

## 7.2.1 Response

### Best Practices -1

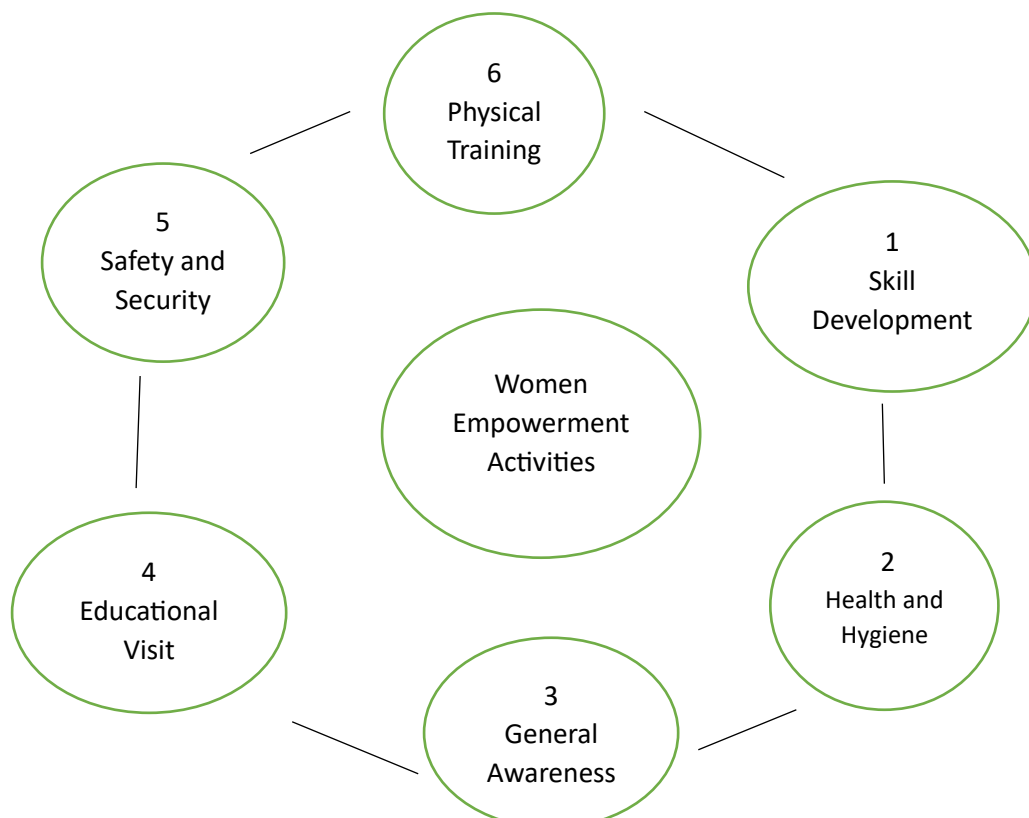
1. Title of the practice: -

#### Women Empowerment

2. Objectives of the practice: Hitkari Sahakari Mahila Shiksha Mahavidyalaya caters only to women. Most of them come from the under privileged, economically disadvantaged and are first generation education seekers. As they are multi furiously affected by the backwardness and discrimination. The college has a vision and mission statement to admit all without discrimination and has resolved to take up the cause of women empowerment to admit all without discrimination and has resolved to take up the cause of women empowerment to for the students with the objective of:
  - To Develop a spirit of gender Sensitization
  - To empower girls with physical and emotional strength.
  - To create awareness among the girls about their civic rights.
  - To enable the students, develop a sense of culture, ethics, morality and social responsibilities/
  - To bring awareness towards hygiene in the girls coming from rural area in the college.
  - To develop self-esteem and self confidence in girls.
  - To develop and excel in the requisite skills besides academics.
3. The Context- “There is no chance for welfare of the world, unless the believing in these words of Swami Vivekanand the college focuses on the activities related to women empowerment. College has organized activities like self - defenses techniques, lecturer series on health and hygiene, legal awareness etc. All these activities have made the nurturers, cestoideans and bearers of social tradition.
4. The Practice: -

The following diagram gives an overview of student welfare activities related to women empowerment.

