



Rayat Shikshan Sanstha's

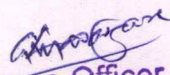
**Rajarshi Chhatrapati Shahu College, Kolhapur**

**National Service Scheme, Department of Physical Education  
and Sport  
NOTICE**

Date: 18/06/2025

On the occasion of International Yoga Day Common Yoga Protocol is organized as per the guidelines of the *Ayush Mantralaya* on 21<sup>st</sup> June, 2025 by National Service Scheme, Department of Physical Education and Sports. All the NSS volunteers, teaching and non-teaching staff are hereby informed that, they should remain present at Auditorium in the morning at 7.45 am for Common Yoga Protocol.

Note: Everyone should carry their own yoga mat.

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



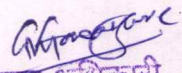
सत्य शिक्षण संस्थेचे

राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर  
राष्ट्रीय सेवा योजना, शारीरिक शिक्षण व क्रीडा विभाग  
नोटीस

दि. १८/०६/२०२५

महाविद्यालयाच्या राष्ट्रीय सेवा योजना, शारीरिक शिक्षण व क्रीडा विभागाकडून आंतरराष्ट्रीय योग दिनाच्या निमित्ताने शनिवार, दि. २१ जून २०२५ रोजी सकाळी ठीक ७.४५ वाजता सामुहिक योग प्रात्यक्षिकांचे आयोजन करण्यात आले आहे. तरी सर्व शिक्षक व शिक्षकेतर कर्मचाऱ्यांनी महाविद्यालयाच्या सभागृहामध्ये (तिसरा मजला) उपस्थित रहावे.

सर्वांनी योग प्रात्यक्षिकांसाठी येताना योग मॅट/ सतरंजी घेऊन योग्य गणवेशामध्ये उपस्थित रहावे.

  
कार्यक्रम अधिकारी,  
राष्ट्रीय सेवा योजना  
रा. छ. शाहू कॉलेज, कोल्हापूर.



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**National Service Scheme, Department of Physical Education  
and Sports**

**Jointly organized**

**Common Yoga Protocol – Mass Yoga Event  
on the occasion of**

**11<sup>th</sup> International Yoga Day**

**Date: 21<sup>st</sup> June, 2025, at 7.45 am**



## **Programme Sheet**

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**Introductory  
Speech** : **Dr. G. M. Lawangare**  
Programme Officer, N. S. S., R. C. Shahu College,  
Kolhapur

**Speech of  
Resource Person** : **Hon. Mrs. Sanyogeeta Desai**  
Yoga Teacher & Counselor,  
Yog Vidya Dham, Kolhapur.

### **DEMONSTRATIONS OF YOGASANAS**

**Chair person's  
speech** : **Hon. Dr. D. R. Bhosale**  
I/C Principal, R. C. Shahu College, Kolhapur

**Special Presence** : **Hon. Mr. P. S. Chougule**  
Vice-Principal, R. C. Shahu College, Kolhapur

**Hon. Prof. Dr. M. B. Desai**  
Vice-Principal, R. C. Shahu College, Kolhapur

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

**Anchoring** : **Smt. S. R. Majagaonkar**  
Assi. Prof., Dept. of Physical Education, R. C. Shahu  
College, Kolhapur

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### **Venue**

**Auditorium, 3<sup>rd</sup> Floor, R. C. Shahu College, Kolhapur**



**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 11<sup>th</sup> International Yoga Day on 21<sup>st</sup> 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 *yogia*

**Beneficiaries**

**135**



**Demonstration of Vrukshasana- Hon. Guest & Hon. Principal**

**Participants performing Vrukshasana**



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

**Participants performing Pranayama**

*[Signature]*  
**Programme Officer**  
**National Service Scheme**  
**Rajarshi Chh. Shahu College, Kolhapur.**

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



Estd.: 1961  
Rayat Shikshan Sanstha's  
**RAJARSHI CHHATRAPATI  
SHAHU COLLEGE, KOLHAPUR**  
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NAAC Re-accreditation A++ (With CGPA 3.78)

E-mail : [klpshahuacol@gmail.com](mailto:klpshahuacol@gmail.com)

Website: [www.rcsc.ac.in](http://www.rcsc.ac.in)

Phone No. (0231) - 2654658

I/c Principal: Prof. Dr. D. R. Bhosale (M. A., SET, Ph. D.)

Outward No. 21/2025-26 Date: 29/6/2025

To,  
Hon. Sanyogeeta Prithviraj Desai  
Yoga Teacher & Counselor,  
Yog Vodya Dham,  
Kolhapur.

Respected Madam,

We would like to express sincere thanks for being present as a resource person for a mass yoga event on 21<sup>st</sup> June, 2025 organized by National Service Scheme, Department of Physical Education and Sports of our college on occasion of International Yoga Day and delighted our participants.

Looking forward to future collaborations


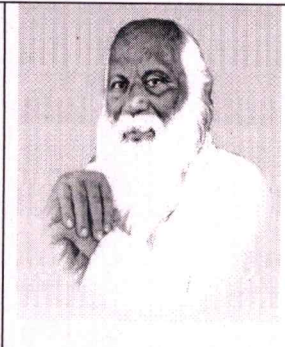
Thanking you.

Yours Sincerely

I/C PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR

o/c  
Desai



	<p style="text-align: center;">Estd.: 1961 Rayat Shikshan Sanstha's <b>RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR</b> Kadamwadi Road, Kolhapur – 416 003 (Maharashtra) NAAC Re-accreditation A++ (With CGPA 3.78)</p>	
<b>E-mail :</b> <a href="mailto:klpshahucol@gmail.com">klpshahucol@gmail.com</a>	<b>Website:</b> <a href="http://www.rcsc.ac.in">www.rcsc.ac.in</a>	<b>Phone No.</b> (0231) – 2654658
<b>I/c Principal:</b> Dr.D. R. Bhosale (M. A., SET, Ph. D.)	<b>Outward No.</b> 228/2025-26	<b>Date:</b> 20/6/2025

To,  
Hon. Sanyogeeta Prithviraj Desai  
Yoga Teacher & Counselor,  
Yog Vodya Dham,  
Kolhapur.


Respected Madam,

We are delighted to invite you to be our esteemed resource person for a mass yoga event on the occasion of International Yoga Day on 21<sup>st</sup> June, 2025 at 7:45 am. Your expertise and experience in yoga would be a valuable asset to our event and we believe your participation would greatly benefit our participants. We would be honored if you could share your knowledge and expertise with our participants.

We look forward for your response and to working with you on this special occasion.

Thanking You.

Yours Sincerely,

  
I/C PRINCIPAL  
R.C. SHAHU COLLEGE  
KOLHAPUR



Olc  
Desai