

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



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] Shrutti 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

Name of Activity	Presentee	Grade	Signature
1. Saniya Javed Mullani		BSC-I	Sm Vaishnav
2. Laxmi siyaram Vaishnav		BSC-I	Sasake
3. srushti vasant salunkhe		BSC-I	Anamle
4. Aishwarya Ashok mali		" "	Sachin
5. shehal anil chaulke		" "	Joti
6. Vaishnavi Tanaji Patil		" "	SM Meqadm
7. Utkeshha Sambhaji Magdum		" "	SAS
8. Sahika Namdev suryavanshi		" "	Chatal
9. Sanika Jaysing khatal		B.SC-II	Kavale
10. Shradha Sunil Desavale		" "	Sshirad
11. Jyoti Sandip shinde		" "	SSPatil
12. Sanika sanjay patil		" "	Satish
13. Sanika Santosh patil		" "	Pratide
14. Amruta maruti chopade		" "	Thagile
15. Saniya Jakir chaugule		B.Sc-III	Dhans
16. Divya Mansing Mane		" "	Anam
17. Shradha Ravaso Mane		" "	Mans
18. Mrunali Pandit Mane		" "	Felik
19. Snehal Sanjay Patil		" "	Patil
20. Shrushti Vijaykumar patil		" "	AAU
21. Ankita Anil waghmare		" "	A
22. pratiksha sunil powre		" "	AS
23. Aabanksha shivaji shinde		" "	

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