



Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education

Academic Year (2022-23)

Skill Based Course
in
Yoga and
Meditation



Rayat Shikshan Sanstha's
Rajarshi Chhatrapati Shahu College, Kolhapur
Department of Physical Education
Academic Year (2022-23)



Name of the Course: Yoga and Meditaion

Department: Department of Physical Education

Course Implementation Year: 2021-22

Course Coordinator:

Name of Co-ordinator : Mr. G. M. Lawangare

Designation : Assistant 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

Duration : 40 Hours (3 months- Four days in a week)

No. of batches : 01

Intake capacity of batch : 20

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 (2022-23)

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 (20 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* (5)

- Meaning and types of *Pranayamas*.
- Frequency, intensity and duration
- Preparatory phase
- *Bandhas, mudras and Shuddhi kriyas*

PRACTICAL (20 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.


Course Coordinator




Principal,
Rajarshi Chh. Shahu College
Kolhapur.



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Skill Based Course
Yoga and Meditation

Academic Year (2022-23)

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 including 20 marks of objective questions.	
Fill in the Blanks	(5 marks)
Match the Pair	(5 marks)
Answer in one sentence	(10 marks)
Write Benefits of Asanas/ Pranayamas (Any 3)	(15 marks)
Write the names of posture given in picture	(5 marks)
❖ 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)


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Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 20/01/2023

All the students are hereby informed that, a skill based short term course on 'Yoga and Meditation' is being started in the second semester through the Department of Physical Education. Students who want to take admission for the said skill based short term course should give their names to Smt. Savita Majagaonkar by 4th February 2023.

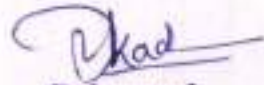
Duration of the Course: 3 Months

Course Fees: Rs. 300/-


Head

Department of Physical Education
Rajarshi Chhatrapati Shahu College, Kolhapur





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 (2022-23)

Sr. No.	Name of the Students	Contact No.	Signature
1	Dipankar Aniket Machhindra	8080076351	<u>AmDipankar</u>
2	Kothawale Sanket Sudhir	9637192105	<u>S.S.S.</u>
3	Nadaf Sabrin Rafik	7058094818	<u>Sabreen</u>
4	Burud Gayatri Ananda	9172713290	<u>G.A. Burud</u>
5	Kamble Utkarsha Shrikant	9529784286	<u>U.S. Kamble.</u>
6	Yadav Vidya Manikrao	7057771626	<u>Yadav</u>
7	Patil Yash Vijay	7387791695	<u>Yash-VJ</u>
8	Patil Shital Namdev	8623018727	<u>Patil</u>
9	Salokhe Sanika Anil	9890198330	<u>SAS</u>
10	Bhosale Girija David	7499186798	<u>Bhosale</u>
11	Khondal Savita Dhuru	9156528990	<u>Khondal</u>
12	Satpute Salomi Chandrakant	9372470274	<u>S.C. Satpute</u>
13	Sarikar Priti Anil	8055116504	<u>Pasikar</u>
14	Kambale Asmita Ganesh	8180872849	<u>Askambale</u>
15	Shelake Shivani Abaji	8669118080	<u>S.A. Shelake</u>
16	Shelake Karan Rajaram	7020204028	<u>K.R. Shelake</u>
17	Gavade Suyash Rajendra	7972550399	<u>Suyash</u>
18	Bavane Pooja Dashrath	9209091617	<u>Bavane</u>
19	Adulkar Pranali Sunil	7058615142	<u>P.S. Adulkar</u>
20	Khondal Sakshi Jaywant	7249135816	<u>S.S. Khondal</u>

