

Shri Vijaysinha Yadav College, Peth Vadgaon

Criterion VII

Best Practises 02 - Health and Hygiene

Heart Healthy (Work Miles - O1) Exercises

Academic year 2023-2024

| | |
|---|--|
| Name of the Activity: | Heart Healthy (Work Miles - O1) Exercises |
| Date and Time of activity conducted: | 14/10/2023, 7.30 am |
| Target Group: | B. Com. II |
| Number of Students took the advantage: | 51 |
| Name of Organizer: | Criterion VII |
| Name of Resource Person: | Miss. Patil A. A. |

With the intention of health and hygiene we have organized one activity for the student that is heart healthy work miles. The criterion VII has finalized the time table for this activity and as per the time table it is conducted for the B. Com-II and the resource person was A. A. Patil madam who has guided this activity. We have finalized one video from the YouTube for this activity and some more trained students who demonstrate this to the students and students followed them. This activity will enhance student's interest in the exercises and it will automatically progress in their own interest for health. All students have enjoyed this activity and they have assured to follow the same activity in the home.

Outcome of the programme:

All the students are able to start their own exercises and they will understand the importance of the health in their own life. It is actual practical performance of the students regarding health activity.

Photo plates



Heart Healthy (Work Miles - O1) Exercises



You Tube Video link of the video

<https://youtu.be/enYITYwvPAQ?si=q3EyCOF0gB2kaAKx>

Chairman, Criterion VII



Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur.

Shri Vijaysinha Yadav College, Peth Vadgaon,
Criterion VII Best Practises No- 02
Health and Hygiene Heart Healthy (Work Miles - 01) Exercises
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: -

Date: -

| Sr. No. | Name of Student | Sign |
|---------|---------------------------|---------------|
| 1 | Shravani Mahari'r Desai | S.M.D. |
| 2 | Chaitali Sanjay Bedage | Bedage |
| 3 | Sanika Ashok Jadhav | S.Jadhav |
| 4 | Manali Tanaji mulik | Mulik |
| 5 | Anushka Ashok Patil | ANUSHKA PATIL |
| 6 | Sakshi Suzyakant Lohar | S.Lohar |
| 7 | Sanika Akaram Nirmale | S.Nirmale |
| 8 | Amruta Arjun Bhasale | AB |
| 9 | Sakshi Tukaram pyjari | S.Pyjari |
| 10 | Arpita Amrut sutar | AS |
| 11 | Diksha Dipak Mohite | D.D.Mohite |
| 12 | Sarika Dhondiram Vadd. | S.D.Vad |
| 13 | Valbhavi Mahadev Parit | V.M.Parit |
| 14 | Pranjal Manohar Chougule | Pranjal |
| 15 | Saniya Balasaheb Jadhav | S.Jadhav |
| 16 | Saniya Jalindar Jadhav. | S.Jadhav |
| 17 | Sanika Dinkar Bhui | S.D.B. |
| 18 | Prerana Chandrakant Yadav | P.C.Yadav |
| 19 | Kiran Tanaji Patil | K.T.P. |
| 20 | Gita Anil Mulik | G.Mulik |

Shri Vijaysinha Yadav College, Peth Vadgaon,
Criterion VII Best Practises No- 02
Health and Hygiene Heart Healthy (Work Miles - 01) Exe
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: -

Date: -

| Sr. No. | Name of Student | |
|---------|-----------------------------|------------|
| 21. | Gayatri Sanjay Ganbavle. | Ganbavle |
| 22. | Tubassum Tuber Momin | Tuom |
| 23. | Atifa Samie Momin. | Atifa |
| 24. | Peiyanka Ramesh Gaikwad | Peiyanka |
| 25 | Hemashri Dadaso patil | Hemashri |
| 26 | Snehal Vishwas Patil. | Snehal |
| 27] | Sadhana Narendra Bhandari | Sadhana |
| 28] | Snehal Sunil Doifode | Snehal |
| 29] | Dhanashri Tanaji Patil | Dhanashri |
| 30] | Asmita Mahipati Patil | Asmita |
| 31] | Sanika Sanjay Patil | Sanika |
| 32] | Jyoti Yashwant Patil | Jyoti |
| 33] | Peenali Manuti Khandare | Peenali |
| 34) | Tajim Shafik Sayyad. | Tajim |
| 35) | Vaishnavi Avadhoot Salokhe. | Vaishnavi |
| 36) | Rajeshwari Ramesh Ingavale. | Rajeshwari |
| 37) | Sanika Kumare Patil. | Sanika |
| 38) | Gayatri Gajanan Shinde. | Gayatri |
| 39) | deena Annasa Patil | deena |

