



Ph. : 9674238715 (Principal)

# Serampore Girls' College

(Estd.: 1981)

13, T. C. GOSWAMI STREET, SERAMPORE, HOOGHLY. PIN-712 201, WEST BENGAL.

E-mail : serampore\_girls\_college@yahoo.co.in

Website : www.seramporegirlscollege.org

Ref. No. ....

Date .....

## Best Practice 1:

### Empowerment and Resilience: A Journey through Women's Self-Defence

#### OBJECTIVE:

The self-defence program for undergraduate girls serves a multi-faceted purpose, aiming to enhance physical and mental health while addressing to safety concerns.

#### a. Enhancing Physical and Mental Health:

- Recognizing the need for comprehensive well-being, the self-defence program seeks to ensure good physical and mental health among undergraduate girls. Through physical training and mental resilience exercises, participants will develop the strength and confidence needed to navigate challenges of defending oneself effectively.

#### b. Extracurricular Activity

Understanding the importance of a balanced lifestyle, the self-defence program is designed to serve as a dynamic extracurricular activity. By incorporating energizing physical activities, it aims to provide a refreshing break from academic routines, rejuvenating the mind and body while focusing on stress management.

#### CONTEXT:

Many students, especially those from rural and semi-urban areas, face safety concerns while commuting to college. The self-defence program becomes crucial in building confidence and addressing potential threats. Urban students also benefit from stress management and preparation for careers in police and defence forces.



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## Practice:

The Korean Karate (TANG SOO DO) training program at Serampore Girls' College, initiated in 2016, focuses on enhancing self-confidence and physical fitness. The curriculum aligns with the TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL, offering certifications such as Green Belt, Orange Belt, and Brown Belt. The program's success is evidenced by improved health, self-esteem, academic performance, and mastery of self-defence techniques among participants.

**Certificate Course on Self-Defence:** A 10-day certificate course was conducted by Mr. Bimal Pal, Trainer Bengal Kyokushin Karate Organization. 64 attendees acquiring self-defence basics training and Kyokushin Karate skills. The outcome included increased self-confidence, mental peace, and a desire for continued participation in similar programs.

## Evidence of Success:

*Belt Grades Achieved (October 2016 to December 2019):*

- Brown Belt: 4 students
- Yellow Belt: 12 students
- Orange Belt: 24 students
- Green Belt: 37 students

*Participation and Achievements in Competitions:* Students actively participate in District, State, and National TANG SOO DO KARATE competitions, achieving notable success:

- 2017 - 2nd Hooghly District TANG SOO DO KARATE Championship:
  - Gold Medal: 2 Students
  - Silver Medal: 2 Students
  - Bronze Medal: 1 Student
- 2018 - 6th National TANG SOO DO KARATE Championship:
  - Gold Medal: 1 Student
- 2019 - 3rd TANG SOO DO KARATE State Championship:
  - Gold Medal: 1 Student
  - Silver Medal: 3 Students
  - Bronze Medal: 6 Students
- 2020 - Hooghly District Kick Boxing Championship:

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- Gold Medal: 1 Student
- Silver Medal: 1 Student

2022-2023 –

- Students were awarded certificates after the completion of the course,
- Best performance award was distributed.

## Outcome of the Course

The students achieved training in Flying Kicks, Multiple Attack Defense, Exhibiting joint locks, throws. Performing kata demonstrates a martial artist's mastery of technique, fluidity, and understanding of martial principles. Break through cement blocks, showcasing exceptional power and technique. Blindfolded Techniques: Performing techniques or self-defense maneuvers while blindfolded demonstrates a high level of body awareness, sensitivity, and reliance on muscle memory.

## Problems encountered and Resources required

### Problems:

1. Some students are hesitant due to confidence issues and unfamiliarity with self-defense.
2. Conservative family mentalities hinder female participation.
3. Limited awareness about self-defence benefits contributes to low enrolment.
4. Lack of proper diet affects their physical capabilities.

### Resources required:

1. Need more financial resources for rewarding the students with good performance, purchase of dress and food.
2. Recruit more trainers to enhance program effectiveness.
3. Explore diverse funding avenues for program expansion and improvement
4. Establish a reward system to recognize and incentivize active involvement.

In summary, addressing student hesitations requires counseling, motivation, and awards, while securing additional resources and diverse funding is vital for program success and accessibility.



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## Best Practice 2:

### Automotive Vehicle Free Campus

**Objective:** Serampore Girls College aims to become an Automotive Vehicle Free Campus to foster a pollution-free environment, reduce the carbon footprint, and promote sustainability. The initiative encourages bicycle usage, emphasizing environmental responsibility and the fitness benefits of cycling.

**Context:** The college integrates environmental science into its curriculum, fostering awareness and practical application. The Automotive Vehicle Free Campus initiative aligns with the institution's commitment to sustainable practices.

**Practice:** The college enforces a strict ban on two-wheelers and four-wheelers, designates bicycle stands, and uses awareness posters to educate the campus community about environmental hazards and the benefits of a vehicle-free campus.

**Evidence of Success:** The success of the initiative is evident in the high participation of students and teachers in cycling and walking. Environmental protection activities, increased awareness, and the celebration of environmental awareness days showcase the positive impact of the practices. The transition to a smoke-free campus has also contributed to improved air quality and overall well-being.

**Problems Encountered and Resources Required:** Challenges include limited space for cycle stands, mismanagement near the entrance, accessibility issues for certain students, and transportation challenges for distant students. Resources required include funding for cycle stand expansion, traffic management resources, signage, road markings, and security personnel.

In conclusion, these best practices at Serampore Girls' College exemplify a comprehensive approach to women's empowerment and environmental sustainability. Addressing challenges and securing necessary resources will further enhance the success and accessibility of these initiatives.



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