Course Co-ordinator



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

Fee Details

Sr. No.	Name of the Students	Fee Paid	Receipt No.
1	Dipankar Aniket Machhindra	300/-	3152
2	Kothawale Sanket Sudhir	300/-	3153
3	Nadaf Sabrin Rafik	300/-	3154
4	Burud Gayatri Ananda	300/-	3155
5	Kamble Utkarsha Shreekant	300/-	3156
6	Yadav Vidya Manikrao	300/-	3157
7	Patil Yash Vijay	300/-	3158
8	Patil Shital Namdev	300/-	3159
9	Salokhe Sanika Anil	300/-	3160
10	Bhosale Girija David	300/-	3161
11	Khondal Savita Dhulu	300/-	3162
12	Satpute Salomi Chandrakant	300/-	3163
13	Sarikar Priti Anil	300/-	3164
14	Kambale Asmita Ganesh	300/-	3165
15	Shelake Shivani Abaji	300/-	3166
16	Shelake Karan Rajaram	300/-	3167
17	Gavade Suyash Rajendra	300/-	3168
18	Bavane Pooja Dashrath	300/-	3169
19	Adulkar Pranali Sunil	300/-	3170
20	Khondal Sakshi Jaywant	300/-	3171
	Total fees	6000/-	

Course Co-ordinator
Head

Department of Physical Education
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Principal,

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



Skill Based Course
Yoga and Meditation

Academic Year (2022-23)

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	11.00 am to 12.00 noon	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


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Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

Notice

Date: 06/02/2023

A skill based short term course on 'Yoga and Meditation' conducted by the Department of Physical Education is starting from 11th Feb. 2023. All the students who have enrolled for this course are hereby informed that, they should remain present at Department of Physical Education on 11th Feb. 2023 at sharp 11.00 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.





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 (2022-23)
Teaching Plan


Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
1	11/2/2023	Yoga: Meaning, concept and origin	Theory	Ms. S. R. Majagaonkar
2	13/2/2023	Eight paths of Yoga (<i>Ashtangamarg</i> of yoga)- <i>Yama, Niyam</i>	Theory	Ms. S. R. Majagaonkar
3	15/2/2023	Eight paths of Yoga- <i>Asana, Pranayam</i>	Theory	Ms. S. R. Majagaonkar
4	17/2/2023	Eight paths of Yoga- <i>Pratyahar, Dharana</i>	Theory	Ms. S. R. Majagaonkar
5	20/2/2023	Eight paths of Yoga- <i>Dhyan, Samadhi</i>	Theory	Ms. S. R. Majagaonkar
6	22/2/2023	Kinds of Yoga – Raj Yoga, Hath Yoga	Theory	Ms. S. R. Majagaonkar
7	24/2/2023	Effect of Yoga on Muscular System and Skeletal system	Theory	Ms. S. R. Majagaonkar
8	25/2/2023	Effect of Yoga on Nervous system and respiratory system	Theory	Ms. S. R. Majagaonkar
9	27/2/2023	Effect of Yoga on circulatory system and digestive system	Theory	Ms. S. R. Majagaonkar
10	1/3/2023	<i>Suryanamaskar</i> - Concept, benefits, <i>asanas</i>	Theory	Ms. S. R. Majagaonkar
11	3/3/2023	Preparatory exercises before performing <i>Asanas</i> and <i>Pranayama</i>	Practical	Ms. S. R. Majagaonkar
12	4/3/2023	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
13	6/3/2023	<i>Suryanamaskar</i>	Practical	Ms. S. R. Majagaonkar
14	8/3/2023	<i>Yogasanas</i> : Do's and Don'ts	Theory	Ms. S. R. Majagaonkar
15	10/3/2023	Types of <i>Yogasanas</i> : Types according to posture and benefits	Theory	Ms. S. R. Majagaonkar
16	11/3/2023	Benefits of <i>asanas</i> in sitting, standing and lying position	Theory	Ms. S. R. Majagaonkar
17	13/3/2023	Designing <i>Yogasana</i> program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
18	15/3/2023	Basics of <i>Yogasana</i> and breathing pattern	Theory	Ms. S. R. Majagaonkar
19	17/3/2023	<i>Padmasana, Virasana, Vajrasana</i>	Practical	Ms. S. R. Majagaonkar



Day	Date	Content	Theory/ Practical	Name of the trainer/ teacher
20	18/3/2023	Marichyasana, Baddhakonasana, Dandasana, Parshvakonasana, paschimottanasana,	Practical	Ms. S. R. Majagaonkar
21	20/3/2023	Tadasana, Vrukshasana, Garudasana, Utthitpaschimottanasana	Practical	Ms. S. R. Majagaonkar
22	24/3/2023	Shalabhasana, Parvatasana, Trikonasana, UtthitTrikonasana,	Practical	Ms. S. R. Majagaonkar
23	25/3/2023	Ardhachakrasana, Virbhadradasana, Dhanurasana,	Practical	Ms. S. R. Majagaonkar
24	27/3/2023	Noukasana, Ushtrasana, Halasana, Sarvangasana	Practical	Ms. S. R. Majagaonkar
25	29/3/2023	Halasana, Sarvangasana, Shirshasana,	Practical	Ms. S. R. Majagaonkar
26	31/3/2023	Shavasana, Bhujangasana, Setubandhasana, Padangustasana.	Practical	Ms. S. R. Majagaonkar
27	1/4/2023	Makarasana, Adhomukhswanasana, Chakrasana	Practical	Ms. S. R. Majagaonkar
28	3/4/2023	Meaning and types of Pranayamas, Preparatory phase of Pranayama, Do's and Don'ts of Pranayama	Theory	Ms. S. R. Majagaonkar
29	5/4/2023	Pranayamas: Anulom Vilom, Ujjayi,	Practical	Ms. S. R. Majagaonkar
30	8/4/2023	Pranayamas: Kapalbhati, Shitali, Shitkari	Practical	Ms. S. R. Majagaonkar
31	10/4/2023	Pranayamas: Bhastrika, Bramari	Practical	Ms. S. R. Majagaonkar
32	12/4/2023	Designing Pranayama program: Frequency, intensity and duration	Theory	Ms. S. R. Majagaonkar
33	15/4/2023	Bandhas	Theory	Mr. G. M. Lawangare
34	17/4/2023	Mudras	Theory	Mr. G. M. Lawangare
35	19/4/2023	Mudras	Practical	Mr. G. M. Lawangare
36	24/4/2023	ShuddhiKriya	Theory	Mr. G. M. Lawangare
37	26/4/2023	ShddhiKriya: Jaldhouti	Practical	Mr. G. M. Lawangare
38	28/4/2023	ShddhiKriya: Vastradhouti	Practical	Mr. G. M. Lawangare
39	29/4/2023	ShddhiKriya: Vastradhouti, Vaman	Practical	Mr. G. M. Lawangare
40	21/5/2023	ShddhiKriya: Vaman	Practical	Mr. G. M. Lawangare


Course Coordinator




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

Attendance Sheet (2022-23)

Sr. No.	Name of the Student	11/12/2023	13/12/2023	15/12/2023	17/12/2023	20/12/23	22/12/23	24/12/2023	25/12/23	27/12/23	18/1/2023
1	Dipankar Aniket Machindra	Ampipankar	Ampipankar	Ampipankar	A	Ampipankar	Ampipankar	A	Ampipankar	Ampipankar	Ampipankar
2	Kothawale Sanket Sudhir	S.S.K	S.S.K	A	S.S.K	S.S.K	S.S.K	S.S.K	A	S.S.K	S.S.K
3	Nadaf Sabrin Rafik	Jabner	Jabner	Jabner	Jabner	Jabner	A	Jabner	Jabner	Jabner	Jabner
4	Burud Gayatri Ananda	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud
5	Kamble Utkarsha Shreekant	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble
6	Yadav Vidya Manikrao	V.S.	V.S.	V.S.	V.S.	V.S.	V.S.	V.S.	V.S.	V.S.	V.S.
7	Patil Yash Vijay	J.S.	J.S.	J.S.	J.S.	J.S.	J.S.	J.S.	J.S.	J.S.	J.S.
8	Patil Shital Namdev	S.P.	S.P.	S.P.	S.P.	S.P.	S.P.	S.P.	S.P.	S.P.	S.P.
9	Salokhe Sanika Anil	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.	S.S.
10	Bhosale Girija David	A	A	A	A	A	A	A	A	A	A

Smt.

