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# **STUDENTS' SUPPORT PROGRAMME (Since 2010)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Identifying slow learners and helping them improve their learning skills to be fast learners.
- Identifying the weaknesses of the students and bring out their strengths.
- Strengthening their skills and encouraging them, motivating them for active participation.

In order to meet this objective, the college adopted various techniques and explored possibilities in providing necessary support and infrastructure.

### **REASONS FOR STARTING THIS INITIATIVE**

A slow learner is not necessarily a diagnostic category. They indeed possess an ability to learn but it is subdued in them due to various reasons such as socio-economic conditions at home, their personal-emotional makeup, peer influences and a lack of confidence.

Most of the students in the college are from rural and economically weak background. The environment where they grew up hardly had any reasonable academic opportunities. Parents are daily bread earners and have no interest and time or resources to provide education to their children and encourage their academic interests, if any. Often the children are expected to start earning at an early stage and help making ends meet. Lack of support and guidance or rather we can say non-ambitious life led by their parents did not allow them to develop their learning abilities resulting to disinterest in studying.

Thus some students had poor memory; some had poor attention spans, poor reading and writing skills especially with the lack of knowledge in English. In many cases students are exposed to a very different life and atmosphere around them when they come to cities and the effect is too overbearing on their already subdued minds.

The syllabus being long with nine subjects, at times students could not cope up with the pace of studies.

## **PRACTICE**

Students of the same class and same age who were qualified and talented were identified to take classes outside of regular college hours for their fellow students requiring guidance and were asked to teach these students.

Since they were of the same age group their mutual understanding matched well. They worked closely and patiently helped them to create interest in their subjects. Engaging fellow classmates with the support of college management gave them edge in learning. Facilities and infrastructure such as space, rooms and library were provided to make this happen.

# **ACHIEVEMENTS**

Excellent academic results beyond expectations were achieved.

Number of students achieving more than 60% and above has gone up.

Concept of group study got encouragement and became popular; this is especially so important considering that substantial number of students stay in our hostel which is on campus.

Students developed interest in their respective subjects.

Overall result improved up to 90% which was indeed commendable.

We emerged successful in our venture!

# **STUDENTS' PARLIAMENT (Since 2011)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Reaching out to their smallest query and make us approachable.
- Ensuring that all information, upcoming events and activities percolated to the students.
- Connecting with all students.

#### **PRACTICE**

Students' Parliaments consists of 52 members, i.e., 2 Class Representatives (CRs) from each division.

In the opening meeting of the year, the students are apprised of the schedules for the academic year. Thereafter a meeting chaired by me is scheduled every Wednesday in which topics concerning class teaching, activities related to academics, co-curricular activities, discipline, conduct and behaviour patterns of teachers and students are discussed at length. Issues important to maintain a healthy atmosphere and to strive to achieve excellence are dealt with. Suggestions and approvals to implement any new innovations are welcomed and considered. The minutes of the meeting are duly recorded and read out to the students in all the classes to make them aware of the points discussed and to be followed up by necessary actions.

This is a way to get them all involved in various college activities and inculcate a sense of belonging and ownership towards the campus.

#### **ACHIEVEMENTS**

Formation of the students' parliament indeed brought a feeling of pride and a sense of motivation on the faces of students. This resulted in deep and sincere involvement in all arenas of activities at campus. Since all the students got apprised of the daily upcoming events and activities, voluntary participation of students increased.

The students today have a greater sense of belonging and ownership towards their college.

# **KNOW YOUR STUDENTS (Since 2014)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- In order to create a healthy environment of teaching learning process it is very necessary to know your students.
- Fair and free environment motivates a child to excel in studies, sports and co-curricular activities.
- Students participate actively when they know the teacher is interested in her/him.
- The background and the aptitude of the student need to be identified making it necessary to know them.

# **PRACTICE**

An overall physical, mental, psychological and emotional study of the students was required.

At the outset, the students were divided according to their subjects of interest. A forum of open interaction among the professors and students related to the respective subjects was formed. An open line of communication involving open participation led the students to come out of their shells and share more. Their family background was also understood. As a result, interaction became easier and clearer. Interacting with students motivated them in overcoming the impact of the culture they grew up with.

