

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:	10/10/2024, 7.30 am
Target Group:	B. Com. III
Number of Students took the advantage:	16
Name of Organizer:	Criterion VII
Name of Resource Person:	Miss. Koli M. J. and 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-III and the resource person was Miss M. J. Koli and Miss 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.

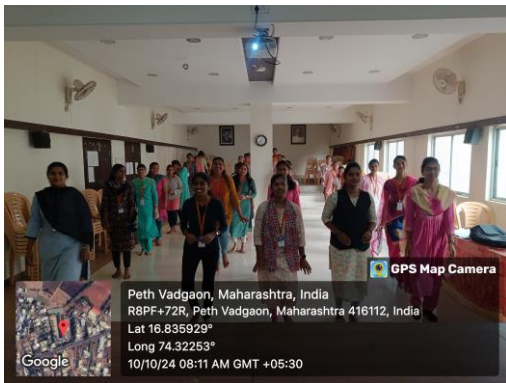
Outcome of the programme:

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 - III
 Present Students List

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

1]	Smrita Vikas Chavan	
2]	Sakshi Aarun Chavhan	
3]	Sadhana Narendra Bhandare	
4]	Anjum Jamal Mulani	
5]	Chaitali Sanjay Bedage	
6]	Peonoli Masuti Khandare	
7]	Sanika Akarum Nirmale	
8]	Shravani Mahavir Desai	
9]	Sanika Sanjay Patil	
10]	Jyoti Yashwant Patil	
11]	Sanika Dinkar Bhui	
12]	Sanika Ashok Jadhav	
13]	Sakshi Shashikant Bhosale	
14]	Tejashree Raghunath Gasavi	
15]	Sanika Dinkar Bhosale	
16]	Hemashi Dadaso Patil	
17]	*	

