

Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College Kolhapur

**Staff Academy Committee &  
Department of Physical Education 2021-22**

Date: 15/06/2022

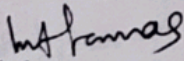
Beneficiaries: 47 teachers

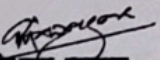
Time: 1.00 pm to 3.00 pm

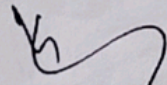
Venue: Hall No. 101

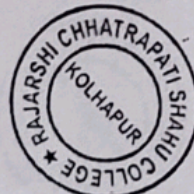
The Staff Academy in collaboration with the Department of Physical Education organized **One Day Workshop on Yoga for Healthy Life** on the occasion of 8<sup>th</sup> International Yoga Day on Wednesday, 15<sup>th</sup> June 2022 at 1.00 pm in Hall No. 101. The introductory speech was given by Ms. Prof. Dr. B. S. Puntambekar, faculty in charge, Arts Wing. The main speaker of the workshop, Mr. G. M. Lawangare, Head, Department of Physical Education talked about the benefits of yoga in its ability to increase mind-body awareness and promote physical movement. This form of exercise helps rejuvenate the mind and spirit, tones the body, and maintains the health of your internal organs and hormonal system. Ms. S. R. Majgaonkar, the yoga trainer of the workshop elaborated on the importance of different yoga asanas through her presentation. She said practicing yoga asanas or poses helps control an individual's mind, body, and soul. Yoga also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Prof. Dr. V. V. Killedar, I/C Principal and the presided over the function. Dr. V. P. Nangare, Director of Physical Education proposed the Vote of Thanks. Dr. M. T. Randive hosted the programme.

I am thankful to Hon'ble Principal, Prof. Dr. V. V. Killedar and Vice Principal, Dr. K. V. Gaikwad for their valuable guidance. Thanks are due to the Department of Physical Education for the successful organization of the said activity. Special thanks are due to Ms. S. R. Majgaonkar for her kind cooperation in the organization.

  
Chairman  
Staff Academy

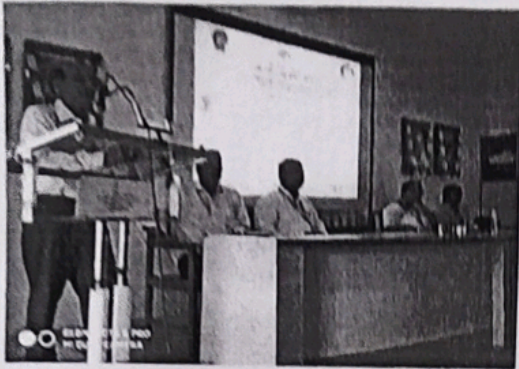
  
विभाष प्रमुख  
शारीरिक शिक्षण विभाग  
Dept. of Physical Education  
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर.

  
I/C PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR

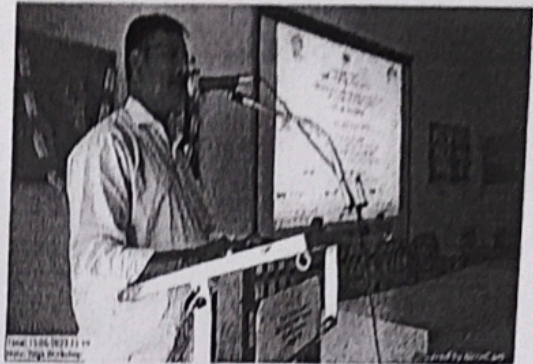




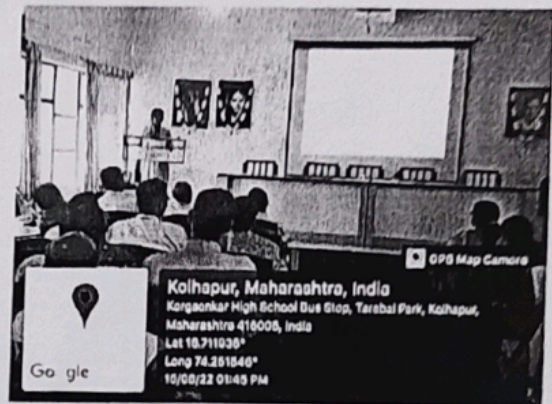
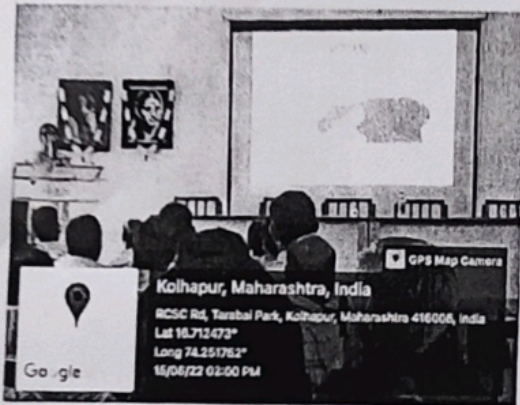
## PHOTO GALLERY



Prin. Prof. Dr. V.V. Killedar inaugurating the Workshop



Mr. G.M. Lavangare addressing the participants



Ms. S.R. Majgaonkar giving presentation on Yoga Asanas

*[Signature]*  
Chairman  
Staff Academy

*[Signature]*  
Head  
Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.

*[Signature]*  
I/C PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR

