

### **BEST PRACTICE - I**

1. Title of the Practice: Self-defence training
2. Goal: The objective of the self-defence training program is to empower the young women with realistic street defence skills. Our aim is not only to equip young women with the ability to defend themselves during a threatening situation but also to train them in techniques of how to avoid injury or hurt if accosted or attacked. We believe this form of training helps our students acquire a sense of control and increases their level of confidence. This in turn gives them opportunities to be independent and importantly not to lose out on opportunities because of unrealistic fears of perceived threats by family elders, partners and well – meaning mentors.
3. The Context: The college hired specially trained defence Karate Masters to teach the first year students. Since the class was compulsory special timings were incorporated into the timetable so that students would not miss regular lectures. Permission from parents was obtained. Trainers were from the following organisation: Combat Martial Arts Karate-Do Association, Goa.
4. The Practice: Self-defence is not considered 'ladylike' or a mandatory physical skill for young women. By incorporating this practice our aim was to offer an opportunity for our students to gain a sense of empowerment, understand the importance of physical fitness and gain the confidence to venture out to gain employment and further education in environments and communities out of their comfort zone. This is vital to the milieu and socio-cultural background of our home state which has limited scope and where the general perception is that the rest of the country, the big city is a very dangerous place for women, leading to even the very accomplished and talented among our students missing out on opportunities for career advancement which needs them to travel beyond state borders. Once confidence to defend themselves is gained, a world of limitless possibilities opens up for those of our young women who are motivated, aspirational and adventurous.
5. Evidence of Success: Students reported feeling good about their bodies. There was a perceptible positive change seen in attitude and mind frame even in the other everyday tasks and activities. The feedback obtained at the end of the course was very positive.
6. Problems Encountered and Resources required: The fee charged by the trainers was borne by the college management and the workshop was free for students.

## **BEST PRACTICE - II**

1. Title of the Practice: Work experience/ Internship.
2. Goal: The practice is initiated so as to give students a realistic view of the work world and also help them in making career decisions. Students have to compulsorily choose to either intern in the area of their career choice or apply for any form of job that will teach them the skills of work ethics. The stipulated time period is minimum 15 days during their three-year tenure as a student of this college. This practice allows the student to bridge the gap between what they learn from their text books and within the protected walls of the institution and what are the expectation of their potential employers in the real world.
3. The Context: The students are given a free hand to choose their area of work. The institution hands out a letter to the employer stating the authenticity of the students request and the reason behind their internship/ volunteering. Permission from parents is obtained.
4. The Practice: By incorporating this practice the young women students gain an understanding of the demands of real work world. Expectations and an appreciation for discipline at work. They also get the opportunity to meet new people and possible references if needed for future job applications.
5. Evidence of Success: References from their employers during their internship have helped students with their interviews at jobs and even at post graduate entry.