



Rajarshi Chhatrapati Shahu College, Kolhapur Department of Physical Education



Academic Year (2024-25)

Skill Based Course in
Yoga and
Meditation





Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Academic Year (2024-25)

Name of the Course: Yoga and Meditaion

Department: Department of Physical Education

Course Implementation Year: 2021-22

Course Coordinator:

Name of Co-ordinator: Dr. G. M. Lawangare

Designation: Associate Professor and Head of the Department

Office Location : Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.

Contact No. : 9021441802 E mail:gmlawangare99@gmail.com

Duration : 40 Hours (3 months- Four days in a week)

No. of batches :01

Intake capacity of batch: 25

Eligibility Criteria : 10 +2 or its equivalent exam.

Course Fee : Rs. 300/-

Objectives of the Course:

- To train students to acquire techniques to perform yogic postures.
- To train students breathing patterns through Pranayamas.
- To teach stress relieving techniques.
- To motivate students to adopt physically active lifestyle throughout the life through practicing Yoga regularly.
- · To teach students to control their body and mind.

Learning Outcomes:

After successfully completing this course, students will able to,

- Know eight paths of Yoga to achieve harmony in body and mind.
- Aware about effect of yogic exercises on various systems on human body.
- Perform and practice yogic postures skillfully.
- Practicing pranayama lung capacity will be increased.
- Students will handle any stressful situation calmly and their attitude towards life will be changed.
- Students can control their body and mind.







Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Skill Based Course

Yoga and Meditation

Academic Year (2024-25)

Syllabus

Note: Course includes theory and practical. More weightage is given to practical. Figures at the right side shows no. of periods per unit

THEORY (24 Periods)

Unit I: Introduction to Yoga

(10)

- Meaning and Origin of Yoga
- Importance of Yoga in Human life
- Eight paths of Yoga (Ashtanga marg of yoga)
- Kinds of Yoga, Misconceptions about yoga.
- Effect of Yoga on various systems of human body. (Muscular System, skeletal system, nervous system, , respiratory system, and circulatory system)
- Surya namaskar -Benefits of Surya namaskar

Unit II: Yogasanas

(5)

- Rules of Asanas- Do's and Don'ts
- Types of Yogasanas
- Asanas in sitting pose, standing pose and lying pose
- · Frequency, intensity and duration
- Basics of Yogasana and breathing pattern.

Unit III: Pranayama and Shudhi Kriyas

(9)

- Meaning and types of Pranayamas.
- · Frequency, intensity and duration
- Preparatory phase
- Bandhas, mudras and Shuddhi kriyas

PRACTICAL (16 Periods)

- Preparation before performing Asanas and Pranayama
- Yogasanas: Padmasana, Virasana, vajrasana, Marichyasana, Baddhakonasana, Suptavajrasana, Suptabaddhakonasana, Dandasana, Parshvakonasana, paschimottanasana, Utthitpaschimottanasana, tadasana, Vrukshasana, Garudasana, Shalabhasana, Parvatasana, Trikonasana, Uthhit Trikonasana, Ardha chakrasana, Virbhadrasana, Dhanurasana, Noukasana, Ushtrasana, Halasana, Sarvangasana, Shirshasana, Makarasana, Adhomukhswanasana, Chakrasana, Shavasana, Bhujangasana, Setubandhasana, Padangustasana.
- Suryanamaskar



Reference Books

- B. K. S. Iyangar (2006). Yog Dipika, Orient Longman Ltd., Mumbai.
- B. K. S. Iyangar (2005). Arogya Yoga. Rohan Prakashan, Pune.
- Geeta Iyangar (2008). Yoga: A Gem for Women, Allied Publishers Pvt. Ltd.,
 Mumbai.
- Gore, M. M. (2003), Sharir Vidnyan Ani Yogabhyas, Kanchan Prakashan, Lonawala, Pune.
- B. K. S. Iyangar (2004). YogaChandan, Yog Prakashan, Pune.
- B. K. S. Iyangar (2005). Light on Yoga, Harper Collins, India.

