

The two best practices implemented by the college are:

### **Best Practice – 1**

#### **Title: Women Empowerment**

The vision of our college is “Women Empowerment, Enrichment and Enlightenment”. In this context, we celebrate 7 days of women empowerment week, with the first or last day of the program on 8th March, International Women’s Day.

During this week, many events are organized where the teachers and students participate in different programs. The event includes cultural programmes, games, ramp shows, art competition, quiz, extempore, culinary competition etc. Through this program we try to develop the holistic development of their personalities.

#### **Objectives**

The Women Empowerment week is observed keeping in mind all the aspects of day to day life performed by a woman. Brain storming activities such as quiz competition, extempore, group discussion, writing competition etc. are organized to increase awareness about the contemporary issues and problems. This helps to develop the mindset of the students to face these challenges at personal level. The main objective of this program is to provide awareness about the issue among the students.

Being a woman, it is natural to have the feminine characters such as cooking, ramp walk, singing etc. in them. The objective of the program is to highlight these characteristics of the students.

Aristotle said “Man is by nature a social animal”. Through this program, mutual coordination, sportsman spirit, leadership qualities etc. are developed in the students to enhance their personalities in the society.

The program also increases teacher student relationship which effects in better classroom teaching.

#### **The Context**

Being from a rural background, it was seen that the girls of the college lacked confidence from the beginning. They were not able to express their feelings in public, hesitated to perform on stage or in class. They were confined in themselves. This questioned the overall vision of the program. But with proper guidance, encouragement and co-ordination between the students and teachers, the college was able to fulfill their commitment towards the empowerment of women.

#### **The Practice**

Ravindra Nath Tagore said, “The higher education is that which does not merely gives us information, but makes life in harmony with all existence”. Keeping these thoughts of Tagore in mind, our college not only provides academic knowledge, but also focusses in giving opportunity to the students to improve their skills and talents.

#### **Evidence of success**

These programs helped to lift the confidence of the students. They became more outspoken and were able to express themselves in the society. This also reflected in their academic results. The college kept track and records of their success which were provided to the next batch students.

The students who became successful in their careers were invited in the college to share their story and motivate their juniors.

### **Problems encountered and resources required**

While organizing the program, the college had to encounter many problems. Since most of the students were from villages, it was difficult to convince their parents about the social issues. They were not comfortable with their kids to perform on stage. They were made to understand that such programs would help their children to grow mentally, socially and economically. The college provided resources in the form of printed document and pictures to the parents to make them believe in the program.

### **Best Practice - 2**

#### **Title: Cultural and Spiritual Cell**

##### **The Objective**

The primary objective of the spiritual cell is to provide comprehensive cultural resources and to promote an environment that encourages students in reading habits and an exchange of knowledge between teachers and students. This cell provides knowledge about Indian heritage, cultural and historical values and political background which enriches their mind and soul. It helps in developing a sense of patriotism in the students. This promotes ethical and spiritual value among the students and increases their positive attitude towards life. The objective of this practice is to develop their emotional intelligence.

##### **The Context**

Spirituality is the core consciousness of India which gives it a unique position in the world. Spirituality is so deep rooted in Indian culture that even the poorest yearns for salvation more than the wealth. The ancient Indian culture motivates a person more than 50 years to move towards seclusion and renunciation so that he/she can turn towards spirituality and seek peace that is the ultimate goal of human life according to Indian philosophy.

##### **The Practice**

The cultural beliefs raised from this spirituality worships nature and its components like trees, rivers, mountains and even animals. It establishes the concept of ecological balance. In Indian homes, no rituals are completed without an offering of fruits, flowers, leaves, water etc. This is a unique example of establishing harmony between man and nature. Spirituality escorts a man towards self-understanding the mystery of universe, to realize the presence of god. In the process of spirituality, a person is able to reach to the highest level of consciousness where he can realize the reflection of oversoul in his soul. This realization makes him/her to live in harmony with each living being in the earth. That is why Indian philosophy teaches the development of consciousness in place of an extension of materialism. Since we miscomprehend development as materialistic one, we are facing the saturnalia of nature.

##### **Evidence of success**

It develops the social interaction among students. They gain mental strength which reflects in their academics. They participate in various seminars and group discussions where they can express their views.

**Problems encountered and resources required**

Unfortunately, we are ignoring our ancient cultural heritage under the influence of western culture and so called modernization. As a result we are also following the destructive tendencies which are responsible to bring the whole existence in danger.

The establishment of spiritual and cultural cell in the institution purports to connect our students with our ancient spiritual and cultural consciousness. We try to provide them a collection of motivational books and other subject matter like charts, posters, paintings which can make them ready to face worldly challenges with calmness and strength. We try to accommodate study materials related to Indian culture, Veda, Ayurveda, Yoga, matter related with the ancient institutions of Nalanda and Takshashila, the condition of higher education in India, philosophical theorist, reformer movements, thinkers like Shankaracharya, Buddha, Mahaveer, Vivekananda, Kabir, Meera, Indian folk dance, music etc. The main aim of this cell is to connect the students with cultural roots of Indian and make them aware of their heritage that is scientific, creative and excellent.