Estd.: July, 1999

### ।। प्रज्वलितो ज्ञानमय प्रदीपः ।।

Shri. Shahu Shikshan Prasarak Seva Mandal, Peth Vadgaon's

# SHRI. VIJAYSINHA YADAV COLLEGE

Peth Vadgaon, Tal. Hatkanangale. Dist. Kolhapur. (Maharashtra) 416 112 🕾 (0230) 2471599

Affiliated to Shivaji University, Kolhapur



UGC (2F & 12B) Dt. 16-8-2011

NAAC Accredited - 'A+' (3.41) Feb. 2023

🔀 vyadavcollege@rediffmail.com

www.vympv.ac.in

President : Shri. Gulabrao Pol Secretary : Sou. Vidya Gulabrao Pol MA. B.Fd.

Vice President : Smt. Vijayadevi V. Yadav

Principal : Dr. Ashok S. Chavan M.A.Ph.D.SET

# INSTITUTIONAL VALUES AND BEST PRACTICES

7.2.1: Best practices successfully implemented by the Institution Response:

# **Best Practices:**

- 1) Green Guardians Programme
- 2) Health and Hygiene Programme

# **Green Guardians Programme**

The "Green Guardians Programme" is a best practice initiative established by Shri. Vijaysinha Yadav College, Peth Vadgaon, aimed at promoting sustainability environmental awareness and among students, faculty, administrative staff and the community. This best practice is adopted from the thirteen number 'Climate action' sustainable development goals of United Nations. These SDGs are to achieve a better and more sustainable future for all. By encouraging tree planting and environmental stewardship, the program seeks to instill a sense of responsibility towards nature and foster a culture of conservation. Tree planation is a simple yet effective way to contribute to a healthier environment. Trees plays a vital role in maintaining ecological balance and planting more trees can have numerous benefits.

#### 1. Goals

The primary goals of the Green Guardians Programme are:

**Environmental Awareness**: Educate stakeholders about the importance of trees and biodiversity in maintaining ecological balance.

**Community Engagement**: Involve students, faculty, and local residents in collective environmental efforts, fostering a sense of community responsibility by establishing MOUs with various organizations working in the field of Environment Protection.

**Sustainability**: Promote sustainable practices by encouraging tree planting and nurturing, thereby contributing to a greener and cleaner environment.

**Carbon Footprint Reduction**: Reduce the college's carbon footprint by promoting the use of non-motorized transportation and electric mobility.

**Cultural Change**: Integrate environmental consciousness into the college's culture, encouraging stakeholders to adopt eco-friendly practices in their daily lives.

#### 2. Context

The Green Guardians Programme was initiated in response to the growing need for environmental conservation and awareness in the Peth Vadgaon region.

With increasing urbanization and environmental challenges such as pollution and climate change, the college recognized the importance of proactive measures to protect and preserve the natural environment. The program aligns with global sustainability goals and reflects the college's commitment to fostering a responsible and environmentally conscious community.

#### 3. Practice

The Green Guardians Programme encompasses a variety of practices designed to engage stakeholders and promote environmental stewardship:

**Tree Planting and Nurturing**: Students and faculty are encouraged to plant trees on campus, at their homes, farms, villages and in public places such as lakes, market yards, and crematories. Each participant is responsible for nurturing their trees by watering, fertilizing, and ensuring their growth.

**Tree Gifting**: The program promotes the gifting of trees on special occasions like birthdays, anniversaries, and festivals, reinforcing the idea of trees as living gifts that benefit the environment. All teachers, students, non-teaching staff are motivated to donate plants on their special days like birthday's and the same plants are requested them to adopt and plant it at their interested place. Its record is maintained by the criterion no. VII.

**Awareness Campaigns**: The college organizes rallies, walkathons, and other events to spread awareness about environmental issues and the importance of tree planting. These activities aim to engage the broader community and encourage collective action.

**No Vehicle Day**: Observed regularly, this initiative encourages stakeholders to reduce their carbon footprint by opting for walking, cycling, or using electric vehicles, thereby promoting sustainable transportation practices.

Workshops and Seminars: The College conducts workshops and seminars on environmental topics, providing a platform for student's faculty and administrative staff to learn about sustainable practices and share their ideas.

## 4. Impact

The Green Guardians Programme has had a significant impact on the college and the community:

**Increased Green Cover**: The tree planting initiatives have contributed to an increase in green cover in and around the college, enhancing the local ecosystem and providing habitats for various species.

**Behavioral Change**: The program has successfully instilled a sense of environmental responsibility among stakeholders, leading to increased adoption of eco-friendly practices in their daily lives.

**Community Involvement**: The awareness campaigns and activities have fostered a sense of community involvement and collaboration, strengthening the college's ties with local residents and organizations.

**Sustainable Mindset**: By promoting sustainable transportation and lifestyle choices, the program has encouraged stakeholders to adopt a more sustainable mindset, contributing to long-term environmental conservation.

#### **5. Evidence of Success**

The success of the Green Guardians Programme can be evidenced through the following achievements:

**Quantifiable Tree Planting**: Since the program's inception, over 1,000 trees have been planted by students and faculty members. These trees are regularly monitored for growth and health, demonstrating a high survival rate.

**Community Recognition**: The program has gained recognition from local government bodies and environmental organizations for its impactful work in promoting sustainability and environmental conservation.

**Increased Participation**: The number of participants in tree planting and awareness activities has grown steadily, indicating a strong interest and commitment from the college community and local residents.

**Positive Feedback**: Surveys and feedback from participants reveal high levels of satisfaction and pride in contributing to environmental conservation efforts, with many expressing a desire to continue their involvement. Those who have

adopted trees are requested to send geo tag photos of plantation and growth of trees and its record is maintained.

**Reduction in Vehicle Use**: The implementation of No Vehicle Day has led to a measurable decrease in vehicle usage on campus, contributing to reduced emissions and promoting a healthier environment. Number of Electric vehicles users are increased.

#### 6. Future Plans

To build on the success of the Green Guardians Programme, the college has outlined several future plans:

**Expansion of Tree Planting Initiatives**: The college plans to expand tree planting efforts to additional public spaces and collaborate with local authorities to enhance green cover in urban areas.

**Development of a Biodiversity Park**: Plans are underway to develop a biodiversity park on campus, providing a natural habitat for various species and serving as a living laboratory for students and researchers.

**Increased Community Outreach**: The college aims to strengthen partnerships with local schools, businesses, and NGOs to expand the reach of its environmental awareness campaigns and activities.

**Integration of Technology**: The program will explore the use of technology, such as mobile apps and online platforms, to engage stakeholders, track tree growth, and facilitate knowledge sharing.

Continued Promotion of Sustainable Practices: The college will continue to promote sustainable transportation and lifestyle choices, encouraging stakeholders to adopt practices that contribute to environmental conservation.

**Research and Innovation**: The program will support research and innovation projects focused on environmental sustainability, providing students and faculty with opportunities to explore new solutions and approaches.

# **PHOTO PLATES**





























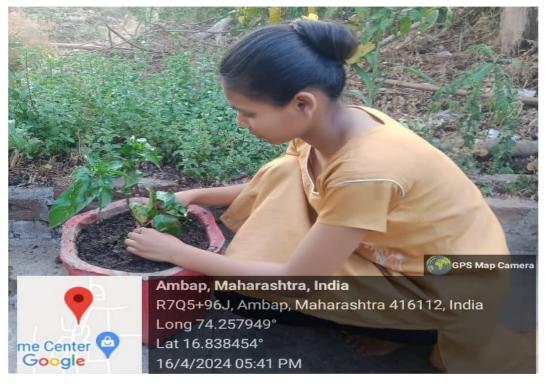










































































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Google

























































### **Health and Hygiene Programme**

The "Health and Hygiene" programme is a significant initiative by Shri. Vijaysinha Yadav College, Peth Vadgaon, dedicated to improving the health and well-being of the community, particularly focusing on deprived sections such as the elderly, poor, and daily wage workers. This initiative also emphasizes the health needs of the college's students, especially girls, aiming to foster a culture of health consciousness and proactive well-being. This best practice is adopted from the third number 'Good Health and Well-being' sustainable development goals of United Nations. These SDGs are to achieve a better and more sustainable future for all

#### 1. Goals

The primary goals of the Health and Hygiene Programme are:

**Improve Health Outcomes:** Enhance the overall health and well-being of marginalized groups by providing access to essential health services.

**Increase Health Awareness:** Educate the community about health and hygiene practices to prevent illness and promote healthy lifestyles.

**Support Vulnerable Populations:** Provide targeted health services to the elderly, poor, daily wage workers, and other underserved groups.

**Empower Students:** Focus on the health needs of students, particularly girls, to ensure they have the resources and knowledge to maintain their well-being. As well as health care of the teaching and non-teaching faculties.

**Promote Community Engagement:** Foster partnerships with local healthcare providers and NGOs to enhance the delivery and reach of health services.

#### 2. Context

The Health and Hygiene Programme was established in response to the observed health disparities and lack of access to healthcare among vulnerable populations in the Peth Vadgaon area. Recognizing that good health is foundational to the quality of life and economic productivity, the college sought to address these challenges by implementing a comprehensive health initiative. The programme aligns with National Health Goals and reflects the college's commitment to community welfare and social responsibility.

#### 3. Practice

The Health and Hygiene Programme comprises various practices designed to address health needs and promote wellness:

**Health Check-Up Camps:** Regular health check-up camps are organized for students, teaching and non-teaching staff and community members, offering services such as blood pressure monitoring, diabetes screening, and general health assessments.

