

**SHRI K.K. SHASTRI GOVERNMENT COMMERCE COLLEGE**  
**Shri K.K. Shastri Educational Campus, Khokhra Road,**  
**Maninagar (East), Ahmedabad-380008**

**AQAR 2023-24**

**CRITERIA VII**

**7.2**

**Year: 2023-24**

**Best Practices**

**Best Practices 1**


**Best Practices I Personal Health and Hygiene Training Programme  
for Girl Students**

**Title of the Practice:** Women Health and Hygiene Awareness Programme, “Women Health for Social Health” under “SETU”.

**Objectives of the Practice:**

Women play a pivotal role in shaping up the modern society, at large. Therefore, it becomes essential to empower them. Women of 21<sup>st</sup> century thrives to maintain a healthy balance between both personal/family life along with promising professional careers. Moreover, it is also believed that educating a woman is like educating a whole society. Also, a healthy woman is equal to a healthy society. In order to empower women and make them aware about personal health & hygiene, our institute planned a training programme under one of the initiatives “SETU” (Sustaining Equality through Universities/Colleges).



  
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The noble objectives of the practice were : -

To create awareness amongst the girl students regarding their health and hygiene.

To empower them with the knowledge relating to personal care with an objective that the gained knowledge shall spread across the society beginning from their families, friends, relatives and closed associated ones.

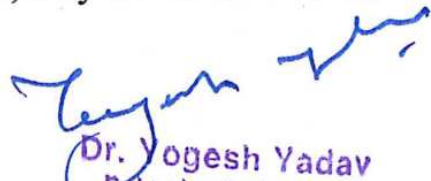
To prepare the girl students to face the challenges in balancing personal life and professional life, thereby, encouraging them to consider the priority of health.

The expected outcome was that the girl students should be able to compete with the challenges laid ahead in balancing personal life with that of professional careers (if, they wish to opt for) prioritizing health and hygiene.

**The Context:**

The training was planned under one of Government's initiatives SETU primarily focusing on Gender Sensitization especially girls/women. The said training was executed by an expert who has a wide range of practical experience in training people especially women in the said area. The training enabled our girl students with an exposure on how to take care of their personal health and hygiene with an expectation to spread the message all along the society and the people, they are in touch with.



  
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### **The Practice:**

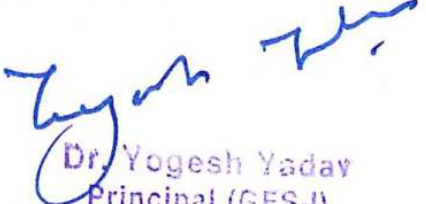
The girl students as well as the female faculty members got an exposure to the important issues, challenges and solutions to overcome such challenges both at work place as well as at personal level. The training helped the beneficiaries by boosting up their confidence, morale and preparing them to face the practical challenges lying ahead in the future. Additionally, it helped our girls to become self-reliant and understand the value of personal health and hygiene & the benefits lied underneath.

### **Evidence of Success:**

As a result of the said training girls opened up themselves for a detailed discussion on various problems faced by them personally with the expert during the conversations post training. This showed a different ray of confidence in them through translating their thoughts and putting them on a public domain looking for clarity in their minds. The girl students through their verbal feedback sounded more confident, whereas few of them promised that they would definitely spread this message amongst everyone they are in touch making a notable change in the society, at large.

It served our purpose that an awareness amongst our girls would definitely bring a positive and an impactful change in the society. Many of them got an edge on how to balance personal and professional life thereby prioritizing health first.



  
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### **Problems Encountered and Resources Required:**

Such sessions are planned during college working hours along with routine teaching sessions. It is big challenge for the coordinator to develop interest amongst girls and motivate them to participate in the said programme, post attending their regular lectures planned for the day.

Also, the training session's planning largely depends on the availability of an appropriate expert and their convenient timings, which becomes challenging sometimes.

### **Best Practices II Skill Development Initiative for the students**

**Title of the Practice:** Skill Development Initiative for college students organized by college's CWDC (Collegiate Women Development Cell).

#### **Objectives of the Practice:**

Collegiate Women Development Cell (CWDC) had organized workshop to enhance the employability skills of its students. Major objectives of the same are mentioned below:

To impart practical training and organize workshops for the college students free of cost and make them self employable.

