

Best Practice-I

1. Title of the Practice:- “Education in human values and Spiritual inputs”.

2. Goal

- To inculcate patriotism and spirituality
- To impart value-based education
- To arouse social consciousness
- To counsel the students for their emotional and spiritual well-being.
- To inculcate calm and composure in the personality of students.

3. The Context:

Education in human values supplements secular education by addition of spiritual inputs. Students are encouraged to understand and imbibe five fundamental human values i.e. Love, Truth, Righteousness, Peace and Non-Violence. In our everyday activities, we use 5 techniques:

- Prayer and Positive thinking
- Meditation
- Group devotional music
- Inspirational speech/lectures
- Group activities

Our focus is on practicing these values rather than just knowing them. It was conceived with the sacred aim of arousing nationalistic pride, imparting information and providing a platform for collective thinking and community feeling. Practice of Morning Assembly and collective prayer has an added significance and relevance in present times when gross materialism and consumerism have overburdened the society with an unending rat-race. In such a scenario little space is left for moral and patriotic values. Having realized that values are imbibed rather than taught, the college has adopted this practice to counsel the students and inculcate those values that are needed to live in a pluralistic society and contribute to national development. It also is a subtle manifestation of the collective consciousness and purposeful education of the institution.

4. The Practice:

Morning assembly is a regular and important feature of the college. It gives a much needed platform to meet all the students at one place. Official instructions, announcements regarding scholarships, trainings, intra-college and intercollegiate competitions and upcoming events are made. The students listen carefully to the instructions given during the assembly and follow them

earnestly. The national flag is hoisted every morning and national song-Vande Matram, national anthem-Jan Gan Man and Madhya Pradesh Gaan, are sung with nationalistic fervor. In keeping with the patriotic spirit and simplicity, traditional Indian uniform and dress code is followed in the campus (Salwar Kurta). It is compulsory for all students to come to college in uniform and teachers follow the dress code of sari. The morning assembly includes Sarvdharm prayer, thought for the day, mission of the college, National Anthem/National Song/Madhya Pradesh Song/Vedochharan.

Spiritual Inputs-

From 29.11.18 to 02.12.18 four days Residential Camp on Indian Culture and Spirituality was organized in the college. Smt. Neena Arora being the convener and Dr. Sunita Yadav being the Co-Convenor co-ordinated with the Chairman and the Principal in organizing different activities of the camp. The camp was inaugurated by Dr. Prashant Dwivedi. The Chairman College Governing Body Dr. Meena Pimpalpure presided over the function. Around 217 students and the 100 staffs were registered and participated in the camp. In the spiritual camp, the lectures were based on various religions, faiths, culture, moral values prevailing in India since ancient time.

Thought for the day – is read out by a student every day to instill values among fellow students to arouse the intellectual, moral consciousness of students. It works like a mantra for the Day to ponder upon. Collective prayer prepares every student to raise herself intellectually and morally so as to face the stern realities of life with confidence and courage. Each student of the college is expected to look on herself as the ambassador of the college and conduct herself with dignity that is worthy of the institution.

Awards and Laurels – The student achievers, who have won awards and honors for on the academic and co-curricular activities in collegiate and inter-collegiate activities are honored and awarded in the assembly. Faculty achievements are also highlighted to provide inspiration to students.

The mission of the college to reinforce the culture of excellence and contribution to national development is substantially met with through morning assembly which imparts value-added education and inculcates patriotic fervor.

Spiritual classes - Every Wednesday & Thursday collective bhajans, and lectures on special topics are arranged. To enumerate, a few examples are listed below.

S.NO.	DATE	Activity
1.	12-07-2018	Lecture on how to recite Vedas
2.	12-07-2018	Bhajan classes by Dr. Sunita Yadav
3.	27-07-2018	Celebration of Guru Purnima
4.	11-11-2018	Akhand Bhajan in Shanti Van, Bhopal
5.	23-11-2018	Birth Day celebration of Baba
6.	27-12-2018	Lecture on different Vedas
7.	14-01-2019	Laksharchan

Every month purnima puja is organized by the staff of the college

Pious Hostel routine: The students residing in the hostel of the college follow a strict pious routine beginning with *Om karam* in the early morning, *Nagar Sankirtan* followed by bhajans and yoga session thereafter. In the evening also the students gather in the Bhajan hall of the hostel for evening Bhajan Sandhya.

5. Evidence of Success:

The practice of morning assembly and prayer has a great motivational impact on the student community. They are inspired by the achievements of their fellow students and various honors conferred on them. As a result, they try to explore their own potentials. Shedding their inhibitions they come forward to participate in various activities being organized by the college. What is laudable is that they make sincere efforts to attain established bench marks. The achievements of the competent teachers in their respective fields further boost them to give their best and outperform. Well-defined value system and love for our culture has given strong roots and poise to our students and facilitated their moral and intellectual growth. It has gone a long way in inculcating a strong sense of ethical values, a genuine concern for our culture and commitment to nationalistic causes. We have a galaxy of alumni who have done the college proud by making significant contribution in ameliorating the lot of oppressed, marginalized sections of society.

