

## **7.2.1 – Describe at least two institutional best practices**

Skill Development Programme for Students :

Being the leading Girls College of Sagar Division. Our vision encompasses social transformation through women empowerment, we tend to achieve a balanced between academic practices and skill development. We have plan to develop skill abilities in students to make them empower. In this area we have ananged several training course.

With the present education and skill levels of those already on the labour force being very low, it would be major challenge for Indian to reap its demographic advantage.

This challenge becomes enormous as the recent studies indicate that employers found just about 25% of Indian graduates are 'Employable' in the organized sector the informal sector which comprise 93% of the workforce her no skilling mechanism on duet skill development takes place on the job.

Skill Development Programme for Organized by Colleges :

1. Fitness Training
2. Computer Training
3. Textile Printing Training

1. Fitness Training :

Physical activity improve our health and reduces the risk of developing several diseases and can how immediate and long term health benefits. Most importantly regular activity can improve quality of life.

There is direct relationship between diet, physical activity and health. A sedentary life style is usually associated with an increased risk of chronic disease lose of movement and decreased immune health. To prevent this physical activity and movement are extremely important.

Fitness of Girls are important for their future also a strong and healthy girls can only lead to safe motherhood.

Keeping this in mind we have designed 21 days training on physical fitness local gym trainer was invited to give training like aerobics exercise, yoga and use of various gym equipment available in our gym.

This training programme not only enable girls to enjoy fitness and good health but also gain the knowledge of fitness and make them skilled for their future career.

## 2. Computer Training

Computers are an integral part of our world, and a college campus is no exception. In fact, many colleges started requiring students to have computers in the 1990s. Computer skills are important in college because students may be required to participate in web-enhanced courses, conduct research online and use basic computer applications. Connecting online with classmates and the college itself is another reason it is important for college students to have computer skills.

Computers and computer devices have grown to hold key roles in schools, college. Many students acquire basic skills in college so that they know how to operate a computer. In addition, students learn skills such as sending emails, conducting Internet research, creating word processing documents and creating presentations. These basic computer skills help students achieve success in college when they are utilized for processing and presenting information.

Word processing is a basic skill that involves typing and formatting documents. Many courses in college require you to present information in a word processed report format. It is not only important to gather and process information, but it is also important to present information in a readable and attractive layout. Many instructors give students guidelines for essays or

reports specifying margin set-up or line spacing. Knowing how to manipulate word processing software will save you time and frustration when preparing college essay or reports.

If student attend online college/classes, you need basic email skills so you can submit assignments. Many college instructors from traditional college also prefer that work is submitted through email. Fundamental skills such as how to access an email system and inputting your username and password, receiving, reading, composing, and sending email messages are important for college success.

Internet research is an essential skill for college students. Many courses require to go beyond the textbook to gather in-depth research about a topic. Knowing how to use the Internet to navigate the web is a valuable skill because you must understand how to launch a browser before conducting searches. Understanding how to go to a specific web site, scroll through a webpage, click on a link and use search engines will help you locate information quickly and easily.

Keeping his is mind we have organised computer training programme for skill development.

### 3. Textile Printing Training

Our mission is to facilitate budding ground for overall development to young women belonging to different socio-economic background and to provide them wide range of skill to support them and ensure self reliance.

Textile design is the process of creating designs and structure for fabrics dyeing and printing has always had a great influence in fashion designing.

## Installation of Sanitary Napkin Vending Machines Skill Development Programmes for Students :

College has successfully installed Sanitary Napkins Vending Machine – ‘Freedom Vending Machine’ in Girl’s Hostel with the help of NGO "HER".

The vending machines were installed to ensure an effective, safe and convenient mode for any time access to sanitary napkins. The purpose is to promote safe and hygienic- sanitary practices among women and girls.

Whenever any girl in the college would need a sanitary napkin, she would either have to ask the Faculty in charge or rush to a nearest medical store to purchase a pack of sanitary napkins.


The Principal of the college said that a social taboo was observed to be attached with sanitary napkins, wherein a majority of girls and women hesitate to go to medicine outlets to buy them. This results in unsafe practices and the use of unhygienic materials during their menstrual period.

This is in line with “Swatch Bharat” scheme as well as the “Beti Bachao” scheme and also in line with maintenance of the hygienic needs of the female staff and students.

After installation, a small demonstration in English & Hindi was given to the female students, Teaching & Non- Teaching staff. Females from the Housekeeping & Security also attended the session. The Demonstration video is also circulated to create awareness and easy accessibility.

Using a sanitary napkin vending machine is no rocket science. A girl requiring a sanitary pad needs to put a Rs. 5 coin in the machine and outcomes the sanitary napkin.

Dr. Bhavna Yadav NSS Officer said that this is the need of the hour and will ensure hygienic practices among girl students. It is likely to bring down absenteeism during menstrual periods, as well as prevent infections and promote hygiene.

  
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