

BEST PRACTICE 1

EMPOWERING WOMEN THROUGH SPORTS: FINANCIAL AND NON-FINANCIAL/ADDITIONAL SUPPORT FOR GIRLS STUDENTS TO EXCEL IN SPORTS



Objectives of the Practice

- To encourage and promote women athletes.
- To provide financial and other support to achievers in sports in the college.
- To attract students who have achieved excellence in sports and academics.
- To provide financial support to students who have achieved excellence in different fields, add value to the college, and are academically strong but economically weak.

The Context

Financial and other support to student-athletes of the college is meant to help them focus on sports and encourage them to participate at national and international events representing the College, University, State, and India at events abroad. Financial and non-financial assistance is not only for academically bright students but also those for who are economically weak and show excellence in academics and /or sports.

The Practice

There are several scholarships for academically excellent students but our Institution has special arrangements for the sports achievers who are representing the Institution at University, State, and also India at umpteen national and international events abroad. It has started acknowledging the sports achievers who are bringing laurels to the country. Women athletes in India are now getting their share of fame and appreciation that they deserved much earlier. Aligned with the Centre's policy of promoting women-athletes, our College supports women-athletes by providing concession in tuition fees, free accommodation at the hostel, free special diet, proper infrastructure and equipment at the College campus or at the stadium, which is within 5 km of the college. Different NGOs, organizations, and private citizens associated with the institute make a significant contribution towards financial support to these deserving athletes.

Evidence of Success

- Cash Prizes to Sports Students by Panjab University (No. of Students 44) – Rs.435000
- Cash Prizes to Sports Students by College (No. of Students 90) – Rs.5,14,000
- Cash prize to college NCC Cadets from NCC PHHC Directorate (8 Cadets) – Rs. 68,000
- Free accommodation provided to 31 elite sports girls in the hostel – Rs.23,61425



Achievements

S.NO	GAME	TOURNAMENT LEVEL	POSITION	NUMBER OF STUDENTS PARTICIPATED
1	VOLLEYBALL ALL INDIA INTER UNIVERSITY	NATIONAL	3RD	4
2	KHELO INDIA GAMES	NATIONAL	2ND	4

3	KHO- KHO NORTH ZONE INTER UNIVERSITY	ZONAL	3RD	7
4	BASKETBALL NORTH ZONE INTERUNIVERSITY	ZONAL	3RD	6
5	SEPAKTAKRAW(QUAD) ALL INDIA INTER UNIVERSITY	NATIONAL	2ND	2
6	SEPAKTAKRAW(REGU) ALL INDIA INTER UNIVERSITY	NATIONAL	3RD	4
7	SWIMMING ALL INDIA INTER UNIVERSITY	NATIONAL	3RD	1
8	KHELO INDIA GAMES	NATIONAL	2ND	1
9	CRICKET NORTH ZONE INTER UNIVERSITY	ZONAL	3RD	6
10	BOXING SENIOR NATIONAL	NATIONAL	3RD	1
11	BOXING WORLD CHAMPIONSHIP	INTERNATIONAL		1



Problem Encountered

- With the limited funds it is difficult to distribute amongst the deserving students as per their requirements.
- Often deserving candidates do not possess the necessary paperwork required for processing/availing the scholarship.
- Stringent requirements needed to satisfy the criteria for availing scholarship restricts certain students from availing the same.

BEST PRACTICE 2

PROMOTING WOMEN ENTREPRENEURSHIP:

“EARN WHILE YOU LEARN”



The college strongly believes in creating individuals that are capable of becoming financially independent. Club SAKSHAM has been one such entrepreneurial venture of the all the Departments of which was constituted in this session with an aim of acquainting the students with the grass-root knowledge and work involved in building and running a business.

Objectives of the Practice

- Display/showcase skills and talents of students.
- To understand the concept of entrepreneurship.
- To help students learn the basics of management to create profits on a small scale.

The Context

The Department of Fine Arts imparts knowledge of the concepts of art and design that include the visual arts. The students show case their talent by displaying an annual arts exhibition where they get a chance to earn by selling their paintings and murals. This gives them a sense of confidence and contentment.

Home Science is an interdisciplinary field of knowledge with focus ranging from goods to fabric, human development to resource management, communication, and extension. The wide scope of the subject can be successfully applied in the field to launch the entrepreneurship program. The skill and knowledge of the students can be harnessed to create opportunities for self-employment.

The Practice

Along with the conduct of practicals, students were provided information's about creating profitable opportunities. The main activities were outlined as under:

- Bakery and Cooking- The students of BA final years were introduced to the concept of raw materials, overhead expenses, portion control, and profits. They put up stalls at various functions in the college, where baked goods and nutritious snacks were sold. Orders for cakes from faculty members were also taken by the students.
- Textile enhancement- The students of the second year were introduced to the concept of tie and dye as well as block printing. They prepared a vast range of articles using these techniques such as dupattas, bags, shirts, table cloths, napkins, tray covers, and runners, etc.
- Stalls were put up for the sale on the IT fest as well as Biz Bash. The articles were highly appreciated and brisk sales were made.
- Department of Music (Instrumental) provides curricular and co-curricular experiences to students who enjoy playing different Musical instruments. They participate in various items at Zonal, Inter Zonal Youth Festivals and departmental competitions. The students were encouraged to earn while they learn by showcasing their talent in reciting Shabad Kirtan at various religious events in the college.



3. Miscellanea/ others

During the annual blood donation camp, volunteers who were found to be anemic were consulted by the final year students regarding iron-rich food and its inclusion in the diet. Though this diet clinic was not an income-generating activity, students were made aware of how nutritional consulting works.

Many talented students of the college participated in mehndi and tattoo stalls during Karwa Chauth and Teej. A good amount of profits were made by the students. Hair braiding was also undertaken by a couple of students.



Evidence of Success

The stalls were put up during the IT fest and Biz Bash, wherein students from schools and colleges of the Tricity participated with great enthusiasm and earned Rs 4155. A huge footfall led to good sales for stalls. The profitable sales were a great motivation for the talented students. A group of 6 students earned an amount of Rs 7500 by reciting Shabads at various religious events in the college.

Problems Encountered

- Managing time was a hurdle since the conduct of these activities and regular teaching were to be done simultaneously.
- Adequate funds availability would help us to organize workshops and invite resource persons to provide the technical knowledge and managerial skills required for successful entrepreneurship launches.
- With only two faculty members in the department, running an entrepreneurship club on a full-time basis, though helpful and advantageous, will not be profitable.