

**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 Counseling 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 modern society, has received a lot of attention in terms of economic development. It can also be used to highlight strategies for dealing with other oppressed genders in certain political, economic, and social contexts. Our college is committed to making an attempt to improve the socioeconomic and sociopolitical conditions.

Our college's high percentage of female students, which is also one of our greatest achievements, inspires. The organisation recognized the link between health and education. The institution is involved in a number of programmes that aim to advance society as a whole and provide high-quality materials that can help to bridge the socio cultural existence divide. Because our institution chose this critical site to build a healthy atmosphere for girls in this distant and impoverished area like Digras in the Yavatmal district of Maharashtra, we have been acknowledged as one of the top community service organizations.

1. Goals: -

- To raise awareness and impart knowledge about the numerous nutrients found in various food materials, as well as to create a balanced diet from available foods.
- To provide information about the structure and functioning of the body, as well as how to maintain physical and mental fitness.
- To provide knowledge about the causes of different common diseases, how they spread, and how to guard against these diseases.
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- 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 encourage females to be vaccinated in order to develop protection to various diseases.
- To provide girls with better social, economic, and political treatment.

2.Context: -

Health is essential in one's life, and when it comes to women, it is the core of humanity. Our college is dedicated to changing this reality by emphasizing women's empowerment. Digras is in the middle, neither developed nor backward. A large number of female students in our college made some improvement, but many are still unaware of their role in society.

This college has a co-educational system and is working hard to achieve gender equality. The college has a distinct women's anti-harassment cell (Internal Complaints Committee) to deal with various situations.

During the academic year 2021-2022, the college offered a variety of programmes, events, and workshops. The Department of Zoology arranged a 'Blood Group Testing' camp for students who participated in the NSS special camp at Nimbha, as well as students from the Commerce Department. With this intellectual session on Indian Constitution Ghar ghar Savidhan, Gaon Gaon Savidhan, an awareness camp such as cleanliness, plastic eradication, Covid 19 Vaccination, Water Management, Save Girl-Educated girls, Tree Plantation, Health Checkup camp, Covid vaccination camp was held.

In partnership with the Inner Wheel Club, Jijau brigade, Sakhi manch, and Taniksha group Digras, the College Women's Internal Complaint Cell held a one-day inter-college level workshop on health guidance for girl students.

The Department of Home Economics held competitions in Modak and garland preparation, as well as poster presentation. The Department of Home Economics provided training in baby food preparation to female students. The Department of Home Economics organised a Rangoli training programme for female students in order to enhance self-employment and entrepreneurship.

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

The Department of Home Economics conducted a programme on kitchen cleanliness and waste food management. A personality development programme for female students was created by the Department of Home Economics and the campus NSS section.

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 also observed 'Nutrition Week' and educated the female students on health and nutrition. The department also marked 'Breastfeeding Week' and educated the female students on the benefits 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 lecturers 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 even 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: -

Because Digras is a rural area, traditional practices and approaches have become a difficulty. Transport Services are insufficient to organise this type of programme on a large basis. Inviting outside specialists was also troublesome. Participation of team members. To deal with the challenges, the leader's direction and alternate sources were used. To implement it on a wide scale, the institute will need the help of local small organizations.

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

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

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