

College Best Practices

BEST PRACTICE 2019-2020

Best Practice : 1 OORJA Spreading light in the society. The College is following the Best Practice of OORJA Programme as our college selected students are trained in various life skills related to Women's the trained students of our college are visiting the other High Schools and Colleges of Mahabubnagar District and they are training the Girl children how to solve their personal social and financial problems.

Best Practice : 2 – Our College students adopted schools as best practice Each one Teach One-adoption of schools. Where the selected students of the college are visiting near by schools and as adoption of the schools, they are conducting Basic English language classes, communication and soft skills training. This best practice is encouraging the school students to improve their English language skills.

BEST PRACTICE 2018-2019
**OORJA SPREADING LIGHT IN THE
SOCIETY**

**KNOWLEDGE SHARING PROGRAM BY THE STUDENTS
OF NTR DEGREE COLLEGE FOR WOMEN
MAHABUBNAGAR**

The Students of NTR Degree College for women Mahabubnagar are providing personality development ' Life Skills ' Health and Hygiene and other value based knowledge to the School and College girl students of Mahabubnagar District through the Program SOACH and OORJA. Our College Students are trained and they are conducting classes regularly to the girl students of Mahabubnagar District.

What is Oorja?

According to a recent study published by the Hindustan Times (May 2018), India has about 253 million young people. Is India giving the right opportunities to its future generations, especially its vast young female population? The answer is a resounding no, as statistics show that India has a very poor work participation rate where female labor comprises of only 27% of the labor force compared to 79% for males, proving that India is still lagging behind the G20 countries in work participation. Through Project Oorja, SoCh seeks to empower young women with knowledge and skills to help them realize their potential, become future-ready, and transform into changemakers and leaders of tomorrow!

Why Project Oorja?

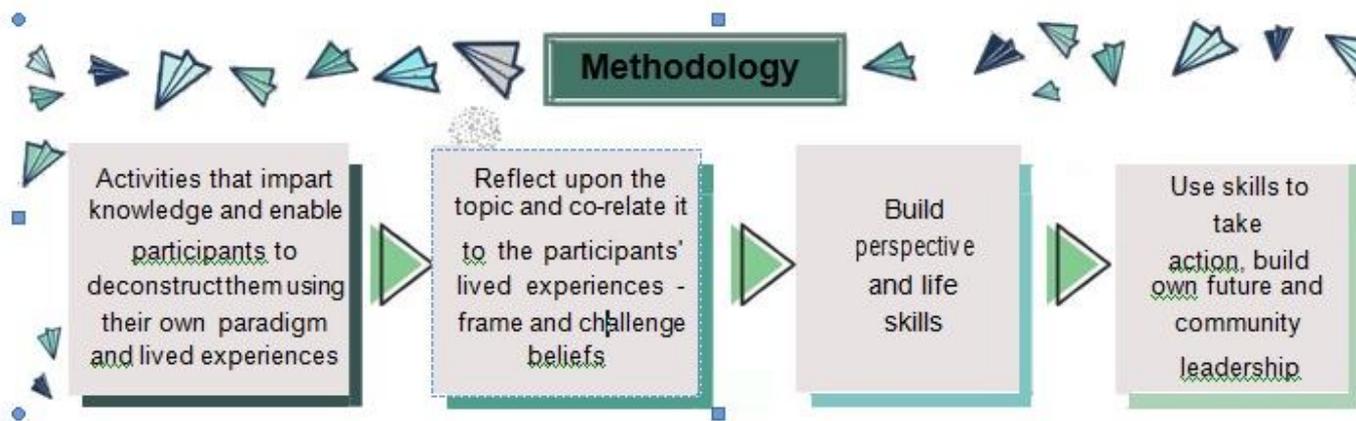
Patriarchal norms and the dichotomy of gender roles have relegated women to the domestic sphere, leaving them culturally marginalized. Their plight is characterized by low skills, invisibility in the workforce, denial of rights, and lack of access to information on- bodily health, rights, protection from violence, etc.



We at SoCh strongly believe that when given the right tools of empowerment, life skills, critical knowledge and career guidance, a woman can emancipate herself from these socio-cultural constraints by realizing her potential and exercising self-efficacy.

