



Nevjabai Bhaiya Hitkarini Education Society's
Nevjabai Hitkarini College,
Bramhapuri
Dist. Chandrapur, (M.S.)-441206
Affiliated to Gondwana University, Gadchiroli
Re-Accredited By NAAC B++ (2.87 CGPA)

Annual Quality Assurance Report

AQAR: 2022-23

CRITERIA - IV

INFRASTRUCTURE AND

LEARNING RESOURCES

Metric Number: 4.1.2.

Metric Name: The Institution has adequate facilities for cultural activities, sports, games (indoor, outdoor), gymnasium, yoga centre etc.

Principal
Nevjabai Hitkarini College Bramhapuri



Email: nhcb Bramhapuri@rediffmail.com
Web: nhcb.in/
Phone: 07177273293

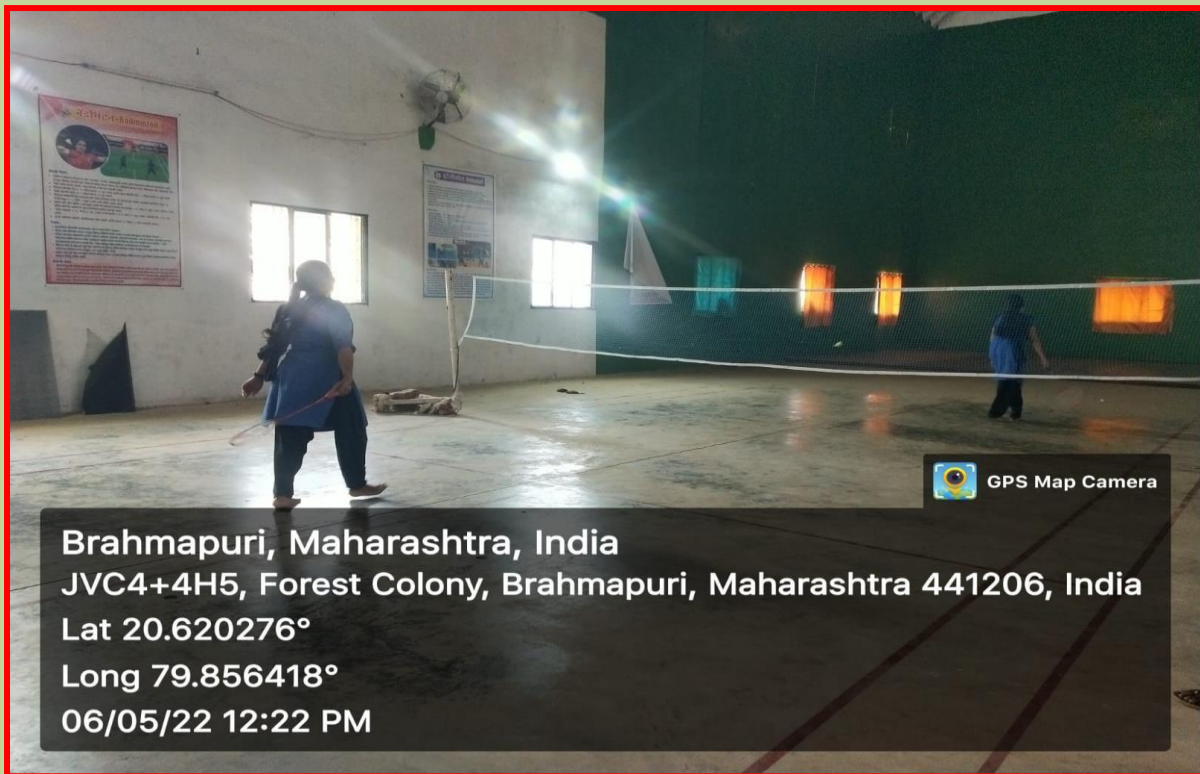
