

Shri Vijaysinha Yadav College, Peth Vadgaon

Criterion VII

Best Practises 02 - Health and Hygiene

Heart Healthy (Work Miles - O1) Exercises

Academic year 2024-2025

Name of the Activity:	Heart Healthy (Work Miles - O1) Exercises
Date and Time of activity conducted:	06/09/2024, 7.30 am
Target Group:	B. Com. I
Number of Students took the advantage:	33
Name of Organizer:	Criterion VII
Name of Resource Person:	Miss Deshmukh A. R.

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,
Criterion VII Best Practises No- 02
Health and Hygiene Heart Healthy (Work Miles - 01) Exercises
Time Table 2024-2025 Semester - 01

B. Com. I
Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercises. Date: - 06 - 09 - 24.

1.	Tanuja Sarjendra Koli	<u>Koli</u>
2.	Megha Chandrakant Koli	<u>(M) Koli</u>
3.	Vaishnavi Sarang Nalawade	<u>Kishnavi</u>
4.	Diksha Krushnat Patil	<u>Diksha</u>
5.	Sanjana Laxman Patil	<u>Patil</u>
6.	Poonam Aakaram Nirmale	<u>PN Nirmale</u>
7.	Vaishnavi Krushnat Shinde	<u>VKS</u>
8.	Aparna Tandaji Suryavanshi	<u>ATS</u>
9.]	Sapana Vittal Vadd	<u>S.V. Vadd</u>
10.]	Sakshi Krushnat Patil	<u>S.K. Patil</u>
11.]	Shravani Nagesh Bhore	<u>Shravani</u>
12.]	Ankita Popat Patil	<u>A.P. Patil</u>
13.]	Shraddha Ashok Motkate.	Shraddha
14.]	Saloni Sampat Bodare	<u>S.S. Bodare</u>
15.]	Sanika Ajit Bodare	<u>Sanika</u>
16.]	Rutuja Pradip Patil	<u>Rutuja</u>
17.]	Nikita Suresh Patil	<u>Nikita</u>
18.]	Komal Rajaram Ghatage.	<u>Komal Ghatage</u>
19.]	Smita Uday Wagh.	<u>Smita</u>
20.]	Poonati Prakash Shinde	<u>Poonati</u>



Shri Vijaysinha Yadav College, Peth Vadgaon,
Criterion VII Best Practises No- 02
Health and Hygiene Heart Healthy (Work Miles - 01) Exercises
Time Table 2024-2025 Semester - 01

B.Com I.
Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 06/09/2024

21	Snehal Namdev Vashant.	S.N. Vashant.
22	Shivani Manik Vadar	S.N.
23	Sanika Sambhaji Sutar	G.S. Sutar
24	Shradha Rahul Patil	S.R. Patil
25	Madhura Sachin Parit	M.S. Parit
26	Samiksha Dattatray Dhadgaonkar	S.D.
27	Sakshi Ashok Kagale.	S.K.
28	Sakshi Niwas Chougule	S.N. Chougule.
29	Rutuja Chandrakant Vadgaonkar.	R.V.
30	Anuradha Prhad Jadhav.	A.Jadhav
31	Vaishnavi Pintu Kurane	V.Kurane
32	Sabiya Raju Patait	S.R. Patait
33	Sanjana Sunil Yadar.	S.S. Yadar.

