

BEST PRACTICES

Best Practice -1

Title : Promotion of Skill-Oriented Education: Diploma in Urdu Calligraphy

Goal : The College is meeting the educational requirements of not only Muslim girls but of all the underprivileged and underserved sections of the society. The college with two faculties of Arts and Commerce is working with the sole aim of making students self-reliant.

- To provide qualitative higher education and empower the girls students belonging to socio-economically weaker section of the society.
- To blend the traditional knowledge with modern high technological trends.
- To preserve and enrich the endangered arts which are an asset of our cultural heritage.
- To bridge the skill gap and prepare skilled youth-force for the job-market.

Context : Skill enhancement techniques should be added as supplementary feature to any s should be part of any teaching programme as skills make the students employable besides the acquisition of degrees. The remarkable shift in the present technological era has brought the responsibility to the steps of the educational institutions.

Since its inception the College is moving steadily towards the path of vocationalization. To enable the students to become self reliant, the College authorities introduced two vocational subjects during IX plan of UGC. Again three diploma courses were sanctioned by UGC (X plan) under Career Oriented Scheme – Translation Proficiency in Arabic, Urdu Journalism and Mass Communication and Fashion Designing and Kashidakari. It was followed by two year diploma course in Urdu Calligraphy sanctioned by U.P. Urdu Academy, Lucknow in 2006.

The College has started the Diploma in Urdu Calligraphy with a special purpose to introduce skill oriented education of a dying art. The art of Calligraphy originally started in Arab and again it was flourished in Iran. With the advent of Turkish rule in India, the art was practiced in India. In the art of calligraphy, words written with *Qalam* (reed pen) are adorned by measured strokes with the help of dark viscous liquid known as *Syahi*.

In this technological era, the unique hand writing style needs more attention. It may add to the global art-culture if it is aligned to computers. New softwares can be developed by blending Urdu Calligraphy with computer aided design. The students equipped with this skill can play a vital role of word design and styles. So the college has taken the initiative to start the above diploma course in collaboration with U.P. Urdu Academy, Lucknow.

Practice : The College started two year diploma course in Urdu Kitabat in 2006. The College submitted the proposal to U.P. Urdu Academy. After screening the proposal and examining the thrust of the college the academy sanctioned two year Diploma Course with following conditions –

1. 10 students would be trained
2. No fee would be charged
3. The salary of the instructor would be paid by the Academy.

The Department of Urdu was entrusted the task of grooming the students and a Coordinator was given the charge. Scholarships are also provided to the students. 7 batches have completed the course successfully. One expert is taking classes and trains students in this art. The students practice this art with interest and dedication.

The students prepare many designs, the scanned image of the word designs are published in the college magazine '*Kavish*'. The students are given computer training also. The students also exhibited their talent at the Career Fair organized by the University of Allahabad.

The students of Kitabat are benefited by the special writing style that helps to improve their hand writing. It enables them to enrich their presentations and project writing. The writing motifs designed by the students have considerable market value.

Evidence of Success : The Diploma in Urdu Kitabat is a milestone towards qualitative education specially at this juncture, when writing skills are facing challenges from ICT facilities. The uniqueness of this practice lies in the fact that it gives the students opportunity to develop their creative ideas and also implement them successfully. The students are very eager to take admission. The sponsor U.P. Urdu Akademy is constantly appreciating the unit of Urdu Kitabat at Hamidia College and its efforts are acknowledged. From this session onwards the U.P. Urdu Akademy as a token of appreciation increased the number of seats. Now 20 students are getting this diploma certificate. The examination is conducted by the academy. The experts who visit the College as examiners appreciate the efforts of the college.

Through this course students pursuing B.A. are getting an additional diploma based education to improve their creativity. It is a rare chance to develop their skill on prescribed rules of Kitabat.

Problems Encountered and Resources Required :

1. The Urdu Kitabat Centre is facing the problem to blend the traditional calligraphy with computer aided designing. To meet this challenge an expert in Computer Aided Designing is necessary.
2. Software of Calligraphy is not available. Training of software development is essential to convert the traditional style into modern high-tech style.
3. To make linkages with international market and to mould it according to the market needs.

Best Practice -2

Title : Regular Health Check-up of Girl Students

Goal : In 2009 as a result of the persistent efforts made by the College, a Centre for Women's Studies was sanctioned. Since the Centre adopted improving women's health as one of its key area of action, a Health Centre was established and regular health check-up of girl students are conducted.

“Healthy women build healthy communities”. To fulfil this goal following steps are taken –

- To establish and maintain a health centre.
- To make linkages with doctors/specialists of the different fields related to women’s health.
- To publish literature based on health education, the Centre regularly publishes health bulletin and pamphlets.

