



Rayat Shikshan Sanstha's



**Rajarshi Chhatrapati Shahu College, Kolhapur**  
**Department of Physical Education**



**Academic Year (2024-25)**

**Skill Based Course**  
**in**

**Yoga and**  
**Meditation**



Rayat Shikshan Sanstha's

**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](mailto: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.





Rayat Shikshan Sanstha's

**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. Iyengar (2006).Yog Dipika, Orient Longman Ltd., Mumbai.
- B. K. S. Iyengar (2005). Arogya Yoga. Rohan Prakashan, Pune.
- Geeta Iyengar (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. Iyengar (2004). YogaChandan, Yog Prakashan, Pune.
- B. K. S. Iyengar (2005). Light on Yoga, Harper Collins, India.

  
**Dr. G. M. Lawangare**

Course Coordinator

**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



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



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

**Skill Based Course**

**Yoga and Meditation**

Academic Year (2024-25)

## **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 %	O (Outstanding)

  
Dr. G.M. Lawangare

Course Coordinator  
Head



  
I/C Principal,

Rajarshi Chh. Shahu College  
Kolhapur.

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

**Skill Based Course**

**Yoga and Meditation**

Academic Year (2024-25)

**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.



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



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

**Skill Based Course**

**Yoga and Meditation**

Academic Year (2024-25)

**Teaching Plan**



Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
1	10/01/2025	Yoga: Meaning, concept and origin	Theory	Ms. S. R. Majagaonkar
2	11/01/2025	Eight paths of Yoga ( <i>Ashtangamarg</i> of yoga)- <i>Yama, Niyam</i>	Theory	Ms. S. R. Majagaonkar
3	13/01/2025	Eight paths of Yoga- <i>Asana, Pranayam</i>	Theory	Ms. S. R. Majagaonkar
4	15/01/2025	Eight paths of Yoga- <i>Pratyahar, Dharana</i>	Theory	Ms. S. R. Majagaonkar
5	17/01/2025	Eight paths of Yoga- <i>Dhyan, Samadhi</i>	Theory	Ms. S. R. Majagaonkar
6	18/01/2025	Kinds of Yoga – Raj Yoga, Hath Yoga	Theory	Ms. S. R. Majagaonkar
7	20/01/2025	Effect of Yoga on Muscular System and Skeletal system	Theory	Ms. S. R. Majagaonkar
8	22/01/2025	Preparatory exercises before performing <i>Asanasand Pranayama</i>	Practical	Ms. S. R. Majagaonkar
9	24/01/2025	Effect of Yoga on Nervous system and respiratory system	Theory	Ms. S. R. Majagaonkar
10	25/01/2025	Effect of Yoga on circulatory system and digestive system	Theory	Ms. S. R. Majagaonkar
11	27/01/2025	<i>Suryanamaskar</i> - Concept, benefits, <i>asanas</i>	Theory	Ms. S. R. Majagaonkar
12	29/01/2025	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
13	31/01/2025	<i>Yogasanas</i> : Do's and Don'ts	Theory	Ms. S. R. Majagaonkar
14	01/02/2025	Types of <i>Yogasanas</i> : Types according to posture and benefits	Theory	Ms. S. R. Majagaonkar
15	03/02/2025	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
16	05/02/2025	Benefits of <i>asanas</i> in sitting, standing and lying position	Theory	Ms. S. R. Majagaonkar
17	07/02/2025	<i>Padmasana, Virasana, Vajrasana</i>	Practical	Ms. S. R. Majagaonkar
18	08/02/2025	Designing <i>Yogasana</i> program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar



Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
19	10/02/2025	Marichyasana, Baddhakonasana, Dandasana, Parshvakonasana, paschimottanasana,	Practical	Ms. S. R. Majagaonkar
20	12/02/2025	Basics of <i>Yogasana</i> 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, UthhitTrikonasana,	Practical	Ms. S. R. Majagaonkar
23	17/02/2025	Ardhachakrasana, Virbhadrasana, Dhanurasana,	Practical	Ms. S. R. Majagaonkar
24	21/02/2025	Noukasana, Ushtrasana, Halasana, Sarvangasana	Practical	Ms. S. R. Majagaonkar
25	22/02/2025	Halasana, Sarvangasana, Shirshasana,	Practical	Ms. S. R. Majagaonkar
26	24/02/2025	Shavasana, Bhujangasana, Setubandhasana, Padangustasana.	Practical	Ms. S. R. Majagaonkar
27	26/02/2025	Makarasana, Adhomukhswanasana, Chakrasana	Practical	Ms. S. R. Majagaonkar
28	28/02/2025	Meaning and types of <i>Pranayamas</i> , Preparatory phase of <i>Pranayama</i> , Do's and Don'ts of <i>Pranayama</i>	Theory	Ms. S. R. Majagaonkar
29	01/03/2025	<i>Pranayamas</i> : Anulom Vilom, Ujjayi,	Practical	Dr. G. M. Lawangare
30	03/03/2025	<i>Pranayamas</i> : Kapalbhathi, Shitali, Shitkari	Practical	Dr. G. M. Lawangare
31	05/03/2025	<i>Pranayamas</i> : Bhastrika, Bramari	Practical	Dr. G. M. Lawangare
32	07/03/2025	Designing <i>Pranayama</i> program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
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	<i>ShuddhiKriya</i> Meaning, Importance	Theory	Dr. G. M. Lawangare
37	17/03/2025	<i>ShddhiKriya</i> : Dhouti, Nouli	Theory	Dr. G. M. Lawangare
38	19/03/2025	<i>ShddhiKriya</i> : Neti	Theory	Dr. G. M. Lawangare
39	21/03/2025	<i>ShddhiKriya</i> : Vaman Basti	Theory	Dr. G. M. Lawangare
40	22/03/2025	<i>ShddhiKriya</i> : Kapalbhathi	Theory	Dr. G. M. Lawangare

Dr. G. M. Lawangare

Course Coordinator  
Head

Department of Physical Education

Rajarshi Chhatrapati Shahu College, Kolhapur.



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





Rayat Shikshan Sanstha's

**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. A.-II	300.00	6662
2.	Bhosale Rajnandini Vijay	B. A.-II	300.00	6663
3.	Harchirkar Shafa Javed	B. A.-II	300.00	6664
4.	Kamat Surekha Rangrao	B. A.-II	300.00	6665
5.	Kamble Akash Kakaso	B. A.-II	300.00	6666
6.	Katrat Nikhil Gangaram	B. A.-II	300.00	6667
7.	Suryawanshi Divya Amit	B. A.-II	300.00	6668
8.	Waghmode Jayaram Bhagoji	B. A.-II	300.00	6669
9.	Sinh Khem Meghraj	B. A.-III	300.00	6670
10.	Dudhale Sudip Sarjerao	B. A.-III	300.00	6671
11.	Aiwale Varun Subhash	B. A.-III	300.00	6672
<b>Total</b>			<b>3300.00</b>	<b>—</b>

  
Dr. G. M. Lawangare

Course Coordinator

**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



  
I/C Principal,  
Rajarshi Chh. Shahu Coll:  
Kolhapur.



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

**Skill Based Course**


**Yoga and Meditation**

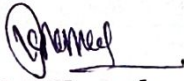
**Income and Expenditure Statement**

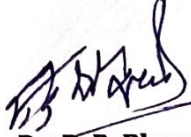
**Academic Year (2024-25)**

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



  
**Dr. G. M. Lawangare**  
Course Co-ordinator

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

  
**Dr. D. R. Bhosale**  
H/O PRINCIPAL, KOP.  
R.C. SHAHU COLLEGE,  
KOLHAPUR

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



**Rayat Shikshan Sanstha's**  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
 Department of Physical Education  
 Skill Based Course  
**Yoga and Meditation**

