

Government Post Graduate College, Ambala Cantt. Haryana

Affiliated to Kurukshetra University, Kurukshetra, Haryana



BEST PRACTICES 7.2.1

Government Post Graduate College, Ambala Cantt. Haryana

Affiliated to Kurukshetra University, Kurukshetra, Haryana



1. Title of the Practice: Gender Sensitization

Objectives of the Practice

- To instill sense of equality, justice, mutual respect and accountability among the students of both the genders.
- To generate awareness regarding equality in law, social system and democratic activities.
- To provide an integrated and inter-disciplinary approach to understand the social and cultural constructions of gender that shapes the experiences of women and men in society.
- To advocate and ensure same personal freedom for men and women, protection against all sorts of aggression and exploitation.
- Equality of men and women with regard to social, economic and political representation and participation.

The context

Our College takes pride in being one of the safest and best sensitized HEI of the district as far as gender equality and safety is concerned. The ratio of male and female staff as well as that of male and female students speaks volumes to authenticate this claim of ours. Sustainable development relies on ending discrimination toward women and providing equal opportunities to all in the field of education and employment. Usually, women are treated differently and unequal in comparison to men in career, home and society.

Gender discrimination exists in all walks of life and every part of society. Gender sensitization aims at making students and staff gender sensitive through modification of behavior by raising awareness of gender equality concerns. This can be achieved by conducting various sensitization campaigns, trainings, workshops, programs, competitions and activities etc. with an aim to provide a harmonious and fertile environment for all students to excel physically, mentally, intellectually and emotionally upholding ethics and values. It is necessary to change their perspective about gender and create safe and secure environment

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The Practice

The College has an active and well-equipped Women Development Cell that addresses all the gender related issues through a number of awareness generating programmes, events, extension lectures and competitions. The Cell gets financial assistance as Women Cell Grant from the State Government. The Development Cell also looks into various special needs and safety requirements of the girl students and is always prepared for their assistance and counseling.

The College facilitates girl students with common room, dedicated girls wash rooms, water-coolers, parking facility, recreational gadgets and facilities in the girls common room, sanitary pads vending machine and incinerators etc.

A provision of health check up and guidance on health, nutrition and hygiene under the supervision of the doctors and qualified medical teams is a regular feature. In addition to this the College also has Internal Complaints Committee on the UGC guidelines to take care of all the issues of sexual harassment at workplace for girls and female staff.

Women Development Cell organizes special Self-Defense workshops, Yoga and aerobic classes for the girls. Girls are motivated to participate and enroll in NCC and NSS wings of the College, as it strengthens and develops their confidence and leadership qualities. Special Skill Development workshops are also planned and organized for the overall development and empowerment of girl students of the College.

College is also inspired by the Govt. Scheme of like ‘‘Beti Bachao Beti Padho’’. All the committees of the college initiate activities time and again to make our students sensitive about this issue.

Evidence of Success

Our cultural beliefs reinforce the idea of acceptable behavior of males and females. This includes various socializing agents like parents, teachers, media, etc. Students are counseled to treat their class mates equally and they are given evidence by their teachers who treat their students equally. College teachers keep close eye on the students to monitor their behavior.

Although, social values and norms are not static, deep- rooted gender and social roles can be modified over time. We can also vouch that gender roles are not static. They differ with

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culture, society and historical periods. Government policies and initiatives play the role of a torch bearer in breaking gender stereotypes. They coax people to examine their personal beliefs and attitudes and question the realities of both sexes. This is a success of gender equality.

Problems encountered and Resources Required

Challenges occur when we try to break stereotypical views of culturally and socially constructed roles.

First of all, its women themselves who justify their assigned roles and subjugated status. They are wary of asserting their own agency while making meaningful decisions of their lives. They have internalized their roles and it becomes very difficult to coax them to see through the mechanism of patriarchal forces and their power play. So the biggest challenge is to change their psychology and remove their mental barriers. Although our college tries its best to maintain a balance between the genders and provide a safe and secure environment for female staff and students, the intimidating patriarchal forces and setup of our society do not allow them to voice their grievances in the public, as it is the victim who is victimized and the honor and reputation of the female which is at stake. The backlash of asserting themselves is rather tremendous and humiliating. This prevents them from making their voice heard and the wrongdoings registered.

We need a transparent, speedy and sound judicial system that could assure women and girls of fair and timely justice vindicating their honour and social prestige.

