



## Government General Degree College, Mohanpur

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### Best Practice 1

#### Title of the Practice: Empowerment of Women

*“Nowhere in the world are women like those of this country. How pure, independent, self-relying and kind hearted. It is the women who are the life and soul of the country.”*

---Vivekananda, a letter to Swami Ramakrishnananda (1894).

#### Objectives of the Practice:

The goal of the best practice titled “Empowerment of Women” is to foster an environment that empowers women through education, health awareness, financial independence, and holistic well-being. This initiative seeks to equip women with the necessary tools, knowledge, and opportunities to make informed decisions, thereby contributing to a more equal and just society.

#### Context of the Practice:

Empowerment of women involves providing women with the power to control their lives and make decisions that benefit both themselves and society. It is about creating an environment where women can pursue their aspirations without barriers. The concept of “Women Empowerment” is central to achieving gender equality, encouraging financial independence, and building confidence among women. This practice emphasizes the importance of addressing key areas such as education, health, self-defense, and economic empowerment to promote the overall well-being of women and girls.

#### The Practice:

In recognition of the ongoing challenges related to gender equity and discrimination, the institution adopted the practice of “Empowerment of Women” as its best practice for five consecutive academic years, since 2019. Each year, an awareness program was conducted on a specific day, focusing on different aspects of women’s empowerment. These programs were

designed to address various dimensions of women's lives, aligning with the institution's vision and mission to promote holistic development.

**The following table details all the Women Empowerment programs conducted:**

Sl.No.	Name of the Program/ Activity	Date and Time	No. of Students Participated
1.	BetiBachao, BetiPadhao: Empowerment of Girl Child	11.03.2019 11 AM onwards	56
2.	Empower Through Nutrition: A Guide to Women's Well-being	11.03.2020 11.30AM onwards	49
3.	Yoga and Meditation Program for Improved Menstrual Health	11.03.2021 11AM onwards Online only	67
4.	Women's Success: Entrepreneurship and Financial Independence	11.03.2022 11.30AM onwards	53
5.	Empowering Your Health: Managing Premenstrual Symptoms	13.03.2023 12 O'clock, noon	57

**Evidence of Success:**

The success of the "Empowerment of Women" practice is evident in the active involvement of the Collegiate Women Development Cell (CWDC) and the enthusiastic participation of female students. Over the five years mentioned, the CWDC organized these programs with great dedication, leading to increased awareness and involvement among the students. The girl students demonstrated heightened interest in the activities, reflecting in their active participation in both curricular and co-curricular activities. The pass percentage of female students in various programs also saw a significant increase, showcasing the positive impact of these initiatives. Moreover, many students expressed their appreciation for the efforts made by the CWDC in empowering them through these programs.

**Problems Encountered and Resources Required:**

One of the main challenges faced was the initial resistance to the concept of women's empowerment, as there was a belief that sufficient efforts had already been made in this regard by the government and NGOs. Additionally, balancing the timing of these programs with regular academic schedules posed a challenge to avoid disruption of educational hours. Our institution is understaffed and overburdened with CBCS and NEP curricular. During COVID 19 Pandemic field conduct of these programs became a challenge. However, with meticulous planning and organization, these challenges were successfully managed, and the programs were conducted without any major issues. When practical programs could not be conducted, we used digital platforms for conducting programs related to Women Empowerment. The institution provided the necessary resources, including infrastructure, security, and expert in-faculty speakers and a resource person, to ensure the success of these initiatives.

**Conclusion:**

The "Empowerment of Women" practice has proven to be an essential and impactful initiative, significantly contributing to the holistic development of female students. By addressing critical aspects of women's lives and providing them with the tools and knowledge to empower themselves, the institution has taken meaningful steps towards fostering an environment of equality and justice. This practice will continue to be a cornerstone of the institution's efforts to empower women and promote gender equity in the years to come.

