

# 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>19/10/2024, 10.30 am</b>
<b>Target Group:</b>	<b>B. Sc. II</b>
<b>Number of Students took the advantage:</b>	<b>39</b>
<b>Name of Organizer:</b>	<b>Criterion VII</b>
<b>Name of Resource Person:</b>	<b>Ms. B. A. Sutar</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-II and the resource person was **Ms. B. 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

B.Sc. II

Students Presentee

Date: 19/10/2024

Sr. No	Name of the Student	Signature
1.	Gitanjali Rajendra Patil	
2.	Piyusha Anil Koli.	
3.	Sakshi Shivaji Bomane.	
4.	Chaitrali Baban Koli	
5.	Vedika Ravsoheb Jadhav.	V.R.J.
6.	Sagar Sunil Powar.	S.S.P.
7.	Sakshi Sanjay Patil.	
8.	Rajshri Tanaji Pat.	Pat.
9.	Kumkum Sadashiv Powar	
10.	Aparna Anil Bartakke.	
11.	Sonali Nana chunadi.	
12.	Paratiksha Martand Phalake	
13.	Sakshi Anun Chavan.	
14.	Smita Vikas Chavan	
15.	Ayqa Namdev kadam	
16.	Saiprati Sambhaji Mangre	
17.	ketaki Jagannath Avgade	
18.	sayali gajanan khot	
19.	sakshi mahesh shelar	
20.	snehal mahesh powar	
21.	Indraja shrikant Jagtap	
22.	phanashxi Namdev Kumbhar	D.N.K
23.	snehal Anilchalke	S.N.C
24.	Prityanka Ramesh shewale	
25.	Rutuja Papat Patil	
26.	shweta Sanjay khot	
27.	Amruta, Rahul Koli	A.R.Koli
28.	samruddhi krushnat patil	S.K.Patil
29.	scindhya dadasa patil	S.D.P
30.		

