

Estd. : July, 1999

॥ प्रज्वलितो ज्ञानमय प्रदीपः ॥

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

Perm. Aff. No. SU/AFFI/T-2/UMK/4818 Dt. 15-7-2010

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

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

vyadavcollege@rediffmail.com

www.vympv.ac.in

President : **Shri. Gulabrao Pol**
I.P.S.

Secretary : **Sou. Vidya Gulabrao Pol**
M.A., B.Ed.

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 environmental awareness and sustainability 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.

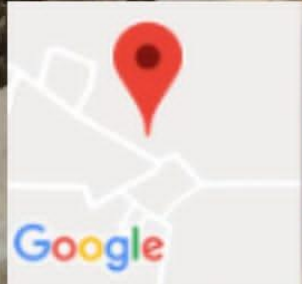
Research and Innovation: The program will support research and innovation projects focused on environmental sustainability, providing students and faculty with opportunities to explore new solutions and approaches.

PHOTO PLATES





 GPS Map Camera



Pune Division, Maharashtra, India
W9CM+XXV, Phalkewadi and Chandachiwadi,
Maharashtra 416301, India
Long 74.384886°
Lat 16.922501°
07/3/2024 03:54 PM



 **GPS Map Camera**



Peth Vadgaon, Maharashtra, India
R8PF+72R, Peth Vadgaon, Maharashtra 416112, India
Lat 16.836086°
Long 74.322719°
15/03/24 12:04 PM GMT +05:30





Peth Vadgaon, Maharashtra, India
R8PF+72R, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835851°
Long 74.322566°
23/03/24 12:22 PM GMT +05:30



Peth Vadgaon, Maharashtra, India
R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835884°
Long 74.322144°
23/03/24 12:18 PM GMT +05:30



Peth Vadgaon, Maharashtra, India
R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835884°
Long 74.322144°
23/03/24 12:20 PM GMT +05:30



Peth Vadgaon, Maharashtra, India
R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835884°
Long 74.322144°
23/03/24 12:20 PM GMT +05:30



Peth Vadgaon, Maharashtra, India
R8PF+72R, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835851°
Long 74.322566°
23/03/24 12:23 PM GMT +05:30


GPS Map Camera



Peth Vadgaon, Maharashtra, India
R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra 416112, India
Lat 16.835884°
Long 74.322144°
23/03/24 12:21 PM GMT +05:30

GPS Map Camera



 GPS Map Camera



Peth Vadgaon, Maharashtra, India
R8PC+CP5, Vadgaon - Latwade Rd, Shivaji Chowk, Peth Vadgaon, Maharashtra
416112, India
Lat 16.836252°
Long 74.322316°
23/03/24 01:03 PM GMT +05:30



GPS Map Camera

Latvade, Maharashtra, India
R8WW+VCV, Latvade, latwade, Maharashtra 416112, India
Lat 16.847115°
Long 74.345847°
16/04/24 05:40 PM GMT +05:30



GPS Map Camera

Kakhe, Maharashtra, भारत
V5P6+VWF, Kodoli - Kakhe Rd, Kakhe, Maharashtra 416114, भारत
Lat 16.886983°
Long 74.162376°
16/04/24 06:47 PM GMT +05:30




GPS Map Camera



Kini, Maharashtra, India
V78W+XR2, Kini, Maharashtra 416112, India
Lat 16.866772°
Long 74.29684°
16/04/24 05:59 PM GMT +05:30



 GPS Map Camera



Google

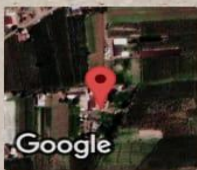
Khochi, Maharashtra, India
V97R+R9C, Khochi, Maharashtra 416110, India
Lat 16.864633°
Long 74.390401°
15/04/24 06:29 PM GMT +05:30



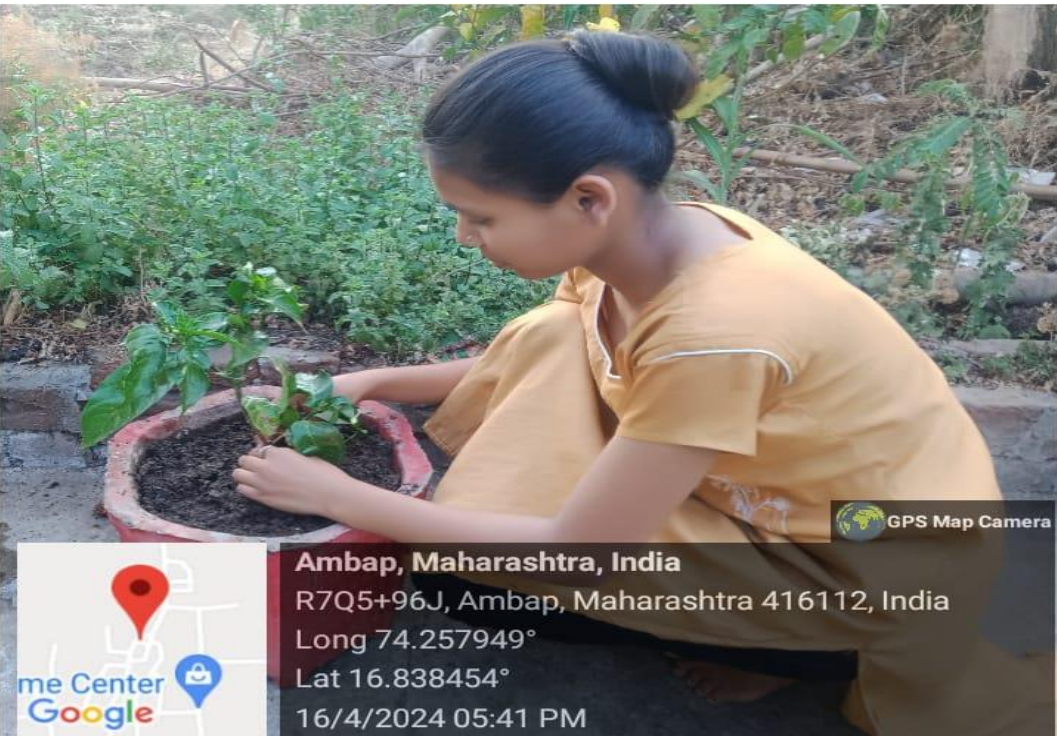
GPS Map Camera

Ambap, Maharashtra, India
R7P3+MX9, Ambap, Maharashtra 416112, India
Lat 16.836801°
Long 74.254585°
16/04/24 08:58 AM GMT +05:30

Google



Savarde, Maharashtra, India
R9J6+Q45, Savarde, Maharashtra 416112, India
Lat 16.830687°
Long 74.360362°
16/04/24 01:54 PM GMT +05:30



Ambap, Maharashtra, India
R7Q5+96J, Ambap, Maharashtra 416112, India
Long 74.257949°
Lat 16.838454°
16/4/2024 05:41 PM

GPS Map Camera



 GPS Map Camera



Google

Peth Vadgaon, Maharashtra, India

Besides B. Y. College, R8PC+6XR, Latwade Rd, Peth Vadgaon, Maharashtra 416112, India

