

# Shri Vijaysinha Yadav College, Peth Vadgaon

## Criterion VII

### Best Practises 02 - Health and Hygiene

#### Heart Healthy (Work Miles - O1) Exercises

Academic year 2023-2024

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<b>Name of the Activity:</b>	<b>Heart Healthy (Work Miles - O1) Exercises</b>
<b>Date and Time of activity conducted:</b>	<b>28/10/2023, 7.30 am</b>
<b>Target Group:</b>	<b>B. A. I &amp; II</b>
<b>Number of Students took the advantage:</b>	<b>50</b>
<b>Name of Organizer:</b>	<b>Criterion VII</b>
<b>Name of Resource Person:</b>	<b>Prof. (Dr.) V. N. Sahadev</b>

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.A.-I & II and the resource person was Prof. (Dr.) V. N. Sahadev 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 - O1) Exercise**  
**Time Table 2023-2024 Semester - 01**

Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 25/05/2024

Sr. No.	Name of Student	Signature
1.	Vedika Sanjay Kumbhar.	<u>V. Kumbhar</u>
2.	DARSHNA DINASH Koli	<u>D. D. Koli</u>
3.	Patil Apeksha Amol	<u>A. A. Patil</u>
4	Patil Vaishnavi Sanjay	<u>V. S. Patil</u>
5	Poachi Pramod Sutar	<u>P. Sutar</u>
6]	supeya Babasa Dabhadre	<u>S. Dabhadre</u>
7]	Pratiksha Shahaji Mulik	<u>P. Mulik</u>
8)	Anusadha maruti Pawar	<u>A. M. P.</u>
9]	Sai Sunil Pawar	<u>S. S. P.</u>
10]	sanika Popat Bhopale	<u>S. P. Bhopale</u>
11]	piyusha Anil Koli	<u>P. Koli</u>
12]	Vedika RavsaABA Jubhal	<u>V. R. J.</u>
13]	pradnya prakash kumbhar	<u>P. Kumbhar</u>
14]	Kavita Bandu Narabadi	<u>K. B. N.</u>
15]	Payal Popat Mane.	<u>P. Mane</u>
16]	Kalyani Anandasa Mulik	<u>K. A. M.</u>
17]	Rutuja moham shete	<u>R. Shete</u>
18]	Sonam Parashram mali	<u>S. Mali</u>
19]	Tejasvini Arun kurane	<u>T. Kurane</u>
20]	Jyoti Uttam Khade	<u>J. Khade</u>

**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: - Health and Hygiene Heart Healthy Exercise Date: - 28

Sr. No.	Name of Student	Sign
21	Ashwini Lahu Patward	A.L.P
22	Swjata Dhondiba Bodake	<u>Swjata</u>
23	Rajinandini Sukumar Koli	<u>Rajin</u>
24	Rutika Vilas shingade	<u>Rutika</u>
25	Asmita chandrakant bhosle	A.C.b
26	Pooja Anil Shiakke	<u>PShi</u>
27	SUPriya Prakash Patil	<u>SP.Patil</u>
28	Pragati Shrikant chavan	<u>Pragati</u>
29	Shivani Jalindar Chavan	<u>Shivani</u>
30	Sanika Shankar Patil	<u>Sanika</u>
31	Tanuja Balaso Anuge	T.B.
32	Akanasha Ananda Koli	A.A.K.
33	Amruta Laxman Mame	A.L.M
34	Shreya Satish tandge	<u>S.S.tandge</u>
35	Peiyanka vikas Pazit	<u>Peiyanka</u>
36	Sakshi Shivaji Bamane	<u>Sakshi</u>
37	Chaitali Baban Koli	C.B.Koli
38	Akanksha Namdev masek	A.N.M.
39	Rupali sarjerao Adake	R.S.Adake
40	Shikha Shankar chavule	S.S.C