Name & Signature of Teacher: Smt. Savita R. Majaganekar




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 (2022-23)

Sr. No.	Name of the Student	11/2/2023	13/2/2023	15/2/2023	17/2/2023	20/2/2023	22/2/2023	24/2/2023	25/2/2023	27/2/2023	01/3/23
11	Khondal Savita Dhulu	Savita	A	A	S.K. Patil	S.K. Patil	S.K. Patil	S.K. Patil	S.K. Patil	A	S.K. Patil
12	Satpute Salomi Chandrakant	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	A	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute
13	Sarikar Priti Anil	Priti	Priti	Priti	Priti	Priti	Priti	Priti	Priti	Priti	Priti
14	Kambale Asmita Ganesh	Amita	Amita	Amita	Amita	Amita	Amita	Amita	Amita	Amita	Amita
15	Shelake Shivani Abaji	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	A	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake
16	Shelake Karan Rajaram	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.
17	Gavade Suyash Rajendra	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash
18	Bavane Pooja Dashrath	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
19	Adulkar Pranali Sunil	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar	P.S. Adulkar
20	Khondal Sakshi Jaywant	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.

Name & Signature of Teacher: Smt. Savita R. Majagaonkar 




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 (2022-23)

Sr. No.	Name of the Student	9/9/2023	4/9/2023	6/9/2023	8/9/2023	10/9/2023	11/9/2023	13/9/2023	15/9/2023	17/9/2023	18/9/2023
1	Dipankar Aniket Machhindra	Ambipantbar	Ambipantbar	Ambipantbar	Ambipantbar	Ambipantbar	Ambipantbar	Ambipantbar	Ambipantbar	A	Ambipantbar
2	Kothawale Sanket Sudhir	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	A	S.S.H	S.S.H	S.S.H
3	Nadaf Sabrin Rafik	A	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen	Sabreen
4	Burud Gayatri Ananda	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud	G.A. Burud
5	Kamble Utkarsha Shreekant	U. S. Kamble	U. S. Kamble	U. S. Kamble	U. S. Kamble	A	A	A	U. S. Kamble	U. S. Kamble	U. S. Kamble
6	Yadav Vidya Manikrao	Vadav	Vadav	Vadav	Vadav	Vadav	Vadav	A	Vadav	Vadav	Vadav
7	Patil Yash Vijay	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
8	Patil Shital Namdev	Patil	Patil	Patil	Patil	Patil	Patil	A	Patil	Patil	Patil
9	Salokhe Sanika Anil	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe
10	Bhosale Girija David	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale

Name & Signature of Teacher: Smt. Savita R. Majaganekar *Smt.*



Savita R. Majaganekar
17/9/23
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 (2022-23)

Sr. No.	Name of the Student	3/10/2023	4/10/2023	6/10/2023	8/10/2023	10/10/2023	11/10/2023	13/10/2023	15/10/2023	17/10/2023	18/10/2023
11	Khondal Savita Dhulu	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat	S.K. Bhat
12	Satpute Salomi Chandrakant	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute
13	Sarikar Priti Anil	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar
14	Kambale Asmita Ganesh	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale
15	Shelake Shivani Abaji	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake
16	Shelake Karan Rajaram	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake	K.R. Shelake
17	Gavade Suyash Rajendra	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade
18	Bavane Pooja Dashrath	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane	B. Bavane
19	Adulkar Pranali Sunil	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar
20	Khondal Sakshi Jaywant	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal	S.K. Khondal



Name & Signature of Teacher: Smt. Savita R. Majagaonkar *Savita R. Majagaonkar*

Savita R. Majagaonkar
Head

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

Skill Based Course - Yoga and Meditation

Attendance Sheet (2022-23)

Sr. No.	Name of the Student	20/3/2023	21/3/2023	25/3/2023	27/3/2023	29/3/2023	31/3/2023	1/4/2023	3/4/2023	5/4/2023	8/4/2023
1	Dipankar Aniket Machhindra	Ambipantkar	Ambipantkar	Ambipantkar	Ambipantkar	Ambipantkar	A	Ambipantkar	Ambipantkar	Ambipantkar	Ambipantkar
2	Kothawale Sanket Sudhir	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H
3	Nadaf Sabrin Rafik	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar
4	Burud Gayatri Ananda	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud
5	Kamble Utkarsha Shreekant	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble	U.S. Kamble
6	Yadav Vidya Manikrao	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok	Vyasaok
7	Patil Yash Vijay	Yash V	Yash V	Yash V	Yash V	Yash V	Yash V	Yash V	Yash V	Yash V	Yash V
8	Patil Shital Namdev	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
9	Salokhe Sanika Anil	S	S	S	S	S	S	S	S	S	S
10	Bhosale Girija David	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale

Name & Signature of Teacher: Smt. Savita R. Majagsonkar *Savit*



Savit
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 (2022-23)

Sr. No.	Name of the Student	24/10/2023	25/10/2023	27/10/2023	29/10/2023	31/10/2023	14/11/2023	3/11/2023	5/11/2023	8/11/2023
11	Khondal Savita Dhulu	SK Nand	SK Nand	SK Nand	SK Nand	SK Nand	SK Nand	SK Nand	SK Nand	SK Nand
12	Satpute Salomi Chandrakant	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute	S. C. Satpute
13	Sarikar Priti Anil	Balikes	A	Fairvan	Fairvan	Fairvan	Fairvan	Fairvan	Fairvan	Fairvan
14	Kambale Asmita Ganesh	Katambale	Katambale	Katambale	Katambale	Katambale	Katambale	Katambale	Katambale	Katambale
15	Shelake Shivani Abaji	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake	S. A. Shelake
16	Shelake Karan Rajaram	KRS	A	KRS	KRS	KRS	KRS	KRS	KRS	KRS
17	Gavade Suyash Rajendra	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash	Suyash
18	Bavane Pooja Dashrath	Bavane	Bavane	Bavane	Bavane	Bavane	Bavane	Bavane	Bavane	Bavane
19	Adukar Pranali Sunil	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar	P. S. Adulkar
20	Khondal Sakshi Jaywant	S. J. K	S. T. K	S. T. K	S. T. K	S. T. K	S. T. K	S. T. K	S. T. K	S. J. K

Name & Signature of Teacher: Smt. Savita R. Majagaonkar 




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 (2022-23)

Sr. No.	Name of the Student	10/4/2023	12/4/2023	15/4/23	17/4/2023	19/4/2023	24/4/2023	26/4/2023	28/4/23	29/4/23	2/5/2023
1	Dipankar Aniket Machhindra	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar	Amolpantkar
2	Kothawale Sanket Sudhir	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H	S.S.H
3	Nadaf Sabrin Rafik	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar	Jabbar
4	Burud Gayatri Ananda	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud	G.A.Burud
5	Kamble Utkarsha Shreekant	U.S.Kamble	U.S.Kamble	A	U.S.Kamble	U.S.Kamble	U.S.Kamble	U.S.Kamble	U.S.Kamble	U.S.Kamble	U.S.Kamble
6	Yadav Vidya Manikrao	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi
7	Patil Yash Vijay	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi	Yashvi
8	Patil Shital Namdev	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
9	Salokhe Sanika Anil	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe	Salokhe
10	Bhosale Girija David	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale	Bhosale

Name & Signature of Teacher: Smt. Savita R. Majgaonkar 



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

Skill Based Course - Yoga and Meditation

Attendance Sheet (2022-23)

Sr. No.	Name of the Student	10/4/2023	12/4/2023	15/4/2023	17/4/2023	19/4/2023	24/4/2023	26/4/2023	28/4/23	29/4/23	21/5/23
11	Khondal Savita Dhulu	SJK	SJK	SJK	SJK	SJK	SJK	SJK	SJK	SJK	SJK
12	Satpute Salomi Chandrakant	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute	S.C. Satpute
13	Sarikar Priti Anil	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar	P. Sarikar
14	Kambale Asmita Ganesh	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale	A. Kambale
15	Shelake Shivani Abaji	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake	S.A. Shelake
16	Shelake Karan Rajaram	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.	K.R.S.
17	Gavade Suyash Rajendra	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade	S. Gavade
18	Bavane Pooja Dashrath	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane	P. Bavane
19	Adulkar Pranali Sunil	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar	P. Adulkar
20	Khondal Sakshi Jaywant	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.	S.J.K.

