

7.2 Best Practices

7.2.1 – Describe at least two institutional best practices

Best Practice- I:

Title of the Practice: Taekwondo as self defence training for Girls.

Goal : To arm and strengthen girls and ensure their self-protection.

The Context : It is important to promote harmonious development of Hand, Heart and Head, which enriches the personality of students. Our nation is in dire need of disciplined citizens of integrity and capability. The deterioration and degradation in the society can be set right only by students who are physically, emotionally and intellectually well trained. With every incident, it is becoming more and more imperative for women to know how to protect and defend themselves, if ever the need arises. For a safer world, there's a crucial requirement to teach self-defence to girls from an early age, so that they grow up to become self-reliant, strong and confident individuals. Self-defence would prepare them for any unforeseen circumstance and can also empower them to help others in time of need.

The Practice

- One week taekwondo training programme was organised for girls' students.
- Training was given to girls students under guidance of Inter-nation referee Mr. Dulichand Meshram.
- Students were trained with different self defence techniques such as Blocking, Kicking, and Punching etc.
- The different techniques of taekwondo were explained practically in detail to students.

Evidence of Success : Approximately 300 students in groups were trained and benefitted.

Problems Encountered and Resources Required:

- Problem encountered during the training programme was that most of the students were having fear mindset of physical injury.
- Duration of training programme was short, it needs long duration.
- Other than girls' ladies staff needs to be trained.
- Moreover, very few trainers are available in the city. As a result resource crunch is major. constraint.

Best Practice- II : **Title of the Practice:** *To Disseminate electoral information among students by Celebrating "National Voter's Day"*

Goal :

- To spread awareness about the necessity of voting and to encourage young generation towards the voting rights.
- To increase the effective participation in the electoral process among voters.

The Context:

- The main objective of election commission is to increase the enrolments of voters, especially the eligible ones.

- In 2011, ECI initiated a practice to celebrate the “Voter” on its foundation day, 25th January by celebrating it as National Voters’ Day
- The main aim is to give the younger generation a sense of responsible citizenship and to encourage them to exercise their new franchise.

The Practice:

- Hoardings were hoisted on the subject “ Voting”
- College students facilitate inclusion of voter education among themselves through different co- curricular activities such as poster competitions, essay competition, elocution, rangoli etc.
- Slogans were written by students on the walls of schools and colleges to bring voting awareness.
- Students performed a play on voting Rights to bring awareness among students.
- Voting awareness slogans were posted in social media.
- Workshop on EVM & VVPAT awareness were organized

Evidence of Success: 70 Students who have completed their 18 years of age have registered their names in voter list.

Problems encountered and resources required :

It was observed that young girls who have completed 18 years of age had lower participation in earlier elections. To overcome the ‘youth disconnect’ with the electoral process was one of the focus of SVEEP (‘systematic Voters’ Education and electoral process) programme. The resources were met by college teaching and non-teaching staff.