To conduct a workshop on "Jewellery Making".

To help the students to be self-dependent by increasing their employability skill and entrepreneurial skill.



  
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It aims at providing students with a sense of confidence and become **Job Giver rather than Job Seeker.**

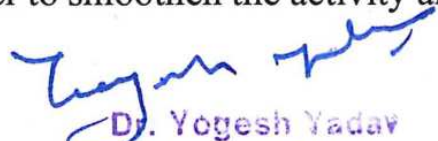
It purposes to make our students self-reliant and start their own businesses (no matter at what capacity) while, provoking our ideology of ***“Earn while you Learn”***.

**The Context:**

This initiative aims to impart a practical edge through training our college students by developing their skills and thereby becoming self-reliant. The CWDC helps college students to learn and acquire skills in varied areas free of cost giving them a confidence to be independent and self-employable. Implementation of this program includes:

- Encouraging the interested students who want to pursue/attend such workshop.
- Communicating Date, time and place, and rules to through a notice to the students, in general as per the communication from the expert/s invited.
- Looking to the limited seats/batch intake, registration forms are being filled up by only the interested students who abide to follow the rules and regulations designed for the said workshop.
- Registered participants are well informed about the detailed schedule regarding the workshop through a meeting organized by the Co-ordinator and the team, in order to smoothen the activity and



  
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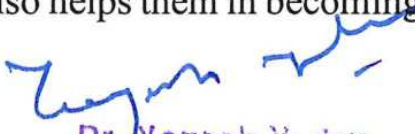
to give a deep insight about their learnings in the said workshop along with the Do's and Don'ts to be kept in mind.

- Certain materials were to be managed by the students themselves, which was well informed to them in advance, while majority of the materials through kits were distributed to the participants at the cost of the college.
- Expert/s are invited to conduct training session and teach different aspects by providing hands on practice.
- Participants along with the trainer practice it simultaneously and solve any problems faced by them during the execution.
- On Completion of the program/workshop, the registered students are provided with a certificate of participation.
- In charge faculty member makes necessary arrangements and take care of all the matters related to training program/workshop with a well co-ordination between the trainer and the students.

### **The Practice:**

Such training or workshop for college students organized by CWDC proved beneficial to the students to learn and acquire employability skill with almost no additional costs. This practice helped the students to be self-reliant. Moreover, it was helpful to those girls who were interested to move ahead in carrying on business and operating them from their homes. This practice helps them to initiate their own start-ups in the upcoming time and thereby be a women entrepreneur. It also helps them in becoming



  
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‘Atmanirbhar’. The institute aims to empower girls. It also purposes to bring out the creative skills amongst the participants.

### **Evidence of Success:**

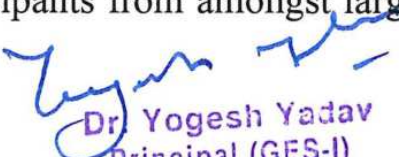
As a result of this initiative, many students acquired the skills of Jewellery Designing thereby boosting their confidence in wearing and exhibiting Jewellery pieces made by themselves. They also developed an interest and curiosity to learn creativity from their fellow friends, teaching their friends, family and neighbours, as and when required, especially during festival time or at a time of any occasion. Their verbal feedbacks at the end of the workshop made us learn that the workshop really proved to be fruitful to all the participants. It made them self-reliant and gave them the hope of starting their own businesses, especially the ones who belong to financially weaker sections of the society.

On the contrary, it was happy to know that even few boys showed their interest in participation and the results surprised us as they exhibited their creative skills much better than expectations, making the workshop a huge success, overall.

### **Problems Encountered and Resources Required:**

Such sessions are planned during college hours which are limited and so it becomes a challenge to get into too much detailing, looking to the time constraint. It was also a huge challenge for the Co-ordinator to select only a few bunches (limited number) of the participants from amongst larger



  
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group of interested participants, looking to the budget/grant allotted. Girls can gain expertise if they keep on practicing regularly what they learnt which sometimes becomes difficult and challenging for the girls due to their busy schedules of semester system plus jobs and/or routine household work.



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