Their hobbies, likes and dislikes were discussed at length which opened them up and helped erase their fear and inhibitions.

Extrovert and bold students were identified and were given chance to explore the hidden talents of the introvert students.

## **ACHIEVEMENTS**

After identifying their strength and weaknesses we were able to help them better. We could identify the personal skills, qualities, personal characteristics like leadership, enthusiasm and honesty, which enabled us to support them more effectively towards achieving academic excellence.

We were able to identify students who came from poor financial background and their fees were waived. I realised that in the end, the students know you and you know your students more which helps them to identify their own strengths and overcome weaknesses. This helped me in motivating them to excel in their respective fields as well as become confident and productive in daily social lives.

# **PSYCHOLOGICAL COUNSELLING (Since 2013)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Psychological counselling is required to improve their sense of well-being, alleviate feelings of distress and resolve crisis.
- Psychology is the study of thoughts, emotions, behaviour and their interactions with each other and the world.
- The prime objective to introduce this programme was to create awareness and sense of well-being among the students and overcoming the emotional turbulence in them; to rejuvenate their energies by solving their identity crisis; to de-stress them from any emotional situations and to fight out the odds and win challenges in life.
- We felt motivational counselling can enable them to put actions in place to realise their dreams.

### **PRACTICE**

In order to render a systematic and valuable counselling a psychologist was engaged to visit the college. She visited on every Friday to provide counselling to the students. Initially the number of students who came to meet her was less but gradually it increased. The students showed positive approach towards this.

Simultaneously whenever required the parents were invited and counselled accordingly. The psychologist identified the mental, physical and emotional behaviour of the students and discussed issues related to them. She helped them with wide range of concerns relating to career prospects, social issues at home, academic excellence, depression and stress related issues.

This process was very effective in helping them shed various inhibitions and think freely.

The above process is completely confidential.

### **ACHIEVEMENTS**

It helped us to achieve our motive of eradicating the sense of fear, lack of confidence, possible feelings and reason of depression among them. Students started expressing themselves and openly came out with their personal and social problems. All of their queries, issues and problems were resolved amicably with a proper guidance and motivation. Wherever necessary they were referred to a more experienced psychiatrist.

# **SARASWATI SAHAY (Since 2014)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- As the name suggests, this initiative was introduced to support and encourage students who
  are capable and desirous of good academic performance but who come from a relatively
  more disadvantaged or compromised financial background.
- I felt that poor economic standing should not come in the way of education, especially for those who are capable of achieving.
- This initiative would allow them to study comfortably without any stress or burden of paying fees.
- It would greatly help reduce rate of drop—out of education.

### **PRACTICE**

The first step under this project was to identify the students who require financial aid.

At the outset the students who were good in sports and could excel in sports were exempted from paying fees.

The capable and deserving students who had lost either of their parents or were orphans and required financial support were also included in this initiative.

Thirdly, scholarship scheme was introduced to the various categories of students of SC/ST/OBC and physically challenged.

### **ACHIEVEMENTS**

Many students benefitted this initiative and it was immensely satisfying to go out and reach them so that they are not deprived of higher education.

# **CIVIL DEFENCE FORCE (Since 2010)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- The primary objective behind this initiative was to help the state government and local administration in times when service is required from civilians during emergencies and natural calamities.
- To train them to be a disciplined citizen and creating a general awareness of civil defence duties.
- To making them aware of their role during dire emergencies.
- Encourage them for their participation in Defence Forces.

### **PRACTICE**

In order to train our students in a systematic and disciplined manner, we joined hands with the local unit of state civil defence force.

Students who were enrolled under NCC programme were properly trained. They were provided proper uniform, badges and shoes by the concerned local state defence department, so they developed a sense of responsibilities.

#### **ACHIEVEMENTS**

For this innovative initiative and commendable contribution I was honoured by the Home Department of the state and rendered the title of WARDEN.

The Ahmedabad Municipal Corporation also felicitated me for supporting during several events requiring additional re-enforcements.

