



Rayat Shikshan Sanstha's

# Rajarshi Chhatrapati Shahu College, Kolhapur National Service Scheme (2024-25)



## Report of International Yoga Day

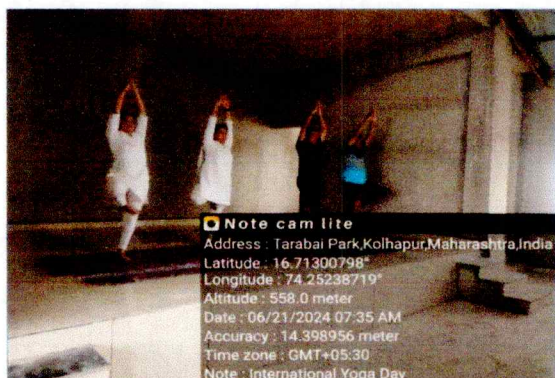
National Service Scheme and Department of Physical Education jointly organized the Common Yoga Protocol and a lecture on 'Yoga for All' on the occasion of 10<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2024. Ayush Mantralaya approved Yoga Teachers from Yog Vidya Dham, Kolhapur Hon. Mrs. Jyoti Khade Patil and Hon. Mrs. Anushka Joshi were resource persons. The session starts with prayer. Mrs. Khade Patil guided participants the importance of and basics of yoga. Further she conducted prayer, pre-yogasans movements, Yogasana and Pranayama session. Mrs. Joshi demonstrated the asanas and pranayama. At the end of the practical session Mrs. Joshi conducted meditation. Hon. Principal Dr. L. D. Kadam gave presidential speech. Vice-Principal Mr. P. S. Chougule, Dr. M. K. Kannade were present for the session. Dr. G. M. Lawangare and Smt. S. R. Majagaonkar arranged the programme under guidance of Hon. Principal. Students, teaching and non-teaching staff participated in this activity enthusiastically.

### Outcomes

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

### Beneficiaries

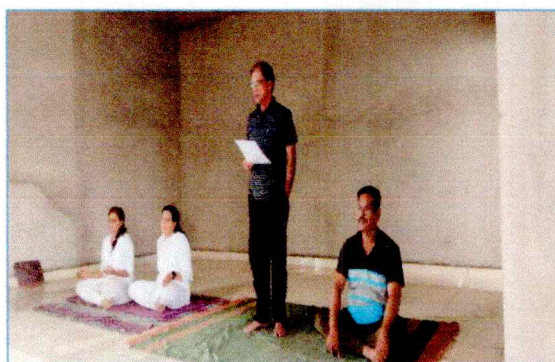
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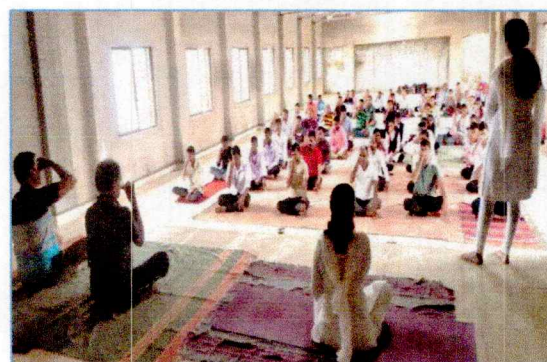
Demonstration of Vrukshasana- Hon. Guest & Hon. Principal



Participants performing Ushtrasana



Guidance by Hon. Principal Dr. L. D. Kadam



Participants performing Pranayama

Programme Officer  
National Service Scheme

Rajarshi Chhatrapati Shahu College, Kolhapur.



Principal,  
Rajarshi Chhatrapati Shahu College,  
Kolhapur.



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

National Service Scheme and Department of Physical Education

Jointly organized

Common Yoga Protocol and Lecture on

**'YOGA FOR ALL'**

on the occasion of 10<sup>th</sup> International Yoga Day

Date: 21<sup>st</sup> June, 2024, at 7.00 am



## Programme Sheet

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

**Speech of Resource Person** : **Hon. Mrs. Jyoti Khade-Patil**  
Ayush Mantralaya approved Yoga Teacher,  
Yog Vidya Dham, Kolhapur.

