



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Celebration of 8th International Yoga Day



Date: 21st June 2022

Rajarshi Chhatrapati Shahu College celebrated 8th International Day of Yoga under Azadi ka Amrit Mahotsav on June 21, 2022. Department of Physical Education and National Service Scheme jointly arranged the Common Yoga Protocol as per the guidelines of Ayush Mantralaya, Government of India and U. G. C. On 21st June 2022 common yogic demonstrations were performed by participants at 7.30 am. Mr. G. M. Lawangare, Head,, Department of Physical Education and NSS Program officer, gave information about 8th International Yoga Day and started the protocol with Prayer. After that preparatory yogic movements participants performed a series of 15 yogasanas in sitting, standing, prone and supine position under the guidance and supervision of Mr. G. M. Lawangare and Ms. S. R. Majagaonkar, Assi. Prof., Department of Physical Education. Final year students from Department of Physical Education Ms. Amruta Sangale and Ms. Shamal Patil demonstrated all the asanas to participants. Further Shuddhikriya- Kapalbhathi and two Pranayamas- Anulom-Vilom and Bharmari were demonstrated by Mr. Lawangare and done by all the participants. After completion of Common Yoga Protocol, Hon. I/C Principal Prof. (Dr.) V. V. Killedar gave the presidential speech. He appealed all to adopt Yogic practices in their lifestyle. The program is ended with National Anthem. Two separate sessions were conducted for staff and students. Total 112 participants including teaching, non-teaching staff and students were benefited through this activity.

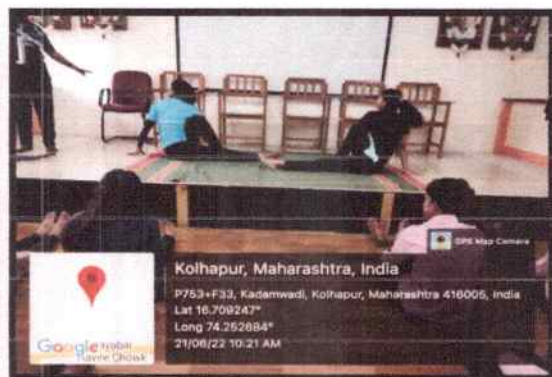
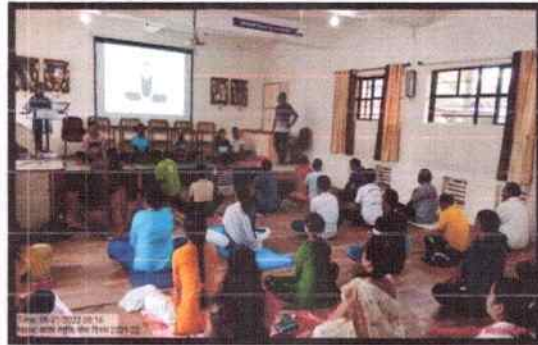
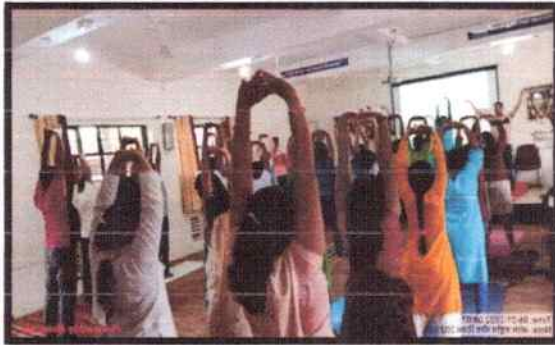
I am thankful to Hon. Principal Prof. (Dr.) V. V. Killedar and Hon. Vice-Pincipal Dr. K. V. Gaikwad for their motivation and guidance for organizing the activity. Thanks are due to all the participants for active participation in the activity.

Programme Officer,
National Service Scheme
Rajarshi Chh. Shahu College, Kolhapur.




Principal,
Rajarshi Chh. Shahu College
Kolhapur.