INDOOR STADIUM



Indoor Tabel Tennis Facility



Indoor Tabel Badminton Facility



Indoor Chees



Outdoor Games Facility

Basket Ball Court



Kabaddi Ground



Hocky



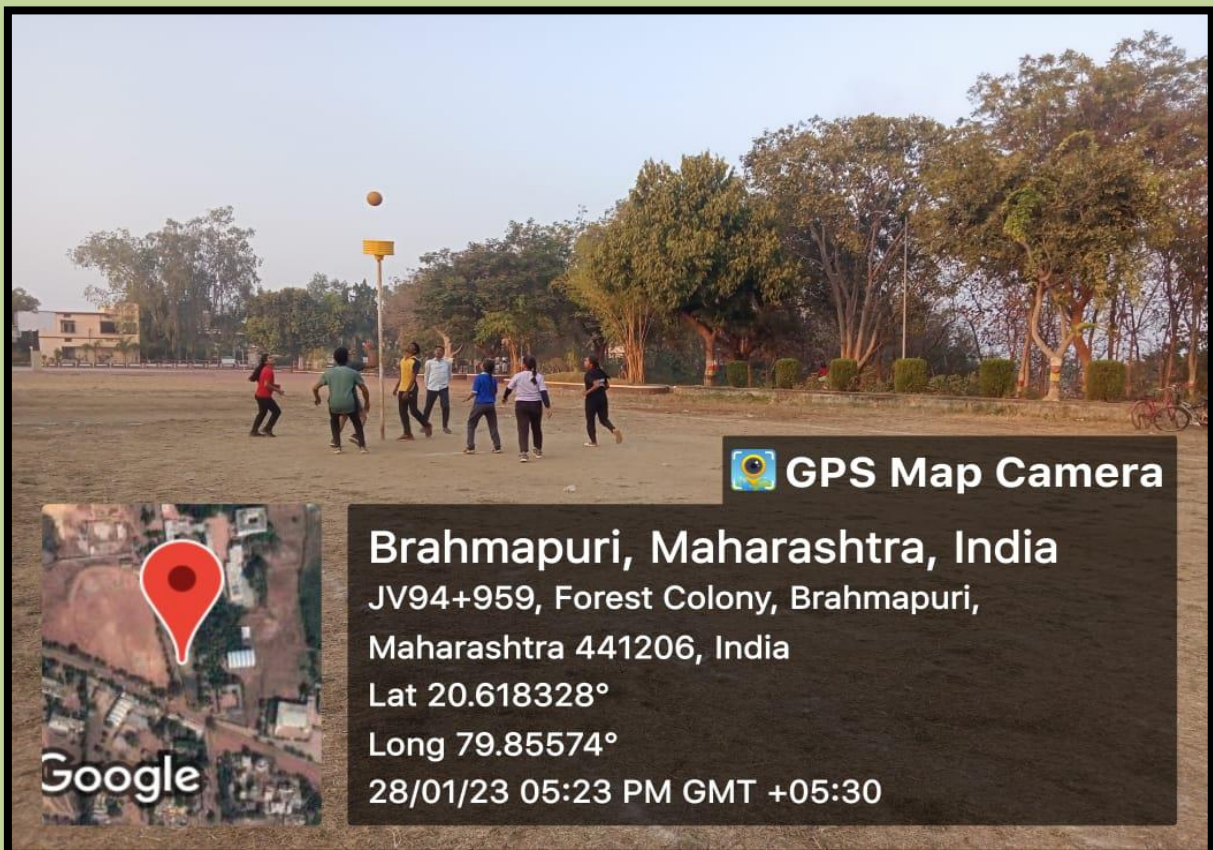
Football Ground



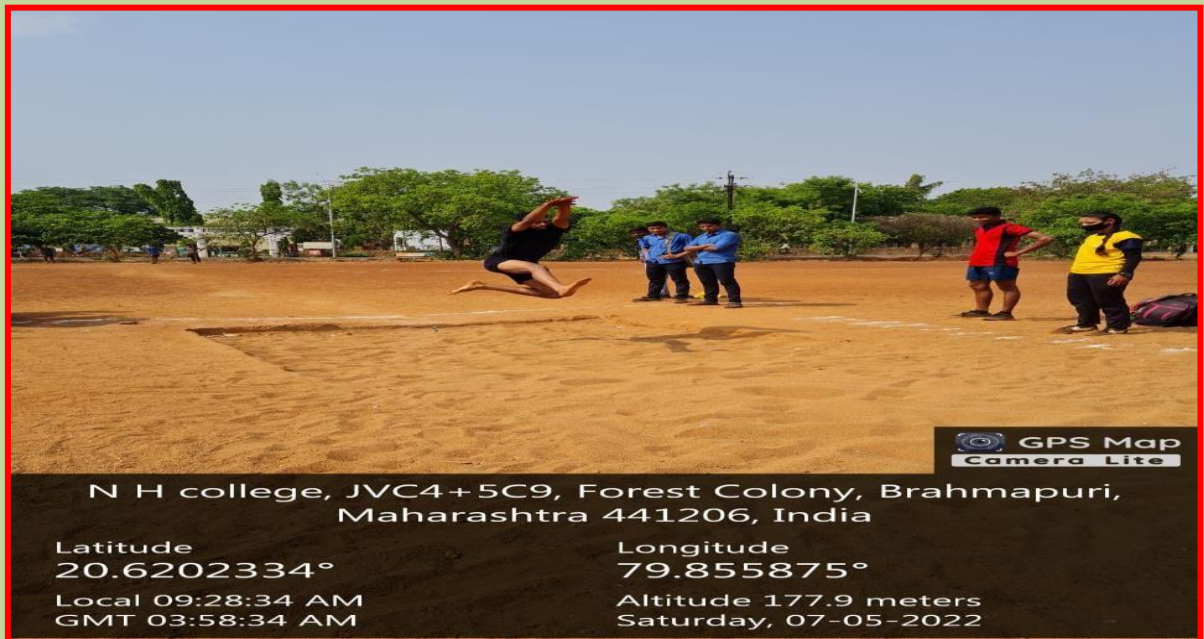
Tug.of War



KorfBall



Long jump Ground



Volleyball



Study Tour Of Physical Education Department





GPS Map
Camera Lite

JV82+54J, Sharda Colony, Brahmmapuri, Maharashtra
441206, India

Latitude
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Longitude
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GMT 03:00:00 AM

