



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur



Department of Physical Education

□ Report of the Seminar □

Class: B. A. -III

Subject: Yoga and Health

Topic of Seminar: Yoga and Sports Performance

Department of Physical education organized students' seminar on the topic 'Yoga and Sports Performance' on 21st March, 2025. Students of B. A. Part -III actively participated in the seminar. Students studied the topic and gave presentations on effect of yogic practices on performance of various sports disciplines. After presentation of one student the discussion was held. Head of the department Dr. G. M. Lawangare and faculty Ms. S. R. Majagaonkar guided students for the seminar.

Teaching-Learning method

Participative Learning

Outcomes

- Students understood the topic very well.
- Creates self-confidence among students.

No. Beneficiaries

10

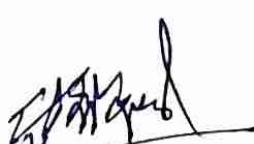


Students presenting their topics


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.




VC PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR



**Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education**

STUDENT'S SEMINAR

Attendance of Students

Class: B. A. Part-III **Subject: Yoga and Health**
Topic: Yoga and Sports Performance **Date: 21/03/2025**

Sr. No.	Name of the Student	Signature
1	Sechin Gulab olekar	<u>Sechin</u>
2	Parvin Babasa Waghrmode	<u>Parvin</u>
3.	viraj sunil Mahadik.	<u>viraj</u>
4.	Sankey Sudhir lethavare	S.S.K.
5.	Suraj Rajendra Kawade	<u>Suraj</u>
6.	Sourabh Sanjay Bhopale	<u>Sourabh</u>
7	Mindkshi Nagappa Kuchkorav	<u>M.N.Kuchkorav</u>
8)	Ajush Mansuri Rajicr	<u>Ajush</u>
9)	Tejas Dagadu Khondal	<u>Tejas</u>
10)	Sourabh Hemmant Nagtile	<u>Sourabh</u>



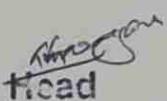
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NOTICE

Date: 17/03/2025

All the students of B. A. Part-III are hereby informed that the student seminar is arranged on 21/03/2025 at 9.15 onwards in the department. The topic for seminar is 'Yoga and Sports Performance'. Students should prepare related topics and give their presentations for seminar.


Head
Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.