Lat 16.835583°

Long 74.32245°

30/01/24 08:45 AM GMT +05:30



 GPS Map Camera



Google

Peth Vadgaon, Maharashtra, India

Besides B. Y. College, R8PC+6XR, Latwade Rd, Peth Vadgaon, Maharashtra 416112, India

Lat 16.835583°

Long 74.32245°

30/01/24 08:46 AM GMT +05:30





 GPS Map Camera



Google

Peth Vadgaon, Maharashtra, India
R77X+74R, Peth Vadgaon, Maharashtra 416122, India
Lat 16.813234°
Long 74.297697°
30/01/24 09:01 AM GMT +05:30



 GPS Map Camera



Google

Peth Vadgaon, Maharashtra, India
R77X+74R, Peth Vadgaon, Maharashtra 416122, India
Lat 16.813227°
Long 74.297704°
30/01/24 08:51 AM GMT +05:30



 GPS Map Camera



Peth Vadgaon, Maharashtra, India
R79X+8Q5, Shiye - Bawada Rd, Peth Vadgaon, Maharashtra 416122, India
Lat 16.818269°
Long 74.299538°
30/01/24 09:32 AM GMT +05:30



 GPS Map Camera



Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.814741°
Long 74.313936°
30/01/24 09:12 AM GMT +05:30





























 **GPS Map Camera**



तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.814574°
Long 74.313814°
29/01/24 08:39 AM GMT +05:30



 **GPS Map Camera**



तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.814847°
Long 74.313672°
29/01/24 08:32 AM GMT +05:30





 GPS Map Camera



तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.814761°
Long 74.313702°
29/01/24 08:31 AM GMT +05:30



 GPS Map Camera



तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.81464°
Long 74.31371°
29/01/24 08:33 AM GMT +05:30



 **GPS Map Camera**



Google

तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.814901°
Long 74.313667°
29/01/24 08:32 AM GMT +05:30




 **GPS Map Camera**



Google

तासगाव, महाराष्ट्र, भारत
R887+4P महालक्ष्मी बिओदिवेर्सिटी पार्क, तासगाव, महाराष्ट्र 416122, भारत
Lat 16.814795°
Long 74.313681°
29/01/24 08:34 AM GMT +05:30



 **GPS Map Camera**



Google

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.81482°
Long 74.313671°
29/01/24 08:42 AM GMT +05:30



 **GPS Map Camera**



Google


Tasgaon, Maharashtra, भारत
Tasgaon Road Shivaji Chowk, Peth Vadgaon, Tasgaon, Maharashtra 416109, भारत
Lat 16.806339°
Long 74.321171°
29/01/24 08:38 AM GMT +05:30









 GPS Map Camera



Google

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815145°
Long 74.31374°
30/01/24 08:46 AM GMT +05:30



 GPS Map Camera



Google

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.814602°
Long 74.313866°
30/01/24 08:56 AM GMT +05:30






 **GPS Map Camera**



Tal, Maharashtra, भारत
R8G3+RRM, road, Tal, Peth Vadgaon, Maharashtra 416112, भारत
Lat 16.826306°
Long 74.306138°
30/01/24 08:43 AM GMT +05:30



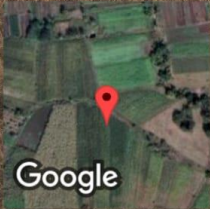
 **GPS Map Camera**



Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815167°
Long 74.313801°
30/01/24 08:47 AM GMT +05:30



 **GPS Map Camera**



Tal, Maharashtra, भारत
R8G3+RRM, road, Tal, Peth Vadgaon, Maharashtra 416112, भारत
Lat 16.826306°
Long 74.306138°
30/01/24 08:42 AM GMT +05:30



 **GPS Map Camera**




Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815167°
Long 74.313801°
30/01/24 08:47 AM GMT +05:30








 GPS Map Camera

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.81509°
Long 74.313806°
30/01/24 08:54 AM GMT +05:30



Google



 GPS Map Camera

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815167°
Long 74.313801°
30/01/24 08:47 AM GMT +05:30



Google



 **GPS Map Camera**

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815258°
Long 74.313788°
30/01/24 08:47 AM GMT +05:30

Google



 **GPS Map Camera**

Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815258°
Long 74.313788°
30/01/24 08:47 AM GMT +05:30

Google



GPS Map Camera
Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815108°
Long 74.313757°
30/01/24 08:48 AM GMT +05:30



GPS Map Camera
Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.814808°
Long 74.313727°
30/01/24 08:54 AM GMT +05:30







 GPS Map Camera



Peth Vadgaon, Maharashtra, India
R77X+74R, Peth Vadgaon, Maharashtra 416122, India
Lat 16.813227°
Long 74.297704°
30/01/24 08:49 AM GMT +05:30



 GPS Map Camera



Peth Vadgaon, Maharashtra, India
R77X+74R, Peth Vadgaon, Maharashtra 416122, India
Lat 16.813238°
Long 74.297697°
30/01/24 09:00 AM GMT +05:30






 GPS Map Camera



Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.815211°
Long 74.313909°
30/01/24 09:28 AM GMT +05:30

Google



 GPS Map Camera



Tasgaon, Maharashtra, India
R887+4P Mahalaxmi Biodiversity Park, Tasgaon, Maharashtra 416122, India
Lat 16.814791°
Long 74.31401°
30/01/24 09:04 AM GMT +05:30

Google



Peth Vadgaon, Maharashtra, India

Besides B. Y. College, R8PC+6XR, Latwade Rd, Peth Vadgaon, Maharashtra 416112, India

Lat 16.835583°

Long 74.32245°

30/01/24 08:47 AM GMT +05:30



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 conducted:	21/06/2023, 8.00 am
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. Srinivas 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



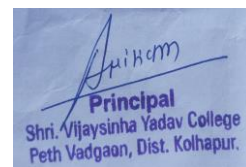
Non – teaching staff



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

Name of the Activity	: Blood Check-up (HB)
Date and Time of activity conducted	: 31 th 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



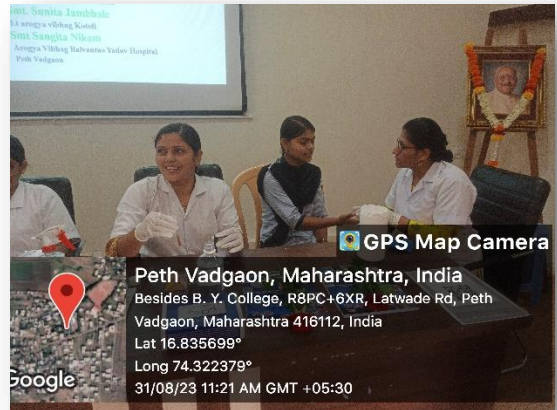
(Mr A. H. Nikam)