Altitude 166.65 meters
Tuesday, 19-04-2022

Gymnasium Facility

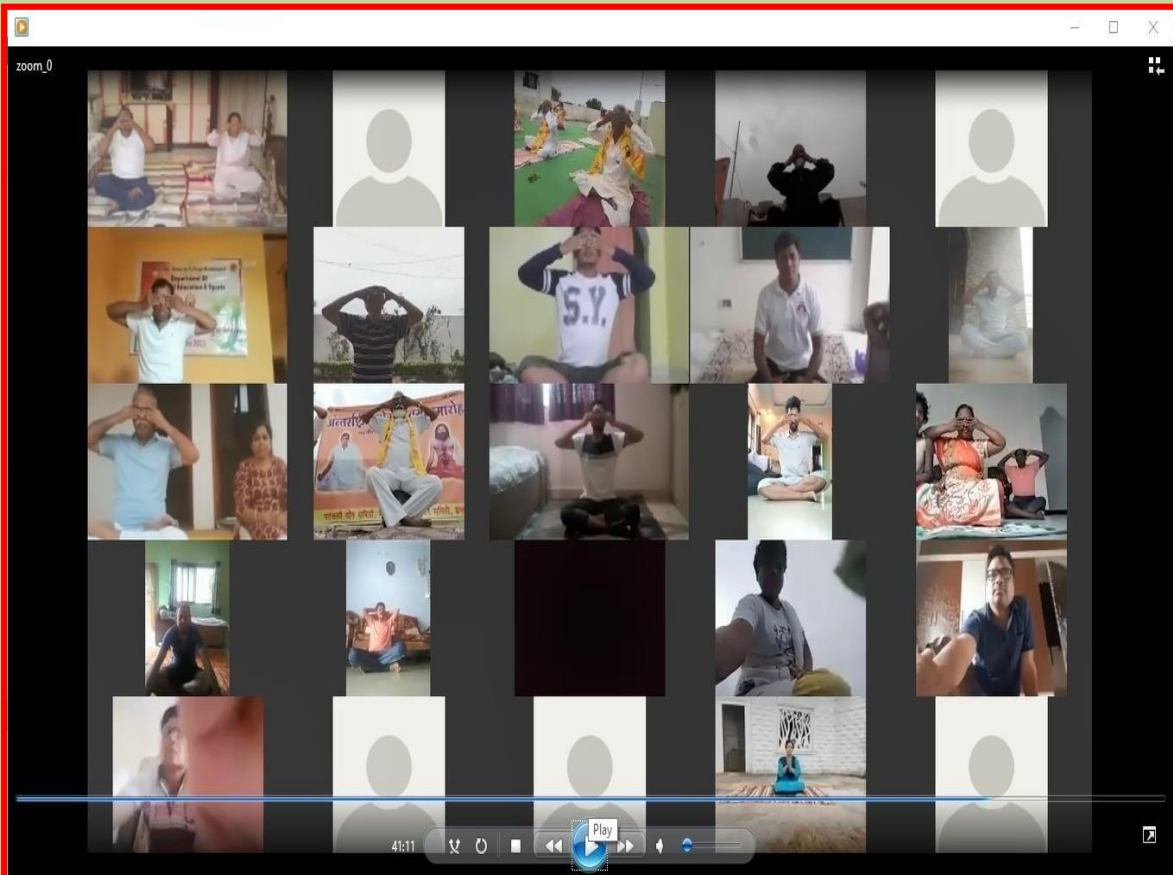


Yoga Facility





7th International Yoga Day Celebration



Cultural Activities Facility







Debate Competition organized by Marathi Department





Essay Competition on Gandhian Thought



Examminion in Gandhi Thought





Nevjabai Hitkarini College, Bramhapuri

Dist.- Chandrapur 441206

Department of Physical Education & Sports

Report of Yoga and Meditation Camp

Name of Activity organized	camp
Title of activity	10th Days Yoga and Meditation camp
Date of activity organized	12 to 22 th Sept. 2022
Name of the Coordinator of activity	Dr. S. M. Shekokar, Dr.K.M. Sharma
Place of the Activity organized	Dept. Of Physical Education & Sports of N. H. College, Bramahpuri
No. of Students participated	106
Venue	N.H. college Bramhapuri campus
Objectives of the camp <ul style="list-style-type: none">• The fundamental purpose of yoga camp is to foster harmony in the body ,mind & environment• To inculcate the feeling of patriotism in the students• To improve the health standards of the students and helping them to perform better today's competitive world• To help increase both physical and mental peace and calm.	
Brief Description: <p>Department of Physical Education & Sports N.H. College Bramhapuri was organised 10 Days Yoga and Meditation Camp on 12th Sept To 22 Sept.2022. 