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur. KOLHAPU : E

I/C Principal, Rajarshi Chh. Shahu College Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Skill Based Course

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Nature of Examination/Rubrics

The performance of the course will be evaluated through course- end written test and Practical examination.

The scheme of assessment and evaluation is as per the table below;

Theory

(40)

Question paper includes 20 objective questions (2 marks per question).

The type of questions will be;

Choose correct alternatives.

True or False

Write the names of posture given in picture

❖ Practical:

(60)

Demonstration of 4 Asanas

(20 marks for each Asana)

Demonstration of any 2 types of Pranayamas

(20 marks for each Pranayamas)

Demonstration of Suryanamaskar

(20 marks)

GRADES/ RUBRICS

Percentage	Grade
0-39 %	F (Fail)
40-49 %	P (Pass)
50-59 %	C (Average)
60-69 %	B (Good)
70-79%	A (Very Good)
80-89 %	A+ (Excellent)
90-100 %	0 (Outstanding)

Dr. G.M. Lawangare

Course Coordinator Head HAN. SHAHU

I/C Principal, Rajarshi Chh. Shahu Colleg

Kolhapur.

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur





Skill Based Course

Yoga and Meditation

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Time-Table

Sr. No.	Day	Time	Theory/Practical
1	Monday	7.15 to 8.15 am	Practical
2	Wednesday	12.00 to 1.00 pm	Theory
3	Friday	7.15 to 8.15 am	Practical
4	Saturday	12.00 to 1.00 pm	Theory

Distribution of teaching (Practical) session

Session	Duration
Warming up session	08 min
Main workout	30 min.
(Practice of Previously taught Asanas)	(05 min)
(Demonstration and practice of Asanas)	(25 min)
Cooling down	07 min
Meditation & Pranayamas	15 min

Dr. G. M. Lawangare

Course Coordinator Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur. HILE CO. A.

I/C Principal, Rajarshi Chh. Shahu Colleg Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Skill Based CourseYoga and Meditation

Academic Year (2024-25)

