

Best Practice-I

1. Title of the Practice- "Empowering Women"

2. Objectives of the Practice

At Govt. P.G. College for Women, Rohtak we strive to create an enabling environment for our girl students by promoting gender sensitivity and strong leadership. The Women Studies and Development Cell of the college began with an objective of empowering the girl students in all spheres of national and global life. The college aims to provide a platform for the holistic development of our students so that they may emerge as women of substance. Another objective of empowering women is to create social awareness about gender equity, resolving problems of women and prevention of sexual harassment. Our mission is to provide that kind of transformative education to our girls which will enable them to realise their potential and self-worth so that they may emerge as women of competence and compassion, as influential females, as women of valour and as women of integrity.

3. The context

Reflecting in to the "Veda Purana" of Indian culture, woman is being worshipped as Maa Luxmi, Maa Durga and Maa Saraswati. Ironically, women have not actively participated in their own emancipation mainly due to low economic independence. There are many challenges that need to be addressed such as lack of education, financial constraint, family responsibility, low mobility, absence of ambition for the achievement, social status, eve teasing, sexual harassment, gender violence, family abuse, young women suffering from anaemia, powerless to make essential life-choices, dominant behaviour and mindsets, inequalities within households (deep-rooted patriarchy, early marriage and pregnancy, household chores, elderly care, son preference, violence against women, discriminating attitude, compromised general and reproductive health, years of suppression and deprivation borne by women). Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential. A key part of this empowerment is through education. Girls who are educated can pursue meaningful work and contribute to their country's economy later in life. Empowering girls is also essential for economic growth, political stability and social transformation

4. The Practice

- A number of initiatives have been taken to accomplish the above mentioned objectives. Students learn different kind of skills from various resource persons.
- Extension lectures are organised on different kind of women related issues like gender sensitization, domestic violence, health and hygiene, nutrition, Beti Bachao-Beti Padhao abhiyan and on legal and financial issues as well.
- For safety and security of girl students, annual self defence training camps are organised in the college campus.
- To make girls economically independent " Earn While You Learn "scheme is implemented. Moreover, placement cell of the college organise various kinds of extension lectures, workshops and placement fair to guide the students about their career and also to make them financially independent.

- To ingrain the spirit of nationalism, fearlessness and bravery NCC unit of the college holds many events in and outside the college campus.
- NSS units of the college also work enthusiastically to spread awareness about social issues, health issues, cleanliness and rights and duties of women.
- Moreover, Youth Red Cross, Legal Literacy Cell, Sports, Electoral club, Literary and Cultural Committee and different subjects societies equally contribute in this challenging task of empowering and sensitizing the girl student of the college by organising multifarious activities through out the sessions.
- Web cameras are in installed in every nook and corner of the college and Durga Shakti Van regularly visits in the college campus to ensure the safety and security of the girls.
- The college provides the facility of different kind of labs like Computer Labs ,Geography Labs, Science Labs, Home Science Lab, Psychology Lab and English Language Lab to impart various skills such as technical skills, cooking skill and language skill etc.
- Each department organises events that reinforce the institution's large vision and mission to empower the young women through education.

The following programmes/activities are organised :

- ❖ Annual Defence Training Camp
- ❖ Women Studies and Development Centre
- ❖ Nukkad Natak on Gender Sensitisation & Cleanliness
- ❖ Online Webinar by Women Cell and IQAC
- ❖ Yoga Camps
- ❖ Blood Donation Camps
- ❖ Beti Bachao Beti Padhao Abhiyan
- ❖ Rally against sexual harassment
- ❖ Cleanliness Programmes
- ❖ Declamation Contest, Debate, Poetic Recitation Contest
- ❖ NSS Camps (in and beyond Campus)
- ❖ NCC activities(in and outside the campus)
- ❖ Participation in Zonal and Inter Zonal Youth Festivals
- ❖ Participation in Inter College Competitions
- ❖ Educational tour
- ❖ Counselling Cell Activities
- ❖ Sports activities
- ❖ Youth Red Cross Activities
- ❖ Legal literacy Cell Activities
- ❖ Placement Cell Activities
- ❖ Departmental Activities
- ❖ Nature Interpretation Centre Activities
- ❖ Traffic Interpretation Centre Activities