6. Problems Encountered and Resources Required:

We do not have enough space to accommodate all the students at a time, so we need an auditorium for collective forums. Lack of financial resources prevents us from inviting experts of national and international repute.

7. Notes-

To inculcate spiritual environment, any institute should incorporate healthy practices like Sarvdharma prayer/value based lectures/ thought for the day in their morning assembly on regular basis.

BEST PRACTICE II

1. Title of the Practice: Activities to empower women through skill development & counseling.

2. Goal:

- To give vocational, career oriented and technical education to lesser privileged women.
- To counsel and motivate women to lead a dignified life.
- To empower women for changing fundamental aspects for their own development..
- To sensitize women in general and society in particular about gender issues.
- To bring about behavioral change for ensuring gender equity.
- To contribute to national development.
- To empower lesser privileged women of slum area located near the college.
- To motivate girls of weaker section of society for higher studies.

3. The Context:

Ever since its inception in 1974, the college has been rendering valuable service for the emancipation and empowerment of women. Fully aware of the countless psycho-social pressures which are deeply embedded in attitudes, practices and behaviour patterns across the world and adversely impact the well-being of women, our institution seeks novel and practical ways to create more opportunities for empowering women. Issues like gender discrimination within family, low self-esteem due to social attitudes cause acute depression and lead to unhappiness among women. Economic dependence also limits the growth and development of women. Therefore the first step should be to make them economically independent. An effort is made to ameliorate the stress and limiting factors among women by helping women who could not complete their education due to familial, economic or social reasons. Skill development and vocational training in areas focusing on entrepreneurial skills, is provided to ensure employability.

4. The Practice:

As a part of the mission of empowering women through education and self-reliance, the college has established the Women Empowerment and Counseling Cell that is vigorously involved in providing guidance and job skills to women from lesser privileged sections of society.

The Centre is dedicated for improvement of the lives of young women through counseling and advocacy of a range of services that promote personal growth and economic independence. The center is engaged in creating awareness among woman enabling them to achieve equality and social justice. Some of the activities of the cell are:

Vocational Training: Under vocational training workshops, lectures, training programs are organized. Some of the few programs held this year are enlisted below-

- Work shop on Fab-Art by Education department
- Job opportunity in Airlines Industry
- Career opportunities
- Training on Cashless Transaction
- Training on Net Banking
- Training on Worli Painting
- Vocational Training on Vermicomposting is given to the women of nearby slums and students.
- Training on Horticulture and Setting up of Nursery.

Counseling: The center offers counseling to college students and lesser privileged women covering a number of issues like health, hygiene and alternate sources of income generation. Counseling is provided to women who have experienced violence and are coping with challenges (both physical and mental). Counseling services are offered for career options and support and strategies for coping with stress. Special sessions are conducted to create awareness amongst them regarding their health issues and their rights. Girls of the lesser privileged section of the society are motivated for higher studies. The illiterate women of the nearby slums are encouraged to come in to the campus and attend literacy classes conducted by our students of NSS and B.Ed. department.

- **Awards and Laurels:** The young women, who have been able to achieve the desired goal of economic independence and have set up entrepreneurial units are honoured and awarded prizes to inspire and motivate other women/girls to aim for the sky and achieve their goals.

The initiatives of all the participants/trainees are lauded and given due recognition at the annual function of the college to motivate others to shed their inhibitions, recognize their latent potential and realize their dreams.

5. Evidence of Success:

- Girls with knowledge, skills and awareness about various career options get selected in jobs and in courses of higher studies successfully every year.
- On 2nd March, 2019, A play on “Women’s Rights” at village Khamkheda under NSS camp was performed by students of law department to aware women and children about their rights

Women empowerment is realized through:

- Lecturers on Food and Nutrition and adopted village- Chhota Kheda by :
 - Dr. Shubha D Kapdeo 29.09.18
 - Dr. Malti Joshi 02.08.18
- Created awareness about First Aid , First Aid Box appliances , use of various bandages through lecture and demonstration by:
 - Dr. Shubha D Kapdeo 11.01.19
 - Dr. Malti Joshi 08.01.2019

Use of newspaper in place of gift paper for gift wrapping to promote ban on polythene bags.
Development of medical unit.

- We organize vocational training for the students. At the end of these workshops students organize an exhibition to showcase their products and put it for sale.
- Every year Best out of waste competition cum exhibition is organised for the students for generating awareness on environmental issues.

6. Problems Encountered and Resources Required

- Women of weaker sections of the society have their own social and economic boundaries to overcome for attending such activities.
- Due to erratic schedule of University Examination, adherence to academic calendar provided by Higher Education is difficult so the students feel the paucity of time to involve in such activities.
- Lot of will power, funds and manpower are required for conducting such activities.