

# *St. Ann's College for Women*

(Autonomous), Affiliated to Osmania University  
Accredited by NAAC with A<sup>+</sup> Grade (3<sup>rd</sup> cycle), CPE by UGC

Mehdipatnam, Hyderabad.



**Best Practice- I**

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## 1. Title of the Practice - SHELEADS: Women Empowerment

### 2. Objectives of the Practice

- To enhance self-esteem and confidence in women.
  - To imbibe and inculcate values, ethics and morals which will facilitate them to become an asset to the society
  - To provide opportunities and programs to be financially, mentally and emotionally empowered
  - To inculcate entrepreneurial attitude among young girls, at the earliest so that they can be “job givers” rather than “job takers”
  - To make women understand that Empowered and Educated women are less likely to fall prey to sexual abuse, workplace harassment, domestic abuse many more
  - To challenge discriminatory practices and achieve their potential and participate fully in society

### 3. The Context

Women empowerment refers to making women powerful, capable of deciding for themselves because women continue to have fewer rights, lower education and health status, less access to resources and decision-making than men. Women may face obstacles accessing education, such as financial constraints, lack of access to educational resources, and social or cultural barriers. Women safety and security can deter them from participating fully. Lack of Mentorship and support make it difficult for them to navigate the academic landscape and achieve their goals. Thus, Higher Education of women can play a crucial role in releasing their energy and creativity and enabling them to meet the complex challenges of the present world.

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## 4. The Practice

Education enables women to access employment opportunities, improving economic independence and reducing dependence on others. Educated women are also more likely to challenge discrimination and advocate for equal rights, leading to a more inclusive society

St. Ann's College is making significant efforts to empower its female students through a holistic approach to education and personal development. This comprehensive approach recognizes the importance of education not just as a means to acquire knowledge but as a tool for personal and societal transformation. Here are some key points that highlight the college's commitment to women's education and empowerment:

- **Curriculum and Courses:** The college offers a well-rounded curriculum that includes courses on **gender sensitization, women and career, women's health, human values, and professional ethics**. These courses not only provide academic knowledge but also promote awareness of women's issues and rights.
- **Skill Development:** Value-added and skill enhancement courses are available, equipping students with practical skills and making them more competitive in the job market.
- **Student Exchange Program:** College is providing global exposure through student exchange programs through US consulate, Gandhi King Peace foundation which can broaden students' horizons and help them gain a global perspective.
- **Self-Defence Training:** The provision of self-defence training like Karate, Karasumu and judo empowers female students to protect themselves and enhances their sense of security.

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- **Mentorship and Support:** Faculty mentorship addresses individual student needs, providing guidance and support for their overall growth.
- **Entrepreneurship Training:** **Entrepreneurship training through the Institute Innovation Council** equips students with the necessary skills and knowledge to start and run successful businesses, which can increase their economic opportunities and improve their financial independence, also supported by **SMART-St. Ann's Mart** wherein students form Self Help Groups and organise Sales counter to sell the products designed by them.
- **Center for Women Studies:** The presence of a dedicated centre focused on women's issues, with external advisory members and various activities, promotes awareness and advocacy.
- **Gender Champion Club:** This club actively engages in raising awareness about gender issues through activities like flash mobs, debates, and discussions.
- **Co-curricular Activities:** Engagement in activities like NCC, NSS, and community outreach instils a sense of social and civic responsibility.
- **Physical Education:** Emphasizing physical education and sports training not only promotes physical health but also imparts qualities like discipline and teamwork. Students are given excellent coaching to play sports of their choice at National and International level.

## 5. Evidence of success

The college started with 2 programs and 108 students in 1983 now has 34 programs with 3000 plus students in 2023. This Increase in enrolment and retention rates is definitely a sign of success over the years. Also, more women are choosing and persisting in STEM fields, it indicates the effectiveness of empowerment efforts.

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An increase in the number of female students successfully completing their degrees is a positive outcome. thriving academically. Our own alumni joining as faculty members, administrators, and leaders within the institution is demonstration of success.

Our graduates are finding meaningful employment in their chosen fields and advancing in their careers, it suggests that the education they received was empowering and relevant.

Surveys and feedback from students about their educational experiences reveal that they feel empowered and supported in their academic journey.

Women are actively contributing to academic knowledge Increase in research output publications by students

Students are actively engaged in community projects, volunteer work, or activism related to gender equality, it reflects the impact of their education.

## **Alumni Success**

PV Sindhu alumni of St. Ann's -International Badminton player Olympic Silver medallist

**Scientists:** Science Graduates are pursuing research in Institutes of National and International repute

Several **Startups Entrepreneurs** have come up.

**Government posts/Civil services** Hari Chandana is an IAS officer and Harshitha A is DGP officer at Trivandrum Kerala.

## **6. Problems Encountered and Resources Required**

- Equality of access to and attainment of educational qualifications is necessary if more women are to become agents of change.
- Literacy of women is an important key to improving health, nutrition and education in the family and to empowering women to participate in decision-making.

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- Women /Girl students face challenges like Access to education, Family constraints, Financial dependence and Health Issues.
- In implementing the practice, only problem encountered occasionally is irregularity of students to the college
- Lack of support at home front preventing them to actively participate.
- Financial support for out of town travel and activities.