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

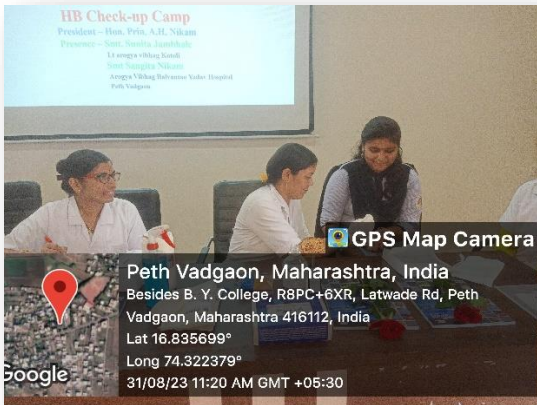
Photo Gallery



HB Testing



HB Testing



HB Testing



HB Testing

2023-24

Present Students List

Name of Activity: - HB Check-up Camp

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	Peanali Tanaji Shinde	Shinde
2	Psachi Ramesh Dongare	RHD
3	Shweta Shidgonda Patil	Shidgonda
4	Bharati Balasaheb Warkoli	B.B.Warkoli
5	Vaishnavi Suresh Bhosale	Bhosale
6	Mayuri Prakash Patil	M.P. Patil
7	Priti Shankar Kalantre	P.S. Kalantre
8	Sanjana Shrikant Patil	S.S. Patil
9	Arpita Anil Kogude	Arpita
10	Namrata Shivaji Ramane	Ramane
11	Rasika Ramchandra Shinde	R.R. Shinde
12	Mansi Shrikant Shinde	M.S. Shinde
13	Sanika Parshuram Kestikar	Kestikar
14	Vaibhavi Rajaram Gurav	V.R. Gurav
15	Harshada Sunil Yadav	Yadav
16	Sushti Sanjay Jadhav	Jadhav
17	Santosh Sunil Adake	Adake
18	Shraddha Dipak Madame	Madame
19	Amruta Popat Babar	Babar
20	Rutuja Mohan Shete	Shete
21	Sanika Mahadev Koli	Koli
22	Sayali Sanjiv Rao Kogude	Kogude
23	Supriya Shankar Chougale	S.S.C
24	Sakshi Shashikant Ghadge	Ghadge
25	Saniya Javed Patel	Patel



SHRI VIJAYSINHA YADAV COLLEGE, PETH VADGAON, DIST. KOLHAPUR

HEALTH COMMITTEE, CRITERION VII AND PHC

2023-24

Present Students List

Name of Activity: - **HB Check-up Camp**

Date: - 31/08/2023

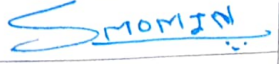


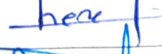





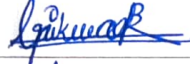


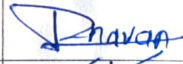


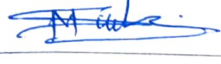




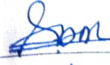


Sr. No.	Name of Student	Sign
1	Alifa Samin Momin.	<u>Alifa Momin.</u>
2	Tabussum Juber Momin	<u>Juber Momin</u>
3	Sanika Dinkar Bhosale	<u>S.D. Bhosale.</u>
4	Prasana Chandrakant Yadav.	<u>P.C. Yadav.</u>
5	Sanika Dinkar Bhui	<u>S.D. Bhui.</u>
6	Diksha Dipak Mohite	<u>D.D. Mohite.</u>
7	Sanika Dhondiram Vadd	<u>S.D. Vadd.</u>
8	Pranjal Manohar Chougule.	<u>Pranjal</u>
9	Sadhana Narendra Bhandari	<u>Sadhana</u>
10	Saniya Jalindar Jadhav.	<u>S. Jadhav</u>
11	Vaibhavi Mahadev Parit	<u>V. Parit</u>
12	Anjum Jamal Malani	<u>Anjum</u>
13	Sanika Sanjay Patil	<u>S. Patil</u>
14	Jyoti Yashwant Patil	<u>J. Patil</u>
15	Rutuja Ranar Ganjane	<u>R. Ganjane</u>
16	Sanika Satish Chougule.	<u>S. Chougule.</u>
17	Snehal Shivaji Gisal.	<u>S. Gisal.</u>
18	Ashlesha Manohar Padalkar	<u>A. Padalkar.</u>
19	Pranjata Jaysing Patil	<u>P. Patil</u>
20	Shrushti Vilas Mane	<u>S. Mane.</u>
21	Snehal Sanjiv Patil	<u>S. Patil</u>
22	Mayuri Prakash Patil	<u>M. Patil</u>
23	Sanjana Shrikant Patil	<u>S. Patil</u>
24	Sakshi Pratap Suryavanshi	<u>Sakshi</u>
25	Maithili Vilas Patil	<u>M. Patil</u>

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	
2	Sunny Dilip Kuroane	
3	Atharv Amary Lambe	
4	Harsh umesh kadury	
5	Om Vinod Patil	
6	Rahul Sunil Sawant	
7	Piyush Umesh Lole	
8	Hemashri Dadaso patil	
9	Ratam Rajendra Powar	
10	priyanka Ramesh Gaikwad	
11	Sakshi Arun chavan	
12	Smita vilkas chavan	
13	Pranjali RajaRam chavan	
14	snehal vishwas patil	
15	sanika Shrikant shinge	
16	sanika Madhukar sutar.	
17	shweta shidgonda Patil	
18	Pranali Tanaji Shinde	
19	Vaishnavi sybhash Bhosale	
20	Priti Shankar Kalantre	P.S.Kalantre
21	Bharati Balasahab walkoli	B.B. Walkoli
22	Beachi Ramesh Dongare	
23	Shraddha Dipak Madwone	
24	Sayali Sarjeras Kagwade	
25	Aarpiita Hambirav Adake	



2023-24

Present Students List

Name of Activity: - **HB Check-up Camp**

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	Mane Shradha Ravaso.	<u>Mane</u>
2	Kamble Tanushka Krishna.	<u>Kamble</u>
3	chougule Saniya Jakir	<u>Chougule</u>
4	Mane Divya Mansing	<u>Mane</u>
5	Bhandari Amruta Sanjay	<u>Bhandari</u>
6	Mujawar Saniya Sajidali	<u>Mujawar</u>
7	Patil Sakshi Mahavir	<u>Patil</u>
8	Mane Maudula Abhijit	<u>Mane</u>
9	Ingavale Manjiri Anil.	<u>Ingavale</u>
10	Patil Tejaswini Tanaji	<u>Patil</u>
11	Patil Anjali Sanjay	<u>Patil</u>
12	Rajeshwari Ramesh Ingavale	Rajeshwari
13	Jaishnavi Vijaykumar Sutar	<u>Jaishnavi</u>
14	Swati Shamsher Kurane	<u>Swati</u>
15	Sanika kumar patil	<u>Patil</u>
16	Ketaki Niwas Chougule	<u>Ketaki</u>
17	Gayatri Gajanan Shinde	<u>Shinde</u>
18	Vaishnavi Avadhoot Salokhe	<u>Salokhe</u>
19	Tajim shafik Sayyad	<u>Tajim</u>
20	Mayuri Shivaji khade	<u>Khade</u>
21	Rajeshwari Ramesh Ingavale	<u>Ingavale</u>
22	Neha sadanand Utale	<u>Utale</u>
23	Tejaswini Dhandiram Jadhav	<u>Jadhav</u>
24	manasi vijay powar	<u>Powar</u>
25	Divya Santosh Khumbhar.	<u>Khumbhar</u>



