



Digras Vibhagiya Shikshan Prasarak Mandal's  
**Bapuraoji Butle Arts, Narayanrao Bhat Commerce &  
Bapusaheb Patil Science College, DIGRAS DIST. YAVATMAL.**

Affiliated to Sant Gadge Baba Amravati University,  
Amravati Maharashtra.

[NAAC Re-accredited 'A' (CGPA. 3.16)]

College Code : (Sr.) 405

College Code : (Jr.)  
Pay Unit – 146  
Board – 08.04.002

Website : [www.bbnbbpcollege.org](http://www.bbnbbpcollege.org)

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**Best Practices (YEAR 2022-2023)**

Describe at least two institutional best practices Upload details of two best practices successfully implemented by the institution as per NAAC format in your institution website.

**Best Practices of the institution are as below:**

- \* Empowering Life Skills of Girl Students through Health Programs and Computer Literacy
- \*Improving Employability of the Students through Career Counseling and IT based Resources.
- \* Institutional Distinctiveness, Sports Culture in college

**BEST PRACTICE I**

**Empowering Life skills of Girl Students through Health Programme and Computer Literacy:-**

Women's empowerment, or the empowerment of women in contemporary society, has gained substantial attention in relation to economic development. It may also be used to highlight methods for dealing with other trivialized genders in specific political, economic, and social circumstances. Our college is committed to making an effort to change the socio-economic and socio-political condition to the desired state. The high percentage of female students in our college, which is also one of our greatest accomplishments, motivates. The association between health and education was acknowledged by the organization.



  
Principal,  
B.B.Arts, N.B. Commerce &  
B.P. Science College, DIGRAS

The institution engages in a number of initiatives to progress society as a whole and adds high-quality resources that can close the socio cultural existence gap. The fact that our college has chosen this crucial location to create a healthy environment for girls in this remote and underdeveloped area like Digras in the Yavatmal district of Maharashtra state, India, has led to the recognition of our college as one of the top organizations in the field of community services

### **1. Goals: -**

- To make aware and impart knowledge regarding various nutrients present in different food materials and making a balance diet from available foods.
- To give knowledge regarding structure and functions of the body and how to maintain physical and mental fitness.
- To give information about the causes of various common diseases, how they spread and protection from these diseases.
- To encourage the girls to participate in the national Programmes of disease awareness control and eradication.
- To give knowledge about personal hygiene and environmental cleanliness.
- To give knowledge about, first-aid and its importance in accidental cases.
- To give the information of government policies and programmers related to empowerment of the girls and women.
- To create awareness about Yoga, meditation and exercise in once life.
- To make them able to handle all critical situations in life.
- To motivate girls to be vaccinated in order to produce immunity against various diseases.
- To provide better social economic and political treatment to girls.

### **2. Context: -**

Health plays a vital role in once life, when it concerns with women then it's being essence of humanity. Our college is committed to change this scenario by giving more focus to women empowerment. Digras is in between, not well developed and not too backward. Large number of girl students in our college showed somewhat progress but they are not well aware about their role in society. This college has co-education system



and putting more efforts for gender equality, college has separate women anti-harassment cell (Internal Complaints Committee) to deal with various issues.

In the academic year 2022-2023, college conducted various programs, activities and workshop. Department of Zoology organized 'Blood Group Testing and awareness camp for the students participated in NSS special camp, held at Harsule and awareness programme students on 14.03.2023. With this Intellectual session arranged on Indian Constitution Ghar ghar Savidhan, Gaon Gaon Savidhan, Awareness camp was organized like cleanliness, plastic eradication, Water Management, Save Girl-Educated girls, Tree Plantation, Health Checkup camp, organized.

The Department of Home Economics held competitions in Modak and garland creation, as well as poster presentation. The Department of Home Economics provided training in baby food preparation to female students. To promote self-employment and entrepreneurship, the Department of Home-Economics organised rangoli training and rangoli creating competition from grains for female students on September 14, 2022.

Department of Home-economics organized a program on 'Techniques of cake making' on 15.04.2023.

