

## 7.2.1

### Best Practice No. 1

#### 1. Title of the practice: “Women Empowerment through Skill Development”

#### 2. Objectives of the Practice:

- To improve employability and income-earning opportunities
- To boost their performance by improving the quality of work
- To develop personality of students and raise their status in the society
- To develop and strengthen the entrepreneurial traits

#### 3. The Context:

Women Empowerment means a freedom of women from the vicious circle of social, political, economic and gender-based discrimination. It is essential for them to be skilled in order to be able to better serve their families at home as well as professionally. Women’s economic participation and empowerment are fundamental to strengthen women’s rights and enable them to have control over their lives and exert influence in society. Skill development not only creates employment opportunities but also empowers them. Women if given the opportunities and the right exposure can excel themselves in any field. Such skill development activities are conducted for students regularly in the college to instill the required skills and abilities in order to shape up their overall personality. Skills development is a key to success which improves productivity, employability and earning opportunities. It is the bridge between job and workforce. Along with academic excellence it is equally important for the girls to acquire various other skills to face challenges in life. Today, it is considered as an important and indispensable tool for women empowerment. The main purpose of skill development is to build confidence among the students. Skill Enhancement courses like digital fluency, Artificial Intelligence or such other skill-based courses are incorporated as a part of higher education course under National Education Policy, which is made mandatory for the degree students.

#### 4. The Practice:

The Women Cell, EDP Cell, ‘Besant Skill Development Centre’ and some of the departments conducts training programmes, workshops, demonstrations, certificate courses, awareness lectures and competitions to empower our students.

- Those activities include artificial jewellery making, quilling, quilt making, fabric jewellery crafts, face mask stitching, flower arrangement, tailoring skill, talk on Atrocities against women etc.
- Interactive session with the empowered women of rural areas helps the students to get inspired by their life skills.
- The Speakers club helps the students to enhance public speaking skills and communication skills.

- Leadership training programme conducted for the office bearers of Student Union Council helps them to empower with leadership skills and management skills.
- ‘Functional English’ and ‘Prakrith’ certificate courses help them to empower with language development.
- The programmes related to gender equity, Human Rights, Consumer Rights etc. conducted in the college empowers our students socially, politically, economically and legally.
- Inter-class competitions and intercollegiate fests help the students to showcase their skills, creativity and talents, leading to enhanced opportunity for employment. Students can make a career using dramatical and dancing skills for which they are trained under theatre team of our college ‘Benaka’ and Fine Arts Club.
- Computer based skills, interview facing skills, CV writing skills etc. included in the curriculum and programmes conducted by Career guidance Cell builds confidence among the students to apply for the jobs.
- The physical fitness activities conducted by the department of Sports and Gym help the students to maintain their health.
- During Covid-19 lockdown webinar was conducted by Student Union Council in association with Skilling India on the topic ‘Exam Stress Management’.
- The department of Home Science trains the students on various Home Management skills like diet and nutritional food preparation, tailoring, flower arrangement, storytelling techniques, creating Book Mark etc. which is essential for girls. The department of B.Sc. FND and M.Sc. FSN prepares the students to become future dietitian.
- The certificate courses conducted by the different departments and associations helps the students to enhance variety of skills.
- The vocational course provides opportunity to the students to undergo on-the-job training in different organisations which help them to acquire corporate skills, HR and management skills.
- The fests like ‘BEQUEST’, ‘INNOVISION’ gives opportunity to the Student Union Office bearers and other students to improve their leadership skill, communication skill and imbibe organising ability.
- The programmes conducted by the Placement Cell strengthen the interview facing skills, group discussion skills and other job-related skills.
- ‘Besant Skill Development Centre’ train the interested students on tailoring skill.
- Participation in Intercollegiate competitions improves the presentation skills, anchoring skill, dramatical skills and co-ordinating skill of the students.
- The department of Sociology conducted guest lecture on “Post covid challenges & opportunities for youth in the education sector” to bring awareness of various opportunities, trends, skills necessary to make them tech savvy to take on the digital world.

