

# Shri Vijaysinha Yadav College, Peth Vadgaon

## Criterion VII

### Best Practises 02 - Health and Hygiene

#### Heart Healthy (Work Miles - O1) Exercises

Academic year 2024-2025

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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>17/10/2024, 10.30 am</b>                      |
| <b>Target Group:</b>                          | <b>B. Sc. I</b>                                  |
| <b>Number of Students took the advantage:</b> | <b>26</b>  |
| <b>Name of Organizer:</b>                     | <b>Criterion VII</b>                             |
| <b>Name of Resource Person:</b>               | <b>Dr. A. S. Pawar</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. Sc-I and the resource person was **Dr. A. S. Pawar** 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.

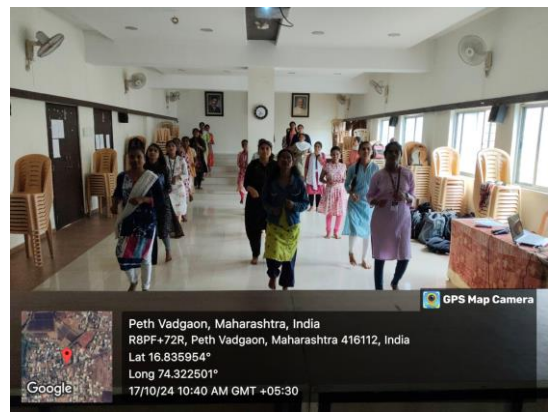
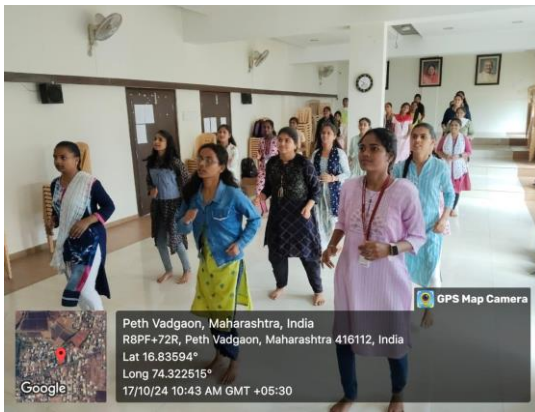
#### **Outcome of the programme:**

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,**  
**Criteria VII -Best Practice No. 2**  
**Healthy Heart Exercise**  
**Sem -I, 2024-25**

**B.Sc. I**

**Students Presentee**

**Date: 17/10/2024**

| Sr. No | Name of the Student         | Signature            |
|--------|-----------------------------|----------------------|
| 1      | sailee jaykar kumbhar       | <del>sailee</del>    |
| 2      | vedika Anil Dabhadre        | V.A. Dabhadre        |
| 3      | Ashwani shivaji Barwade     | <del>ASB</del>       |
| 4      | Utkarsha Uttam Patil.       | UPatil               |
| 5      | Spehal Namdev Suryavanshi   | <del>SD</del>        |
| 6      | Sanika Bhimrao Ghodap       | S.B. Ghodap          |
| 7      | Sakshi Ananda Chavan        | <del>Sakshi</del>    |
| 8      | Indruja Shrikant Jaytap     | <del>Indruja</del>   |
| 9      | Sakshi Sanjay Patil         | <del>Sakshi</del>    |
| 10     | Sanika Namdev Suryavanshi   | <del>SN</del>        |
| 11     | Vaishnavi Tanaji Patil      | <del>Vaishnavi</del> |
| 12     | Rutuja Sandip Sawant        | R.S. Sawant          |
| 13     | Aparna Bantarkhe            | <del>Aparna</del>    |
| 14     | Pooja Kumkum Sadashiv       | P.S. Sadashiv        |
| 15     | Rajshri Tanaji Patil        | <del>Rajshri</del>   |
| 16     | sonali nana chunadi         | S.Chunadi            |
| 17     | Bhumika Sagar Sankpal       | B.Sankpal            |
| 18     | Kamble Madhura Sanjay       | <del>Kamble</del>    |
| 19     | Neha manik mali             | N.Mali               |
| 20     | Samiksha Bhauso Suryavanshi | <del>SB</del>        |
| 21     | Namrata Shamrao Kothari     | <del>Namrata</del>   |
| 22     | Vaishnavi Vinayak Radhavi   | V.Radhavi            |
| 23     | Shruti Saehin Patil.        | <del>SSP</del>       |
| 24     | Samiksha Vishal Vadgave     | <del>Samiksha</del>  |
| 25     | sanahya Dadasa Patil        | S.D.P                |
| 26     | Amruta Bajirao Chavan.      | <del>Amruta</del>    |
|        |                             |                      |
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|        |                             |                      |