

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:	03/10/2024, 7.30 am
Target Group:	B. A. I
Number of Students took the advantage:	27
Name of Organizer:	Criterion VII
Name of Resource Person:	Prof. (Dr.) Sahadev V. N.

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. A.-I and the resource person was Prof. (Dr.) Sahadev V. N. 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 2023-2024 Semester - 01

B.A. I
Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 03/10/2024

1	Anjali Rajeev Kumbhar	Dakumbhar
2	Sawbi Sachin Bavache	S.S. Bavache
3	Sonali Nona chunadi	#chunadi
4	Kumkum Sadashiv Pawar	Kapoor
5	Mahimuna Gadkari	Dgadkari
6	Dilya Dipak Kadam	Kadam
7	Aparna Bhatkeke	Bhatke
8	Rajshri Patil	Patil
9	madhura Dattatray Pawar	mpa
10	shabin Raju Perdhari	S.R. Perdhari
11	sneha Uttom Patil.	supatil
12	Vijaya Vishnu Thombare	Thombare
13	Harshada Ramesh Vitkar	Vitkar
14	Siddhi sachin hirave	seti
15	Neha manik mali	Dmali
16	Urmila Santosh Ningure	Urmile
17	Rutuja Rujendra Hankare	RP Hankare
18	Dinakarani Kiran Kapse.	Kapse
19	Batiksha Amal Dabde	Dabde
20	chandelani Dipak Gadkari	C.D.G.



