

BEST PRACTICE- I

EMPOWERING WOMEN THROUGH SPORTS

FINANCIAL AND NON-FINANCIAL SUPPORT FOR STUDENTS TO EXCEL IN THE FIELD OF SPORTS



'Chile Tour U-21 (junior women)- Hockey' held at Chile, South America- WINNERS- Rashanpreet was part of the team

OBJECTIVES

- Women Empowerment
- Promote gender equality
- Bring self-sufficiency and eradicate poverty and violence
- Foster self-esteem
- Inculcate positive and healthy decision-making ability, team work, strong work ethics

UNDERLYING PRINCIPLES

- The underlying principle for first two objectives has been the United Nations Goal 5 of SDGs, that aims to ensure gender equality and women empowerment globally.
- Sports improve woman's leadership potential and overall economic growth much in line with Agenda 2030 of reducing violence and poverty.
- Funding opportunities for women in sports as we have students who are achievers but come from economically weak background.

THE CONTEXT

Sports have the potential to leave social and economic legacies. They contribute to universal values of equality and non-discrimination, empower people and challenge long-seated

stereotypes. We at Guru Gobind Singh College have directed our efforts towards developing empowered women through sports as one of our Best Practice.

Challenging issues that needed to be addressed while designing and implementing the practice:

- Financial Constraint imposed a challenge as we have sports person who come mostly from economically weaker sections.
- It is quite a task to convince the parents to send their children out of their home state.
- After admission and giving them freeships, skill enhancement is the next challenge that is faced. To raise them to the levels of being achievers calls in for a lot of hard work and motivation.

THE PRACTICE

Women athletes in India are now getting their share of fame and appreciation that they deserved much earlier. In alignment with the Agenda 2030 of Reducing Violence and Poverty, promoting UN'S Goal 5 of SDGs of ensuring women empowerment and gender equality and Centre's policy of promoting women-athletes, our College a seat of higher education has adopted 'women empowerment through sports' as its best practice.

There are several scholarships for academically excellent students, but our institution has special arrangements for the sports achievers. Financial and other support to student-athletes of the college is meant to help them focus on sports and encourage them to participate in national and international events, representing the College at University, State, India and International levels. Aligned with the Centre's policy of promoting women-athletes, our college supports women-athletes by providing concession in tuition fees, free accommodation at the hostel, free special diet, proper infrastructure and equipment at the College campus or at the stadium, which is within 5 km of the college.

Session	Particulars-Title	Number of Beneficiaries	Amount (Rs)
2020-21	Scholarships/Freeships	109	12,28,529/-

Our management is also quite proactive in promoting sports. For the promotion of hockey game, keeping in mind the outstanding performance of hockey players in SES institutions, they constituted SGGS Hockey Club. Expenditure related to kit and equipment is met by the management. Our students get an opportunity to play the game through the club in various tournaments other than inter-college. Deserving students are also honoured by the club.

Our efforts have always been directed towards skill enhancement of our students. Concerted efforts go into making them achievers. No stone is left unturned in providing them training with the best available coaches. Further, all out efforts are made to enable them to play in different tournaments such as junior level, senior level, invitational, cash prize to give them maximum exposure and to enhance their skills.

CONSTRAINTS

1. Despite all efforts financial constraint is an issue that needs to be addressed. There are large numbers of games and choice in funding sometimes becomes very difficult.
2. Often deserving candidates do not possess the necessary paperwork required for availing scholarships.
3. Stringent requirements needed to satisfy the criteria for availing scholarship restricts certain students from availing the same.

