

BEST PRACTICES01: WOMEN EMPOWERMENT

OBJECTIVES:

1. To develop a spirit of gender sensitization.
2. To empower girls with physical, financial and emotional strength.
3. To create awareness among the girls about their civic rights.
4. To enable the students develop a sense of culture, ethics, morality and social responsibilities.

5. To develop self confidence in girls.

THE CONTEXT:

The institution has 67% girls student majority of them come from rural background area. Inequality and exploitation of women is a social stigma. The college has taken interest to protect the rights of girls student by organizing distinctive value added programs. *"If you educate a boy you educate an individual if you educate a girl you educate a whole family"* in this context College has design several women empowerment under women empowerment cell to educate the girl students like self defense, lecture on women rights , international women's day celebration.

THE PRACTICE:

❖ Ten days self defense and personality development camp:-

Dr Indrajeet Singh college akaltara organized ten days free self defense and personality development camp was held on 24/11/2021 to 3/12/2021. Female students participated in program. Mr. Raju lahre who is a trainer trained female students. In his demo session heenforced student for development of muscular power and suggested them to focus on muscular power. Demonstration also given to prepare female students, if they are caught in endangered.

❖ International women's day celebration:-

In Dr. Indrajeet Singh College Akaltara to promote women empowerment international women's day are celebrated every year. In which various types of programs are organized like lecture, seminar and work shop .like every year international women's day was celebrated this year as well on 8/03/22 in which senior staff member librarian miss Meena kuchwaha was welcomed and honored.

EVIDENCE OF SUCCESS:

The activities have a positive effect on the students specially girls. Programs on legal awareness, physical training, self defense, women law and right and financial investment etc .help in developing personal, social and professional skills needed by girls. The institution has identified major changes in the attitude of girl's student on various parameters. Overcome of shyness, more participation in class wise seminar and extra - curricular activities positive attitude, free interaction with teachers and other students.

RESOURCE REQUIRED AND PROBLEM ENCOUNTERED

- Due to inadequate financial resource it is often difficult to choose subject expertise resource person in the domain subject area.
- Motivate girls to come out of their cocoons and to explore the mysteries of their own existence.
- Orienting the parents to upgrade their mindset and allow girls to be the part of mainframe

Ten days free self defense and personality development camp

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Date	

20/11/2021

यान दिनांक 22/11/2021 को प्राचार्य कक्षा में महिला लक्षितकरण पर एक बैठक का आयोजन किया गया। जिसमें सर्वसम्मति से निर्णय लिया गया कि महाविद्यालय में महिलाओं के लिए दस दिवसीय नि:शुल्क लेक्चर डिप्लेनस/व्यक्तिगत विकास शिविर का आयोजन किया जाए -

- 1) विद्या कोशिक (B.Sc. III) लक्ष्य Director
- 2) ज्योति निर्मलकर (M.Sc. III Sem. Math) लक्ष्य Shadi
- 3) शिखा चौधरी (B.Com. III) लक्ष्य Shikha
- 4) विपिन पटेल (B.A. III) लक्ष्य Dipika
- 5) अंजना (M.Sc. III Sem. Chem.) लक्ष्य Anjana

- 1) श्री. (डिप्टी) रेवांगन
- 2) श्री. वेंगा राव
- 3) श्री. लीमा जायान
- 4) श्री. मीना उद्दवाए

20/11/2021
PRINCIPAL
 Govt. Degree College Akaltara
 Distt. Janjgir-Champa (C.G.)

Page No.	
Date	

दत्त दिवलीय निःशुल्क लेक्चर डिपेंडेंस / व्यक्तित्व
विकास शिविर

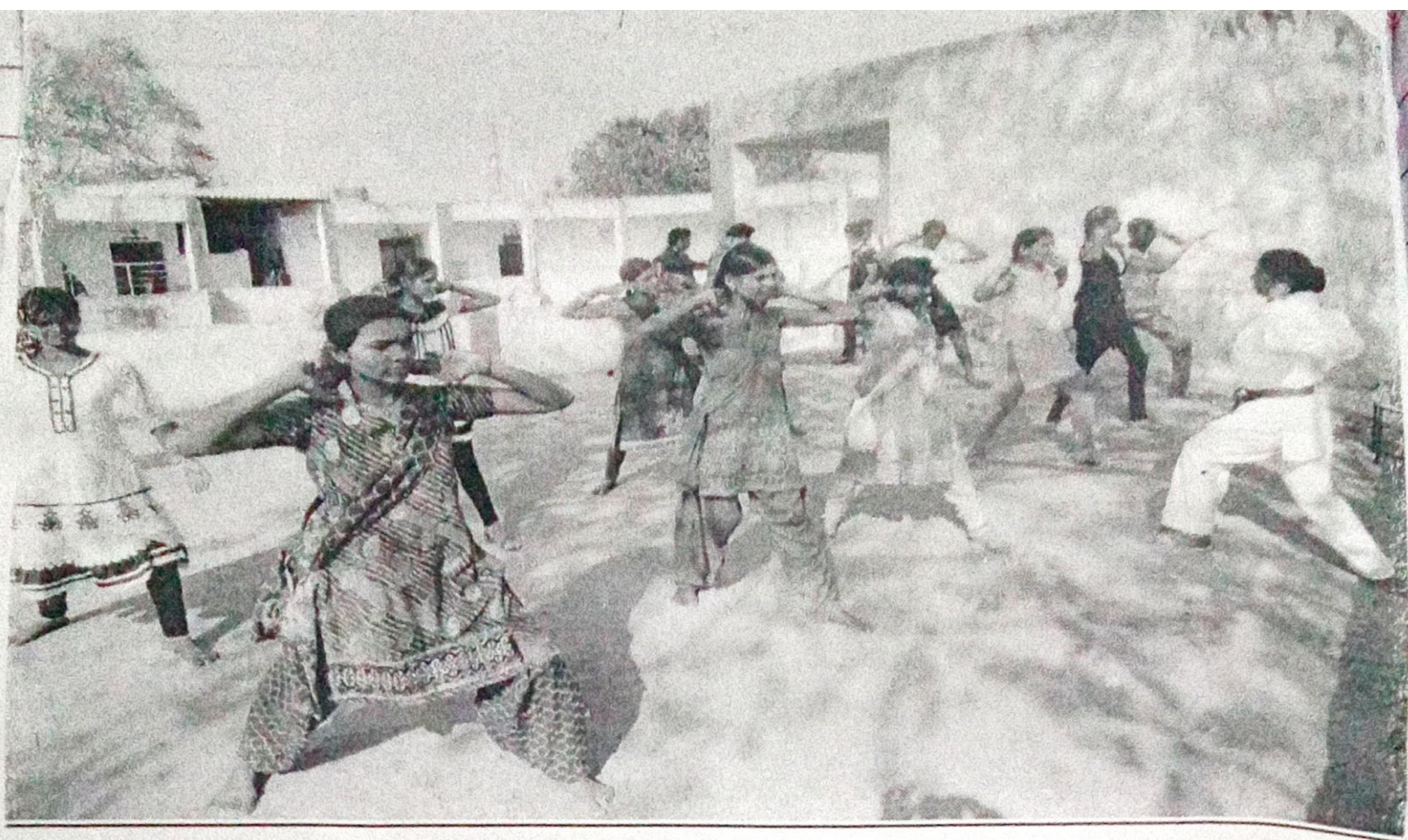
दिनांक - 24/11/2021

3/12/2021

शा. डॉ. इन्द्रजीत सिंह महाविद्यालय (अकलतर)
में दिनांक 24/11/2021 से 3/12/2021
तक महाविद्यालय के छात्रों में आत्म-
सम्मान एवं आत्मरक्षा के प्रति जागरूकता
एवं व्यक्तित्व विकास के उद्देश्य से
दत्त दिवलीय निःशुल्क लेक्चर डिपेंडेंस /
व्यक्तित्व विकास शिविर का
आयोजन किया गया। यह कार्यक्रम
महिला शिक्षित कर्मी के अहलने के
लिए आयोजित किया गया। इस कार्यक्रम
में अधिक से अधिक स्त्रियों का
भाग लिए।

व्यक्ति
उपाध्य

24/11
आचार्य





SELF DEFENSE ORGANIZATION OF CHHATTISGARH (R)

Chhattisgarh Government Reg. No. 122202128383/021

Affiliated by - National Self Defense Federation
Member of - International Society of Olympic Historians

Recognized by - International Olympic Association, International Public Safety Association.

Ref. No.

Date 18/11/2021

प्रति,

प्राचार्य/प्रधान पाठक

शायिकीय..... डॉ. व. प्र. जित. सि. ए. महाविद्यालय

विषय : दस दिवसीय निःशुल्क सेल्फ डिफेंस/व्यक्तित्व विकास शिविर बाबत ।

महोदय,

उपरोक्त विषयांतर्गत लेख है कि आपके विद्यालय/महाविद्यालय में अध्ययनरत् छात्र/छात्राओं के आत्म विश्वास एवं आत्मरक्षा के प्रति जागरूकता एवं व्यक्तित्व विकास के उद्देश्य से दस दिवसीय निःशुल्क सेल्फ डिफेंस व्यक्तित्व विकास प्रशिक्षण शिविर का आयोजन करना चाहते हैं । उक्त शिविर के उत्कृष्ट विद्यार्थियों का चयन जिला/राज्य/राष्ट्रीय प्रशिक्षण हेतु किया जायेगा ।

अतः सहयोग एवं अनुमति प्रदान करने की कृपा करें ।

प्रशिक्षण प्रारंभ दिनांक 22.11.2021.....

