

## **Institutional Distinctiveness**

“Rastrashya Shava NariAsti”- (Women is our tomorrow) Empowering women through holistic development. Education is a process by which a person’s body-mind and character are formed and strengthened. It is bringing of head, heart and mind together thus enabling a person to develop an all-around personality identifying the best in him and her. The vision of this institution is to mold and empower students in pursuit of knowledge values and social responsibilities and help them achieve excellence in various fields, thereby preparing them to face global challenges.

The institutes distinctiveness is empowering women through holistic development. Empowerment strengthens the innate ability by the way of acquiring knowledge, power, and experience. Education is a milestone in women’s empowerment. It is the most important tool to change position in society. It can bring about positive attitudinal change.

Home science education provides complete equal access to and control over factors contributing such as empowerment in terms of skills, technical, health, psychological, spiritual, value education and professional empowerment.

Empowerment through Skill development: The curriculum of the college is designed in such a way that each specialization not only prepares students for a job like fashion designers, interior decorators, dietitian, government officials, CDPO’s Teachers, counselors, dietitians but also, boost their performance by improving the quality of work in which they are involved. The courses are designed in such a manner with training, practical, workshops, as an intricate factor that is easy for them to present, communicate and analyze be it a digital platform or any other. It also helps them procure self-employment but also helps in taking an active role in decision making.

Empowerment through health: one of the major factors in women empowerment. The college organizes various health check-up camps in collaboration with a local hospital, a thalassemia awareness program, celebration of national nutrition week where activities are conducted to promote good eating habits, sports activity, yoga workshops to ensure better habit of keeping fit, all these activities create a positive attitude towards healthy behaviour.

Since home science provides knowledge regarding every aspect of life like one of these are psychological empowerment like self-esteem, confidence, wellbeing, happiness etc. many activities are conducted like public speaking, peer teaching, working in Anganwadi, NSS camps, NCC etc. and all the knowledge gained enables them to take decisions independently.

Spiritual empowerment holds the key to freedom and raising the status of women in society. Activities conducted by Sarjanatmak Abhivyakti Dhara, Gyan Dhara equips our girls with self-awareness and spiritual power within themselves, without this it is very difficult to sustain the confidence that comes with good education and a job.

A prerequisite to women’s power is value-based education which refers to a wide gamut of learning and activities ranging from physical and mental health, hygiene, etiquette and manners, civic rights etc. curricular and co-curricular activities and theory courses like

personal empowerment, women's issues, guidance and counselling, ICT training in computers, AUTOCAD, etc help in capacity building as a principal feature of Home science thus leading the community towards a progressive society.