#### Women Empowerment Activities



1. **Skill development** The college is running many skill development programmes for girls to improve their socio-economic status. The college's aim is to develop following skills in the girls

- Organize of diverse competition like dance. Rangoli. slogan writing. Mehndi best out of waste. etc bring out their creativity .
- The college try to provide professional skills to girl through add on courses like traditional hand embroidery etc.
- Many programmes like self-radiance activities like teaching how to become self-dependent programs on gender equality are organised.
- College is working on equipping the girl students with the basic computer and digital literacy skill to make them ready for present digital area.
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2. **Health and Hygiene** College organizes activities aimed at enhancing preserving and maintaining excellent health for girl students which is like this –

- College organised to celebrate the important days such as World Health Day. world No Tobacco Day etc. handouts ,discussions and poster making are held as relevant activities.
- College organized guest lectures about health and nutrition awareness and maintenance of a healthy life style.
- College provide counselling for the various health problems of respondents by doctor to promote awareness about health and hygiene .
- There is separate toilet for girls student with facility of sanitary pad vending machine .
- Yoga program mess has been organised for girls student .All participant become aware of their health. General awareness –

3. **General awareness** is necessary for everyone . It contributes to one 's self enrichment and better understanding of the world . General awareness aids in making future decision, vacation planning and having the correct understanding of the thing so the college for women empowerment, it is necessary to create general awareness among the students hence the following activities are organised in the college activities are organised in the college –

- Poster, slogan ,quotes in favour of respect for women are installed in key areas of the college.
- Programmes like tree plantation, Blood donate, female foeticide , Street plays etc. are paganized in the college so that awareness cam be created among the students.
- The college organises guest lectures from time to time to bring awareness on burning issues.
- Student of college organised rallies to spread awareness.

4. **Educational Visit** - educational visit are a crucial component of the academic program because they give students the chance to learn outside of the classroom and get useful practical experience. Science and nature visit take students Museums , Vigyan Kendra ,Agriculture College. Seven wonders park etc. to learn about various scientific concept and natural world . The college arrange for historical visit such as Garh Palace museums , Rav Madho Singh museum, Abheda Mahal etc. to learn about significant events in history. Art and cultural visit - These visits take girl students to galleries or cultural centres to learn about different cultural traditions. Community service visit - These visit take girl student to location where the participant in community service projects such as helping to assisting with environment conservation efforts.

5. **Safety and security** -The college has taken extreme care with respect to security of all the inhabitants of the campus .

- CCTV Surveillance and monitoring is available throughout the campus for safety reason .
- Students and visitors are allowed on the submission of identity card .
- Guest lectures , health checkup camp, Self defence training camp etc. are organised to keep girl students fit and defend themselves.

**6. Physical training** - The college encourages all student participate in various games, sports and yoga . Physical training not only improves overall health and well being, but it also has a positive impact on physical and mental health

In order to provide a congenial and constructive atmosphere for its employees and students conducive to their holistic development. The college prefers to create an environment based on principles of equality and impartial ustic which is devoid of any gender bias and discrimination. The college organizes various programs to achieve this objective.

- Project, Seminars, Discussion and lectures provide a form for them to think.
- Organization of diverse competition like dance, Rangoli, Slogan writing, mehndi, best out of waste, bring out their creativity.
- We try to provide professional skills to girls through add on courses like traditional hand embroidery etc.
- Many programs like self-radiance activities like teaching, how to become self-dependent programs on gender equality are organized.
- Plenty of opportunities are provided to girls participate in sports activities.
- Poster, Slogans, Quotes in favor of respect for women are installed in key areas of college.
- There is a girl's common room with facility of toilet and sanitary pads.
- The staff is very empathetic towards girls' students.

