

Title of the Practice : Self-Defence Training for Girl Students

Objectives of the practice:

Self-defence training for girls plays a vital role in equipping them with the required skills and confidence to defend themselves in unseen threatening situations. Acquiring different techniques of self-defence nurtures a sense of empowerment among girls, enabling them to cope with difficult situations with greater ease and confidence. Moreover, self-defence training promotes a culture of 'taking care of each other,' inspiring girls to create a safe world for all.

The college conducts annual self-defence training for girls with the following objectives:

- 1. Awareness of personal safety**
- 2. Boosting self-esteem**
- 3. Training in quick techniques of self-protection**
- 4. Foster a culture without gender discrimination**
- 5. Encouraging collaborative efforts to create a safe environment**

The context

The context of this practice is underlined by its practical importance in empowering women and fostering a culture of self-confidence, resilience, and personal safety. The acquisition of techniques of self-defence through systematic training enables girls to identify and respond to potentially unsafe situations. In addition to training in physical techniques of self-defence, this practice familiarizes girls with situational awareness, and boundary-setting, making them aware of their immediate situations and surroundings and the role of assertion in critical interactions. Thus self-defence training equips girls with both physical and psychological techniques to navigate in their society with more security and assertion.

The Practice

The college is committed to taking all kinds of measures to ensure the provision of a safe and secure environment for all students. CCTV cameras installed at all crucial sites, security guards at the main gate, regular proctorial duties by the faculty, and availability of security staff in the college facilitate the creation of a secure campus for students, especially girls. However, outside the college, girls may not be in a safer environment. While we may boast of a safe environment within the college, the outside world was still unsafe for many. The college authorities felt that there was an urgent need for a programme that would minimize the threat posed to especially the girl students of the college. To fill this discrepancy, the college conducts a Self-Defence Training Programme for female students of our college in collaboration with Chandigarh Police. We have successfully trained many students under this programme which was designed especially for them. The college engages a professional trainer of Chandigarh Police for this purpose and regular training sessions were held in batches for the students ensuring effective training. We have received a very positive response from our students who have been part of the training. The training programme is organized regularly in the college where women teachers are also put on duty to ensure the smooth conduct of the training sessions. **This year, the training programme was conducted from 4 March to 9 March 2024 and as many as 50 students were trained this year.**

Evidence of Success

The enthusiastic participation of more than 50 girls in the training programme every year indicates its successful execution. The students have become more aware of self-defence and the use of assertive language to deter unseen potential threats. They have started participating in different activities which proves they have become more confident and secure. The participants have shown a sense of empowerment which positively shapes other aspects of their private and public life, including social engagement and academic performance. It is not surprising that our girl students feel safe in and outside of our college even when they stay in the college in late hours due to some academic and cultural activities. This practice of training girls has been continuous since 2019. Ever since the introduction of the training, the number of students signing up for it has been constantly on the rise. This year, 50 students participated in the training programme.

Problems Encountered and Resources Require

Since the training programme has been an integral part of education since 2019, participation of students has never been an issue. Our students are well-informed and aware that this training is vital for their social engagement and academic performance. Every year, we receive an overwhelming response from our students.

As far as the resources are concerned, the college is self-sufficient in this regard. Since there is no full-time trainer in the college, arranging for the same is done following government guidelines, which makes the programme run smoothly and ensures the security of our girl students. The trainer is outsourced through Chandigarh Police which lends credibility to the programme.

Notes (optional)

This empowering initiative to transfer girls' lives is a matter of pride for all of us. We will ensure that this practice can continue contributing to our society by enabling women to claim their public place and participate equally in the formation of our society and associated institutions.

