

## **BEST PRACTICE-2**

### **1. Title of the Practice:**

#### ***MISSION SHAKTI PROGRAMME– AN INITIATIVE FOR WOMEN SAFETY&HONOUR***

### **2. The Context that Required the Initiation of the Practice (100-120 words):**

On 17.10.2020 the Govt. Of U.P. launched the Self- Defence Training Programme– Mission Shakti with the purpose of preparing girls for self- defence and making them aware of the existing laws and regulations in this field. The Principal of the college was nominated the Nodal Officer while Dr. Anubhuti, Astd. Prof. Physical Education and Dr. Fauzia Khan, Astd. Prof. Zoology were nominated Deputy Nodal Officers by RHEO, Bareilly for co-ordinating the events of this programme at the district level. As the question of women safety is crucial in the present scenario and the need for preparing them for self-defence is urgently felt, the college chalked out a distinctive schedule for the successful conduct of the programme. A committee was framed at the college level including the Nodal and Deputy Nodal along with the Ranger Officers Mrs. Hemlata, Astd. Prof. Hindi and N.S.S. Officer Dr. Annu Mahajan, Astd, Prof. Drawing and Painting. The programme was designed deftly with a view to achieve the objectives of the drive.

### **3. Objective of the Practice (50-60 words):**

Govt. of U.P. had launched the Self- Defence Training Programme–Mission Shakti with the pre-determined objectives to train girls for self- defence along with enlightening them to various issues related to women welfare and the safe existence of women in the society. The institution conducted the programme with the spirit to achieve these objectives. The objective was to make girls aware of the dire need of self- defence training and strategies and enlighten them on the issues like POCSO Act, domestic violence, cyber crime, eve-teasing etc.

### **4. The Practice (250-300 words):**

The practice was officially initiated on 17th October, 2020 and the self- defence training was continued in the online mode due to the conditions of Covid-19. Besides, the students were also enlightened on various topics related to women safety and empowerment. On 18th a webinar was organised in which Ms Nivedita Sharma legal expert and advisor in the Judicature of the Hon. High Court at Allahabad, U.P. explained to the students **POCSO Act and the Laws Related to Crimes against Women.**

As the objective of the programme has been to provide a safe and healthy existence to the girls in the society, a probing analysis of **Women Health and Hygiene** was provided by Ms Gauri Goyal, Astd. Prof. Home Sc., S.M.P.Govt. College Meerut, on

the next day. She emphasised that woman needs to be fit and healthy to resist injustice imposed on her in the society.

Dr. Sushma Rani, Retd. Principal and a dedicated scholar of Political Sc. motivated the students through the examples of our Indian Women on the past while delivering her lecture on **Women Empowerment**. She discussed contemporary questions of significance like the Govt's initiative on the question of instant *Teen Talaq*.

State Counsellor for Covid-19 in the U.P., Ms Preeti Joshi prepared the students psychologically for combating the inner disquiet that may prove to be an obstacle in the holistic development of women. Speaking on the subject **Restoring Insight in the Young Girls** she underlined the need of maintaining emotional strength and curbing inner conflict for the positive growth of women in the society.

Prof. Anubhuti Dubey, Dept. of Psychology, Gorakhpur University, U.P. strengthened the students against the burning issue of **Eve Teasing** which is the adverse outcome of gender inequality and other social constraints prevailing in our society.

On the next day, Dr. Fauzia and Dr. Anubhuti enlightened the students on **Cyber Crime**. They guided them to make a safe use of social media and internet. The students were encouraged to take the help of the Cyber Crime cell in the district if they are inadvertently trapped in some cyber wrong.

Dr. Ranju Rathore, Astd. Prof, Sociology discussed different aspects of **Domestic Violence** and made the girls aware of the existing legal protection against it.

Mrs. Pallavi Saxena, Clinical Psychologist, Distt. Hospital Pilibhit U.P. discussed the issues of **Tension and Depression among Women** as these are to be effectively kept in check for a wholesome being. The working women urgently need to cure the 'Super Woman Syndrome' for a successful career.

During the nine days of Goddess Durga the students also participated in the awareness drive through Nukkad Nataks, Posters and Essays etc. on the subjects related to women empowerment.

During this period, self- defence training was constantly arranged by Dr. Praveen Singh Jadaun, Asso. Prof. Physical Education, K.A.P.G.College, Kasganj, Taekwondo expert Mohit Yadav, Judo Specialist and Gold Medalist Gaurav Sanotra, Taekwondo expert Mr. Gopal and also by flowing online videos for the same.

After the phase of nine days the programme was continued throughout the session.

##### **5. Obstacles Faced if any and the Strategies to Overcome Them (150-200 words):**

It was really challenging to motivate the students for connecting online in the days of Covid-19. The self defence training couldn't be effectively conducted through online mode. However, our organising committee very speculatively chalked out the plan to

target a greater audience and sway them for an effective outcome. The teachers motivated the students through social media to join the event. Moreover, the emphasis was to motivate and prepare the girls for self- defence through various ways.

#### **6. Impact of the Practice (100-120 words):**

The purpose of the practice was to make girls aware of existing legal protection against female feticide, eve teasing, domestic violence, cyber crime, gender discrimination and inequality, sexual violence etc. The students joined the online webinars and even posed questions about the related issues. The girls expressed their concern for equal treatment in family for nutrition, education, career and the rest. The online demonstration of the self- defence techniques inspired the students to learn them for their safety and security. The girls also displayed interest in the issues of cyber crime and took a pledge against these.

#### **7. Resources Required:**

For the success of this practice during the pandemic when the educational activities were being carried in the online mode, the institution primarily required the commitment of the concerning faculty that is human resource. Another essential human resource was our students who were to be reached out for the desired effect. We also required the constant help of the experts on different subjects. The availability of the internet facilities and related devices like smart phones or laptops with the participants was also required for the result wished for.

#### **8. About the Institution**

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