



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
National Service Scheme, Department of Physical Education and
Sports (2025-26)

Report of International Yoga Day

National Service Scheme, Department of Physical Education and Sports jointly organized the Mass Yoga Event- Common Yoga Protocol on the occasion of 11th International Yoga Day on 21st June 2025. Yoga Teachers from Yog Vidya Dham, Kolhapur Hon. Mrs. Sanyogeeta Desai and Hon. Mrs. Pushpa Patil were resource persons. The session starts with prayer. Mrs. Desai elaborated participants the importance of and basics of yoga. Further she pre-yogasans movements followed by Yogasana and Pranayama session. Mrs. Pushpa Patil demonstrated the asanas and pranayama. At the end of the practical session Mrs. Desai conducted meditation session. Hon. I/C Principal Dr. D. R. Bhosale gave presidential speech. Vice-Principal Mr. P. S. Chougule, Prof. Dr. M. B. Desai were present for the session. Dr. G. M. Lawangare, Dr. V. P. Nangare and Smt. S. R. Majagaonkar arranged the programme under guidance of Hon. I/c Principal. Students, teaching and non-teaching staff participated in this activity enthusiastically.

Outcomes

- Participants learnt yogic *Asanas* and *Pranayamas*.
- Participants are encouraged adopting and practicing yoga.

Beneficiaries

135



Demonstration of Vrukshasana - Hon. Guest & Hon. Principal



Participants performing Vrukshasana



Guidance by Hon. Principal Dr. D. R. Bhosale



Participants performing Pranayama


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


I/C PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR