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

- The hands-on training on making artificial jewellery, mask stitching or such other crafts, helped the students to acquire entrepreneurial skills and created interest among them to become entrepreneurs.
- Many students, teaching and administrative staff appeared for 'Prakrith' certificate course and bagged top ranks.
- The ability of the members of 'Benaka' theatre team to write, act and direct the dramas itself is yet another evidence of success for dramatical skill enhancement. The students are able to do flower arrangement, table setting, food serving to the guests whenever there is a programme in the college.
- The class representatives, student secretaries of various associations, student union office bearers gain confidence to lead the student community and manage the various events in the college. They are also trained to maintain cleanliness and discipline during any programme in the college. This is evidence of their leadership quality.
- The Student Council in association with IQAC conducted workshop on leadership titled 'Called to Lead'.
- The Journalism course inculcate good journalistic principles, report writing skill and practices among young people and motivate them to work in media.
- Webinar on story telling was organised by the department of English, which helped the students to enhance story telling techniques. The department of Home Science also focus on this aspect as their course project and organised an exhibition.
- The department of Secretarial Practice and Computer Science jointly conducted international webinar on the topic "Mastering Soft skills to propel Career growth", with the purpose of strengthening soft skills and enhance employability, managing priorities, acquiring Leadership Skills to overall Personality Development. But, due to lockdown interactive session could not be conducted.
- Non-computer students are given training on fundamentals of computing, to provide knowledge on hardware and MS Office.
- Research and Development Cell organised research series webinar to provide an opportunity to the students to enhance research paper writing skill.
- The department of Commerce and Management organised knowledge sharing national level webinar on data analysis using SPSS software. Certificate Programme in Banking, Finance and Insurance (CPBFI) was also launched in association with Bajaj Finserv Limited, Pune.

### **1. Problems Encountered and Resources Required:**

- Covid-19 pandemic was the major problem encountered this year.
- Career guidance programmes, seminars, Workshops, competitions, quizzes were conducted online, so face to face interaction was not possible.
- Due to technical issues many students could not join online programmes
- Financial constraint for organizing programmes and payment to resource persons.

- Skill Development programmes or certificate courses becomes an arduous task as students give priority to academics.
- Class work may have to be compromised due to skill development programmes.
- Causes inconvenience to the students coming from hinterland during holidays and beyond working hours.
- The nominal registration fee charged for the Certificate courses is an additional expense.

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## **Best Practice No. II**

### **1. Title: “Inculcation of Traditional and Cultural values”**

**2. Objectives:** In tune with the Vision and Mission, the college adopts non discriminative policy of admitting all students who seek admission, inspires a deep sense of pride for the nation by inculcating traditional and cultural values with the following objectives:

- Providing an opportunity for the students to celebrate traditional festivals which are losing importance due to modernisation.
- Familiarising the richness of Indian and local culture and to keep the traditions alive among the younger generation.
- Creating awareness on nutritional value of various food items, the rituals observed and significance of the festivals.
- To bring out the multifaceted potentials of students by involving them in cultural activities.
- To provide a platform for budding artists and be a catalyst for overall personality development by grooming the students for their future career and life.

### **3. The Context:**

Several thousand years old value-based cultural traditions of India have encoded massively while in contrast, deterioration of value is experienced worldwide. This is why political and economic corruption, scandals, scams, anti-social and anti-national activities are steadily rising. The introduction of traditional culture into education not only encourages the cultivation of students’ moral quality but also boosts the extension and inheritance of traditional culture. It nurtures the sense of belonging, identity, and strengthens community participation; it also promotes appreciation and understanding of history and cultural heritage. Cultural heritage is not only about old things but also about new objects, practices, and places which hold cultural value for recent generations.

- Promoting good aspects of the different culture in academic institutions is a learning experience for the students.
- It is an opportunity for students to appreciate, respect and participate in festivals of all religions.
- Promotes harmony among different sections of students, bridging the linguistic and regional barriers.
- They are the most effective way of bringing the youth together on the same platform.

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

Culture is the foundation of education, good governance and sustainable development. Student learning is grounded on the unique values, norms, cultural beliefs, knowledge, practices, heritage, language, experiences of the community. Preserving the cultural memory will lead to a greater understanding of the nation, society and community. The influential facts of education on culture are: preservation of culture, transmission of culture, promotion of culture and equipping man to adapt to the changing cultural patterns and moulding his personality. Culture paves the way for education while education is responsible for flavouring the cultural values in life. Our Culture and philosophies need to be respected by studying and practicing.