## The topics covered in the last five years were:

### 2019: "BetiBachao, BetiPadhao: Empowerment of Girl Child"

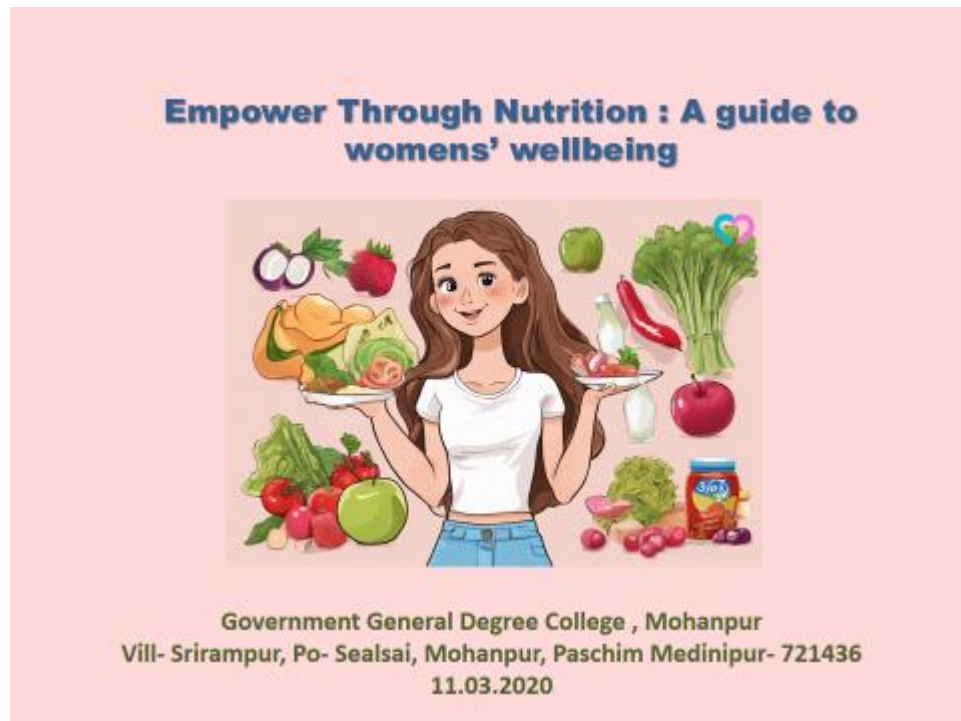


- This program emphasized the importance of educating and empowering the girl child. It focused on raising awareness about gender equality, the value of educating girls, and the need to protect their rights.





**2020: "Empower Through Nutrition: A Guide to Women's Well-being"**

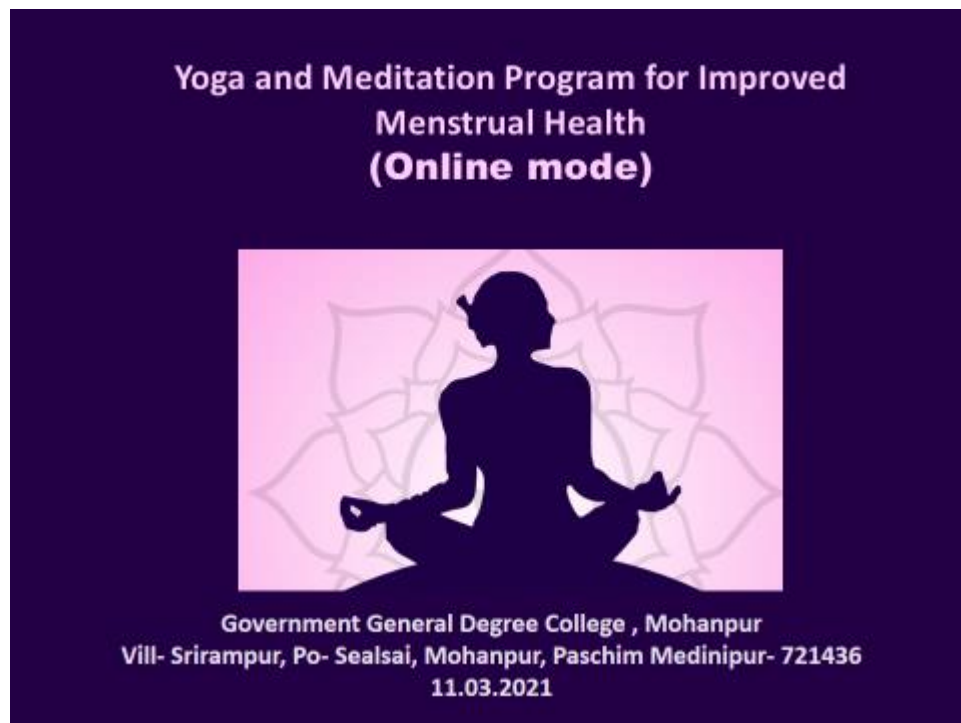


- This session highlighted the critical role of proper nutrition in women's health. It provided insights into balanced diets, the impact of nutrition on physical and mental well-being, and how women can take control of their nutritional needs.