The resources required for this are definitely financial initiatives and mental training. Courses of Gender studies should be introduced at the school level itself and should be taught in the college as a compulsory subject. Gender champions should be rewarded socially. More programs, trainings and workshops should be organised. Experts on the subject should be invited to hold interactive sessions and psychological counseling for staff and students.

The gender crime victims could also be invited to share their experiences with the staff and students so that the latter could empathize with the victims and get sensitized in a better way. Visit to rehabilitation shelters and centers would also be crucial for the sensitization of both the genders.

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Circulation of Govt. published reports on gender crimes among the students and staff would also play a vital role in sensitizing them. So, more financial resources and initiatives are required to reach the desired level of satisfaction in this regard.

Session-2023-24

The Women Empowerment Committee of the college organized varied activities during session 2023-24. The activities were designed to promote the overall development of the students. The core activities were focused around health management, stress management, legal awareness, cultural and literary expressions. Various Extension Lectures & Workshops were organized on the topics such as “Importance of Nutritious Diet”, Menstrual Health, Self Defense, Legal Rights of Women” Yoga and Meditation, Skill development etc. The students were provided with a platform to express their views during various competitions such as Poetry writing, Slogan Writing, Poster Making, Debate, Poetry Recitation, and Declamation etc.

S No	Name of Activity	Date	Resource person	Number of Participants
1.	Outreach Activity- Distribution of Sanitary Napkins in neighboring colony	12th September 2023	-	12 volunteers
2,	Naturopathy Workshop	13th September 2023	Dr. Dara Singh, Sujok & Acupressure Specialist	90(Student s & Faculty)
3.	Extension Lecture on awareness about menstrual health	25th September 2023	Dr. Neelima Rana, Member of Naturopathy &	125(Studen ts & Faculty)

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	&& gynecological issues		Yoga Doctors, Patiala	
	Healthy Recipe Competition to celebrate Rashtriya Poshan Maah 2023	27th September 2023	-	12 Students
4	Health Awareness Camp	11th October 2023	Happy to Help Wellness Point-- Organization Team Members: Mr. Deepak & Mr. Anil Dhiman	40 Faculty Members
5.	Skill Development Workshop—Art & Craft	6-8th November 2023	Ms. Anu Handa, Pidilite	40 Students
6.	Six Days Yoga Workshop	9th Jan2024-15th Jan 2024	Ms Ekta Daang, Yoga Expert	150 Students
7.	Extension Lectures on “ Life Skill Practices & Meditation in daily life”	16th Jan 2024	Sh. Arun Joshi, Principal Retd.	90(Students & Faculty)
8.	Extension Lectures on “Self Defense for Girls Safety”	24th Jan 2024	PSI Surekha, SHO Ambala City	60 Students
9.	Extension Lectures on “ Diet for management of PCOD and other	27th Jan 2024	Dietician Dr. Shiva Bhanot, Shiva’s Diet Clinic, Ambala City	77 (Students & Faculty)

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	female related health issues”			
	Skill Development Workshop on “ Tie & Dye and Block Printing” Woorkshop	2nd February 2024	Dr, Meeta Gawri, HOD, Fashion Marketing and Management Department,, NIIFT, Mohali	74 Students
10.	Extension Lectures on Theme- Women Rights, Domestic Violence, Sexual Harassment	3rd February 2024	Advocate Namrata Gaur	61 Students
11.	Seven Days Skill Development Workshop on’ Basis of Web Designing’	5th -12th February 2024	Mr Ravinder Kumar Senior Developer, W3SOLS, Ambala	45 Students
12.	Literary Competitions : Poster Making, Debate Declamation, Poetry Recitation and Slogan Writing	7th March 2024	--	39 Students

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1. Outreach Activity-Distribution of Sanitary Napkins in neighboring colony on 12th September 2023



2. Naturopathy Workshop on 13th September 2023

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3. Session on awareness about menstrual health on 25th September 2023



Govt. PG College Ambala Cantt.
Menstrual Health Lecture WDC
25.09.2023 11:18
30 33809, 76 83697
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar, Haryana 133001

4. Healthy Recipe Competition to celebrate Rashtriya Poshan Maah 2023 on 27th September 2023

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Govt P G College Ambala Cantt
Wdc Healthy Recipe Competition
27.09.2023 12:03
30.3381, 76.83687
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

5. Health Awareness Camp- on 11th October 2023 by Happy to Help Wellness Point—Organization



Govt P G College Ambala Cantt
Health Awareness Camp WDC
11.10.2023 11:04
30.33825, 76.83695
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