Teaching Plan

Date	Content	Theory/ Practical	Name of the trainer/ teacher		
10/01/2025	Yoga: Meaning, concept and origin	Theory	Ms. S. R. Majagaonkar		
11/01/2025	Eight paths of Yoga (Ashtangamarg of	Theory	Ms. S. R. Majagaonkar		
	yoga)-Yama, Niyam	Tellune 1			
13/01/2025	Eight paths of Yoga- Asana, Pranayam	Theory	Ms. S. R. Majagaonkar		
15/01/2025	Eight paths of Yoga- Pratyahar, Dharana	Theory	Ms. S. R. Majagaonkar		
17/01/2025	Eight paths of Yoga- Dhyan, Samadhi	Theory	Ms. S. R. Majagaonkar		
18/01/2025	Kinds of Yoga – Raj Yoga, Hath Yoga	Theory	Ms. S. R. Majagaonkar		
20/01/2025	Effect of Yoga on Muscular System and	Theory	Ms. S. R. Majagaonkar		
Company and	Skeletal system	- Thurst			
22/01/2025	Preparatory exercises before performing	Practical	Ms. S. R. Majagaonkar		
W THE	Asanasand Pranayama	Programa	Walter Charles		
24/01/2025	Effect of Yoga on Nervous system and	Theory	Ms. S. R. Majagaonkar		
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	respiratory system	Francisco P	Bendard Manager		
25/01/2025	Effect of Yoga on circulatory system and	Theory	Ms. S. R. Majagaonkar		
	digestive system				
27/01/2025	Suryanamaskar- Concept, benefits, asanas	Theory	Ms. S. R. Majagaonkar		
29/01/2025	Suryanamaskar	Practical	Ms. S. R. Majagaonkar		
31/01/2025	Yogasanas: Do's and Don'ts	Theory	Ms. S. R. Majagaonkar		
01/02/2025	Types of Yogasanas: Types according to	Theory	Ms. S. R. Majagaonkar		
	posture and benefits	Thomas	2.53.6		
03/02/2025	Suryanamaskar	Practical	Ms. S. R. Majagaonkar		
05/02/2025	Benefits of asanas in sitting, standing and	Theory	Ms. S. R. Majagaonkar		
	lying position	Tarity.	SEASON VINCENSIS		
07/02/2025	Padmasana, Virasana, Vajrasana	Practical	Ms. S. R. Majagaonkar		
08/02/2025	Designing Yogasana program: Frequency,	Theory	Ms. S. R. Majagaonkar		
	11/01/2025 13/01/2025 15/01/2025 17/01/2025 18/01/2025 20/01/2025 22/01/2025 24/01/2025 25/01/2025 27/01/2025 29/01/2025 31/01/2025 01/02/2025 05/02/2025	11/01/2025 Eight paths of Yoga (Ashtangamarg of yoga)-Yama, Niyam 13/01/2025 Eight paths of Yoga- Asana, Pranayam 15/01/2025 Eight paths of Yoga- Pratyahar, Dharana 17/01/2025 Eight paths of Yoga- Dhyan, Samadhi 18/01/2025 Kinds of Yoga - Raj Yoga, Hath Yoga 20/01/2025 Effect of Yoga on Muscular System and Skeletal system 22/01/2025 Preparatory exercises before performing Asanasand Pranayama 24/01/2025 Effect of Yoga on Nervous system and respiratory system 25/01/2025 Effect of Yoga on circulatory system and digestive system 27/01/2025 Suryanamaskar- Concept, benefits, asanas 29/01/2025 Suryanamaskar 31/01/2025 Types of Yogasanas: Types according to posture and benefits 03/02/2025 Suryanamaskar 05/02/2025 Benefits of asanas in sitting, standing and lying position	10/01/2025 Yoga: Meaning, concept and origin 11/01/2025 Eight paths of Yoga (Ashtangamarg of yoga)-Yama, Niyam 13/01/2025 Eight paths of Yoga- Asana, Pranayam Theory 15/01/2025 Eight paths of Yoga- Pratyahar, Dharana Theory 17/01/2025 Eight paths of Yoga- Dhyan, Samadhi Theory 18/01/2025 Kinds of Yoga - Raj Yoga, Hath Yoga Theory 20/01/2025 Effect of Yoga on Muscular System and Skeletal system 22/01/2025 Preparatory exercises before performing Asanasand Pranayama 24/01/2025 Effect of Yoga on Nervous system and respiratory system 25/01/2025 Effect of Yoga on Nervous system and digestive system 27/01/2025 Suryanamaskar- Concept, benefits, asanas Theory 29/01/2025 Suryanamaskar- Concept, benefits, asanas Theory 29/01/2025 Suryanamaskar Practical 31/01/2025 Types of Yogasanas: Types according to posture and benefits 03/02/2025 Suryanamaskar Practical 05/02/2025 Benefits of asanas in sitting, standing and lying position 07/02/2025 Padmasana, Virasana, Vajrasana Practical 08/02/2025 Designing Yogasana program: Frequency, Theory		



