



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

National Service Scheme and Department of Physical Education
(2022-23)

Report of International Yoga Day

Date: 21st June, 2023

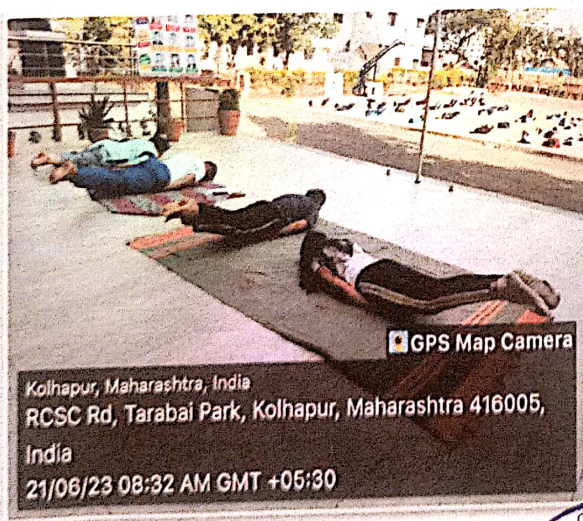
Rajarshi Chhatrapati Shahu College celebrated 9th International Day of Yoga on June 21, 2023. Department of Physical Education and National Service Scheme jointly arranged the Common Yoga Protocol as per the guidelines of Ayush Mantralaya, Government of India and U. G. C. On this day common yogic demonstrations were performed by participants. Mr. G. M. Lawangare and Smt. S. R. Majagaonkar gave instructions to perform Yogasanas and Pranayamas to participants. Hon. Principal Dr. L. D. Kadam guided participants and appealed to adopt yogic practices in their daily routine. Students, teaching and non-teaching staff were actively participated in the activity.

Outcomes

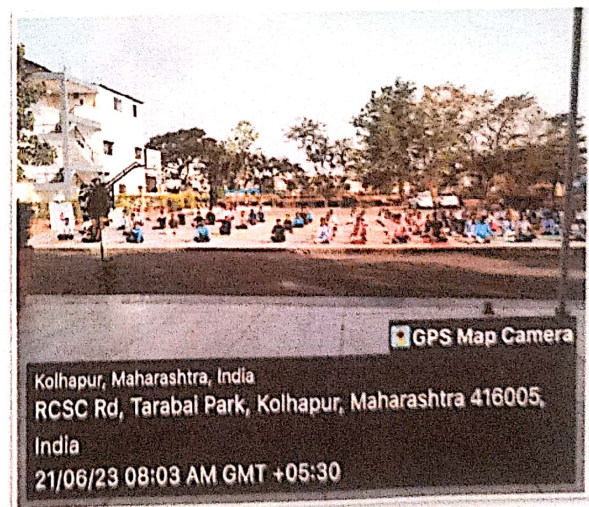
- Students learnt yogic *Asanas* and *Pranayamas*.
- Students encouraged adopting and practicing yoga.

Beneficiaries

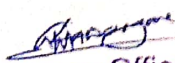
90



Participants performing Yogasanas
Shalabhasana



Participants Performing Kapalabhati


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
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	
2.	Pranvita Khutene	
3.	Ranjana Shelake	R.S.Shelake
4.	Pooja R. Patil	Pooja
5.	Akshata. A. Londe.	A.A.L
6.	Bhagyashri R. Lokkar	B.R.L.
7.	Sayli Khat	
8.	N. R. B	Nikita
9.	Siddhi R. More	S.R.More
10.	Pooja K. K	P.B.S
11.	Siva	S.R.P
12.	Megha S. Pujari	
13.	Saloni P. Mohite.	
14.	Diksha R. Kamble	
15.	Takshashita Kamble.	
16.	Piyusha Kamble	P.S.K
17.	Bhumi R. Sahane	B.R.S.
18.	Satika S. Pujari	S.S.P
19.	Sakshi B. Kote	S.B.K.
20.	Gouri. D. Kshirsagar	G.D.K
21.	Pratiksha. M. Ingle	
23.	Saniya S. Pawar	
24.	Shambhala P. Tanwar	
25.	Shreya B. Salapute	
26.	Saniya K. Vadd	S.Vadd
27.	Monica Shivaji Koravi	



Principal
Rajarshi Chhatrapati 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.



- 1) Pooja kasture
- 2) Javeriya Amithamja Patel J.A. Patel
- 3) Anjali Vijay Birkar AVB
- 4) Kausar Altam mullani K.A.M.
- 5) Anurita. Nardyan. Power A.N.P.
- 6) STUTI SANDEEP GHATGE S.S. Ghatge
- 7) Bhiguhka. Uttam shinde. P.U.S
- 8) Sakshi Sachin Kamble Sakshi
- 9) Sakshi Baban Humbe S.B. Humbe
- 10) Vaibhavi Rahul Jadhav V. Jadhav
- 11) Shrutti Patole S.D.P
- 12) Aryan Kalantre Aryan
- 13) Nikhil Uttam Kamble Nikhil
- 14) Yash Ajit Jadhav Yash
- 15) Aniket S. Patil Aniket
- 16) Aditya B. Humbe Aditya
- 17) Shreedhar R Karawade S.R. Karawade
- 18) Seushti S. Jadhav Seushti
- 19) Khadija M. Hakim Khadija



Khadija

Principal,
Rajarshi Chh. Shahu College,
Kolhapur.

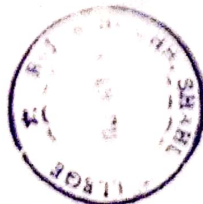




Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education and National Service Scheme
Jointly organized

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	P.S. Chougule
2	Shree S. P.	Shree S. P.
3	Dr. Desai M. B.	Dr. Desai M. B.
4	Sau. Patil S. S.	Sau. Patil S. S.
5	Sau. Patil M. D.	Sau. Patil M. D.
6	Thorekar B. M.	Thorekar B. M.
7	Khole S. C.	Khole S. C.
8	Smt. Chavan L. B.	Smt. Chavan L. B.
9	Smt. Patil S. M.	Smt. Patil S. M.
10	Sau. Patil Sneha S.	Sau. Patil Sneha S.
11	Smt. Samkarna D. R.	Smt. Samkarna D. R.
12	Smt. Patil A. S.	Smt. Patil A. S.
13	Garkwad D. M.	Garkwad D. M.
14	Kamble P. H.	Kamble P. H.
15	Smt. Yadav S. T.	Smt. Yadav S. T.
16	Dr. S. P. Pawar	Dr. S. P. Pawar
17	Dr. V. P. Nansae	Dr. V. P. Nansae
18	Smt. Patil K. R.	Smt. Patil K. R.
19	" Sitap S. N.	" Sitap S. N.
20	Dr. Kadam L. D.	Dr. Kadam L. D.
21	Karadgare S. M.	Karadgare S. M.
22	Smt. Kamble, J. A.	Smt. Kamble, J. A.
23	Smt. Irar R. A.	Smt. Irar R. A.
24	Smt. S. R. Majgaonkar	Smt. S. R. Majgaonkar
25	Prof. Punambekar B. S.	Prof. Punambekar B. S.
26	Smt. S. R. K. R.	Smt. S. R. K. R.
27	Prof. (Dr.) Mrs. P. B. Pote	Prof. (Dr.) Mrs. P. B. Pote
28	Prof. (Dr.) Anale S. J.	Prof. (Dr.) Anale S. J.
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

