

**RAJARSHI CHHATRAPATI SHAHU COLLEGE,
KOLHAPUR**

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Date-17-06-2025

Notice

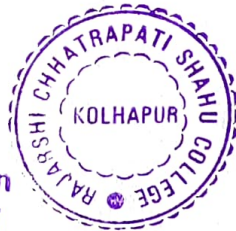
All the students of the college are hereby informed that, the department of physical education & sports is organizing the International Yoga Day. All students should be present for this activity.

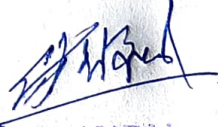
Date -21/06/2025

Time - 07.45 AM

Place – New Budling, Main Hall, R. C. Shahu College, Kolhapur


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




VC PRINCIPAL
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 11th International Yoga Day on 21st 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 yogic

Beneficiaries

135



Demonstration of Vrukshasana- Hon. Guest & Hon. Principal



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



Participants performing Vrukshasana



Participants performing Pranayama

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



I/C PRINCIPAL
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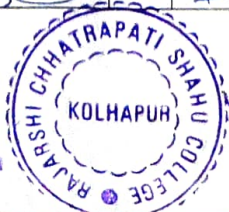
RAYAT SHIKSHAN SANSTHA'S
RAJARSHI CHHATRAPATI SHAHU COLLEGE,
KOLHAPUR

Event Name – INTERNATIONAL YOGA DAY

DATE- 21/06/2025

S.N.	Name	signature	S.N.	Name	signature
1	Vaibhavi R. Jadhav	V.R. Jadhav	28	Maithili Manohar Nalawade	Madhukar
2	Khushnuma M. Momin	K.M. Momin	29	Poachi Tanaji Mohete	Poachi
3	Pratiksha B. Phelke	Pratiksha	30	Anjali Devendra Mane	Anjali
4	Shruti D. Potale	Shruti	31	Snehal Kiran Gaikwad	Snehal
5	Afiya M. Gadkari	A.M.G.	32	Mayuri Sachin Patil	M.S.P.
6	Mahesh Mubarak Shaikh	Mahesh	33	Suhana Rafik Shaikh	S.R. Shaikh
7	Janhavi Ganesh Kamble	Janhavi	34	Rasika Balasaheb Kamble	R.B.K.
8	Neha Sushil Rasal	N.S. Rasal	35	Shravani Ganesh Ambure	Ambure
9	Amruta Narayan Powar	A.N. Powar	36	Nikita Him Kamble	Nikita
10	Siddhi Raju more	S.R. more	37	Samiksha S. Chavan	Samiksha
11	Megha Subhash Pujari	M.Pujari	38	Farhad . S. Sayyad	Farhad
12	Vikas D. Sheluke	V.D.	39	Anjali . S. Gejage	Anjali
13	Joya Shabbir Torgal	J.Torgal	40	Anisha. V. Ghosalkar	Anisha
14	Ayesha Jafar Alase	A.Jafar	41	Sakshi . S. Talwar	Sakshi
15	Naushina Irfan Samadani	N.Irfan	42	Mahim F. Sadalge	Mahim
16	Khansa Sadik Maner	K.Sadik	43	Rajncindini . S. Londhe.	R.S. Londhe
17	Fatima Alfaiz Shindi	Fatima	44	Ishwar Vitthal Kamble	Ishwar
18	Vaijyanti Shahaji Karade	V.Karade	45	Snehal Sunil Shinde	Snehal
19	Tobix Sadik galadje	T.Galadje	46	Sanika Randheer Power	Sanika
20	Anjali . d. mane	Anjali	47	Sneha Kiran Khat	Sneha
21	lavanya . J. Kanganekar	L.Kanganekar	48	Toupti Prakash Khat	Toupti
22	Naj Rafik Mulli	N.Mulli	49	Fatima Akhtar Sayyad	Fatima
23	Raisa . R. Naikwadi	R.R.N.	50	Dotej Madhukar Kapse	Dotej
24	Rubina . R. Attar	Rubina	51	Vishal Sambhaji Garud	V.Garud
25	Saba aslam Mujawar	Saba	52	Areen Isak Mulani	Areen
26	Rasika Santosh Chougale	R.S.C.	53	Mustafa Shiroj Mullani	Mustafa
27	Shraddha sagar Khavre	Shraddha	54	Devraj . K. Khat	Devraj

