**Title of the Practice**: - Empowering Rural Girl Students:

There is no denying the fact that rural women have been great pillars of rural economy due to their total involvement in agricultural, cattle rearing and dairy farming apart from their daily domestic chores. But they are destined to struggle against many handicaps and social evils in the male-dominated society. Many evil and patriarchal forces still prevail in the modern Indian society that resist the forward march of its women folk. One of the best step to empower the rural woman is to empower rural girl students because empowering them is a key not only to the well being of Individuals but families and rural communities at large , given women’s large presence in the workforce worldwide . It is necessary that they should freely live their lives with sense of self-worth, respect and dignity.

**2. Goal**

**Describe the aim of the practice followed by the institution. Mention the underlying principles or concepts in about 100 words:**

The institution being committed to fulfill the objectives and attain goals strikes to:

* Enhance the self-esteem and self-confidence of women, students faculty and staff.
* Maintain and strengthen the status of women and create awareness of feminine potential.
* Develop critical ability of students so that it enhances their decision-making ability.
* Enable girls to make informal choice in areas like education, employment and health especially reproductive health.
* Enhance their participation on an equal footing in all areas.

**3. The Context**

**Describe any particular contextual features or challenging issues that have had to be addressed in designing and implementing the Practice in about 150 words.**

 In designing and implementing this practicing, there were various challenges issues that were to be addressed. The first challenge task was to make girls students understand the meaning of empowerment because they were subjugated and victim of servility and docility since birth. They had to be convinced that empowerment does not mean identifying women rather it means replacing patriarchy with parity. Main task was to make them conscious of the violation of their basic nights which was prevalent.

Moreover, although many women faculty members and students had their own stories to tell, the herculean task was persuading teachers as well students to share their experiences and turmoil’s. The challenge was to convince them break the shackles of social construct of patriarchy.

Empowerment was to be taken place without hurting male members because it was a kind of invasion in the patriarchal system. It could be easily taken as rebellion and the wrath of self-professed goods was inevitable. It was not going to be easy to change the culture of disregard of women which was so deep-rooted. The method to be used was of persuasion and conviction. Patriarchal system was to be changed in a subtle but obvious manner.

 It was a delicate task in a co-educational institute because the need of hour was to sensitize the boys also. They should not have felt either ignored or insulted or the targeted at any cost. Active participation of their was sought to bring a constructive transformation in society as it world serve as a firm foundation for life-long learning and adult life for both of them.

 Since all girls were adolescent and had soft feelings for their counterparts, they could not have been persuaded to work in isolation .For a harmonious society; they were supposed to be working together having healthy affiliations.

**4. THE PRACTICE**

**Describe the Practice and its implementation in about 400 words. Include anything about this practice that may be unique in the Indian higher education. Please also identify constraints or limitations, if any.**

 Being an institution of higher education, it has a major role to play in preparing young generation for a propitious future apart from imparting quality education. It has to uplift the weaker section which comprises of girl students. Keeping this in view, Women Welfare Cell was established in college campus four years ago to empower rural girl students to enhance understanding of issues related to women and to make college campus a safe place for women students. It also tried to provide a platform for women to share their experience and views regarding their status in society and suggest ways to improve and empower themselves. Aiming at intellectual and social uplift of the students, the cell tried facilitate women’s empowerment through extension lectures, seminars, awareness programs and the welfare activities.

But their project did not remain confined to the activities organized by the cell. Different components of the college like cell of extra-curricular, Career Guidance cell, Rotaract Club, Department of Computer science all took initiative for the emancipation of women and the project became the best practice of the college. The college got united and supported the welfare activities for girl’s students. Keeping in view the challenges which could obstruct its progress.

There was urgent need to bridge the deep-rooted biases through sustained reconditioning. It was decided to empower rural girl student with knowledge, skills and self –confidence necessary for the holistic development of their personality.

Sustained awareness programs with the help of PPTs, documentary films motivational lectures of women achievers were of great help in imbibe confidence among the download dens some teachers became their role models and source of inspiration.

