

CHILDREN WELFARE CENTRE Clara's College of Commerce

(Affiliated to University of Mumbai and NAAC Re-Accredited)

Address - Yari Road, Versova, Mumbai - 400061

Contact No - 7738501168, Website - claracollegeofcommerce.edu.in

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Best Practice:1

Title - Unnati : Empowering women through self- defense and other programmes

Objectives:

- To spread awareness of the importance of self-defense techniques.
- To empower women with essential self-defense skills for safety and confidence.
- To train participants to recognize potential threats and avoid dangerous situations.
- To promote physical and mental resilience in challenging situations.
- To equip women to assert their rights and boundaries effectively.
- To incorporate exercises that improve strength, agility, endurance, and flexibility, which are beneficial for self-defense.

The Context:

The vision of our college under Unnati is to provide guidance to girls for fulfilling their dreams and aspirations by making themselves so emotionally strong that they can fight against all odds. Women today navigate complex social landscapes, often encountering situations where their safety is at risk. From urban spaces to workplaces and educational institutions, personal security concerns can significantly impact their freedom and confidence. **Unnati** aims to empower women by equipping them with essential skills, resources, and opportunities to enhance their personal and economic well-being. The initiative focuses on building self-confidence, promoting financial independence, and ensuring safety through self-defense training and community support. Under Unnati we try to empower a women in renewed form which can exactly define this slogan as शिक्षा, सम्मान और स्वाभिमान – महिला सशक्तिकरण की पहचान।

Practice:

In order to bring about development in girl students and to make them capable of facing the challenges of everyday life and to upgrade themselves we conduct various sessions, webinars, workshops and programs throughout the year.



Evidence of Success:

The various activities were conducted to implement these initiatives they are as follows:

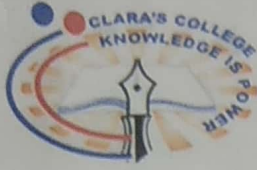
Date	Day	Event	Number of Participated Girls
1/8/2023	Tuesday	An Orientation Session on Intellectual Property Rights	38
9/8/2023	Wednesday	Basics of Wealth Creation: Mutual Funds	50
18/10/2023	Wednesday	Campus to Corporate Careers	58
25/10/2023	Wednesday	Session on virtual trading and career opportunities in financial market	20
26/10/2023	Thursday	Insight into career planning	46
27/10/2023	Friday	Cyber Security	34
10.01.2024	Wednesday	Webinar on Understanding Data Science, Data Analytics and Artificial Intelligence in Association with ExcelR	38
23.01.2024	Tuesday	Workshop on Investment Banking	44
24.01.2024	Wednesday	Workshop on Preparing for Competitive Exams	51
06.03.2024	Wednesday	Workshop on Self Defense : "Dare to Defend"	59
18.03.2024	Monday	Workshop- Cum-Inter-Collegiate Competition on Media Mashup in Association with Films and Television Media Academy	11
20-03-2024	Wednesday	Placement Accelerator Program	18

Problems Encountered and Resources Required:

The practice was successfully implemented with few shortages they are as follows:

- Some girl students, because of their shyness, find it difficult to participate in activities.
- Few students who are good at academics find it difficult to maintain a good balance between academics and extracurricular activities.
- Students participation in various activities is sometimes less.
- It will be a great help if "Unnati Programme" get some financial help from the government and NGOs in near future with the focus of uplifting women which will be called as सशक्त नारी, सशक्त समाज।"





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Best Practice: 2

Title: Jeevika: Earn and Learn Scheme

Objectives:

- To equip students with practical, relevant skills that can be immediately applied to earn income.
- To provide real-world experience that allows students to earn while gaining knowledge and expertise.
- To build confidence and social capital among participants through economic self-sufficiency and institution support.

The Context:

The "Learn by Earn" concept is a transformative approach to education, designed to empower students by combining learning with practical work experience and income generation. This holistic model of education integrates academic learning with real-world skills and hands-on opportunities, giving students a unique platform to bridge the gap between theoretical knowledge and industry demands. Through **Jeevika** we provide an open platform to students from all streams to come forward and avail the benefit of the scheme.

The Practice: Jeevika scheme is funded by the library dues collected from the students. This scheme was designed to empower participants by providing them with skill development opportunities while simultaneously enabling them to earn an income. The program aims to bridge the gap between education, skill development, and livelihood opportunities, ensuring students not only gain valuable knowledge but also become financially self-reliant. The process is as follows:

- Step 1: Notice circulation
- Step 2: Collection of Entries



- Step 3: Interview
- Step 4: Selection & appointment

The selected students are paid Rs.25 per hour for their cooperation in activities under Jeevika.

Evidence of Success:

Work Details of Beneficiaries under Jeevika Scheme									
Sr. No	Name	Gender	Roll No.	Class	Work Done	No of hours	Rate (in Rs)	Earning While Learning (in Rs)	Total Earning While Learning (in Rs)
1	Mauzam Mohammads Madar Reshma	Male	1	FYBA MMC	Preparation of Newsletter	30	25	750	1225
					Media Mash up Event Coordinator	4	25	100	
					Preparation of PPT for Green Club Orientation	2	25	50	
					Preparation of Brochures for Marketing Fest-Meena Bazar	1	25	25	
					News for the Day	12	25	300	
2	Khan Mohd Zayed Mohd Mumtaz	Male	6	FYBA MMC	Social Wave Fest Flyer Making	1	25	25	50
					Flashback Fiesta Flyer Making	1	25	25	
Jeevika Funds (in Rs)		1338							
Jeevika Balance (in Rs)		63							



Problems Encountered and Resources Required:

1. Students were reluctant to participate in this scheme.
2. Some students found it difficult to participate in this scheme due to classes and working.
3. To some extent there were few students who were lagging with skills and problem solving abilities.
4. The shortages of funds had been the main problem encountered under this scheme.
5. Sufficient Financial resources are required to run and continue this scheme.



A handwritten signature in blue ink, appearing to read "M. Gitte".

Dr. Madhukar Gitte

Principal

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