In order to achieve these objectives, the college has strengthened Folk culture club, 'Benaaka'-a Drama Troupe, Fine Arts association and Intercollegiate association with a faculty member as coordinator and a student secretary. These cells provide an opportunity to the students to imbibe traditional and cultural values by organising myriad programmes and celebration of festivals. To mention a few :

- Folk culture club organised 'Aatida Onji Koota'- a traditional food preparation video making competition, Talk on the topic "Folk dances of Karnataka", Garland making competition etc.
- 'Benaka' Drama club staged a play called ' Badhukina Bhavane' written, acted and directed by our student.
- Fine Arts association conducted online talent fest 'Impress and Express'. Even during lockdown period students got the opportunity to showcase their talents through this programme.
- The department of Kannada organised a webinar on the topic 'Covid-19, literature and cultural world.
- All the language departments jointly organised self-written poem composing programme to inspire the budding poets.

The students could not participate in intercollegiate competitions due to Covid-19 pandemic. The programmes and activities help students overcome stage fear and builds confidence and self-esteem. They also learn to manage time effectively, acquire leadership skills and sense of responsibility. The coordinators and the members are responsible for the execution of the programmes in consultation with external agencies, Academicians, Famous Writers, Artists, Actors, Research Scholars including Government agencies.

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

- 'Aatidonji Dina' traditional food preparation video making competition was organised by the Folk Culture Club of our college. The students prepared with their family members the different nutritious dishes of Tulu Nadu cuisine laid out for "Aatida Onji dina'- (A day in the month of Aashaada) and sent the video to the convenor as per the instruction. There is a belief that Aati cuisines are medicinal and good for health during mansoons that makes people vulnerable to ill health.
- The Folk Culture Club has organised an Orientation Programme for the students on 13.02.2021, to create an awareness about the values of Indian Tradition, Folk Culture, its continuity and Diversity.

- The Folk Culture Club of the college has organized a talk on the topic “Different folk dance forms of Karnataka” on 17-03-2021.
- We see how nowadays, the younger generation is getting indulging in more and more junk food, which is harmful to their health. The talk on the topic “Traditional food and its importance” was taken up for the students of Folk Culture Club on 20.03.2021 to bring awareness on the long history of supporting health and wellness by eating traditional food which is nutrient rich.
- A Christmas star making competition was held for students, teaching and non-teaching staff.
- ‘Kottige’ is a traditional food mostly used in Southern parts of India. Essentially idli batter steamed in mini leaf baskets woven out of 4 Jackfruit leaves strategically placed and pinned together with sharp pieces of broomstick. Folk Culture Club of our College conducted a training programme on “Kottige Making” for its members on 27.02. 2021.
- A Garland Making competition was held for these students, allowing the students to display their artistic talents and to enhance creativity, colour recognition and to be environmentally friendly.
- ‘Badhukina Bhavane’-The drama written, directed and acted by the final year student is evidence of success itself which was possible through the dramatical skill training provided by ‘Benaka’ the drama club.
- The members of Fine Arts association got an opportunity to depict their variety of talents like dance, singing, drawing etc. in an online mode during lock down period.
- ‘Modak preparation’ competition was held by the department of Home Science – which is a delicious traditional food prepared on the auspicious day of Ganesh Chaturthi. The people from outside also participated.

## **2. Problems encountered and Resource required:**

A few students are extremely talented. they need some motivation, support and guidance from the teachers and resource persons.

Covid-19 pandemic lockdown was the major problem, due to which the students could not exhibit their talents in the college.

- Availability of funds to organize the programmes
- Dearth of Resource persons proficient in culture / tradition.
- Non encouragement by the parents to participate in cultural activities because of fear of poor performance in academics
- Coordinating the programme,

- getting support from all the faculty members and students is a challenging task.
- Due to time constraint, if the practice sessions are conducted during the working hours students cannot attend the regular class work.
- Convincing the parents, to permit the wards beyond workings hours for practice is difficult when they come from far of places.

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