106 of students participated in the Camp . The present situation is happy and Mental health, increasing stress of every person day by day,. Every year in the colleges, yoga programs are organized for the students as well as for the teachers and teaching staff. Information is provided by the program. Lessons on how we can keep our health healthy through yoga pranayama are also given in these programs. The main objective of the Department of Physical Education and Sports is that every person should be physically fit and mentally strong so that they can carry out their daily activities and lead a happy life. The students were educated on importance of Yoga. They were explained how yoga helps in maintaining not only physical and mental health but also a healthy social life. The yoga trainer,Dr. S.M. Shekoker and Dr. K.M.Sharma taught the students various Aasanas and Paranyama He started the session with warming up and stretching followed by various asanas. After Asanas session students were also taught the pranayama for longevity.Addressing the students on the occasion, Principal sir Dr. D.H. Gahane appealed to the students to include yoga in their daily routine for its wholesome and salubrious effects on the mind, body and soul.</p>	

Dr. S.M. Shekoker HOD Phy. Edu. Dept. delivered the welcome address. The program was conducted by Dr. K.M Sharma and Sanju Meshram proposed vote of thanks. Dr. S.M. Shekoker HOD and Dr. K.M. Sharma Asstt. Director of Physical Education Department organized the program. Shri. Sanju Meshram, Shri Vikas Patil .All the committee members gave their efforts for making Program successful .

Outcomes/impact of the Activity :

Participants got aware about asanas and their benefits .

The students learn proper way of Asanas and self discipline attitude to cooperation and be helpful and compassionate.

Training schedule :

