

Government College, Karauli

Best Practices

Best Practice - I

1. Title of the Practice: **Self-defence training for girls**

2. Goal: The objective of the self-defence training program is to empower the young women with realistic street defence skills. Our aim is not only to equip young women with the ability to defend themselves during a threatening situation but also to train them in techniques of how to avoid injury or hurt if accosted or attacked. We believe this form of training helps our students acquire a sense of control and increases their level of confidence. This in turn gives them opportunities to be independent and importantly not to lose out on opportunities because of unrealistic fears of perceived threats by family elders, partners and well – meaning mentors.

3. The Context: The college collaborate with civil defence and police administration to teach the first year students. Since the class was compulsory special timings were incorporated into the timetable so that students would not miss regular lectures. Permission from parents was obtained.

4. The Practice: Self-defence is not considered ‘ladylike’ or a mandatory physical skill for young women. By incorporating this practice our aim was to offer an opportunity for our students to gain a sense of empowerment, understand the importance of physical fitness and gain the confidence to venture out to gain employment and further education in environments and communities out of their comfort zone. This is vital to the milieu and socio-cultural background of our home state which has limited scope and where the general perception is that the rest of the country, the big city is a very dangerous place for women, leading to even the very accomplished and talented among our students missing out on opportunities for career advancement which needs them to travel beyond state borders. Once confidence to defend themselves is gained, a world of limitless possibilities opens up for those of our young women who are motivated, aspirational and adventurous.

5. Evidence of Success: Students reported feeling good about their bodies. There was a perceptible positive change seen in attitude and mind frame even in the other everyday tasks and activities. The feedback obtained at the end of the course was very positive. 6. Problems Encountered and Resources required: The fee charged by the trainers was borne by the college management and the workshop was free for students.

Best Practice - II

2 Title of the Practice Gender Sensitisation and Inculcating Values of Gender Equality:

The Women Cell (WC) works tirelessly toward one goal – to make a gender equal society. It strives to accomplish its goal by bringing about awareness amongst students, teaching, and nonteaching members on issues of gender politics and in effect gender discrimination. The need of the hour is empowerment of not just women but anyone who is discriminated against and oppressed based on gender identities. In cognisance of efforts made towards building a gender equal society, Government College, Karauli felicitates individuals who have worked at grass root level in changing the lives of women.

This year, the WC, in collaboration with the NGO, organised various events to create awareness about various gender related issues in the academic session 2015-16:

- Orientation Programme for students newly enrolled in i College.
- A self-defence Workshop was organised in association with Police
- local Seminars on Gender Parity: Issues and Challenges was organized.