To protect the honour and rights of female students, to save them from smoking tobacco etc and to make plan of action for them, the college has decided the following committees :-

- I. Anti-Sexual Harassment Committee/Internal Complaint Committee
- II. Proctorial Committee

- III. Discipline Committee
- IV. IQAC Committee
- V. Anti-Tobacco Committee
- VI. Mentor-mentee Committee
- VII. Anti-Ragging Committee
- VIII. Grievances and Redressal Cell

5. Evidence Of Success

- Our students have reached at the height of glory not only in the field of academics but also in NCC, NSS, Sports and other co-curricular and extra-curricular activities.
- By participating in NCC, NSS, Sports, Youth Red Cross, Legal Literacy Cell, Placement cell, Science exhibitions, educational tours and various other departmental activities, the young girl students have proved their worth and they have reached to the new heights of success. They have learnt to work together, to set goals, develop action plans, having network with their peer groups not just within the college but at other institutions across the country and across the world. Thus, the young girls students get ample opportunities to stride over unfamiliar and unforeseen situations.
- Due to inclusive and sensitive environment, all the students belonging to rural and urban area have experienced transformative change. Extension Lectures on Women and Law, Women Empowerment, Health and Hygiene and Annual Defence Training Camps have enhanced the life skills of girls students.
- Govt. P.G College for Women Rohtak is counted amongst the top academics institution because of its unique approach to education. The college provides a platform and congenial environment to the girl students for moving forward consistently and for contributing enthusiastically in nation building.
- The Institution's alumnae list is extremely distinguished.
- The unusual Spark of leadership and its commitment to create an egalitarian society brimming with democratic values and public good is a distinctive characteristic of Government P.G. College for Women Rohtak. Our meritorious, energetic, vibrant and motivated students consider themselves as torch bearer and want an equal opportunity to lead from the front and contribute in the tremendous task of nation building and social change.

6. Problems Encountered and Resources Required

- Parents do not allow the girls to participate in extra co-curricular activities beyond the campus.
- There are many girls whose families' economic background is poor and hence they have been deprived of ICT tools and as such they are unable to cope up with the online educational and extracurricular activities.
- The girls belonging to rural area and BPL category suffer with poor health and most of them are anaemic.
- The college has an acute need of conference hall and counselling room for organising various activities.
- Organising various programmes during working hour sometimes, has led to sacrifice the class work.
- Implementation of the annual plan and its monitoring has become a tough task in view of strict academic schedule and the pandemic.

7 Notes: In spite of so many challenges, we have seen affirmative changes in the behavioural pattern of girl students. The women empowerment activities infuse positive self-esteem and

confidence in the students and as such they can take right decisions in their lives. Moreover, these activities help in eliminating deep-rooted beliefs of gender bias and discrimination. Hence, we strongly recommend the introduction of this practice.

Best Practice-II

1. Title-“Awareness of Social Issues”

2. Objective

National Service Scheme is an education program with primary focus on the personality development of students through community service. Government PG College for Women, Rohtak has four active units of NSS. The main objective of NSS is to identify the needs and problems of the community and involve the young girls students in the problem solving process. The institution has four high-spirited NSS units which have been established with a rudimentary objective of providing a platform to the interested students to partake in social work during their free time.

NSS units channelise the energy and idealism of the younger generation in to creative pursuits and teaches them how to acquire leadership qualities and democratic attitude. The NSS volunteers also learn to develop capacity to meet emergencies and natural disaster and to practise national integration and social harmony.