Morning session : 6.00am To 7.30am

- Reporting
- Warming Up Exercise
- Prayer
- Yoga Asanas
- Meditation Santipath

Glimpse of Yoga and Medatition Camp



Dr.D.H. Gahane Principal N.H. College Bramhapuri guiding the students



warm-up exercise



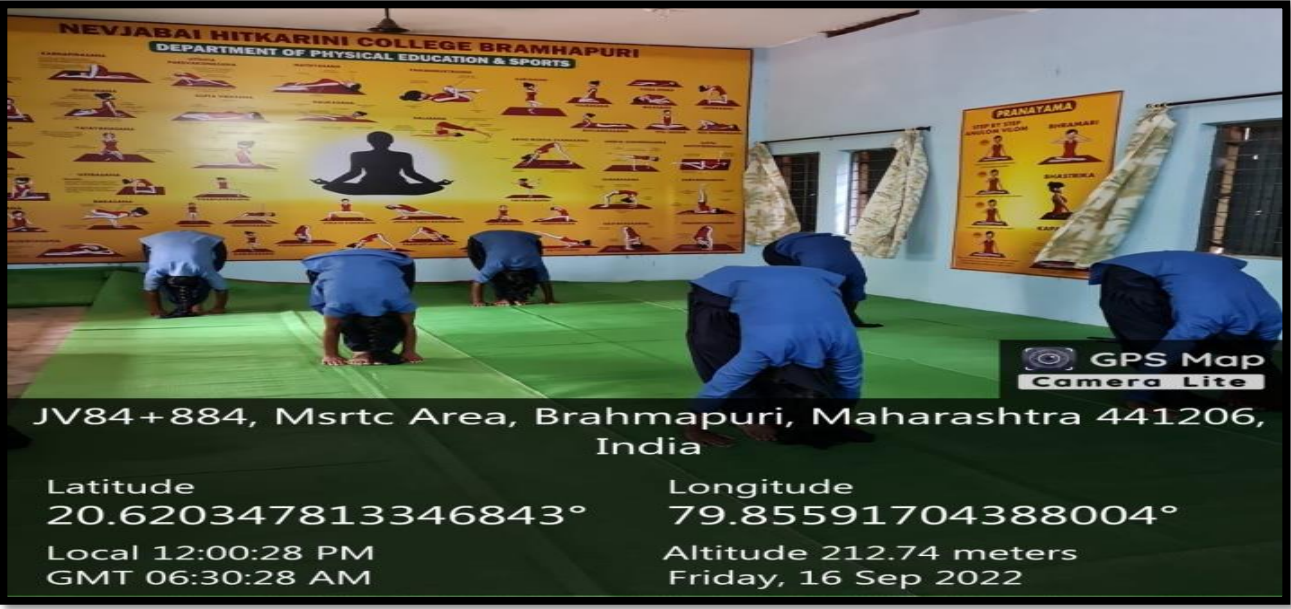
JV94+H7M, Forest Colony, Brahmapuri, Maharashtra 441206, India

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GMT 02:25:52 AM Wednesday, 21.09.2022



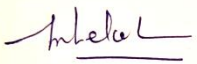
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GMT 06:30:28 AM Friday, 16 Sep 2022



JV84+884, Msrtc Area, Brahmapuri, Maharashtra 441206, India

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Local 12:00:28 PM Altitude 212.74 meters
GMT 06:30:28 AM Friday, 16 Sep 2022


Head
Department of Physical Education
Nevjabai Hitkarini College
Bramhapuri, Dist. Chandrapur


प्रचार्य
ने. वि. वि. ब्राम्हपुरी
Nevjabai Hitkarini College
Bramhapuri, Dist. Chandrapur

Nevjabai Hitkarini College Bramhapuri

Department of Physical Education and Sports & Department of Home Economics

Report of Workshop on Sports Nutrition & Personal Health and Hygiene

Name of Activity organized	One Day Workshop on Sports Nutrition & Personal Health and Hygiene
Name of Organizing Department	Dept. Of Physical Education & Sports & Home Economic Dept. of N. H. College, Bramahpuri
Date of activity organized	14 Sept.2022
Name of the Coordinator of activity	Dr. S. M. Shekokar, Dr.K.M. Sharma, Ku. Sonali Pardhi. Dr. Rekha Jibhkate , Ku. Sheetal Panchal
No. of Students participated	271
Venue	Conference Hall ,N.H. College Bramhapuri

Aim of the camp: To improve behaviour through useful practices connected to personal, water, food, domestic and public hygiene

Objectives of the camp:

- In students with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection.
- Maintaining both physical and mental health. |

Brief Description:

Department of Physical Education and Department of Home Economic, N.H. College Bramhapuri was jointly organised One Day Workshop on Sports Nutrition & Personal Health and Hygiene on 14 Sept.2022.Total 150 students and staff members are participated in the workshop. Objective of the Workshop is 'Health is Wealth' an old proverb is true for all of us. If one is healthy then one can contribute their best in achieving their goals which will lead one to prosperity. Nutrition & Hygiene is one of the factors that contribute towards better health. Hence, it is important to understand, especially in this given situation, about health and hygiene. First of all followed by lighting of the lamp felicitation of the guests. Chairman of the workshop Principal Dr. D.H. Gahane. Ku. S.D. Pardhi , HOD Home Economic dept. and second resource person Dr.R.N. Gibhkate , Home Economic Dept. were the resource persons on this special event. chef gust of the program Dr. M.A. Sheikh, Chairman Sports Committee , Dr. H.A Mungole Principal SBMMV. Bramhapuri,