**Hon. Mrs. Anushka Joshi**  
Ayush Mantralaya approved Yoga Teacher,  
Yog Vidya Dham, Kolhapur.

### DEMONSTRATIONS OF YOGASANAS

**Chair person's speech** : **Hon. Dr. L. D. Kadam**  
Principal, R. C. Shahu College, Kolhapur

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

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





Rayat Shikshan Sanstha's  
Rajarshi Chhatrapati Shahu College, Kolhapur  
National Service Scheme and Department of Physical Education  
Organized Common Yoga Protocol and Guidance Lecture on  
'Yoga for All'

On the occasion of 10<sup>th</sup> International Yoga Day

Date: 21<sup>st</sup> June, 2024




Participants' Attendance

Srl.	Name	Sign.	Srl.	Name	Sign.
1	Sou. patil S.S.		24	Shri. Yashav S.T.	
2	Shri Patil A.S.			Shri Patil S.P.	
3	Smt. Chavan L. B			Dr. M. D. Kulkarni	
4	Smt. Patil S.M.		25	Smt. Patil K.R.	
5	Dr. Khole S.C.		26	Dr. S.D. Shaikh	
6	Dr. Kunnade M.K		34	Smt. S.R. Majagaonkar	
7	Dr. Fanas S.A		35	Miss Ghatge Shivani B.	
8	Dr. Desai M.B		36	Shri. Thorat P.M.	
9	Sou Patil M. D		37	Dr. Kulkarni S.M	
10	Dr. S.S. Lanekar		38		
11	Prof. Puntambekar B.S				
12	Mulani S.P				
13	Dr. R.C. Patil				
14	Dr. S.P. Pawar				
21	Shinde A.B				
22	Patil S.D.S.				
23	Shelke S.D.				
24	Shelke U.S.				
25	P.S. Chavhan				
26	Dr. Kishor R. Gaikwad				
27	Dr. B.B. Ghuralkar				
28	Patil A.T				
29	Sankanna D.R				
30	Shinde B.M.				
31	Ramesankpal R.S				
32	Traj R.A				
33	Patil P.Y				
34	Sitar S.N.				

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





	 <p>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>Principal:</b> Dr. L. D. Kadam (M. Sc., Ph. D.)	<b>Outward No.</b> 173 /2024-25	<b>Date:</b> 20/6/2024

To,  
Mrs. Jyoti Khade Patil,  
Yoga Teacher,  
Yog Vodya Dham,  
Kolhapur.

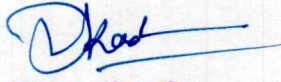
**Subject– Invitation for a guidance lecture...**

Respected Madam,



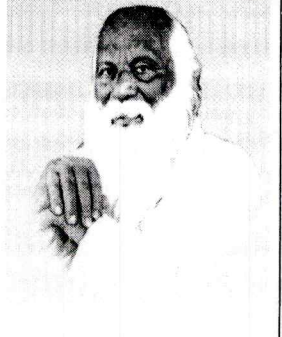
It gives us an immense pleasure to invite you as a resource person of a lecture on the topic 'Yoga for All' as well as a practical session on 21<sup>st</sup> June, 2024 at 7:00 am organized by National Service Scheme and Department of Physical Education of our college on occasion of 10<sup>th</sup> International Yoga Day. You are requested to guide our students and staff.

Looking forward for your response,  
Thanking You.

Yours Faithfully,

  
**Principal,**  
**Rajarshi Chh. Shahu College**  
**Kolhapur.**



	<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>Principal:</b> Dr. L. D. Kadam (M. Sc., Ph. D.)	<b>Outward No.</b> 4184/2024-25	<b>Date:</b> 20/6/2024

To,

Mrs. Anushka Joshi  
Yoga Teacher,  
Yog Vodya Dham,  
Kolhapur.

**Subject– Invitation for a guidance lecture...**

Respected Madam,

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<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>Principal:</b> Dr. L. D. Kadam (M. Sc., Ph. D.)	<b>Outward No.</b> 2161/2024-25	<b>Date:</b> 21/6/2024

To,  
Mrs. Jyoti Khade Patil,  
Yoga Teacher,  
Yog Vodya Dham,  
Kolhapur.