The Department of Home Economics held a workshop on kitchen cleanliness and waste food management. A personality development programme for female students was organised by the Department of Home Economics and the college NSS section.

Department of Home-economics visited Interior Decorated houses of Digras on 07.04.2023 for to know about how to decorate house with latest various technology. The same Department organized the social Programs -haldi kumkum on the occasion of makar sankranti 2023.

Department of Home Economics observed 'Nutrition Week' also and guided the girl students about health and nutrition. Department also observed 'Breast feeding Week' and guided the girl students about importance of breast feeding.

Department of Home Economics and NSS Unit of our college organized a camp of Health checkup and Hemoglobin count for girl students on 14.11.2023.

International women's day was observed by college internal complaints committee and Department of zoology on 08.03.2023.



Department of Home Economics organised various activities for college girls like Inauguration of Home Economics Department on 16.09.2022, Visit to Ambai Super Market on 14.10.2022, Nutrition beauty competition on 15.09.2022, Visit to dumb and deaf school on 13.10.2022, Rangoli making competition from grains on 14.09.2022, Health Checkup camp on 14.11.2022, Teachers day celebration (Event Management ) on 20.10.2022, Guest lecture on how to event management on 19.10.2022, International Women Day celebration on 08.03.2023, Organisation of Speech competition on the occasion of International women's day on 13.03.2023, Birthday Party programme 21.03.2023, Anand Melawa, Innovative dish programme on 29.03.2023, Visit to interior decorated house on 07.04.2023, Awareness about rubella vaccination programme on 08.04.2023, Workshop on personality Development on 11.4.2023, Guest lecture on women awareness on 12.04.2023, One Day workshop on techniques of cake making on 15.04.2023, ICT computing skill programme on 20.04.2023

All of these events were planned to empower our college's female students. Health programmes and guest speakers raise their awareness and empower them. It is our college's best practice for advancing female students in their existing courses. To build a good relationship between education and health.

### **3. Evidence of Success: -**

1. In Blood group testing camp about 75 girl students participated. (14.03.2023)
2. Department of Home Economics girls visited to Ambai super market on 14.10.2022 with 27 girls participated.
3. Department of Economics organize Innovative dish programme arranged for 23 students on 29.03.2023
4. Department of Sports and Physical Education & IQAC organized programme seminar on fitness and security of women in on 05.04.2023 with 30 girls and 02 teachers participated in these event girl students took advantage of programme on personality development for girl students.
5. Baby food preparation training was given to 20 students. About 79 students participated in the Modak and garland competition.
6. About 20 students participated in 'Breast feeding Week'



7. The training of 'Making Best and Durable from the Waste' was given to about 46 students.

8. Department of Home-economics arranged programme of Haldi-kumkum and 80 students participated in it.

09. 'Nutrition Week' was observed by Dept. of Home-economics and 22 students participated in it.

10. National Service Scheme Unit of our college organized a camp of Health checkup and Hemoglobin count and 62 girl students took advantage of it.

11. International women's day was observed by college internal complaints committee and Dept. of zoology, 60 girl students participated in it.

12. ICT. Computing skills attracted girls, and a skill development and job registration scheme was developed for female students.

#### **4. Problems Encountered and Resources Required: -**

Digras is a rural area, traditional practices and approaches have become a difficulty. The Transportation Service is insufficient to organise this sort of activity on a large scale. Inviting outside specialists was also troublesome. To address the challenges, team members collaborated, the leader provided advice, and substitute sources were identified. To implement it on a wide scale, the institute will require the help of local small organizations.

### **Another Best Practice**

#### **1. Title of the Practice: Sports Culture in college**

College students are strongly encouraged to participate in various games and sports activities and to express their untapped energy in order to further their overall growth. As a result, the College helps students live better and brighter lives since participation in games and sports activities enhances mental alertness, self-esteem, and confidence, which is an important component of the curriculum.

#### **2. Objectives of the Practice**

College recognizes that sports activities may serve as a springboard to greater possibilities for students. Scholarships and financial support for succeeding in sports are offered



to students in India to increase their engagement in sports, which considerably improves their life. In a competitive environment, such as sports, proficiency in sports might aid with placements. Sports can help students improve their relationship skills, such as dispute resolution and effective communication.