Context : WHO defines health as a state of complete physical, social and mental well being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standards of health is one of the fundamental rights of every human being. It is a matter of grave concern that in our present stress laden life crushed under the pressure of numerous responsibilities women in particular neglect their health. The health and nutritional issues of women are not given serious and sustained attention by their families. Since women have to perform multiple roles, it is imperative that full attention is paid to their health. Bearing in mind this significant issue, the Center for Women’s Studies has adopted improving women health as one of its key area of action.

Practice : Centre for Women’s Studies has established as Health Centre at the college where regular health check-up of students are held. The consultant doctors visits the centre and conducts health checkups on OPD basis. A Health Card is issued in the name of the examined student recording her weight, BP and other particulars. Students are also advised special referral treatment at MLN Medical College, Colvin Hospital and Jeevan Nidhi Eye Clinic and Research Centre. The students are regularly benefitted by it.

Yoga and Fitness Regimen is also conducted at the Fitness Centre started by Centre for Women’s Studies. It is equipped with four exercisers. It conducts short (05 days) training programme on ‘_Fitness through Exercises’ and ‘_Wellness through Yoga’ with the help of a trainer.

In the session 2012-13 two eye-checkup camps were organized by the centre in collaboration with Jeevan Nidhi Eye Clinic and Research Centre on 12th October and 5th December, 2012. Another step taken by the Centre is to arrange for health related dissemination programmes through which the students have been made aware about health problems and health management techniques.

The Centre for Women’s Studies has organized a number of seminars and symposium–

1. Symposium on ‘_Hazards to Women Health: Causes, Prevention and Care’ (27th October, 2010)
2. Symposium on ‘_Relevance of PPNDT Act in Modern Society’ (12th September, 2011)
3. Seminar on ‘_Women Well-Being and Positive Health Care’ (25th September, 2011)

The Centre is regularly publishing a Health Bulletin – HAYAT. Four volumes have been published focusing on Health- A Gift of God, Women’s Well-Being, Exercise a Key to Health and Women & Mental Health.

In the session 2012-13 the centre undertook a project on ‘_Health Problems Among Young Unmarried Girls: Prevention and Management’. The project aimed at identifying and studying the problems of young girls. It also focused to educate them about the diseases and provide self-management skills to enable them to adopt healthy life style.

Simultaneously orientation lectures were organized and students were informed about positive health care in the form of follow-up remedial measures like balanced diet, nutrition and fitness regimen by fitness expert.

Evidence of Success: This practice is moving with sure and steady steps.

- From November 2009 till date 681 students have been examined at the Health Centre by the consultant doctor on OPD basis.
- 5 batches of 30 students each have been trained in Yoga and Fitness Regimen.
- 85 students were benefited through the eye checkup camps organized in the session 2012-13.
- **HAYAT** –Health Bulletin and pamphlets on diet, nutrition and healthy life style sensitize the girl students.
- 165 beneficiaries of the project were provided adequate medical care through the consultant doctor.

During the health checkups three students were indentified with serious disabilities. One student was found suffering from partial deafness. She was sent for specified referral treatment to MLN Medical College where she was advised Hearing Aid. She was provided with Hearing Aid. Another student was identified as a serious case of blindness. She was sent for special referral treatment to Jeevan Nidhi Eye Clinic and Research Centre. Another student was found suffering from orthopedic problems. She was sent for special referral treatment at Colvin Hospital, Allahabad.

* *Kaar-e-Khair* Social Welfare society sent a congratulatory letter dated 31st March 2010 to the Principal, lauding the Centre’s efforts of conducting regular health check-ups and issuing Health Card to students.

Problem Encountered and Resources Required :

- Due to inadequate knowledge about health parameters and socio-economic constraints, many students hesitate to discuss their health problems. To encounter this challenge, orientation lectures are organized.
- Students who belong to the weaker sections find it difficult to pursue positive health care measures. The Centre then makes arrangements for their special referral treatment through the ‘_help to poor’ fund.
- It is difficult to coordinate with the parents of the students and to convince them for the treatment.

Contact Details

Name of the Principal: **Dr. Rehana Tariq**

Name of the Institution: **Hamidia Girls“ Degree College**

City: **Allahabad**

Pin Code: 211003

Accredited Status: **B Grade**

Work Phone: **0532-2656526**

Fax: **0532-2656526**

Website: **www.hgdc-alld.org**

E-mail: **hamidia_alld@yahoo.co.in**

Mobile: **9919479610**