

7.2 Best Practices:Smart Girls Program

1) Title

The SMART Girls program concentrates on Self-awareness, Communication and relationship, Menstruation and hygiene, self-esteem and self defense, choices and decisions, Friendship and Temptations.

2) Objectives of the Practice

- Self-awareness in adolescent age.
- Importance of knowing one self
- To learn technique of questioning oneself
- Essential aspects of communications
- To develop sense of family bonding
- To create self-respect through identification of strength
- Need to manage fear and / or anger
- Self-defence is survival not winning
- To create awareness about importance of selecting right friends

3. The Context

- Girls face many constraints on their daily activities during Menstruation. Many of the negative emotions girls felt about Menstruation were linked to problems with managing Menstruation, particularly in school.
- To significantly enhance self- awareness in girls that directly and indirectly improves their social status.
- To increase knowledge about maintaining self-esteem in girls
- To increase confidence level face adversities and to know the practical tips for self defence.

- To facilitate positive beliefs in girls about right friendship and handling temptations
- To sensitize parents for their adolescent children's developmental and emotional needs
- Parents need to know that smart girls mixes education with life oriented content.

4. The Practice:

- Most girls find it difficult to practice good Menstrual hygiene. Managing Menstrual hygiene is particularly difficult at school, and is linked to anxiety and absenteeism.
- SMART Girls promotes exploration, imagination and invention.
- SMART Girls to ask questions and find their own paths for investigation.
- Girls are motivated when they can approach projects in their own way, applying their creativity, unique talents and preferred learning styles.
- Girls' confidence and performance improves in response to specific, positive feedback on things they can control-- such as effort, strategies and behaviors
- Girls gain confidence and trust in their own reasoning when encouraged to think critically. Facilitators create a learning community in which asking questions and creative thinking are encouraged.
- Girls benefit from relationships with role models and mentors. role models and mentors not only broaden girls' views of who does science, but expand their vision of what's possible in their own lives

5) Evidence of Success

Video clippings, photos and reports are the documentary evidence which maintained in the college.

6) Problem encountered and Resources required :

- ✓ Be consistent in your meeting place, time and day.
- ✓ Be prepared. Having a box filled with binders, pens, markers and other SMART Girls supplies makes setup so simple.
- ✓ Girls should be given the way to creativity that can be exhibited once in a week.
- ✓ Extra worksheets to be provided.
- ✓ Everyone's opinion should be registered.

Resources Required:

- ✓ Whiteboard or poster-paper; markers
- ✓ Session worksheets and badges
- ✓ Projector
- ✓ Question Box slips
- ✓ Pens/pencils

BEST PRACTICES 2: CLUB

1) Title

- We have promoted the formation of clubs essentially to bring like-minded individuals together to enhance their interpersonal skills and foster their team spirit.
- The groups could range from events to communication to idea sharing.

2) Objectives of the Practice

- To encourage students become orators to display their intellectual and independent thinking skills and imbibe a sense of confidence.
- To promote communication skills of students and help in team work, ability to speak and emote before an audience thereby increasing the emotional quotient of the students.
- To encourage students to participate actively in the activities organized by the science club.
- To understand scientific knowledge through experiment.

3) The Context

There are various clubs

- COLLEGE UNION
- RESEARCH PROMOTION WING
- ALUMNI ASSOCIATION
- YRC & RRC
- CITIZEN CONSUMER CLUB
- SCIENCE AND NATURE CLUB
- PHILATELY CLUB
- WOMEN ENTREPRENEURSHIP DEVELOPMENT CELL
- ROTARACT CLUB
- ENGLISH LITERARY AND THEATRE CLUB
- READERS CLUB
- ECO - AWARENESS CLUB
- HUMOUR CLUB

- INNOVATION CELL
- SEVOTTAM

4) **The Practice:**

COLLEGE UNION

- The College Union is the Community centre of the college; Serving Students, Faculty, staff, Alumni and Guests.
- A college union is an organization offering variety of programs, activities, services and facilities.
- The union offers firsthand experience in Citizenship and educate the students in leadership, social responsibility and values.
- The Union is an integral part of the educational mission of the college.
- Research Promotion Wing was established in the Academic year 2011-2012 for carrying out mini projects to inculcate research fervour in both the students and the staff.
- The Cell conducts research related workshops every academic year.

ALUMNI ASSOCIATION

- The Alumni Association of the college consists of all the former student graduates who have enrolled themselves as Alumni members.

YRC & RRC

- Youth Red Cross and Red Ribbon Club of the college carry out many social welfare activities.
- Students are given training in developing their professional as well as humane skills through the conduct of seminars and guest lectures on health as well as social related projects.

CITIZEN CONSUMER CLUB

- Citizen Consumer Club is to educate the students about the rights of Consumers as stated in Consumer Protection Act, 1986.
- The club disseminates information gained through citizen consumer club among their fellow students as well as among the people living in their respective locality.

SCIENCE AND NATURE CLUB

- The activities of the club are expected to stimulate the pursuit of scientific knowledge, encourage
- The student's potentiality to express scientific ideas and identify their field of interest in science.
- The club conducts quiz, debates, seminars and talks on the frontiers of science and technology.

PHILATELY CLUB

- Philately is the study of stamps, postal history and other related items.
- It also refers to the collection, appreciation and research on stamps and other philatelic products.
- Philately involves not only stamp collection; it makes us to understand the whole world.

WOMEN ENTREPRENEURSHIP DEVELOPMENT CELL

- The WEDC at MKJC works towards promoting entrepreneurship development and also works towards creating a more positive enabling environment.

- Through the economic empowerment of women, it aims to contribute to greater gender equality, as well as to more job creation and economic development.

ROTARACT CLUB

- Rotaract Club is the part of global effort to bring peace and international understanding to the world.
- The goal of the club is to develop professional and leadership skills.
- The club aims to expand the members to understand the environment work and business opportunities in the community.

ENGLISH LITERARY AND THEATRE CLUB

- The students also contribute many ideas, through staging and acting.
- We encourage students to develop empathy, promoting academic growth and empowering them through self expression.

READERS CLUB

- Readers club enhance the students to create an opportunity to read and enthralled with the world Literature.
- Discussion challenges, readers to reflect critically, to communicate effectively and to share their idea with other, which stimulate intellectual growth, moral growth and aesthetic appreciation.

ECO - AWARENESS CLUB

- To promote awareness and keep our surroundings clean.
- We should conserve our natural resources by re- using and recycling whenever possible.

- So our aim is to promote the medicinal values of the plants and we have herbal garden with good maintenance by Eco-Club members.

HUMOUR CLUB

- Humour club has the tendency of particular cognitive experiences to the provoke laughter and provide amusement.
- People of all ages and cultures respond to humour.
- Most people are able to experience humour be amused, smile or laugh at something funny and thus are considered to have a sense of humour.

INNOVATION CELL

- Innovation club encourages and generates student's innovations / innovative ideas at different levels.
- Identifying the ideas and encourage the inspired student to share the knowledge in what they have the innovative ideas in their own fields.
- The cell conducts the seminar, workshop, talks and exhibition for the student interested in their fields.

SEVOTTAM

- Sevottam is to empower citizens and clients so that they can demand committed standards of service and avail remedies in case of non-compliance by service provider organizations.

5) Evidence of Success

Video clippings, photos, media reports are the documentary evidence which maintained in the college.

6) Problem encountered and Resources required :

- Hard work it takes to not only create but also to maintain a successful club.
- Even with all of the challenges that clubs face, the rewards of leading and participating in clubs motivates driven and genuinely dedicated students to persevere.

Resources Required:

- Promotional help
- Training
- Staff Guidance