

Tika Ram College of Education, Sonipat

(2024-25)

Best Practice: 1

1. Title of the Practice:

"Empowering Women through Value-Driven Education: Building Leaders for a Better Society"

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 with the objectives of:

1. To foster gender equality and equip women with skills for personal and professional development.
2. To instill core values such as integrity, compassion, and resilience in young women.
3. To promote confidence, leadership, and self-reliance among women students.
4. To educate students about their rights and responsibilities in both personal and social contexts.
5. To create a safe and supportive environment for women to thrive academically and socially.

3. Context of the Practice:

Women in college often face challenges such as societal biases, lack of self-confidence, and limited exposure to opportunities. Value-based education can serve as a tool to address these issues, combining academic growth with the moral, ethical, and practical skills needed for empowerment. By focusing on holistic development, the college can nurture women into strong, capable individuals prepared for leadership roles in society.

4. Different Practices on Women Empowerment with Value Education:

1. Workshops and Seminars: Conducting regular sessions on gender equality, legal rights, financial literacy, leadership, and career planning.
2. Skill Development Programs: Offering training in communication and digital literacy.
3. Counseling and Mentoring: Providing personalized guidance and support to address personal, academic, and career-related challenges.


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4. Health and Well-being Programs: Organizing yoga sessions, and discussions on mental health and self-care.

5. Community Engagement: Encouraging participation in social service and outreach programs to build empathy and leadership.

6. Cultural and Literary Activities: Promoting expression through debates, essay writing, street plays, and storytelling focused on women's empowerment.

7. Value Education programme: Integrating ethical and moral lessons through academic activities to instill lifelong values.

5. Evidences of Success:

1. Increased participation of girl students in leadership roles within the college and beyond.
2. Improvement in academic performance and professional achievements of girl students.
3. Positive feedback from alumni on the role of value education in their personal and professional lives.
4. Greater awareness among students about gender issues and societal challenges.
5. Enhanced self-confidence and independence among girls students, reflected in their participation in internships and community initiatives.
6. Female students are increasingly taking interest in extra co-curricular practice.
7. They are more talkative about their problems.
8. They are regularly attending awareness classes.
9. More girl students are now learning driving.
10. More confident to use of ICT in their classes and day to day life.

6. Challenges of the Practices:

1. Resistance from societal norms and traditional mindsets discouraging women's empowerment.
2. Limited resources and funding to implement comprehensive programs.
3. Difficulty in engaging all students equally due to diverse backgrounds and interests.
4. Ensuring sustainability of initiatives beyond the academic curriculum.
5. Balancing academic workload with extracurricular empowerment activities.

By addressing these challenges through continuous improvement and collaboration with stakeholders, colleges can ensure the success of women empowerment initiatives with value education.


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Best Practice 2:

1. Title of the Practice:

Creating a Sustainable and Vibrant Campus Ecosystem

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 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 by following these objectives:

- To foster environmental consciousness among students and staff.
- To create a green, clean, and sustainable campus.
- To enhance student engagement through eco-friendly initiatives.
- To integrate environmental education with co-curricular activities.
- To promote biodegradable and sustainable resource management within the campus.

3. Context of Practice:

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.


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

Colleges serve as an ideal setting for shaping young minds to adopt sustainable practices and play an active role in environmental preservation. Enriching the campus environment not only aids ecological balance but also improves the aesthetic and functional quality of the learning environment.

4. Different Practices on Enriching the Environment:

- Green Campus Initiatives: Planting native trees, establishing herbal/botanical gardens, and creating green spaces to promote biodiversity. 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 lead to care plants closely.

- Waste Management Systems: Implementing waste segregation, composting organic waste, and promoting recycling and reuse initiatives.

- Energy Conservation Measures: Installing solar lights, LED lighting, and energy-efficient appliances across the campus.

- Water Conservation Projects: Storing rainwater and ensuring efficient use of water resources.

- Eco-education Programs: Organizing workshops, seminars, and activities on sustainable living and environmental awareness.

- Clean Campus Drives: Regular cleaning and maintenance activities led by students and staff to keep the campus free of litter.

- Promotion of Public Transport: Encouraging cycling, and walking within the campus to reduce carbon footprints.

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

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5. Evidences of Success:

- Enhanced greenery and biodiversity on the campus, including an increased number of trees and bird species.
- Visible reduction in waste generation and improved recycling rates.
- Positive feedback from students, staff, and visitors regarding campus cleanliness and aesthetic improvements.
- Increased participation in environmental activities, reflecting heightened awareness and responsibility.
- Recognition or awards received for green initiatives and sustainability efforts.
- A measurable decrease in energy and water consumption due to conservation strategies.

6. Challenges of the Practices:

- Limited funds and resources to implement large-scale sustainability projects.
- Resistance to change and lack of awareness among some stakeholders.
- Maintenance of eco-friendly infrastructure and initiatives over the long term.
- Ensuring active participation and accountability among the entire college community.
- Adapting strategies to local environmental and climatic conditions.
- Balancing ecological projects with academic and administrative priorities.

By adopting these practices, colleges can effectively create an enriching environment that nurtures sustainability, learning, and community well-being.


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