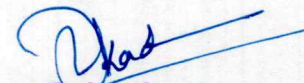
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Looking forward to future collaborations

Thanking you.

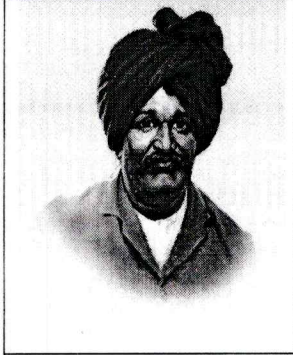
Yours Faithfully,



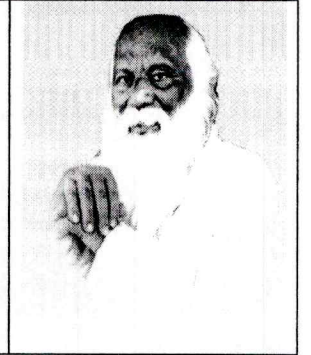
**Principal,**  
**Rajarshi Chh. Shahu College**  
**Kolhapur.**

Jyoti





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Rayat Shikshan Sanstha's  
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SHAHU COLLEGE, KOLHAPUR**  
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Website: [www.rcsc.ac.in](http://www.rcsc.ac.in)

Phone No. (0231) – 2654658

Principal: Dr. L. D. Kadam (M. Sc., Ph. D.)

Outward No. समक्ष/2024-25

Date: 20/6/2024

To,

Mrs. Anushka Joshi

Yoga Teacher,

Yog Vodya Dham,

Kolhapur.

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Looking forward to future collaborations

Thanking you.

Yours Faithfully,



Principal,  
Rajarshi Chh. Shahu College  
Kolhapur.



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

❁ National Service Scheme ❁

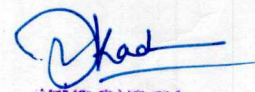
## NOTICE

Date: 20/06/2024

On the occasion of 10<sup>th</sup> International Yoga Day Common Yoga Protocol is organized as per the guidelines of the *Ayush Mantralaya* on 21<sup>st</sup> June, 2024 by National Service Scheme and department of Physical Education. All the NSS volunteers, Students and teaching, non-teaching staff are hereby informed that, they should remain present on ground (basketball court) in the morning at 6.45 am for Common Yoga Protocol.

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



  
Principal,  
Rajarshi Chh. Shahu College  
Kolhapur.

## सूचना

महाविद्यालयातील सर्व विध्यार्थी ,शिक्षक व शिक्षकेतर कर्मचारी यांना कळविण्यात येते कि २१ जून २०२४ रोजी आंतरराष्ट्रीय योग दिनानिमित्त सर्वांनी सकाळी ६.४५ वाजता महाविद्यालयाच्या स्टेज समोर एकत्र यायचे आहे या वेळी योग प्रात्यक्षिके घेण्यात येणार असल्यामुळे येताना योग्य गणवेश ,योगा मॅट अथवा सतरंजी घेऊन येणे कार्यक्रम नेमून दिलेल्या वेळेतच होणार असल्यामुळे सर्वांनी वेळेत उपस्थित राहावे.

दिनांक:२० जून २०२४

Dhad

प्राचार्य,

राजर्षी छ. शाहू कॉलेज  
कोल्हापूर.