6. Skill Development Workshop—Art & Craft on 6-8th November 2023

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7. Six Days Yoga Workshop from 9th Jan2024-15th Jan 2024

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8. Extension Lectures on “ Life Skill Practices & Meditation in daily life” on 16th Jan 2024



Govt P G College Ambala Cantt
Extension Lecture On Life Skills
16.01.2024 11:12

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9. Extension Lectures on “Self Defense for Girls Safety” on 24th Jan 2024



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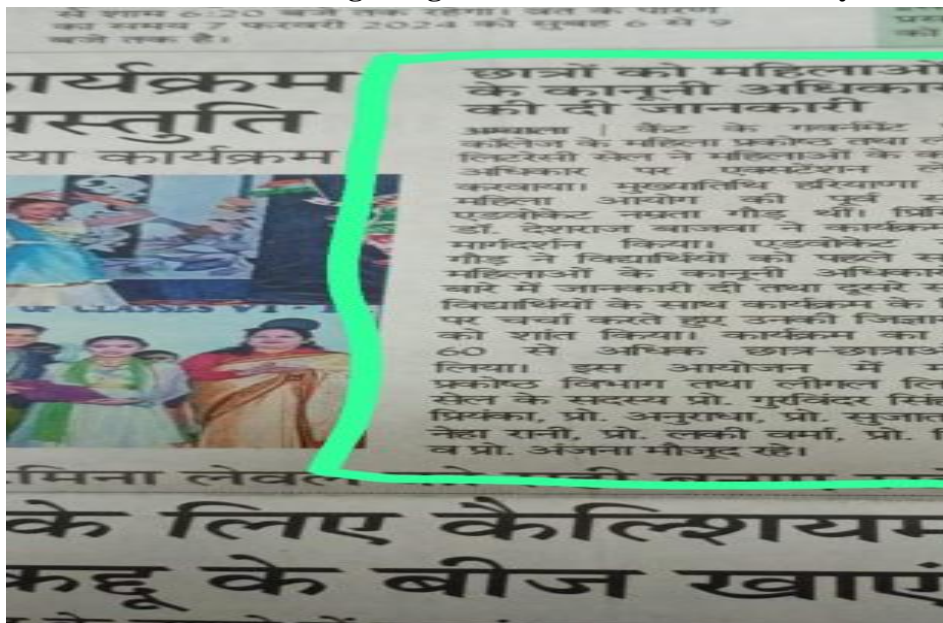
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14. Literary Competitions : Poster Making, Debate Declamation, Poetry Recitation and Slogan Writing on 7th March 2024.



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	celebrate Rashtriya Poshan Maah 2023			
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13. Outreach Activity-Distribution of Sanitary Napkins in neighboring colony on 12th September 2023



Govt P G College Ambala Cantt
Outreach Activity Women Cell
12.09.2023 11:26
30.33878, 76.83615
6, Cross Rd 8, near Palledar Mohalla, Palledar Mohalla, Football
Chowk, Ambala Sadar, Ambala Cantt

14. Naturopathy Workshop on 13th September 2023



Govt P G College Ambala Cantt
Naturopathy Workshop Video 13-09-2023
30.33878, 76.83615
6, Cross Rd 8, Palledar Mohalla, Sadar Bazar, Ambala Sadar, Haryana
13-09-2023

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Govt. PG College Ambala Cantt
Naturopathy Workshop WDC 13-9-2023
13.09.2023 13:32
30.33808, 76.83697
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar, Haryana 133001

15. Session on awareness about menstrual health on 25th September 2023



Govt. PG College Ambala Cantt
Menstrual Health Lecture WDC
25.09.2023 11:18
30.33809, 76.83697
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
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16. Healthy Recipe Competition to celebrate Rashtriya Poshan Maah 2023 on 27th September 2023



Govt P G College Ambala Cantt
Wdc Healthy Recipe Competition
27.09.2023 12:03
30.3381, 76.83687
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
Ambala Sadar

17. Health Awareness Camp- on 11th October 2023 by Happy to Help Wellness Point—Organization



Govt P G College Ambala Cantt
Health Awareness Camp WDC
11.10.2023 11:04
30.33825, 76.83695
5183, Nishat Rd, Palledar Mohalla, Mochi Mandi, Sadar Bazar,
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18. Skill Development Workshop—Art & Craft on 6-8th November 2023