Day	Date	Content	Theory/	Name of the trainer/
19	10/02/2025	Marichyasana, Baddhakonasana,	Practical Practical	teacher Ms. S. R. Majagaonkar
		Dandasana, Parshvakonasana,	Tactical	MS. S. K. Majagaonkar
		paschimottanasana,		
20	12/02/2025	Basics of Yogasana and breathing pattern	Theory	Ms. S. R. Majagaonkar
21	14/02/2025	Tadasana, Vrukshasana, Garudasana,		
		Utthitpaschimottanasana	Practical	Ms. S. R. Majagaonkar
22	15/02/2025	Shalabhasana, Parvatasana, Trikonasana,	Practical	Ma C D Majagaankan
		UthhitTrikonasana,	Practical	Ms. S. R. Majagaonkar
23	17/02/2025	Ardhachakrasana, Virbhadrasana,	Practical	Ms. S. R. Majagaonkar
		Dhanurasana,	300	ino o ra majagaomar
24	21/02/2025	Noukasana, Ushtrasana, Halasana,	Practical	Ms. S. R. Majagaonkar
		Sarvangasana		, 0
25	22/02/2025	Halasana, Sarvangasana, Shirshasana,	Practical	Ms. S. R. Majagaonkar
26	24/02/2025	Shavasana, Bhujangasana,	Practical	Ms. S. R. Majagaonkar
		Setubandhasana, Padangustasana.	100	A per Tolon
27	26/02/2025	Makarasana, Adhomukhswanasana,	Practical	Ms. S. R. Majagaonkar
		Chakrasana		
28	28/02/2025	Meaning and types of Pranayamas,	Theory	Ms. S. R. Majagaonkar
		Preparatory phase of Pranayama, Do's and		
29	01/03/2025	Don'ts of Pranayama Pranayamas: Anulom Vilom, Ujjayi,	Practical	Dr. G. M. Lawangare
30	03/03/2025	Pranayamas: Kapalbhati, Shitali, Shitkari	Practical	Dr. G. M. Lawangare
31	05/03/2025	Pranayamas: Bhastrika, Bramari	Practical	Dr. G. M. Lawangare
32	07/03/2025	Designing Pranayama program:	Theory	Ms. S. R. Majagaonkar
	- 11 1-17	Frequency, intensity and duration		The state of the s
33	08/03/2025	Bandhas	Theory	Dr. G. M. Lawangare
34	10/03/2025	Mudras	Theory	Dr. G. M. Lawangare
35	12/03/2025	Mudras	Practical	Dr. G. M. Lawangare
36	14/03/2025	ShuddhiKriya Meaning, Importance	Theory	Dr. G. M. Lawangare
37	17/03/2025	ShddhiKriya: Dhouti, Nouli	Theory	Dr. G. M. Lawangare
38	19/03/2025		Theory	Dr. G. M. Lawangare
39	21/03/2025		Theory	Dr. G. M. Lawangare
40	22/03/2025	ShddhiKriya: Kapalbhati	Theory	Dr. G. M. Lawangare

Course Coordinator **Head**

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.

I/C Principal, Rajarshi Chh. Shahu Colles Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education Skill Based Course

Yoga and Meditation

List of Enrolled Students (2024-25)

Sr. No.	Name of the Students	Class	Fee	Receipt No.
1.	Bhosale Girish David	B. AII	300.00	6662
2.	Bhosale Rajnandini Vijay	B. AII	300.00	6663
3.	Harchirkar Shafa Javed	B. AII	300.00	6664
4.	Kamat Surekha Rangrao	B. AII	300.00	6665
5.	Kamble Akash Kakaso	B. AII	300.00	6666
6.	Katrat Nikhil Gangaram	B. AII	300.00	6667
7.	Suryawanshi Divya Amit	B. AII	300.00	6668
8.	Waghamode Jayaram Bhagoji	B. AII	300.00	6669
9.	Sinh Khem Meghraj	B. AIII	300.00	6570
10.	Dudhale Sudip Sarjerao	B. AIII	300.00	6671
11.	Aiwale Varun Subhash	B. AIII	300.00	6672
	Total		3300.00	-

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur.



L/C Principal,
Rajarshi Chh. Shahu Colle
Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Income and Expenditure Statement

Academic Year (2024-25)

Particulars	Amount	Particulars	Amount
(Receipts)	(in Rs.)	(Payments)	(in Rs.)
By Fees of 11 Students	3300.00	<u>GST (</u> 18%)	594.00
(No. of students enrolled: 11		Certificate Printing	143.00
Fees per student: Rs. 300.00)		Remuneration of teachers	
		Ms. S. R. Majagaonkar	1025.00
		Total (Remuneration +GST+	1762.00
		Certificate printing)	
		Balance to College	1538.00
Total	3300.00	Total	3300.00

Dr. G. M. Lawangare
Course Co-ordinator

Dr. M. K. Kannade In-charge, Short term course

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R.C. SHAHU COLLEGE KOLHAPUR

Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur.







Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation Attendance Sheet (2024-25)

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Sr. No.	Name of the Students	10 /6\ /2025	11 /0) /2025	13/0) /2025	15/0)/2025	17/01/2025	18/01/2025	20/0)/2025	22/0)/2025	240) /2025	25/01/2025
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2	Bhosale Rajnandini Vijay	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	RIVIB.	R.V. B	R.V.B.
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6	Katrat Nikhil Gangaram	N.G.K	N.G.K.	Mark	NG.K.	NGK	n G.K	N.G.K.	N.G.K.	Mark	N.G.K.
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Name & Signature of Teacher: Smt: S.R. majagaon cev fur









Department of Physical Education

Skill Based Course

Yoga and Meditation Attendance Sheet (2024-25)

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Sr. No.	Name of the Students	27/01/2025	29/0) /2025	31/01/2025	0 (/0 2-/2025	o3/01/2025	05/02/2025	07/02/2025	08/02/2025	(0/02/2025	12/67-12025
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2	Bhosale Rajnandini Vijay	R.V.B.	B.n.B.	A.V.B.	Ab	R.v.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	RIVIB
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6	Katrat Nikhil Gangaram	N.Q.K	10.G.K	12.G.K	N.G.K.	5.C.K	Nak	Ab	N.G.K	N.G.K	NG.K
7	Suryawanshi Divya Amit	Offers	DYAN.	Duane	(Di)ans	DOBAS	ayor	(Owar	Ab	Myer.	eryer
8	Waghamode Jayaram Bhagoji	De scary (Joyuneu	Joyenway	Zameran	Payeuru	Johnson	Dysermu	Joyemu	Pozeme	Jogarem
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11	Aiwale Varun Subhash	Marine	Manny	Lunns	16200	Laurak	Marca	Marine	Tenns	1 port	Mentra

Name & Signature of Teacher: Smt. S. R. Majagaonker Sus













Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

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Sr.	Name of the Students	14/02/2025	1570242025	17/02/2025	21/02/2025	22/02/2025	24/02/2025	26/02/2025	28/02/2025	0 1/63 /2025	03/03/2025
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2	Bhosale Rajnandini Vijay	R.V.B.	26	R.V.B.	R.V.B	RiviB-	R.V.B.	R.V.B.	R.V.B.	R.V.B.	
3	Harchirkar Shafa Javed	46	Soft	Her-	1	***	EAST.	**	44	***	****
4	Kamat Surekha Rangrao	4 3-वे-कामत	न्युर्ग क्रमतः	न्यु रे कामत	व में जै के कार्य	<u>के के कामत</u>	, _	水をある	स्द्र भागत		
5	Kamble Akash Kakaso	Delle	80mile	Deuble	Dante	Durko	Dueble	Darbe	Darbe	Dulee	Blankle
6	Katrat Nikhil Gangaram	N.G.K.	N.G.K	PG.K	N.G.K.	2.C.K	M.G.K.	12.a.K.	M.a.K.	N.G.K	Ab
7	Suryawanshi Divya Amit	augue	Dyas	Duns.	amars	Duas	every	Popus	Quan.	pryay	siya-
8	Waghamode Jayaram Bhagoji	Daywoon	Paterian	Dayanam	Johnson	Dogerou	Talowar	Taganam	Jagenra	Jagarce	Jodenson
9	Sinh Khem Meghraj	Whims.	wany.	whems	Wums.	Humy.	Hrums:	whens:	wans:	whens.	Klebns.
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11	Aiwale Varun Subhash	Mana	Mana	Manage	Lange	Maga	News	ACCUTENT	Least	way	KAR

Name & Signature of Teacher: SMt.S.R.majagaoulcas Sus









Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course

Yoga and Meditation

Attendance Sheet (2024-25)