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 maske.	A.N.maske
2	Sayali Jitendra Patil	Satli.
3	Sanika Popat Bhopale	S.P.Bhopale
4	Samir Inataj sande	S.I.sande
5	Prityanka vikas pasit	P.pasit
6	Vishakha Madhukar Gujar	vishakhaG.
7	Sanika Anil patil	Satli
8	Sanika Balaso Bhore	S.bhor
9	Aamruta Baitao chavan	A.B.chavan
10	Sakshi umesh Buddhe	sh.Buddhe
11	Samiksha Bhaaso surgarwanshi	S.B.
12	Sakshi Sanjay Patil.	Sakshi.
13	pooja kishan vaishnav	P.vaishnav
14	Snehal Amar Patil	Spatil
15	Gayatri kiran Chechar	G.chechar
16	snehal Anil chakke	S.A.chakke
17	Rasika Dhananjay lahar.	R.lahar.
18	Sanjana Suresh Shelake	S.Shelake
19	Rutuja popat patil.	R.patil.
20	Nehal Abgnath Patil	N.Patil
21	chitranjali Jalinder kamble	Kamble
22	Snehal Sanjay Patil	Patil.
23	Sanika shivaji patil	S.Patil
24	Pooja Prathad Bhosale.	P.prasad
25	Amisha Manik Dabhade.	A.M.P.



SHRI VIJAYSINHA YADAV COLLEGE, PETH VADGAON, DIST. KOLHAPUR

HEALTH COMMITTEE, CRITERION VII AND PHC

2023-24

Present Students List

Name of Activity: - **HB Check-up Camp**

Date: - 31/08/2023

Sr. No.	Name of Student	Sign
1	Shahista Jamie mullani	<u>S.mullani</u>
2	Sonali Baban Patil	<u>S.Patil</u>
3	Anjali Ashokkumar Patil	<u>A.Patil</u>
4	Samiksha Sanjay Koli	<u>S.Koli</u>
5	Sanika Sudhir Mane.	<u>S.Mane</u>
6	Aman Salim Mulla.	<u>A.Mulla</u>
7	Surekha Parshuram Rathod.	<u>S.Rathod</u>
8	Kavita Tukaram Patil	<u>K.Patil</u>
9	Divyani Tanaji patil	<u>D.Patil</u>
10	Sanika Sunil Mali	<u>S.Mali</u>
11	Namrata Dagaadu Bache	<u>N.D.Bache</u>
12	Sani Sanika Akaram Nirmale	<u>S.Nirmale</u>
13	Arpita Amrut Sutar	<u>A.Sutar</u>
14	Sonal Ramchandrar Patil	<u>S.Patil</u>
15	Faija Amin Mujawar	<u>F.Amin</u>
16	Gayatri Sanjay Ganbaule	<u>G.Ganbaule</u>
17	Shravani Maharir Desai	<u>S.M.Desai</u>
18	Sakshi Suryakant Lohar	<u>S.Lohar</u>
19	Manali Tanaji mulik	<u>M.Mulik</u>
20	Pranali Mohuti khondare	<u>P.Khondare</u>
21	Archana Ashok Bhosale	<u>A.Bhosale</u>
22	Kavita Tukaram Kambale	<u>K.Kambale</u>
23	Sayali Shital Sawaradekar	<u>S.Sawaradekar</u>
24		
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 conducted:	07/10/2023, 7.30 am
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>

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 - 01) Exercises
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 07/10/2023

Sr. No.	Name of Student	Sign
1)	Rutuja Ravan Ganjane	<u>RRG</u>
2)	sanika satish chougule	<u>SCG</u>
3)	Snehal Shivaji Sigal	<u>SS</u>
4)	Ashlesha Manohar Padalkar	<u>AmPadalkar</u>
5)	Pranjakta Jaysing Patil	<u>Pranjakta</u>
6)	Snehal Sarjerao Patil	<u>SPatil</u>
7)	Shrushti vilas mane	<u>Shrushti</u>
8)	Mayuri Prakash Patil	<u>MPatil</u>
9)	sanjana shrikant Patil	<u>SPatil</u>
10)	Sakshi Prateep Suryavanshi	<u>Sakshi</u>
11)	Maithili Vilas Patil	<u>M.V.Patil</u>
12)	Pallavi Rajgonda Jangonda	<u>PRI</u>
13)	Sakshi Vinod Mabe	<u>Amabe</u>
14)	Vaishanvi Chandrakant chougule	<u>Vchougule</u>
15)	nisha santosh sawardekar	<u>Nisha</u>
16)	pranali shashikant Jangam	<u>Pranali</u>
17)	Vaishanvi manik patil	<u>AmPatil</u>
18)	madhura satish shinde	<u>MShinde</u>
20)	Sayali shital gawardekar	<u>Sayali</u>



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: - Health and Hygiene Heart Healthy Exercises Date: - 07/10/2023

Sr. No.	Name of Student	Sign
21)	Ankita Ashok Lad	<u>ALad</u>
22)	Shruti Satish Koli	<u>S.S. Koli</u>
23)	Vaishnavi Nilesh Langarkar	<u>VL</u>
24)	Sakshi Shashikant Ghatge	<u>SGhatge</u>
25)	Aarpita Hambirav Adake.	<u>Adake.</u>
26)	Amruta Popat Babar.	<u>Babar.</u>
27)	Sayali Sarjerao Kagwade	<u>SKagwade</u>
28)	Shraddha Dipak Madwane	<u>SMadwane</u>
29)	Bharati Balasaheb Wulkoli	<u>B.B. Wulkoli</u>
30)	Prachi Ramesh Dongare	<u>PD</u>
31)	Priti Shankar Kalantre	<u>P.S. Kalantre</u>
32)	Vaishnavi Subhash Bhosale	<u>VBhosale</u>
33)	Pranali Tanaji Shinde	<u>PShinde</u>
34)	Shweta Shidgonda Patil	<u>SPatil</u>
35)	Tanaya Ramesh Bhosale.	<u>TBhosale.</u>
36)	Tanvi Dhanaji Patil	<u>TPatil</u>
37)	Sanjana Raju Kurane	<u>S.R. Kurane</u>
38)	Pranjal Annaso Patil	<u>P.A. Patil</u>
39)	Aakanksha Sarjerao Khat	<u>AK</u>
40)	Rajani Arjun Kagwade	<u>RAKagwade</u>



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 conducted:	14/10/2023, 7.30 am
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.