प्रो. सीमा जायसी
2062
22.11.2021

भवदीय :

प्रशिक्षक का नाम ... रा. ज. ल. ए. ...

पता ... को. ट. मी. ...

मोबाईल नं. ... 9340574844 ...



प्रतिवेदन

आज दिनांक 8/3/2022 को प्रा. डॉ. रजनीत सिंह महाविद्यालय (अन्तर्गत) के महिला शासिका के अंतर्गत अंतर्राष्ट्रीय महिला दिवस कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में महाविद्यालय के करिब 500 विद्यार्थी सुभा मीरा कुदवाड़ा का स्वागत एवं सम्मान किया। प्रा. विद्यार्थियों के द्वारा प्रिजेंट्स का कार्यक्रम का आयोजन किया गया। इस कार्यक्रम में लगभग 60 प्रतिशत छात्रों सहित हुए।

प्रभात देवाण
 लक्ष्मी प्रियम (गर्भिता)

PRINCIPAL
 Govt Degree College Akshara
 Dist. Jajpur-Chandrapur (G.O.)

**International women's
day celebration**

08/03/2022



Akaltara, Chhattisgarh, India

Akaltara, Chhattisgarh 495552, India

Lat 22.01764° Long 82.436454°

08/03/22 01:51:55 PM

BEST PRACTICE: 02 USES OF LED BULB / TUBE AND ENERGY CONSERVATION.

OBJECTIVES:-

- 1) Prevention and avoidance of energy waste.
- 2) To identify energy saving opportunities.
- 3) To minimize environmental effects.
- 4) To increase efficiency.
- 5) To find superior energy alternative.
- 6) To reduced carbon emissions.

CONTEXT :-

Energy needs to be conserving to cut cost and preserve the resources for longer use. Conventional energy sources Damage the environment by emitting harmful gases into the atmosphere. Conventional energy sources are limited and might expire one day. We there for have a responsibility to conserve and save energy as much we can to make it available for our future generation and protect our environment from further degradation.LED Bulbs and tubes are 80% energy efficiencient compared to fluorecence bulb . LEDs also make less wastage of energy than other conventional bulbs. LEDs however convert 95% of energy into light only 5% being wasted as heat.Hence using of LED bulbs save energy and it is eco friendly.

PRACTICE:-

- ❖ The college conducts awareness programs on energy conservation and adopts measures to ensure that energy is conserved wherever possible.
- ❖ Every department follows of policy of switching on power only when required and switching of when not in use.
- ❖ Classrooms in the old and new building have very wide and long windows with a high roof which ensures that the use of lights and fans would be minimum as ventilation is naturally enhanced.
- ❖ Many classrooms departments, administrative office, and the principal chamber of the college are airy and well illuminated for the maximum use of natural lighting during the day time.
- ❖ College strictly observes to see that no electric equipment run unnecessarily does enough major are taken to use electricity carefully.
- ❖ Almost all computer monitors, TV and projector is used are either LED or LCD type LED bulb and LED Tube type to ensure minimum usage of electricity and also to reduce the level of radiation.

