

Best Practice – 1

1) Title of the practice

Aatmavishvaas: Cultivating girls' confidence and leadership

2. Objectives of the practice

- Promoting all-round Personal Growth and Development
- Ensuring mental and emotional well-being
- To organize seminars, workshops to impart knowledge of opportunities available.
- To prepare the female students for competitive examinations both on state and national levels
- To inculcate entrepreneurial attitude among young girls so that they will be “Job Creators” rather than “Job Seekers”.
- To empower women through education and strengthen them with social values and ethical sphere of life.
- Identification of strong leadership qualities in their capacity.
- To enhance public speaking and interaction skill
- Creating opportunities for girl students to participate actively in curricular and co-curricular activities.

3. The context

From a young age, girls and women are less outdoor activities compared to boys and men. The exclusion of girls and women from outdoor activities may be due to multiple factors, such as embedded socio-cultural gender norms and expectations, a lack of physical spaces for girls, lack of self-esteem and self-confidence and caregiving responsibilities that fall on female household members.

Participation in various activities outside their household chores have been shown to have numerous health and wellbeing benefits including impacting overall self-esteem and sense of achievement, which is particularly important when considering that girls often report feeling less confident than boys by the young age.

We wanted to continue the legacy of external support for the female students to believe that they belong to the outside world as much as any male member. We also wanted to strongly support the enthusiasm of students who are interested in various fields, even though they were average achievers in the classroom. Our aim is to break barriers and step outside their comfort zone, in a different community. Their consistent mindset of being unhindered by any comments from their goals and triumphing over every "no" they must have heard from their own family members is a goal to be achieved.

4. Practice

As students work on building self-confidence, one way that educators can assist with this is to have students create obtainable goals. Students shouldn't just randomly come up with a goal. Listening to a student's concerns and struggles as well as helping them through the process of creating an obtainable goal will make the goal

more meaningful. By writing the goal down it becomes something less likely to try to avoid and becomes more realistic when actually seeing it in writing. Monitoring their goal and giving them ownership in the goal may actually encourage them to try harder to obtain the goal that they have set.

Something so simple as giving students positive feedback can truly go a long way. The more positivity that a student may hear, the more likely they are to begin to believe it, as well as feel better about themselves.

Developing Skills have been a predominant venture of our college as they have to live up to the expectations of the industry and society. We impart skills through

- Inter – disciplinary course
- Training programmes
- Workshops
- Seminars
- Preparation for competitive examinations
- Motivation for public speaking

The Development of skills among the girl students have enabled them to cater the needs of the industries and corporate sectors. We assess the girl students strength and weakness, academics and aptitude and address their needs. To make teaching effective, we avail ourselves the technological resources and other visual aids.

Evidence of success

- Capability to face intellectual challenges.
- Increased number students interested to appear in competitive exams.
- Through various activities viz. students' seminar, role play etc the students are being able to speak in front of public with admirable self-confidence
- Students came up with leadership qualities and began to work as a team.
- The students are inspired to participate in different activities like Quiz Competition, Debate, Group Discussion etc.
- The students developed their interpersonal qualities through this centre as Self Awareness, Empathy, Critical Thinking, Equanimity, Creative thinking, Decision Making, Problem solving, Effective Communication, Interpersonal Relationships, Coping with Stress and Emotional intelligence.

Problems Encountered

- Parental illiteracy
- First generation learners.
- Missing social interaction with the peers.

- The problems encountered are related to financial assistance to certain extent. The College provided financial support for these activities.
- There is a need of special computer system with high speed internet/ Wi-Fi connectivity.
- Advanced competitive examination books, software and e-resources should be purchased every year for which fund is required
- Time management is required for the Academic calendar & Timetable.
- As this is a women's college in a rural area, it takes time to create awareness and enthusiasm among the students and their families regarding career.