**Attendance Sheet (2024-25)**

Sr. No.	Name of the Students	10/01/2025	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
1	Bhosale Girish David	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
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.	R.V.B.	R.V.B.	R.V.B.
3	Harchirkar Shafa Javed	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	Ab	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>
4	Kamat Surekha Rangrao	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	Ab	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Kamble Akash Kakaso	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Katrat Nikhil Gangaram	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.
7	Suryawanshi Divya Amit	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	Waghmode Jayaram Bhagoji	<i>[Signature]</i>	<i>[Signature]</i>	Ab	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Sinh Khem Meghraj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	Ab	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Dudhale Sudip Sarjerao	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Aiwale Varun Subhash	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	Ab	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>

Name & Signature of Teacher: ..smt. S. R. Majgaonkar *[Signature]*





Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

Skill Based Course

**Yoga and Meditation**

Attendance Sheet (2024-25)

Sr. No.	Name of the Students	27/01/2025	29/01/2025	31/01/2025	01/02/2025	03/02/2025	05/02/2025	07/02/2025	08/02/2025	10/02/2025	12/02/2025
1	Bhosale Girish David	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Bhosale Rajnandini Vijay	R.V.B.	R.V.B.	R.V.B.	AB	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.
3	Harchirkar Shafa Javed	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>
4	Kamat Surekha Rangrao	सुरे कामत	सुरे कामत	सुरे कामत	सुरे कामत	सुरे कामत	सुरे कामत	सुरे कामत	AB	सुरे कामत	सुरे कामत
5	Kamble Akash Kakaso	AB	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Katrat Nikhil Gangaram	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	AB	N.G.K.	N.G.K.	N.G.K.
7	Suryawanshi Divya Amit	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	AB	<i>[Signature]</i>	<i>[Signature]</i>
8	Waghmode Jayaram Bhagoji	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Sinh Khem Meghraj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Dudhale Sudip Sarjerao	AB	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip
11	Aiwale Varun Subhash	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>

Name & Signature of Teacher: Smt. S. R. Majgaonkar *[Signature]*





Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
 Department of Physical Education  
 Skill Based Course  
**Yoga and Meditation**

**Attendance Sheet (2024-25)**

Sr. No.	Name of the Students	14/02/2025	15/02/2025	17/02/2025	21/02/2025	22/02/2025	24/02/2025	26/02/2025	28/02/2025	01/03/2025	03/03/2025
1	Bhosale Girish David	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	AB	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Bhosale Rajnandini Vijay	R.V.B.	AB	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.	R.V.B.
3	Harchirkar Shafa Javed	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>	<del><i>[Signature]</i></del>
4	Kamat Surekha Rangrao	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	AB	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Kamble Akash Kakaso	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Katrat Nikhil Gangaram	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	AB
7	Suryawanshi Divya Amit	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	Waghmode Jayaram Bhagoji	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Sinh Khem Meghraj	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Dudhale Sudip Sarjerao	Sudip	Sudip	AB	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip	Sudip
11	Aiwale Varun Subhash	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>


Name & Signature of Teacher: *Smt. S. A. Majagaonkar* *[Signature]*






**Rayat Shikshan Sanstha's**  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
 Department of Physical Education  
 Skill Based Course  
**Yoga and Meditation**  
**Attendance Sheet (2024-25)**

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	22/3/2025
1	Bhosale Girish David	<del>Yoshale</del>	<del>Yoshale</del>	<del>Yoshale</del>	<del>Yoshale</del>	<del>Yoshale</del>	AB	<del>Yoshale</del>	<del>Yoshale</del>	<del>Yoshale</del>	<del>Yoshale</del>
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	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>	<del>Shafa</del>
4	Kamat Surekha Rangrao	सु.रे.कमत	AB	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत	सु.रे.कमत
5	Kamble Akash Kakaso	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>	<del>Shankle</del>
6	Katrat Nikhil Gangaram	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.	N.G.K.
7	Suryawanshi Divya Amit	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>	<del>Divya</del>
8	Waghmode Jayaram Bhagoji	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram	Jayaram
9	Sinh Khem Meghraj	Khem	Khem	AB	Khem	Khem	Khem	Khem	Khem	Khem	Khem
10	Dudhale Sudip Sarjerao	Sudip	Sudip	Sudip	Sudip	Sudip	AB	Sudip	Sudip	Sudip	Sudip
11	Aiwale Varun Subhash	<del>Varun</del>	<del>Varun</del>	AB	<del>Varun</del>	<del>Varun</del>	<del>Varun</del>	<del>Varun</del>	<del>Varun</del>	<del>Varun</del>	<del>Varun</del>