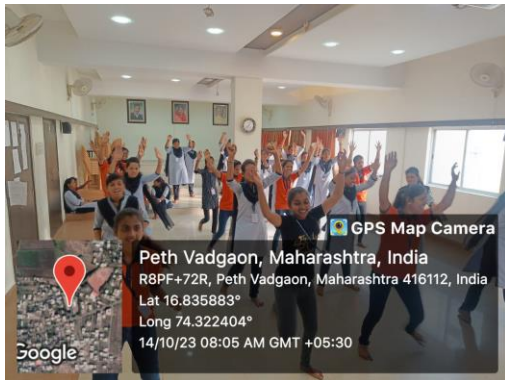
Outcome of the programme:

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>

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 - 01) Exercises
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: -

Date: -

Sr. No.	Name of Student	Sign
1	Shravani Mahayir Desai	S.M.D.
2	Chaitali Sanjay Bedage	Bedage
3	Sanika Ashok Jadhav	S.Jadhav
4	Manali Tanaji mulik	Mulik
5	Anushka Ashok Patil	ANUSHKA PATIL
6	Sakshi Suzyakant Lohar	S.Lohar
7	Sanika Akaram Nirmale	S.Nirmale
8	Amruta Arjun Bhasale	AB
9	Sakshi Tukaram pyjari	S.Pyjari
10	Arpita Amrut sutar	AS
11	Diksha Dipak Mohite	D.D.Mohite
12	Sarika Dhondiram Vadd.	S.D.Vad
13	Valbhavi Mahadev Parit	V.M.Parit
14	Pranjal Manohar Chougule	Pranjal
15	Saniya Balasaheb Jadhav	S.Jadhav
16	Saniya Jalindar Jadhav.	S.Jadhav
17	Sanika Dinkar Bhui	S.D.B.
18	Prerana Chandrakant Yadav	P.C.Y.
19	Kiran Tanaji Patil	K.T.P.
20	Prisha Anil Mulikulkar	P.M.

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

Present Students List

Name of Activity: -

Date: -

Sr. No.	Name of Student	
21.	Gayatri Sanjay Ganbavle.	Ganbavle
22.	Tubassum Tuber Momin	Tuom
23.	Atifa Samie Momin.	Atifa
24.	Peiyanka Ramesh Gaikwad	Peiyanka
25	Hemashri Dadaso patil	Hemashri
26	Snehal Vishwas Patil.	Snehal
27]	Sadhana Narendra Bhandari	Sadhana
28]	Snehal Sunil Doifode	Snehal
29]	Dhanashri Tanaji Patil	Dhanashri
30]	Asmita Mahipati Patil	Asmita
31]	Sanika Sanjay Patil	Sanika
32]	Jyoti Yashwant Patil	Jyoti
33]	Peenali Manuti Khandare	Peenali
34)	Tajim Shafik Sayyad.	Tajim
35)	Vaishnavi Avadhoot Salokhe.	Vaishnavi
36)	Rajeshwari Ramesh Ingavale.	Rajeshwari
37)	Sanika Kumare Patil.	Sanika
38)	Gayatri Gajanan Shinde.	Gayatri
39)	deena Annasa Patil	deena

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 conducted:	28/10/2023, 7.30 am
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 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.

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 Healthy Exercise Date: - 25/11/23

Sr. No.	Name of Student	Signature
1.	Vedika Sanjay Kumbhar.	<u>(Kumbhar)</u>
2.	DARSHNA DINASH Koli	<u>D. D. Koli</u>
3.	Patil Apeksha Amol	<u>A. A. Patil</u>
4	Patil Vaishnavi Sanjay	<u>V. S. Patil</u>
5	Poachi Pramod Sutar	<u>PS</u>
6]	supeya Babasa Dabhade	<u>S. Dabhade</u>
7)	Pratiksha Shahaji Mulik	<u>(Mulik)</u>
8)	Anusadha maruti Pawar	<u>A. M. P</u>
9]	Sai Sunil Powar	<u>S. S. P</u>
10]	sanika Popat Bhopale	<u>S. P. Bhopale</u>
11)	piyusha Anil Koli	<u>(Koli)</u>
12]	vedika RavsaABA Jubhal	<u>V. R. J.</u>
13]	pradnya prakash kumbhar	<u>PK</u>
14)	Kavita Bandu Narabadi	<u>K. B. N</u>
15)	Payal Popat Mane.	<u>PM</u>
16)	Kalyani Anandasa Mulik	<u>K. A. M</u>
17]	Rutuja moham shete	<u>(Shete)</u>
18]	Sonam Parashram mali	<u>SM</u>
19	Tejasvini Arun kurane	<u>(Kurane)</u>
20	Jyoti Uttam Khade	<u>(Khade)</u>

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

Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 28

Sr. No.	Name of Student	Sign
21	Ashwini Lahu Patward	A.L.P
22	Swjata Dhondiba Bodake	<u>Swjata</u>
23	Rajinandini Sukumar Koli	<u>Rajin</u>
24	Rutika Vilas shingade	<u>Rutika</u>
25	Asmita chandrakant bhosle	A.C.b
26	Pooja Anil Shiakke	<u>PShi</u>
27	SUPriya Prakash Patil	<u>SP.Patil</u>
28	Pragati Shrikant chavan	<u>Pragati</u>
29	Shivani Jalindar Chavan	<u>Shivani</u>
30	Sanika Shankar Patil	<u>Sanika</u>
31	Tanuja Balaso Anuge	T.B.
32	Akanasha Ananda Koli	A.A.K.
33	Amruta Laxman Mame	A.L.M
34	Shreya Satish tandge	<u>S.S.tandge</u>
35	Peiyanka vikas Pazit	<u>Peiyanka</u>
36	Sakshi Shivaji Bamane	<u>Sakshi</u>
37	Chaitali Baban Koli	C.B.Koli
38	Akanksha Namdev masek	A.N.M.
39	Rupali sarjerao Adake	R.S.Adake
40	Shikha Shankar chavule	S.S.C

Estd. : July, 1999

॥ प्रज्वलितो ज्ञानमय प्रदीपः ॥

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

UGC (2F & 12B) Dt. 16-8-2011
Perm. Aff. No. SU/AFF/IT-2/UMK/4818 Dt. 15-7-2010



SHRI. VIJAYSINHA YADAV COLLEGE



Peth Vadgaon, Tal. Hatkanangale. Dist. Kolhapur.

(Maharashtra) 416 112 ☎ (0230) 2471599

Affiliated to Shivaji University, Kolhapur

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

President : Shri. Gulabrao Pol
I.P.S.

Secretary : Sou. Vidya Gulabrao Pol
M.A., B.Ed.

Vice President : Smt. Vijayadevi V. Yadav

Principal : Shri. Adhikrao H. Nikam
M.A.M.Phil.

Ref. No. VYMP/ २११४१ / २०२३-२४

Date : 19/12/2023

To,

Dr. Shivangi Ajit Patil,
Gynecologist and Obstetrician Infertility Specialist,
Fertinest Gynac and Fertility Care,
Pimpri 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.

Sincerely Yours

Miss Supriya A. Patil
Chairman,
Kalyani Forum

Dr. Aishwarya S. Pawar
Chairman,
Beti Bachao

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

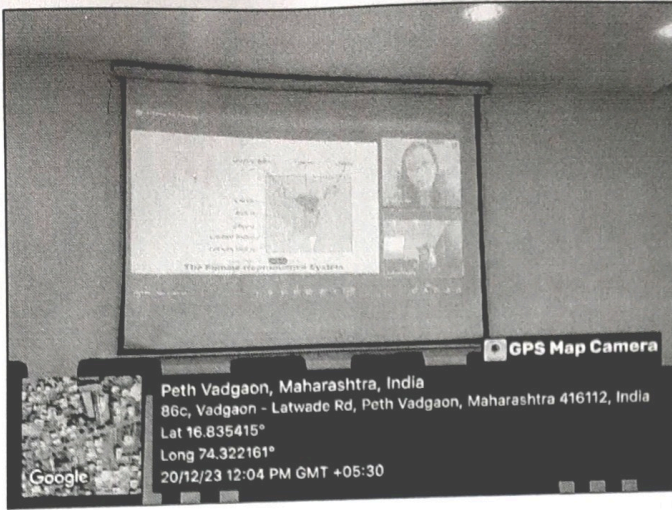
Number of participants: 126

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 20th 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 Secretary, Shri Vijaysinha Yadav College, Peth Vadgaon. The program was concluded with Vote of thanks given by Miss. Supriya A. Patil.



