of female issues in Mentor-Mentee meeting respecting their privacy.
  - The college is disabled friendly with ramps/rails, wheel chairs and wash rooms with easy access.
  - Sensitization regarding menstrual hygiene,
  - Redressal of sexual harassment through Anti Sexual Harassment committee
  - Blood Donation Camps
  - Camps on Health, Hygiene & Sanitation
  - Awareness on Legal Rights
  - Rallies on Theme
  - Gender Equity Programmes
  - Distribution of Safety pads

- Workshop on “Psychosocial Counselling and Helper Skills”
- Drugs De-Addiction Campaign
- Workshop on Stress Management
- Financial support through scholarships and Earn while You Learn
- Self- employment Fairs.
- Safety and security ensured by active proctorial duties and *DURGA SHAKTI* security personnel.

## **2. Evidence of Success**

- Number of Girls students increased in the college. They dominate in co-ed institute.
- Students of the college sensitized about Gender Equity and issues related to females.
- The girls students are trained and prepared to encounter and solve social issues at their own.
- Staff and students sensitized respecting girls and ensuring their rights.
- Students were sensitized about their innate potentials.

## **6. Problems Encountered and Resources Required**

- Lack of funds
- Involving girls students for physical activities is challenging
- Increasing use of mobile and social media distract them.
- Safety and security concerns.
- Scarcity of time along with study
- Lack of openness in articulating injustice
- Lack of protest against obsolete customs and taboos.