3. Context

NSS is part of our academic, social and personal life as it is the third dimension of education. It allows the students to actively contribute their services for the cause of community and the nation, thus helping them develop their personality. Thus, NSS is the right platform where the youth of the nation may involve with the real life social activities and may become a responsible citizen of India. The motto of NSS “Not Me But You” underlines that the welfare of an individual is ultimately dependent on the welfare of the society as a whole. So our NSS units aspire to serve the underprivileged people through education and social services. NSS units also help in promoting the unity and integrity of the nation by bringing together young people from diverse geographical and socio cultural background.

4. The Practice

The college practises to impress upon its students time and again that they should always keep before them, their social responsibility. Our institution acts on this idea that it is essential to integrate social service with the educational process. NSS has aroused among the young women an awareness of the realities of life, a better understanding and appreciation of the problems of the people. Our volunteers work in rural areas, adopt villages and schools to serve the cause of society through survey, education and health care programmes. The college NSS units annually organise number of extension activities with the primary focus on the development of personality of students through community services. Activities like NSS One day camp, Special camp, Cleanliness drive, Health check up camp, Plantation in and beyond the campus, Yoga workshops, Awareness rallies on traffic rules, Save water ,Save Environment, Beti Bachao Beti Padhao, Nukkad Natak on Gender Sensitisation and Haryanvi Skits on social evils. Moreover, national and international commemorative days, events and festivals are also celebrated by NSS Units. Our volunteers also participate and perform in adventure programmes, Pre RD Parade, National seminars, Blood Donation camps, YLTC Camp, Disaster Management Workshop, National Integration camp, National Youth festival,

Poshan Maah Celebration, Youth Parliament, Nav-Tarang Shaheedon ko Naman Programme, Plastic Free events, Field Tour, Vigilance awareness Week, Digital India Workshop, Musical Concert and many other significant activities.

5. Evidence of Success

The report of NSS activities held in the last five years is a record of accomplishments and triumphs. The 4 NSS Units of the College have been working consistently towards the cause of welfare of the society by contributing to Swachh Bharat Abhiyan, Swachhata Pakhwada, Poshan Maah, Tree Plantation, Vigilance awareness week, Save Environment Rally, Save Water Rally, Plastic Free Rally, Traffic Rules Awareness rally, HIV AIDS Workshop and YLTC Camp etc. Moreover, our NSS units volunteers participate with full zeal and gusto in National Integration Camp and National Youth Festival. NSS units also organise musical concert for the recreation of students. The Units also celebrate International Yoga Day, NSS Day, National Unity Week, Gandhi Jayanti, Sardar Vallabh bhai Patel Jayanti, UNO Day, Voters' Day, Flag Hoisting Day and Constitution Day. Further, Field tour, Field survey, Disaster Management Workshop, Road Safety Workshop, Workshop on 'Meditation for the youth', National Seminar, Adventure Programme, Nukkad Natak on Swachh Bharat, Run for Unity Event, Prabhat Pheri, Plogging Event, Fit India Movement, Nav-Tarang Shaheedon ko Naman Event, Special 7 day camps and one day camps, Extension Lectures on 'Developing Positive Attitude', on "NSS Objectives, Motto and Principles", on "Effect of Climate Change on Environment", lecture on Personal Hygiene for females and lecture on "Save Environment" etc are also organised by these four units of NSS. The door to door visits, the real encounter with situations in the rural area and field work has given a sense of responsibility to everyone involved in these events, which will surely stay with them forever. The wholehearted participation of our volunteers is bound to become a movement in itself in the times to come. The activities undertaken by the NSS volunteers help them to equip themselves with an insight, sensitivity and close understanding of the problems that are faced by people at the grassroot level. The volunteers have found change in civic responsibility and they have also groomed in leadership.

6. Problems Encountered and Resources Required

- The volunteers face problems in execution of NSS activities as they are unable to give time to NSS. There is also need to improve the financial and administrative process.
- Parents of the girls belonging to rural areas do not allow their daughters to go beyond the campus for NSS activities.
- While performing field work in the villages, girls hesitate to communicate with the village people.

7. Notes: NSS is a voluntary activity and it should be fostered as volunteering activity to shape and mould the nation. It is a wonderful movement which needs to be nurtured by all the institutions.