

INSTITUTE OF DENTAL SCIENCES SEHORA JAMMU

Specific facilities provided to women

Institution of Dental Sciences Jammu believes that a safe, secure and cohesive learning climate is an ineluctable precondition to quality education and research and gives utmost importance to safety and security of women. Our prime concern is to ensure that female students and staff are safeguarded against attacks, threats and accidents, both man-made and natural. The best practices and standard operating procedures that can substantively protect students from any threats and assaults, physical, social or psychological are followed.

Specific facilities provided for women in terms of:

- a. Safety and security
- b. Counselling
- c. Common Rooms
- d. Yoga and Meditation Room

Institution shows gender sensitivity in providing facilities such as:

a. Safety and security:

- ✓ Safety norms are strictly followed by the college in all respects.
- ✓ Monitoring the corridors of all floors of the building, classrooms, playground, canteen, laboratories, hostel and library.
- ✓ There are security personnel who safeguard the entire campus and hostel.
- ✓ Girl students are highly secured under the existing security system.
- ✓ CCTVs are installed at the entrance of the college gate, canteen, parking area, office, corridors of different floors of the College to ensure the safety and security of students and staff.
- ✓ ID cards are issued to the students and staff to distinguish them from the outsiders into the college premises.
- ✓ Regular check-up camps are arranged.
- ✓ Transport facilities are adequately available too.

b. Counseling:

Counseling is arranged by the college for girl students in three major areas i.e. Counseling related to academics, career and behavioral patterns. The counselor counsels the student on issues like personal, psychological, emotional problems. It helps them to deal with stressful or emotional feelings and to inculcate the positivity in them.

- ✓ The IDS Jammu has formally constituted a Grievance Redressal and Appraisal Committee, CASH, Student welfare committee and Women cell committee which provide solution fairly and impartially maintaining confidentiality. The committees are constituted by the Principal with the consent of Chairman, and the governing body.
- ✓ The Primary objectives of these committees are to ensure a fair, impartial and consistent way for solution of various issues faced by the stakeholders.
- ✓ Mentor Mentee system has also been implemented with in the institute . The main objective of this system is to keep the effective mentoring of the students. This system includes seminars, Assignment and Assessments.
- ✓ Special care is taken for slow learners identified through counseling.
- ✓ Students are encouraged to participate in co-curricular and extracurricular activities.
- ✓ The importance is given for overall development of students through bridge courses, co-curricular and extra-curricular activities.

c. Common room:

- ✓ Separate common room is provided for girls.
- ✓ Room has necessary facilities like first aid box, beds, chair, table, washbasin, dustbin, etc and has a female attendant all the time.

d. Yoga and Meditation Room:

- ✓ Meditation room is provided with mats, where students and staff can go to unwind.
- ✓ They can practice on their own which help them to relieve stress ,negative emotions and can increase self awareness, patience ,tolerance,creativity and imagination.
- ✓ College also organizes seminars on stress management and yoga practices on regular basis.



Women Cell Committee
IDS, Jammu