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19. Six Days Yoga Workshop from 9th Jan2024-15th Jan 2024



20. Extension Lectures on “ Life Skill Practices & Meditation in daily life” on

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Govt P G College Ambala Cantt
Extension Lecture On Life Skills
16.01.2024 11:12

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21. Extension Lectures on “Self Defense for Girls Safety” on 24th Jan 2024



22. Extension Lectures on “ Diet for management of PCOD and other female related health issues” on 27th Jan 2024



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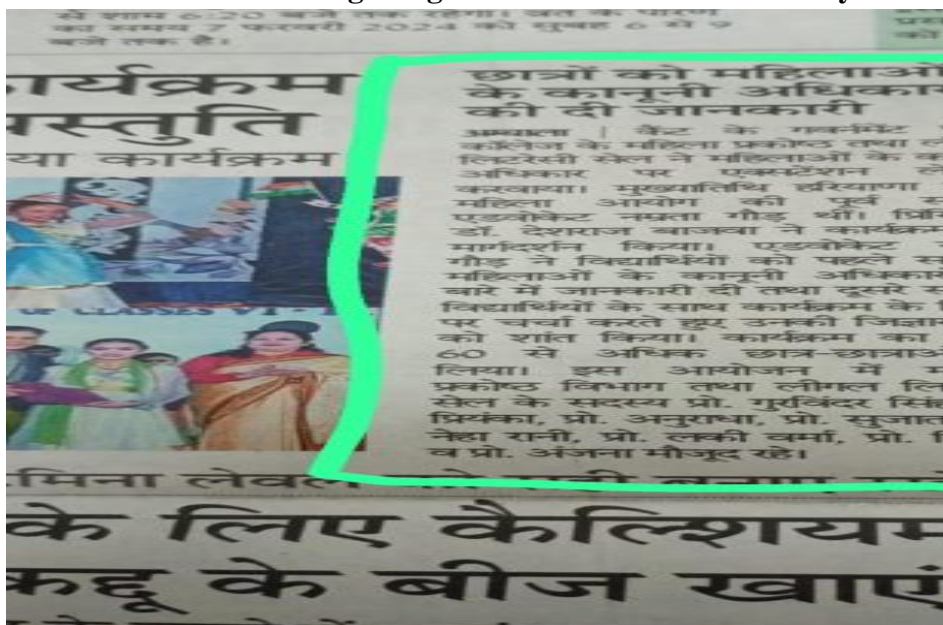
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23. Skill Development Workshop on “ Tie & Dye and Block Printing” Workshop 2nd February 2024



24. Extension Lectures on Legal Rights of Women on 3rd February 2024



13. Seven Days Skill Development Workshop on basics of web designing 5th -12th February 2024

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15. Literary Competitions : Poster Making, Debate Declamation, Poetry Recitation and Slogan Writing on 7th March 2024.



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Best Practice 2.

Title of the Practice: Environment Consciousness and Sustainability:

Objectives of the Practice

- To inculcate environment consciousness among students by facilitating their participation in various green initiatives;
- To make the students aware of the adverse effects of climate change and global warming;
- To raise awareness among students and the general public about the advantages of using various green practices to reduce carbon emissions;
- To develop required skills and expertise among students to deal with conspicuous environmental challenges.

The Context

Keeping in view the ever-increasing ecological imbalance, poor air quality index and resultant health hazards, the institution is fully aware of its responsibility towards society.

The Practice

On the recommendation of IQAC, various clubs, societies and forums like: NSS, YRC Club, NCC, Eco Club have been constituted in the college. Under the aegis of these clubs and societies, a committed team of students and staff

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remain active in and beyond the college premises for disseminating the message of sustainable environment.

These clubs strive to spread awareness amongst masses by involving them in various green practices. With this commitment, these clubs organize diverse activities on environment related issues such as: Rallies, door- to - door campaign, regular cleanliness drives of the campus, Tree Plantation Drive, Displaying Instructions and Slogan Writing in the campus and outside as well. The Department of Botany maintains a well-tended Botanical Garden in the campus.

Apart from that, these committees and cells work meticulously to promote sanitation and cleanliness. The Course of Environment Education is prescribed by the University as a part of the curriculum with an aim to make students aware about the importance of clean and green environment.

Various competitions are organized for students with the sole objective of channelizing young minds to create environmental awareness through their imagination. Rallies enable them to face real life challenges under the scorching sun as well as to inculcate in them team spirit.