College Civil Defence Department has the honour of regularly participating in the parade organised on 15<sup>th</sup> August and 26<sup>th</sup> January. The college Girl battalion have been awarded Trophies for the same.

A remarkable contribution was made by them during Rath Yatra, Navratri festivals and natural calamities.

# **DROPOUT RATIO (Since 2011)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Dropout rate refers to the percentage of students that do not complete their education.
- To bring down the dropout ratio.
- Researched on the reasons of dropout.
- To teach them to complete their education in time.
- Encourage them to complete minimum formal studies.

## **PRACTICE**

On scrutiny it was found that there were students who did not finish their education. In order to curb this, the college decided to form a committee which will interact with those students who were leaving their studies midway. It was very difficult to convince some parents as they had all excuses ranging from financial problems to expectation of domestic help from their daughter(s).

In case if they did not come for meetings when called, professors were sent to their residences to make them understand how important it is for them to let their daughters complete their education.

### **ACHIEVEMENTS**

At last though the journey was tough convincing parents who had all excuses either on financial or domestic front or due to social reasons, we were able to convince parents to the best possible and dropout ratio has reduced to just 1.41% from 10% over the last few years.

# **SHORT TERM COURSES (Since 2012)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- To add an extra sparkle to the breaks between lectures and pursue a practical course in an academic subject that may be less connected to their regular curriculum and closer to the heart.
- That can have an overall impact on their personality.
- To get a deeper insight and specialize in the field of their interest besides getting a 'hands-on' training.
- To make the lives of the students more productive with their soft skills.
- Such a course could well be a potential way of establishing and making a way of earning.

### **PRACTICE**

An initiative was taken to tie up with State and National level institutions providing such productive courses on short term basis.

Memorandum of understanding was signed to this effect emphasizing on fees of minimum nature and maximum output that could be productive in all the fields of course studied.

The courses undertaken were related to GST, taxation, accounting system, current affairs, beauty treatment and personality development that was a way of empowering the women.

All these courses were conducted within the duration of college hours only.

Tests and exams were conducted after the courses. Students were awarded with merits and certificates at the end of the course.

### **ACHIEVEMENTS**

Students gained from these courses immensely. There was a large enrolment to these courses.

Often it has been seen that some students have started earning simultaneously on part-time basis after study hours.

# **KHADI FOR GANDHIGIRI (Since 2014)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- *Khadi* might have been at the heart of Pre-independence movement, but it started losing its place with the arrival of new fabrics produced by the textile industry.
- In order to showcase the forgotten fabric and in apprising the students of the material an initiative was formed to convey the importance of *Khadi*.

### **PRACTICE**

Students were conveyed how eco-friendly *Khadi* fabric is; how it holds our *swadeshi* charm and how it adds a class as an outfit.

Students were encouraged to understand *khadi* and its importance. They were motivated to buy *khadi* material on every 2<sup>nd</sup> October. They were also instructed to propagate the use of *khadi* in their surroundings and families. *Khadi Gramodyog* institutions were requested to arrange stalls displaying *khadi* products in the campus to promote the usage of *khadi* among the students.

### **ACHIEVEMENTS**

The programme had thumping success among these young generations who were thrilled and started making use of the fabric in their daily routine.

Not only that they started propagating the use of *khadi* in their surroundings and their families.

# **MOBILE LIBRARY (Since 2016)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- The habit of reading nowadays among students has gone down because of the arrival of new technologies, gadgets and devices, thereby resulting into limited use of library by students.
- It is often seen that stationery libraries are not used by students on regular basis.
- Libraries have so many books and references that students dis-encouraged accessing it.
- At times students are not aware of the new editions, new arrivals of books and references.
- In order to create an awareness of reading this initiative was started to introduce mobile library in their respective class rooms

### **PRACTICE**

The Librarian of the college and the Assistant Librarian were directed to carry all the new arrivals, editions and fresh magazines to each class once in a week. They shared the information and contents which were useful to them. They made them aware of the syllabus that was important for them to appear for their future competitive examinations.