**Eye Check-Up Camps:** In collaboration with local optometrists and eye specialists and NGOs like Lions Club, the college conducts eye check-up camps to identify and address vision problems, particularly for the elderly and teaching non-teaching staff and students.

**Hb Check-Up Camps:** Hemoglobin check-up camps are held to monitor and improve the nutritional status of students and community members, with a focus on anemia prevention with the help of various NGO's.

**Blood Donation Drives:** The College regularly organizes blood donation drives in partnership with local hospitals and blood banks to support community health needs, especially on the anniversary of the college.

**Meditation and Wellness Sessions:** Meditation and stress management sessions are conducted to promote mental well-being and holistic health among student's faculty and administrative staff with the help of various local hospitals and NGO's

**Partnerships with Healthcare Providers:** The college has established a Memorandum of Understanding (MOU) with local doctors and healthcare providers who volunteer their services for health camps and awareness sessions.

**Collaboration with NGOs:** The programme collaborates with NGOs like the Lions Club, Rotary Club and Nisarg Premi Mitra Mandal to expand the reach and impact of health services, leveraging their expertise and resources.

### 4. Impact

The Health and Hygiene Programme has positively impacted both the college and the community:

**Improved Access to Healthcare:** By providing free health check-ups and medical consultations, the programme has increased access to healthcare services for marginalized groups.

**Enhanced Health Awareness:** Health education sessions have raised awareness about preventive health measures and healthy lifestyle choices, contributing to improved community health outcomes.

**Empowered Students:** The programme has empowered students, especially girls, by addressing their specific health needs and promoting a culture of health consciousness on campus.

**Community Engagement:** The initiative has strengthened the college's engagement with the local community and established strong partnerships with healthcare providers and NGOs.

**Resource Mobilization:** Through partnerships and collaborations, the programme has effectively mobilized resources to provide comprehensive health services and support community welfare.

#### **5. Evidence of Success:**

The success of the Health and Hygiene Programme can be evidenced through the following achievements:

**High Participation Rates**: Health camps and wellness sessions have consistently attracted high participation from both the college and the community, demonstrating strong interest and engagement.

**Positive Health Outcomes**: Regular health check-ups have led to the early detection and management of health issues, resulting in improved health outcomes for participants.

**Community Recognition**: The programme has received accolades from local authorities and community organizations for its impactful work in promoting health and well-being.

**Increased Awareness**: Surveys indicate a significant increase in health awareness among participants, with many reporting positive changes in their health behaviors and lifestyle choices.

**Successful Partnerships**: Collaborations with healthcare providers and NGOs have enhanced the quality and reach of health services, ensuring that diverse health needs are effectively addressed.

#### 6. Future Plans

Building on the success of the Health and Hygiene Programme, the college has outlined several future plans:

**Expansion of Health Services**: The college plans to expand its health services to include specialized camps for dental care, women's health, and mental health support.

**Strengthening Partnerships**: Efforts will be made to forge new partnerships with additional healthcare providers and NGOs to enhance service delivery and outreach.

**Health Education Initiatives**: The programme will introduce new health education initiatives, including workshops on nutrition, exercise, and chronic disease prevention.

**Digital Health Solutions**: The college will explore the use of digital health tools and platforms to facilitate remote consultations, health tracking, and patient education.

**Research and Innovation**: The programme will support research projects focused on public health and community well-being, providing students and faculty with opportunities to contribute to innovative health solutions.

**Sustainability and Scalability**: The college will work towards making the programme sustainable and scalable, ensuring its long-term impact and replication in other communities.

## Shri Vijaysinha Yadav College, Peth Vadgaon

### **Yoga Day (2023-24)**

Name of the Activity: Yoga Day.

**Date and Time of activity** 21/06/2023, 8.00 am

conducted:

Target Group: B. A. I, B. Com. I and B.Sc. I

**Number of Students** 

took the advantage: 200

Name of Organizer: Criterion VII

Name of Resource Person: Shri. Srinivas Bagal

Principal, Ashok Rao Mane

Agriculture College,

**Peth-Vadgaon** 

In this one-day of Yoga, resource person Mr. Sriniwas Bagal, Principal of Ashokrao Mane Pharmacy College, Peth Vadgaon has guided various practicals of yoga to all students and teaching and non teaching staff of the college. Before starting these practicals of yoga he has explained the importance of health and various precautions regarding the health. New type of innovative and interesting types of the practicals he did with the participants. All students' teachers and nonteaching staff have really enjoyed the yoga practicals which are very helpful to the participants from the point of view of their health. In short this lectures as well as practicals are very helpful to all students, teachers and non teaching staff.

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

All the participants are made aware about the practicals and lecture of the yoga, this lecture is really very helpful to the all participants from the point of view of their health.



**Principal Shrinivas Bagal** 



**Teaching staff** 



Non - teaching staff



**Students participants** 



Chairman, Criterion VII





Principal

# SHRI VIJAYSINHA YADAV COLLEGE, PETH VADGAON (KOLHAPUR)

## Health committee, criterion VII, PHC Kotoli & Balwantrao Yadav Hospital Peth Vadgaon

### **Organized HB Check- Up camp**

31th Aug., 2023 at 11.00 am to onward

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Name of the Activity : Blood Check-up (HB)

**Date and Time of activity conducted** : 31<sup>th</sup> Aug. 2023, at 9.00 am onwards

Target Group : Students,

**Number of online Participants** : 148

Name of Organizer : Health committee, criterion VII,

### **Short Description of Conducted Activity:**

We were organized HB check-up camp. The purpose of this program was to know the HB of student for their future health wellbeing. Smt. Sunita Jambhale of LT arogya vibhag kotoli and Smt. Sangita Nikam, Marya Samudre, Vina Chavan of Arogya Vibhag Balwantrao Yadav Hospital Peth Vadgaon and their team was help for HB testing. Prin. Adhikrao Nikam, NAAC coordinator Dr. Amar Pawar, Mr. Raghunath Chavan and Mr. Prabhudas Khabade were present at this time.

#### PO's and PSO's covered:

#### PO's:

- 1) To know Important of blood testing.
- 2) To know the important of HB.

#### PSO's:

- 1) The beneficiaries knows important of blood testing.
- 2) The beneficiaries knows their HB count.

(Mr P.A. Khabade)

Dr. N. I. Shaikh

Principal

(Mr A. H. Nikam)

Shri. Vijaysinha Yadav College Peth Vadgaon, Dist. Kolhapur.

# Photo Gallery





### HB Testing



### HB Testing



HB Testing HB Testing

### 2023-24

### Present Students List

Name of Activity	HB Check-up Camp	
rante of Activity: -	HB Cueck-up Camb	

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	Pranali Tanaji Shinde	Chinde.
2	Prachi Ramesh Dongare	RHO
3	Shweta shidgonda Putil	- Servis_
4	Bharati Balasaheb Walkoli	B.B. Walkoli
5	Vaishnavi sybhash Bhosaic	ve by comments of the comments
6	Mayuri Prakash Patil	M.P. Patil
7	Priti Shankar Kalantre	P.S. Kalantre
8	Sanjana Shrikant Patil	s.s. Patil
9	Arpita Anil Kaywade	Aspite
10	Namsoriel Striveji Balmoine	Bengne ©
11	Rasika Ramchandra shinde	R. R. shinde.
12	Mangi Shrikant shinde.	m.s.shinde.
13	sanika parshuram kerlikar	Skeller
14	Valbravi Rasoram Gurav	v. R. Gurar
15	Harshada suhij Yadov.	Wadas
16	Srushti Sanjay Jadhar.	Soldha-
17	santosh sanil Adake	Booke.
18	Shraddha Dipak Madasame	Lan
19	Amruta Popat Babar	3 Babres.
20	Rutýja mohan shete.	Ans.
21	Sanika Mahader Roli	Sylvery'
22	Sayali Sargerao Raguade	Estaguade
23	Sufriya shankar chaugule ( ESTD. ) 3	S.S.C
24	Sakshi Shashikant Ghatge Tresamount	Ssehatte
25	Saniga Javed Patel	Stratel

### 2023-24

### Present Students List

Name of Activity: - HB Check-up Camp

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	After Gamin Moman.	Asmonin.
2	Tabassum Juber Momin	Juamin
3	Sanika Dinkar Bhosale	5. D. Bhosale
4	Provana Chandrakant Yadav.	p. c. food
5	Sanika Dinkor Bhui	S.D. Bhui.
6	Diksha Dipak Mohite	P.D.Mohite.
7	Sanika Dhondiram Vadd	S.D. Vadd
8	Pranjal Manohar Chougule.	ProMal-
9	Sadhana Narendra Bhandari	ashule.
10	Saniya Jalindar Jadhav.	Ctadhay
12	Vaibhavi Mahadev Persit	<u>OMParit</u>
13	Anjum Jamal Malani	Shoni
13	Sanika Sanjay Patil	Sati
15	Jyoti Jashwant Patil	O PHI
16	Rutuja Ravas Ganjane	BRED
17	sanika satish enoughle	GOC.
18	Snehal Shivaji Siscul.	_8c
19	Ashlesha Manohar Padalkar	Anadalkan.
20	Projekta Jaysing Patil	Pearjakler
21	Shrushti vilas Mane	Shore.
22	Snehal Soijerao Patil	(3) s Pobil
23	Mayuri Prakash Palil	Whit.
24	Sanjana Shrikant Patil	( <u>1244</u>
25	Sakshi Pratap Suryavanshi maithili Vilas Patil	Sockshu Matil
	Maithil) Vilas Katil	TRUL

