

Best Practices

Training of Karaate for Self-Defence

Goal

To train students in self defence & Marshal Arts so that they may empower themselves and save themselves from dangers in cases of security threats and sexual crimes against them.

The Context

The training of Karaate & Marshal Arts was introduced in the college in 2015. Since then every year the department of Physical Education organizes camps for Marshal Arts training for the students. Special coach is engaged to provide training to the girls.

The Practice

Working on the plan, a 15 days camp was organized in the month of September. About 20 girls participated in the camp. Special coach Mr. Vikash Sharma trained the girls under supervision of Mrs. Manju Dalal, Astd. Prof., Dept. of Physical Education. Girls seriously practiced the art. They are now able to defend themselves and are becoming physically fit and strong. Seeing their performance, other girls also feel motivated and are demanding to continue the programme in the forthcoming sessions.

Evidence of Success

Girls are becoming confident as they can fight against any one and in any situation. They are also participating in various competitions and winning medals.

Skill Development Courses

Goal

To make girls economically independent and prepare them for a bright future.

The Context

This year, R.C.A. College in collaboration of Khajani Welfare Society, Mathura started three different skill development courses. Several students participated in these courses to become economically independent.

The Practice

This year, 6 one week workshops on Chocolate and Candle making, preparing poshak (for God), Jewellery, Bandanvaar, 3D painting, clay craft and Digital Literacy were conducted. Three courses namely Self-employed tailor, Beauty culture and Computer Fundamentals with Tally GST were started from Dec. 2018 to Feb. 2019 in the college premises to educate girls in these skills. About 100 students actively participated in these courses and became expert in these skills. They learned fashion designing in Self employed tailor course. All the tips & training of being a successful Beautician were given to the students in the Beauty Culture course. Tally and GST training was given in the computer laboratory to provide practical training. Again in summer vacation, training of these three courses named Self employed tailor, Beauty culture and Computer, Tally & GST was repeated for another batch of about 100 students.

Evidence of Success

After these courses students not only qualified their relevant exams but also exhibited their art work an Exhibition cum sale. Students also got the chance of performing a ramp walk in the college Cultural Show in which they exhibited their skills of Dress designing, Make-up & Jewellery designing on stage before a large audience. The event thus helped to build up and enhance the confidence of these girls to take up these skills as an instrument of their career

line and pave the way for their economic independence by providing them a platform to display their skills.