Supriya A.

Miss Supriya A. Patil
 Chairman,
 Kalyani Forum

Aishwarya

Dr. Aishwarya S. Pawar
 Chairman,
 Beti Bachao

Adhikrao

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

Beti Bachao Abhiyan and Kalyani Forum Committee

Guest Lecture on

“Reproductive Health and Related Disorders”

Presentee

Date-20/12/2023

Sr.No	Name of the Student	Class	Sign
1)	Amrati Sunil Gholap	B.Sc II	Asup
2)	Namrata Shamrao Kothari	B.Sc II	Nulla
3)	Amruta Bajirao Chavan	B.Sc I	A. Chavan
4)	Monasi Dilip Jadhav	B.Sc. I	M. Jadhav
5)	Ishani Sachin Powar	B.Sc I	Ishani
6)	Chitranjali Lalinder Kumbale	B.Sc. I	Chitranjali
7)	Sakshi Mahesh Kuxane	B.Sc. I.	Sakshi
8)	Gayatri Kiran Chechar	B.Sc. I	G. Chechar
9)	Apurva Amol Sankpal	B.Sc - III	AAK
10)	Kavita Jayappa Koli	B.Sc - III	K. Koli
11)	Divya Sunil Jagtap	B.Sc - II	Divya
12)	Bhumika Sagar Sankpal	B.Sc - II	B. Sankpal
13)	Ankita Shahaji Bhandari	B.Sc - II	A. Bhandari
14)	Snehal Mahesh Powar	- I -	Snehal
15)	Sayali Gajanan Khot	- I -	Sayali
16)	Sakshi Mahesh Sheloe	- I -	Sakshi
17)	Shreyasha Mahesh Nilaje	- I -	Shreyasha
18)	Prachi Modhukar Patil	- II -	Prachi
19)	Pranali Anil Koli	- II -	Pranali
20)	Pranjal Shiraji Patil	- II -	Pranjal
21)	Sheuti Sanjay Mali	- II -	Sheuti
(22)	Shraddha Sunil Desavale	- II -	Shraddha
(23)	Jyoti Sandip Ghinde	- II -	Jyoti
(24)	Samiksha Kundlik Patil	- II -	Samiksha
(25)	Sharvati Sudheer Vathare	- II -	Sharvati
(26)	Tanuja Sanjay Varape	- II -	Tanuja
(27)	Shraddha Rajesh Kumbale	- II -	S.R.K.
28)	Sakshi Santosh Patil	- II -	Sakshi
29)	Nikita Vijaykumar Patil	- II -	Nikita
30)	Anushka Dharamji Patil	- II -	Anushka
31)	Saushthi Vasant Salunkhe	B.Sc - I	Saushthi
32)	Aishwarya Ashok Mali	B.Sc. I	Aishwarya
33)	Pratiksha Uday Patil	B.Sc. I.	P.U. Patil.
34)	Kajal Tanaji Nangare	B.Sc. I	Kajal
35)	Rutuja Sandip Sawant	B.Sc - I	R.S. Sawant
36)	Rutika Dilip Chougule	B.Sc - I	R. Chougule

Sr.No	Name of the Student	Class	Sign
37]	Utkarsha Sambhaji Magdum	B.Sc.I	U Magdum
38]	Sanika Sanjay Kamble	- II -	S Kamble
39]	Aaya Mandev Kadam	- II -	A Kadam
40]	Sampnali Sambhaji Mangaze	- II -	S Mangaze
41]	Vaibhavi Sunil Ghatge	B.Sc III	V Ghatge
42]	Heena Ghirji Mulani	B.Sc III	H Mulani
43]	sanchita Ramesh chavan	- II -	S chavan
44]	Pranjali Tanaji Patil	- II -	P Patil
45]	Shruti Vijaykumar Patil	- II -	S Patil
46]	Rutuja Tukaram Lokhande	- II -	R Lokhande
47]	Akshata Gajanan Patil	- II -	A Patil
48]	Vrushali Padip Pholke	- II -	V Pholke
49]	Shruti Vinayak Patil	- II -	S Patil
50]	Saniya Javed Mullani	Bsc - I	S Mullani
51]	laxmi Sijaram vaishnav	Bsc - I	L vaishnav
52]	Nirjala Prakash Pawar	BSC - I	N Pawar
53]	Sanika sunil kumbhar	BSC - I	S kumbhar
54]	Sanjana Chandrakant Porit	B.Sc - II	S Porit
55]	Sanika Dattatray Mulik	II	S Mulik
56]	Aakanksha Shivaji Shinde	B.Sc III	A Shinde
57]	Reshma Baban shinde	Bsc III	R shinde
58]	Saniya Takir Chougale	- II -	S Chougale
59]	Dirya Mansing Mane	- II -	D Mane
60]	Shigave Hasmat Harun	- II -	S Harun
61]	Satar vaibhavi chandrakant	- II -	S chandrakant
62]	Mujawaz Saniya Sajidali	- II -	M Sajidali
63]	Bhosale Pooja Pralhad	Bsc III	P Bhosale
64]	Mane shraddha Ravaso	- II -	M Ravaso
65]	Patil sanika shivaji	- II -	S Patil
66]	Mane sneha Dattatraya	Bsc I	M sneha
67]	Patil Snehal Sanjay	Bsc III	S Sanjay
68]	Patil Vinaya Rajaram	- II -	V Rajaram
69]	Sanade Bimaran Sajjad	BSC I	S Sajjad
70]	Sayali Ramchandrag mane	- II -	S mane
71]	saniya bastgir Sanade	- II -	S Sanade
72]	Tejashwini Dnyandev Sapkal	- II -	T Sapkal

Beti Bachao Abhiyan and Kalyani Forum Committee

Guest Lecture on

“Reproductive Health and Related Disorders”

