



Nagpur Shikshan Mandal's  
**Shri Binzani City College**  
Sakkardara Square, Umrer Road, Nagpur

## BEST PRACTICE I

**Title of the Practice:** **BINZANI CITY SPORT Access Compete Excel**

**PROGRAMME Motto:** *'FIT PEOPLE, FIT NATION'*

### Objectives:

- To develop physical stamina and promote sport excellence among students.
- To provide opportunities to students through various activities / tournaments to enhance their skills.
- To maintain the sporting tradition of the College and achieve greater glory.
- To stimulate interest and awareness about physical fitness amongst students.

### Context:

Shri Binzani City College has a long tradition of sporting glory and excellence. The College has consistently performed well in University Sports tournaments. The Sports Department of the College trains students for National and International participation. In 2017-18, 2019-20 & 2021-22, the Team bagged the Kho Kho, Athletics, Kabaddi, Wushu and University level Championship. Till date, the department has produced players who have done the College and University proud at the National inter-university, State and District level. Students have been appointed through Sports Quota in many Govt organizations.

### Practice

- **National Sports Day** – Felicitations of Sports persons: The Department organizes a felicitation program every year on National Sports Day commemorating Major Dhyanchand. On this occasion, students showing exemplary performance in Sports are felicitated by presenting a Sports kit (Track Suit, Spike, Competition shoes, Kit bag, Mat shoes). This recognition goes a long way in boosting their morale.
- **Annual Sports Day** is organized as a part of the College Day Program or in the month of January for teaching, non-teaching staff, Inter-collegiate tournament of Cricket (only for colleges and schools under Nagpur Shikshan Mandal) and students to motivate them to a healthy living. A variety of indoor and outdoor games are organized. Participation in these games not only gives a recreational break from academic routine but also develops team spirit among staff, NSM office bearers and students.





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- **Regular Summer Camps** for promotion of sport have been organized on the College ground every year. Boys and girls are coached in Cricket, Athletics, Volleyball, Kabaddi and Yoga. Training is given not only by the teaching staff of the Physical Education Department but also by outside experts and alumni.
- **Conferences and Workshops:** The Dept of Sports organized an International Conference in collaboration with other reputed institutes in 2021-22. It also organizes regular One Week workshops of yoga, Health and nutrition and self-defense for girls. Through these programs the department mentors its students.  
*(The details along with the supporting documents are uploaded in Collaborative activities conducted by the College in the metric 6.5.2)*
- **Medical and Physical Tests:** Every year the department holds a Medical and a Physical Test for all the students at the College. Medical Tests ensure overall checkup. Physical Tests help in checking the issues like lack of stamina, endurance and fitness amongst the students. Appropriate suggestions like information about nutritious food, regular exercises including yogasana, stress management techniques and stamina building are suggested to the students by the team of doctors called for the tests. This benefits the students, especially the girl students, who come from poor backgrounds.
- **Veterans Competition:** The Department organized a Veterans' Competition of Walking and Running as an encouragement and appreciation to the old people from society connected with the department since years. Through this, the department could include them in the departmental activities.
- **Grooming students:** The teachers, counselors and alumni groom the students and advise them on various issues. Some of the issues are related to career and others are related to the tricks of the game they want to excel in. This counseling is done free of cost and in an informal way. Most of the coaches and trainers are alumni.
- **S B City College Cricket Academy:** The Academy has an Indoor Practice Section in which the students are given cricket practice. It is open to the public and is one of the largest practice sections in South Nagpur making it a desirable place for sports enthusiasts.