Their grievance is heard immediately and redressed. The women cell is always there to help and counsel the girls.

#### **Evidence of Success –**

- Most of girls participate in competition and cultural events.
- The remarkable academic result achieved by the girls in all classes are a testament to our success in nurturing their intellectual capabilities.
- Many Students learned various activities like making Mehndi, Pot making, Handicrafts, stitching etc. that helped them in their daily lives.

After a through discussion about the relevance and advantages of the programs related to health and hygiene, self-defense and legal rights of women, it was observed by the various cells like women development cell and Anti sexual harassment cell that the execution of such awareness programs invested the girl students with a sense of self confidence.

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

The primary challenges faced by the college in promoting women empowerment is the prevailing societal mindset. The Girls experience significant pressure as they have to navigate against the system and societal gender biases in order to pursuer higher education in the college.

- A majority of girls in the college come from humble family backgrounds, facing challenges such as low self. Confident and limited family support.
- Special computer training programs for making girl students techno- friendly and skilled.
- Motivating Students to participate in all these activities in huge numbers.

# **Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarampura Dhakadkhedi Kaithoon Road Kota-325001**

## **Women Empowerment Policy**

Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarampura, Kota as follows

1. Fostering gender equality in all aspects of college life and throughout the college community for which equal opportunity center has been established in the college.
2. Empowering women with skill and self- confidence necessary for the participation in the development process of the nation.
3. Maintaining a favorable and dignified atmosphere for women staff and girl students in the college by disallowing any act of harassment or explanation. The Anti- sexual Harassment cell of the college caters to it.
4. Developing and enhancing the leadership skills and organizational capabilities of female students and facilities.
5. Promoting gender balance in various decision-making capacities.
6. Building a conducive environment to ensure equal opportunities for women to take up leadership positions in both Academic and Administrative arenas.
7. Raising awareness towards women's role in socio-economic development of the society and country as a whole.
8. Creating awareness on women related issues through awareness programs
9. Engaging various stakeholders from college, in gender main streaming activities.
10. Creating consciousness and motivation towards gender equality in different sections of the society by organizing seminar/workshops and special lectures.
11. Providing counselling guidance and life skill education to girl students.

Principal

## **Skill Development**

**Rangoli Competition 17/12 2019 in college Campus**



**Mehndi Competition on 17/12/2019**



**Computer Lab**





# Hitkari Sahakari Mahila Shiksha Mahavidhyalaya

Aarapura (Dhakarkhed) Kaithoon Road, Kota - 325001 (Raj.)

(Affiliated to University of Kota & Approved by NCTE, NRC)

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S. No. :- H.C.W.T.T./B.Ed/B.A/B.Sc/ 5434A

Date :- 11-11-2022

## MEMORANDUM OF UNDERSTANDING

Between

Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarapura KOTA

And

Khandelwal Computer Centre (RSCIT) Kota

Hitkari Sahakari Mahila Shiksha Mahavidyalaya have signed a Memorandum of Understanding (MOU) for the outreach Activities. The MOU is valid from 15 Nov. 2022 to 15 Nov.2025 (Three Year). It is signed in the presence of officials from the Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarapura KOTA, and the Khandelwal Computer Centre (RSCIT) Kota. According to the MOU, the two organisations will uphold their agreement by promoting an awareness programme and to Provide Education for students Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarapura KOTA

प्रचार्य


हित. सह. शिक्षा. महाविद्यालय

आरामपुरा (धाकडखेडी) कैथून रोड  
Hitkari Sahkari Mahila Shiksha Mahavidyalaya  
कोटा-325001

Aarapura Kota



## ACTIVITY REPORT

<b>Name of Activity</b>	Faculty Development program
<b>Objective</b>	Strategies to teaching methodology for effective teaching in present scenario
<b>Date/ Time</b>	26.07.2022
<b>In charge</b>	Dr. Shaufta Siddiqui
<b>Venue</b>	Collage Seminar Hall
<b>Detailed Report</b>	The program was presided over by Mrs. Suraj Birla madam the program was appreciated by all the participants.
<b>Photos</b>	
<b>Outcome</b>	Teaching methodology are the broader techniques used to help students achieve learning outcomes

