



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

Signature
Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur.



Signature
I/C PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR

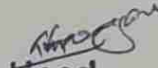


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NOTICE

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.