

**Title of the practice:** Women Empowerment through the Establishment of Women Cell.

**Context that required the initiation of the practice:** Our College is exclusively for women students. The sole purpose of the establishment of the college was empowerment of women through Higher education. The college was to provide quality education to every class of females barring their economic status, caste, and creed. However, the female students required an extra thrust to make their stride with the fast pacing society. The College hence established the Women Cell to design more need-specific programmes for its students.

**Objectives:** The contemporary issues of health-awareness, legal literacy, human rights, self-protection, women's right, dowry act, government policies etc were required to be dispersed to the young girls to help them become self-reliant and confident. The secondary objective was also to develop employability and entrepreneurship skills in the students for financial independence, career advancement and a bright future.

**The practice:**

The Women Cell organizes self-defense training to help the students become fearless, confident and independent. Self defense has become need of our which is very necessary for all girls in the present scenario along with academic inputs.

Several Workshops are organized to open up debates regarding women's right, dowry practice, educational and career opportunities, role of women in the contemporary global scenario, to make students aware about women legal rights.

Workshop on Legal Literacy, health and hygiene, sanitation and environmental issues are conducted to help the students make the best use of their potential for themselves and for the society at large

To ensure girls students better understanding regarding issues faced by women in present time, screening of short feature film, documentaries and counseling of students is regular practice of the institution.

**Obstacles faced and strategies adopted** The major obstacles faced in the organization of the training programmes and events were attitudinal behavior of both participants and their guardians. The students were hesitant and shy to recognize, understand or share their problems due to social or peer pressures. To handle these issues, the students were repeatedly monitored closely and were encouraged to open up to their teachers and mentors. Counselors, Psychologists and Specialists were invited to look into the specific nature of the problems with the young students and to resolve their different emotional, physical and mental issues. Repeated exposure through different sessions, rallies, film screenings were helpful in washing away the stigma of certain issues and the students were able to approach their problems in a more immediate manner.

## **Impact**

While the impact of the working of the Women Cell cannot be quantified in numerical digits, the continuous effort of the Women Cell helped several students to resolve their personal, academic and career issues in a more effective way.

Issues concerning sexual harassment and domestic violence were reported with more responsibility and help was sought by the students from the committee members of Women Cell.

Female Candidates were able to recognize their own social situations and thus address them better, with more understanding and maturity.

The hidden and latent potential of several candidates were revealed during the interactive and/or counseling sessions as a result making them healthier, smarter and more adept at social skills.

Due to constant effort of college for 'women empowerment' the pass outs of the college are successfully representing in all the areas of academic, political, social works through NGO's, Judiciary, management and administrative fields.

**Resources required** The Events of the Women Cell needed infrastructural facilities, financial aids as well as expert resource person for organizing the film screening, seminars, workshops, rallies, etc. The seminar/workshops/screenings/counseling sessions were organized with the financial support from the internal budgetary sources of the college.