### 2023-24

### Present Students List

Name of Activity: - HB Check-up Camp

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	Sehon Solim Momin	SMOMIN.
2	Sunny Dilip Kurone	SOLV
3		Allerden
4	Athan Amax lambe Harsh umesh kadury	hear
5	Om Vinod Patil	Maria
6	Rahul Sunil Sawant	- Train
7	Piyush Umesh Lole	Ver
8	Hemashri Dadaso patil	Hai
9	Raten Ravendra Powar	CW.
10	priyanka Ramesh Gaikwad	Lankwak.
11	Salcshi Arun Chavan	4
12	Smita vilcas chavan	ACT.
13	Pransali RasaRam Chavan	Dhavag
14	snehal vishwas Patil	Tall .
15	Sanita Shrilcant shinge	8
16	Sanika Madhulcar sutar.	Mila
17	shweta shidgonda Patil	Solari
18	Pranali Tanaji Shinde	Bhindle
19	Vaishnavi sybhash Bhosale	18-Bhosele
20	Priti Shankar Kalantre	P.S.Kalantre
21	Bharati Balasaheb Walkoli	B.B. Walkoli
22	Prachi Ramesh Dongase	CRO.
23	Shraddha Dipak Madwone (ESTD.) 1999 Sayali Sarjerao Kagwade (1999)	Som
24	Sayali Sarjeras Kagwade	skagwade
25	Adopita Hambissav Adake	andre .

### 2023-24

### Present Students List

Sr. Name of Student No.	Sign
1 Mane Shraddha Ravaso.	Skrung.
2 Kamble Tanushka Krishna.	Extamble.
3 chougule caniya Jakir	that I
4 Mane Divya Mansing	Ymmar-
5 Bhandari Amruta Sanjay	Alg.
6 Mujawar Saniya Sajidali	88 <del>1</del> 1
7 Patil Sakshi Mahavir	Matine .
8 Mane Madula Abhijit	Mane_
Ingavale Manini April	04
Patil Tejaswini Tangii	Fny.
Patil Aniuli Saniay	32elet
12 Rojanwari Ramesh Ingardes (*	ryand
13 Naishnavi Vijay kumar Sutur	Butal.
14 Swah Stamsher Kurane	Erati
15 Sanika kumar padi)	Sate
16 ketaki Niwas Changule	Kaldreyek:
17 Gayam Grafanan Shinde 18 Vaishnavi Avadhood Salokhe	Johinda.
Vaishnavi Avadhood Salokhe	Salokhe
19 Toyim shakk Sayyad 3	atim
	Myrode
21 Rajeshwari Ramesh Ingavale	Progavale.
Neta sadanand Utale	plya/e.
Teiaswini Dhandixam dadavesto	Padall.
manasi Viday Damar	MRiaz
Divya Santosh Khumbhan	DA

### 2023-24

### Present Students List

Name	of Activity: - HB Check-up Camp	Date: - 31/08/2023
Sr. No.	Name of Student	Sign
1	Akanksha Namadev masker	D.N. maske
3	Sayali Jilendra Patil	Satil.
4	Sanika Popat Bhopale	5. P. Bhofale
5	samiza Inatal sande	g.t.sonde
6	Beiyanka vikas paeit	@ Marit
7	Vishakha Madhukar Gujar	istatta6.
8	Sanika Anil Patil	Balatia
9	Soniko Bolaso Brace	Char.
10	Amouta Baitao chavan	A.B.chavag
11	Sakshi umesh Buddhe	SuBuddhe.
12	Samiksha Bhoeciso singavanshi	<b>A</b> S
13	Sakshi Sanjay Patil	Sakshi.
14	Pooja kishan Vaishnav	Proushnav
15	Snehal Amar Patil	SALL
16	Gayatri kiran Chechar	Goberna
17	snebal Anil chalke	S. Achaelke
18	Rasika Dhananjay lohar	Platero.
19	Sanjana Suresh Shelake	88hdak-e
20	Rutuja popad padil.	** Apadila
21	Nehat Nagnath Patil	(PAR)
22	chitraplali Jalinder Kamble	Flomble
23	Snehol Spriay Patil	Palel.
24	Sanika Shivaji Patil (ESTD)	SARAH
25	Pooja Prathad Bhosele.	Postwale .
23	Amisha Manik Dabhade.	Pare

### 2023-24

### Present Students List

ame of Activity: - HB Check-up Camp	Date: - 31/08/2023
Sr. Name of Student	Sign
1 Shahista Jamie mullani	Strullani
2 Sonali Baban Portil	Pel
3 Anjali Ashokkumae Patil	DPati)
4 Samiksha sanjay Koji	28/2
5 Sanika Sudhir Mone.	Frem
6 Arman Salim Mula.	ASmiller
<sup>7</sup> Surekha Parshynam Ra	
* Kavita tukaram Patil	KIRHI
Divyani Tanaji natil	DELLI COLOR DELLI
Sanika Sunid Mali	Hmdi
yamrada Dagada Bare	N.D.Bake
12 Garmi Sanika Akaram Nirmale	Senirmak
3 Appita Amount Sudar	Acester
14 Sonal Ramchandre PaH1	Afall
Faija Amin Myawas	aam
Gayatri Sanjay Ganbavle	Barbol.
Shrayani Maharir Desce	SoM. Desal
18 Saleshi Suryakant Loh	Stohoir.
manali Tapaji mulik	milet
20 Pranoli Mozuti khondar	
Archana Ashok Bhosale	Phosale
22 Kapita Tykaram Kamble	Rambie
Scyali Shital Sawardekar	Sojeti
24 Sydat Sylliam Sawarana	Suggest
25	

# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 07/10/2023, 7.30 am

conducted:

Target Group: B. Com. I

**Number of Students** 

took the advantage: 48

Name of Organizer: Criterion VII

Name of Resource Person: 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-I and the resource person was 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

> m

Chairman, Criterion VII

Peth Vadge of Pe

Shri. Vijaysinha Yadav College Peth Vadgaon, Dist. Kolhapur,

#### Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester – 01

# Present Students List

ame of Activity: - Health and Hygicine Heart Healthy (Sr. Name of Student	
I) Rutuja Ravan Ganjane	RRA.
21 Sanika sation chougule	SRC.
3) Snehal Shivaji Sigal.	881
4) Ashlesha Manahar Padalkar	Aradalkaro
Péajakta Jaxsing Patil	Penjakla
Snehal Sarierao Patil	<u> </u>
Shrushti vilas Mane	Smone.
Mayuri Prokash Patil	Palit
Sanjana Shrikant Patil	<b>Palit</b>
Sakshi Pratap Suryavanshi	Sparkshi
Maithili Vilas Patil	M. v. Partil
Persul Raygonda Jangonda	P.R.L
Sakshi Vinod Mahe	Amdria
> Vaishanvi Chandrakant chaugule,	strangule
> Maishanvi Chonarakani Crooges	Aichn
nisha santash sawardekan	all:
pronali shashikant Jangam.	0.0:
Vaishanvi monile patil	Omani.
madhura Satish Shinde	19 hinde
Sayali shital gawardekan	Shyali
3373	



#### Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester – 01

#### Present Students List

Name of Activity: - Helth and Hygiene Heart Healthy Exercises Date: - 07/10/2023

Sr. Name of Student	Sign
21) Ankita Ashok Lad	BHOEL.
22] Shruti Satish Koli	S.S. KOLL
23) Vaishnavi Nilesh Langarkar	QM.
24) Bakshi Shashikant Ghatge	88chatge
25) Aaspite Hambinselv Adake.	Andake.
26) Amruta Popat Babor	Rabat:
27) Sayali Sarjerao Kagwade	ssuguade.
29) Shraddha Dipak Madwane	Smedward
Bharati Balasaheb Walkoli	B.B. Walkoli
301 Prachi Ramesh Dongare	620
31 Priti Shankar Kalantre	P.S. Kalantre
32] Vaishnavi Subhash Bhosale	VBhoole
33) Reanali Tanaji Shinde	Shindle
34) Shweta shidgonda Patil	SSRotil
35] Tunaya Ramesh Bhosale.	Reheale
36) Tanvi Dhanaji Patil	DHIL
37] Sanjana Raju Kutane	S.R.KUrane
38] Peanial Annaso Patil	P. A. Patil
39) Aakanksha Sarjerao Kipot	*
40] Rajani Arjun Kagwade	BAKggwade



#### Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

#### Present Students List

Name of	Activity:	Date: -
Sr. No.	Name of Student	Sign
41	Suhani Sanjay kadam	Sight extension
7	Pallari Sunil Matsagar	p.s.M
43]	Saniley Anil Jagtap.	-80
	Komal Pavan Patil	K. P. Patil
45)	Bakshi Rauso Vasudev.	Standar.
1.	Payal Ramchondro pharane	P. R. Pharame
47) V	aishnavi Vijay kumbhar	V.V. Kymbhar
48) SI	nreya pramod kumbhar	S.P. Kumbhar
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# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 14/10/2023, 7.30 am

conducted:

Target Group: B. Com. II

**Number of Students** 

took the advantage: 51

Name of Organizer: Criterion VII

Name of Resource Person: Miss. Patil A. A.