#### **ACHIEVEMENTS**

The venture of organising mobile library was a huge success. The students got encouraged to take a book concerning their need and started using it. Reading habits improved. Students are now more aware new arrivals of books helping them to make maximum use. The students who never went to library also started using this facility.

It has created a discipline of reading regularly.

Very truly, a book is a book and nothing – no other media or gadget - can replace the content of a book as a whole.

# **SOCIAL RESPONSIBILITIESAND AWARENESS (Since 2007)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- To encourage students to participate and contribute in humanitarian activities.
- To stimulate and develop social awareness amongst students.
- To teach them that their responsibilities as students are not limited to class rooms only.
- To ensure that they hold moral responsibilities too as they grow up.

### **PRACTICE**

An initiative to this effect was undertaken asking the students of eleven classes to contribute for the purchase of basic amenities that could help the underprivileged children of the society. They bought school bags, lunchboxes, water bottles, slippers and shoes etc. in a count of 100 and went to schools in remote villages such as - Til, Mavdo and Shamlaji and distributed the same.

A group comprising of 20 students took up the moral responsibility of teaching students of class one to five in the slum areas every Friday free of cost.

As a part of this programme some student enthusiast came forward to visit old age homes in the vicinity and spend time with them and teach them thus keeping them active. They took them for a joy ride, a park walking and showed them movies. They even celebrated their respective birthdays and festivals bringing a smile that was forgotten on their faces. They regularly visit these old age home.

### **ACHIEVEMENTS**

A greater sense of satisfaction is experienced by the students.

This initiative has helped the society and brought smiles on the faces of the needy and neglected.

Indeed, when we give, ultimately it is us who experience the joy and of course the students feel the same way when helping in such social causes.

# **CHOOSING A LIFE PARTNER (Since 2015)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Though it sounds funny initially but this topic is of great relevance.
- Creating awareness about finding a partner with whom one can connect easily and stay together in this beautiful journey called LIFE!.
- To find a potential partner of your choice and to be trust worthy and compatible IQ and EQ wise.

### **PRACTICE**

Since most of the students are from socially and economically weak background, it was the need of the hour to teach them how to choose a life partner.

As a part of this initiative, lectures were conducted and they were apprised of various situations in society. They were quoted examples of life failures and others' experiences narrated to them. Documentaries and films which projected issues of domestic violence and social desertion were shown.

They were taught how a right choice of life partner and his character plays important in life.

### **ACHIEVEMENTS**

Students realised that there is no reason to get entangled in relations on only emotional fronts. It was an eye opener for them and most part of actions initiated by us got successful results.

# **SPORTS (Since 2004)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- In order to emphasize on overall physical development of a student, Sports is required as a part of the curriculum.
- To teach importance of teamwork.
- To reduce stress and pressure with physical activity.
- To boost self-esteem.
- To teach adolescents accountability, dedication, leadership and other skills.

## **PRACTICE**

Initially we took up the game of soft ball. We went through and were titled university champions. Thereafter we introduced other games like weight lifting, cricket, kabaddi, khokho, judo and chess.

In order to have a systematic approach towards the games and have a proper knowledge of the game we called in two faculties who specialised in it.

We started providing them with required sports equipment and supplemented their diet with rich nutritional food required for their stamina. It was ensured that they take proper balanced food all day. This action invited large-scale participation and motivated many.

Those who participated at National level and won University Championships were exempted from fees or fees were refunded.

The star student in any sport event was felicitated and honoured with certificates and prizes.

## **ACHIEVEMENTS**

Indeed many students responded towards the sincere efforts we took in.

Many of our students set a stage and participated at National and University levels bringing laurels to the college, some participated at International level and became recipients of rewards and scholarships. A few of them were fortunate to join the Defence service under sports quota.

Sports immediately makes them connect to 'sense of achievements', 'achievement of goals' and 'successes' and 'positivity'.

# **NARI SIKSHAN (Since 2011)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- The main motto was women empowerment.
- To identify her strength and educate society about the same.

### **PRACTICE**

To accomplish our objective, we introduced special classes on *Nari-Shikshan* apart from the regular classes.