EVIDENCE OF SUCCESS (200)

Our students have always won various laurels at the University, State, National and International levels over the years and have made our institution and country proud. This session, we have to our credit:

Session	Game	Tournament Name	Organized by/ Held at	Position/ Medal	Name of the student(s)	Class
2020-21	Hockey	Senior State Hockey Women Championship 2021	Hockey Stadium, Sector 42, Chandigarh	Silver Medal	College Team	-
		Online Hockey Skill Competition	Hockey Chandigarh	Silver	1. Rajni 2. Sonu	BA-II
		Chile Tour U-21(Junior Women)	Santiago, Chile, South America	Winners (<i>National Women Hockey</i>)	Rashanpreet	BA- I
		Senior State		Gold	1. Aarti	BA-II

	Boxing	Women Boxing Championship 2021	Chandigarh Boxing Association	Medal	2. Soniya	BA- I
				Bronze Medal	Monika	BA- I



The award is being presented to Rajni and Sonu by Sports Minister of Haryan S. Sandeep Singh (Hockey Olympian) for Online Hockey Skill Competition



*Rashanpreet, Hockey Player
National Hockey Team*



*Aarti, Boxing Player,
Gold Medal Winner*

Our institution even before adopting it as our best practice had been working towards creating empowered women through sports. It is quite reflected in the fact that many of our sports person have carved a niche for themselves in the society, and are contributing towards the development of society in various fields like police, teaching in various colleges and university and much more.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

In the successful implementation of this distinctive practice, the problems were encountered at two major levels, that is, *generation of funds and distribution of funds*.

1. **Generation of Funds:** At the institution level an all-out effort is made to make this practice a success by giving freeships, maximum possible exposure to enhance their skills and best of training through available coaches. Yet, lot more funds are required to make it a success in the manner we had caricatured it to be. The limitation that comes is that all what is done is at institutional level. We do not have major funding from any NGO, private institution or from any other source
2. **Distribution of funds among students:** With the limited funds in hand, it becomes difficult to distribute them amongst the deserving students as per their requirements.

BEST PRACTICE - II

PROMOTING WOMEN ENTREPRENEURSHIP

“EARN WHILE YOU LEARN”

OBJECTIVES

The college strongly believes in creating individuals capable of becoming financially independent. Club Saksham, constituted in session 2019-20 is an entrepreneurial venture of students of all departments through which we aim:

- To showcase skill of students.
- To inculcate the value of hard work and dignity of labour.
- To help them understand the concept of entrepreneurship.
- Make them learn the basics of management and enable them to create profits on small scale

UNDERLYING CONCEPT

- Facilitation of concept of earning while learning.
- Generate feeling of confidence among students as we have students coming from economically weaker section of society.

THE CONTEXT

The practice had been designed to enable students to earn while learning. The pandemic period has been quite challenging for all of us. It exposed us to innumerable challenges. Nevertheless, we tried to keep up our practice, sans class room teaching and exhibitions. Some of the challenging issues accosted, both on part of the teacher and taught in carrying forward this practice were:

- Forced U-turn in the method of imparting knowledge during pandemic.
- Virtual learning being the need of the hour, required many technical and non-technical issues to be addressed.
- An element of boredom and lack of direction called for generation of motivation amongst the students to channelize their in-exhaustive energy in positive direction during lockdown.

- To bring about an enhancement in the learning skills of students and prompt them to think about their economic well-being as pandemic had hit hard the economy as whole.

THE PRACTICE

There was a change in manner in which the practice was executed during the session due to prevailing exceptional situation of pandemic. Realizing the need of the hour the Department of Fine Arts and Home Science took initiatives under the flagship of the ‘Saksham Club’ to carry forward this practice

