

## 7.2 Best Practices

Describe at least two institutional best practices

Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website, provide the link

### **(I) Monday Morning Assembly**

#### **Objectives of the Practice:**

- To inculcate patriotism
  - To impart value-based education
  - To empower women
- To arouse social consciousness
  - To counsel the students
  - To contribute to national development

**The Context:** Conceived and initiated with the avowed aim of arousing nationalistic pride, imparting information and providing a platform for collective thinking and community feeling (strategizing future course of action) at a time when the nation was reeling under foreign yoke, the practice of Morning Assembly has an added significance and relevance in present times when gross materialism and consumerism have overridden ethical and patriotic values. Knowing 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.

**The Practice:** Monday morning assembly, a regular and important feature of the college, is a subtle manifestation of the collective consciousness and purposeful education of KMV. The national flag is hoisted and national songs —“Vande Matram” and “Jan Gan Man” are sung with nationalistic fervour. Worthy of mention is the fact that at a time when singing of National Song invited flogging and hoisting of the national flag was deemed a crime against the British empire, in Kanya Maha Vidyalaya the students spun charkha, wore Khadi, hoisted national flag and sang “Vande Matram” with full throated fervor. In keeping with the same patriotic and Gandhian spirit, Khadi uniform, synonymous with freedom struggle and empowerment of women is still worn on Mondays. It is compulsory for all students to come in white Khadi uniform (White Khadi suit and White Muslin Dupatta). The national fabric and pride of India, Khadi serves as a great equalizer, enthuses the students with the essence of our rich, vibrant cultural heritage and inculcates patriotism. Above all, this assembly of heterogeneous students in white khadi, while creating a feeling of belonging, a spirit of oneness and nurturing everlasting bonds subtly manifests and promotes secularism and social equity.

**Thought for the Day** is given to instill values among students and arouse the intellectual, moral and social consciousness of students. The thought provoking ‘Pearls of Wisdom’ and the collective counselling 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 students achievers, who have won laurels for the college on the academic and co-academic/co-curricular front are honoured and awarded prizes to inspire and motivate the students to aim for the sky and achieve their goals. The initiatives of NSS Volunteers are also lauded and given due recognition to infuse students with an ardent sense of responsible citizenship for nation building and to impinge upon the students’ mind the need to meaningfully contribute towards meeting societal needs. Faculty achievements are also highlighted to offer role models for the students to look up to and emulate.

#### **Collective Counselling:**

Official instructions, announcements regarding intra-college and intercollege competitions and upcoming events are made. Rapt in attention the students listen carefully to the instructions given during the assembly and follow them earnestly.

The mission of the college to reinforce the culture of excellence and contribute to national development is substantially met with through Morning Assembly which imparts value-added education and inculcates patriotic fervour.

**Evidence of Success:** The practice has exercised a great motivational influence on the student community. Motivated by the student achievers and honors conferred on them, the students are recognizing their potentialities, shedding their inhibitions and coming forward to participate in various activities being organized by the college. What is laudable is that they are benchmarking their achievements and effort. The achievements of the competent teachers in their respective fields further fire 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.

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

The problem area is time table. A lot of rescheduling and adjustment in time table has to be done to enable all the teachers to meet their respective classes and prevent any academic loss. Duration of each period has to be reduced to hold the assembly.

### **(II) Empowering Lesser Privileged Women through Skill Development & Counselling**

#### **Objectives of the Practice:**

- 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
- to sensitize women in general and society in particular about gender issues
- to create a mental climate for ensuring gender equity
- to contribute to national development

#### **The Context:**

KMV is rooted firmly in the belief that no society can thrive if it excludes half the population of globe, namely women, from the onward march of progress. Ever since its inception in 1886, 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, KMV seeks novel and practical ways to create more opportunities for empowering women. Issues like gender discrimination within family, lack of decision making powers and pressures of social attitudes cause acute depression and lead to unhappiness among women. The economic status of women which is in a pathetic condition further limits the growth and development of women. Enhancing women's economic status is an important strategy for improving the welfare of Indian women living below poverty line. 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. Vocational certificate courses are designed to equip lesser privileged women with skills to enable them to become economically independent and gain confidence. Skill development and vocational training in areas like textile designing, cosmetology, food preservation, basic computer basics, communication skills and classes in personality development which focus on entrepreneurial skills are provided to ensure employability.

#### **The Practice:**

As part of its mission of empowering women through education and self-reliance, the college has established the Gandhian Study Centre and Women's Studies Centre (under the aegis of UGC) that are vigorously involved in providing counselling and job skills to women from lesser privileged sections of society. The Centres are dedicated to improving the lives of young women through counselling and advocacy of a range of services that promote personal growth and economic independence. The Centres very enthusiastically engage in advocacy work to achieve greater equality and social justice for women

**Vocational Training:** Vocational training on cutting, stitching, cosmetology, computer basics, etc. is imparted to help them gain control of their lives and exercise greater control in society. Certificate courses in garment designing, cosmetology, computers are organized free of cost for rural women. The girls are given training in Fashion Designing, Block Printing, Fabric Painting, Candle Making, Pot Decoration, Paper Mache, Cosmetology and Basic Computers.

**Counselling:** The centre offers counselling to women covering a number of issues like health, hygiene and income generation. Counselling is provided to women who have experienced violence and are coping with challenges (both physical and mental). Counselling staff offers girls and young women counselling services 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.

**Awards and Laurels:** The young women, who have been able to achieve the desired goal of economic independence and 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 annual functions of the college to motivate others to shed their inhibitions, recognize their latent potential and realize their dreams.

**Evidence of Success: The Women Empowerment Cell** set up under the centres is running a free vocational training course for women from slum areas and the rural girls of the neighbouring Villages. Thirty girls were enrolled and provided training between May –June 2019. These girls were given training in :

- a) Computers
- b) Cosmetology
- c) Fashion designing

The results of the continuous vocational training and counselling are encouraging. It has encouraged women to think about their position in society and find pragmatic solutions to the challenges they face in their daily life:

- They have developed awareness of one another's problems and feel a sense of bonding and belongingness which is necessary to emerge from the state of mental isolation
- It has given the girls confidence and a sense of self-esteem
- It has alleviated their stress and restored their normalcy
- Exposure to higher educational institutions providing equal opportunities has brought smiles on their faces.
- It has empowered women economically and given them the power to speak for themselves and in some cases, decision making.
- It has motivated women and men to collectively challenge the routines, conventions, taken-for-granted behaviours that shape their lives so as to become effective agents of change

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

The main problem was encountered in bringing women out from their conservative and non-supportive families governed by a patriarchal mind-set.

#### **Resources Required**

- Human Resources/Professionals to impart training

- Professionals for Counselling
- Buses to provide free transport services

