

### **Best practice 1**

Women Empowerment There are 4237 students enrolled in the college, out of which 2586 number are girls candidates. In the teaching faculty, almost 50 is the women staff out of the total of 58 members. So it becomes the immense responsibility of the institution to think about and make plans for the betterment of women and provide safe working environment to the female staff members and students in the college. For this purpose the college has constituted the women grievances redressal cell which deals with the women grievances within the college and also conduct awareness programmes. • The women cell organised different activities, awareness programmes to enable the girl students to enhance their potential for learning as well solving their problems independently. • The women Cell organised the programme “ the Protection and Promotion of Women Rights in H.P” in association with H. P State Commission for Women in which Women commission member Mrs Promila made the girl students aware about their rights and encouraged them for empowerment. • Organisation of Essay competition, declamation and painting competitions related to the role of women in society and their empowerment provide the best platform for the students especially girls to explore their ideas, enhance their confidence and skills. The organisation of such type of programmes surely leads to the sensitisation and motivation of other students also. • The women cell deals with the women grievances within the college and redresses (resolve) them within the stipulated time.

### **Best Practice 2**

Sports and extracurricular activities The students of the college not acquire mere theoretical knowledge and excel in academics rather they are promoted more and more to participate in different activities like sports, NCC, NSS, R R and other extracurricular activities. During the session 201617, college girls won 6 gold medals, 7 silver medals and 8 bronze medals in inter college championships held at different colleges. Men teams won 6 gold, 12 silver and 7 bronze medals in inter college sports events. One of our students, Mr Pankaj Mankotia won gold medal in National Open Wrestling and participated in World Wrestling Championship held at Kirgistan. In the month of October our college hosted HP University Inter College Athletic Meet from 7th Oct, 2016 to 9th Oct, 2016 in which our boy’s team bagged Winner Trophy and girl’s team grabbed the Runner up Trophy. College organised CSCA Function “Abhivayakti” in the month of March from in which about 160 students participated in nine events like Quiz, Debate, modelling, fancy dress, group song, solo song, group dance, solo dance and mime. Our students participated in all the four H P University Youth Festivals. In NCC, Miss Shivani Sharma attended Thal Sena camp at Delhi.