

1. Women empowerment -

Objectives of the Practice

Women constitute more than 60 of the total student strength of the college. The majority of them come from drought and famine-ravaged rural areas, where miserable conditions of utter poverty, illiteracy, ill-health and superstition take hold of their lives. Thus they are doubly affected by the backwardness and discrimination. So, the college has resolved to take up the cause of Women Empowerment for the women students with the objectives of –

- Mentoring women students on women specific issues with the help of woman cell
- Creating an environment through awareness programmes to enable the students to realize their full potential for learning and solving their problems independently
- Arranging special sessions with the police and social activists for enabling the female students to be aware of several types of ‘evil designs’ by professional criminals for the worst type of exploitation taking the advantage of their innocence and gullibility.
- Dealing amicably with the student victims of exploitation of all sorts maintaining utmost confidentiality of the private life to protect their dignity.
- Involving social activists and Government officials to enlighten the students on human rights and fundamental freedom for equal rights and opportunities.
- Organizing debates and discussions on gender equality to enable the students to realize gender sensitization, thus leading to more equality and harmony in family and society.
- Development of vocational and technical skills among the women students by providing special training to enable them to become independent earners of their living.
- Extending financial assistance to the deserving poor women of disadvantaged sections to help acquire their degrees.
- Organizing the exclusive health camps for women students by women doctors for free treatment of women-related health problems and conducting awareness programmes on the importance of sanitation, personal hygiene and prevention of seasonal diseases.
- Tackling the social, developmental, health consequences and prevention of HIV/AIDS from a gender perspective.

3. The Context

- The women students, in the beginning were not enthusiastic to participate in the deliberations.

- Some parents and staff vehemently opined that the awareness / sensitization programmes defeated the very purpose of sending their wards to college.
- The coordinator and the members of the unit had to visit certain families and persuade the parents that all the programmes were meant for the betterment and empowerment of their dear daughters.
- As the gender sensitization programmes designed revealed several disparities and inequalities, that we might not have noticed earlier, people especially the other gender, argued discussing gender and gender roles would break up families and destroy society.
- Similarly, the various legal protective provisions for women were misunderstood as undue favour meant to belittle men
- . • Even some teachers supporting the argument often opined that the change was difficult to be accepted as the ideas emanated from these seminars/workshops/debates on gender inequalities appeared new and startling.

4. The Practice :

Discrimination against women even in the 21st century is a devastating reality. That is why 'gender inequality' has been a matter of serious concern across the globe and within the countries. India still has a long way to go before achieving gender equity and empowerment of women. Especially, the rural areas are ravaged by the miserable conditions of abject poverty, illiteracy, ill-health and superstition. The college girls account for 40 of the total strength and most of them come from rural areas. The majority of these girls belong to the weaker sections including scheduled caste, scheduled tribes, other backward classes and minorities without proper access to education, health and other productive resources. Therefore, they remain largely as the marginalized poor and socially excluded. Joining a degree college in the town and acquiring higher education involve money and higher things. So the poverty-stricken and tradition-bound parents reluctantly admit their daughters to colleges. Being the most vibrant and dynamic segment, the youth including girls, is our most valuable human resource. We cannot afford to neglect our female force to be the victims of discrimination, exploitation and segregation. So the college resolved to empower female students to face the vicissitudes of life boldly and successfully for a life of peace, harmony and dignity. To achieve the aim, the college established a Women Empowerment Cell (WEC) with a senior woman teacher as its Coordinator and three other senior teachers as its members. All female students are eligible to take membership of the Cell irrespective of their status. There are two hundred girl student members in the unit. The Coordinator and the members of the unit decide the conduct of awareness sessions during leisure hours sensitizing the girls to know why and how they are given subservient role in spite of their equal or even more abilities than their counterparts. They also draw an annual action plan for organizing various awareness programmes / seminars /workshops and interactive sessions. The Principal along with the Coordinator monitors the implementation of the plan. The Coordinator and the members are responsible for the implementation of the programmes in consultation with NGOs and Government officials from the Department of Social Welfare, Adult Education, Women and Child Welfare, Judiciary and Medical

Departments. The **Women Empowerment Cell** is working for the protection of women's rights and actively empowers women creating conditions for gaining confidence in their abilities. It aims at curbing the social evils like eve-teasing, ragging and dowry system providing necessary counselling and guidance by professional women counsellors, social and rights activists, enlightened academics and professional psychologists, so that the women students become aware of unjust gender discrimination, the human rights, the legal provisions available for their protection, importance of higher education for higher enlightenment, mental and physical fitness, for supporting and guiding girls the institution has a girls mentoring cell. The College has organized several productive programmes so far extensively utilizing the services of the widespread network of NGOs which have a strong grass-root level presence with deep insight into women's concerns contributing to the inspiring initiatives for the empowerment of women. **The faculty not only in institution but outside the institution also find their responsibility of protecting underprivileged women of society** by helping them in providing facilities, training them for economic independence, organizing health checkup camps, distributing healthy nutritive edibles to poor tribal ladies admitted in government hospitals and having counseling sessions with them for giving importance to their own wellbeing, health and hygiene along with their families as it has often seen that such underprivileged and economically deprived group of society ignore their own health and hence catch many diseases. Most of them were found anemic and hence blood testing camp were organized. All these activities were done with the help of NGO. Coordinator of women empowerment cell Dr. Anshu Rani Saxena being member secretary of Mahaveer International Abu Road took responsibility of conducting all the activities. This organization also installed sanitary napkin vending machine for girl students. The Cell also arranged an interactive session with well-known Gynecologist Dr. Bharti Bansal for girls. The cell organized a two day workshop for girls in which students were ensured for a fearless, safe and healthy atmosphere in campus. Advocate Durgesh Sharma highlighted upon domestic protection act, Vishakha act etc. Police constable Silochna Chodhary gave self-defense training and highlighted upon IPS clause. Physical trainer R.S.Rajput explained various possibilities and ways of confidently coming out of those uncomfortable situations. Internal committee member, counsellor, social and right activist Kamla Panjwani insisted upon self-control.

