



Sripat Singh College

(Estd. 1949. Govt. Sponsored)

P.O.: Jiaganj • Dist. Murshidabad • West Bengal-742123

Phone: (03483) 255351, Tele Fax: (03483) 256961,

www.sripatsinghcollege.edu.in, E-mail: sscollege2009@gmail.com

BEST PRACTICE-2

1. Outreach programs conducted at individual, departmental, and college levels for empowering women.

The Context:

Advocating for women's issues and their participation in strategic plans fosters an inclusive environment where gender sensitization thrives. This empowerment cultivates physical and emotional resilience among girls, enhancing their confidence and agency. Increased awareness of civic rights equips them to navigate societal challenges with informed decision-making. Ultimately, these efforts lead to a more equitable and empowered female community, ready to contribute effectively in various spheres of life. By nurturing these outcomes, institutions not only support individual growth but also contribute positively to societal progress, promoting a culture where gender equality and respect for rights are fundamental values.

Challenges:

Ensuring the sustainability of efforts beyond initial enthusiasm requires continuous commitment from stakeholders, including faculty, administration, and the broader community. Negotiating legal and policy frameworks that support gender equality while navigating bureaucratic processes and institutional inertia can present obstacles to creating awareness about civic rights among girls.

The Practice:

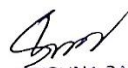
Self-Defence Workshop: Organizing practical sessions where students learn physical techniques and strategies to protect themselves from potential threats, empowering them with skills to enhance personal safety and confidence.

Seminar on "Health & Hygiene Among Girls": Conducting informative sessions focusing on the importance of health and hygiene, particularly tailored to address vulnerabilities that can be exploited in trafficking situations. Discussions include recognizing signs of exploitation and promoting self-care practices.

Therapy Workshop: Providing workshops aimed at promoting mental and emotional well-being among students, creating a supportive environment where they can discuss and process sensitive issues related to trafficking, trauma, and resilience.

Uniqueness:

Programs targeting women's empowerment at individual, departmental, and college levels uniquely integrate support systems, from mentorship initiatives to career development workshops. They foster inclusivity by addressing diverse needs and aspirations of women ensuring holistic growth and leadership opportunities in academic and professional spheres.


DR. KAMAL KRISHNA SARKA
Principal
Sripat Singh College
Jiaganj, Murshidabad