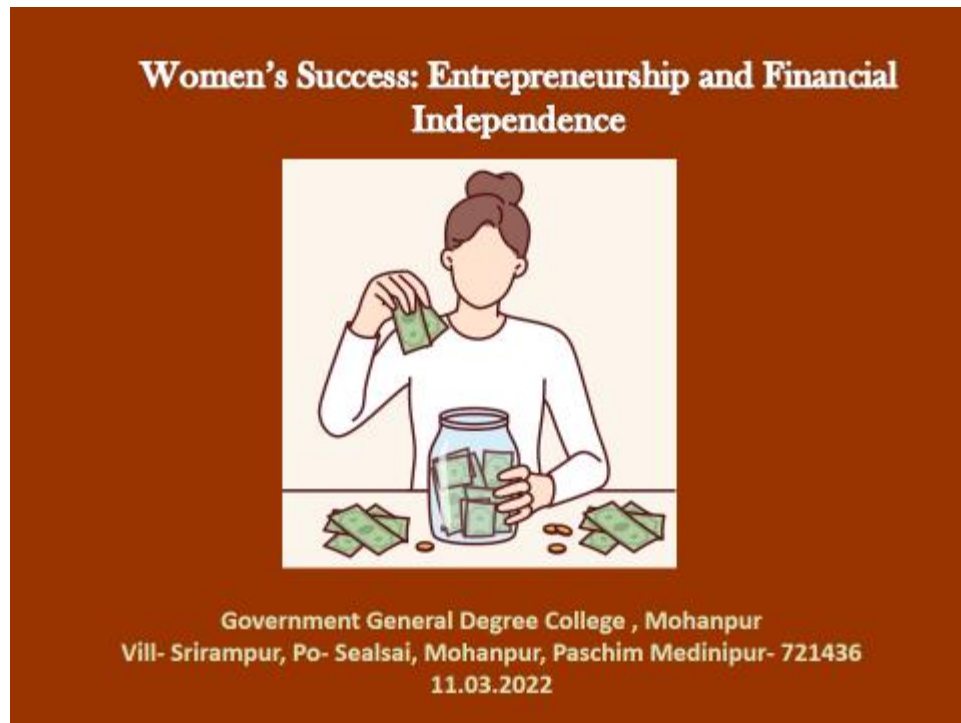


**2021: "Yoga and Meditation Program for Improved Menstrual Health"**



- This program focused on the benefits of yoga and meditation in managing menstrual health. It aimed to educate women about natural ways to alleviate menstrual discomfort and promote mental peace through regular practice.

**2022: "Women's Success: Entrepreneurship and Financial Independence"**



- This program was dedicated to empowering women through entrepreneurship and financial literacy. It encouraged women to explore business opportunities, manage finances, and strive for financial independence.



**2023: "Empowering Your Health: Managing Premenstrual Symptoms"**



- This session addressed the importance of managing pre-menstrual symptoms (PMS) effectively. It provided strategies and tips for women to deal with the physical and emotional challenges associated with PMS, promoting overall well-being.







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## **Best Practice 2**

### **Title of the Practice: Green Initiatives in and Around Campus**

#### **Objectives of the Practice:**

To systematically execute green environment initiatives for maintaining biodiversity and creating a pollution-free environment within and beyond the campus, ultimately improving the quality of life for local community members.

#### **Context of the Practice:**

Located in an rural and interior area, GGDC Mohanpur's campus has a lush green campus, hosting a variety of flora and fauna. The college community, including students and faculty, is committed to environmental sustainability, integrating it into learning and creating awareness of sustainable practices.

#### **The Practice:**

- 1. Plantation Drives:** Students regularly participate in plantation drives initiated by the college NSS Unit.
- 2. Post-cyclone Restoration:** Efforts were made to restore the green cover after the damage caused by Cyclone Amphan.
- 3. Eco-Friendly Felicitations:** Guests and dignitaries are felicitated with saplings.
- 4. Campus Cleanliness Drive:** Organized by the NSS to maintain campus hygiene.
- 5. 'No Plastic Zone':** The campus is designated as a 'No Plastic Zone,' with strict adherence to this policy.
- 6. Digital Communication:** Utilizing the college website, & email for communication to reduce paper usage.
- 7. Waste Management:** Properly labeled dustbins for different types of waste and separate pits for biodegradable and non-biodegradable waste.
- 8. Sanitization and Sewage Measures:** Planned and implemented as part of the building plan by PWD, Government of West Bengal.
- 9. Environmental Projects:** Environmental issues are a key component of the AECC in the UG curriculum.
- 10. Promotion of Sustainable Practices:** Encouraging the use of recyclable materials and public transport among students and staff.
- 11. Carbon Neutrality:** The greenery on campus helps neutralize harmful carbon dioxide emissions.
- 12. Maintenance and Safety:** Regular maintenance of instruments to ensure proper energy utilization and minimize hazards.