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-II and the resource person was A. A. Patil 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

> m

Chairman, Criterion VII

Apple Rest Vadago of Park Rest Vadago of Park

Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur,

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

# Present Students List

ame of Activity: -		Date: -
Sr. No.	Name of Student	Sign
2	Shravani Maharir Desal	SoM. De
2.	Chaitali Sanjay Bedage Sanika Ashok Jadhav	Redag
4)	Manali Tanaji Mulik	Motors
5)	Anushka Ashok Patil Sakshi Suzyakant Lohaz	Brangled
7]	Sanika Akayam Nirmale	Zenirmod
18 19	Amruta Arjun Bhasale Sakshi Tukaram pujari	Tujori
[0]	Arpita Amrut sutar Diksha Dipak Mohite	D.D. Mohi
12)	Sarika Dhondiram Vadd.	s.D. Vad
13)	Vaibhavi Mahader Parit	DM.Par
14)	Pranjal Manchaz Chougule	Pranja
15)	Sanita Balasaheb Jadhar	Shook
16]	Saniya Jalindar Jadhar.	(5) Jad
7	Sanika Dinkar Bhui	_S.D.B
18)	Presana Chandrakant Yudav	p.cye
19)	Kiran Tanaji Patil	K.T.
207	Cita noin Mulaulax	Samo

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exe Time Table 2023-2024 Semester - 01

# Present Students List

Present Students List	
Name of Activity: -	Date: -
Sr. Name of Student	
21. Gayatri Sanjay Ganbaule.	Garda
22. Tubussum Juber Momin	Juom
23. Afrifa Samie Momin.	( C)m
24. Peiyanka Romesh Gaikwad	Spike
25 Hemastri Dadaso patil	Had
26 Snehal Vishwas Paril.	Fol
27 Sadhana Narendra Bhandari	andaha
28] Snehal Sunil Doifode	8
29] Ohanashri Tangji Patil	. Pra
30 Asmita Mahipali Patil	Fall
31) Sanika Sanjay Patil	- Fal
32 Jyoti Yashwant Patil	74
33] Pranoli Maruti khandare	-tapk1
34) Tajim Shafik Sayyad.	T
35) Vaishnavi Avadhoot Salokhe.	2
36) Rajeshwazi Ramesh Ingavale.	R
37) Sanika kumaz Patil.	(
38) Gayatzi Gajanan Shinde.	

Nannace

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# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

# Present Students List

of Activity: -	Date: -
Name of Student	Sign
1 Tojaswini Tanaji Patil	FREN
4 Ketaki Niwas Chougule	Kycronda
I swati samsher kurane	Suct
	Autil
1) Anjali sanjay patil	Ment
J Vaishnavi Vijaykumas Scutar 6) Shrati Shankar Patil	Patil
3) Snehal pipak Bhosale	Sphoso
8) Vrushali Vijay Zirange	Dirang
	Wad
Drejaswini Phondirom Yadav	14KI)
Neha Sademand Utale	Mayax
1) Managi Vijay powar	

# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 28/10/2023, 7.30 am

conducted:

Target Group: B. A. I & II

**Number of Students** 

took the advantage: 50

Name of Organizer: Criterion VII

Name of Resource Person: Prof. (Dr.) V. N. Sahadev

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 & II and the resource person was Prof. (Dr.) V. N. Sahadev madam who has guided this activity. We have finalized one video from the You Tube 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, Dist. Kolhapur.

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercise Time Table 2023-2024 Semester - 01

# Present Students List

Name of	Activity: - Health and Hygiene Heart Healt	MY EXECUSE - 2
Sr. No.	Name of Student	Sign
١.	vedika sanjay kumbhar.	Okumbha
2.	DARSHNA DINASH KOLI	D.D. Kaj
9.	-Patil APeksha Amol	A. A. Pati
4		V.S. Peti
5	Poachi Pramod Sutar	AB.
6]	supeixa Babaso Dabhade	Stabhade
7)	Poatiksha shahaji Mulik	@@@
8)	Anusadha maruti Pawar	A.M.P
97	Sai Sunil Powar	5.5.P
107	Sanika PoPat BhoPale	S.P. Bhola
U	Piyusha Anil Koli	CAKell
	vedika RavsaABa Jubhan	V.R.J.
t3)	pradnya prakash kumbhar	BE
	Kavita Bandu Narabal	K.B.N
15)	Payal Popat Mane.	Prone.
16)	Kayani Anandrao Mulik	K.A.r
13)	Rutija mohan shete	Ans.
R	Sonais parashram mali	881
19	Tejasvini Arun kurane	thureare
20	- 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	all

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

# Present Students List

14 100 1100	Present Students		Data: 7 S
Name of	Activity: - Health and Hygiene Heart-Healthy Name of Student	Fore?	SS ()
Sr. No.	Name of Student	1	Sign
21	Ashwini lahu Pawas		A.L.P
20	suiata phondiba Bodake		ando
23)	Rainandini Sukumar Koli		BIEL
24)	Rutika Vilas shingade		Falika.
25)	Asmita chandrakht bhosle		A.C.b
The second second	Pooja Anil Shiake		Pashiske
	SUPriya Prokash Patil		SP. Patil
	Progoti Shrikant chavan		Thavan
295	Shivani Jalindar Chayan	- 3	Suharan
	Sanika Shankar Patil		\$ spatil
	Tanuja Balaso Anuse	alestre	T.B.
325			A.A.1
253]	Amruta Laxman Mane		A.L.M
34)	Sheeya Satish tandge		5.5 lands
	Peiranka vikas Pazit		Prazit
	Sakshi Shivaji Bamane	100	SPamans
	Chaisali Baban Koll	1	C. B. ko
	Akahksha Namder masek		A. No. 1
	Rupali sarjeran Adake		R.S. Ada
401			5.5.0

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercise Time Table 2023-2024 Semester - 01

# Present Students List

Name of	Activity: - Health and Hygrane Healthy	Exercises.
Sr. No.	Name of Student	Sig
41	Rainandini sanjay Yadav	Ryada
A2	Sukshi Devgond kumble	-04
43	Schahi Suhil Rutkat	Conol
	Sanika Dadaso Mane	Smoone
45	Shreya Sortish Landge	8 mayes
46	Skyshti Sanjay Jadhav.	
47	Hammala Dagadu Bake	N.D.Bal
48	Sæfiya Helfis Newal	SNNbda
49	Komael sampael charber	Pase
50	madhumi subahsib	SOB
100		
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1	P. Vanker winds Paris	TOP NO. 11

# Shri Vijaysinha Yadav College, Peth Vadgaon

# Beti Bachao and Kalyani Forum Committee 2023-24

#### NOTICE

All the Ladies Staff and Girl students of B. A., B. Com. and B. Sc. are hereby informed with this notice that Beti Bachao and Kalyani Forum committees of Shri. Vijaysinha Yadav College, Peth Vadgaon are jointly organizing guest lecture of Dr. Shivangi Ajit Patil, Pune on "Reproductive Health and related Disorders" dated Wednesday, 20th December 2023 at 11.30 a.m. in seminar hall. All must be present in time.

Miss Supriya A. Patil

Dr. Aishwarya S. Pawar

Mr. Adhikrao H. Nikam

Chairman,

Chairman,

Principal Principal

Kalyani Forum

Beti Bachao

Sr.no	Name	Class	Signature
U	Mr. S.S. Manc	B.com TIT	enels
8)	Dr. Hisargandh P.R	BACT	The Contraction
3	mat. powers	BAT	marky Asa
4)	Marie 5. V.	P.A.T	Same
5	Dr. M.A. Pali	-, - Heog	Marepalog
6	Patil A A fati)	B. Com III	Aaposti
7	Koli. M. J.	B. CAM-H	Thell
8.	Desai P. P	B.S.C.T.TI.	m Pexar -
9.	D. B. Pall	P. Sc.TT	
10.	DS. R. A. Chavan.	B.SC-TIL BS.	( ) ( ) ( ) ( ) ( )
11	Mrs. B. A. Swal	B-Se-P	Van
12	Dhan asja, Randhan	BSC-T	PM Randhair
	1/		



Feb. 2023

Peth Vadgaon, Tal. Hatkanangale. Dist. Kolhapur. (Maharashtra) 416 112 🛣 (0230) 2471599

Affiliated to Shivaji University, Kolhapur



President : Shri. Gulabrao Pol

Secretary : Sou. Vidya Gulabrao Pol

Vice President : Smt. Vijayadevi V. Yadav Principal : Shri. Adhikrao H. Nikam

Ref. No. VYMP/

PHH 2023-24

Date: 19/12/2023

To,

Dr. Shivangi Ajit Patil,

Gynecologist and Obstetrician Infertility Specialist, Fertinest Gynac and Fertility Care, Pimpari Chinchwad, Pune, 411033

Sub: Invitation for Guest lecture on "Reproductive Health and related Disorders".

Dear Madam,

It gives us immense pleasure to inform you that Kalyani Forum and Beti Bachao committees of our College are jointly organizing guest lecture on Wednesday, 20th December 2023.

It's our immense pleasure to invite you as a Resource Person for this Guest Lecture and to deliver a talk on "Reproductive Health and related Disorders". Please accept our invitation and grace us with your presentation at 11.30 a.m. on 20th December, 2023.

Thanking you in anticipation.

Miss Supriya A. Patil

Chairman,

Kalyani Forum

Chairman,

Beti Bachao

Dr. Aishwarya S. Pawar

Sincerely Yours

Mr. Adhikrao H. Nikam

Principal

Principal Shri. Vijaysinha Yadav College

Peth Vadgaon, Dist. Kolhapur.