## Evidence of Success:

*Table : Tournaments – Success Records*

Session	Tournaments Won	Tournaments Conducted	No. of students participated (Inter-National)	No. of students participated (National)	No. of students participated (State)	No. of students participated (Inter-University)	No. of students (individual) winning medals
2017-18	2 Team Championship	03	02	07	07	13	05
2018-19	4 Team Championship	01	00	07	04	14	05
2019-20	7 Team Championship	02	00	12	04	07	04
2021-22	1 Team Championship	03	00	04	00	13	03

## Sports Awards: *(Mentioned in the metric 5.3.1 of the SSR)*

### 2017 – 2018:

1. Winner of Kho Kho (Boys) Tournament conducted from 09-10-2017 to 11-10-2017
2. Runner up in Inter Collegiate Kabaddi (Women) in Punjabrao Krida Mahotsav from 17-09-2017 to 19-09-2017

### 2018 – 2019:

1. Women's Cross-Country team - won the Inter Collegiate Cross-Country Championship 2018 on 02-09-2018
2. Kabaddi team (Women) secured the second place in the Inter Collegiate PunjabraoKridaSpardha
3. Winner of Kho Kho (Men) Tournament from 24-09-2018 to 26-09-2018
4. Third Place in Cross Country (M)

### 2019 -2020:

1. University Championship in Cross Country (Women) from 14-10-2019 to 17-10-2019
2. Second Prize in Kho Kho (Men) - university Championship
3. Third Prize in Kho Kho Tournament (W) in Inter Collegiate PunjabraoKridaSpardha
4. Khelo India Khelo held at All India Inter University Athletics org by Rajiv Gandhi University of Health Science, Bangalore from 02-01-2020 to 06-01-2020
5. Athletics Championship RTMNU
6. Second Prize - University Inter Collegiate Athletics 200 mtrs. Run (Women) held from 14-10-2019 to 17-10-2019
7. Second Prize - Judo (Women) All India Inter-University Tournament from 22-12-2019 to 24-12-2019



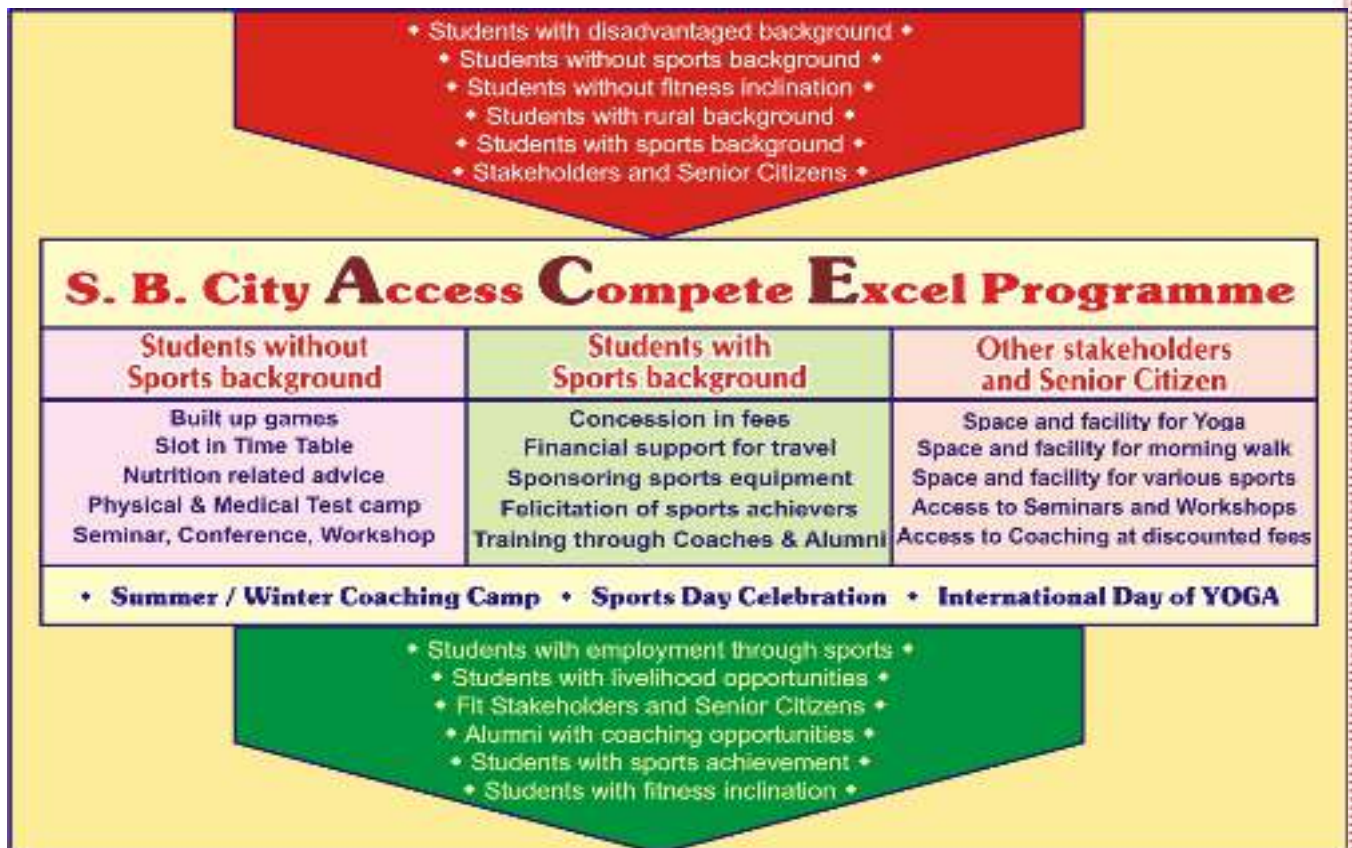
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**2021 – 2022:**