This empowered young woman will then take charge of not only her own future but will continue to positively affect the lives of those around her, initiating a wave of change in the community.

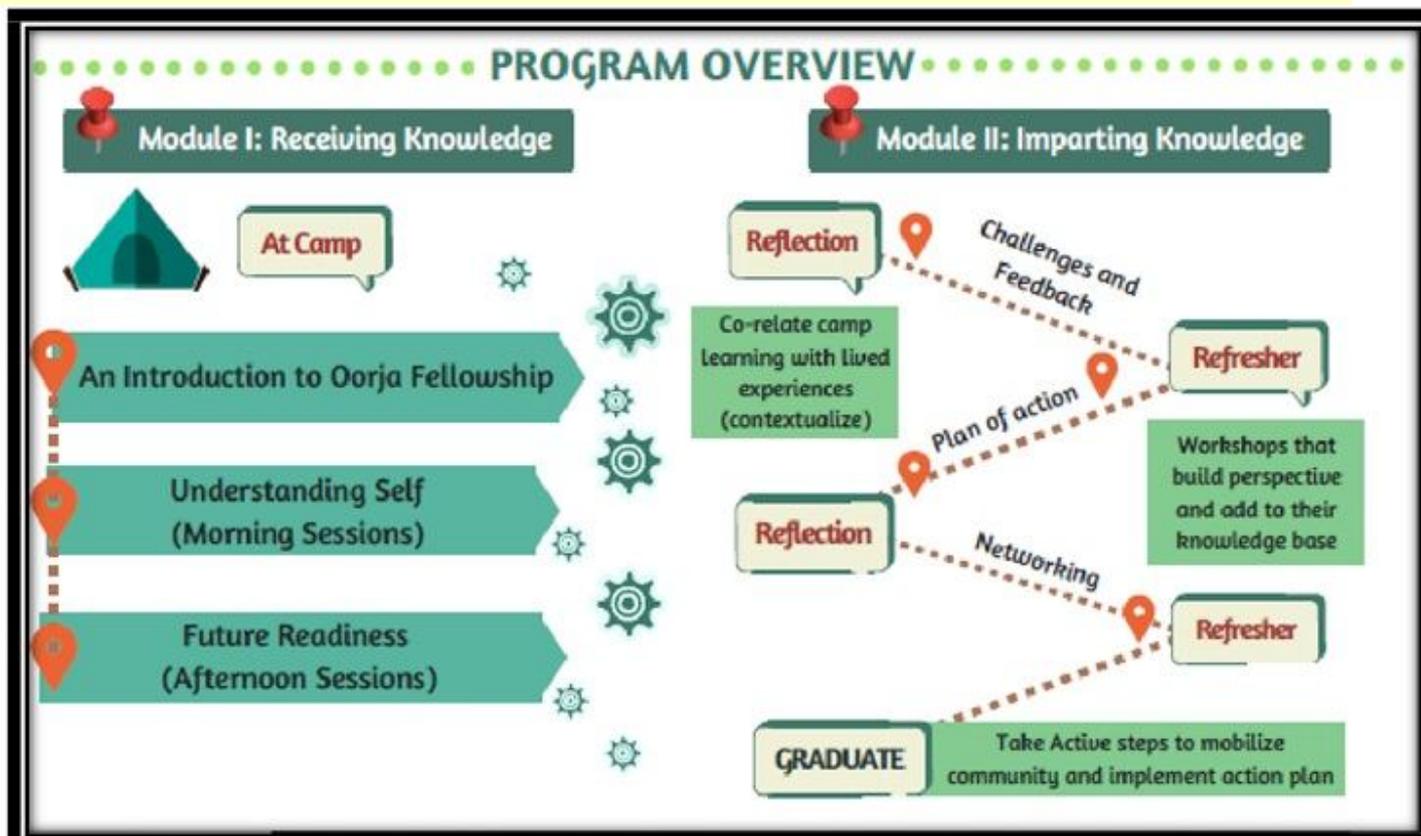
Methodology



Oorja Program Overview in NTR Government Degree College for Women Mahabubnagar

Oorja Program in collaboration with the District Collector Shri D. Ronald Rose and NTR Government Degree College for Women was conducted in 2 phases or modules.

The first module is about receiving knowledge and second module is about imparting knowledge.