### **3. The Context**

The activities of Physical Education and Sports began with the establishment of College in 1963. Since then, it has been actively involved in the training of pupils in sports/games, producing numerous All India Inter University Participants (Colour holders of Sant Gadge Baba Amravati University) National/International level players. Physical Education and sports activities focus on students' physical condition and their involvement in inter-college contests such as Athletics, Judo, Kabaddi, Cross Country, Table Tennis, Badminton, and many more. Alumnae from the department are working in a variety of roles in sports and other important professions.

### **4. The Practice**

Students' exposure to sports and Judo is one of the most exciting and renowned activities offered by the College. Our college has a sports club, such as judo, to encourage students to take a holistic approach. These judo clubs are interconnected, allowing students to fully use resources in college while also serving as custodians of best practices at the intercollegiate, interuniversity, and National levels.

#### **Vision:**

Our college strives to be the leading voice in both athletics and academics. We hope to use this voice to unite, challenge, and motivate the next generation of students to pursue excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, and outreach activities to the betterment of human resources, as well as a blend of body, mind, and spirit.

#### **Objectives:**



- To act as a catalyst to bring about a positive change in the minds of players.
- To promote/ develop sports facilities at Inter College, Inter University and National level
- To provide service of the play grounds, tracks equipped with all modern activities.
- To provide access to coaching of different games by expertise with a special emphasis on under privileged students enrolling from rural area.

The College thrust area is to nurture talents of the students in sports. For these various activities are being organized since the inception of College. The concrete activities undertaken by the College are as following:

- College organizes various Inter-colleges, Block (Tahsil level /District/ Yoga Day celebration(21.06.2022) with workshops, First Aid lecture sessions to bring excellence in sports.
- Eminent Dignitaries are invited from time to time to inculcate a feeling of leadership and self-confidence, Renowned Sports medicine experts Dr. Amar Gadda was invited as a Chief- Guest for guest lecture on AIDS Awareness and First Aid.
- Our secretary Shri Shyam Bhau Patil (Mahindre) famous sportsman in Weight Lifting and Body building and Smt Meenatai Patil, Shri Reghurajsingh Chauohan Shri Vijay Dhiman Retd. SAI Judo Coach, Shri Jayant Ingole Judo Experts and Selection committee member of Sant Gadge Baba Amravati University was invited as a Chief- Guest for in Inter College judo Tournament to inspire students.
- College felt elated by inviting Shri Vijay Dhiman Retd. SAI Judo (Former SAI Coach of Judo) who is National judo Coach on the occasion of Sant Gadge Baba Amravati Inter Collegiate Judo competition. Sh. Shri Vijay Dhiman shared his experiences among students and motivated them to put dedication and team spirit in each & every sport.
- Sant Gadge Baba Amravati Inter Collegiate Judo competition. Men/ Women were organized from 20-09-2022 to 22-09-2022 in which 05 districts participated with enthusiastic players. This activity is distinct in a way that students were exposed to inter lingua cultural atmosphere for future prospects.
- Two students of the College participated in Khelo India Women's National League and Ranking Tournament West Zone Mehsana Gujrat, 11 -15.September 2022 Mehsana Gujrat 2022-2023



- One Student of the College participated in Sant Gadge Baba Amravati University Colour Holder in Table Tennis Selected and participated in West Zone Inter University Table Tennis competition held at Bhopal University 21.12.202 to 24.12.2022.
- Seminar on Fitness and Security of women in society organised by IQAC in collaboration with Department of Sports and Physical Education on 05.04.2023.
- One Day Workshop on Self Defense for Women organised by IQAC in collaboration with Department of Sports and Physical Education on 11.04.2023.