Dr. K. S. Naktode NAAC coordinator , Dr. S.M. shekoker, Dr. K.M. Sharma, Dr. D.A. Khonarkar , Ku. Panchal , Ku. Khan present on the occasion . First lecture was delivered by Ku. S.D Pardhi She delivered her PPT on topic “Nutrition for Sports Person” .In which she explained all the food techniques for Sports person ways of keeping good habits about the personal diet by keeping a proper balanced diet & micronutrients are essential to everyone. She presented a single day meal chart for every different sports person. Second lecture was delivered by Dr. R.N. Jibhkate she delivered his talk on Personal Health hygiene and Mental health In which he explained the goals and objectives of Personal Health hygiene and Mental health . She also explain that to strengthen the health of sports person not only essential to maintain the Physical Health but also mental health , emotional ,social, and spiritual .Also he gave information about the hygiene of hair, skin, face, teeth, ears, hands and feet, nails and cuticles, and other important parts of the body were discussed in detail. On the occasion Dr. D.H. Gahane delivered speech focusing on Nutrition for students He also focused on the importance of Balance diet and effect on sports player health .

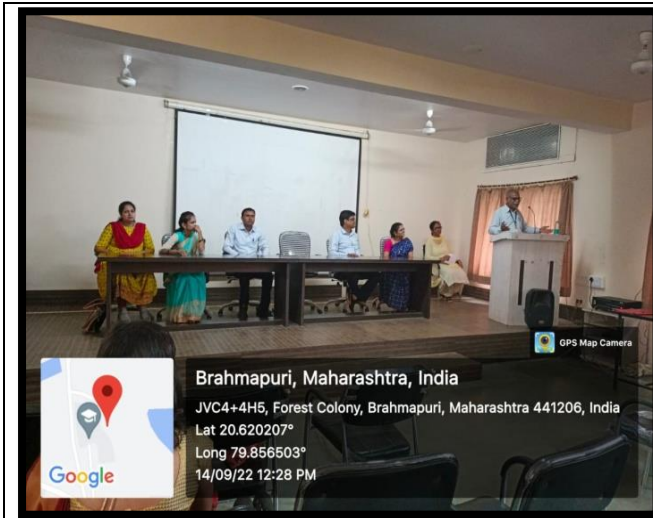
Dr. S.M. Shekoker HOD Phy. Edu. Dept. delivered the welcome address. The program was conducted by Dr. K.M Sharma and Sanju Meshram proposed vote of thanks. Dr. S.M. Shekoker HOD and Dr. K.M. Sharma Asstt. Director of Physical Education Department organized the program. Shri. Sanju Meshram, Shri Vikas Patil .All the committee members gave their efforts for making Program successful .

Outcomes/impact of the Activity :

- The students a lot of interest to know the meaning, principles, components of personal and community hygiene. By understanding the communicable diseases, the students was able to lead a diseases free life. As they was involved in regular physical training, They act as health ambassadors and carry the adage namely “Prevention is better than cure.
- Students also learn the importance of vitamins and minerals. This knowledge will definitely improve the health of the sports persons, family health and in turn the health of the whole society

Glimpse of One Day Workshop on Sports Nutrition &

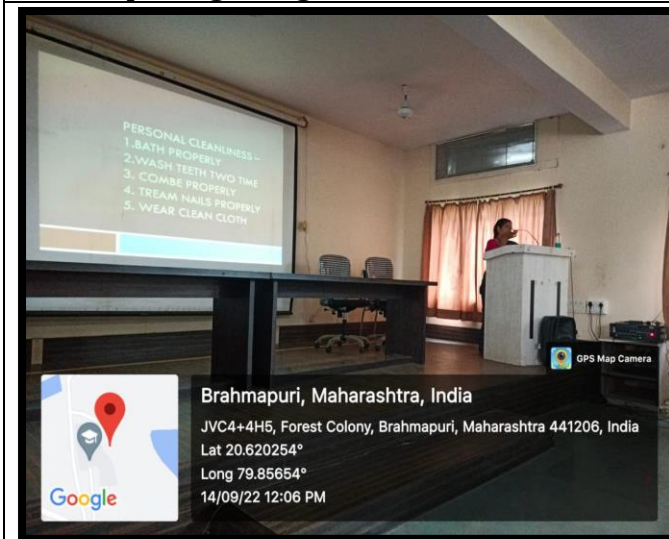
Personal Health and Hygiene



**Dr.D.H. Gahane Principal N.H. College
 Bramhapuri guiding the students**




**Delivered lecture On Sports nutrition by Ku
 Sonali Pardhi**



**Delivered lecture On Pursnal Health and
 Hygiene by Dr. Rekha Jibhkate**



All Dignitaries with students


Head
 Department of Physical Education
 Nevjebai Hitkarini College
 Bramhapuri, Dist. Chandrapur