Presentee

Date-20/12/2023

Sr.No	Name of the Student	Class	Sign
73)	Vaishnavi Vijay Chavan.	B.Sc III	Chavan.
74)	Tejashri Sanjay Urunkar	B.Sc III	Tejashri
75)	Dipti Dadaso Survashi	B.Sc III	Survashi
76)	Ayman Javed Mulla	B.Sc III	Mulla
77)	Ankita Prataprao Patil	B.Sc III	Patil
78)	Amruta Rajendra Patil	B.Sc III	Patil
79)	Vaibhavi Amar Patil	B.Sc III	Patil
80)	Kalyani Dipak Yadav	B.Sc III	Kalyani
81)	Patil Apeksha Amol	B.A. II	A.A. Patil
82)	Patil Narmada Vitthal	B.A. II	Patil
83)	Patil Vaishnavi Sanjay	B.A. II	V.S. Patil
84)	Gurav Payal Popat	B.A. II	P.P. Gurav
85)	Sanjika Ashok Jadhav	B.A. II	S.A. J.
86)	Diksha Vilas Gholap	B.Sc. I	Diksha
87)	Shweta Vitthal Mane	B.Sc. I	S. Mane
88)	Janhavi Vinayak Shinde	B.Sc. I	Shinde
89)	Neha Nagnath Patil	B.Sc. I	Patil
90)	Rutuja Popat Patil	B.Sc. I	Patil
91)	Sanjana Suresh Shelke	B.Sc. I	S.S. Shelke
92)	Sejal Sachin Patil	B.Sc. I	Patil
93)	Pooja Kishan Vaishnav	B.Sc. I	P. Vaishnav
94)	Vaishnavi Shrirem Patil	B.Sc. III	Patil
95)	Prajakta Sachin Chandare	B.Sc. III	P. Chandare
96)	Apeksha Ajit Patil	B.Sc. III	Patil
97)	Sakshi Umesh Buddhe	B.Sc. I	S. Buddhe
98)	Sanika Jaysing Khatal	B.Sc. I	Sanika Khatal
99)	Sakshi Dilip Kadam	B.Sc. I	S. Kadam
100)	Samudhji Patil	-II-	Patil
101)	Aggha Patil	-II-	A.R. Patil
102)	Vishnavi Patil	-II-	Patil
103)	Sakshi Patil	-II-	Sakshi
104)	Sanjana Patil	-II-	Patil
105)	Prachi Patil	-II-	Prachi
106)	Sanika Suryavanshi	-II-	S.S.
107)	Seh Shehal Chalke	-II-	S.S.
108)	Prahali Patil	-II-	Patil
109)			

Estd. : July, 1999

॥ प्रज्वलितो ज्ञानमय प्रदीपः ॥

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

UGC (2F & 12B) Dt. 16-8-2011
Perm. Aff. No. SU/AFFI/T-2/UMK/4818 Dt. 15-7-2010



SHRI. VIJAYSINHA YADAV COLLEGE



Peth Vadgaon, Tal. Hatkanangale. Dist. Kolhapur.

(Maharashtra) 416 112 ☎ (0230) 2471599

Affiliated to Shivaji University, Kolhapur

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

President : Shri. Gulabrao Pol
I.P.S.

Secretary : Sou. Vidya Gulabrao Pol
M.A., B.Ed.

Vice President : Smt. Vijayadevi V. Yadav

Principal : Shri. Adhikrao H. Nikam
M.A.M.Phil.

Ref. No. VYMP/

२१ ४ २१ / २०२३ - २५

Date : 19 / 12 / 2023

To,

Dr. Shivangi Ajit Patil,
Gynecologist and Obstetrician Infertility Specialist,
Fertinest Gynac and Fertility Care,
Pimpri 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
Principal
Shri. Vjaysinha 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 conducted:	09/12/2023, 9.00 am
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



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

Exercise Activity for Girls

Presentee

GOODLUCK Page No.
Date 09, 12, 2023

Name of the student.	Class	Sign
1] Samiksha Bhalesu Suryavanshi	BSC-I	
2] Sanika Vinod Tadhav	BSC-I	
3] Pranali Bhimras Patil	BSC-I	
4] Bhumika Sagar Sankpal	BSC-II	
5] Neha Atul Dalavi	B.Sc-II	
6] Sanjana Suresh Shelake	B.Sc-I	
7] Piyanka Ramesh Sheule	" "	
8] Pooja Nandkumar Gurax	B.sc.III	
9] Varsharani Bajarang Tadhav	-	VB.Jadhav
10] Vaishnavi vikas suvase	B.Sc. I	
11] Arati Sunil Gholap	B.sc II	
12] namrath Shammav Khotani	-II-	
13] Shrutu Vinayak pati	BSE-III	
14] vrushali pradip phalke	-	
15] Pradnya pratap Suryavanshi	BSC.III	
16] Heena Shiraj mulani	BSC-III	
17] Rasika Dhananjay lohar.	B.sc-I	
18] Manasi Dilip Jadhav	-II-	
19] Ishani Sachin Pawar	-II-	
20] Gayatri Kiran chechar	-II-	
21] Sakshi Mahesh Kurane	-II-	
22] Sanika Balasa Bhere	-II-	
23] Harshada Amul chavan	-II-	
24] Amruta Bejirav Chavan	-II-	

[Dr. A.S. Pawar] [B.A. Subar] [S.A. Padik] [Dr. R.A. Chavan]

Excercise Activity for Girls

Name of Activity Presentee
Health and Hygiene Health Healthy Exercise

1.	Saniya Javed Mullani	BSC-I	SM Vaishnav
2.	Laxmi siyaram Vaishnav	BSC-I	Sasake
3.	srushti vasant salunkhe	BSC-I	Amole
4.	Aishwarya Ashok mali	" "	Sachin
5.	shehal anil chaitke	" "	Joti
6.	Vaishnavi Tanaji Patil	" "	SM Meqadm
7.	Utkarsha Sambhaji Magdum	" "	SS
8.	Sahika Namdev suryavanshi	" "	Chatal
9.	Sanika Jaysing khatal	B.SC-II	Kavale
10.	Shraddha Sunil Desavale	" "	Sshirad
11.	Jyoti Sandip shinde	" "	SS Patil
12.	Sanika sanjay patil	" "	Patil
13.	Sanika Santosh patil	" "	Patil
14.	Amruta maruti chopade	" "	Thagile
15.	Saniya Jakir chaugule	B.Sc-III	Dhans
16.	Divya Mansing Mane	" "	Anam
17.	Shraddha Ravaso Mane	" "	Mane
18.	Mrunali Pandit Mane	" "	Felik
19.	Sheba Sanjay Patil	" "	Patil
20.	Shreeshthi Vijaykumar patil	" "	Patil
21.	Ankita Anil waghmare	" "	Patil
22.	pratishya smil powre	" "	Patil
23.	Aabanksha shivaji shinde	" "	Patil

[Dr. A.S. Pawar]

[B.A. Subar]

[S.A. Patil]

[Dr. R.A. Chavan]

[Dr. A.S. Pawar]

[B.A. Subar]

[S.A. Patil]

[Dr. R.A. Chavan]

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 conducted:	09/12/2023, 9.00 am
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>

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 - 01) Exercises
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: - Health and Hygiene Heart Healthy Exercise Date: - 23/12/2023

Sl. No.	Name of Student	Sign
1)	Mrunali Pandil Mane	<u>M Mane</u>
2)	Shraddha Ravabo Mane	<u>Shraddha</u>
3)	Shehal Sanjay Patil	<u>Shehal</u>
4)	Vaibhavi Chandrakant Sutar	<u>Vaibhavi</u>
5)	Hasmat Harun Shigave	<u>Hasmat</u>
6)	Saniya Jakir Chougule	<u>Saniya</u>
7)	Divya Mansingh Mane	<u>Divya</u>
8)	Pooja Pralhad Bhosale	<u>Pooja</u>
9)	Prunali Bhimrao Patil	<u>Prunali</u>
10)	Seemiksha Bhauso Suryavanshi	<u>Seemiksha</u>
11)	Sanika Vinod Jadhav	<u>S.V. Jadhav</u>
12)	Sanika Namdev Suryavanshi	<u>Sanika</u>
13)	Pratiksha Uday Patil	<u>P.U. Patil</u>
14)	Rajal Tanaji Nangare	<u>Rajal</u>
15)	Shweta Pravin Chougule	<u>Shweta</u>
16)	Sakshi Dilip Kadam	<u>Sakshi</u>
17)	Nikita Vijaykumar Patil	<u>N. Patil</u>
18)	Anushka Dhanaji Patil	<u>Anushka</u>
19)	Sakshi Santosh Parit	<u>Sakshi</u>
20)	Sejal Jaysing Kambale	<u>Sejal</u>



