

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:	21/09/2024, 7.30 am
Target Group:	B. Com. II
Number of Students took the advantage:	40
Name of Organizer:	Criterion VII
Name of Resource Person:	Miss. Koli M. J.

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-II and the resource person was Miss M. J. Koli 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 - II
Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercises Date: - 21/09/2024

1)	Hemashri Dadaso Patil	HPati
2)	Sakshi Arun Chavan	S
3)	Smita Vikas Chavan	SKP
4)	Bharati Balasahab Walkoli	B.B. Walkoli
5)	Snushti Pandit Shinde.	Shinde
6)	Pranali Shashikant Jangam	JK
7)	Priyanka Prakash Yadav.	JK
8)	Nilam Ramchandra Sarafdar	ASarafdar
9)	Divya Dipak Kadam	Kadam
10)	Vijaya Vishnu Thombare	Thombare
11)	Harshoda Ramesh Vitekar	HK
	Rutuja Kumar Swami	RSwami
13)	Siddhi Sachin Hirave	SH
14)	Ashlesha Sambhaji Kamble	A.S.K
15)	Sonali Nana chundali	SKhundi
16)	Sakshi Ranxo Vasudev.	SK
17)	Aditi Udaysing Patil	Patil
18)	Shweta Shidgonda Patil	SPatil
19)	Pranali Tanaji Shinde	Shinde
20)	Saniya Bhansat Naik	Naik.S.B
21)	Kishori Dinkar mame	KD



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

B.COM - II
Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 21/09/2024

22	Mayuri Prakash Patil	<u>Patil</u>
23	Komal Pawan Patil	<u>K.P. Patil</u>
24	Rajiyu Idaris Khan	<u>Rehane</u>
25	Ampita Hambirrav Adake	<u>Adake</u>
26	Aditi Pandurang Patil	<u>Patil</u>
27	Prachi Ramesh Dongare	<u>PRD</u>
28	Nisha Santosh Swardelcum	<u>Nisha</u>
29	Vaishnavi Chandrakant Chougule	<u>Chougule</u>
30	Shruti Satish Koli	<u>S.S.Koli</u>
31	Sayali Sanjivrao Kagwade	<u>Kagwade</u>
32	Amruta Popat Babar	<u>Babar</u>
33	Shraddha Dipak Modwane	<u>Modwane</u>
34	Prajakta laxman Kamble	<u>P.L. Kambale</u>
35	Sanika Mahadev Koli	<u>Sm.Koli</u>
36	sanika popat Bhopale	<u>S.P.Bhopale</u>
37	Samira Indraj sande	<u>SIsanade</u>
38	piyusha Anil koli	<u>PKoli</u>
39	Samina Jamir Jamadar.	<u>Jamadar</u>
40	Asmita sandip koli	<u>AKoli</u>