#### 5. Evidence of Success:

List of National, All India Inter University, West Zone, Intercollegiate Players

**Student's achievement and Awards  
2022-2023  
Institution participating in external competitions.  
II.d.i. Student Participation: (2022-2023)**

Sr. No .	Name of Student	Whether National/ State/ university (For college levels only) teams. Organizing State/ National/ Inter University/ Inter College level competition.	Name of Event with duration	Organizing Institute
01	Ranjeet Kumar Rathod BA II	Sant Gadge Baba Amravati Intercollegiate Cross Country competition	03.10.2022	SGB. Amravati University
02	Sagar Kisanwar B Com III	Sant Gadge Baba Amravati Intercollegiate Cross Country competition	03.10.2022	SGB. Amravati University
03	Sneha Bhaskar Ratne .	49 Th Senior Maharashtra State level Judo Championship 2022-23	08.-10 August 2022	Minatai Thakre Stadium Nashik
04	Ku. Vedika Pawar B SC II	Sant Gadge Baba Amravati Intercollegiate Badminton Trails competition	15.9.2022 to 17.09.2022	Vidya Bharti MV Amravati
05	Kunal C.Thakne M Sc I	Sant Gadge Baba Amravati Intercollegiate Table Tennis Trails competition	15.09.2022 to 17.09.2022	Vidya Bharti MV.Amravati
06	Akid Malnas MA I	Sant Gadge Baba Amravati Intercollegiate judo competition <b>Silver Medal</b>	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras



07	Suyog More B ScIII	Sant Gadge Baba Amravati Intercollegiate judo competition <b>Bronze Medal</b>	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
08	Sheikh Ikram MA II	Sant Gadge Baba Amravati Intercollegiate judo competition	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
09	Bhushan Chawke BA I	Sant Gadge Baba Amravati Intercollegiate judo competition	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
10	Pratiksha Bhalerao B Sc I	Sant Gadge Baba Amravati Intercollegiate judo competition	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
11	Vedika Pwar B Sc II	Sant Gadge Baba Amravati Intercollegiate judo competition, <b>Bronze Medal.</b>	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
12	Jagruti Durge B Sc II	Sant Gadge Baba Amravati Intercollegiate judo competition, <b>Bronze Medal.</b>	20.09.2022 to 22.09.2022	B.B.Arts,N.B.C Commerce & B.P.Science College Digras
13	Bhushan Chawake BA I	Sant Gadge Baba Amravati Intercollegiate Wrestling competition	28.09.2022 to 30.09.2022	Arts College Kurha
14	Ku. Aditi Ravibhushan Kadam B Sc I	Sant Gadge Baba Amravati Intercollegiate Chess Selection Trails competition	28.09.2022 to 30.09.2022	K.L.Mahavidyal ay Amravati
15	Piyush Shankar Rathod BS cIII	49 Th Senior Maharashtra State level Judo Championship 2022-23	16.10.2022	Minatai Thakre Stadium Nashik
16	Prajwal Jadhao BSc III	Sant Gadge Baba Amravati Intercollegiate Cricket Selection Trails competition	19.10.2022 to 21.10.2022	Arts College Kiran Nagar Amravati
17	Syed Shahzan BS cII	Sant Gadge Baba Amravati Intercollegiate Cricket Selection Trails competition	19.10.2022 to 21.10.2022	Arts College Kiran Nagar Amravati
18	Jagruti Shekhar Durge B Sc II	<b>Khelo India Women's National League and Ranking Tournament West Zone Mehsana Gujrat</b>	<b>11 -15. September 2022</b>	<b>Mehsana Gujrat</b>