It was observed that fatigue, tiredness and weakness were quite common symptoms among girls. A survey was done to know their eating habits. Findings were alarming as 50% of them were not taking healthy and nutritious diet did not have habit of having breakfast in morning thus were quite unaware of the working of their metabolism. Annual medical camp was organized and found that majority of girls were anemic and sick. They did not share their health issues to their mother. Various programs like know Your Doctor; Let us talk to Our Doctor:

Doctor at Your Door Steps and Alternate Treatment by ayurvedic medicines were interactive sessions were conducted by eminent. Here girl students grappled with their health problem without any inhibitions and sought treatment for them. In this way a healthy environment for girls was created. Cell of extracurricular activities organized various girls-oriented programs where girls students participated in various events like cooking competition , rangoli, mehandi, dance competition, nail art, hair styles and culinary skills. Girl student enthusiastic participation in these achievers was a testimony to the fact that our diffident and introvents are shedding their inhibitions and were ready to test their abilities.

Free classes for rural girl students to learn English language by Department of English and gain knowledge of Computer by Department of Computer Sc helped to create a conducive learning environment for them.

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

**Provide evidence of success such as performance against targets and benchmarks and review results. What do these results indicate? Describe in about 200 words.**

Some has been achieved, much more is awaited. It is a long journey. But this practice has a commendable success. With undaunted efforts and incessant support of the various components of the college, today, girl students and faculty members have emerged achievers. Be it N.C.C, N.S.S, Rotaract club, English literacy Club the participation of the number of girl students outreach their male counterparts. It is a matter of immense pleasure that our NCC girl crdet , a daughter of daily wages has participated in the Republic Day parade at Delhi and the girl is teaching Spanish in a private center . The President and secretary of Rotaract Club are girl students. Recently a troupe of girls performed bhangra(traditional folk dance meant for males) on women’s day. These girls have also performed bhangra at jalandhar Doordarshan.(Firstever performance of girl bhangra at Doordarshan).

Whether it is a dance performance or dialogue delivery or community service, girls with their grit and determination are marcling forward. It bears witness to the success of this endeavor. One of on faculty member has moved out of her stiffing married life and now finding solace with her children abroad. Many girls have bravely fought with the menace of eve learning and emerged as dignified winner and the journey goes on…

Career Guidance Cell’s Endeavour to train girl students as well women of adjoining village met huge success as many students participated in Tailoring and Dressing Designing, and Beauty Parlor Management Courses organized with the help of Rudset institute. Women Welfare Cell’s celebration of Women’s Day every year and staging of dramas and help students to regain their lost confidence.

**6. Problems Encountered and Resources Required**

**Please identify the problems encountered and resources (Financial, Human and other) required to implement the practice in about 150 words.**

Funding:

As there was no apparent gender-biased environment prevalent in the campus, the initiation of Women Welfare Cell was inevitably to come under scanner. But since the Cell endeavored to involve both male and female students for sensitization and attempted to foster a healthy dialogue based on mutual trust, respect and co-operation, the whole faculty readily agreed to.

The College indeed contributed to initiate and organize various activities. All cultural activities were funded by the college administration. Medical camps were funded by Rotary Club Adampur; Chawla Nursing Home, Jalandhar and Aaarti Fertility Centre Jalandhar. Rudset Institute, Jalandhar and Yuva Theatre played vital role in making our girl students empowered and achieves.

**7. Notes (Optional)**

Any other information that may be relevant and important to the reader for adopting /implementing the Best Practice in their institution (about 150 words).

**2. Best Practices**

**1. Title of the Practice**: - Value Based Education

**2. Goal**

**Describe the aim of the practice followed by the institution. Mention the underlying principles or concepts in about 100 words:**

Institutions of higher education have a major role to play in preparing the younger generation for a propitious future. Apart from imparting quality education, they need to instill high-educational values and practices amongst the student. It is because in this materialistic area of science and technology, everything except morality has received to its echelon. Values like another aspect have gone into abysses where human existence and its future look dismal and dark. Our current system of education is mended towards giving knowledge and skills which would make students saleable products, thus only develop their cognitive aspects and left effective and ethical aspects starving. The consequences are sordid rapes, heinous murders, treacheries frauds and malpractices. It is true that value education is ingrained in every tradition of Indian culture. Yet it is a matter of regret that gradually we are losing our values and tend to become hollow and hypocrites. Major responsibility for the corrective action lies on teachers and higher education.

