



## Criterion 7: Institutional Values and Best Practices

### Key Indicator 7.3: Institutional Distinctiveness

#### Metric 7.3.1 : Institutional Distinctiveness

##### Women Empowerment

Sri Ramakrishna College of Arts and Science for Women has an academic heritage of 29 years. It aims in empowering women in a 360-degree perspective viz., physical, economical, legal, psychological, spiritual, technological and cultural aspects thereby transforming them into holistic individuals who can contribute to the betterment of business, society and nation-building.

Gaining physical strength is a means of attaining **Physical empowerment**. The students of the present generation are digital natives. They spend most of their time using electronic gadgets and are not much involved in physical activities like games. To create an opportunity for the students to play and participate in the outdoor activities the college has incorporated PT hour for every class in a week which aids to strengthen their physical as well as mental health. Moreover, they are made to practice for various national and university level competitions after their regular academic sessions. Sports day is celebrated for a period of one week at intra and inter-college levels. As a measure to build competence and confidence, self-defense classes are conducted for students. The health club organizes various health checkups for students. Zumba class is also conducted to keep students mentally and thereby physically healthy. In addition to PT, Awareness camps, Health check-up camps, Rally as well as Lecture sessions are conducted by the Health club, Eco club, RRC, YRC, NSS unit and Physical Education department.

**Economic empowerment** is achieved through the functioning of college in a shift system enabling students to take up part-time jobs-‘Earn while you learn’. The Entrepreneur Development Cell of the college trains students to shoulder the family financial responsibility by means of food and stationery stalls as well as camps. Around 46 stalls have been put up by students and 100 students were involved. The artistry club trains students to make handmade





products enabling them to generate income and thus serves as a launchpad for students to become self-sustainable. Added to this, the department of Commerce provides training for opening bank accounts and the Department of Mathematics arranges visits to the postal office for cultivating saving habits in Women students.

**Legal empowerment** is given priority to a greater extent as our Institution is exclusively for women. Legal rights and Cybersecurity are made known to them through lecture sessions. Human rights and Women Rights are taught as a subject to students. Anti-ragging cell, Grievance and Redressal cell and Mentoring have contributed to making the students aware of fundamental rights as well as constitutional rights. Grants are being received by the institution from National Commission for women for providing exposure to students regarding fundamental rights. The importance of Women's suffrage for the development and empowerment of women in developing countries like India is imbibed in students through the activities carried out in the institution.

**Psychological empowerment**, an intrinsic motivation for enhancing self-efficacy, culminating in a sense of control and goal internalization is instilled among students through mentoring, counseling and outbound training. Mentors give priority for building the psychological vigor of students apart from character building and excelling in academics. A one-to-one interaction between the mentor and mentee helps in bringing a positive attitude to students. A committed counselor is available on the college campus for providing counseling to students at regular intervals and whenever required apart from the counseling provided by the mentors. The students are trained in various skills viz., team building, communication, leadership, planning, problem-solving skills through experiential learning in the outbound training at the PRR center in Annaikatti.

Being the institution named after Sri Ramakrishna Paramahansa, **Spiritual empowerment** is one of the focuses of the Institution. All the students are encouraged to practice super brain yoga every day before the commencement of classes. An add-on course on 'Value-based leadership training programme - I Transform India Transforms' is conducted regularly by Chinmaya Mission for the students which helps them to be responsible citizens. Kayakalpam



workshop is also arranged for students. The pranayama techniques taught in yoga energizes the student's body as well as mind leading to character building.

**Technological empowerment** is also considered as a major prerequisite for women's empowerment. With this motive, the college has established an MHRD Institution Innovation Cell to encourage, inspire and nurture the students by supporting them to work with innovative ideas. The cell has conducted webinars, seminars and motivated the students to participate and win first prize in Hackathon. Faculty and students are familiarized with the latest technologies through FDP, Hands-on training, workshops, etc. Technology is used to a greater extent by faculty and students at our Institution for Teaching learning process through the usage of google classroom, the conduct of quiz through Kahoot, online teaching, the conduct of online tests and online courses through the SWAYAM portal. The College Management system substantiates empowering students and all the stakeholders with technology in academic activities.

**Cultural empowerment** helps students to understand the cultural heritage leading to development processes. Each Student gets enrolled in 3 clubs of the college by means of which they gain confidence, become empowered and transform into a socially responsible citizen. The clubs have a major role in creating a positive impact in the professional and social life of the students and enable them to identify their uniqueness and passion. All students are members of the Women Empowerment Cell which is actively involved in the holistic development of women.

Focus on empowering women in physical, economical, legal, psychological, spiritual, technological and cultural aspects has facilitated the college to be marked as a distinctive women's Institution. On the whole, the Institution strives to emanate happiness among students and make them excel in all their endeavors. Feedback received from the students and Alumnae stands as a testimonial for the same.

PRINCIPAL  
SRI RAMAKRISHNA COLLEGE OF  
ARTS AND SCIENCE FOR WOMEN  
395, Sarojini Naidu Road  
Coimbatore-641 044