Title of the Practive : *EK PED MA KE NAAM*

Plant Adoption Drive

Objective

The primary objective is to forge a warm personal and communal connection between our social existence and environment by fostering environmental awareness and encouraging students to take responsibility towards nature. The tree adoption drive aims to motivate students to inculcate environmental ethos in their social lives and familiarize them with issues such as degrading biodiversity, soil erosion, floods, deforestation, and different forms of pollution by directly engaging in the process. Furthermore, the tree adoption practice promotes a participatory culture of engaging with Nature and fosters a sustainable engagement with the environment and ecological conservation. By encouraging students to be passionate guardians of the adopted trees, the campaign sensitizes them about the trees' life cycles and their inevitable connections with our existence. The central objective of this environmental practice is to create a sustainable affinity between students and the natural environment.

Context

Through tree adoption, we can contribute to the sustainable development of a greener, healthier society. This green practice, once it becomes a part of our ordinary culture, can check the accelerating climate change and restore ecological balance. The programme is a collective initiative of the college to engage students, faculty members, and staff in planting and nurturing trees. The drive facilitates a good opportunity for every member of the college to adopt a tree and nurture it sustainably. Such collaborative events are vital for fostering environmental awareness and restoring natural balance since trees perform an important role in sustaining ecological balance, conserving water, curbing soil erosion, absorbing carbon dioxide, and nurturing varied ecosystems. Additionally, the tree adoption drive helps the college make the campus beautiful and greener and integrate environmental education into student life.

The practice of the drive

The tree adoption drive is systematically strategized to engage the college community in this campaign. The drive is usually started with an awareness campaign by disseminating information about the event and its importance among students through social media engagement, posters, and other campus activities. A collaborative engagement of the college community is ensured through various forms of interaction including lectures, class interaction, workshops, and creative campaigns to motivate students to adopt trees. On the day of the drive, students, faculty, and staff can sign up to adopt a tree or select a particular site on campus. Each participant adopts a tree with a long-term commitment to nurture that adopted tree and participate in creating environmental awareness. The programme also includes a formal tree planting and adoption event, where the faculty of the environment department or environmental experts conduct demonstrations and workshops on tree planting and tree nurturing. It includes the celebration of Environment Day, Earth Day, Water Day, and International Day of Forest to promote collective responsibility towards nature. Periodic follow-up events are conducted to ensure the healthy growth of planted and adopted trees. Through this well-organized practice, a sustained and constructive collective engagement with environment is developed. **The Department of Environment Studies in collaboration with Dharini (Environment Awareness Society) organized a plantation drive on the occasion of the International Day of Forest on 21/03/2024. The college's faculty, staff, and students enthusiastically participated in the event and adopted trees on identified sites in the college.**

The evidence of success

The college community's enthusiastic participation and successful campaign of spreading environmental awareness indicate the gradual impact of this systematically executed practice. The continuously growing environment community and active participation reflect the drive's integration into college life.

Beyond these metrics, the success of the drive can also be seen in the broader environmental awareness and community engagement it fosters. Colleges often survey participants to gauge shifts in attitudes toward environmental responsibility, noting increased interest in sustainability-related activities and even higher enrolment in environmental studies courses. Qualitative evidence may include feedback from participants who report a strengthened sense of community, pride, and a connection to their campus. Additionally, improved campus aesthetics and an increase in biodiversity, as trees mature and attract more wildlife, contribute to the drive's success. If the college shares these results in reports or gains recognition through sustainability awards or green campus certifications, it further validates the drive's impact, creating a positive cycle that attracts future participants and potential donors to support ongoing environmental initiatives.

Problems encountered and Resources require

Although the drive has been a major success. However, there are some issues which are under review. The primary problem is the low survival rate of planted trees due to harsh weather conditions. The college is exploring the available options to facilitate the protection of the trees from extreme cold and hot temperatures. Another concern is the lack of proper funding to effectively materialize the objective of the drive including conducting workshops, hiring experts to train students, procuring good quality samplings, and sustaining the care of trees for the long term. The institution is committed to providing the required funds through diverse channels. The major issue is sustaining the continuous care of the trees. Most participants of the drive would leave the college after the completion of their degree and thus would not be able to take care of the adopted trees. To address the issue, we have included the practice of Re-adoption in the drive.