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	19/10/2024, 10.30 am
conducted:	
Target Group:	B. Sc. II
Number of Students	
took the advantage:	39
Name of Organizer:	Criterion VII
Name of Resource Person:	Ms. B. A. Sutar

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. Ms. **B.** Sc-II and the resource person was A. Sutar 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 Students Presentee Date: 19/10/2024 S Hitchell &

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