There are display boards in place in the college campus with the instructions that all the lights, fans and other electrical gadgets should to be switched off when not in use. Repeated persuasive methods like organizing awareness programmes and campaigns also help to convince students and staff members regarding the poor air quality and other forms of pollution.

Evidence of Success

We have succeeded in sensitizing, training and involving our devoted students in this ecological drive for generating awakening and involving masses for a global cause and for this very purpose, students have been encouraged to participate in all the college level activities and district level competitions. Proper management of solid waste, use of LED bulbs and energy efficient AC units, rain water harvesting is also of the evidence of success of this practice in our college.

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Since the replacement of traditional lighting with LED bulbs and other energy efficient devices in the institution, energy consumption in the college has been drastically reduced. As a result of educational programmes on the importance and necessity of energy conservation and environment sustainability, a working rain-water harvesting system has also been installed for the proper management and utilization of rain water.

Problems Encountered and Resources Required

The challenge we encounter in instilling environmental awareness in all our students is the length of the compulsory course of Environment Science. The syllabus of this course should be divided into three parts to be taught in all the three year undergraduate degree programs so that the students are better sensitized and equipped to fulfill their duties towards environmental consciousness and sustainability.

Somewhat less effective strategy formulation, the deadlines to meet various administrative responsibilities in addition to the effective delivery of curriculum within the stipulated time frame and the financial constraints also act as challenges in achieving the goal completely. There has been a significant discrepancy between the theoretical and realistic aspect of the practice. For financial assistance, we need to seek assistance from various governmental agencies.

Activities performed in 2023-24

Sr. No,	Name of Activities	Date of activity	No. of Participants
1.	Poster Making Competition and slogan writing Competition on International Day for The Preservation of Ozone Layer	Sept15, 2023	55

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2.	Plant and Adopt a Plant Activity on World Environment Health Day	Sept 30, 2023	35
3.	Plant And Adopt a Plant Activity on World Science Day for Peace and Development	Nov 08, 2023	More than 157
4.	Local Field Visit	Nov 11, 2023	63
5.	International Day of Forests	March 21, 2024	38
6.	5 fruits tree plantation on the occasion of World water Day	22.03.2024	150

1. Poster Making Competition and slogan writing Competition

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4. Local Field Visit

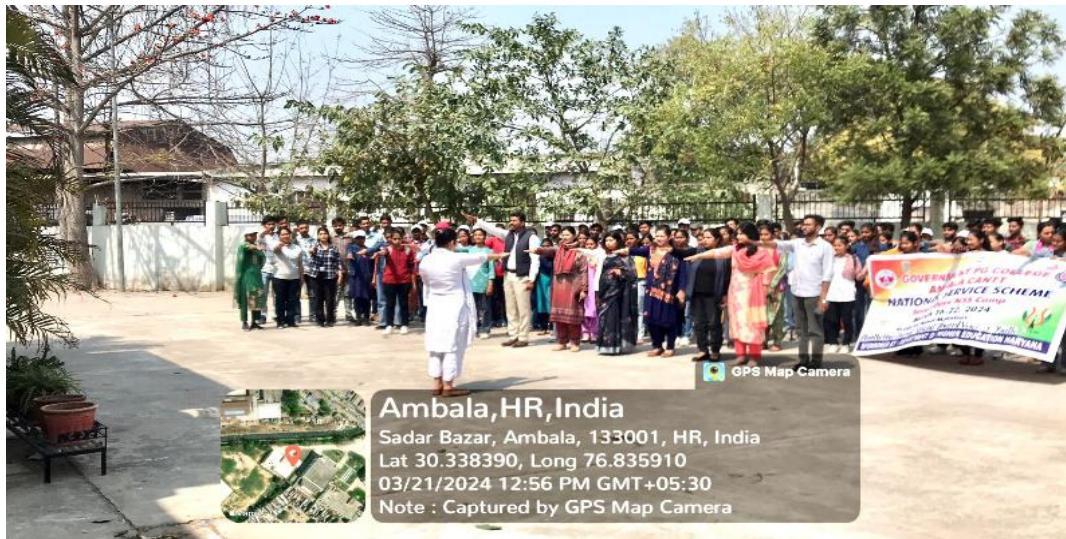


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5. International Day of Forests