Timeline

The Modules were conducted in the following timelines:

- **Module I: August-September, 2018**
- **Module II: 1st – 7th February, 2019**

Oorja's fellowship program (second module) is a community outreach project enables these young Oorja women to go into ZPHS schools and provide the same critical knowledge they have previously received on health, safety and rights to young adolescent girls. This fellowship allows these

women to emerge as young changemakers and positively affect their communities.

Input and Knowledge provided to students

It is important that we as a community prepare young women to be self-confident, self-aware and have the agency to think, discuss and plan their future.

Through Project Oorja Modules I and II, students will learn the following:

Knowledge:

- **Health: Menstrual health, Nutrition, Mental Health and Reproductive Sexual Health**
- **Safety: Identifying, reporting and preventing online as well as offline violence**
- **Rights: Women's rights and**
- **Future Planning: Career Mapping, future-readiness (building a good resume, interpersonal skills, presentation and interviewing skills)**

Self-Awareness:

- **Self-confidence: Decision making, critical thinking, public speaking**
- **Advocacy skills: Negotiation, conflict resolution**

Agency:

EARN WHILE LEARN MEHNDI DESIGNING

The College Girls are earning while learning as some of the girls are master in Mehndi Designing. They offer Mehndi designs to desired ladies at various occasions and they charge around 2 to 4 thousand rupees. This art of Mehndi design is providing earning to some of the students while they are studying in the college. The students who are trained in Mehndi designing they trained to other students.





BEST PRACTICE 2017-2018

The following are the best practices which are in practice in this college.

- i. Poor fund (Outreach Programme)
- ii. Plantation
- iii. Self defense training for girl students.
- iv. Supply of question bank.
- v. Making Computer literate.
- vi. Add-on Courses
- vii. Encouraging students to do study projects
- viii. Students as teacher (VIP)
- ix. Feedback mechanism

The best Practices which the college intended to elaborate are

1. POOR FUND
 - 2.SELF-DEFENCE
- ARTS

BEST PRACTICE- 1

1. Title of the Practice : POOR FUND : Mahabubnagar (Palamuru) has been one among the Poor districts of the Telangana State, providing the higher education to their grown up girls is very difficult for the parents. The college is sharing the burden to a smaller extent.

2. Objectives of the Practice : The economically poor and needy student should not be deprive of the education as Vidya Danam is Maha Danam.

3. **Context :** The staff of the institution have come forward to contribute some of their earnings and pool them as a fund for making payment of fees, purchase of necessary text books and other stationary required for continuing education those of the needed.
4. **The Practice :** This institution many a time comes across the problem of procuring the funds. This is all happens because of the decrease in the strength of the staff due to general transfers and retirements.
5. **Evidence of Success:** The no of students who benefited for the last five year are 18,15,21 and 9 form the academic year 2013-14, 2014-15,2015-16 and 2016-17 respectively.
6. **Problems Encountered and Resources Required:** The major problem year after year the college is facing is the mobilization of funds it is because of the reasons such as retirements and transfers of the staff.

1. **Title of the Practice : SELF DEFENCE ARTS**
: The self defense arts such as Karate, Kungfu, Judo etc. are significantly growing and gaining prominence in contemporary society.
2. **Objectives of the Practice :** It is the women college where grown up girls students will studying, they need to protect themselves from the various types of physical attacks.
3. **Context :** Women are living in the days of Nirbhaya act. In this context this institution has come forward and planned to Provide training in martial arts for their self defence.

4. The Practice : Our college students enroll in this practice for the better sake and to defend themselves in all aspects, as women are victims of crimes like sexual assault and domestic violence almost on a daily basis. Hence the institution decided to start the self defense training program in our college which is not implemented generally in any degree college.

5. Evidence of Success: The students who underwent self defense training may not be come across any situation to use their defense art but they express their happiness and gratitude to the institution for providing such course. The no of students who got training are 45,59 and 63 during the academic years 2014-15, 2015-16 and 2016-17 respectively.

6. Problems Encountered and Resources Required:

The majority of the students are belongs to the rural area, they are physically and financially weak. They do not come forward to involve in such a activity owing to shy and fear. Most of them are not in a position to pay the meager fee amount to take the self defence course. Hence the colleges providing the financial help to the students who are willing to take the self defense course.

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