PHOTO GALLERY




Head
 Department of Physical Education
 Rajarshi Chhatrapati Shahu College, Kolhapur.




H/C PRINCIPAL
 R.C. SHAHU COLLEGE
 KOLHAPUR





Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education and National Service Scheme
organized



COMMON YOGA PROTOCOL

8th International Yoga Day

(Under Azadi ka Amrit Mahotsav)

Date: 21st June, 2022 Time: 7.30 am

Sr. No.	Name	Signature	Sr. No.	Name	Signature
1	Dr. Fanas. S. A		28	Sankpal N.V.	
2	B.K. Waghmode		29	Patil A.T	
3	Prof. Dr. Desai N.R.		30	Dr. V.P. Nangare	
4	Dr. B.B. Ghurwalce		31	Dr. R.C. Patil	
5	Dr. Karmade m.e		32	Krayare am	
6	Dr K.V. Gaikwad		33	Shri. Pehil K.R	
7	Mr. Shete P. D		34	Dr. V.V. Killede	
8	Mr S.M. Gajjar		35	Akhade V.K.	
9	Dr. T.S. Kurane		36	Dr. C.S. Gini	
10	smt. D.A. Malvekar		37	Dr. N.A. Desai	
11	Dr. Puntambale		38	Shri N.R. Shirale	
12	Smt. Patil S.M.		39	Shri Jadhav S.L	
13	P.S. Chougale		40	smt. Richa yadav	
14	Smt. Charan L.B		41	Smt. Pujari S.R.	
15	Sau Patil Sneha S.		42	Smt. Namrata Yadav	
16	Dr. Lavelcar S.S.		43	Poasangi P. Salokhe.	
17	Dr. S.R. Kulkarni		44	Shaikh Z.T	
18	Prof P. Awarde J		45	Gaikwad S.T.	
19	Smt. Sathe N.P.		46	Smt. S.R. Majgaonkar	
20	Dr. Ghodake A.H.		47	Kadam S. M	
21	Dr. Dhodamani A.H.		48	Ghodge Shwani Bajirao	
22	Dr. Pawar S.P.		49	Virkar Y.B.	
23	Dr. Kulkarni m.e		50	Lokhande S.T.	
24	Mulani S.P				
25	Sankpal N.V.				
26	Podkar S.A				
27	Kamble M.D				

Head





Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education and National Service Scheme
organized

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आज़ादी का
अमृत महोत्सव

COMMON YOGA PROTOCOL

8th International Yoga Day

(Under Azadi ka Amrit Mahotsav)