Name & Signature of Teacher: Smt. S.R. Magarajwar 

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



  
 I/C Principal,  
 Rajarshi Chh. Shahu College,  
 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  
राजर्षी छत्रपती शाहू कॉलेज, कोल्हापूर.



Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**

Department of Physical Education

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	
2.	Bhosale Rajnandini Vijay	R.V.B.
3.	Harchirkar Shafa Javed	
4.	Kamat Surekha Rangrao	शु. श. कामत.
5.	Kamble Akash Kakaso	
6.	Katrat Nikhil Gangaram	N.G.K.
7.	Suryawanshi Divya Amit	
8.	Waghamode Jayaram Bhagoji	
9.	Sinh Khem Meghraj	
10.	Dudhale Sudip Sarjerao	
11.	Aiwale Varun Subhash	

Dr. G.M. Lawangare

Course Coordinator

Head

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



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



Rayat Shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
Department of Physical Education  
Skill Based Course in Yoga and Meditation (2024-25)  
Examination-Dec.-2023

Day and Date: Tuesday, 01/04/2025

Time: 60 min.

Name of the Student: \_\_\_\_\_

Total Marks: 40

Marks Obtained: \_\_\_\_\_

प्रश्न १. योग्य पर्याय निवडून वाक्य पूर्ण करा.

(१०)

१. -----म्हणजे शुद्धी.  
अ. तापस                      ब. शौच    क. संतोष                      ड. ईश्वरप्रणिधान
२. प्राणायामामुळे -----कार्यक्षम बनतात.  
अ. हृदय                      ब. रक्तवाहिन्या                      क. फुफ्फुसे                      ड. मज्जासंस्था
३. खालील पैकी ----- हे आसन विश्रान्तिकारक आहे.  
अ. वज्रासन                      ब. शीर्षासन                      क. शवासन                      ड. पद्मासन
४. योगामध्ये उजव्या नाकपुडीला..... नाडी म्हणतात.  
अ. पिंगला                      ब. इडा                      क. चंद्र                      ड. सुना
- ५.-----मुनीनी अष्टांग मार्ग सांगितला आहे.  
अ. अय्यंगार                      ब. कैवल्य                      क. पातंजल                      ड. व्यास

प्रश्न २. योग्य जोड्या जुळवा

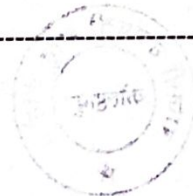
(१०)

अ गट	उत्तरे	ब गट
१. यम		अ. चित्त एका गोष्टीवर धरून ठेवणे
२. ब्रम्हचर्य		आ. चोरी न करणे
३. धारणा		इ. इंद्रिये आपल्या विषयाशी चिकटून न जाणे
४. अस्तेय		ई. मनोनिग्रह
५. प्रत्याहार		उ. नैतिक व सामाजिक आचरणाची बंधने

प्रश्न ३. एका वाक्यात उत्तरे लिहा.

(१०)

१. कोणत्याही ध्यानात्मक आसनांची नावे लिहा.



२. प्राणायामाचे कोणतेही दोन प्रकार लिहा.

.....  
.....

३. कोणत्याही दोन मुद्रांची नावे लिहा.

.....  
.....