We provided them with books published by Geeta Press, Gorakhpur on Nari-Shikshan. Since many of our students are from rural villages they had not seen the urban, modern world. They were like domestic servants of the family they lived in. This programme gave them a platform to open up themselves and act in the modern world. It helped them showcase their capabilities and ensured that they do well and uplift the society they lived in.

The books provided were asked to be read regularly and a test of 50 questions from the books was taken to ensure whether the contents were understood. An award prize was given to the best ten students.

In fact it was found that these books became a guiding light in their lives.

### **ACHIEVEMENTS**

The initiative undertaken was a huge success. It indeed brought in social reforms and clarity in inter personal relationships.

It also helped them in solving their personal problems and they got courage to face social challenges in life.

It enhanced their future prospective and perception of life got changed.

# **HABITS OF NUTRITIOUS INTAKE [PAUSHTIK AAHAR] (Since 2016)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- To promote overall health.
- Fight malnutrition.
- To develop healthy brain in a healthy body.
- Good nutrition helps in leading a healthy life style.

### **PRACTICE**

Since the college had enrolment of students mainly from the poor and economically backward sections of society, they hardly had a habit of having proper balanced food in their diet. They never had an opportunity to have a healthy break-fast in their homes.

In order to develop awareness of maintaining a healthy nutritious diet in their daily routine we extended our suggestions and organised a programme every Wednesday.

Charts that had information as to why nutrition is important, benefits of healthy food, importance of healthy food and what food should be taken in their daily routine was displayed and communicated to them.

They were asked to avoid junk food as most of the students have a habit of buying and eating packed foods.

They were provided with lists and charts of various recipes of food that were required for a healthy living. The class was asked to form groups who managed to prepare this diet. They then sold to all students at Rs. 10/- per bowl.

It was ensured that no usage of plastic items, i.e. plates, glasses and bowls was made.

Students who were found anaemic in nature were given iron supplements too.

#### **ACHIEVEMENTS**

The programme had a thumping response and gradually the participation of students increased. They got to understand the significance of home-made food.

The excitement of learning and preparation could be seen among the students.

Some of the students developed mastery in preparing various food items and this helped them in earning on part time basis.

# **EARNING WHILE LEARNING (Since 2017)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Earning-while-learning is more than a necessity. Going to college can seem like a financial impossibility for many especially when they are girls and belong to poor financial background.
- Working learners are more concerned about enhancing their resumes and gaining work experience than paying their tuition fees.
- Girls after marriage are treated as mere wives and caretaker of a house; it is the need of the hour to educate and create awareness among the girls to understand as to what is the meaning of being financially independent?
- In case they are not allowed to take up full time job in an office, they were offered a part time job.

### **PRACTICE**

An MOU was signed with the LIC of India and were asked to train students to be recruited as agents of Insurance under training and supervision.

A exam was conducted and students were trained for six months by the officials of LIC after the study hours.

Then they were introduced to a LIC advisor who trained and guided them.

### **ACHIEVEMENTS**

24 students out 74 were selected and trained and started earning 30K on monthly basis. They were given 7K as stipend too.

One of the student earned nearly 9 lakh rupees on annual basis.

This initiative by the college helped the girls to understand the nature of service industry, professional environment, corporate ethics and culture. It helped them in building their communication marketing skills and personality skills for presenting themselves as trained advisors.

College was awarded the best recruitment award adding one more feather in the cap.

# **SPIRITUAL AWAKENING AND PRACTICE (Since 2004)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

This initiative was taken up in order to bring the students closer to Spirituality and Divine Nature. The entire enrolment of college is from Hindu background. We thought that these children should be aware of the Hindu religion, its culture and traditions. To awaken their minds and to set up a routine by chanting hymns and prayers of the Hindu Gods, we developed this programme.

#### **PRACTICE**

A morning prayer is a wonderful way to focus your time and attention on seeking God's plan for the day ahead. In order to meet God with a humble heart it was decided that *Shlokas and Mantras* would be taught to them according to the days of the week as follows:

On Monday *Stotras* on *Lord Shiva* are chanted to keep your temperament cool and remove all obstacles. *Mahimamstotra* is also chanted during the month of *Shravan*.

