

## **BEST PRACTICES IN mLAC**

### **Title of the practice 1- Women Empowerment through Value Education**

#### **The context that required the initiation of the practice - (100 – 120 words)**

The highly competitive environment in which individuals have to operate in the current times has exerted enormous pressure on them. The present day education is focused on enhancing knowledge and skills. However, to enable learners to excel in their personal and professional domains, it has become imperative to inculcate values and develop the right attitudes. This will help them evolve as human beings with character and integrity. Adopting an integrated approach to education was felt necessary in order to ensure holistic development of the learners. Maharani Lakshmi Ammanni College for Women being an institution catering exclusively to the needs of women students, the need for empowering them by developing all aspects of their personality in a structured manner was felt and therefore this practice was initiated in the year 2005.

#### **Objectives of the practice – (50 – 60 words)**

- To empower women through inculcation of values
- To enhance self-confidence and build resilience
- To equip women holistically for reducing vulnerabilities
- To enable greater adaptability in order to face challenges
- To strengthen the physical, intellectual, emotional, social and spiritual quotients

#### **The Practice (250 – 300 words)**

Maharani Lakshmi Ammanni College for Women has partnered with Disha Charitable Trust for Value Initiatives to conduct workshops for enabling holistic development of students' personality and empowering them through facilitating the discovery of their identity to enjoy all round internal and external harmony and progress.

The workshop methodology is adopted and activity based sessions encourage introspection, create a platform for free and frank discussions, develop a spirit of inquiry, promote creativity, provide exposure to social issues and above all instill a sense of pride in the motherland. The workshop engages students in a perfect blend of activities relating to the head, heart and hands as stated below:

- Group discussions, quiz and interactive sessions are the activities relating to thinking which form an important aspect of the workshop.

- Introspection, counselling, storytelling and singing focus upon the emotional component, that is, feeling that directs behaviour.
- Yoga, pranayama and games relate to the physical quotient necessary to ensure a healthy mind in a healthy body.

A brief description of the sessions is stated below:

- Ice Breaker: With a stress buster yoga and meditation session, the participants are thus brought to a relaxed state of mind by the end of this session.
- Know yourself: This session focuses upon understanding the self.
- Know your Culture: An understanding of one's own culture forms the crux of this session through a quiz.
- Know your Country: An audio-visual presentation in this session provides exposure to students about the exceptional and extraordinary feats of people from various walks of life.
- Games: This session engages participants in games meant to foster team spirit, healthy competition and spirit of sportsmanship.
- Consolidation: The facilitators wrap up the workshop by consolidating the learning through the course of the day.

The unique feature about this practice in Indian higher education relates to the methodology adopted for imparting value education.

### **Obstacles faced if any and strategies adopted to overcome them (150 – 200 words)**

Value education for holistic development has been an institutional practice over the last fourteen years. The obstacle faced in designing the practice related to finalizing the theme, structure and mode of delivery of value education in a manner that would find acceptance among modern day youth. Particularly, the issue of contextualizing value education to suit contemporary needs and ensuring that value education would not be interpreted or understood as religious education by all stakeholders was a challenge. Implementation of the practice also posed challenges as integrating the practice into the curriculum meant extra hours for students and teachers.

Adoption of the activity based and experiential learning methodology ensured that the practice found acceptance among learners. Most importantly, over the years, word of mouth promotion of the practice by senior students to the juniors has ensured acceptance by learners. As students and teachers are oriented beforehand about the benefits of the practice, the challenge related to putting in extra hours has been overcome.

**Impact of the practice (100 – 120 words)**

A study was conducted to find out the impact of value education in empowering women students of the institution. The study revealed that self-esteem, self-control, self-expression and internal locus of control have emerged as strong variables in building resilience among undergraduate women students. Collaboration, professionalism, humanitarianism, spirit of inquiry, patriotism and adaptive capacity has a significant role in reducing vulnerability. The results of this study also point to the direct positive effect of value education towards receptiveness, sense of national pride, ecological consciousness and responsiveness in enhancing adaptability among students.

The findings of the study indicated that greater the resilience, lesser the vulnerability and higher the adaptability among women students for enabling sustainable human development thereby empowering them to face the challenges of the VUCA world.

**Resources required**

A room or hall with movable furniture or carpets, audio-visual equipment and honorarium to resource persons

## **Title of the Best Practice 2- Open Science Day**

### **Context that required initiation of the Practice**

The enormous advancement in Science and Technology that is globally witnessed day to day can be harnessed to develop the scientific temper among the students. This enables to cultivate the analytical, reasoning and critical thinking skills in students as they progress to pursue higher education in science. It was felt that this could be achieved by organising Open Science Day that is earmarked in our calendar of events.

### **Objective of the practice-**

- To inculcate interest in Basic Sciences.
- To explore the scope and opportunities in choosing science as a career.
- To update on the advances in science and technology.
- To know the working principles of high-end equipments.
- To develop an understanding on advances in methods and methodology.
- To ignite the research spirit in young minds.

### **The Practice**

The Life Science, Chemical Science and Physical Science departments of the college jointly plan the Open Science day every year. The Pre -University students in the vicinity of our colleges are invited to participate in the event. The Science Coordinator constitutes and assign duties to the core committee and the organising committee. The Invite for the event is designed and distributed to the colleges.

The committees meet to discuss the plan and progress of the event periodically.

A schedule is prepared to facilitate the students to visit the laboratories of nine science departments in addition to research labs, Bioinformatics lab and animal house facility.

Each department demonstrates interesting and thought-provoking experiments. The students get ignited in chemistry, illuminated in physics, Catalysed in Biochemistry, appreciate the advances in

Flora and Fauna in Botany and Zoology, understand microbes in microbiology, engineered in Biotechnology research, understand algorithms in Computer Science and Mathematics.

The event also organises Brainstorming competitions like puzzle solving, Quiz and Experiments and rewards the students.

### **Obstacles faced and strategies adopted to overcome-**

- The Pre-University colleges must permit the students to participate in the event. ➤
- Difficulty in transporting the students to the venue.

### **Impact of practice-**

- Enrolment for science courses has improved.
- Developed awareness on recent advances in science.
- Increased interest among students towards pursuing higher studies and research in science.

### **Resources required**

- ✓ Preparation of Invite
- ✓ Certificates and Prizes
- ✓ Hospitality
- ✓ Student Volunteers
- ✓ Faculty
- ✓ Supporting Staff