1. RTM Nagpur University Over All Championship Trophy - Inter College Athletic Meet
2. University Championship in Wushu, RTMNU
3. Bronze Medal in Judo Khelo India Game, Bengaluru
4. Bronze Medal in Judo (W) org by Chhatrapati Shahuji Maharaj University, Kanpur
5. Gold Medal in 'Karate Kata' and Bronze in 'Kumite' event in NSKAI All India Open Karate Championship, Hyderabad

**ACE program at a glance:**



**Students selected through Sports Quota:**

S. No	Names of Students	Games	Department
01	Komal Mendhe	Volleyball	Police Department
02	Chhaya Nandagawali	Kabaddi	Police Department
03	Vyankatesh Watmode	Athletics	Forest Department
04	Sarika Raut	Athletics	Forest Department
05	Priyanka Gajbhiye	Kabaddi, Judo	Forest Department
06	Rajshree Padmagirwar	Athletics	Forest Department
07	Aditya Shende	Volleyball	Police Department
08	Pooja Deshbhratar	Athletics	Forest Department
09	Kiran Pathan	Kabaddi	Police Department
10	Rashmi Pathan	Kabaddi	Police Department





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11	Simmi Pathan	Volleyball	Police Department
12	Hemlata Raut	Athletics	Gramin Police
13	Sarita Nainwar	Athletics	Railways
14	Manoj Choudhari	Kabaddi	City Survey Office
15	Mangesh Kamilkar	Kabaddi	Maharashtra Police
16	Alka Thengare	Kabaddi	Police Department
17	Anita Reddy	Kabaddi	Police Department
18	RiteshChoudhari	Kabaddi	City Survey
19	Kavita Yeutkar	Kabaddi	Police Department
20	Renuka Bhongade	Kabaddi	Police Department
21	Suresh Picchode	Karate	Sports Instructor
22	Swapnil Khare	Kabaddi	Sports Instructor
23	Mukesh Narule	Kabaddi	Police Department
24	Harshad Kate	Kabaddi	Police Department
25	Amol Zade	Kabaddi	SRPF
26	Pankaj Gawai	Kabaddi	SRPF
27	Gajanan Nandurkar	Kabaddi	SRPF
28	Chetan Patil	Kabaddi	SRPF
29	Shubham Admane	Kabaddi	City Police
30	Gaurav Dahake	Kabaddi	City Police
31	Rahul Ingole	Kabaddi	City Police
32	Vikas Dawande	Kabaddi	City Survey Office
33	Praful Waghmare	Kabaddi	City Police
34	Dnyaneshwar Warti	Kabaddi	SRPF
35	Gaurav Nandurkar	Kabaddi	Police Department
36	Roshan Shinde	Kabaddi	Police Department
37	Nilesh Asole	Kabaddi	Police Department
38	Akash Sirsath	Kabaddi	Police Department
39	Rahul Borkar	Kabaddi	Police Department

**Problems Encountered:**

1. Tournaments interrupt the study schedule of players.
2. Difficulty in getting sponsorships.
3. Reluctance of parents to send their girls to participate in outside tournaments.
4. Students coming from poor backgrounds also exhibit a high dropout rate. They leave the game before they learn it properly.



