

1. Best Practices: 2022- 23

1) Title of the Practice:

Women Empowerment through Health, Fitness and Safety

2) Objective of the Practice :

The objective of this practice is to empower our students through good health, fitness and provides them safe campus. The main aim of the college is to ensure and enable girls to secure themselves by self defence.

3) The Context :

Girls are future mothers. Their health and fitness is much important not only for society but to build a nation also. In this context the institute has taken to provide health awareness programme, seminar/ webinar on physical and mental health.

Our college is in the heart of city. Students came from nearby rural background and outskirts of the city. Their safety is our main concern.

In this regard we secure our campus with close premises with security guards and installed CCTV Camera all over the campus. Self-defence (Karate) training, Judo and Wrestling coaching camp are organized every year.

4) The Practice :

We are nurturing more than 13,000 students. Our institution is in the first choice of guardians, parents and students to take admission for higher study. Students are empowered throughout the year wise activity and they are leading in cultural, sports and other activities in district, division and state level.

5) Evidence of Success :

- a) **YOGA for Healthy Living:** we develop yoga centre and appoint a yoga teacher to teach students. About 50 girls' daily practiced yoga for their healthy life.
- b) **Judo and Wrestling Camp:** 15 days camp was organized in the academic session from 20.09.2022 to 07.10.2032. About 50 girls participated in this camp.
- c) **Self-defence (Karate) Camp:** 77 girls participated in self defence (Karate) camp organized in academic session 2022-23 from 13.09.2022 to 30.09.2022
- d) **Health Check-up Camp:** With collaboration of Federation of Gynaecologist of India (FOGSI) Sagar we organized health check-up camp on 14.03.2023. Approximate 650 students and faculty members of the college benefitted from this camp

6) Problems Encountered and Resources Required :-

Facing difficulties in organizing programme due to tight schedule of academic, examination and other administrative responsibilities.

2. Best Practices

1) Title of the Practice :

Women Empowerment through Skill Development

2) Objective of the Practice :

The objective of this practice is to empower our students through skill development. Our mission is to provide quality training and employable vocational skills to transform lives of our student.

3) The Context :

Sagar is developing district of Bundelkhand area. We are providing education to girls of city and nearby areas. Most of the girls studying in our college are from low socio-economic families. Our endeavour is to empower girls through various skills specially meant for women. So that, they can contribute their family for better economic status.

- We have organized six days workshop on various skills enhancing programme,
- Work shop on entrepreneurship were organizd,
- '**Anand Mela**' is organized wherein stalls of students are placed to improve their selling skills and to learn account maintenance.
- A total of six 30 hours certificates programme on skill development organized.

4) The Practice :

Students are motivated by skill development activities. They are doing domestic level part time activities like '*Beauty Care*', '*Jewellery Making*', '*Mehandi Arts*' etc.

5) Problems Encountered and Resources Required :-

Due to space constrains some time it is difficult to organize skill development programme.