- |                          |                  |                      |                    |
|--------------------------|------------------|----------------------|--------------------|
| 1) Prof. Puntambekar B.S | <u>Bsp.</u>      | 21) Sam. Patil S.S   | <u>Sam. Patil</u>  |
| 2) Shedge S.D            | <u>Shedge</u>    | 22) Samkanna D.R     | <u>Samkanna</u>    |
| 3) Dr. Kishor Gaikwad    | <u>Gaikwad</u>   | 23) Inoj R.A         | <u>Inoj R.A</u>    |
| 4) Dr. Kurane T.S        | <u>Bush</u>      | 24) Patil Sneha      | <u>Patil</u>       |
| 5) Dr. Lawargare G.M.    | <u>Lawargare</u> | 25) Smt. Chavan L.B  | <u>Chavan</u>      |
| 6) Dr. Pawar S.P.        | <u>Pawar</u>     | 26) Chughbe. V.H     | <u>Chughbe</u>     |
| 7) Samkpal N.V.          | <u>Samkpal</u>   | 27) Sou Patil M.D    | <u>Patil</u>       |
| 8) Dr. S.S. Larkar       | <u>Larkar</u>    | 28) Chouhan R        | <u>Chouhan</u>     |
| 9) Smt. R.A. Yadav       | <u>Yadav</u>     | 29) Ramesankpal R.S. | <u>Ramesankpal</u> |
| 10) Namrata S. Yadav     | <u>Namrata</u>   | 30) Patil A.S.       | <u>Patil</u>       |
| 11) Ulape A.P.           | <u>Ulape</u>     | 31) Kable P.H.       | <u>Kable</u>       |
| 12) Mulani S.P.          | <u>Mulani</u>    | 32) Patil A.S.       | <u>Patil</u>       |
| 13) Shah S.S.            | <u>Shah</u>      | 33) Sou. Kambale J.A | <u>Kambale</u>     |
| 14) Himemath S.R.        | <u>Himemath</u>  | 34) Shinde V.B       | <u>Shinde</u>      |
| 15) Shaikh Z.T           | <u>Shaikh</u>    | 35) Kambale A.S      | <u>Kambale</u>     |
| 16) Basul P.P.           | <u>Basul</u>     | 36) Dr. Desai M.B    | <u>Desai</u>       |
| 17) Kushnar F.S          | <u>Kushnar</u>   | 37) Dr. Randive M.T  | <u>Randive</u>     |
| 18) Dr. R.C. Polio       | <u>Polio</u>     | 38) Dr. N.A. Desai   | <u>N.A. Desai</u>  |
| 19) Bnsi- Varkar Y.B.    | <u>Varkar</u>    | 39) Patil A.T        | <u>Patil</u>       |
| 20) Kadam S.M            | <u>Kadam</u>     |                      |                    |

- 1) A.B. Kambale Kambale
- 2) A.B. Nandgave Nandgave
- 3) Yashwantrao V.A. - Yashwantrao
- 4) J.D.C. P.A. - J.D.C.
- 5) ~~Yashwantrao S.J.~~ Yashwantrao
- 6) M.D.N.D.B. - M.D.N.D.B.
- 7) ~~Yashwantrao A.B.~~ Yashwantrao
- 8) ~~Yashwantrao Wankar~~ Wankar
- 9) ~~Yashwantrao Patil A.H.~~ Patil
- 10) ~~Yashwantrao Patil K.R.~~ Patil
- 11) ~~Yashwantrao Sitar S.N.~~ Sitar
- 12) ~~Yashwantrao Mulla K.M.~~ Mulla
- 13) ~~Yashwantrao Yadav S.T.~~ Yadav
- 14) ~~Yashwantrao Shinde B.M.~~ Shinde
- 15) ~~Yashwantrao Thosar P.M.~~ Thosar
- 16) ~~Yashwantrao Patil S.A.~~ Patil
- 17) ~~Yashwantrao Jadhav S.L.~~ Jadhav
- 18) ~~Yashwantrao Shirale N.R.~~ Shirale
- 19) ~~Yashwantrao Timar m.T.~~ Timar
- 20) ~~Yashwantrao Khole S.C.~~ Khole
- 21) ~~Yashwantrao Malvankar D.A.~~ Malvankar
- 22) ~~Yashwantrao Vidya D. More.~~ More
- 23) ~~Yashwantrao P.S. Chughale S.N.~~ Chughale
- 24) ~~Yashwantrao D.S.D. Shaikh S.M.~~ Shaikh
- 25) ~~Yashwantrao Malvi S.S. Amate~~ Malvi
- 26) ~~Yashwantrao Ghatge Shivani Bajirao Ghatge~~ Ghatge
- 27) ~~Yashwantrao Salokhe P.P.~~ Salokhe