5. Evidence of Success.

NSS volunteers, YDC and girl representatives of student union got inspired by various awareness and gender sensitization programmes of the Women Empowerment Cell. They sensitized the present women students on gender issues to relieve them of their negative feelings of inequality, diffidence and shyness in varied socio-cultural contexts. The modest and diffident students were reluctant to cross their academic borders affecting the successful conduct of awareness programmes. Active participation of girls in women cell activities for enhancing creativity and thought process for women empowerment is the outcome of the efforts of faculty and student leaders.

6. Problem encountered:

Organizing various programmes during working hours, sometimes, has led to sacrificing the class work. Implementation of the annual plan and its monitoring has become a tough task in view of tight academic schedule.

2. Title: **Environmental Sustainability** :

Goal: The College has taken the initiative to create awareness regarding the importance of environment conservation and its role in sustainable national development among students, faculty, stake holders of the college and community.

Context: The most important reason behind the necessity for environmental sustainability is protecting the environment from destruction or degradation being caused by extensive use of vehicles, cutting of trees, irrational use of water, paper and electricity. Further the rising temperatures, more intense storms and altered patterns of precipitation have led to alarming climatic changes globally. We, as educationists have come forward to take measures to conserve and preserve our environment by motivating and involving the young generation. A regeneration of the ecosystem by planting native species of trees and creating their seed bank is a viable solution. The inspiration for this is derived from Gurbani.

The Practice

- . Environmental Studies is compulsory for all UG and PG students.
- Minimal use of water consumption.

- An eco-green project, Saugaat – Gift a Sapling Scheme is introduced . This innovative practice was taken up to felicitate the dignitaries visiting the campus and to promote a greener way of life. The herbal saplings are grown in the Botanical Garden of the College.

- A **Compost Pit** has been created to collect biodegradable solid waste including dry leaves to prepare manure..
 - **Rain water harvesting system** of the college has adequate space to collect the rain water for the purpose of gardening and other uses. It has the facility for storage as well as for seepage of rain water for increasing underground water level.
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 - A small unit of Grid-connected Solar Electricity Generating System has been installed in the College.
 - **Energy conservation strategies** are-
 - **Check your lighting** – CFL or LED bulbs not only provide a better quality of light, but they also use less electricity
 - **Switch off all appliances when not in use** – you don't need an energy economist to tell you this. You get to conserve a lot of energy when you switch off unused light bulbs and electronics at home and in offices

- **.Only use what you need** – So much power goes to waste when we leave lights and devices on when they are not in use. Be sure to flip the switch when you leave the room & unplug your devices when they are finished charging.
- **Efforts for Carbon neutrality** : Parking private cars outside the main campus has also helped us to reduce the carbon emission ratio
- **Be smart about transportation** – It is widely known that automobile emissions are a significant contributor to pollution. Offset this by biking or walking where possible, or take your campuses public transportation to classes. This is avoided by the institution by having separate parkings..
- **Hazardous waste management** After the repeated request from the college authority the municipality has removed the open vats that were just outside the campus.
- Municipality has kept one big carriage where the garbage of the campus is put every day and the municipal authority takes it away regularly. o The College has renovated two laboratories in the Department
- **e-waste management** : E-waste is not kept anywhere on the campus, instead a room has been allotted where all such waste is stored.
- The college is Tobacco free Zone
- Campus is a plastic free zone. Avoid using plastics in and off the campus Plastic.
- • Appropriate training is provided for both students and staff members for sanitization of on and off campus.
- Nature/ Eco club, YDC and NSS of the college to undertake all possible activities relating to the environmental consciousness.
- Efforts are taken to plant the trees in around the locality to protect from carbon emission

Evidences of success

- The innovative practice of gifting a sapling to dignitaries visiting the campus promotes a greener way of life. This Practice has been appreciated by all the Visitors and Dignitaries.
- Earlier there use to be shortage of water during summers but now underground water level has raised up and we don't find any difficulty in watering plants during summers.
- The problem of water logging in campus during rainy season has also been overcome.
- Sufficient manure availed for plants
- Tobacco, pollution and plastic free zone in the campus
- Eco friendly environment in the campus
- Electricity consumption cost reduced in comparison to the consumption.

Problems Encountered and Resources required:

- Financial assistance is required for maintainance.
- sufficient space or botanical garden for raising saplings of plants
- For the complete success of digitization of records, extra efforts are required to sensitize the faculty and students