



RAYAT SHIKSHAN SANSTHA'S
RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS



REPORT (2023-2024)

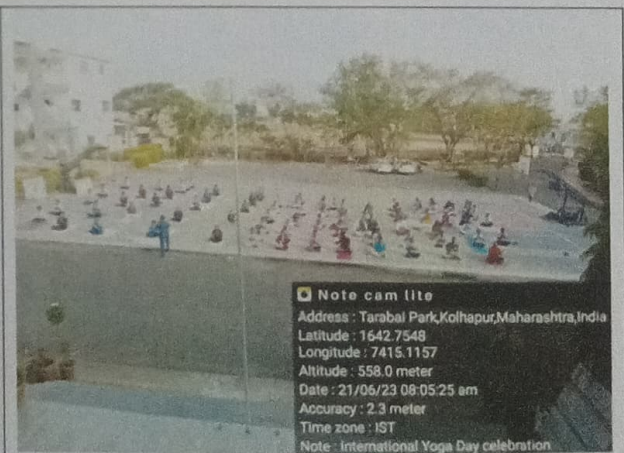
EVENT NAME- INTERNATIONAL YOGA DAY CELEBRATION 21 JUNE, 2023

International Yoga Day was celebrated in the college on June 21, 2023 in association with Department of Physical Education and Sports, NCC and IQAC. On this occasion, according to the instructions of the Ministry of AYUSH, Government of India, demonstration of various "Asanas of Yoga" and various yoga poses were done collectively by all. On this occasion, Mr. G.M. Lavangare, Ms. Savita Majgaonkar, Dr. Vikramsinh Nangare guided the students in performing various Yogas. NCC cadets successfully participated in various Yogas demonstrations. On this occasion, the principal of the college Dr. L. D. Kadam Address that if you practice various yogasanas, you can get good health by avoiding various diseases and disorders, and appealed to them to adopt yoga in their daily life. Professors, teachers, non-teaching staff and students of the college successfully participated in this program. Dr. Vikramsinh Nangare Director of Physical Education, Mr. Ganesh Lavangare, NCC Lt. Dr. Ravindra Patil, Ms. Savita Majgaonkar made special contributions to make this program a success.

- Out Come –**
1. It helped to create interest and public awareness about yoga among the students.
 2. It helped the students to know about the precautions to be taken while doing yoga and proper yoga posture.
 3. It helped to create awareness among the students that diseases and disorders can be overcome through yoga.

Beneficiary – 90

PHOTO GALLERY - INTERNATIONAL YOGA DAY CELEBRATION 21 JUNE, 2023



Director of Physical Education
R.C.Shahu College,Kolhapur



Principal,
Rajarshi Chh. Shahu College
Kolhapur.

RAYAT SHIKSHAN SANSTHA'S

**RAJARSHI CHHATRAPATI SHAHU COLLEGE,
KOLHAPUR**

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Date-16-06-2023

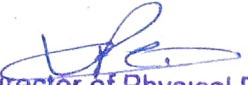
Notice

All the students of the college are hereby informed that, the NCC Unit, IQAC & Department of Physical Education & Sports is organizing the International Yoga Day. All students should be present for this activity.

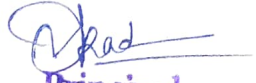
Date -21/06/2023

Time - 07.30 AM

Place – College Campus (Basketball Court).


Director of Physical Education
R.C.Shahu College,Kolhapur




Principal,
Rajarshi Chh. Shahu College
Kolhapur.



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

COMMON YOGA PROTOCOL
Celebrating 9th International Yoga Day
Date: 21st June, 2023 Time: 7.30 a.m.

| Sr. No. | Name | Signature |
|---------|-----------------------|--------------|
| 1. | Suhana Pathan | S.P. |
| 2. | Pranika Khutete | P.K. |
| 3. | Ranjana Shelake | R.S. Shelake |
| 4. | Pooja R. Patil | P.P. |
| 5. | Akshata A. Lonole | A.A.L. |
| 6. | Bhagyashri R. Latkar | B.R.L. |
| 7. | Sayli Khat | S.K. |
| 8. | N.R.B. | N.R.B. |
| 9. | Siddhi R. More | S.R. More |
| 10. | Pratiksha | P.B.S. |
| 11. | Siva | S.R.P. |
| 12. | Megha S. Pujari | M.P. |
| 13. | Sahani P. Mahale | S.M. |
| 14. | Diksha R. Kamble | D.K. |
| 15. | Takshashila Kamble | T.K. |
| 16. | Piyusha Kamble | P.K. |
| 17. | Bhumi R. Sahani | B.R.S. |
| 18. | Satika S. Pujari | S.S.P. |
| 19. | Sakshi B. Kote | S.B.K. |
| 20. | Gouti D. Kshirsagar | G.D.K. |
| 21. | Pratiksha M. Ingale | P.M. |
| 23. | Saniya S. Pawar | S.P. |
| 24. | Shambhala P. Tanwar | S.P. |
| 25. | Shreya B. Salapute | S.B. |
| 26. | Saamika K. Vadd | S.V. |
| 27. | Monica Shivaji Karavi | M.K. |




(Signature)
Principal
Rajarshi Chhatrapati Shahu College,
Kolhapur.



Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education and National Service Scheme
Jointly organized

Celebrating 9th International Yoga Day

Date: 21st June, 2023 Time: 7.30 a.m.


Principal,
Rajawade Coll. Shahpur College,
Karnalpur.



75
Azadi Ka
Amrit Mahotsav



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

COMMON YOGA PROTOCOL
Celebrating 9th International Yoga Day
Date: 21st June, 2023 Time: 7.30 a.m.

- 1) Pooja Kasture
- 2) Javeriya Amithamta Patil J.A. Patil
- 3) Anjali Vijay Birkar AVB
- 4) Kausar Altaf mullani K.A.M.
- 5) Anurata. Nardyan. Powar A.N.P.
- 6) STUTI SANDEEP GHATGE S.S. Ghatge
- 7) Bhiganka. Uttam shinde. P.U.S
- 8) Sakshi Sachin Kamble Sakshi
- 9) Sarika Baban Humbe S.B. Humbe
- 10) Vaibhavi Rahul Jadhav V. Jadhav
- 11) Shrutti Patole S.D.P
- 12) Aryan Kalanti-e Artyan
- 13) Nikhil Uttam Kamble N. Kamble
- 14) Yash Ajit Jadhav Yash
- 15) Aniket S. Patil Aniket
- 16) Aditya B. Humbe Aditya
- 17) Shreedhar R Karawade S. Karawade
- 18) Seushti B. Jadhav Seushti
- 19) Khadija M. Hakim Khadija



Khadija
Principal,
Rajarshi Chh. Shahu College,
Kolhapur.

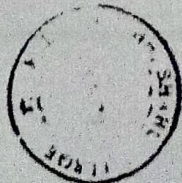


Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education and National Service Scheme
Jointly organized

COMMON YOGA PROTOCOL
Celebrating 9th International Yoga Day

Date: 21st June, 2023 Time: 7.30 a.m.

| Sr. No. | Name | Signature |
|---------|-------------------------|-----------|
| 1 | P. S. Chougule | |
| 2 | Shree S. D. | |
| 3 | Dr. Desai M. B. | |
| 4 | Sau. Patil S. S. | |
| 5 | Sau. Patil M. D. | |
| 6 | Tharekar B. M. | |
| 7 | Khole S. C. | |
| 8 | Smt. Chavan L. B. | |
| 9 | Smt. Patil S. M. | |
| 10 | Sau. Patil Sneha S. | |
| 11 | Shri. Samkarna D. R. | |
| 12 | Shri. Patil A. S. | |
| 13 | Garkwad D. M. | |
| 14 | Kamble P. H. | |
| 15 | Shri. Yadav S. T. | |
| 16 | Dr. S. P. Pawar | |
| 17 | Dr. A. P. Narsay | |
| 18 | Shri. Patil K. R. | |
| 19 | " Sitap S. N. | |
| 20 | Dr. Kadam L. D. | |
| 21 | Karagure S. M. | |
| 22 | Smt. Kamble, J. A. | |
| 23 | Shri. Inaj R. A. | |
| 24 | Smt. S. P. Majgaonkar | |
| 25 | Prof. Pundamkar B. S. | |
| 26 | Smt. R. R. Q. A. | |
| 27 | Prof. (Dr.) M. P. P. P. | |
| 28 | Prof. (Dr.) P. P. P. P. | |
| 29 | | |

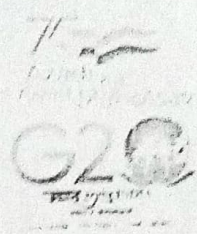


Principal,
Rajarshi Chh. Shahu College,
Kolhapur.



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

Jointly organized
COMMON YOGA PROTOCOL
On the Occasion of
9th International Yoga Day
Date: 21st June, 2023 Time: 7.30 am



Program Sheet

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

PRE-YOGASANA EXERCISES

YOGASANA PROTOCOL

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

SHUDDHIKRIYA AND PRANAYAMAS

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

DHYAN

Chairperson's Speech : Dr. L. D. Kadam
Principal, R. C. S. College, Kolhapur

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

Venue: Basket ball court