DEPARTMENT OF FINE ARTS

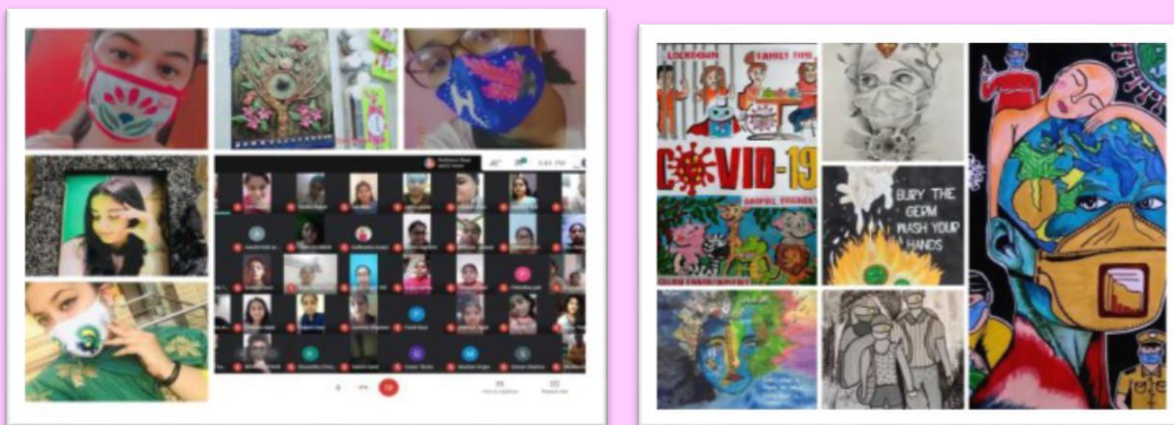
EARNING BY SELLING MASKS



A three-day online *Mask Making and Painting Workshop* in collaboration with Fevicryl (Pidilite Industries) was organized where students learned various creative ways of decorating masks. Along with this mask stitching and mask painting sessions were held by Ms. Jasneet Malhi (HOD, Department of Home Science) and Dr Anju Bala (HOD, Department of Fine Arts).

Under guidance of Ms. Jasneet, they stitched three-layered masks keeping into account fabric of mask, filtration, breathability, fitting, applying elastic or ribbon in appropriate manner. Dr. Anju guided them not only with designs that looked

aesthetically beautiful but also with use of acrylic/ fabric colours that were safe for skin. These masks were sold by them in their locality.



DEPARTMENT OF HOME SCIENCE

PROVIDING HEALTHY MEAL TO THE STAFF AFFECTED BY SARS COV 2

Ms. Jasneet Malhi, (HOD) found a unique innovative way to help staff suffering from COVID, especially during the second wave. Its basis were two activities organized under her headship. First, *Cookery Contest-Healthy Dish with Everyday Ingredients* and second *COVID Care: Diet During the Pandemic and Mask Making*. Very judiciously she earmarked five students, who not only prepared healthy meals in accordance with meal plan made by her keeping in mind the medical condition of the affected, but also delivered to the concerned. All COVID essential precautions and hygiene was fully ensured. The exercise though required a lot of effort both on part of the teacher and the taught was quite fruitful. Besides generation of funds for the students, it was a welcome exercise due to the element of empathy involved in it. The personal touch in such tough times of a colleague and own students was quite assuring and was welcomed whole heartedly.

CONSTRAINTS/LIMITATIONS

- As every meal plan was made according to individual's requirement, virtually it was little tough guiding the students, so only five of them were involved.
- Arranging grocery on part of student was also little difficult on account of lockdown.
- Delivery was another issue as parents were a little apprehensive of sending their child out for delivery.

EVIDENCE OF SUCCESS

The measuring rod of success for our best practice *Earn while Learn* as the name goes is two-fold, earning and learning, but prima-facie we measure its success by analysing as to how far we have been able inculcate the spirit of financial independence and nonetheless of being responsive citizens in such trying times.

- Students participated with great enthusiasm and were happy to explore new, easy and creative methods of mask making using small pieces of cloth and fabric colours which were easily available at home.
- They learnt different methods of stitching masks in an easy way.
- They not only made safe, colourful and attractive masks but also sold them at reasonable prices in their locality that served a two-fold purpose, of generating income as well as awareness about the protection offered by their usage.
- Provisioning of meals by our students not only helped them earn but also inculcated in them a satisfying feeling of having been able to do something fruitful in these tough times. Learning in this direction worked towards making them socially responsible and also raised their emotional quotient much in alignment with 'holistic development of beings' being the main aim of education.





PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

- Uninterrupted internet bandwidth was required throughout the day and due to some technical glitches and network issues large number of willing students were not able to participate.
- Due to lockdown the scope of the students was limited to fine arts and home science department.
- Lack of personal touch with the students especially in both the practical subjects was much felt. Virtual teaching does leave a gap.
- Sample size of students as far as earning part of practice is concerned was limited both in mask making and preparing food for the affected.