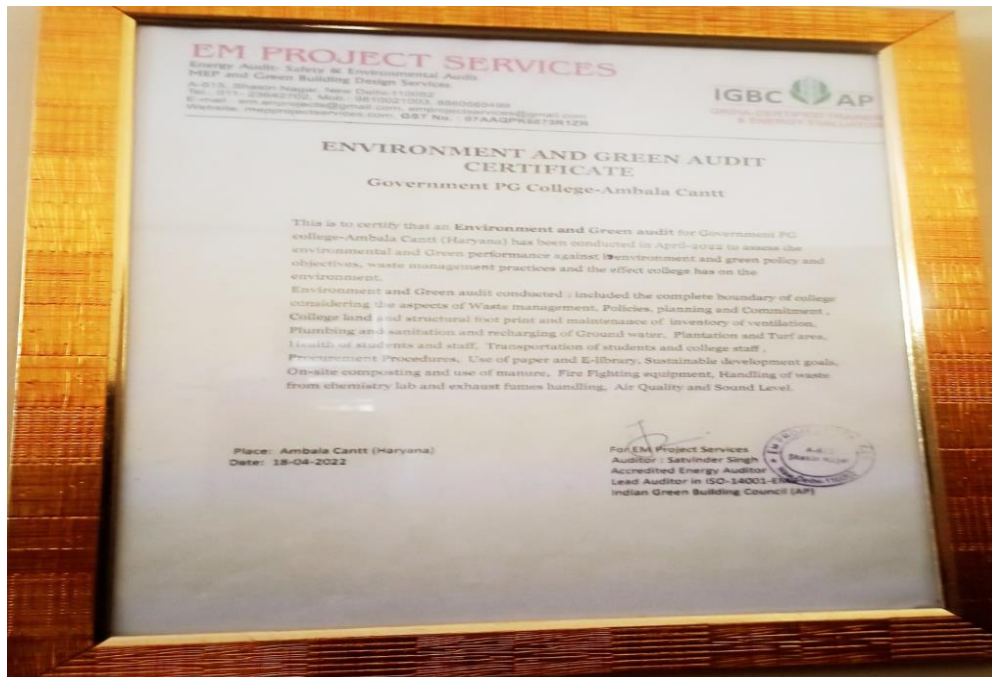
6. 5 fruits tree plantation on the occasion of World water Day

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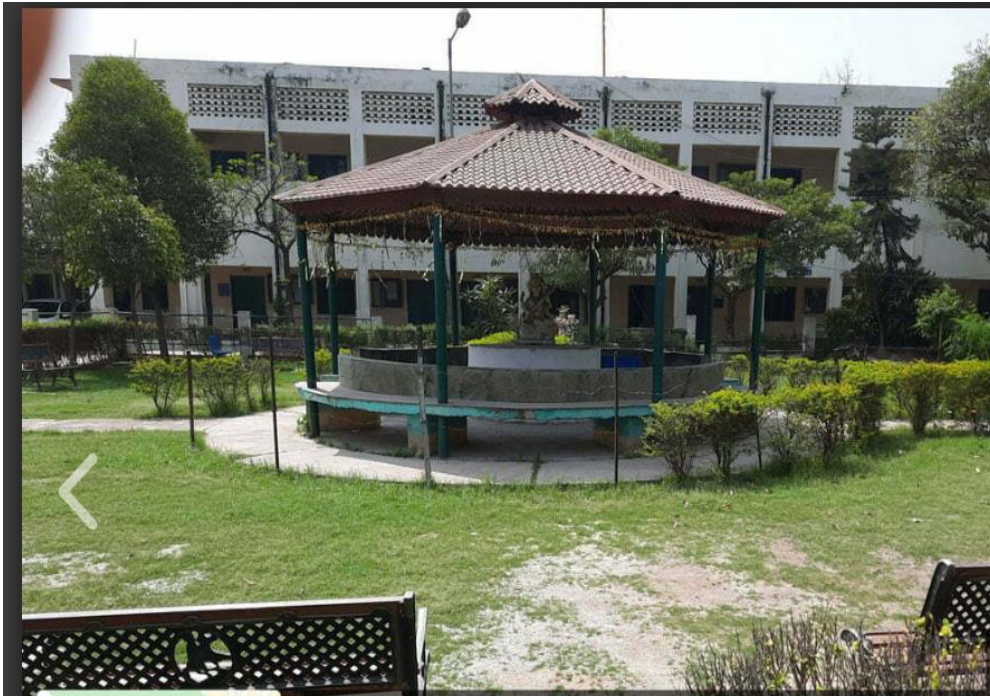


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Green Campus



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