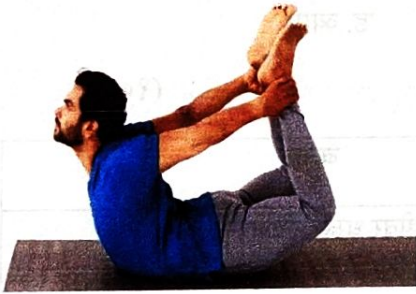
४. यमाचे पाच सिद्धांत कोणते ?

.....  
.....

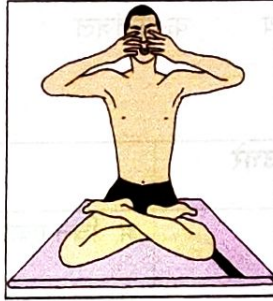
५. योग म्हणजे काय ?

.....  
.....

प्रश्न ४ . खाली दिलेले चित्र पाहून त्याखाली त्या चित्रातील आसनाचे/ मुद्राचे नाव लिहा. (१०)



.....



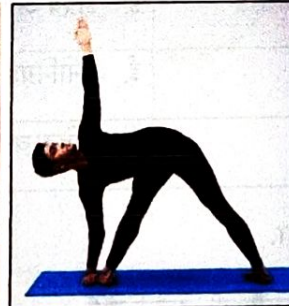
.....



.....



.....



.....





Rayat Shikshan Sanstha's

**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	A+
2.	Bhosale Rajnandini Vijay	30	50	80	A+
3.	Harchirkar Shafa Javed	35	50	85	A+
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	34	56	90	O
8.	Waghamode Jayaram Bhagoji	32	52	84	A+
9.	Sinh Khem Meghraj	34	52	86	A+
10.	Dudhale Sudip Sarjerao	32	50	82	A+
11.	Aiwale Varun Subhash	34	52	86	A+

  
Dr. G. M. Lawangare

Course Coordinator

**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.





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



Rayat Shikshan Sanstha's

**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	
2.	Bhosale Rajnandini Vijay	R.V.B.
3.	Harchirkar Shafa Javed	
4.	Kamat Surekha Rangrao	सु.श.कामत
5.	Kamble Akash Kakaso	
6.	Katrat Nikhil Gangaram	N-Gick
7.	Suryawanshi Divya Amit	
8.	Waghamode Jayaram Bhagoji	
9.	Sinh Khem Meghraj	
10.	Dudhale Sudip Sarjerao	Sudip
11.	Aiwale Varun Subhash	

Dr. G.M. Lawangare

Course Coordinator

**Head**

Department of Physical Education  
Rajarshi Chhatrapati Shahu College, Kolhapur.



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



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

## Notice

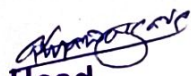
**Date: 16/01/2025**

A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 20<sup>th</sup> 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 20<sup>th</sup> 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



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



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

## Notice

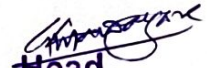
**Date: 01/01/2025**

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

**Duration of the Course: 3 Months**

**Course Fees: Rs. 300/-**



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



Rayat Shikshan Sanstha's  
**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



Rayat Shikshan Sanstha's

**Rajarshi Chhatrapati Shahu College, Kolhapur**

**Department of Physical Education**

**Skill Based Course in Yoga and Meditation**

Academic Year (2024-25)

### Report

Department of Physical Education has runs Skill based course in Yoga and Meditation since 2021-22 with the purpose to prepare students physically and mentally sound and to teach students life skills. The course syllabus includes theory and practical sessions. Through this course students acquired techniques to perform yogic postures, breathing pattern, and learnt stress relieving techniques. The course is open for all faculty students. The duration of the said course is 3 months (40 hours). The course is self-aided. In the academic year 2024-25 course was started on 20<sup>th</sup> Jan. 2025. There were 11 students of Arts faculty has successfully completed the course. After completion of the course; theory and practical examination was conducted.

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.



Students performing Dhanurasana



Meditating Students

  
Dr. G. M. Lawangare  
Course Co-ordinator



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