19	<b>Vedika Dilip Pawar</b> B Sc II	<b>Khelo India Women's National League and Ranking Tournament West Zone Mehsana Gujrat</b>	<b>11 -15. September 2022</b>	<b>Mehsana Gujrat</b>
20	Ranjeet Kumar Rathod BA II	Sant Gadge Baba Amravati Intercollegiate Athletics competition	14.11.2022 to 17.11.2022	SGB Amravati University Amravati
21	Sumit Rathod B Com III	Sant Gadge Baba Amravati Intercollegiate Athletics competition	14.11.2022 to 17.11.2022	SGB Amravati University Amravati
22	Om HIwale B Sc II	Sant Gadge Baba Amravati Intercollegiate Athletics competition	14.11.2022 to 17.11.2022	SGB Amravati University Amravati
23	Jay Salgar BA I	Sant Gadge Baba Amravati Intercollegiate Athletics competition	14.11.2022 to 17.11.2022	SGB Amravati University Amravati
24	Sagar Kisanwar B Com III	Sant Gadge Baba Amravati Intercollegiate Athletics competition	14.11.2022 to 17.11.2022	SGB Amravati University Amravati
25	<b>Kunal C. Thakne</b> MSc. I	<b>West Zone Inter University Table Tennis Competition 2022-23</b>	<b>26.11.2022 to 30.11.2022.</b>	<b>University of Mumbai (B.K.Birla College,Kalyan Dist.Thane)</b>
26	Vishal R Sonwal BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
27	Gopal S Ade BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
28	Kartik A Rathod BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
29	Dnyaeshwar S Rathod BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
30	Jaypal S Rathod BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
31	Pratik S Ade BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
32	Bhudev D Rathod BA I	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji



33	Adesh Tayde BA I	D	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji
34	Pravin Chavhan Sc II	S B	Sant Gadge Baba Amravati University ICT Kabaddi Competition 2022-23	10.11.2022 to 12.11.2022	Arts & Commerce College Ghatanji

**College colour holder Players Participated in All India Inter University competition and Govt of Maharashtra state Inter university Ashwmedh competition Participants list.**

SN.	Name of the Student	Class	Achievement
01	Kunal Thakane	C. MSc. I	Sant Gadge Baba Amravati University Colour Holder in Table Tennis Selected for West Zone Inter University Table Tennis competition held at Bhopal University 21.12.202 to 24.12.2022

**College Players Participated in National/All India level judo competition.**

SN	Name of the Student	Class	Achievement
01	Ku Jagruti Durge	B Sc II	Khelo India Women's National League and Ranking Tournament West Zone Mehsana Gujrat, 11 -15.September 2022 Mehsana Gujrat
02	Ku.Vedika Pawar	B Sc II	Khelo India Women's National League and Ranking Tournament West Zone Mehsana Gujrat, 11 -15.September 2022 Mehsana Gujrat

**6. Problems Encountered and Resources Required**

**Healthy practices –**

Department of Physical Education also conducted Physical Efficiency test Examination of students for the Year 2022-2023 By Department of Sports & Physical Education & college DPE works as internal examiner and Prof. Anis Syed Smt.Savitabai Deshmukh Arts college Digras District Yavatmal external examiner Expert Committee 01.02.2023 to 06.02.2023.(Boys/girls).

**7. Notes (Optional)**

**Organizing Intra-college competitions.**

Sant Gadge Baba Amravati University Selection trials Games and Sports competition.



S. N	Detail of Competition	Date	Target Group
01	Sant Gadge Baba Amravati University ICT Judo Selection Games and Sports competition	22.09.2022	10
02	Sant Gadge Baba Amravati University ICT Wrestling Selection Games and Sports competition	25.09.2022	02
03	Sant Gadge Baba Amravati University ICT Cross Country Selection Games and Sports competition	1.10.2022	05
04	Sant Gadge Baba Amravati University ICT Athletics Selection Games and Sports competition	12.11.2022	12
05	Sant Gadge Baba Amravati University ICT Kabaddi Selection Games and Sports competition	08.11.2022	17
06	Sant Gadge Baba Amravati University ICT Archery Selection Games and Sports competition	25.11.2022	03
07	Sant Gadge Baba Amravati University ICT Chess Selection Games and Sports competition	27.09.2022	05
08	Sant Gadge Baba Amravati University ICT Badminton Selection Games and Sports competition	22.09.2022	02
09	Sant Gadge Baba Amravati University ICT Table Tennis Selection Games and Sports competition	10.09.2022	02
10	Sant Gadge Baba Amravati University ICT Cricket Selection Games and Sports competition	17.10.2022	04

**Contact Details: -**

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Accredited status: Accredited by NAAC with A Grade (CGPA.-3.16)

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