

**B.B. ARTS, N.B. COMMERCE & B.P. SCIENCE COLLEGE, DIGRAS- 445203 DIST.
YAVATMAL (M.S.)**

Best Practices (YEAR 2021-2022)

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 Counselling and IT based Resources.

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. The institution engages in a number of initiatives to progress society as a whole and add high-quality resources that can close the sociocultural 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 programmes 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 2021-2022, college conducted various programs, activities and workshop. Department of Zoology organized 'Blood Group Testing' camp for the students participated in NSS special camp, held at Nimbha and for the students of commerce department. With this Intellectual session arranged on Indian Constitution Ghar ghar Savidhan, Gaon Gaon Savidhan, Awareness camp was organized like cleanliness, plastic eradication, Covid 19 Vaccination, Water Management, Save Girl-Educated girls, Tree Planation, Health Checkup camp, Covid vaccination camp organized,

College women's Internal Complaint Cell organized 'One day inter college Level Workshop on Health Guidance for girl students in collaboration with Inner wheel club, Jijau brigade, Sakhi manch, Taniksha group Digras.

Department of Home-economics organized competitions on Modak and garland preparation and poster presentation. Training of Baby food Preparation was given to girl students by Department of Home economics. To improve the self-employment and entrepreneurship, Department of home-economics arranged Rangoli training program for girl students.

Department of Home-economics organized a program on 'Making Best and Durable from Waste'

Department of Home-economics organized a program on Cleanliness of kitchen and management of waste food. Department of Home-economics and college NSS unit organized a program on personality development for girl students.

Department of Home-economics visited Dhavanda Village, and carried out survey of Nutrition of tribal Women and their health.

The same Department organized the social Programs -Haldi Kumkum on the occasion of Makar sankranti.

The same Department 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.

NSS Unit of our college organized a camp of Health checkup and Hemoglobin count for girl students.

International women's day was observed by college Internal complaints committee and Dept. of zoology.

All these activities were organized to empower girl students of our college. The health programs and guest lectures make them aware and it's a way to empower them. It is the best practice of our college to make progress of girl students in current stream. To establish nice equation between education and health.

3. Evidence of Success: -

1. In Blood group testing camp about 80 girl students participated. (25.03.2022)
2. Department of Home Economics girls visited to pooja home industries on 06.12.2021

with 35 girls participated.

3. Same department organize flower arrangement training for girls and 50 girls taking part in this event on 09.12.2021., Innovative dish programme arranged for 35 students on 24.03.2022.
4. Department of Sports and Physical Education & IQAC organized programme Personal Safety and self-defense of college girls through martial arts on 09.04.2022 with 97 girls participated in this event About 67 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. Home-economics dept. 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. NSS 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. Skill development and employment registration programme organized for girls students on 22.04.2022.

4. Problems Encountered and Resources Required: -

Digras is rural place so that customary practice and conventional methods have become challenge. Transport Service are not enough to arrange this type of programme on huge scale. Inviting experts from outside was also problematic Collaboration of team member,

guidance of leader and alternate sources were worked out to encounter the issues. The institute needs support of local small organizations to do if on a large scale.

5. Contact Details: -

Name of the Officiating Principal: Associate Professor V. L. Khalatkar

Name of Institution: B.B. Arts, N.B. Commerce and B.P. Science College

City: Digras Yavatmal Maharashtra 445203.

Accredited status: Accredited by NAAC with B Grade (CGPA 2 .50)

Website: www.bbnbbcollege.org

Mobile: 9421771123