#### **Guest Lecture on**

# "Reproductive Health and Related Disorders"

Organized by

# Kalyani Forum and Beti Bachao Committee

Shri Shahu Shikshan Prasarak Seva Mandal's

# Shri Vijaysinha Yadav College, Peth Vadgaon

Date - 20/12/2023

Time - 11.30 am onwards

Venue - Seminar Hall

# **Table Program**

**❖** Welcome & Preface:

- Dr. Aishwarya S. Pawar

Chief Guest's Intro:

- Dr. Rutuja A. Chavan

Chief Guest:

- Dr. Shivangi Ajit Patil,

Gynecologist and Obstetrician Infertility Specialist,

Fertinest Gynac and Fertility Care, Pune

Presidential Address:

- Dr. Renuka A. Pawar

Head, Department of Chemistry,

Staff Secretary,

Shri Vijaysinha Yadav College,

Peth Vadgaon, Dist. Kolhapur

Vote of Thanks:

- Miss. Supriya A. Patil

# **Activity report 2023-24**

Name of Activity- Guest Lecture on "Reproductive Health and Related Disorders"

Date and Time of activity conducted- 20-12-2023, 11.30 am Onwards

Target Group- B. A., B. Com., B. Sc. Girl Students

**Number of participants: 126** 

Name of Organizer- Kalyani Forum and Beti Bachao Committees, Shri Vijaysinha Yadav College, Peth Vadgaon

Name of the Resource Person: Dr. Shivangi Ajit Patil (Gynecologist and Obstetrician)

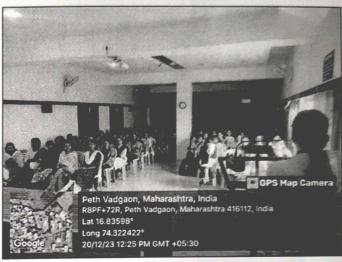
#### **Detailed Report-**

Kalyani Forum and Beti Bachao Committees of Shri Vijaysinha Yadav College, Peth Vadgaon jointly organized online Guest lecture of **Dr. Shivangi Ajit Patil on** "Reproductive Health and Related Disorders" dated Wednesday 20<sup>th</sup> December 2023. Total 122 students and 08 ladies staff were present for the Lecture. Welcome and Preface was given by Dr. Aishwarya S. Pawar, introduction of the guest was shared by Dr. Rutuja A. Chavan. The program was presided by Dr. Renuka Pawar-Head, Dept. of Chemistry and Staff Secretory, Shri Vijaysinha Yadav College, Peth Vadgaon. The program was concluded with Vote of thanks given by Miss. Supriya A. Patil.









gright.

Miss Supriya A. Patil

Chairman,

Kalyani Forum

Dr. Aishwarya S. Pawar

Chairman,

Beti Bachao

Mr Adhikrao H. Nikam
Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur.

# "Reproductive Health and Related Disorders"

Presentee

1) Arrati Sunil Gholap  2) Namrata Shamrao Kothari  3) Amruta Baihao Chavan  Ay Monosi Dilip Jadhov  5] Ishani Sachun Pawar  6] Chimanidi lalinder Kamble  8.SC. I Hamrak  7] Sakshi Mahesh Kuxane  8.SC. I General  7] Sakshi Mahesh Kuxane  8.SC. I General  10) Apurva Amol Sankpal  10) Rovita Layappa Kali  11) Divya Sunil Jadhap  12) Rhumika Sagar Sankpal  13) Ankita Shahaji Rhandari  14) Snehal Hahesh Powae  15) Sayali Gapanan Ichat  16) Sakshi Mahesh sheloe  17) Shehal Hahesh Powae  18) Pranti Modhukur patil  19) Pranali Anil Koli  20) Pranjel Shivoji patil  21) Sheuti Sanjay Mali  22) Shraddha Sunin Degavale  23) Tyoff Sandip Ohinde  24) Samrkisha kuhdik Patil  25) Tanufa Sanfay Varope  26) Tanufa Sanfay Varope  27) Sakshi Santosh Panit  28) Sakshi Santosh Panit  29) Nikita vijay kurana Ratil  31) Saushi vasant Salunkhe  32) Saushi vasant Salunkhe  33) Peatirsha Uday Datti  34) Peatirsha Uday Datti  35) Peatirsha Uday Datti  36) Peatirsha Uday Datti  36) Peatirsha Uday Datti  36) Peatirsha Uday Datti  37) Peatirsha Uday Datti  38) Peatirsha Uday Datti  39) Peatirsha Uday Datti  30) Peatirsha Uday Datti  30) Peatirsha Uday Datti  31) Peatirsha Uday Datti  32) Peatirsha Uday Datti  34) Peatirsha Uday Datti  35) Peatirsha Uday Datti  36) Peatirsha Uday Datti  36) Peatirsha Uday Datti  36) Peatirsha Uday Datti  37) Pangati	Sr.No	Name of the Student	Class	Sign
2) Namrato Shamrao Kothari B.SCI Pulla  3) Amruta Baikan Chavan B.SCI Abbavag  A) Monosi Dilip Jadhav B.SCI Pulla  5] Ishani Sachin Powar B.SCI Pulla  5] Ishani Sachin Powar B.SCI Fammbe  6] Chironiali Jalinder Kamble B.SC. I Fammbe  7] Sakshi Mahesh Kuxane B.SC. I Fammbe  8] Gayatri Kiran Chechar B.SC. II Fammbe  10) Ravita Jaryappa koli B.SC. III Albi-  11) Divya Sunil Jaglap B.SC. III Pliva  12) Bhumika Sagar Sankpal B.SC. II Pliva  13) Ankita Shihaji Rhandari B.SC. II Behachi  14) Shehal Hahesh Powae.  15) Sakshi Mahesh sheloe  16) Savati Calanan Ichat.  18) Pranali Calanan Ichat.  19) Pranali Anil Koli  20) Pranjal Shivoji patil  21) Sheati Sanjay Mali  21) Sheati Sanjay Mali  22) Sheati Sanjay Mali  23) Jyoff Sandip Ohinde  24) Samikkha Kundik Palil  25) Ghavar Gudher Valhare  26) Tanufa Oanfay Varape  27) Sakshi Santosh Panit  28) Sakshi Santosh Panit  29) Nikita vijay kujara Rutil  31) Saushi Vasant Salunkhe  32) Sakshi Vasant Salunkhe  33) Peatirsha Uday Patil B.SC. I Bandil  34) Peatirsha Uday Patil  34) Postirsha Uday Patil  35) Postirsha Uday Patil  36) Postirsha Uday Patil  36) Postirsha Uday Patil  37) Postirsha Uday Patil  38) Postirsha Uday Patil  39) Postirsha Uday Patil  30) Postirsha Uday Patil  31) Postirsha Uday Patil  32) Postirsha Uday Patil  34) Postirsha Uday Patil  34) Postirsha Uday Patil  35) Postirsha Uday Patil  36) Postirsha Uday Patil  37) Postirsha Uday Patil  38) Postirsha Uday Patil  39) Postirsha Uday Patil  30) Postirsha Uday Patil			B.SC II	Atup
3) Annuta Baitrao (havan: B.Sc. T. Abelana)  A) Monosi Dilip Jadhav B.Sc. T. Pulhav  5] Ishani Sachin Powar B.Sc. T. Pulhav  5] Ishani Sachin Powar B.Sc. T. Bankar  6] Chibanidi Jalinder Kamhle B.SC. T. Bankar  7] Sakshi Makesh kuxane B.Sc. T. Bankar  8] Gayatri Kiran Chechar B.Sc. T. Bankar  10) Ravita Amol Sankpal B.Sc. TI Allington  11) Divya Sunil Jaglap B.SC. TI Divya  12) Bhumika Sagar Sankpal B.SC. TI Braker  13) Ankita Shahaji Rhandari B.SC. TI Braker  13) Ankita Shahaji Rhandari B.SC. TI Braker  13) Ankita Shahaji Rhandari B.SC. TI Braker  13) Sakshi Mahesh Powae. I. Jaker  14) Sakshi Mahesh Sheloe I. Jaker  15) Sakshi Mahesh Sheloe I. Jaker  16) Sakshi Mahesh Nilaye II. Braylee  17) Shreyasha Mahesh Nilaye II. Braylee  18) Pronhi Modhukur Datti II. Balil  20) Pranjal Anti koli II. Balil  20) Pranjal Shroji Datti II. Balil  21) Sheuti Sranjay Malu II. Semalu  (23) Shraddha Sun'il Desavale II. Samalu  (23) Tyolf Sandip Chinde II. Samalu  (23) Shraddha Rajesh Kumble II. Samalu  (24) Sanskih kuhdik Palil  (25) Shraddha Rajesh Kumble II. Shrad  (26) Sanskih Santash Panit II. Shratil  29) Nikita vijay kumin Rutil II. Skratil  30) Sakshi Santash Panit II. Shratil  31) Sakshi Vasant Salunkhe B.SC. T. Bankar  31) Saushki Vasant Salunkhe B.SC. T. Bankar  32) Alshuarya Ashak mali B.SC. T. P.U. Patil  32) Kalal Tanali Nananee R.SC. T. Bankar  34) Kalal Tanali Nananee R.SC. T. Bankar				
Monosi Dilip Jadhav  SI Jahani Sachin Powar  Risc I Hamile  Chibanioli Jalinder Komble  Risc I Hamile  Risc II Hamile				
5 Ishani Sachin Powar  6 Chibraniali Jalinder Kumhle  7 Sakshi Mahesh Kuxane  8 SC. I General  9 Apurva Amol Sankpal  10 Rovita lassappa kali  11 Divya Sinil Tagtap  12 Bhumika Sagar Sankpal  13 Ankita Shahaji Rhandari  14 Snehal Hahesh Powae  15 Sakshi Mahesh Powae  16 Sakshi Mahesh Nilaye  17 Shreyasha Hahesh Nilaye  18 Pranti Modhukur patil  19 Pranali Anil koli  20 Pranjal Shivoji patl  21 Sheuti Saniay Mali  22 Shraddha Sunil Desavale  23 Jyoff Sandip Chinde  24 Samskiha kuhdiik Patil  25 Sakshi Sandip Chinde  26 Sanskiha Rayesh Kumble  27 Shraddha Sunil Desavale  28 Sakshi Sandip Chinde  29 Sanskiha kuhdiik Patil  20 Sanskiha kuhdiik Patil  21 Sheuti Sandip Chinde  22 Shraddha Rayesh Kumble  23 Sakshi Santash Ragit  24 Sanskiha Varape  25 Sakshi Santash Ragit  26 Sakshi Santash Ragit  27 Shraddha Rayesh Kumble  28 Sakshi Santash Ragit  29 Nikita vijay kurana Rutil  30 Anushku Ohami Totil  31 Sarushti vasant Salunkhe  32 Anushku Vasant Salunkhe  33 Peatiksha Udali Datil  34 Kalal Tanali Nanagee, Ruscit Rutil  34 Kalal Tanali Nanagee, Ruscit Pulpatil	, ,			Madhav
6) Chibraniali Jalinder Kamble 71 Sakshi Mahesh Kuxane. 81 Gayatri Kiran Chechaz 9) Apurva Amol Sankpal 10 Ravita lazappa kali 110 Rivita lazappa kali 111 Divya Sunil Taglap 12) Bhymika Sagar Sankpal 13) Ankita Shahaji Rhandari 14) Snehal Hahesh Powat. 15) Ankita Shahaji Rhandari 16) Saxshi Mahesh Powat. 16) Saxshi Mahesh shelot 17) Shryasha Hahesh Nilaye 18) Praniali Anil Kali 20) Pranial Shivaji patti 21) Sheuti Sanjay Mali 22) Sheuti Sanjay Mali 22) Sheuti Sanjay Mali 23) Tyoff Sandip Chinde 24) Samiksha kuhdiik Patil 25) Sangksha kuhdiik Patil 26) Sangksha kuhdiik Patil 27) Shanda Panjay Varope 28) Tanufa Ganfay Varope 29) Nikita vijay kumin Rutil 29) Nikita vijay kumin Rutil 31: Sanushi vasant Salunkhe 32: Anishku vasant Salunkhe 33) Peatiksha Udul Datil 34) Peatiksha Udul Datil 34) Peatiksha Udul Datil 36) Peatiksha Udul Datil 37) Peatiksha Udul Datil 38) Peatiksha Udul Datil	1/ 1	Tahani Bachin Powar		Town.
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35) Rutuia Sandio Sawant B.sc-I R.s. Sawan	35)	Rytuja Sandip Sayant		R.S.Sawan
36) Rutika Dilip Changule Bisc-I Rehgule	367	Rutika Dilio Chaugule	BISC-I	Rehaule

