

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:	16/12/2023, 9.00 am
Target Group:	B. Sc. II
Number of Students took the advantage:	24
Name of Organizer:	Criterion VII
Name of Resource Person:	Dr. A. S. Pawar

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. Sc-II and the resource person was Dr. A. S. Pawar 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: - *Healthy and Hygiene Heart Healthy Exercise for Girls* Date: - 16th Dec 20

Sr. No.	Name of Student	Sign
1]	Snehal Anil Chalkhe	S.A.Chalkhe
2)	Vaishnavi vikas suvase	Vaishu
3	Saniya Javed Mullani	SM
4.	Laxmi Siyaram Vaishnav	Vaishnav
5.	Sakshi umesh Buddhe	Su-Buddhe
6.	sanika Jaysing khatal	Khatal
7.	Sanika Vinod Jadhav	S.V. Jadhav
8.	Pranali Bhimrao Patil	Patil
9.	sanika Namdev suryavanshi	SNS
10]	Divya Mansing Mane	Ymm
11)	Saniya Jakir Chougule	Chougule
12]	Samiksha Bhauso Suryavanshi	SBS
13)	Rasika Dhananjay Lohar	Rohar
14)	Ishani Sachin Powar	Ishani
15]	chitmanjali Jalinder Kamble	Kamble
16)	Gayatri Kiran Chechar	Chechar
17]	sakshi Sanjay Patil	Sakshi
18]	soushti vasant salunkhe	Salunkhe
19)	Sakshi Arakash Patil	S. P. R
20)	kajal Tanaji Nangare	KN