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 conducted:	16/12/2023, 9.00 am
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>

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 - 01) Exercises
Time Table 2023-2024 Semester - 01

Present Students List

Name of Activity: - Healthy and Hygiene Heart Healthy Exercise for Girls Date: - 16th Dec 20

Sr. No.	Name of Student	Sign
1]	Snehal Anil chakke	S.A.Chakke
2)	Vaishnavi vikas suvase	Vaishu
3	Saniya Javed Mullani	SM
4.	Laxmi Siyaram Vaishnav	Vaishnav
5.	Sakshi umesh Buddhe	Su-Buddhe
6.	sanika Jaysing khatal	Khatal
7.	Sanika Vinod Jadhav	S.V. Jadhav
8.	Pranali Bhimrao Patil	Patil
9.	sanika Namdev suryavanshi	SNS
10]	Divya Mansing Mane	Ymm
11)	Saniya Jatin chougule	chougule
12]	Samiksha Bhauso Suryavanshi	SBS
13)	Rasika Dhananjay lohar	Rahar.
14)	Ishani Sachin Powar	Ishani
15]	chitmanjali Jalinder kamble	Kamble
16)	Gayatri Kiran chechar	Chechar
17]	sakshi Sanjay Patil	Sakshi
18]	soushti vasant salunkhe	Salunkhe
19)	Sakshi Arakash Patil	S. P. R
20)	Kajal Tanaji Nangare	KN



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 1st January the Mahawalkathon activity will be organized in the college, it is the group activity in order to create health awareness among the students and the teaching and non teaching staff. Therefore this year on 1st 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



Chairman, Criterion VII



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

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

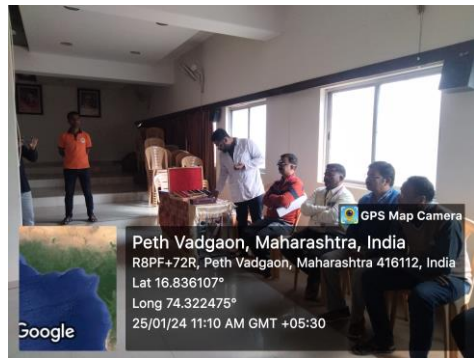
The Eye Checking Camp was organized by Criterion VII of Shri Vijaysinha Yadav College, Peth Vadgaon, with the aim to promote eye health awareness and provide necessary screening for faculties and all students. The target group for this activity included faculties and all students of the college. A total 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 check-ups. 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



[Handwritten signature]

Chairman, Criterion VII



[Handwritten signature]
Principal
Shri. Vijaysinha Yadav College
Peth Vadgaon, Dist. Kolhapur.

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

EYE CHEKING CAMP

Name of Activity: -

Date: - 25/01/24

Sr. No.	Name of Faculty & Student	Sign
1	Mr. Nibam Adhikrao Hindurao	Amuram
2	Prof Raghunath Ramchandra Charan	Raj
3	Dr. Nitesh Poemnath Surwase	Surwase
4	Dr. Ramesh Hemant Karamab	Raj
5	Dr. Ajun Namdev Kulkarni	Ajun
6	Ms Adinath Ganpati Dabunde	Adinath
7	Abil Vasant Chhabark	Abil
8	Hanalekshar S. Patil	Hanalekshar
9	Kishor Dinkar Dajale	Dajale
10	Chandrakant S. Kalekar	Kalekar
11	Lashkare Akash vijay	Akash
12	Dr. Rutija Anilkumar Chavan	Rutija
13	Miss Tejashwini Balasaheb Patil	Tejashwini
14	Miss Pranali Prakash Desai	Desai
15	Dr. Anurag Lohy pawar	Anurag
16	Dr. Chandrakant Balu Mane	Mane
17	Chavan vaishnavi vijay	Chavan
18	Kalyani Dilak Yadav	Kalyani
19	Mansu Smit Shripati	Mansu
20	Jagtap Dasharesh Gayat	Jagtap



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

EYE CHEKING CAMP

Name of Activity: -

Date: - 25/01/24

Sr. No.	Name of Faculty & Student	Sign
21	Sunil Mahadev Patil	
22	Suryacant Vishwas Maske	
23	Nisingendh prabhakar R.	
24	MES khot Savita vijay	
25	Mrs. Patil Vasudha Pahal	
26	Mrs. Jayande Varsharani Shivanth.	
27	शिवान्ता शिवान्ता शिवान्ता	
28	Vali V. Dhargaji Keshav	
29	Pawara Keshav Leka	
30	Dr. Mahammed patil	
31	mayuresh Relekar	
32	Ummed Kambale	
33	chougule Prasad	
34	Tejas Shinde	
35	Vinod Rathod.	
36	Sangita K. Saveldar	
37	R. V. Patil	
38	Amit Aril Kadam	
39	Suresh shivaji yadav	
40	sushant sampat mane	



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

EYE CHEKING CAMP

Name of Activity: -

Date: - 25/01/24

Sr. No.	Name of Faculty & Student	Sign
41	Paayot Khanderao Dhanavade	
42	shigave Hasmad Harun	
43	patil sakshi mahavir	
44	saniya sajidali mujawar	
45	sutar vaibhavi chandrakant	
46	chougale saniya janki	
47	Dr. Balasaheb S. Jadhav	
48	Amre mahadev Hogade	
49	Dr. Nazim Ashukh Shaikh	
50	saidik shakil Shaikh	
51	Peetik Pratap Khet	
52	Saniya Javed Mullani	
53	Laxmi siyaram vaishnav	
54	Rutika Dilip chougale	
55	Nijala & Prakash Powar	
56	Ritika sandip sawant	
57	Bhosale Pooja Pralhad.	
58	Patil Sanika Shivaji.	
59	Dabhade Amisha Manik.	
60	Mane Shradha Ravalo	



Report of “Workshop on Vipassana”

Thursday, 27th Feb., 2024 at 11.00 am

Name of the Activity	: Workshop on Vipassana
Date and Time of activity conducted	: 27 th 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.

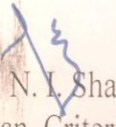
PSO's:


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



Date of Report: 27th Feb., 2024
Organizer: NAAC Criteria- VI & VII


 (Dr. R. A. Pawar)
 Chairman, Criteria- VI


 (Dr. N. I. Shaikh)
 Chairman, Criteria- VII


 I/C Principal
 Shri Vijaysinha Yadav College,
 Peth Vadgaon, Tal. Hatkanangale,
 Dist. Kolhapur.