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



Principal
R.C. SHAHU COLLEGE
KOLHAPUR

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S.N.	Name	signature	S.N.	Name	signature
1	Nandini R. Pujari		28	Satej Madhukar Kapse	
2	Narmadate N. Sawant		29	Mansi Anilkumar Prajapati	
3	Vaishnavi V. Jendharkar		30	Archi D. Chandane	
4	Sanjana J. Karmare		31	Akshata Vishwas Jogale	
5	Samruddhi Dilip Patil		32	Shrawani Mane	
6	Swamali Nagaji Jadhav		33	Shrawani M. Karmare	
7	Vitthal D. Kasture		34	Vaishnavi D. Karmare	
8	Ayush S. Patil		35	Gauri V. Kshirsagar	
9	Nilesh R Patil		36	Parvati V. Kamble	
10	Sanket S Patil		37	Torupti D. Vanva	
11	Vahid D. Mukadam		38	Priyada K. Kamble	
12	Adarsh A. Khot		39	Pratiksha Kamble	
13	Swalekh f. Patharwat		40	Dipali Khondal	
14	Anjali D. Kamble		41	Mrunali Devane	
15	Shloka P. Chougule		42	Durga Gupta	
16	Shrawani A. Kotmire		43	Sangita Shah	
17	Sadiya S. Madam		44	Swamali Jadhav	
18	Pranav K. Sankar		45	Samruddhi Patil	
19	Yash B. Power		46	Pooja D. Katrat	
20	Suhas D. Shendage		47	Supriya S. Bansode	
21	Sahil R. Mahval		48	Sanjana A. Patil	
22	Tanmay V. Power		49	Prati K. Patil	
23	Atharv R. Humbe		50	Tasmiya A. Shekhar	
24	Ritesh R. Mandpale		51	Aaiyasha Bagvan	
25	Devraj K. Khot		52	Khadiga shakke	
26	Mustafa M. Mullani		53	Mansi veer	
27	Vishal Sambhaji Gavad		54	Anan J. Shikalgarr	

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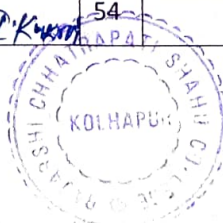
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1	Naina L. Bhosale	N.Bhosale	28		
2	Payal D. Vanmore	P.D.V.	29		
3	Shruti S. Shinde	S.S.	30		
4	Bhakti G. Patil	B.G.P.	31		
5	Samrudhi P. Ghoshale	S.P.G.	32		
6	Arati M. Patil	A.M.P.	33		
7	Tejshini P. Satpute	T.P.S.	34		
8	Swarnil A. Chougale	S.A.C.	35		
9	Aditya S. Pawar	A.S.P.	36		
10	Shubham R. R. R.	S.R.R.	37		
11	Kaladiga R. N. N.	K.N.N.	38		
12	Tiya S. Khat	T.S.K.	39		
13	Rupali A. Kolarke	R.A.K.	40		
14	Akshata M. Sonde	A.M.S.	41		
15	Sunil A. Kambale	S.A.K.	42		
16	Tejshini Kambale	T.K.	43		
17	Disksa D. Pawar	D.D.P.	44		
18	Prabodhan T. T.	P.T.	45		
19	Omkar Patil	O.P.	46		
20	Mayur M. Jadhav	M.M.J.	47		
21	Ankita S. S.	A.S.	48		
22	Ranveer Jadhav	R.J.	49		
23	Satyajeet Patil	S.P.	50		
24	Rajzatra Gaykward	R.G.	51		
25	Adhik Patole	A.P.	52		
26	Dr. V. P. Nangare	V.P.N.	53		
27	Darshan D. Kuchkornai	D.D.K.	54		

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