				Attenual	nce Sneet (2024-23)					
Sr. No.	Name of the Students	05/03/2025	07 /03 /2025	8/3 /2025	10/3/2025	12/3/2025	14/3/2025	17/03/2025	19 /3 /2025	21/3/2025	21/3 /2025
1	Bhosale Girish David	40hele	4 chess	4Bher	- Yoshere	John	Ab	Come	John	yohen	Bheen
2	Bhosale Rajnandini Vijay	R.V.B.	R.v.B.	R.v.B	R.V.B.	R.V.B.	R.v.B.	Ab	R.V.B	R.V.B.	R.V.B
3	Harchirkar Shafa Javed	-	***	-14	the state	- ATA	* A	- HAR	W/F	**	44
4	Kamat Surekha Rangrao	मु दे-वामात			ख-रे-कारा-		व्युव- प्रापत-				ब्सु रे भ्रम्
5	Kamble Akash Kakaso	Marle	Double	Double	Duble	Double	Dowle	3 mile	Stanke	Soule	Souble
6	Katrat Nikhil Gangaram	M.G.K.			M.G.K.	NG.K.	M.G.K.	M.G.K.	M.G.K	M.G.K.	M.C.K
7	Suryawanshi Divya Amit	Dila	Qual	Quias	Pinas.	augs.	Digs	Qual	DINE _	Distal (Dubas
8	Waghamode Jayaram Bhagoji	Postorian	Johonan	Paterian	Bayerzan	Doyanan	Jahanan	Dayanam	Jayonan	Pageney	Joyarum
9	Sinh Khem Meghraj	whent.	whomy:	Ab	Whimb	Holms:	whilms:	whem!	whomy.	Whom.	Wany:
10	Dudhale Sudip Sarjerao	Sudia	Sudip	Sudip	र्मवार	Start	AL	Sydia	Sadie	Sudia	Sydip.
11	Aiwale Varun Subhash	North	Navist	Ab	1600	SERVE	Manny	NAME A	Mennes	LOUGA	March

Name & Signature of Teacher: Smt: S.R. magagaowicer Lur

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur.



I/C Principal, Rajarshi Chh. Shahu Collega Kolhapur.



रयत शिक्षण संस्थेचे राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर शारीरिक शिक्षण विभाग



नोटीस

दि. २२/०३/२०२५

'योग आणि मेडीटेशन' या शॉर्ट टर्म कोर्सच्या विद्यार्थ्यांना कळविण्यात येते कि, या कोर्सची प्रात्यक्षिक व लेखी परीक्षा खालील वेळापत्रकाप्रमाणे घेतली जाणार आहे. तरी कोर्सच्या विद्यार्थ्यांनी दिलेल्या वेळापत्रकानुसार जिमखान्यामध्ये उपस्थित रहावे.

तारीख	वेळ	परीक्षा	परीक्षेचे ठिकाण
२४/०३/२०२५	सकाळी ७.३० ते ९.३०	प्रात्यक्षिक परीक्षा	जिमखाना हॉल
०१/०४/२०२५	सकाळी ११.३० ते दु. १२.३०	लेखी परीक्षा	शारीरिक शिक्षण विभाग

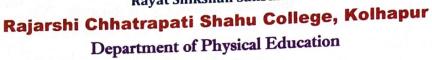


विभाग प्रमुख शारीरिक शिक्षण विभाग राजबी छन्नपती शाहू कॉलेज, कोल्हागूर.









Skill Based Course

Yoga and Meditation

Attendance of Written and Practical Examination (2024-25)

Date: 01/04/2024

Sr. No.	Name of the Students	Sig.	
1.	Bhosale Girish David	Mossey	
2.	Bhosale Rajnandini Vijay	R.V.B.	
3.	Harchirkar Shafa Javed	1	
4.	Kamat Surekha Rangrao	र्यु. ब.कामत.	
5.	Kamble Akash Kakaso	Dube	
6.	Katrat Nikhil Gangaram	M.G.K.	
7.	Suryawanshi Divya Amit	Oyal	
8.	Waghamode Jayaram Bhagoji	Jayerram	
9.	Sinh Khem Meghraj	xhlmy.	
10.	Dudhale Sudip Sarjerao	Sudip	
11.	Aiwale Varun Subhash	Menis	

Dr. G.M. Lawangare

Course Coordinator
Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur. E KILH TO SE

I/C Principal, Rajarshi Chh. Shahu Collego Kolhapur.