On Tuesday Ganesh Atharvasheersha is chanted to attain wisdom.

On Wednesday hymns and Shlokas for Devi Saraswati are chanted to attain knowledge.

On Thursday *DuttBaavani* is chanted to live life with all humility.

On Friday Sri Suktam for Devi Laxmi is chanted for bringing prosperity in lives.

On Saturday Hanuman Chalisa is chanted to attain boldness to face challenges in life.

All these prayers are printed in black and white and are displayed on notice board of the college. Even translation is given for the Strotas and hymns.

Festivals like KITEFLYING/MAKARSANKANTI, HOLI, BAISAKHI GUDIPADWA, NAAGPANCHMI, GANESH CHATURTHI AND KRISHNA JANMASHTAMI are celebrated with gaiety.

## **ACHIEVEMENTS**

Daily start with a prayer brings in a lot of positivity besides bringing them in touch with our traditions and knowledge transpired from our *Rishis*.

# **A BOOK AND ITS AUTHOR (Since 2014)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Our college is an Arts and Commerce College where tri lingual teachings are taking place, i.e, we teach through Gujarati, Hindi and English in some subjects. Thus the students are required to refer few reference books from the library.
- We launched this initiative in order to make the reading of reference books more effective.

#### **PRACTICE**

To roll out this initiative, we invited the authors of some of these books that are regularly referenced by the students. The topics and subjects ranged from literature, commerce and humanitarian learning.

Our invitations were accepted by the authors and writers and poets who visited the college and shared their vivid experiences on their writings. This was encouraging and created interest in our students to get attracted more to the books of reference of their known authors.

We took our students to the hometown of those authors who are no more among us and got us introduced to their family members to know more about them. We were able to gather more collections of those authors in our library.

### **ACHIEVEMENTS**

Students showed more interest in using the library and read mostly all the books of their liking. The quality of reading and writing has improved. Students got to understand that their books can become part of their life if the book is written by an author known to them.

# **SETU (Since 2014)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Enterprise and entrepreneurial skills are a combination of commercial awareness, creative and innovative thinking.
- To create an entrepreneurial skill and to have a meaningful economic activity to earn while studying.

### **PRACTICE**

After interacting with the students we found that many students had mothers who ran *gruh-udyog* and handicraft business in their homes as a means of livelihood.

We spoke to them and asked them if they were interested in doing small scale business in the college while studying. Upon seeing their enthusiasm in doing something creative and enterprising, we gave them opportunity to exhibit their potentials by providing them space in the college to put their exhibitions.

This space is called SETU.

The students booked this space in advance and conducted exhibitions of home-made stationery items, food, pickles, paintings, fancy arts, hand-made purses and cutlery items.

They sold these items on nominal charges and earned wisely.

### **ACHIEVEMENTS**

Small entrepreneurs were developed in the college which in turn developed in them an art of living. Inspiration, motivation and encouragement grew among students to do more and earn more.

# **KHEL UMIYA KHEL (Since 2017)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- The motto of introducing this activity was purely to help them recognise how tough, stout and physically fit their bodies are.
- Since majority of students are from rural background they are physically strong and have good stamina as they are used to doing hard labour and intense physical activity.
- Under KHEL UMIYA KHEL initiative emphasis was laid on athletic events.

### **PRACTICE**

This programme encouraged and motivated the students to participate in all the athletic events held. Their indeed was a mass participation where in students found happiness and enjoyed the games. They demonstrated their physical strength and stamina to their level best.

### **ACHIEVEMENTS**

The students were happy to participate in actual, formal sports activity which they had always kept on back foot. This developed a healthy mind and healthy body. It also encouraged many more to participate. Sports activity is a great stress-buster and as a result these athletes could do academically well and it could boost their self-esteem.

