

# 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>09/12/2023, 9.00 am</b>
<b>Target Group:</b>	<b>B. Sc. III</b>
<b>Number of Students took the advantage:</b>	<b>32</b>
<b>Name of Organizer:</b>	<b>Criterion VII</b>
<b>Name of Resource Person:</b>	<b>Ms. B. A. Sutar</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. Sc.-III and the resource person was Ms. B. A. Sutar 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: - Health and Hygiene Heart Healthy Exercise Date: - 23/12/2023

Sl. No.	Name of Student	Sign
1)	Mrunali Pandil Mane	<u>M Mane</u>
2)	Shraddha Ravabo Mane	<u>Shraddha</u>
3)	Shehal Sanjay Patil	<u>Shehal</u>
4)	Vaibhavi Chandrakant Sutar	<u>Vaibhavi</u>
5)	Hasmat Harun Shigave	<u>Hasmat</u>
6)	Saniya Jakir Chougule	<u>Saniya</u>
7)	Divya Mansingh Mane	<u>Divya</u>
8)	Pooja Pralhad Bhosale	<u>Pooja</u>
9)	Prunali Bhimrao Patil	<u>Prunali</u>
10)	Seemiksha Bhauso Suryavanshi	<u>Seemiksha</u>
11)	Sanika Vinod Jadhav	<u>S.V. Jadhav</u>
12)	Sanika Namdev Suryavanshi	<u>Sanika</u>
13)	Pratiksha Uday Patil	<u>P.U. Patil</u>
14)	Rajal Tanaji Nangare	<u>Rajal</u>
15)	Shweta Pravin Chougule	<u>Shweta</u>
16)	Sakshi Dip Kadam	<u>Sakshi</u>
17)	Nikita Vijaykumar Patil	<u>N. Patil</u>
18)	Anushka Dhanaji Patil	<u>Anushka</u>
19)	Sakshi Santosh Parit	<u>Sakshi</u>
20)	Sejal Jaysing Kambale	<u>Sejal</u>