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course in Yoga and Meditation (2024-25)

Examination-Dec.-2023

ay and Date: Tuesda ime: 60 min. ame of the Student:			Total Marks: 40 Marks Obtained:
श्र १. योग्य पर्याय निवड्		π.	(१०)
१म्हणजे शुद्ध			
	ब. शौच	क. संतोष	ड. ईश्वरप्रणिधान
२. प्राणायामामुळे			
अ. हृदय			ड. मज्जासंस्था
३. खालील पैकी			ে চাক আমূল প্রায়
	ब. शीर्षासन व		ड. पद्मासन
४. योगामध्ये उजव्या			and the second
अ. पिंगला			ड. सुना
५मुनींनी अष्टां			
 अ. अय्यंगार			ड. व्यास
1श्र २. योग्य जोड् या जुव	ठवा		(१०)
अ गट	उत्तरे	5554	ब गट
१. यम		अ. चित्त एका गे	ष्ट्रीवर धरून ठेवणे
२. ब्रम्हचर्य		आ. चोरी न कर	1
३. धारणा		इ. इंद्रिये आपल	या विषयाशी चिकटून न जाणे
४. अस्तेय		ई. मनोनिग्रह	
५. प्रत्याहार		उ. नैतिक व सा	माजिक आचरणाची बंधने
१ कोणत्याही ध्यानात		ावे लिहा.	कोल्हापूर को
		por Paris	
		क्रुजॉक व	

्योग म्हणजे काय ? . खाली दिलेले चित्र पाहून त्याखाली त्या चित्रातील आसनाचे/ मुद्राचे नाव लिहा. (१०)		
ते. बोणत्याही दोन मुद्रांची नावे लिहा.	val(artige (2024-25)	Skill Rased Course in Vega and Mr
. योग म्हणजे काय ?	 कोणत्याही दोन मुद्रांची नावे लिहा. 	is asymmetric Dieselm, 0 t/04/2015 et 60 min. to of the Studentt
योग म्हणजे काय ?	. यमाचे पाच सिद्धांत कोणते ?	्र योगा पंचाय निवहन वाह्य पूरा करा
. खाली दिलेले चित्र पाहून त्याखाली त्या चित्रातील आसनाचे/ मुद्राचे नाव लिहा. (१०)		र, प्राणीयमानाळे — कार्यक्षम बनवात. अ. इदय - ब. रक्तवारित्या क. पुत्रकृते र खालील वैकी — हे असम विश्वानिकारक आहे
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क्रीणल्याही ध्यानात्मक	A Company	्र प्रस्थाक्षर
* /		्र प्रसाहार ३. एका बाबचान उत्तर लि १६







Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education



Skill Based Course

Yoga and Meditation

Academic Year (2024-25)

Result Sheet

Sr. No.	Name of the Students	Theory (40)	Practical (60)	Total (100)	Grade
1.	Bhosale Girish David	32	48	80	At
2.	Bhosale Rajnandini Vijay	30	50	80	At
3.	Harchirkar Shafa Javed	35	50	85	At
4.	Kamat Surekha Rangrao	30	45	75	A
5.	Kamble Akash Kakaso	32	50	72	A
6.	Katrat Nikhil Gangaram	30	48	78	A
7.	Suryawanshi Divya Amit	3.4	56	90	0
8.	Waghamode Jayaram Bhagoji	32	52	84	A+
9.	Sinh Khem Meghraj	34	52	86	At
10.	Dudhale Sudip Sarjerao	32	50	82	At
11.	Aiwale Varun Subhash	34	52	86	At

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education Rajarshi Chhatrapati Shahu College, Kolhapur. HA SH ALL