Date: 21st June, 2022 Time: 7.30 am



Sr. No.	Name	Signature	Sr. No.	Name	Signature
1)	Sanjay Suresh Crave	[Signature]	28)	Kiran gemesh Samkar	[Signature]
2	Dr. Lin C.S.	[Signature]	29)	Rutuja deepak done	[Signature]
3)	Saurabh manide Chavale	[Signature]	30)	sanskritickamble	[Signature]
4)	Prakash B. Shinde	[Signature]	31)	Jyoti Jaipra Hail	[Signature]
5)	Chandya Kambale	[Signature]	32)	Muskan Riyaz Shiksh	[Signature]
6.	Patil Ruturaj Pratap	[Signature]	33)	Anjali Ganga Pale	[Signature]
7.	Patil Sanjeet Baburao	[Signature]	34)	Shital Baudane	[Signature]
8)	Vaibhav Sunil Hake	[Signature]	35)	ASHWINI Suresh Samkhe	[Signature]
9)	Atthaw Sardarmare	[Signature]	36)	Priyanka Jayaram Churke	[Signature]
10)	Awarhe Sourabh Datta	[Signature]	37)	Mishah Aslam Mujawar	[Signature]
11)	Vijaysunil Mahalik	[Signature]	38)	Alfiya Sameer Mujawar	[Signature]
12)	Siddharth Deepak Chavale	[Signature]	39)	Hepsiba Rakesh Waghmare	[Signature]
13)	Pravin Waghmode	[Signature]	40)	Sabir Usk Bepri	[Signature]
14.	Patil Ruturaj Pratap	[Signature]	41)	Nikhil Chandrakant Londhe	[Signature]
15)	Dipak Rajendrakhande	[Signature]	42)	BRAMHESHI SAWANT	[Signature]
16)	Harshad Chandrashekhar	[Signature]	43)	Shrutika Baudane	[Signature]
17)	Rohit Subhash Londhe	[Signature]	44)	Sanket Nai	[Signature]
18)	Kishor Kiran Rambh	[Signature]	45)	Sanket Naiknaware	[Signature]
19)	Adity Ingale	[Signature]	46)	arn pintu Nagtile	[Signature]
20)	Pritam Bende	[Signature]	47)	Aniket Magade	[Signature]
21)	Jayaram Waghmode	[Signature]	48)	Suryash. R. Gaware	[Signature]
22)	Anand Kambale	[Signature]	49)	Dattaguru D. Indurkar	[Signature]
23)	VIKRANT Bal Nade	[Signature]	50)	Vaishabh R. Karkale	[Signature]
24)	BABU Shelake	[Signature]	51)	Jejas Dagesh Khandale	[Signature]
25)	SOHEL Shiksh	[Signature]	52)	Alay Dadasaheb Kulk	[Signature]
26)	Mehandi Bepari	[Signature]	53)	Anind Moja Kale	[Signature]
27)	Aamir Salim Attar	[Signature]			

Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College





Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education and National Service Scheme

Jointly organized



COMMON YOGA PROTOCOL

8th International Yoga Day

Under Azadi Ka Amrit Mahotsav

Date: 21st June, 2022 Time: 7.30 to 8.15 am



Program Sheet

Introduction & Prayer : **Mr. G. M. Lawangare**
Head, Dept. of Physical Education, R. C. S. College Kolhapur

DEMONSTRATIONS OF YOGASANAS

Instructor : **Ms. S. R. Majagaonkar**
Asst. Prof., Dept. of Physical Education, R. C. S. College Kolhapur

Models : **Ms. Amruta Sangale**
Ms. Shamal Patil
(Final Year Students from Dept. of Physical Education)

SHUDDHIKRIYA AND PRANAYAMAS

Instructor : **Mr. G. M. Lawangare**
Head, Dept. of Physical Education, R. C. S. College Kolhapur

DHYAN

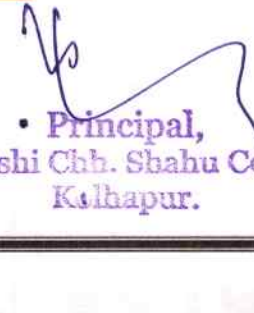
Chairperson's Speech : **Prof. (Dr.) V. V. Killedar**
I/C Principal, R. C. S. College, Kolhapur

Vote of Thanks : **Dr. V. P. Nangare**
Director of Physical Education, R. C. S. College, Kolhapur

Venue: Hall No. 101


Programme Officer
National Service Scheme
Rajarshi Chh. Shahu College, Kolhapur




• **Principal,**
Rajarshi Chh. Shahu College
Kolhapur.



Rayat Shikshan Sanstha's



Rajarshi Chhatrapati Shahu College, Kolhapur



National Service Scheme

NOTICE

Date: 20/06/2022

On the occasion of International Yoga Day Common Yoga Protocol is organized as per the guidelines of the *Ayush Mantralaya* on 21st June, 2022 by National Service Scheme. All the NSS volunteers are hereby informed that, they should remain present in the Hall no.101 in the morning at 8.00 am for Common Yoga Protocol.


Programme Officer
National Service Scheme
Rajarshi Chh. Shahu College, Kolhapur.




Principal,
Rajarshi Chh. Shahu College
Kolhapur.