

# Best Practices

## 1. Title of the Practice

### Women Empowerment

## 2. Objectives of the Practice

Women constitute more than 90% of the total student strength of the college. The majority of them come from mediocre to lower families and also from rural areas, where they are affected by the backward thinking and discrimination. So, the college has resolved to take up the cause of Women Empowerment for the girl students.

## 3. The context

The college has resolved to take up the cause of Women Empowerment for the women students with the objectives of -

- Open discussion on women specific issues with girls students
- Mentoring women students with one women teacher as mentor for every 20 women mentees.
- Organizing debates and discussions on gender equality to enable the students to realize gender sensitization.
- Creating an environment through awareness programs to enable the students to realize their full potential for learning and solving their problems independently
- Arranging special sessions with the experts for enabling the female students to be aware of several types issues related to our society.
- Redressal cell is active to solve the issues.
- Organizing the exclusive health camps for women students.

## 4. The practice

Women's empowerment is vital to sustainable development and realization of human rights for all. India still has a long way to go before achieving gender equity and empowerment of women. So the college is committed to empower female students so that they can face the different situations of life boldly and with dignity.

The college has practice the following activities.

- a) Awareness programs on regular basis
- b) Holding of Counselling sessions by redressal cell.

- c) Group discussion on different issues of women empowerment.
- d) Yoga practice for mental peace

e) The mentors encourage the students to participate in co-curricular and extracurricular activities and sports with positive attitude and good sprit for better exposer.

### **5.Evidence of Success**

- Female students are increasingly taking interest in extra co-curricular practice.
- They are more talkative about their problems.
- They are regularly attending awareness classes .
- More girl students are now learn driving
- More confident to use of ICT in their classes and day to day life.
- Improvement in overall personality.

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

- 1) Lack of time because of COVID-19.
- 2) Rural background of girls.

## **PRACTICE - 2**

### **1. Title of the Practice**

**Green and clean campus.**

### **2. Objectives of the Practice**

Tika Ram College of Education is an environmental friendly institution. The college is located in a clean and pollution-free area of the city. College is committed to the green movement and has a coverage of about 60 percent of green area. The faculty and students put best efforts to maintain and beautify lush green gardens all around the campus.

### **3.The Context**

Following will help the institution to maintain the campus green and clean-  
-motivational attitude of faculty towards students so that they contribute in a proactive manner.

- Clean campus Initiatives leads to clean Air Initiatives
- Smoking Free campus

-Generating awareness on cleanliness and hygiene amongst students and staff members by holding regular cleanliness drives.

- Events such as poster and slogan competitions, essay writing, spoken word poetry, speeches etc. will be organized.

#### **4. The Practice**

-The students are given strict instructions to maintain the campus clean and it is reflected in their handbooks. Several Quotes related to the importance of clean and green environment are displayed on the campus.

-Organize awareness programs regarding environmental issues

-Plantation by every student and also faculty member in the month of February. This program promotes eco-friendly environment, by stepping up the oxygen levels on campus.

-Formation of group of 10 students with a leader to care plants closely.

-Organization of college level seminar on waste management.

-A group to deal with waste management in the campus is formed constituting of students and staff of the college.

-Two days campus cleaning program involving the students and faculty.

-Minimum use of vehicles to reduce air and sound pollution.

-Set up waste bins in sufficient numbers to avoid littering in the campus.

-A gardener and full time adequate support staff are appointed for the maintenance of litter free clean and Green Campus.

#### **5. Evidence of Success**

-Evidence of success of the practice includes more plants in campus.

-Improvement shown in students' attitude towards maintenance of neat, clean and green campus.

-Increased participation in plantation and cleanliness activities.

-Better discipline on campus and respectful relationship between teachers and students.

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

1) Lack of waste management system in the institution.

2) Frequent power cuts.