**3. The Context**

**Describe any particular contextual features or challenging issues that have had to be addressed in designing and implementing the Practice in about 150 words.**

 Envisioning youth transformation, thus institution settled in rural areas confronts various serious issues of the moral depravity of students. Rural areas have undergone cataclysmic transformation from a generally agricultural economy to industrial and service economy. A large scale migration to off-shares and subsequent prosperity but alienation has put on society in danger of becoming increasingly fragmented and unstable as self interest over shadows the public good. As old social system extended families is replaced by nuclear families. We have the generation of students where rudderless, isolated and lonely drifting without any moral anchor or structure of their laws. So, the urgent need is to ensure that students have proper understanding of right and wrong through a study of moral ethics.

Further we cannot ignore that rate of javelin delinquency is increasing everywhere especially in rural areas. It is definitely a spiritual crisis which today’s youth is undergoing in the process of his personal growth. In such a situation value education assumes a special significance.

In age of science and technology, Though there is abundant knowledge made answer to various queries are easily available. Still there is lot of confusion and perplexity in the mind. Their mind wander restlessly. We need to teach them about many more choices then found in this channel and having value system as a basis for their decision making.

In all these circumstances students need to be taught values like service to the mankind and nature with love, trust, tolerance and humility. They need to inculcate objectivity critical enquiry honesty, benevolence, compassion, courage, reasoned arguments, respect for other rights etc.

**4. THE PRACTICE**

**Describe the Practice and its implementation in about 400 words. Include anything about this practice that may be unique in the Indian higher education. Please also identify constraints or limitations, if any.**

 The values are to be infused rather than informed to the learners. Listing values are easy but inculcating them effectively requires innovating educational practices. During the current time the teachers have to find effective methods to internalize the values in the minds of learners. Values can’t be taught by just delivering lectures or screening films. It requires action and interaction between the students and society.

The institution run by a religious managing committee adopts and adapts various methods to provide value based teaching to students. The college adopts the method of deliverance of lectures to interact with students on value crises and seeks its redemption through motivational documentaries. Various innovative methods are used to imbibe ethical values in their mind. Various clubs and cells involve student volunteers in myriad activities like blood donation, sanitation drive etc. Such involvement utilizes their surplus energy and manages to keep them away from various temptations like drugs and crimes.

Social welfare activities of various components of college like collecting and distributing food in slum areas, raising funds for the help of the victims of national calamities visit to orphanage to spend quality time with the underprivileged nurture feelings of compassion and understanding among students. These values get unpretentiously integrated in their temperaments.

Reckoning with the spiritual philosophy preached by sikh gurus they are taught to be win hearts to win the world. The feelings of universal brotherhood and welfare of mankind are infused into their personality through the exposure of community service. The ritual of celebrating “Sangrand” the first day of every month in accordance with the Vikrim and NanakShahi Calender and birth anniversaries of reversed gurus is another way to bring serenity and piousness in the college campus. Enthusiastic participation of students in these celebrations develop the spiritual site of their persona. It makes them grounded and evokes feeling of humility, modesty and ingenerate fellow feelings.

Extension lectures arranged by Babe Nanki Seva Committee and Religious Affairs Committee has very commencing concept on the mind of students.

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

**Provide evidence of success such as performance against targets and benchmarks and review results. What do these results indicate? Describe in about 200 words.**

Volitional participation of the students in organizing religious functions volunteery involvement in extension services provided by various clubs and units of the college bares testimony to the fact that students indeed have been provided with value based education. To cite an example, students collective efforts to collect grousarry and warm clothes for the unprivileged and raising of funds to provide succor to the victims of national calamity testify the success of such practice.

**6. Problems Encountered and Resources Required**

**Please identify the problems encountered and resources (Financial, Human and other) required to implement the practice in about 150 words.**

Various distractions in and around the surroundings tend to drift students from the path of religion and spirituality. They are fascinated by materialistic pursuits to take students away from their comforts on has always been a herculean task.

Due to tight teaching schedule of teachers find it heart to deliver motivational lectures and carry value based activities within their academic ambit.