## **STUDENT RESOLUTION (Since 2004)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- A student's life is not bound with bigger responsibilities like that of working adults.
- It is essential to be prepared for this future role.
- In order to prepare them for their social responsibilities we decided to introduce this initiative as a part of their general study. They were taught to take pledges and honour them and respect them. They were taught how important it is when some resolutions are made at times. They can understand the meaning of living a true life with merits.

### **PRACTICE**

A list of the following resolutions is displayed on the notice board. The students are guided to take any one pledge among the following and convert it into actions in their life. They are even given liberty to take any other pledge apart from the following:

- 01. I shall study sincerely and score first class at the university exam.
- 02. I shall conserve water and electricity and will not waste it.
- 03. I shall see to it that I abide by the traffic rules strictly.
- 04. I shall never waste food in my life.
- 05. I shall never destroy public properties.
- 06. I shall abide strictly to the law and remain a law abiding citizen.
- 07. I shall keep my surrounding clean and follow the best of hygiene.
- 08. I shall exercise and walk 15 minutes daily to keep myself fit and happy.
- 09. I shall chant Gayatri Mantra daily.
- 10. I shall always give due respect to my elders.
- 11. I shall always use digital payment method.
- 12. I shall go for cashless transactions as far as possible.
- 13. I shall adore all public servants.
- 14. I shall teach my family and neighbours the importance of voting and exercise it in a correct manner.
- 15. I shall understand and know my candidates before exercising my vote.

# **CULTURAL ACTIVITIES (Since 2004)**

### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Apart from profession and academics, co-curricular and cultural activities are an equally important part of life
- To help develop the art of living and working together among students.
- The initiative provides an opportunity to students to exhibit their non-academic abilities.

### **PRACTICE**

The cultural events were classified into competitions, festivals, workshops and shows.

The aim was to bring out talent in the students in all possible forms whether its music, dance, theatre sketching or literary skills.

At the outset we identified the students and classified them in to five categories.

- 01. MUSIC VOCAL AND INSTRUMENTAL
- 02. DANCE CLASSICAL AND FOLK DANCE
- 03. LITERATURE QUIZ, ELOCUTION AND POEM RECITATION
- 04. DRAMA MONOACTING AND MIMICRY
- 05. ART- COLLAGE AND POSTER MAKING, RANGOLI AND CLAY MODELLING.

The students were selected based on their likings, trained professionally and were allowed to participate at various level of competitions. They made a remarkable entry into such competitions and bagged various prizes adding another feather in the cap to the college.

### **ACHIEVEMENTS**

Every year we have huge participation of students and win a number of trophies in various events bringing laurels to the college. Every year we are awarded the trophy of being the best college as far as participation in such activities are concerned.

Our students who never had an opportunity to exhibit their talents in their early school life have participated and have bagged prizes and trophies. They even had an opportunity to participate at National Level.

# **EDUCATION AND PREVENTION: WHAT IS ABUSE? (Since 2014)**

#### **IDEAS AND OBJECTIVES BEHIND THE INITIATIVE**

- Knowledge is power. The more we can inform and educate students about abuse and domestic violence, the closer they will be to eliminating it.
- The aim was to understand, tackle and nullify the situation from any mis-happening.

#### **PRACTICE**

Students coming from lower middle class and socially economically lower background hardly inherit information and any type of general awareness from the parents, since their parents are less educated and traditionally not open in interactions with their female children.

As a result of this misinformation and orthodox background they never have a proper communication with their children and feel shy at times to share.

We firmly decided to educate students and make them aware of certain situations they may likely face in life. They need to know what is domestic violence and sexual assault.

When they understand domestic violence and sexual assault at homes and public places, it becomes easy for them to tackle and prevent them from happening and thus escape the associated trauma.

Regular teaching by our women cell was conducted.

Where reporting and legal work is involved, we invite guest lecturers from outside which include eminent people such as retired judges, human rights activists and people representing NGOs who were a part of curbing such violence to help them with the laws and information in reporting such incidents if occurred.

Seven days physical defence training and psychological counselling was also a part of this initiative.

#### **ACHIEVEMENTS**

Our students are now trained mentally, physically and legally to fight this abuse. They are fully confident and are fully equipped to face such situations, if any.



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