**Health & Hygiene**




## HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA

Arampura (Dhakad Khedi) Kota (Raj.)325001

### Activity Report

Name of Activity	<b>Yoga Day</b>
Objective	Spreding Awereness about Health
Date /Time	10-11-2022
Venue	College Campus
Incharge	Dr.Neetu Sharma

Photo	
Detailed Report/Out Come	<p>Hitkari Sahkari Mahila Shiksha Prashikshan Mahavidyalaya organized a yoga programme in college. Yoga helps our mind relax, reduce stress, our immunity, our breathing system. Yoga programme aims is aware to our physical and mental fitness.</p>

<b>HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA</b> <b>Arampura (Dhakad Khedi) Kota (Raj.)325001</b>	
<b>Activity Report</b>	
Name of Activity	<b>Eye Donation Camp</b>
Objective	Awereness Programme
Date /Time	27-02-2019
Venue	College Campus
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	<p>A eye donation camp was organized by shine India Foundation in the college campus 27/02/2019 Dr. Kulwant Gour explained the importance of eye donation and encouraged everyone to donate eyes. The assistant professor of the college also filled the eye donation form.</p>

## Vending Machine Photo



General awareness

## HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA

Arampura (Dhakad Khedi) Kota (Raj.)325001

### Activity Report

Name of Activity	<b>Tree Plantation</b>
Objective	Spreding Awereness
Date /Time	21-12-2019
Venue	College Campus
Incharge	Ratnesh Sharma
Photo	


Detailed Report/Out Come

Students teachers at the Hitkari Sahkari Mahila Shiksha Prashikshan Mahavidyalaya Dhakar khedi under took a tree plantation drive. They purchased seedings and plant cuttings and planted them in the open ground govt.sr.sec.School Dhakar khedi Kota (Raj.)

**Demo of voting process date 24.11.2023**




**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA  
Arampura (Dhakad Khedi) Kota (Raj.)325001  
Activity Report**

Name of Activity	<b>Polythene free Programme</b>
Objective	Awereness Programme
Date /Time	19-07-2022
Venue	College Campus
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	Students Teachers organized a pollution control programme in the Dhakar khedi Community area. They Prepared charts and explained to the community women how they can lesson and control pollution and use paper bag and say no to Plastic.

# HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA

Arampura (Dhakad Khedi) Kota (Raj.)325001

## Activity Report

Name of Activity	<b>Special Public Awareness Rally</b>
Objective	Awareness
Date /Time	23-02-2019
Venue	Village Dakad Khedi
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	A special Public awareness rally was organized by H.C.W.T.T.College on 23 February 2019 in which the president of Hitkari Cooperative Education Society. Mrs.Suraj Birla inaugurated the rally by showing the green flag. The girl students made poster and gave the message of Beti Bachao Beti Padhao to the people. The message of how important it is for women power to be educated was also conveyed to the people of the community.

# HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA

Arampura (Dhakad Khedi) Kota (Raj.)325001

## Activity Report

Name of Activity	<b>Street Play</b>
Objective	Awareness of Community
Date /Time	22-12-2022
Venue	Village Dhakad Khedi
Incharge	Dr.Neetu Sharma

Photo



Detailed Report/Out Come


These Play can really stir up emotions, create awareness and lead the way towards positive change. Students took the opportunity to create awareness about importance of adult education.

### Educational Visit



**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA  
Arampura (Dhakad Khedi) Kota (Raj.)325001**

**Activity Report**

Name of Activity	<b>Educational tour Garh Palace and Museum</b>
Objective	Knowledge about ancient
Date /Time	08-11-2022
Venue	Museum
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	The college students were taken to the Garh Palace and the Government Museum for an educational tour where the students got information about ancient buildings and weapons, paintings of kings and emperors, sculptures, architectures etc.

# HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA


Arampura (Dhakad Khedi) Kota (Raj.)325001

## Activity Report

Name of Activity	<b>Educational visit Agricultural university</b>
Objective	Botenical Information
Date /Time	22-03-2021
Venue	Agricultural University Kota
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	The college students were taken to the agricultural university for an educational trip where the girl students saw different types of crops and got information about their production etc. They learnt to make natural holi colours and also got information about vermi-compost.


**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA**  
**Arampura (Dhakad Khedi) Kota (Raj.)325001**

**Activity Report**

Name of Activity	<b>Educational visit Abhera Mahal</b>
Objective	Historical Knowledge
Date /Time	06-01-2022
Venue	Abhera Mahal
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	The first year B.Ed girl students of the college were taken to Abhera Mahal for an educational tour under EPC-2. Students got information about the historical site and there students organized many co-curricular activities and also provided entertainment


**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA  
Arampura (Dhakad Khedi) Kota (Raj.)325001**

**Activity Report**

Name of Activity	<b>Educational visit Science Centre &amp; Rajasthan Patrika office</b>
Objective	Knowledge about Science
Date /Time	09-02-2019
Venue	Science Centre & Patrika Office
Incharge	Dr. Neetu Sharma
Photo	
Detailed Report/Out Come	By Hitkari Cooperative women's Education college students teachers were taken to the science centre and Rajasthan Patrika office for an educational tour. In the science centre the students gained important information through Science models and the process of printing newspaper in the Rajasthan Patrika office. Received important information about the process of printing. Newspaper in the Rajasthan Patrika office.


**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA**  
**Arampura (Dhakad Khedi) Kota (Raj.)325001**

**Activity Report**

Name of Activity	<b>City Park Educational Tour</b>
Objective	Knowledge of Birds & Plants
Date /Time	29-01-2022
Venue	City Park Kota
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	The college took the students teachers on an educational tour to the City Park which is also known as Oxygen Park here the students observe various species tree plants birds.


**HITKARI SAHKARI MAHILA SHIKSHA MAHAVIDHYALYA**  
**Arampura (Dhakad Khedi) Kota (Raj.)325001**

**Activity Report**

Name of Activity	<b>One day yoga seminar</b>
Objective	Spreding Awereness about Health
Date /Time	21-06-2019
Venue	College Campus
Incharge	Dr.Neetu Sharma
Photo	
Detailed Report/Out Come	Student teachers organized a yoga seminar for college campus on 3-1-19. Yoga improves strength, balance and flexibility.

## Safety & Security

### ACTIVITY REPORT

<b>Name of Activity</b>	Self Defence Programme
<b>Objective</b>	To provide knowledge about the different tips of self protection to keep in mind in different situation
<b>Date/ Time</b>	14.11.2022 to 19.11.2022
<b>In charge</b>	Dr.Neetu Sharma
<b>Venue</b>	Collage Auditorium Hall
<b>Detailed Report</b>	A six day self defence programme was organized in the collage in which the students, where taught self defence tricks by Smt. Gayatri Dhakad & Smt. Sunita as instructors
<b>Photos</b>	
<b>Outcome</b>	The students learnt about the different kinds of violence that may be faced by the girls or by women in the place including at home.

# Hitkari Sahakari Mahila Shiksha Mahavidyalaya Aarampura Dhakadkhedi Kaithoon Road Kota-325001

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*Principal*  
प्रिन्सिपल

हित. सह. म. शि. महाविद्यालय  
आरामपुरा (धाकड़खेड़ी) कैथून रोड  
कोटा-325001

## Skill Development







WhatsApp Video  
2024-03-15 at 2.17.3

### Physical Development



## General Awareness



## Safety & Security

## Self Defense Program



WhatsApp Video  
2024-02-08 at 12.20.