

## **Best Practice – I**

**1. Title:** Women Empowerment

**2. Objectives:**

- a) To create awareness about rights of women among the girl students.
- b) To develop career related self-confidence among the girl students.
- c) To understand the problems of girl students
- d) To give information about career opportunity in future.
- e) To motivate girl students to achieve their goals

**3. Need Added and the context:**

There are 80 % girls students in the college. They came from hilly and rural area. They have less career related self confidence. They haven't legal knowledge about the rights of women. They are unaware about various skills specially career oriented skills. They are not conscious about career opportunities. Therefore, the IQAC of the college suggested to organise various activities about women empowerment.

**4. The Practice:**

The college organized various activities like guest lectures on rights of women, self defense training, Women Protection Laws, Domestic Violence and related laws Women issues and prohibitive acts, Women health issues and necessary precautions and health check up camps, Karate and Taequendo demonstration for self protection. Committee organised lecture on guidance and counseling on prevention of sexual Harassment. Due to these activities girls are guided about their health and self-protection.

**5. Evidence of Success:**

The college conducted various program under the Women empowerment. Due to these activities the self-confidence is built among the girls. The guest from various colleges cleared the idea of Women Empowerment. The weakness among girls in respect to their health, self-protection is brought to the notice to their teachers. Therefore courage and daring is developed among the girls. Parent and teacher came together for the safety of the girls.

Women empowerment helps girls how to do self-protection. Girls feel safe and secure in the college. Girls share their problem without hesitation and guest and teacher guide them. Girls became fearless in and out of college campus. After the activities feedback were collected.

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

- a) Problems encountered:
  - a. Girls' attitude and approach towards their health problem is not positive due to they feared to open their problem before teachers and indirectly society.
  - b. Girls tried to hide their problems so college established ICC and WDC, Girls can put their problems before the committees
- b) Resources required: Complaint box (ICC and WDC department,), computer etc.

**7. Notes (Optional) : Nil**

**8. Contact Details**

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