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### SBCG fates meritorious sportspersons

SBCG fates meritorious sportspersons... The college has organized a sports meet to honor the achievements of its students in various sports. The event was held in a grand manner and witnessed the participation of students from various schools and colleges. The college officials and faculty members were present to felicitate the winners and present them with trophies and certificates. The event was a great success and the students showed exceptional talent and dedication.

### SB City College are champs

SB City College are champs... The college has secured a significant victory in a recent sports competition. The team, consisting of students from various departments, displayed exceptional skill and teamwork throughout the tournament. Their victory was a testament to their hard work and dedication. The college officials and faculty members were proud of their students' achievements and congratulated them for their outstanding performance.

### शुभांगी राकतस्त्रा प्रौढपदक

शुभांगी राकतस्त्रा प्रौढपदक... A student named Shubhangi has won a prestigious award for her outstanding performance in a recent competition. She has demonstrated exceptional talent and dedication, earning her a well-deserved recognition. The college officials and faculty members were proud of her achievement and congratulated her for her hard work and perseverance.

### SB City launches indoor cricket facility

SB City launches indoor cricket facility... The college has inaugurated a new indoor cricket facility, providing students with a dedicated space for their favorite sport. The facility is equipped with all the necessary amenities and is expected to enhance the students' cricket skills and provide them with a better playing environment. The college officials and faculty members were pleased with the launch of this new facility.

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### Students asked to adopt healthy food routine in day-to-day life

Students asked to adopt healthy food routine in day-to-day life... A workshop on health and nutrition was held at the college to educate students about the importance of a healthy diet. The workshop was attended by students from various departments and was conducted by experts in the field of nutrition. The experts emphasized the need for a balanced diet and the importance of eating healthy foods. The students were encouraged to adopt a healthy food routine in their daily lives.

### AK Gandhi U-25 T20 from Monday

AK Gandhi U-25 T20 from Monday... The college has organized a T20 cricket tournament in honor of Akshay Kumar Gandhi. The tournament is scheduled to start on Monday and will feature teams from various schools and colleges. The college officials and faculty members are excited about the tournament and expect it to be a great success.

### PNCA clinch Gandhi memorial cricket title

PNCA clinch Gandhi memorial cricket title... The PNCA team has won the Gandhi Memorial Cricket Title, marking a significant achievement for the college. The team displayed exceptional skill and teamwork throughout the tournament, securing the title with a convincing margin. The college officials and faculty members were proud of the team's performance and congratulated them for their hard work and dedication.

### प्रभाव समाचार

दिसेस्टर रीनेजमेंट पर ऑनलाइन वक्ताशय आज  
दिसेस्टर रीनेजमेंट पर ऑनलाइन वक्ताशय आज... An online seminar was held today to discuss the importance of disaster preparedness and recovery. The seminar was attended by students and faculty members and was conducted by experts in the field of disaster management. The experts emphasized the need for a disaster preparedness plan and the importance of staying calm and organized in the event of a disaster. The seminar was a great success and the students gained valuable insights into disaster management.

### 'Personality development through yoga' organized

'Personality development through yoga' organized... A yoga workshop was organized at the college to promote personality development and stress management among students. The workshop was attended by students from various departments and was conducted by an experienced yoga instructor. The instructor emphasized the benefits of yoga for mental and physical health and encouraged students to practice yoga regularly. The workshop was a great success and the students gained valuable insights into the benefits of yoga.

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### 7th NSKAJI India Open Karate Championship-2022

7th NSKAJI India Open Karate Championship-2022... The college has participated in the 7th NSKAJI India Open Karate Championship, where students from various schools and colleges competed. The college's karate team performed exceptionally well and secured several medals. The college officials and faculty members were proud of the team's performance and congratulated them for their hard work and dedication.

