

## **Title of Practice 1:- Women Empowerment**

### **Objectives:**

To develop self esteem and self confidence in girls.

To empower girls with physical and emotional strength.

To create awareness among the girls about their civic rights.

To develop a spirit of gender sensitization.

### **The Context:**

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. Contributing their skills to the work force and can raise happier and healthier children.

### **The Practice:**

#### **1. Self-Defense workshop**

Department of Geography, Vinayak Girls College organized self-activity was held on 17<sup>th</sup> January, 2022. Girl students from almost all departments participated in programme. Mr. Praveen Kumar yogi who is a trainer along with female instructor trained girl students. In his demo session he enforced students for development of muscular power and suggested them to focus on muscular power rather than financial power.

#### **2. Special Lecture on “Health & Hygiene Among Girls”**

Department of Science, Vinayak Girls College organized a Special Lecture on “Health & Hygiene Among Girls.” This activity was held on 21<sup>st</sup> February, 2022. Girl students from various departments had participated. They were given information about menstrual hygiene, maintenance of cleanliness etc. through a special lecture delivered by Principal Dr. Anju Lata. On this occasion sanitary pads were also distributed to girl students with co-operation of K.R. Memorial Hospital, Chomu.

### **Evidence of Success:**

The activities have a positive effects on the girls students. Program on self defense, Health and Hygiene, Physical Training help in developing personal social and professional skills needed by girls.

### **Problem Encountered:**

In some activities there is a limitation on the intake of the student participants which poses as a hindrance owing to the enthusiasm of the students.

## **Title of Practice 2:- Green Campus**

### **Objectives:**

To protect and conserve ecological systems and resources within the campus.

To ensure judicious use of environmental resources.

To integrate environmental concerns into policies, plans and program for social development and outreach activities.

### **The Context:**

Green campus program enables educational institutions to conserve natural resources like water and biodiversity, optimize energy efficiency, manage waste and educate about climate change and sustainability while addressing well being of the students as compared to conventional educational institute.

### **The practice:**

1. Landscaping with trees and plants.
2. Ban of use of plastic.
3. Pedestrian friendly pathways.

### **Evidence of Success:**

The green campus initiative was organized by the under graduate students of botany and zoology departments. This has developed a sense of responsibility in them and they get a better understanding of their role as advocates of environmental conservationists.

### **Problem Encountered:**

The main problem encountered in the green campus initiative is development and maintenance of proper infrastructure for the green practices.