

# 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>07/10/2023, 7.30 am</b>
<b>Target Group:</b>	<b>B. Com. I</b>
<b>Number of Students took the advantage:</b>	<b>48</b>
<b>Name of Organizer:</b>	<b>Criterion VII</b>
<b>Name of Resource Person:</b>	<b>Miss Deshmukh A.R.</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.Com-I and the resource person was A. R. Deshmukh 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: - 07/10/2023

Sr. No.	Name of Student	Sign
1)	Rutuja Ravan Ganjane	<u>RRG</u>
2)	sanika satish chougule	<u>SCG</u>
3)	Snehal Shivaji Sigal	<u>SS</u>
4)	Ashlesha Manohar Padalkar	<u>AmPadalkar</u>
5)	Pranjakta Jaysing Patil	<u>Pranjakta</u>
6)	Snehal Sarjerao Patil	<u>SPatil</u>
7)	Shrushti vilas mane	<u>Shrushti</u>
8)	Mayuri Prakash Patil	<u>MPatil</u>
9)	sanjana shrikant Patil	<u>SPatil</u>
10)	Sakshi Prateep Suryavanshi	<u>Sakshi</u>
11)	Maithili Vilas Patil	<u>M.V.Patil</u>
12)	Pallavi Rajgonda Jangonda	<u>PRI</u>
13)	Sakshi Vinod Mabe	<u>Amabe</u>
14)	Vaishanvi Chandrakant chougule	<u>Vchougule</u>
15)	nisha santosh sawardekar	<u>Nisha</u>
16)	pranali shashikant Jangam	<u>Pranali</u>
17)	Vaishanvi manik patil	<u>AmPatil</u>
18)	madhura satish shinde	<u>MShinde</u>
20)	Sayali shital gawardekar	<u>Sayali</u>



**Shri Vijaysinha Yadav College, Peth Vadgaon,**  
**Criterion VII Best Practises No- 02**  
**Health and Hygiene Heart Healthy (Work Miles - O1) Exercises**  
**Time Table 2023-2024 Semester - 01**

Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercises Date: - 07/10/2023

Sr. No.	Name of Student	Sign
21)	Ankita Ashok Lad	<u>ALad</u>
22)	Shruti Satish Koli	<u>S.S. Koli</u>
23)	Vaishnavi Nilesh Langarkar	<u>VL</u>
24)	Sakshi Shashikant Ghatge	<u>SGhatge</u>
25)	Aarpiya Hambirav Adake.	<u>Adake.</u>
26)	Amruta Popat Babar.	<u>Babar.</u>
27)	Sayali Sarjerao Kagwade	<u>SKagwade</u>
28)	Shraddha Dipak Madwane	<u>SMadwane</u>
29)	Bharati Balasahab Wulkoli	<u>B.B. Wulkoli</u>
30)	Prachi Ramesh Dongare	<u>PD</u>
31)	Priti Shankar Kalantre	<u>P.S. Kalantre</u>
32)	Vaishnavi Subhash Bhosale	<u>VBhosale</u>
33)	Pranali Tanaji Shinde	<u>PShinde</u>
34)	Shweta Shidgonda Patil	<u>SPatil</u>
35)	Tanaya Ramesh Bhosale.	<u>TBhosale.</u>
36)	Tanvi Dhanaji Patil	<u>TPatil</u>
37)	Sanjana Raju Kurane	<u>S.R. Kurane</u>
38)	Pranjal Annaso Patil	<u>P.A. Patil</u>
39)	Aakanksha Sarjerao Khat	<u>A</u>
40)	Rajani Arjun Kagwade	<u>RAKagwade</u>



