

Life Skills, Entrepreneurship and Women's Health

Objective

- To encourage the students to learn about various vocations apart from academia.
- To expand their career options by teaching them about self-sufficiency.
- To promote a healthy life style and inculcate a positive attitude towards their mental health.

The context that required the initiation of the practice

Because of the growing rate of unemployment amongst the newer generations, Lakhimpur Girls' College wanted to initiate a procedure which helps its students to be trained in viable life skills, thereby enabling them to improve their career opportunities in the future. To meet these demands, the college has conducted life skill programmes and laid down entrepreneurship courses which will benefit the students in their future.

Along with life skills and entrepreneurship courses, the college also puts the health of its students in the forefront. Being a pioneering women's college in the North bank of Assam, the onus of uplifting the condition of women in the society falls upon the college. Therefore, the college has always been dedicated towards engaging the students and educating them on the importance of their health, both physical and mental. In order to make this engagement successful, the college has been conducting programmes on the basics and importance of women's health.

The Practice

The session-wise programmes pertaining to life skills, entrepreneurship and women's health by the college vis-à-vis the departments and the various units of the college are listed below:

Session Programme

2018-19

The establishment of a special camp for a week by the NSS unit in the adopted village of the college. This camp tackled with issues regarding 'Adolescent period and its associated psychology.

On the occasion of International Women's Day on 8th March, 2019, a speech titled

“Nutrition and Good Health” was organized the Department of Home Science, at Krishi Vigyan Kendra, Lakhimpur.

Obstacles faced (if any) and strategies adopted to overcome them: Not applicable.

Impact of the practice:

With the advent of these best practices, the students are more in-tune with basic vocational skills other than their academic careers. With the training programmes on entrepreneurship and life skills, the students are expected to overcome the difficulties related to the unavailability of jobs in this cut-throat competitive atmosphere and be reliant on their particular skills.

Resources required

The engagement of the faculties of the departments and the participation of the various units of the college was required to implement the best practice in a systematic manner.

The Institution:

- i. Name of the Institution: Lakhimpur Girls' College
- ii. Year of Accreditation: 2014
- iii. Address: Khelmati, North Lakhimpur, Assam-787031
- iv. Grade awarded by NAAC: A
- v. Contact person for further details: Dr. Bhupen Chutia
- vi. Website: lgcollege.ac.in


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