**12. Rainwater Harvesting:** Provision for rainwater harvesting within the campus.

**Beyond Campus Initiatives:**

**a. Environmental Awareness Rallies:** Conducted in nearby communities to raise awareness about environmental pollution.

**b. Community Cleanliness Drives:** Organized in local areas and along roadsides.

**c. Environmental Education:** Screening movies on environmental issues for local community members.

**d. Tree Plantations:** Distribution of saplings and community tree-planting initiatives.

**Evidence of Success:**

A comprehensive Rain Water Harvesting System is operational on the college campus, aimed at recharging groundwater and reducing harmful contaminants. Collected rainwater is stored in a large tank and used for watering campus plants. At the community level, there has been an increase in green coverage due to plantation drives, and subsequent visits have shown a noticeable improvement in local cleanliness.

**Problems Encountered and Resources Required:**

Implementing green campus initiatives is challenging and requires a sustained long-term commitment from all stakeholders. A low level of environmental awareness among students and the local community poses additional challenges. The practice is resource-intensive, necessitating expert advice and the deployment of various resources, including manpower.

## Some Photographs of Green Initiatives in and Around Campus

### Cleaning Programme Outside the Campus





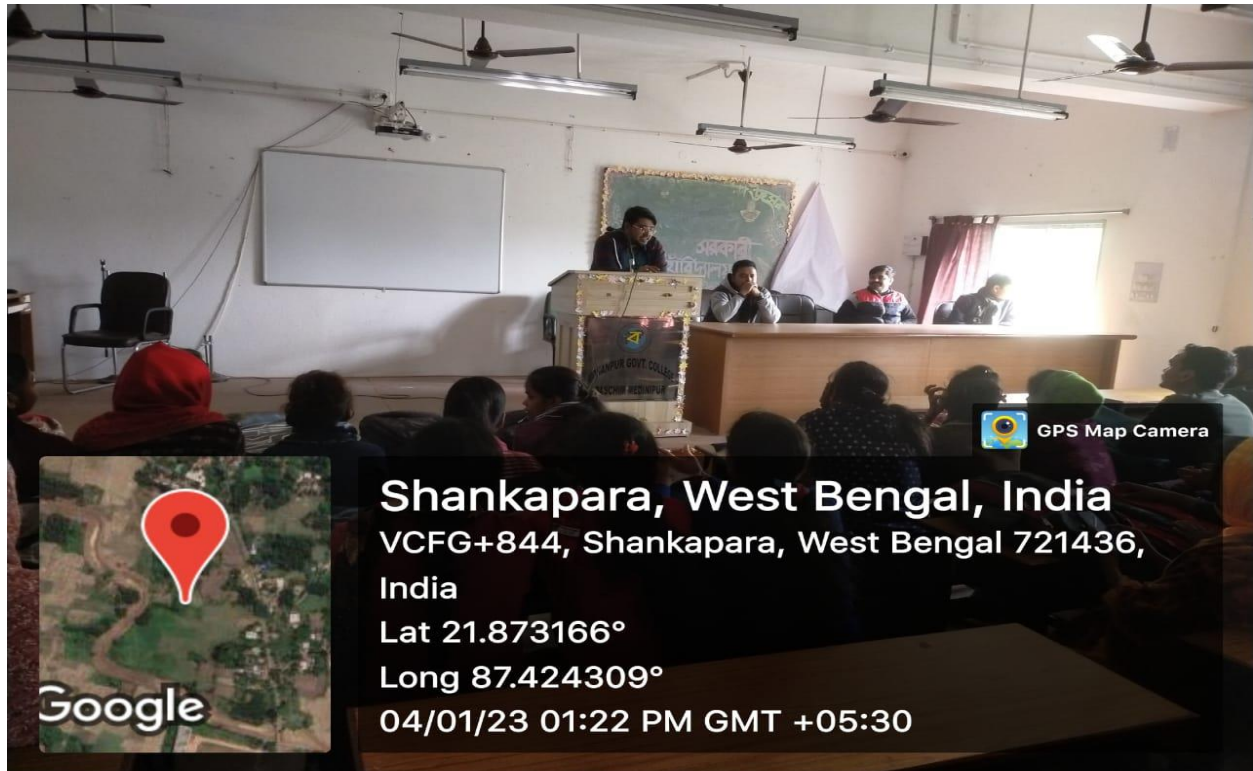
## Motivating Primary School Students for Sanitisation and Future endeavour



## Spreading Bleaching Powder in a primary School in Adopted Village



## Lecture on Gender Sensitisation



## Participation in Youth Survey by Govt. of India





## Tree Plantation and maintaining





## Campus Cleaning for Gardening



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