# Beti Bachao Abhiyan and Kalyani Forum Committee Guest Lecture on "Reproductive Health and Related Disorders"

Presentee

Sr.No	Name of the Student	Class	Sign
37]		R.SC.I	(5Meradim
[88]	Utkarsha sambhaji Magdum Sanika Sanjay kamble	-11	akamble.
39)	Asyg Hamder kadam	-11-	Atadam
407	Samphaji Hangase		188
41)	Vaibhan Suril Ghatge	B.SC III	Platak
42>	Heeno shiri Mulani	B. SCIII	mulami-
43)	sanchita Ramesh chavan	-11-	(khavar
44)	Pranjali Tangii Patil.	<u>j</u>	<b>强拟</b>
45)	Shrusti Vijaykumar Patil	11-	Situ
46)	Rutuja Tukaram Lokhande.	-11-	Eulys
47)	Akshata Gajanan Potil.	11	Alfalil
48)	Vrushali Radip Phalke		Cag
49)	Shouti vinayak Patil		Quant
50]	Saniya Javed Mullani	BSC-I	Sm
51	laxmi Siyaram vaishnov	BSC-I	Raishow.
52)	Nirjala Prakash Pawar	BSC-I	Sen
53)	Sanika sunil kumbhar	BSC-I	skumbhar
54	Sonjona Chandrakant Parit	B.SC-II	Han oren
55	Sanika Dattatray Mulik	11	Bulk
1	Aakanksha shivaji shinde	BISCIII	AST
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	Saniya Takir Chouque		Though !
59)	Divya Mansing Mane		Thomas
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63)	Bhosale Pooja Prainad.	BSC III	Jabrosale.
64)	Mane shraddha Ravaso		Opmare.
65)	Patil sanika shivaji	<u> </u>	SUTEN
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# "Reproductive Health and Related Disorders"

Presentee

Sr.No Name of the Student	Class	Sign
73) Vaishnavi Vijay/Chavan.	B.SC II	Ohavan.
74) Telashri saniay Uzunkaz	B SC III	Joinston.
15/ Dipti Dadaso survashi	B.SC III	Meant
76) Ayman Javed Mulla	B.SC I	Amula
77) Ankita prataprao Patil	B.SC II	Algorit
78) Amruta Rajendra patil	B.SC II	APOH
79) Vaibhavi Amaz patil	B.SC III	( Batil
86) kalyani Dipak Yadav	B-SCII	Mayani
Patil Apeksha Amol	B.A. II	A.A. Partil
82) patil Namecto vitthel	B.A. I	Dell
85 balil Vaishnavi Eariay	B-A-I	V.S.Pati
84 Gyrav Payal Popat	8.A. T	P.P. Gurav
\$5   Sanika Ashok Jadhar	B. A. IT	S.A. J.
86. Diksha Vilas Gholap.	B.SC.I	Delicated
87 Shweta Vitthal Mane	B.SC.I	Smare.
88# Janhayi Vinayak Shinde.	B.Sc.I	June 4
89 Neha & Nagnath Patil	B.SC.I	CVP-110
90 Rutuja popat patil	B.SC.I	FRITIL
31 Sanjond sures'h shelke	BISCII	SSCHOOKE
82 Seigt sachin Patil	B.Sc.I	<b>किट</b>
93 pooja kishan Vaishnay	B.S.C.T.	Praishnas
94 Vaishnovi shrirom Patil	B.SC TIT	Batil_
95 Prajakta Sachin chandure	B.ac III	Alschandove
96) Apeksha Ajit Padil	B-SC TT	Apoll
97) sakshi umesh Buddhe	B.SCI	Lucudla
98) sanika Jaysing Khutal	B.SC T	The state of
agrasakchi Dilip Kadam	13.SCT	
100) Samaudhi Patil	-1)-	
(01) Agana Patil	-11 -	A. R. Postal
102) Vishnavi Pati)	-11-	The state of the s
1237 Sakshi Patil	-11-	sakahi
105) Sanjana Patil	-11-	45
1051 Prachi Patil	-11-	<b>Stachi</b>
106] sanika suryayanshi	1-11-	&18 -
107] sen-shehal chalke	-11-	S:Q:C
108) Pranali Patil		Redu
10 9]		

# "Reproductive Health and Related Disorders"

Presentee

		r	
Sr.No	Name of the Student	Class	Sign
109	Vaishnui visay Jadhav	BISCII	V.V. Jadhov
110	Sayali Shivoi Patil	B.Sc II	Alakil.
111	seial jaysing kamble	R.SCII	Scomble.
112	swah Balaso Jadhav	8.50 TE	15 Tadbar
113	Sanika Sanjay Patil	11	55 Paril
114	Kojal vijay Patil	11	KROH!
115	Sanika santash patil	11	Spail
116	Amouta Manuti Chapade	1	Peropode
117	Mahima sarjezan waghamerre	B.SIC.T	mem
118	Vishakha Madhukar Gujan	BISC-T	Vertakhar G
119	Sonika Vinod Jadhav	B.SC-I	5. V. Jodhov
120	vaishnavi vikas suvuse	B.SC. I	Rustu
721	somiksha Bhauso sunyavanshi	BSC. I	
122	Perjanka Romesh shework	B.SC. I	telheuse
			-
			-
			-

# "Reproductive Health and Related Disorders"

Presentee

Date-20/12/2023

Ladies staff

Lac	dies Statt		
Sr.No	Name of the Student	Class	Sign
1	Kamble Megha A.K.		and contro
2	Smi Mrs. B.A. Sulus		1
3.	Miss S.S. Pahil		SOH!
4.	Miss. J. L. Polil		Cop
4.	Miss Supriva A. Patil		00004.4
6	Dr. Aishwanya C. Pawar		Town Town
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9	Dr. Renukla. Pawar Dr. Varsha Sahdev		wing
	1)4. Varsia Sanaav		
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ID5	. X. S. Pawar] [Miss. S. A. Putil	J	Principal Iijaysinha Yadav Coll Vadgaon, Dist. Kolha
		Shri. V	rijaysinha Yadav Coll
		Peth \	Jadgaon, Dist. Koina
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Shri. Shahu Shikshan Prasarak Seva Mandal, Peth Vadgaon's



Peth Vadgaon, Tal. Hatkanangale. Dist. Kolhapur. (Maharashtra) 416 112 🕾 (0230) 2471599



NAAC Accredited - 'A+' (3.41) Feb. 2023

Affiliated to Shivaji University, Kolhapur

President : Shri. Gulabrao Pol | Secretary : Sou. Vidya Gulabrao Pol | Vice President : Smt. Vijayadevi V. Yadav | Principal : Shri. Adhikrao H. Nikam

Date: 1.9 / 12 /2023

21 484/2023-24 Ref. No. VYMP/

To,

Dr. Shivangi Ajit Patil,

Gynecologist and Obstetrician Infertility Specialist, Fertinest Gynac and Fertility Care, Pimpari Chinchwad, Pune, 411033

Sub: Letter of Gratitude....

