

Government College, Karauli

Best Practices

Best Practice I

Title of the Practice: Green Initiative Green

initiatives within and outside the campus have been a significant contribution in raising environmental consciousness. Government College, Karauli green initiatives encompass greening the campus, sweeping away wasteful inefficiencies, conservation of energies, correct disposal and handling of waste, purchase of environment friendly supplies and effective recycling program. Approximately 500 plants were planted in the campus and outside the campus. For ensuring the participation of students in developing the greenery and environmental consciousness, students are promoted to plant trees in the neighbourhood of their houses. Waste disposal is being effectively executed. Separate bins for different types of waste are placed at appropriate places. Vermicompost unit is functional for disposal of biodegradable solid waste. The waste water produced from RO plant is utilized for watering the plants, floor cleaning and mopping. The major liquid waste includes effluents from toilets and the laboratories.

Best Practice - II

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.