 प्राचार्य
 नेवजेबाई हिटकारिणी
Nevjebai Hitkarini College
 Bramhapuri, Dist. Chandrapur

Nevjabai Hitkarini College, Bramhapuri

Dist.- Chandrapur 441206

Department of Physical Education & Sports

Report of Handball & Hockey Games Training & Coaching Camp

Name of Activity organized	Handball & Hockey Games Training & Coaching camp
Name of Organizing Department	Dept. Of Physical Education & Sports of N. H. College, Bramahpuri
Date of activity organized	17 to 23 April 2023
Name of the Coordinator of activity	Dr. S. M. Shekoker, Dr.K.M. Sharma
No. of Students participated	39
Venue	N.H. College Bramhapuri Campus
Aim of the Camp: The main aim of conducting this camp is to teach them correct techniques and improve their skills and fitness to participate in upcoming inter-collegiate tournament .	
Objectives of the camp: The main objective of the camp was to introduce Handball & Hockey to students of the college.	
Brief Description: Department of Physical Education & Sports Organised Seven Days Handball, Hockey Game Coaching and Training Camp in our College Ground to find the talented Basketball, Volleyball& Yoga players at N.H. College and nurture their talents and find talented players for the college team. The camp started on Sept. 17 th at 7.00am at N.H. College Ground The Camp was managed by Handball Coach Shubham, Hockey Coach ,Ganesh Katave 39 players attend the camp .The Programme was inaugurated By Principal Dr. D.H. Gahane speaking on the occasion ,he said the main purpose of the Handball and Hockey coaching camp is to introduce games and to teach students in accordance with the rules and regulation of Hockey and Handball games	
Dr. S.M. Shekoker HOD Phy. Edu. Dept. delivered the welcome address. The program was conducted by Dr. K.M Sharma and Sanju Meshram proposed vote of thanks.	
Dr. S.M. Shekoker, Dr.K.M. Sharma, Shri Sanju Meshram & Shri Vikas patil, worked hard to make this program a success.	
Outcomes/impact of the Activity : <ul style="list-style-type: none">• Students will improve their Handball, Hockey Game fundamental skills through practice and understanding the tactical components• Students was Inspired to pursue dreams and set an example of healthy lifestyle.	

- Demonstrate self confidence while participating in physical activity

Training schedule :

Morning session : 8.00am To 9.30am Evening Session :4.00PM to 6.30Pm

- | | |
|---|--|
| <ul style="list-style-type: none"> • Reporting • Warming Up Exercise • Games Fundamental skill Coaching • Court workout • Cool down Exercise | <ul style="list-style-type: none"> Reporting Warming Up Exercise Game skill Coaching Court workout Cool down Exercise |
|---|--|



Players practicing Hockey fundamental skills



Players practicing Hockey fundamental skills



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JV96+5V, Forest Colony, Brahmapuri, Maharashtra
 441206, India

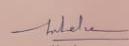
Notice


Date: 13/04/2023


All Students Senior College are informed that Department of Physical Education & Sports Of N.H. College Bramhapuri organized Handball & Hockey Games Training & Coaching camp from 17 to 23 April 2023. Students willing to participate in this Camp should submit their name till 15 April 2023 to Dr. S.M. Shekoker, Dr. K.M. Sharma

Contact More information Mob.No 8208463699, 9423618418


Timing: Morning session : 8.00am To 9.30am
 Evening session : 4.00PM to 6.30PM


 Head
 Dept. of Phy. Edu. & Sports
 N.H. College, Bramhapuri


 Principal
 N.H. College, Bramhapuri
Dr. Prakash
 Nevjabai Hitkarini College
 Bramhapuri, Dist. Chandrapur



Head
 Department of Physical Education
 Nevjabai Hitkarini College
 Bramhapuri, Dist. Chandrapur



प्रचार्य
 ने. वि. हि. ति. कारिणी
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