Dear Madam.

We are very much grateful to you for being a Resource Person for guest lecture on Wednesday, 20th December 2023. Special thanks for your knowledgeable and informative speech on "Reproductive Health and Related Disorders". It has created awareness among all the participants.

We are grateful for the time and effort you took to share your Knowledge and experience with us. We would like to be in touch with you and all the best for your future endeavours.

Thank you once again.

Mr. Adhikrao H. Nikam

Principal z Principal

Shri. Mjaysinha Yadav College Peth Vadgaon, Dist. Kolhapur.

# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 09/12/2023, 9.00 am

conducted:

Target Group: B. Sc. I

**Number of Students** 

took the advantage: 47

Name of Organizer: Criterion VII

Name of Resource Person: Dr. R. A. Chavan

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. R. A. Chavan 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, Dist. Kolhapur,

	Excersise Activity for Girls	GOODLUCK Page I	Va.
1	Presentee	Date 09   12	2023
		class	Sign aon,
	Name of the student	BSC-I	do
1)	Samiksha Bhaliso Sunyavanshi	BSC-I	S 21 Tolk Exer
2]	Sanika vined Tadhav	BSC-I	Balif
3)	Pranali Bhimras Patil	BSC-II	Bankpal
4)	Bhumika Sagar Sankpay	B.Sc-II	Delary e:- 1
5>	Neha Atul dalavi	B.SC.F	Shelden Sign
7)	Sanjano Suresh Shelake	11 11	Responde
8)	Princip Romesh Shoute	B.sc.#	progress alk
9)	Pooja Nandkumar Gurax Varsharani Bajarang Jadhav	-1-	V.B.Jadhav
	vaishnavi vikas suvase	B.Sc. I	Jaishy
11)		8.50 IJ	Astup.
12)	namorath Shamrav Khotani	-11-	Alexand .
	Showli Vinayak pati	BJC-111	BePant e
14	) unishalo practup phate	1	Dipus 1
15	I produce product surgavarish	BSCIII	Jake and
1	y Heena stiraj mulani	BSC-III	Joulani Zibham
KT	Rasika Dhananjay Johan.	B.SC- I -11-	MDJackhay
18	Manasi Dilip Jadhar	-11-	Thou.
19	1 Ishani Sachia Towar	-11-	Grahedran
20	Gaustri Kiran Chechar	-11-	8vane
2	Sakshi Mahesh Kurane	5110	Alas.
e	2) Carrisco Baloso Broxe	15-	Anavan .
2	3) Harahada Amol Charlan	41-	ABdravan
2	4) Amuta Bejiran Chonen		
			1
	No. of No.	A	
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	[Dr. As Pawar] [B. A. Swar] [S. A	· Paril	D. R. A. Chaven
	Dr. N.S. Pallery & C. N.		
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	aniya Javed Mullani	D5C-1	(3/18 hrav
2 1	armi siyaram Valshnav	BSC-I	assle 02
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7	11 Law shal sumbhall tagari	-11-	\$1B
8	Sahika Namber Surgaryana	-11-	Ochatal_
9	comiles Tousing khatal	B.5C-II	Schwale.
10	Shraddha Junii Vesavare	11	83hinat
11	Tyoti Sandip Shinde	_11-	SSPALL
12	Sanika sanjay patil	_11_	<u>Spotil</u>
13	Sanika Santosh patil		Alopide Thagile
14	Amruta manuti chapade Saniya Jakir changule	B.Sc-TIT	Draw
12	Divya Mansing Mane	4	Aman.
		-11-	Manage
17	Mrunale Pandet Mane	-11-	- Filet
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	[Dr. X.S. Pawar] [B.A. Swar	CS. M. Jal	17 1 128 8.98. Chava

# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 09/12/2023, 9.00 am

conducted:

Target Group: B. Sc. III

**Number of Students** 

took the advantage: 32

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. Sc.-III 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

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Chairman, Criterion VII

Peth Vadgada Dist of State of

Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur,

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester – 01

Name of Activity: - Exercise

Present Students List

Health and Hydrene Weart Healthy Parener

Date: - 23/12/2023

Name of	Activity: - Exercise.	Sign
St.	Name of Student	Sign
1)	Mrunale Pondil Mone	meman.
2)	Shraddha Ravaso Mane	Demone-
3)	Shehal Sanjay Patil	Fulil.
4)	Vaibhavi Chandrakant Swtar	Osibharb.
5	Hasmat Marun Shigare	Canat.
6)	Saniya Jakir Chougule	Though
7)	Divya Mansingh Mane	mans
8)	Pooja Prolhad Bhosale	Polhosaks
9)	prundi Bhimrus patil	Betil
10]	Scemiksha Bhauso Sunyawanshi	Sec.
117	Sanika Vinod Jadhav	5.V. Jadhan
12)	Saniko Namber Suryavanshi	818
	Pratiksha uday Patil	P. U. Patil
(1)		GN.
15]	Shweto Pravin chougule.	ahubb
16)	Sakshi Dlip kadam.	Banks.
17]	Nikita Vijaykumar Patil	- APatil
18]	Anushka Dhanaji Patil	Devil
	adkashi santouh Parit	Sparit
	Sejal Jaysing Kambil.	Famble



# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

Present Students List

Name of Student	Sign
Hame of Smooth	No.
Saniya Joved Mallani	54
Valshnavi Tangi Patel	Total !
	saksht-
Sakshi Sanjay Patil	1 AP
Sanjara Shoivang Patil	
utkonshe sambhaji Magdum	usmengdy.
Vaishnavi vikas suvase	Quetr
snotrel anil chalke	SAchalke
Regarka Ramesh shewate	Keshurs
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Sakshi Mahesh Kurane	Birane.
	Gethechers
. I say	
Vajshovi vijay Jadhav	v. V. Jadhau

X. S. Pawar [Miss. J. A. Patis] (Dr. R. A chavar

# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

## Best Practises 02 - Health and Hygiene

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

#### Academic year 2023-2024

Name of the Activity: Heart Healthy (Work Miles - O1)

**Exercises** 

**Date and Time of activity** 16/12/2023, 9.00 am

conducted:

Target Group: B. Sc. II

**Number of Students** 

took the advantage: 24

Name of Organizer: Criterion VII

Name of Resource Person: Dr. A. S. Pawar

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 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

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Chairman, Criterion VII

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Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur,

# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

Name of Activity: - Frencisc Lord Health Exercise Date: -

trereise for Curls	Date: - 16 Dec 2
Name of Student	Sign
Snehod Anil chalke	5: A chalke
Vaishnayi vikas suvase	Quistre
Saniya Javed Mullani	SW.
Laxmi Siyaram Vaishnav	Blaishna
Sakshi umesh Budhe	V-u-Buddhe
Sanika Jaysing Khatal	Conatal
Sanika Vined Jadhav	S.V. Jadhar
Pranali Bhimmao putil	Batil
Sanika Namdev suryavanshi	SAS
Divya Mansing Mane	Vmm
	though
Samiksha Bhauso Suryavanshi	Be.
Rasika Dhananjay lohan	Johans.
Ishani Sachin Powar	That .
Chitransali salinder kumble	Remole
Gayatri Kiran Chechar	Grobechar
Sakshi Sanjay Patil	Sakshi
soushti vasant Salunkho	deste
Saleshi Arakash putil	5. P.R
kajal Tanaji Nangare	JEN .
	Snehad Anil chalke Vaishnaxi vikas suvase Saniya Javed Mullani Laxmi siyaram Vaishnav Sakshi umesh Budhe Sanika Taxsing khatal Sanika Vined Jadhav Pranali Bhimman patil Sanika Namdev suxyavanshi Divya Mansing Mane Soniya Jaki Chougule Samiksha Bhauso Sunyavanshi Rasika Dhananjay lohan Ishani Sachin Powar Chitransali Jalinder kamble Gayatri Kirah Chechar Sakshi Sanjay Patil Soushti vasant Salunkha Sakshi Prakash Putil



# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene Heart Healthy (Work Miles - O1) Exercises Time Table 2023-2024 Semester - 01

## Present Students List

Name of Activity: - Excercise for Girls.	Date: - 16th Dec 2023
Sr. Name of Student	Sign
21) Pratikana Uday Patil 22) Vaishnavi Tanayi Patil	P.U.Patil
23) Heena shiraj Mulani	tanland.
24] Ankita Anii Waghmare.	AAwaghmane.
Down Morry M:	
[Dr. N.S. Paway] [Miss, S. A. Patil] [D.	8. R. A. Clavar J



# Shri Vijaysinha Yadav College, Peth Vadgaon

# **Criterion VII**

## **Institutional Distinctiveness**

#### Mahawalkathon

# Academic year 2023-2024

Name of the Activity: Mahawalkathon

Date and Time of activity 01/01/2024, 7.30 am

**Conducted:** 

Target Group: B. A. I, II & III

B. Com. I, II & III

**Number of Students** 

took the advantage: 276

Name of Organizer: Criterion VII

Prof. (Dr.) N. I. Shaikh

In order to create awareness among the students about the walking and running the criterion seven has organized Mahawalkathon activity in the college it decided that in the every year on the 1<sup>st</sup> January the Mahawalkathon activity will be organized in the college, it is the group activity in order to create heath awareness among the students and the teaching and non teaching staff. Therefore this year on 1<sup>st</sup> January 2024 it is decided to organize the Mahawalkathon from the shri Vijaysinha Yadav College to Latawade village. All teaching non teaching staff and all students from the Arts and commerce stream were available for this activity. It is one of the institutional distinctiveness of the institution. Students have enjoyed this activity and they have assured that they will follow the same kind of walking and running in their day to day activity in order to maintain their health.

