



# Shailabala Women's Autonomous College, Cuttack

Accredited with 'A' grade by N.A.A.C. (U.G.C.) (2006 & 2017)


सत्यमेव जयते नानृतं सत्येन पन्था विततो देवयानः ।

"Oldest Women's College of Odisha!"

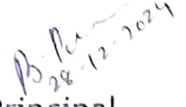
ESTD. 1913

## BEST PRACTICE #1

1. Title of the Practice: Empowering Slum Communities through Outreach Programmes.
2. Objectives of The Practice: The institution believes in a strong sense of connectedness with the society where from a bulk of its primary stakeholders come. The objective is to work along with the adopted society to achieve development.
3. The Context: Service attitude is essential for a learner to flourish in personal, work and social life. The activities of our college are planned systematically with an objective of addressing solutions to problems of our society by creating Social Consciousness. The institution has concern to promote learning beyond class-room by active participation in extension and community outreach programmes.
4. The practice: The College had chosen several slums in the nearby like the *Harijan basti Kafila Bazar, Patapol and Tinikonja Bagicha* etc for the implementation of social services. Awareness on community diseases like Dengue, Malaria and women issues like breast feeding and enrolment of mothers in the *Anganwadis* were taken up in the slums. Health check-up camps were organized in those areas too. All the outreach activities had huge number of students as volunteers, and active participation was seen.
5. Evidence of Success: Remarkable lifestyle changes have been observed among the people of the above areas. The inhabitants became more health conscious and adopted all sorts of preventions against the community diseases. More and more lactating mothers were enrolled in the *Anganwadis*. The testimonials from the President, Secretary of the slum committees speak the success of this best practice.
6. Problems Encountered And Resources Required: Any outside intervention is presumed by people useless if no material gain is associated. Some other constraints are reported as:
  - Connecting with the slum population especially females
  - Lack of incentives for the volunteers
  - People expect quick desired results

  
IQAC 29/12/24  
Co-ordinator

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Principal  
Shailabala Women's (Auto) College  
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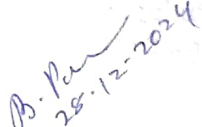
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## BEST PRACTICE#2

1. Title of The Practice: "Fuel Your Passion, Ignite Your Game"
2. Objective of The Practice: The institution has vowed to bring out hidden sporting talent in the girls enrolling for higher studies every year. The objectives of this practice are:
  - To inspire, support, and empower students to engage in physical activity and healthy lifestyles.
  - To help the players achieve their full potential by offering them both physical and emotional supports.
  - To produce state/national/international level players.
3. The Contexts: The College is a strong believer in the values and skills which sport can generate among the students and they are encouraged to participate in sports by providing the best facilities. The long-established tradition of excellence of the college in the sporting arena and a constant supply of talented young women have been the driving force behind the ideal pursuit.
4. The Practice: A micro-level sports talent search is a part of the admission process for the sports quota, and the college offers the necessary skill training throughout the academic year. The College has a separate sports room and gymnasium that are under the direct supervision of a regular Physical Education Teacher (PET). The annual games and sports activities are managed and administered by the 'Athletic Society' comprising of teachers and student representatives with the Principal as the President. Even the visually handicapped students are given coaching in cricket.
5. Evidence of Success: The annual sports meet was conducted successfully and the students' participation was encouraging. The Badminton team won the Runners-up trophy in the Inter-college tournament. They had also participated in the East-zone tournament at the National level. The Basketball team became the Champion in the Inter-college meet conducted by the University. The students also brought laurels in other games and events like Chess and Yoga etc.
6. Problems Encountered and Resource Required: The traditional mind set of women's safety and paucity of funds have sometimes been temporary setbacks but they have not deterred the students and staffs from the relentless pursuit concomitant glories that have ceaselessly followed.

  
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