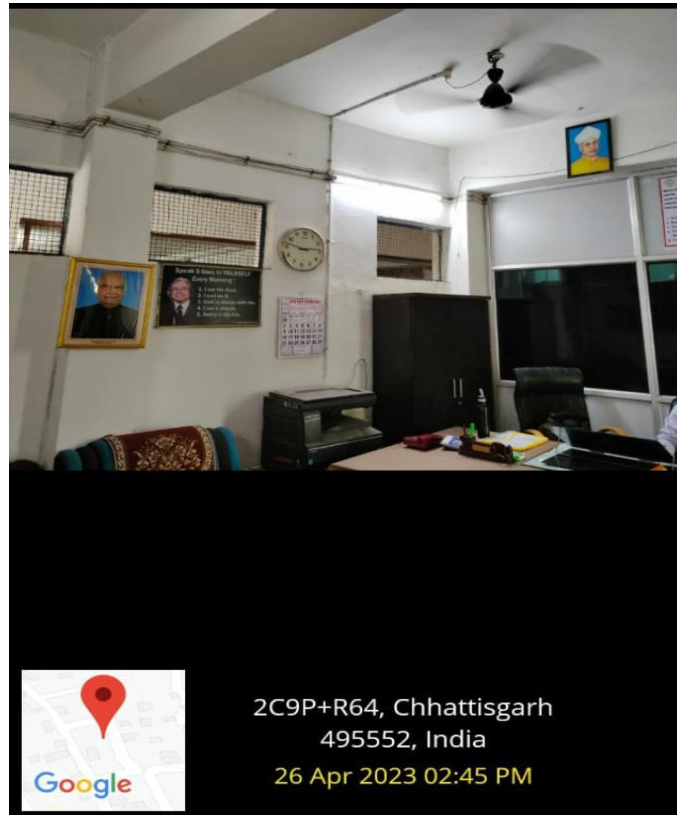
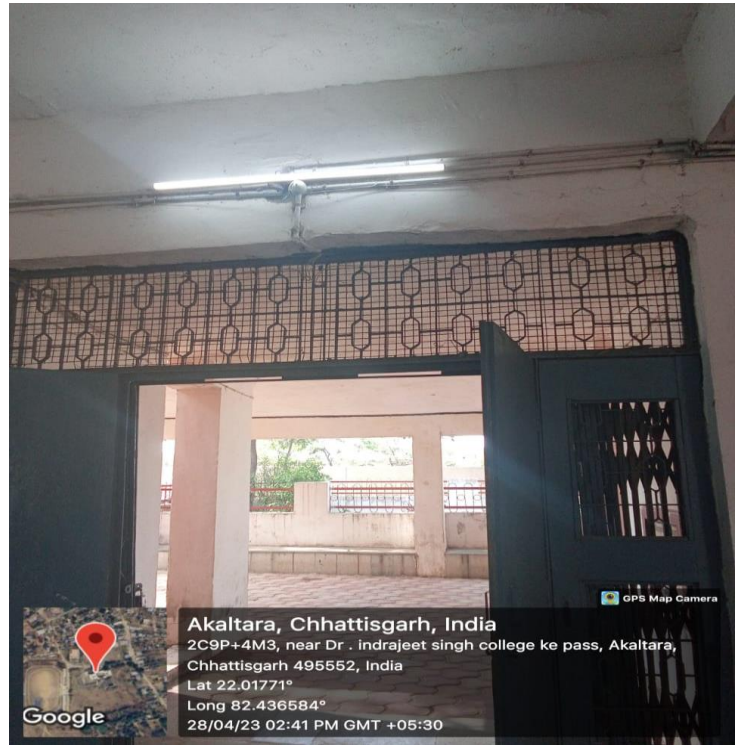
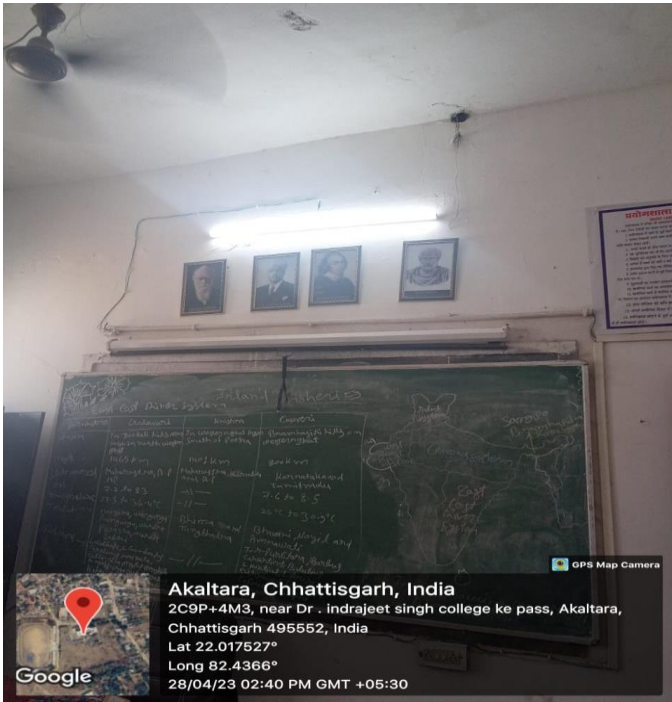
EVIDENCE OF SUCCESS:-

Reduce electricity bill of the college and saving energy and environment.

RESSOURSE REQUIRED AND PROBLEM ENCOUNTERED:-

Since this institution is a Govt. Funded institution there fore the process of getting funds sanctioned is some times a lengthy process.

LED BULBS AND TUBES IN DEPARTMENT, PRINCIPAL CHAMBER, CLASS ROOM AND OFFICE



LED TV (PRINCIPAL CHAMBER)



WIDE AND LONG WINDOWS FOR GOOD VENTILATION AND NATURAL LIGHTING