I/C Principal, Rajarshi Chh. Shahu Collego Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

Skill Based Course

Yoga and Meditation

Certificate Distribution List (2024-25)

Sr. No.	Name of the Students	Sig.
1.	Bhosale Girish David	40hlese
2.	Bhosale Rajnandini Vijay	R.V.B.
3.	Harchirkar Shafa Javed	- RHP
4.	Kamat Surekha Rangrao	अ.वं कामत
5.	Kamble Akash Kakaso	Dealle
6.	Katrat Nikhil Gangaram	N.G.K
7.	Suryawanshi Divya Amit	and
8.	Waghamode Jayaram Bhagoji	On Francis
9.	Sinh Khem Meghraj	Kharmy'
10.	Dudhale Sudip Sarjerao	Sudip
11.	Aiwale Varun Subhash	venne

Dr. G. M. Lawangare

Course Coordinator

Head

Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.

HH. SH HI

T/C Principal, Rajarshi Chh. Shahu Collega Kolhapur.







Rajarshi Chhatrapati Shahu College, Kolhapur Department of Physical Education

Notice

Date: 16/01/2025

A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 20th Jan. 2025. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 20th Jan. 2025 at sharp 7.10 am

The time table of the course is as follows;

Sr. No.	Day	Time	Theory/Practical
1	Monday	7.15 to 8.15 am	Practical
2	Wednesday	12.00 to 1.00 pm	Theory
3	Friday	7.15 to 8.15 am	Practical
4	Saturday	11.00 am to 12.00 noon	Theory

H. SH AT

Department of Physical Education jarshi Chhatrapati Shahu College, Kolhapur.







Rajarshi Chhatrapati Shahu College, Kolhapur Department of Physical Education

Notice

Date: 01/01/2025

All the students are hereby informed that, a skill based short term course on 'Yoga and Meditation' is being started from 20th Jan. 2025. Students who want to take admission for the said course should register their names to Smt. S. R. Majagaonkar by 15th Jan. 2025.

Duration of the Course: 3 Months

Course Fees: Rs. 300/-

HR. SHARI

apartment of Physical Educationshi Chhatrapati Shahu College, Kolhapur.





Rajarshi Chhatrapati Shahu College, Kolhapur

NAAC Re-accreditation A++ (With CGPA 3.78)

Certificate

This is to certify that, Shri./Smt. Dudhale Sudip Sarjerao

Class B.A. Part-III has successfully completed the Skill Based Course in 'Yoga and Meditation' conducted by Department of Physical Education, Rajarshi Chhatrapati Shahu College, Kolhapur in the academic year 2024-25.

Dr. G. M. Lawangare **Course Coordinator** Yoga & Meditation

Dr. M. K. Kannade Coordinator Rayat Skill Development Center Dr. D. R. Bhosale I/c Principal

R. C. Shahu College, Kolhapur







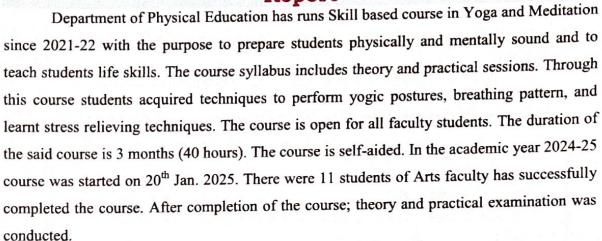
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Skill Based Course in Yoga and Meditation

Academic Year (2024-25)

Report



Smt. S. R. Majagaonkar, Assi. Prof., Dept. of Physical Education conducted theory lectures and practical sessions. Dr. S. A. Kharade, Head, Dept. of Physical Education, Bhogavati College, Kurukali is an external member of Board of studies. Dr. G. M. Lawangare, Head, Dept. of Physical Education and BOS members designed and revised the syllabus of the course.







Meditating Students

Dr. G. M. Lawangare Course Co-ordinator



-HC Principal, Rajarshi Chh. Shahu Colle Kolhapur.