# **Outcome of the programme:**

All the students and teaching and non teaching staff are able to understand the importance of walking and running in their life and surely they will follow this in their daily routine.

# Photo plates





# **Walkathon Exercises**



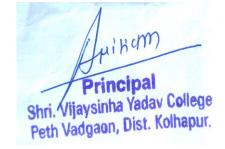












# Shri Vijaysinha Yadav College, Peth Vadgaon Criterion VII

# **Organized Eye Checking Camp**

# Academic year 2023-2024

Name of the Activity: Eye checking Camp

**Date and Time of activity** 25/01/2024, 7.30am to 1.30pm

**Conducted:** 

Target Group: Faculties & All Students

**Number of Faculties & Students** 

took the advantage: 65

Name of Organizer: Criterion VII

Prof. (Dr.) N. I. Shaikh

The Eye Checking Camp was organized by Criterion VII of Shri Vijaysinha Yadav College, Peth Vadgaon, with the aim to promote eye health awareness and provide necessary screening for faculties and all students. The target group for this activity included faculties and all students of the college. A total of 65 individuals took advantage of the eye checking camp. The event was organized by Criterion VII under the guidance of Prof. (Dr.) N. I. Shaikh. Trained medical professionals conducted comprehensive eye screenings for all participants. Participants received individual consultations regarding their eye health and were provided with necessary guidance and recommendations. A brief awareness session was conducted to educate participants about common eye conditions, preventive measures, and the importance of regular eye checkups. Brochures and pamphlets containing information on maintaining good eye health were distributed among participants. The Eye Checking Camp proved to be highly beneficial for the faculties and students of Shri Vijaysinha Yadav College. By providing access to free eye screenings and valuable information, the camp aimed to detect any potential eye problems at an early stage and promote proactive measures for maintaining optimal eye health. Additionally, the awareness session helped in educating participants about the significance of regular eye check-ups and adopting healthy habits for preserving vision. Overall, the event contributed towards fostering a culture of health consciousness within the college community.

#### Outcome:

The Eye Checking Camp, led by Criterion VII at Shri Vijaysinha Yadav College, screened 65 faculties and students, providing comprehensive eye exams, consultations, and educational sessions. Distribution of informational material aimed to foster a culture of health awareness. The camp significantly promoted proactive measures for optimal eye health within the college community.

# **Photo plates**





# **Eye Checking Camp**











Appending Peth Vadodo

Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur,

niham

Chairman, Criterion VII

#### Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene

IVa	time of Activity: -	Date: - 25/01/24
	Or. Name of Faculty & Student	Sign
	1 pr. Hingm Adhitrow Hinduras	Aruwom
2	Taylor agences and red chareed	tays
3	Dr Mitesh Premnath Surwase	Sumase
4	- Dr. Ramesh Hanmant Kapanot	PM?
5		Agur
6	Mr Adinal's Ganfali Dabude	Dum
7	April Vasant (chabate	Philan
(8)	Handkishor s. Pahil	(BSchi)
9	Kishor Dinkar Duyale	Dagale
10.	chandrakant s, kellekgr	3
(1	Lushkure Akash vistery	court
12	Dr. Ruty'a Shilkumor. Chawan	P
13	Miss Tejaswini Balasaheb Patil	Doetit.
14	Miss Pranali Prakash Desai	Oesal
15	Dr. Anyaz Lahy powas	6,000
16	Dr. Chandrakaut Baly Mane	(net
17	Chavan Vaishnavi Vijay	ahbivar
18.	Kayani Dipak Yadav	Plante,
19	Mare suit sumpati	nesaect
20	Jagter Dasharatti Gangat	May
		101



#### Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene

Nam	e of Activity: -	Date: - 25/01/24
Sr. No.	Name of Faculty & Student	Sign
21	Bunil Mahada Palil	84.
22	Surgarcomt Vishwas Maske	Spassee
.25	Nisavgandh prabhakar R.	(2)
24	MES khot Savita Vijay	Sviet
25	Mis. Paril Vasudha Pahul	( Dati)
26	mo mayande Varsharani Shivanth.	Sogganti
27	बाकारव बेल्या शंकाराव	Marghe.
28	Valiv. Ohangi Keshav	
29	Pawara Keshav Luka	Kawasa
30	Dr. Mahammerd Palo?	Manepalon
31	mayusesh Releticus	moe
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	chaughte Pragad	R
4	Tejas Shinde	- 360
5	Vinoel Ruthoel.	Partuel.
6	Sungita K. Saveldar	eas
7	R.V.	8
8 1	Amit Amil Kædam	A.
5	Sugesh shivayi Yaeday	Soul
	sushant sampat mane	00



# Shri Vijaysinha Yadav College, Peth Vadgaon, Criterion VII Best Practises No- 02 Health and Hygiene

No.  No.  No.  No.  No.  No.  Al Perjyot Khanderao Dhanavade  Sign  Al Perjyot Khanderao Dhanavade  Shigave Hasmad Harun  Dord Sakshi mahavir  Dodfi Sakshi mahavir  Dodfi Sakshi mahavir  Dodfi Sahshi mahavir  Dodfi Shali Shali Shaikh  Dodfi Riddap Klat  Soliya Taved Mullani  Dodfi Sandip sawant  Sol Ridda Sandip Sandipi  Sol Ridda Sandipi  Sol Radio Sandipi  Sol Ridda Sandi	Name of Activity: -	Date: - 2 45101/24
Shrgave Hasmad Harun  (3) path Sakshi mahavir  (3) path Sakshi mahavir  (3) santya savidali mujawar  (3) Sutar vahbavi chandruant  (4) Chougle Saniya Jakie  (4) Arr. Baharheb = Jahan  (8) Amae mehedev Hoacede  (9) Dr. Marin Dahak shahu  (9) Sadik Shalui Shaikh  (9) Sadik Shalui Shaikh  (9) Saniya Javed Mullani  (9) Saniya Javed Mullani  (9) Rutika Dilip chaugule  (9) Rutika Dilip chaugule  (9) Rutifa sandip sawant  (9) Rutifa sandip sawant  (9) Bhosale Pooja Prathad.  (9) Dabhade Amisha Manike.	Sr. Name of Faculty & Student	Sign
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# Criterion VII Best Practises No- 02 Health and Hygiene

	Of Activity: -	Date: - 25/01/24
Sr. No.	Name of Faculty & Student	Sign
61)	Mrunali Pandit Mane	March
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63)	Mrs. Asmita Prashant Patel	Acto
64)	Sakshi Sunil Ganbarle	AUROO
65)	Kirgn Dattatraya Kali	(Dagin)
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# Report of "Workshop on Vipassana"

# Thursday, 27<sup>th</sup> Feb., 2024 at 11.00 am

Name of the Activity : Workshop on Vipassana

**Date and Time of activity conducted** : 27<sup>th</sup> Feb., 2024 at 11.00 am

Nature of Activity : Training about Vipassana

**Target Group** : Teaching and Non-Teaching Staff

Number of Participants :

Name of Organizer : NAAC Criteria- VI and VII

**Resource Person** : Mr. Abhijit Chavan

# **Short Description of Conducted Activity:**

To decrease stress, reduce anxiety, improve mental focus NAAC Criteria-VI and VII organized Workshop on Vipassana for teaching and non-teaching staff. Preface was given by Dr. N. I. Shaikh. NAAC Co-ordinator Dr. Amar Powar introduced the speaker. Resource person Mr. Abhijit Chavan said in his speech, Vipassana enables us to experience peace and harmony by purifying the mind, freeing it from suffering. He also taken some practical of Vipassana. Principal Dr. Ashok Chavan told the importance of Vipassana in our life. Dr. Renuka Pawar expressed vote of thanks.

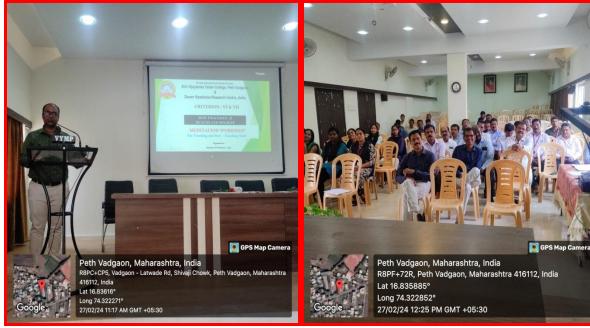
#### PO's:

- 1) To inform about vipassana.
- 2) To aware about effect of vipassana.

#### PSO's:

- 1) The staff knows about vipassana.
- 2) The staff experienced peace and harmony by purifying the mind.





**Date of Report:** 27<sup>th</sup> Feb., 2024 **Organizer:** NAAC Criteria- VI & VII

(Dr. R. A. Pawar)

(Dr. N. I. Shaikh)

Chairman, Criteria- VI

Chairman, Criteria- VII

Chairman, Criteria- VII

Shri Vijaysinha Yadav College, Peth Vadgaon, Tal. Hatkanangale, Dist. Kolhapur.