Name & Signature of Teacher: Smt. Savita R. Majagaonkar 




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

Result Sheet (2022-23)

Sr. No.	Name	Theory (40)	Practical (60)	Total (100)	Percentage	Grade
1	Dipankar Aniket Machhindra	32	42	74	74%	A
2	Kothawale Sanket Sudhir	34	44	78	78%	A
3	Nadaf Sabrin Rafik	38	57	95	95%	O
4	Burud Gayatri Ananda	38	55	93	93%	O
5	Kamble Utkarsha Shreekant	35	45	80	80%	A+
6	Yadav Vidya Manikrao	36	54	90	90%	O
7	Patil Yash Vijay	34	48	82	82%	A+
8	Patil Shital Namdev	38	58	96	96%	O
9	Salokhe Sanika Anil	36	55	91	91%	O
10	Bhosale Girija David	35	52	87	87%	A+
11	Khondal Savita Dhulu	38	58	96	96%	O
12	Satpute Salomi Chandrakant	36	52	88	88%	A+
13	Sarikar Priti Anil	38	57	95	95%	O
14	Kambale Asmita Ganesh	38	54	92	92%	O
15	Shelake Shivani Abaji	36	52	88	88%	A+
16	Shelake Karan Rajaram	32	40	72	72%	A
17	Gavade Suyash Rajendra	32	41	73	73%	A.
18	Bavane Pooja Dashrath	36	48	84	84%	A+
19	Adulkar Pranali Sunil	36	48	84	84%	A+
20	Khondal Sakshi Jaywant	36	48	84	84%	A+


Course Co-ordinator




Principal,
Rajarshi Chh. Shahu College,
Kolhapur.

"Education through self-help is our motto"-Karmaveer



Rayat Shikshan Sanstha's,

RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR.



NAAC Reaccredited 'A' Grade (with CGPA 3.07) 3rd Cycle

CERTIFICATE

This is to certify that, Shri/Smt. Yadav Vidya Manikrao
Mother's Name Sujata
Class B.A.-II of Rajarshi Chhatrapati Shahu College, Kolhapur
has successfully completed the Career Oriented/Certificate Course in Yoga and Meditation
organized by **Rajarshi Chhatrapati Shahu College, Kolhapur.**
Course organized academic year 2022-23


Course Coordinator


Principal



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 (2022-23)

Particulars (Receipts)	Amount (in Rs.)	Particulars (Payments)	Amount (in Rs.)
By Fees of 20 Students (No. of students enrolled: 20 Fees per student: Rs. 300.00)	6000.00	GST (18%)	1080.00
		Remuneration of teachers	
		Ms. S. R. Majagaonkar	1968.00
		Total (Remuneration +GST)	3048.00
		Balance to College	2952.00
Total	6000.00	Total	6000.00




Mr. G. M. Lawangare
Course Co-ordinator


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


Dr. L. D. Kadam
Principal, RSC, KOP.
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 (2022-23)



Report

To prepare students physically and mentally sound and to teach students life skills Department of Physical Education has started Skill based course in Yoga and Meditation in 2021-22. The course syllabus is comprised of theory and practical sessions. Through this course students acquired techniques to perform yogic postures, breathing pattern, and learned stress relieving techniques. The course is open for all faculty students. The duration of the said course is 3 months (40 hours). In the academic year 2022-23 course was started on 11th Feb., 2022. There were 20 students of Arts faculty has successfully completed the course. After completion of the course, theory and practical examination was conducted.

Mr. G. M. Lawangare, Head, Dept. of Physical Education and Ms. S. R. Majagaonkar, Assi. Prof., Dept. of Physical Education conducted theory lectures and practical sessions. Prof. Dr. B. N. Ulape, Head, Dept. of Physical Education, Mahaveer College, Kolhapur is an external member of Board of studies.



Teacher correcting *Shalabhasana*



Teacher providing support for *Halasana*



Students performing *Dhanurasana*



Students performing *Bhramari Pranayama*

Mr. G. M. Lawangare
Course Co-ordinator



Principal,
Rajarshi Chh. Shahu College,
Kolhapur.